



# Savour Planet



*Sustainable Recipes for Sustainable Diners*

Collaborative cookbook by WWF-Philippines'  
The Sustainable Diner Project's stakeholders and partner chefs





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Sustainable Recipes for Sustainable Diners



Cooking and eating for ourselves and for our planet.





# Acknowledgements

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# Saving our planet, one plate at a time!

Using local and sustainable ingredients, create a more sustainable and enjoyable dining experience in your own home with recipes by WWF-Philippines' The Sustainable Diner Project's stakeholders, and partner chefs and restaurants.

This collaborative recipe book contains tips on sustainable cooking and dining where you can write your own meal plans, shopping lists, and discover your own recipes!

Some recipes were featured in WWF-Philippines' Kawali-Kasan, a Sustainable Home Cooking Series launched in 2020. The video recipes are available on Youtube for you to watch anytime and anywhere!



**#TheSustainableDiner**





# How to be a Sustainable Diner

## The Sustainable Comics Series



"We love buying local!" said the Daughter with her Dad, who supports local farmers.



"I cook delicious healthy dishes," said the Brother, who includes a lot of plant-based ingredients in his cooking.



"We eat a lot of veggies," said the Son and Mom, who always finish their food



"We share excess food with others," said the Cousin, who donates to their community.



"I compost our food waste and use it as fertilizer," said the Grandmother, who makes sure nothing goes to waste.



"We are Sustainable Diners! You can be one, too!" said the Family to you who's reading this!

# Measurements

Commonly used measurements in this cookbook:

- Teaspoon = tsp
- Tablespoon = tbsp
- Milliliter = mL
- Liter = L
- Kilogram = kg
- Gram = g
- Pieces = pcs
- Inches = in
- Centimeter = cm

## Approximate Conversions

- 1 tbsp ..... 15 g
- 1 tbsp ..... 15 mL
- 1 tbsp ..... 3 tsp
- 1 cup ..... 225 g
- 1 cup ..... 250 mL
- 1 L ..... 1000 mL
- 1 tsp ..... 8 pinches
- 4 tbsp ..... 1/4 cup
- 1/2 tbsp ..... 1 1/2 tsp
- 1 in..... 2.54cm



# Chickpea Sisig Tacos

By Chef Michelle Adrillana

Watch the recipe video!  
[bit.ly/ChickpeaSisigTacos](https://bit.ly/ChickpeaSisigTacos)



## Ingredients

- **150 g** Chickpeas, skinned and aquafaba reserved for another application
- **50 g** Green beans
- **15 g** Green chili fingers
- **10 g** Red onions, julienne
- **5 g** Garlic, brunoise
- **10 mL** Calamansi juice
- **5 mL** Olive oil
- **5 mL** Liquid aminos or soy sauce
- **20 g** Gluten free cheese
- **3 g** Bird's eye chilis
- Ground black pepper to taste
- Taco shells

## Preparation

1. Heat olive oil in a pan.
2. Sauté onions and garlic.
3. Add bird's eye chilis and green chili fingers.
4. Add chickpeas, then add green beans.
5. Add non-dairy butter, then season with liquid aminos.
6. Add calamansi juice.
7. Season with ground black pepper.
8. To assemble, spoon over filling on taco shells, add raw red onions, non-dairy cheese, and leeks for garnish. Don't forget to enjoy it!



# Bulanglang Soup

By The Farm at San Benito



## Ingredients

- **5 cups** Vegetable stock, make your own - see page 34.
- **1/2 cup** Squash, cut into cubes
- **1/2 cup** String beans, chopped (optional)
- **1/2 cup** Eggplant, cut into cubes
- **1/2 cup** Corn kernels
- **1/2 cup** Tomatoes, chopped
- **1/2 cup** Papaya, cut into cubes (optional)
- **2 tbsp** Miso
- **1-inch** Ginger, sliced
- **2 cloves** Garlic, sliced
- **1/2 cup** Malunggay, for garnish
- Salt and black pepper to taste

## Preparation

1. Boil the vegetable stock for 15 min.
2. Add all the ingredients and cook until everything is tender, approximately 10 min.
3. Season to taste, then scatter a few malunggay on top — serve hot.



