

VEGGIE MIX

Food Item & Description	AP wt. (g)	HH Measure
Oil	180	1 ½ c
Tokwa	700	4 c
Garlic, minced	70	4 Tbsp
Onion, chopped	64	4 Tbsp
Pork, cubed	1075	5 c
Carrots, stripped	390	4 c
Baguio beans	500	6 c
Mungo sprouted	351	4 c
Pepper, ground		2 tsp
Patis	45	3 Tbsp
Salt, iodized	10	2 ¼ tsp
Malunggay leaves	235	5 c

Procedure:

1. Heat cooking oil, fry tokwa until golden brown, cut into cubes and set aside.
2. Using the same cooking oil, saute garlic and onion.
3. Add pork, cook until tender.
4. Add carrots, beans and sprouted mungo, then cook for 3 – 5 minutes.
5. Season with black pepper, patis and iodized salt.
6. Add malunggay leaves. Simmer for 2 minutes.
7. Serve hot.

Total Cooked Weight (g):	2,580
No. of Servings:	25
Size Per Serving:	103
Weight Per Serving:	103
Total Cooking Preparation Time:	1 hour & 20 min
Total Cost of the Recipe:	P317.88
Cost Per Serving:	P12.70

UKOY MAKALHIP

Food Item & Description	AP wt. (g)	HH Measure
Squash	2760	14 c
Malunggay leaves	107	2 c
Arina (All Purpose Flour)	620	4 c
Black pepper	8	3 tsp
Salt	45	3 Tbsp
Onion	188	1 ½ c
Carrot	195	2 c
Shrimp, freshwater (small)	1040	8 c
Egg, chicken, whole	413	8 pcs
Kinchay	78	4 Tbsp
Milk, evaporated	265	1 c
Sweet potato, yellow	715	4 ½ c
Oil, coconut	125	3 c
Vinegar Mixture:		
Vinegar, coconut	416	1 c
Salt	15	1 tsp
Garlic	11	1 Tbsp
Pepper, ground	17	1 Tbsp

Procedure:

1. Mix all ingredients except cooking oil, Set aside.
2. Measure about 90 g of the mixture and flatten.
3. Heat cooking oil in low to medium flame.
4. Fry until golden brown.
5. Serve hot with vinegar mixture or sauce.

Total Cooked Weight (g):	3889
No. of Servings:	25 pcs
Size Per Serving:	2 pcs
Weight Per Serving:	155.4
Total Cooking Preparation Time:	1 hour
Total Cost of the Recipe:	P319.85
Cost Per Serving:	P12.80

MALU-LOLLIPOP

Food Item & Description	AP wt. (g)	HH Measure
Chicken wings	2125	25 pcs
Calamansi juice	289	½ c
Ground pepper	15	1 Tbsp
Garlic, minced	20	2 Tbsp
Iodized salt	30	6 Tbsp
Bread crumbs	475	4 c
Malunggay powder	20	2 Tbsp
Eggs	7 pcs	7 pcs
Cooking oil	125	2 c

Procedure:

1. Divide the chicken wings into halves at the joint.
2. From the joint, strip down the chicken meat without removing from the bone and form into lollipop; do the same for the smaller bone.
3. Marinate in calamansi juice, ground pepper, garlic and salt for at least 2 hours or overnight.
4. Simmer for 2 minutes in marinating solution.
5. Mix bread crumbs and malunggay powder, add salt to taste.
6. Dip chicken in beaten eggs and roll in the breading mixture.
7. Deep fry until golden brown.

Total Cooked Weight (g):	2050
No. of Servings:	25
Size Per Serving:	2 pcs
Weight Per Serving:	80
Total Cooking Preparation Time:	1 hr & 30 mins.
Total Cost of the Recipe:	P361.77
Cost Per Serving:	P14.50

MALUNGgay FISH BALLS W/ SWEET & SOUR SAUCE

Food Item & Description	AP wt. (g)	HH Measure
Tuna flakes	1500	15 c
All purpose flour	310	2 c
Malunggay leaves, chopped	187	2 c
Garlic, minced	23	2 Tbsp
Onion, chopped	150	1 c
Carrots, grated	195	1 c
Eggs, beaten	517	9 pcs
Iodized salt	30	2 Tbsp
Cooking oil	125	2 c

Procedure:

1. In a mixing bowl, combine the first 7 ingredients.
2. Add grated carrots & eggs.
3. Season with salt & mix well.
4. Weigh the combined mixture and divide equally into 25 servings. Form into balls.
5. Deep fry until golden brown. Set aside.
6. Serve with sweet and sour sauce or catsup.

