

Compilation of recipes essay



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COMPILATION OF RECIPES (Asian and Western Cuisine) SUBMITTED BY:

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Technology) SUBMITTED TO: Ms. Johna Coffi Felipe PHILIPPINE CUISINE

Entree: Kare-Kare (Vegetable Stew) Ingredients: * 3 lbs Pork pata (or any

other meat of your choice) * 1 small banana flower bud (sliced) * 1 bundle of

Pechay or Bok-choy * 1 bundle of string beans (cut into 2" slices) * 4 pcs

eggplants (sliced) * 1 cup ground peanuts * ? cup peanut butter * ? cup

shrimp paste (bagoong) 34 ounces water (about 1 liter) * ? cup annatto

seeds (atsujete) soaked in a cup of water * ? cup toasted ground rice * 1 tbsp

garlic (minced) * 1 large onion (minced) * Salt and pepper Procedure: 1. In a

large pot, bring the water to a boil 2. Put in the pork followed by the onions

and simmer for 2. 5 to 3 hrs or until tender (35 minutes if using a pressure

cooker) 3. Once the meat is tender, add the ground peanuts, peanut butter,

and coloring (water from the annatto seed mixture) and simmer for 5 to 7

minutes 4. Add the toasted ground rice and simmer for 5 minutes . On a

separate pan, saute the garlic then add the banana flower, eggplant, and

string beans and cook for 5 minutes 6. Transfer the cooked vegetables to the

large pot (where the rest of the ingredients are) 7. Add salt and pepper to

taste. Serve hot with shrimp paste. Enjoy! (Yields 6) Gising-gising

Ingredients: * 1kg assorted seafood (shrimp, squid, tuna & cooked mussels) *

4 tbsp butter * 2 large garlic cloves * 1 small onion * 100g broccoli * 100g

cauliflower * 100g string beans * 100g snow peas * 100g carrots * 1 small

red capsicum * 3 tbspn oyster sauce 4 tspn dark soy sauce * 1 tspn sugar *

1-2 tspn chili paste or 2 bird eye chili (deseeded and chopped) * cornstarch

slurry (1 tablespoon water + 1 1/2 tspn cornstarch) * good pinch of ground

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black pepper Procedure: 1. In a large wok/pan, heat (medium high) the butter and saute the garlic and onions. Add in the fish and squid pieces, stir for awhile till they become slightly cooked. Stir in the shrimps. 2. Keep in stirring mixture till the shrimps turns light orange. Add in your mussels and saute for another minute. Pour in your prepped vegetables and stir fry for around 2-3 minutes. . Season with sugar, ground pepper, oyster sauce, chili sauce and dark soy sauce. Reduce the heat into medium heat, give the mixture a good stir and let it simmer. Pour in the cornstarch slurry (stir before pouring) and quickly mix the mixture to evenly distribute the slurry to the sauce. Simmer it for another 1-2 minutes and test the vegetables by eating some pieces of it, it should be crunchy but cooked. Sauce will thicken by this time, so keep on stirring for even cooking but be careful so that you don't break the fish pieces too much. 4. Pour Gising! Gising! Seafood Extreme) in a large serving bowl or a large sizzling plate and serve while it's still hot. (Yields 8) Dessert: Ginataang Bilo-bilo Ingredients: For the bilo-bilo, sticky rice dumplings * 1-1/2 cup glutinous rice flour * 3/4 cup water For the stew * 2 13. 5-ounce cans coconut milk * 1 cup water * ? cup uncooked small sago (tapioca pearls) * 1/2 cup jackfruit, sliced lengthwise into strips * ? cup sweet potato (diced) * ? cup ripe Saba (diced) * 1/3 cup sugar Procedure: Knead the rice flour and water in a mixing bowl to make a smooth dough that holds together and separates cleanly from the bowl. With floured hands, pinch off a small piece of dough, roll into a ball like a marble roughly the size of a penny. Place the rolled dough on a plate and cover with a damp towel until they are all ready to be cooked. Bring coconut milk and water to a boil in a large pot over medium to high heat.

Add sago and simmer covered over low heat for 20 minutes. Add bilo-bilo, sweet potato, Saba, jackfruit, and sugar. Simmer until sago and bilo-bilo are cooked through, about 20 minutes more. Stir occasionally to keep sago and bilo-bilo from sticking to the bottom of the pot.

For a thinner stew add more water and adjust the sweetness by using more or less sugar. Ladle the stew in bowls, serve warm with more sliced jackfruit.