# Lemon Zucchini Papardelle

By Chef Michelle Adrillana



## Ingredients

- **150 g** Zucchini ribbons
- **15 g** Panko bread crumbs
- **30 g** Dairy-free butter
- **5 g** Finely chopped garlic
- **5 mL** Lemon juice
- **5 mL** Olive oil
- **2 g** Thyme
- Pinch Chili flakes
- Lemon zest
- Grated gluten-free and dairy-free parmesan cheese
- Salt and ground black pepper

## Preparation

1. Slide down peeler to make zucchini ribbons.
2. Heat olive oil and sweat garlic.
3. Add panko bread crumbs until toasted.
4. Add dairy-free butter and parmesan cheese.
5. Toss in zucchini ribbons.
6. Add thyme, chili flakes, lemon juice, lemon zest, and season with salt and pepper to taste.



# Tropical Enzymes

By The Farm at San Benito



## Ingredients

- **1/2 cup** Pineapple, chopped
- **1/2 cup** Papaya, chopped
- **1/2 cup** Buko juice
- **1 tbsp** Honey
- **1/2 cup** Orange juice
- **1 tsp** Calamansi fruit juice
- **3 pcs** Ice cubes

## Preparation

1. Combine all ingredients in a blender.
2. Blend until smooth.
3. Pour into an old-fashioned glass.
4. Serve.







Watch the recipe video!  
[bit.ly/RainbowHummusPlatter](https://bit.ly/RainbowHummusPlatter)

# Rainbow Hummus Platter

By Chef Reggie Aspiras



## Ingredients

### Green Hummus

- **1 cup** Chickpeas, peeled
- **3-4 tbsp** Tahini paste
- **1-2 tsp** Garlic
- **1/4-1/3 cup** Olive oil
- Handful of malunggay and chili leaves, blanched and squeezed dry
- Lemon juice
- Salt and pepper

### Purple Hummus

- **1 cup** Chickpeas, peeled
- **1-2 tbsp** Tahini paste
- **1/4-1/3 cup** Olive oil
- **150 g** Purple sweet potatoes, roasted
- **50 g** Ube, roasted
- Lemon juice
- Salt and pepper

### Yellow Orange Hummus

- **1 cup** Chickpeas, peeled
- **1-2 tbsp** Tahini paste
- **1/4-1/3 cup** Olive oil
- **100 g** Orange kamote, roasted
- **100 g** Carrots, roasted
- Lemon juice
- Salt and pepper

### Fuchsia Hummus

- **1 cup** Chickpeas, peeled
- **1-2 tbsp** Tahini paste
- **1/4-1/3 cup** Olive oil
- **150 g** Beetroot, roasted
- Lemon juice
- Salt and pepper



## Preparation

1. Process the ingredients in a food processor, adding olive oil last in a fine stream.
2. Use tahini, lemon, salt and pepper according to your personal taste.
3. Drizzle hummus with more olive oil before serving.
4. Serve with greens, vegetables, pita and sourdough bread.
5. Thin with water, depending on desired hummus consistency. Use less tahini so it does not overpower flavors of other vegetables.



# Sweet Potato Spring Rolls with Sesame Cabbage and Coconut Chili Cream

By The Farm at San Benito



## Ingredients

### For Spring Rolls

- **12 pcs** Spring roll wrapper
- **1 kg** Sweet potatoes, sliced into big matchsticks
- **1 cup** Onions, finely julienned
- **1 tbsp** Coconut oil and 1 cup coconut oil for frying
- **1 tbsp** Garlic, minced
- **2 tbsp** Ginger, grated
- **2 tbsp** Coriander
- **2 tbsp** Shoyu
- **2 tbsp** Cilantro, chopped
- **1 tbsp** Lime juice
- Tofu

### For Cabbage

- **1 tbsp** Olive oil
- **1 cup** Onions, diced
- **1 tbsp** Garlic, finely minced
- **1 whole** Chinese cabbage, chopped
- **2 tbsp** Sesame seeds
- **2 tbsp** Toasted sesame oil
- **2 tbsp** Shoyu

### For Coconut Chili Cream

- **2 pcs** Red bell peppers, roasted, peeled
- **1 tbsp** Red chili paste
- **1 tbsp** Roasted garlic
- **1 tsp** Sea salt
- **1/4 tsp** Black pepper
- **2 cups** Coconut milk