Total Cooked Weight (g):	2740
No. of Servings:	3 pcs
Size Per Serving:	111.16 g
Weight Per Serving:	111.16 g
Total Cooking Preparation Time:	1 hr & 30 mins.
Total Cost of the Recipe:	P309.91
Cost Per Serving:	P12.40

MORINGA VEGGIE PATTIES

Food Item & Description	AP wt (g)	HH Measure
Kalabasa, boiled, ground	1500	10 c
Ground pork	968	4 ½ c
Shrimp, tagunton, peeled, chopped	750	3 ¾ c
Egg, beaten	689	8 pcs
Garlic, minced	564	2 c
Onion, sliced	578	2 c
Flour	400	4 c
Iodized Salt	50	10 tsp
Pepper, ground	8	5 tsp
Raisins	300	2 ½ c
Malunggay leaves	428	8 c
Cooking oil	125	4 c

Procedure:

1. Prepare all ingredients.
2. Peel and boil kalabasa in a pot for 10 minutes, drain and mash in a bowl. Set aside.
3. In a bowl, mix together ground pork, shrimps, beaten eggs, garlic, onion, flour, salt, pepper, raisins, malunggay leaves and kalabasa.
4. Mix all the ingredients well. Divide equally into 25 servings.
5. Deep fry and serve hot.

Total Cooked Weight:	3,625 g
No. of Servings:	25
Size per Serving:	
Weight per Serving:	145
Total Cooking Preparation Time:	1 hr and 20 mins.
Total Cost of the Recipe:	P450.35
Cost per Serving:	P18.00

PICADILLO *con* MORINGA

Food Item & Description	AP wt. (g)	HH Measure
Cooking oil	630	3 c
Ground beef, lean meat	1766	6 ½ c
Garlic, minced	58	10 tsp
Onions, sliced	80	20 tsp
Tomatoes, chopped	1838	13 c
Water	-	2 c
Sweet potato, cubed	786	5 c
Salt	25	5 tsp
Dash of pepper	-	-
Malunggay leaves	535	10 c
Soy sauce	50	5 tsp

Procedure:

1. Saute ground beef and set aside.
2. Sauté garlic and onions until golden brown then add tomatoes.
3. Combine the ground beef, onions, garlic and tomatoes.
Add water and bring to a boil for 5 minutes.
4. Add the sweet potato, salt and pepper and cook for another 5 minutes.
5. Add malunggay leaves and soy sauce and cook again for another 5 minutes.

Total Cooked Weight:	5,500 gms
No. of Servings:	25
Size per Serving:	1 Sauce plate
Weight per Serving:	220 g
Total Cooking Preparation Time:	1 hr & 10 mins.
Total Cost of the Recipe:	P384.32
Cost per Serving:	P15.37

MORINGA SHANGHAI ROLLS

Food Item & Description	AP wt (g)	HH Measure
Ground Pork	886	4 c
Onion, minced	421	2 ½ c
Garlic, minced	411	2 ½ c
Carrots, cubed	292	3 c
Flour	155	1 c
Eggs, beaten	206	4 pcs
Tomato sauce	313	1 ¼ c
Kinchay	118	6 tsp
Malunggay leaves, chopped finely	107	2 c
Iodized salt	25	5 tsp
Lumpia wrapper	1100	100 pcs
Cooking oil	375	3 c

Procedure:

1. In a mixing bowl, put the ground pork, onion, garlic, carrots, flour, egg, tomato sauce, kinchay and malunggay leaves.
2. Mix the ingredients and season with iodized salt.
3. Cut the lumpia wrapper into half.
4. Put 20 g. of mixture in each wrapper and seal the edges with water.
5. Deep fry in hot oil.
6. Serve hot with vinegar or catsup.