(Yields 4) Dessert: Tibok-tibok Ingredients: * 6 cups carabao's milk * 50 grams glutinous rice powder * 150 grams cornstarch * 1 cup sugar * grated rind of 2 limes (dayap) * oil or butter * greased banana leaf 1 In a wok, mix carabao's milk, glutinous rice powder, cornstarch, and sugar. Cook at low heat, stirring mixture constantly. 2 Add rind and stir continuously with a wooden spatula until smooth and thick.

Carefully dip finger or the handle of a wooden spoon into the mixture. 3 When it no longer sticks to the finger or spoon, remove mixture from heat. 4 Grease a 9-by-9-inch square pan with oil or butter then top with a greased banana leaf. 5 Pour mixture in and spread evenly. Let mixture cool then top with latik. Makes one 9-inch square pan. CHINESE CUISINE Entree: Chicken and Bean Sprout Salad Ingredients: * 400 grams Bean Sprouts * 300 grams Chicken Breast * 1 tsp Soy sauce * 2 tbsp Onion chives (chopped) * 1 tbsp Vinegar * 1 tsp Sugar * 1 tbsp Soy Sauce * Pinch garlic (chopped) 1 tbsp Peanut oil * 1 tbsp Sesame Oil * Salt and pepper (ground) Procedure: 1. To prepare the sauce, mix together all the ingredients in a bowl, and season with a little salt and pepper. Allow to stand for 20 mins. 2. Meanwhile, cook the bean sprout for 20 mins in boiling water. Drain and refresh under cold water. Set aside to drain completely. 3. Sprinkle the chicken with the soy

sauce and steam in Chinese Bamboo Steamer over a large pan or wok for about 15 mins, until cooked through. 4. Remove the chicken from the steamer, set aside to cool, then thinly slice. 5. Mix together the bean sprouts and chicken.

Pour over the sauce and serve. (Yields 4) Dessert: Sago and Fruit Jelly

Ingredients: * 175 grams sago * 1 liter water * 2 tbsp gelatin * 220 grams fruit cocktail * 70 grams raisin * 125 ml evaporated milk * Sufficient raisins, strawberries and grapes Procedure: 1. Bring 1 liter of water to a boil. Add in sago and stir continuously until sago is nearly glassy. Remove from heat, cover and set aside for 20 min. 2. Dissolve gelatin in 125 ml hot water. 3. Combine fruit cocktail, raisins, evaporated milk with the sago mixture. Add in gelatin mixture, stir well and pour quickly into mould.

Chill in the refrigerator until set. Invert on plate, garnish with raisins, strawberries and grapes. Serve. (Yields 5) JAPANESE CUISINE Entree:

California Maki Ingredients: * cooked Japanese rice (in a rice cooker, cook 2 cups short-grain Japanese rice in 3 cups water) * bowl of water * nori (seaweed) sheets, cut in half * wasabi * Mayonnaise * ripe mango slices * cucumber slices * crab sticks * bamboo sushi mat Procedure: 1. Spread rice on the sushi mat, leaving half an inch of margin on the edge. 2. Then lay half a nori sheet in the rice.

On the nori, lay out crab sticks, mango slices, and cucumber slices lengthwise. Finish with mayonnaise. 3. With the help of the sushi mat, roll up sushi and seal tightly but gently. 4. Using a very sharp knife, slice into 1-inch rounds. Cut firmly straight down. Dessert: Dorayaki Ingredients: * 4 eggs *

140 grams (2/3 cup) sugar * 2 tbsp honey * 1 cup All Purpose flour * 1 tsp baking powder * 1-2 tbsp water * 520 grams sweetened red bean paste

Procedure: 1. In a large bowl, combine eggs, sugar and honey until the mixture gets fluffy. 2. Sift flour and baking powder to the bowl and mix.

Keep in the refrigerator to rest for 15 min. 3. Stir in ? Tbsp of water at a time to get the right consistency. It should be a little bit thicker than pancake batter. If the batter is too thin, Dorayaki buns will be too flat and not fluffy. 4. Heat a large non-stick frying pan on medium-low to medium heat. Dip the paper towel in oil and coat the bottom of the pan with the oil. The pan should be slightly oiled but shouldn't be visible. That's the secret to get nice texture on the surface of Dorayaki. With a ladle, drop the batter from 1 foot above the pan to create 3 inch diameter " pancake".