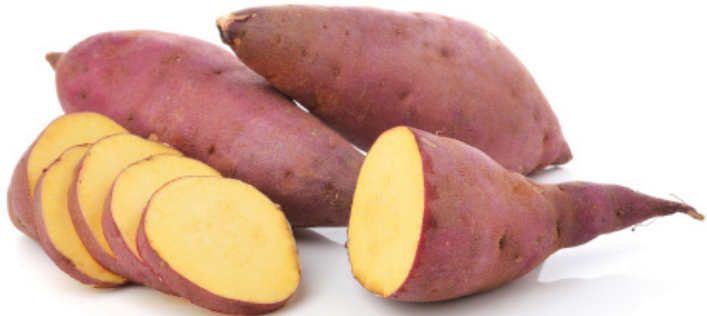


### For Assembly

- **1 cup** Mung bean sprouts
- **1 cup** Coconut chili cream
- **1/4 cup** Toasted sesame seeds

### Preparation

1. For spring rolls, steam the sweet potatoes for 2-3 min. Set aside.
2. In a frying pan, sauté the garlic, onion, ginger, coriander, and shoyu in the olive oil.
3. Cook onions until caramelized, then add cilantro and lime juice.
4. Turn off the heat and add the steamed sweet potatoes.
5. Set aside and leave to cool.
6. Lay the spring roll wrapper on a board.
7. Put 1 sweet potato matchstick and 1 tbsp mixture over the wrapper, then roll.
8. Repeat with the rest of the wrappers, then set aside.
9. Heat the coconut oil in a frying pan and fry the spring rolls until golden brown.
10. Place on a paper towel to absorb excess oil and set aside.
11. For coconut chili cream, blend bell pepper, chili paste, roasted garlic, sea salt, black pepper, and coconut milk until a purée consistency is achieved.
12. For sesame cabbage, sauté onion, garlic, Chinese cabbage, and sesame seeds in the olive oil in a frying pan, then add sesame oil and shoyu. Set aside.
13. For assembly, place sesame fried cabbage on a plate, then place the spring roll on top.
14. Garnish with mung bean sprouts, drizzle with coconut chili cream and sprinkle sesame seeds on top. Serve immediately.



# Malunggay Pesto and Pili Nut Encrusted Tanigue

By Chef Steve Shrimski, Circa 1900

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## Ingredients

### For Fish Marinade

- **250 g** Tanigue fillet, no skin, no bones, cleaned, trimmed
- **1 clove** Garlic, peeled, chopped
- **1 tsp** Light soy sauce (can use the local variant but add water to lessen its saltiness)
- Pinch cracked black pepper

### For Malunggay Pesto Pili Nut Crust and Aioli

- **150 g** Pesto, buy or make your own! See page 16.
- **5 g** Malunggay leaves, pick leaves, washed and chopped
- **5 pcs** Garlic clove, roast or pan fry in little oil till cooked slightly brown, sliced
- **40 g** Onion, diced 1 cm x 1 cm, pan-fry till light golden brown
- **50 g** Glazed pili nut, chop roughly
- Pinch sea salt

- Pinch cracked black pepper
- **75 g** Mayonnaise (not sweet), buy or make your own! See page 15.
- **25 mL** Lime juice - squeeze from fresh lime or lemon

### For Sides and Garnish

- **50 g** Purple ube, peel, thinly slice as even as possible
- **50 g** Red camote, peel, thinly slice as even as possible
- **3 pcs** Red cherry tomatoes, remove stem
- **25 g** Glazed pili nuts, whole
- **20 g** Lato seaweed, fresh, rinse in lightly salted water
- **1/2** Lime or lemon, cut into wedges, chargrill
- **1 sprig** Fresh herb, thai basil or holy basil or malunggay
- Frying oil, canola, vegetable or anything similar is fine
- Sea salt, as needed
- Cracked black pepper, as needed

## Preparation

### Malunggay Pesto

1. In a bowl, add pesto and malunggay. Gradually add malunggay, as putting too much will make it bitter.
2. Add salt and pepper to taste.

### Crispy Ube and Camote Chips

1. Rinse with running water. Then, soak in water for 30 min to remove excess starch. This will help achieve crispiness.
2. Drain excess water and dry with paper towels.
3. Heat frying oil in pot or wok to 180 °C.
4. Fry carefully until crispy and light golden brown.
5. Remove from oil, drain off excess oil, sprinkle with salt and pepper.
6. Let it cool down, leave it uncovered. When cold, you can also store them in an airtight container for snacking.

### Tanigue Marinade

1. Mix garlic, light soy sauce and pepper.
2. Add fish to mixture and marinate for 15-30 min.

### Malunggay Pili Pesto Aioli

1. Combine 100 g malunggay pesto, garlic, onion, glazed pili nuts, and mayonnaise in a bowl. Mix well to combine all ingredients.
2. Add salt, pepper and lime juice to taste.
3. Aioli should be slightly chunky. If it's too thick, add a teaspoon of water to adjust consistency.