Total Cooked Weight:	1,875
No. of servings:	25
Size per serving:	5 inches/pc
Weight per serving:	75 (3pc/serving)
Total coking/preparation time:	1 hour & 20 mins
Total Cost of the Recipe:	P385.5
Cost per Serving:	P15.42

PANCIT CANTON *con* MORINGA

Food Item & Description	AP wt. (g)	HH Measure
Cooking oil	125	10 tsp
Garlic, minced	176	10 tsp
Onion, sliced	180	10 tsp
Pork liempo, sliced thinly	750	5 c
Shrimps, tagunton, shelled	600	2 ½ c
Baguio beans, cut into 1" diagonally	625	2 ½ c
Carrots, peeled, thinly sliced	439	1 ½ c
Cabbage, thinly sliced	1481	5 c
Malunggay leaves	267	5 c
Water	-	10 c
Soy sauce	225	15 tsp
Salt to taste	25	5 tsp
Pancit canton	625	½ k + 1/8 k

Procedure:

1. Prepare and wash all the vegetables needed.
2. Heat the cooking oil in a pan.
3. Saute garlic until light brown, then add onions.
4. After a few seconds, add pork liempo, then the shelled shrimps.
5. Add in baguio beans, carrots, cabbage and malunggay leaves.
6. Put 2 c of water in a pan and bring to a boil.
7. Add soy sauce and salt to taste.
8. Put pancit canton noodles.
9. Mix half of the sautéed ingredients to the pancit noodles. Cook for 3 more minutes.
10. Place in a platter.
11. Serve hot with slice calamansi.

Total Cooked Weight:	3,920 g
No. of Servings:	25
Size Per Serving:	Snack plate
Weight Per Serving:	230
Total Cooking Preparation Time:	50 mins
Total Cost of the Recipe:	358.15
Cost Per Serving:	14.35

MORINGA SHRIMPS ROYALE

Food Item & Description	AP wt (g)	HH Measure
Shrimps, tagunton, boiled, shelled	1300	10 c
Salt, iodized	75	5 Tbsp
Onion, chopped	361	2 ½ c
Garlic, minced	117	10 Tbsp
Squash, strips	1690	8 c
Flour, all-purpose	930	6 c
Eggs, beaten	600	10 pcs
Malunggay leaves, chopped finely	161	3 c
Cooking oil	125	3 c

Procedure:

1. Put boiled shrimp in a bowl, add salt.
2. Add onions, garlic, squash, flour and eggs, then mix.
3. Mix malunggay leaves little by little over the mixture.
4. Form patties using ¼ cup of the mixture.
5. Heat oil then deep fry for 15 minutes.
6. Drain excess oil over plate lined with table napkin.

Total Cooked Weight :	2,250
No. of servings:	25
Size per serving:	3 ½ x 2 ½ inches
Weight per serving :	90
Total coking/preparation time:	1 hr & 20 mins
Total Cost of the Recipe:	P362.14
Cost per Serving:	P14.48

FISH PIMIENTO-MALUNGgay

Food Item & Description	AP wt. (g)	HH Measure
Pimiento (bell pepper)	235	1 c
Malunggay leaves, fresh, chopped	178	10 c
Fried Galunggong, flaked	3428	16 c
Garlic bulb minced	29	2 Tbsp
Eggs, chicken, beaten	1068	20 pcs
Squash fruit grated	1014	7 c
Flour, all purpose	465	3 c
Bread crumbs (toasted)	350	7 c
Ground pepper	16	2 Tbsp
Margarine, melted	125	½ c
Iodized salt	15	1 tsp
Banana leaves wilted optional		

Procedure:

1. Fry bell pepper until lightly brown, then submerge in water.
2. Remove skin then chop finely.
3. In a boiling water, add malunggay leaves, strain and chop finely.
4. In a bowl, mix finely chopped malunggay leaves, flaked fish, garlic, eggs, pimiento, squash, flour bread crumbs, ground pepper, melted margarine and salt
5. Place or mold mixture in between two banana leaves and deep fry.
6. Serve hot.

Total Cooked Weight (g):	4,250 g
No. of Servings:	25
Size Per Serving:	170 g
Weight Per Serving:	9.14 cm x 6.35 cm
Total Cooking Preparation Time:	45 minutes
Total Cost of the Recipe:	P328.25
Cost Per Serving:	P13.10

MORINGA BALLS *in* CREAM SAUCE

Food Item & Description	AP wt. (g)	HH Measure
Malunggay leaves	44	5 Tbsp
Tuna Yellow-fin, flakes	2574	17 c
Garlic bulb, minced	35	3 Tbsp
Pepper, ground	16	1 Tbsp
Egg, chicken, beaten	1293	20 c
All purpose flour	155	1 c
Green peas	500	3 c
Salt coarse	25	2 Tbsp
Bread, toasted	475	9 c
Oil coconut	125	5 c

Procedure:

1. Combine the first 7 ingredients and add salt to taste.
2. Form into small balls about 135 gms in weight, dredge into bread crumbs.
3. Deep fry over moderate flame until light golden brown.
4. Remove from fire and place in a colander to remove excess fat.
5. Serve with sauce/catsup, optional.