When you see the surface of batter starts to bubble, flip over and cook the other side. Transfer to a plate and cover up with damp towel to prevent from drying. Continue making pancakes. 5. Make sandwich with red bean paste. Put more red bean paste in the center so the shape of Dorayaki will be curved (middle part should be higher). Ready to serve. (Yields 16 pcs)

KOREAN CUISINE Entree: Bibimbap Ingredients: Kimchi Ingredients: * 1 large Chinese or Napa Cabbage * 1 gallon (4l) water * 1/2 cup (100g) coarse salt * 1 small head of garlic, peeled and finely minced one 2-inch (6cm) piece of fresh ginger, peeled and minced * 1/4 cup (60ml) fish sauce * 1/3 cup (80ml) chili paste or 1/2 cup Korean chili powder * 1 bunch green onions, cut into 1-inch (3cm) lengths (use the dark green part, too, except for the tough ends) * 1 medium daikon radish, peeled and grated * 1 teaspoon sugar or honey

Procedure: 1. Slice the cabbage lengthwise in half, then slice each half

lengthwise into 3 sections. Cut away the tough stem chunks. 2. Dissolve the salt in the water in a very large container, then submerge the cabbage under the water.

Put a plate on top to make sure they stay under water, then let stand for 2 hours. 3. Mix the other ingredients in a very large metal or glass bowl. 4. Drain the cabbage, rinse it, and squeeze it dry. 5. Here's the scary part: mix it all up. Some recipes advise wearing rubber gloves since the chili paste can stain your hands. 6. Pack the kimchi in a clean glass jar large enough to hold it all and cover it tightly. Let stand for one to two days in a cool place, around room temperature. 7. Check the kimchi after 1-2 days. If it's bubbling a bit, it's ready and should be refrigerated.

If not, let it stand another day, when it should be ready. 8. Once it's fermenting, serve or store in the refrigerator. If you want, add a sprinkle of toasted sesame seeds over the kimchi for serving. Storage: Many advise to eat the kimchi within 3 weeks. After that, it can get too fermented. INDIAN CUISINE Entree: Chicken Roti Ingredients: * 2 tablespoons ground turmeric * 1 tablespoon crushed dried chili flakes * 1 tablespoon cumin seeds * 1/2 tablespoon coriander seeds * 1/2 tablespoon ground cloves * 1/2 tablespoon ground ginger * 1/2 tablespoon garlic powder 1/2 teaspoon yellow mustard seeds * 1/2 teaspoon ground black pepper * 1/2 teaspoon ground allspice * 1/8 teaspoon ground cinnamon * 2 teaspoons salt * 1/4 cup vegetable oil * 1 chicken, cut into 8 pieces * 2 cups chopped onion * 1 tablespoon minced garlic * 2 teaspoons minced fresh ginger * 2 sprigs fresh thyme * 1/2 hot pepper, such as Scotch bonnet or serrano, seeded and finely chopped, or to taste * 2 cups chicken broth * 1 can unsweetened coconut milk * 1

tablespoon light brown sugar * 2 tablespoons finely chopped fresh cilantro *
1 recipe West Indian Bread for Roti, recipe follows, breads kept covered and warm

Procedures: In a medium skillet or saute pan combine the turmeric, chili flakes, cumin seeds, coriander seeds, cloves, ginger, garlic powder, mustard seeds, pepper, allspice, and cinnamon and cook, shaking the pan frequently, until spices are fragrant and just beginning to smoke. Remove from the heat, transfer to a shallow plate and allow to cool completely. Transfer to a coffee grinder or spice mill and process until very finely ground. Reserve 6 tablespoons of the spice mixture separately and transfer the remainder to an airtight container and save for another purpose.

In a mixing bowl combine the chicken, 2 tablespoons of the curry powder, 1 teaspoon of the salt and 2 tablespoons of the vegetable oil and set aside, covered, for 20 minutes. In a large Dutch oven, heat the remaining 2 tablespoons vegetable oil, and, when hot, add the chicken pieces and cook, turning occasionally, until golden brown on all sides, about 8 minutes. Add the onion, garlic, ginger, thyme, hot pepper if using, and remaining 4 tablespoons curry powder and cook, stirring, until the vegetables are soft, about 4 minutes. Add the chicken broth, coconut milk, and brown sugar and bring to a simmer.

Add the remaining teaspoon of salt, and cook, stirring occasionally, until chicken is very tender and falling from the bone and the sauce has reduced enough to coat the back of a spoon, about 1 1/2 hours. Stir in the cilantro and adjust seasoning, if necessary. (Note: traditionally, curried chicken roti is

eaten with the chicken still on the bones. If you prefer otherwise, at this point you can remove the chicken from the sauce and remove the meat from the bones and then return the meat to the sauce before serving.) Serve the chicken and sauce ladled into the center of the roti breads, then fold both sides over the filling.