### Cooking Time

1. Spoon about 1 tsp malunggay pesto on top of the Tanigue.
2. Sprinkle crushed pili nuts on top of pesto, push down gently to make them stick.
3. Place fish on greased tray pili side up, place in preheated oven at 220 °C.

4. Roast for approximately 9-12 min, until medium well. Note: Roast time depends on thickness of fish and correct oven temperature.
5. Remove from oven and let it rest for 5 min, it will continue to cook while waiting.
6. While fish is roasting, heat up frypan, add a little oil or butter, add cherry tomato and toss lightly till skin is slightly colored. Add salt and pepper to taste.

### Plating

1. Place 2 tsp of Malunggay Pili Pesto Aioli in the center of the plate, with the back of the spoon, spread it out to make a circle about 5cm in diameter.
2. With a spatula, pick up the fish and wipe base with a paper towel to remove excess liquid.
3. Place fish on top of aioli.
4. Arrange on plate, charred lime wedges, cherry tomato, lato seaweed and pili nuts.
5. Sprinkle a little sea salt and cracked pepper over the plate.
6. Ready to serve and eat.

### Tips!

- *Malunggay Pesto and Malunggay Pili Pesto Aioli can be made a few days before and kept in fridge.*
- *Crispy ube and camote chips are best made on the day or the day before.*





# Crispy Fried Pork Ribs Tadyang

By Chef Steve Shrimski, Circa 1900

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## Ingredients

### Pork Ribs Tadyang

- **1.25 kg** Baby back pork ribs
- **150 mL** Soy sauce, light
- **90 g** Coconut sugar
- **5 g** Star anise
- **4 g** Bay leaf
- **5 g** Black pepper
- **50 g** Onion, peel, cut to rough dice
- **15 mL** Fish sauce (or use local patis, if it is very salty, dilute it and use 10 mL patis and 5 mL water)
- **50 mL** Liquid seasoning
- Water (drinkable), enough to cover the ribs by 1.5-2 in

### Frying

- **100 mL** Light soy sauce
- Deep frying oil

### Dipping sauce

- **200 mL** Soy sauce, not salty
- **45 mL** Coconut vinegar
- **3 g** Cracked black peppercorn
- **40 g** Spanish onion, small dice
- **5 g** Labuyo chili, leave it whole, your choice
- **5 g** Green spring onion, finely sliced

### Spice dusting mix

- **160 g** Corn flour
- **5 g** Salt
- **3 g** Pepper powder
- **5 g** Onion powder
- **5 g** Garlic powder
- **3 g** Paprika

## Preparation

1. For the dipping sauce, mix all ingredients together, prepare ahead and store in the fridge.
2. For the dusting spice, mix together all dry spices, store in an airtight container, and make ahead.

## Cooking the ribs

Eat ribs barbecued on the same day, or cook ribs in advance and store in the fridge. Barbecue as needed or freeze them for another time.

1. Remove the skin on the underside of ribs, slice into single ribs, wash and dry them.
2. In a large pot, add vegetable oil, add onions and ribs, sauté and mix well until all brown.
3. Add garlic and cook for about 5 min, add red wine, deglaze bottom of pan, mix well and reduce liquid by about 1/2.
4. Add soy sauce, sugar, star anise, bay leaf, pepper and liquid seasoning. Mix well. Cook for a few minutes.
5. Add fresh clean water and cover ribs by about 2 in.
6. Bring to boil, then simmer for about 2.5 hrs. Skim the impurities off the top.
7. Keep at a slow simmer, top up the water if needed to keep ribs covered.
8. Check and stir ribs every 30 min, check when they are soft and tender, but not falling to pieces off the bone.
9. Carefully remove ribs from stock and place on a tray, spread out to cool down.
10. Keep the strained stock, let it cool.
11. Let the ribs cool down, store in fridge covered until needed.

## Serving the ribs

1. Have ribs sitting at room temperature for minimum 30 min before cooking time.
2. Heat clean oil to 180 °C.
3. Place ribs in a bowl/tray, sprinkle with the soy, mix it well.
4. Cook ribs in batches.
5. Dust ribs with dusting spice placed into a hot fryer and cook for about 4 min till golden and crispy, remove excess oil. Repeat until all ribs are cooked.
6. Serve with dipping sauce.
7. Optional: Serve with cold beer, rice, and fresh atchara.