Total Cooked Weight (g):	2,625 g
No. of Servings:	25 pcs
Size Per Serving:	3.81 cm x 3.81 cm 3 pcs
Weight Per Serving:	105 g
Total Cooking Preparation Time:	35 minutes
Total Cost of the Recipe:	P384.50
Cost Per Serving:	P15.40

MALU- PATTIES

Food Item & Description	AP wt. (g)	HH Measure
Malunggay leaves	535	7 c
Banana heart (batuan)	961	7 c
Carrots, cubed	292	2 c
Eggplant, boiled	197	3 c
Garlic bulb, minced	41	¼ c
Onion, sliced	37	¼ c
Pork, ground lean meat	1030	1 kg
Egg, beaten	925	15 pcs
Bread crumbs	265	5 c
Pepper, ground	15	2 Tbsp
Soy sauce	20	2 Tbsp
Salt (coarse)	30	2 Tbsp
Oil, coconut	125	5 c

Procedure:

1. Blanch malunggay leaves, set aside to cool, chop finely.
2. Boil banana blossoms, carrots, eggplant separately until done. Peel and chop finely.
3. In a mixing bowl, combine ground pork, beaten eggs, malunggay leaves, banana blossoms, carrots, eggplants, garlic, onions and bread crumbs.
4. Mix thoroughly until well blended.
5. Add pepper, soy sauce and salt to taste and mix again.
6. Form into medium size patties.
7. Fry until golden brown.

Total Weight Raw (g):	3,240 g
Total Cooked Weight (g)	2,625
Weight Per Serving:	105 g
No. of serving:	25
Size per serving:	10.16 cm x 7.62 cm 1 pc
Total Cooking Preparation Time:	1 hour
Total Cost of the Recipe:	P326.90
Cost Per Serving:	P13.10

MALU CRISPIES

Food Item & Description	AP wt. (g)	HH Measure
Malunggay leaves	535	10 c
Chicken, boiled, flaked and minced	1607	6 c
Onions, minced	150	6 Tbsp
Garlic, minced	24	2 Tbsp
Shrimps, tagunton, shelled, chopped finely	720	4 c
Toge, newly sprout	549	6 c
Iodized salt	45	3 Tbsp
Pepper, ground	30	2 Tbsp
Eggs, well beaten	15 pcs	15 pcs
Cornstarch	200	2 c
Bread crumbs	185	3 ½ c
Oil, coconut	125	5 c

Procedure:

1. Blanch malunggay leaves then chop finely.
2. In a mixing bowl, add chopped malunggay leaves, flaked boiled chicken, onions, garlic, shrimps, toge, salt and beaten eggs.
3. Add cornstarch, and bread crumbs into the mixture and mix thoroughly.
4. Form into balls about 135 grams of mixture and flatten.
5. Pour cooking oil in a heated carajay and fry until golden brown.
6. Serve hot.

Total Cooked Weight:	3,375 g
No. of Servings:	25
Size Per Serving:	135 g
Weight Per Serving:	2 pcs at 67.5 g = 135 g
Total Cooking Preparation Time:	1 hour
Total Cost of the Recipe:	P379.90
Cost Per Serving:	P15.20

MALULAI

Food Item & Description	AP wt. (g)	HH Measure
Shrimps, small tagunton	450	2 ½ c
Malunggay leaves, fresh	535	10 c
Coconut meat, grated	2812	2 ½ c
Onion, sliced	37	¼ c
Garlic, minced	41	¼ c
Bagoong hipon	70	5 Tbsp
Gabi leaves, whole	590	25 pcs
Ginger, crushed	67	5 Tbsp
Spring onion	38	10 pcs
Tomatoes, sliced	70	½ c
Sili haba	36	5 pcs
Coconut milk 1 st extract	3214	1 c

Procedure:

1. Chop shrimp and malunggay leaves. Add grated young coconut, onion, garlic and bagoong hipon. Mix well.
2. Divide into 25 parts about ¼ c and wrap with gabi leaves. Fasten with toothpick.
3. In a carajay, arrange properly with crushed ginger, spring onion, tomatoes and sili haba then pour half of the 1st extract coconut milk.
4. Cover and boil for 30 minutes over low fire.
5. When almost done, add the remaining coconut milk extract and bring to a boil.
6. Season to taste.
7. Serve hot.