Fold the top and bottom ends over the sides to form a neat square package, and serve. West Indian Bread for Roti: * 4 cups all purpose flour * 2 tablespoons baking powder * 1 teaspoon salt * 1 tablespoon vegetable oil, plus more for cooking roti * 1 cup water Procedures: To make the breads, combine the flour, baking powder and salt in a mixing bowl and make a well in the center. Combine the oil and water and add this mixture to the well. Using your hands, mix to form a dough. Knead for about 5 minutes, or until the dough is smooth. Divide the mixture into 6 balls of dough and set aside for about 2 hours, covered with a damp kitchen towel.

On a lightly floured surface, roll each ball of dough into a thin, flattened circle about 9 inches in diameter. Set aside, covered, until ready to cook the breads to serve. (Do not stack.) Heat a large griddle or 12-inch skillet over high heat and add 2 teaspoons of vegetable oil. When hot, add the bread dough and cook until brown spots form on the bottom, about 1 minute. Turn the bread and cook on the second side, about 1 minute longer. Transfer to a large plate or baking sheet and cover with a damp towel to keep warm while you prepare the remaining breads.

Yield: 6 large roti breads Dessert: Almond and Fruit Jelly Ingredients: * 4 1/2 ounces agar powder * 1 teaspoon almond extract * 1 1/2 cups water * 1 1/2

cups fresh milk * 1/4 cup granulated white sugar * 1 can (30 ounces) fruit cocktail Procedure: 1. Combine milk and agar powder. Stir 2. Add almond extract and mix well. Set aside. 3. Boil water and put-in sugar. Stir until well dissolved. 4. Pour-in the agar and milk mixture and let boil while gently stirring. 5. Let the temperature cool down then transfer to a shallow container. 6. Refrigerate for 2 to 3 hours. . Slice the jelly into squares and mix with the fruit cocktail. 8. Serve for dessert. Share and enjoy! (Yields 6)

INDONESIAN CUISINE Entree: Nasi Goreng Ingredients: * 2 cups long-grain rice, rinsed * 2 1/2 tablespoons kecap manis * 1 tablespoon Yeo's Dark Soy Sauce * 1 tablespoon sweet chilli sauce * 1/4 cup peanut oil * 4 eggs, lightly beaten * 1 brown onion, thinly sliced * 1 teaspoon sambal olek (see note) * 3 garlic cloves, finely chopped * 1 teaspoon shrimp paste * 1 carrot, peeled, finely chopped * 1 small chicken breast fillet, chopped 300g green prawns, peeled, deveined, roughly chopped * 3 green onions, thinly sliced * 1/4 small Chinese cabbage, finely shredded * 1/4 cup fried shallots (see note) * thinly sliced red chillies, to serve Procedures: 1. Cook rice following absorption method on packet until just tender. Drain. Transfer to a baking tray. Fluff rice with a fork. Cool to room temperature. Cover and refrigerate for 2 hours or until cold (see tip). 2. Combine kecap manis, soy sauce and sweet chilli sauce in a jug. Set aside. 3. Heat a wok over high heat until hot. Add 1 teaspoon oil and swirl to coat.

Add one-quarter of beaten egg and swirl to form a thin omelette. Cook for 30 seconds or until egg sets. Slide onto a board. Repeat with oil and egg, in 3 batches, to make 4 omelettes. Roll up omelettes and thinly slice crossways. 4. Heat remaining 2 tablespoons oil in wok over high heat. Add brown onion,

sambal olek, garlic, shrimp paste and carrot. Stir-fry for 1 minute or until aromatic. Add chicken. Stir-fry for 1 to 2 minutes or until sealed. Add prawns. Stir-fry for 2 minutes or until prawns turn pink. Add rice, soy mixture, green onions and cabbage. Stir-fry for 3 to 4 minutes or until rice is heated through.