# Simple Classic Mayonnaise

By Chef Steve Shrimski, Circa 1900

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## Ingredients

- **2 pcs** Egg yolk, medium-sized egg
- **1/2 tsp** Dijon mustard
- **1 pinch** Salt
- **1 pinch** Fresh ground pepper
- **20 mL** Fresh lemon juice or white vinegar, or a combination
- **200 mL** Flavorless oil, canola, corn, peanut, safflower or vegetable, keep in pouring jug

## Preparation

### Mixing by hand

1. Put a deeper pot on the bench top - big enough to hold/ balance a stainless steel round bowl on top, about 3/4 way up the bowl.
2. Place a damp towel on the inside edge of the pot and rest your stainless steel bowl inside/on top.
3. Also place a damp cloth under the pot. Have a hands-free stand that should not slide around.

### Method

1. Ensure stainless steel bowl is exceptionally clean.
2. Place egg yolk in bowl, mix well, add mustard and 1/2 the lemon juice/vinegar, mix well.
3. While you are continuously whisking with one hand, slowly drizzle in the oil with the other.
4. The mixture will thicken up, slowly add the remaining lemon juice/vinegar, continue whisking and add until all the oil is combined.
5. Add salt and pepper to taste.
6. Feel free to add more lemon juice or even chopped garlic. Make your tastebuds happy.



### Mixing with blender or food processor

- It is exactly the same procedure as above, except it will mix quicker.

### Tips!

- For flavorless oil, feel free to substitute with any flavored oil available at home such as, olive oil, grapeseed oil, avocado oil, etc.
- The mayonnaise should be thick and creamy white color. To thin out mayonnaise, add hot water, 1 tsp at a time and mix well. This will thin out mayo and will also make it whiter.
- Mayo is a base recipe for many other sauces, add your favorite flavors and spices.
- When adding oil, it is important to add it in a slow drizzle while whisking continuously. If you add it quickly or all at once it will split the sauce.



# Pesto and Malunggay Pesto

By Chef Steve Shrimski, Circa 1900

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## Ingredients

- **125 g** Fresh basil
- **5 g** Malunggay
- **10 g** Garlic, peeled
- **35 g** Fresh parsley
- **12 g** Parmesan cheese
- **10 g** Peanut, no skin or shell, unsalted, unflavored, or roasted
- **125 mL** Extra virgin olive oil
- **1 pinch** Ground fresh black pepper
- **1 pinch** Salt

Peanuts are more cost-efficient, but do not add too much. Cashew nuts, pine nuts or pili nuts can also be used.

## Preparation

### For regular pesto

1. Prepare all ingredients mentioned above.
2. Rough chop parsley, basil, garlic and crush/chop nuts.
3. Place all ingredients in a blender or food processor.
4. Pulse a few times. Use a spatula to scrape down the sides. You can purée till smooth or keep it coarse. It is your choice.
5. Add salt and pepper to taste.
6. Pack into airtight container and store in the fridge.

### For malunggay pesto

1. When you add all ingredients into processor, add malunggay as well.
2. Do not put too much malunggay, as it makes it bitter. Add malunggay gradually, and taste it each time.





# Shiitake Mushroom and Eggplant Adobo with Organic Rice

By The Farm at San Benito



## Ingredients

- **3 cups** Shiitake mushrooms, stems removed
- **4 cups** Eggplant, sliced round, salted, rinsed and dried
- **2 pcs** Medium-sized carrots, cut into cubes
- **1 cup** Green beans
- **1/2 tbsp** Olive oil
- **300 g** Firm tofu (6 slices), sliced
- **1/4 cup** Organic rice, cooked, per serving

## For the sauce

- **1 cup** Onion, chopped
- **1/2 cup** Garlic, chopped
- **1/2 tbsp** Safflower oil
- **1/2 cup** Arenga or apple cider vinegar
- **1 tbsp** Sugar
- **1 cup** Soy sauce
- **1 tsp** Black peppercorns
- **4 pcs** Bay leaves
- **1 tsp** Vegetable stock
- **1 cup** Shiitake stock (water obtained from dried shiitake left to soak in water)
- **2 tbsp** Cassava or cornstarch, dissolved in water

## Preparation

1. For the sauce, sauté onions until they are translucent, and add garlic. Add all the other sauce ingredients (except the corn starch) and simmer for 15-20 min. Set aside.
2. Sauté the eggplant, shiitake, green beans and carrots in olive oil, then pour some of the sauce over them and continue cooking for 5-10 min, until the veggies are cooked.
3. Put the tofu in a separate pan, add a bit more of the sauce and cook for 2-3 min.
4. Bring the adobo sauce to the boil again, thicken with cornstarch, and pour most over the veggies.
5. To assemble, put the vegetable adobo on a plate, top with tofu, then drizzle some more adobo sauce over. Accompany with organic rice.