Total Cooked Weight (g)	2,225 g
Weight Per Serving:	89 g
No. of serving:	25
Size per serving:	8.89 cm x 2.54 cm
Total Cooking Preparation Time:	40 minutes
Total Cost of the Recipe:	P203.50
Cost Per Serving:	P8.15

MALU SUPREME

Food Item & Description	AP wt. (g)	HH Measure
Sweet corn, young	1500	8 ½ c
Water	-	18 c
Cooking oil	50	7 ½ c
Garlic, minced	47	¼ c
Onion, sliced	43	3 tsp
Tomatoes, ripe, sliced	85	½ c
Pork, lean, ground	412	2 c
Iodized salt, to taste	45	3 Tbsp
Black pepper, powdered	15	2 Tbsp
Malunggay leaves, fresh	535	10 c
Bread, toasted, cubed	400	4 ¼ c

Procedure:

1. Shred young corn and set aside.
2. Boil young sweet corn cob in 6 cups of water for 10 minutes. Remove from fire and strain the juice.
3. Heat oil in carajay and sauté garlic until light golden brown.
4. Add onions; add sliced tomatoes with constant stirring.
5. Add ground lean meat, stir over low flame for 5 minutes, add the shredded young corn, continue cooking with frequent stirring over low flame to avoid scorching.
6. Boil 12 cups water together with 6 cups corn cob water.
7. Pour the ground pork and young corn into boiling water. Cook for another 20 minutes until done.
8. Season to taste with salt and pepper, add malunggay leaves, boil twice without cover.
9. Remove from fire, serve hot with cubed toasted bread as toppings.

Total Cooked Weight (g)	5,750 g
Weight Per Serving:	230 g
No. of serving:	25
Size per serving:	1 cup
Total Cooking Preparation Time:	1 hour & 7 mins.
Total Cost of the Recipe:	P128.75
Cost Per Serving:	P5.15

GUINATAAN MUNGGO *con* MORINGA

Food Item & Description	AP wt. (g)	HH Measure
Munggo, green	675	3 c
Water		15 c
Dilis	140	2 c
Cooking oil	140	3 Tbsp
Garlic, minced	235	4 Tbsp
Onion, sliced	38	4 Tbsp
Ginger, stripped	36	2 Tbsp
Tomato, sliced	36	4 Tbsp
Squash, cubed ½" x ½ "	1084	5 ½ c
Coconut cream	1200	4 c
Salt Iodized	45	3 Tbsp
Malunggay leaves	321	6 c

Procedure:

1. Wash munggo, drain and soak in 15 cups water for 1 hr.
2. Boil the mixture for 30 minutes or until tender. Set aside.
3. Pan fry dilis in 1 Tbsp cooking oil. Set aside.
4. Saute garlic, onion, ginger and tomatoes in 2 Tbsp cooking oil. Add dilis.
5. Add into the munggo mixture. Add squash, simmer for 15 minutes or until tender. Stir.
6. In a low fire, pour thick coconut cream, add salt, continue stirring.
7. Add malunggay leaves until cooked. Serve hot.

Total Cooked Weight:	5,760 g
No. of Servings:	25
Size Per Serving:	1 c
Weight Per Serving:	230 g
Total Cooking Preparation Time:	55 mins
Total Cost of the Recipe:	P143.39
Cost Per Serving:	P5.75

MALUNGGABI BALLS

Food Item & Description	AP wt. (g)	HH Measure
Gabi, raw, shredded	467	3 c
Egg, beaten	455	6 pcs
Tomato, minced	70	½ c
Carrots, shredded	195	1 ¼ c
Onions	858	5 c
Tuna, boiled, flaked	160	6 T
Iodized salt	45	3 tsp
Malunggay, powder	315	1 ½ c
Bread crumbs	380	4 c
Coconut oil	125	3 c

Procedure:

1. Combine all ingredients in a mixing bowl except bread crumbs and oil.
2. Mix thoroughly using a wooden spoon.
3. Form into balls about 17 g each and dredge each into bread crumbs.
4. Deep fry in low fire until golden brown.
5. May be served with tomato catsup.