Toss through half the sliced omelette. 5. Spoon nasi goreng onto serving plates. Top with remaining sliced omelette. Sprinkle with fried shallots. Serve with sliced chillies. Gado Gado Ingredients: * 1 thinly sliced medium sized fresh cucumber,) * 1 cup of string beans cut into 4 cm long pieces, * 1 cup of shredded cabbage, * 1 cup of mung bean sprouts, * 2 small chayotes cut into wedges For the sauce: * ground roasted peanuts, dried shrimp paste (terasi), sugar, salt, and water * Blanch and strain string beans, mung bean sprouts, cabbage and slice 1 cucumber. Grind these ingredients with a mortar and pestle until they're smooth: 1 ts salt, 2 ts dried shrimp paste, , and ? cup's worth of sugar. Procedure: 1. Add 1 cup of finely ground roasted peanuts (or 1 cup of peanut butter) and grind it all some more until it's mixed well. If you use peanut butter instead of ground roasted peanuts, add less salt because there's salt in the peanut butter. 2. Add ? cup of water and mix it well. 3. Transfer the vegetables to a serving plate and pour the sauce on top of it or mix all the vegetables with the sauce in the mortar before serving. (Yields 2) Satay

Ingredients: * 8-12 skinless chicken thighs, cut into thin strips * 1 package wooden skewers SATAY MARINADE: * 1/4 cup minced lemongrass , fresh or frozen * 2 shallots OR 1 small onion, sliced * 3 cloves garlic * 1-2 fresh red chillies, sliced, OR 1/2 tsp. to 1 tsp. cayenne pepper, to taste * 1 thumb-size

piece ginger, thinly sliced * 1 tsp. minced fresh turmeric OR 1/2 tsp. dried turmeric * 2 tsp. cumin * 3 Tbsp. soy sauce * 4 Tbsp. fish sauce * 5-6 Tbsp. brown sugar * 2 Tbsp. vegetable oil Procedure: 1. If using wooden skewers, soak them in water while you prepare the meat. 2.

Cut chicken into thin strips and place in a bowl. 3. Mix all marinate ingredients. Mix well. 4. Taste-test the marinade - you will taste sweet, spicy, and salty. Add more sugar or more fish sauce (in place of salt) to adjust the taste. You can also add more chili if you want it spicier. 5. Pour the marinade over the meat and stir well to combine. Allow at least 1 hour for marinating, or longer (up to 24 hours). 6. When ready to cook, thread meat onto the skewers. Tip: Fill up to 3/4 of the skewer, leaving the lower half empty so that the person grilling has a " handle" to easily turn the satay during cooking. 7.

Grill the satay on your BBQ, OR on an indoor grill, basting the first time you time it with a little of the leftover marinade from the bottom of the bowl.

Depending on how thin your meat is, the satay should cook in 10 to 20 minutes. (Yields 2-4) VIETNAMESE CUISINE Entree: Pho (Rice Noodles)

Ingredients: * 2L (8 cups) salt-reduced chicken stock * 2 thick slices ginger * 1 onion, thinly sliced * 2 garlic cloves, sliced * 1/3 cup (80ml) fish sauce * 375g vermicelli rice noodles * 400g chicken breast, very thinly sliced * 1 cup (80g) bean sprouts * 1 long red chilli, seeds removed, thinly sliced 1/3 cup each of basil, mint and coriander leaves, to serve Procedure: 1. Place stock and 2 cups (500ml) water in a saucepan with ginger, onion, garlic and fish sauce. Bring to the boil, then reduce heat to low. Cover and simmer for 20 minutes. Strain, discarding solids, then return soup to pan. Cover and return

to the boil. 2. Meanwhile, prepare noodles according to packet instructions. Drain well. 3. Divide the noodles among warmed soup bowls, then top with the sliced chicken. Pour over the hot soup mixture (the heat will gently cook the meat) and top with the bean sprouts. Serve garnished with chilli and fresh herbs. Yields 4)

4) Vietnamese Salad Rolls (Spring Rolls) Ingredients: * 1 (8 ounce) package rice vermicelli * 8 ounces cooked, peeled shrimp, cut in half lengthwise * 8 rice wrappers (6.5 inch diameter) * 1 carrot, julienned * 1 cup shredded lettuce * 1/4 cup chopped fresh basil * 1/2 cup hoisin sauce * water as needed Procedure: 1. Bring a medium saucepan of water to boil. Remove from heat. Place rice vermicelli in boiling water, remove from heat, and let soak 3 to 5 minutes, until soft. Drain, and rinse with cold water. 2. Fill a large bowl with hot water. Dip one rice wrapper in the hot water for 1 second to soften.

Lay wrapper flat, and place desired amounts of noodles, shrimp, carrot, lettuce and basil in the center. Roll the edges of the wrapper slightly inward. Beginning at the bottom edge of wrapper, tightly wrap the ingredients. Repeat with remaining ingredients. 3. In a small bowl, mix the hoisin sauce with water until desired consistency has been attained. Heat the mixture for a few seconds in the microwave. 4. Serve the spring rolls with the warm dipping sauce. SPANISH CUISINE Entree: Paella Ingredients: * 2 tablespoons vegetable oil * 1 onion, finely chopped * 4 or 5 large cloves garlic, minced * 1 tablespoon finely minced gingerroot * 1 teaspoon ground annatto (achiote) * 1 cup long-grain rice * 3 ounces cured chorizo, diced * 2 medium tomatoes, coarsely chopped * 2 cups chicken or fish stock * 1 tablespoon fish sauce * Several good grinds of black pepper * 1/2 to 3/4 pound fresh shrimp, peeled

and deveined * 1/2 cup fresh or frozen peas * Pimiento-stuffed olives * sliced hard-boiled egg, for garnish (optional) Procedures: * Heat the oil in a medium, heavy saucepan and saute the onion, garlic, and gingerroot over moderate heat, stirring, until the onion wilts and the mixture becomes aromatic. Stir in the annatto and mix well, then add the rice and the diced chorizo and cook, stirring, for a few minutes. * Add the tomatoes, stock, fish sauce, and black pepper. Mix well, bring to a simmer; then cover and cook over low heat for 10 to 15 minutes. * Stir in the shrimp and the peas, then cover and continue to cook over low heat until all the liquid has been absorbed and the shrimp have turned pink, about 5 to 10 minutes. Remove from the heat and let stand, covered, for 5 to 10 minutes before serving. Spoon the paella into a serving dish or platter and garnish with the olives and hard-boiled egg, if desired.

Soup: Sopa de verduras con pollo (Vegetable soup with chicken) Ingredients:

* 2 turnips * 5 carrots * 3 leeks finely chopped * 1 stem celery * 3 medium potatoes * ? chicken * salt Procedures: Peel and chop all ingredients except the chicken put in a pot with 500 ml of water; add the chicken and a trickle of oil; boil for 3/4 of an hour at low heat. Add water if necessary and season with salt. Remove the chicken and split into pieces and replace it in the soup.

Serve it hot. Appetizer: Garlic-cheese bread Ingredients: * french bread *

butter with garlic ham * cheese Procedures: * slice the bread * spread the butter with garlic * and then toast in pan * after that top the ham * together with cheese on top Dessert: Tocinillo de cielo - Golden caramel custard

Ingredients: * Ingredients: * 6 egg yolks * 250 g of sugar * 300 ml of water

For the caramel: * 1 tbsp of sugar * 1 tbsp of water Procedures: Put the sugar

in a saucepan with the water and heat until the syrup goes golden brown.

Cover 6 small moulds evenly and put to one side. Put the sugar and water in an earthenware dish and heat until the syrup goes stringy.

Beat the egg yolks and slowly add the syrup, stirring as you pour. Strain and pour the caramelised mixture into the 6 small moulds. Cook in a bain-marie in the oven at 150° C for around 15 to 20 minutes. When the custard has set, remove from the oven, leave to cool and take it out of the moulds. Serves 6 people. Beverage: Granizado de limon o frutas - Iced lemon crush

Ingredients: * grated zest and freshly squeezed juice of 8 lemons or the juice of 4 lemons and add the rest with other fruit juice * 150 g sugar * crushed ice
Preparation:

Put the zest and sugar in a saucepan with 250 ml cold water and bring to the boil for 5 minutes. Strain. Add 500 ml cold water and the lemon juice or the mix of lemon and fruit juice. Pour into a freezerproof container and freeze for about 1 hour until ice crystals have formed around the edge. Break up with a fork and serve. Add extra crushed ice, for serving. To Ms. Johna Coffi Felipe... To our professor of two semesters.. You gave us strength.. We are glad you were our teacher.. Thank you for giving us courage.. You made us better persons.. You gave us confidence in ourselves..

Thank you for your patience. You helped us see what we could be.. You have inspired us deeply.. And for that, we will never forget you.. One unknown author had said.. " Teachers are like the candles, which consume themselves to brighten the lives of others. " Mam, you are just like that.. Thank You Very Much for staying with us in two semesters! Even though we know we've

stressed you out with our very hard heads. We will miss you.. We hope you'll miss us too May God Bless You All The Time! Love always, Group 1 Ariez and Cristoni w/ the Teletubbies (Kayo po nagbansag samin nyan! XD)