Total Cooked Weight:	1,600 g
No. of Servings:	25
Size Per Serving:	4 pcs
Weight Per Serving:	64 g (16 g/pc)
Total Cooking Preparation Time:	20 mins.
Total Cost of the Recipe:	P274.45
Cost Per Serving:	P11.00

LUMPIA *con* MORINGA

Food Item & Description	AP wt. (g)	HH Measure
Garlic, minced	41	¼ c
Onion, minced	37	¼ c
Margarine, fortified	20	2 Tbsp
Shrimps, shelled, boiled, sliced	540	3 c
Sweet potato, boiled, cubed	409	3 c
Squash, stripped	507	3 c
Banana heart, sliced, boiled water squeezed out	1038	6 c
Iodized salt	15	1 t
Malunggay leaves, chopped	107	2 c
Eggs, beaten	465	9 pcs
Spring roll (lumpia wrapper)	1100	100 pcs
Cooking oil	210	1 c

Procedure:

1. Saute garlic and onions in margarine.
2. Add the shrimps, sweet potato, squash and banana heart. Add salt.
3. Cook for 8 minutes in a covered pan.
4. Add malunggay leaves, simmer for 2 minutes in a covered pan.
5. Mix beaten eggs in the vegetable mixture, mix well.
6. Cook for 5 more minutes.
7. Drain the vegetable mixture. Let cool.
8. Wrap 17 g vegetable mixture in each spring roll; roll securely on both sides.
9. Deep fry in oil until golden brown.
10. Drain the excess oil using a strainer.
11. Serve while hot with tomato catsup or vinegar with mixed garlic.

Total Cooked Weight:	2,750 g
No. of Servings:	25
Size Per Serving:	2 pcs
Weight Per Serving:	110
Total Cooking Preparation Time:	55 mins.
Total Cost of the Recipe:	P267.00
Cost Per Serving:	P10.70

MORINGA TORTA

Food Item & Description	AP wt. (g)	HH Measure
Munggo, green, boiled, mashed	450	2 c
Hipon, tagunton, shelled, chopped	540	3 c
Carrots, cubed	195	2 c
Sweet potato, white, cubed	269	3 c
Malunggay leaves, powdered	160	3 or 6 Tbsp if powdered
Flour	465	3 c
Eggs, beaten	362	7 pcs
Garlic, bulb, minced	41	¼ c
Onion, minced	37	¼ c
Iodized salt	37	2 ½ Tbsp
Cooking oil	368	1 ¾ c

Procedure:

1. Boil the munggo and mash. Set aside.
2. Combine all the ingredients except for cooking oil and mix thoroughly.
3. From the mixed ingredients, divide into 25 parts.
4. Divide each part into 2.
5. Deep fry in hot oil until patties turn golden brown.
6. Maybe served with catsup or chili sauce.

Total Cooked Weight:	1,850
No. of Servings:	25
Size Per Serving:	2 pcs/serving
Weight Per Serving:	74 g
Total Cooking Preparation Time:	1 hr & 30 mins.
Total Cost of the Recipe:	P214.05
Cost Per Serving:	P8.90

MORINGA CORN SOUP

Food Item & Description	AP wt. (g)	HH Measure
Cooking oil	158	$\frac{3}{4}$ c
Tokwa, cubed, fried	263	2 c
Garlic, minced	82	1 $\frac{1}{4}$ c
Onions, chopped	75	2 Tbsp
Tomatoes, minced	71	3 c
Shrimp, shelled	540	$\frac{1}{4}$ c
Fresh corn, grated	1400	6 c
Chicken cubes, dissolved in water	40	4 cubes
Malunggay leaves	321	3 c
Quail eggs, boiled, shelled	568	50 pcs
Iodized salt	30	2 Tbsp
Onion, spring, sliced	52	$\frac{1}{4}$ c

Procedure:

1. Heat oil, fry tokwa for about 3 minutes until golden brown.
2. Saute garlic, onions, tomatoes and shrimps.
3. Add corn and chicken stock. Cover and let it simmer for 30 minutes or until the corn becomes tender.
4. Add malunggay leaves, quail eggs and tokwa.
5. Season with iodized salt and simmer for another 2 minutes.
6. Sprinkle spring onions and serve hot.

Total Cooked Weight:	5,590 g
No. of Servings:	25
Size Per Serving:	1 c w/ 2 quail eggs per serving
Weight Per Serving:	225 g
Total Cooking Preparation Time:	1 hr
Total Cost of the Recipe:	P340.96
Cost Per Serving:	P13.65

As of Region For the Month of

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