Watch the recipe video!  
[bit.ly/Pakbet](https://bit.ly/Pakbet)



# Pinakbet

By KC Concepcion with Karla Estrada



## Ingredients

- **1 tbsp** Oil
- **1 pc** Small onion, chopped
- **2 cloves** Garlic, minced
- **3 pcs** Tomatoes, chopped
- **1/2** Small squash, peeled and cut into cubes
- **1 cup** Water
- **5-7 pcs** Young okras, ends trimmed, cut into halves diagonally
- **1/2 bunch** String beans, ends trimmed and cut into 3-inch lengths
- **1 pc** Medium bitter melon, seeded then halved and cut into slices
- **1 pc** Large eggplant, ends trimmed and cut into cubes
- Salt and pepper
- **2 bundles** Winged beans, trimmed and cut in half
- **2 tbsp** Shrimp paste (bagoong alamang) or soy sauce for the vegetarian version

## Preparation

1. Sauté garlic, onion, and shrimp paste or soy sauce (optional).
2. Add string beans, squash, and tomatoes.
3. Add bitter melon, winged beans, and string beans.
4. Put a little water.
5. Season with salt and pepper.
6. Cover for 10 min.
7. Serve and enjoy.



# Adobo con Tsokolate

By KC Concepcion with The Late Chef Archie Gamulo



Watch the recipe video!  
[bit.ly/AdoboConTsokolate](https://bit.ly/AdoboConTsokolate)



## Ingredients

### Standard

- **500 g** Pork, cubed or chicken quarters, adobo cut
- **50 mL** Olive oil
- **1/2 cup** Green or black olives, pitted
- **3/4 cup** Vinegar
- **1/4 cup** Soy sauce
- **2 whole** Garlic, cut crosswise into half, with skin on
- **3 pcs** Dried bay leaves
- **2 tsp** Whole peppercorns
- **1/2 tsp** Salt and ground pepper
- **3 pcs** Unsweetened tsokolate tablea or cocoa tablea

### Vegetarian

- **250 g** Tofu, seasoned, cubed adobo cut, deep fried
- **250 g** Squash, cubed, blanched halfway fork-tender but not too soft
- **60 g** Onion leeks
- **50 mL** Olive oil
- **1/2 cup** Green or black Olives, pitted
- **3/4 cup** Apple cider vinegar or coconut vinegar

- **1/4 cup** Tamari soy sauce
- **2 whole** Garlic, cut crosswise into half, with skin on
- **3 pcs** Dried bay leaves
- **2 tsp** Whole peppercorns
- **1/2 tsp** Salt and ground pepper
- **3 pcs** Unsweetened tsokolate tablea or cocoa tablea

## Preparation

1. Pre-heat pan on low heat.
2. Fry garlic head cut in halves with skin on hot oil.
3. Simmer with vinegar and add soy sauce/tamari.
4. Add peppercorns and bay leaves while simmering.
5. Add meat and olives and let stock reduce.
6. Add squash and spring onions while simmering.
7. Melt tablea then pour into pan. Stir.
8. For the meatless option, add pre-cooked tofu, and stir.
9. Serve Adobo con Tsokolate and enjoy!



# Calamari Puttanesca

By KC Concepcion with Chef Jordan Andino



Watch the recipe video!  
[bit.ly/CalamariPuttanesca](https://bit.ly/CalamariPuttanesca)



## Ingredients

- **5 tubes/tentacles** Calamari, cleaned
- **1 cup** Yellow onion, julienne
- **4 cloves** Garlic, rough chopped
- **1 cup** Red wine
- **1.5 cups** Puréed canned tomato
- **1/4 cup** Green olives, thinly sliced
- **4 tbsp** Unsalted butter
- **2 tbsp** Parsley, rough chopped
- **2 tbsp** Basil, rough chopped
- **1 tbsp** White sugar
- **1 pc** Lemon, halved
- **1 tbsp** Chili flakes
- **1 tbsp** Kosher salt
- **1 tsp** Cracked black pepper
- **2 pcs** Bay leaves
- **2 tbsp** Olive oil

## Preparation

1. Heat pot on high heat.
2. Add unsalted butter and onions.
3. Add olives and garlic. Stir.
4. Add in salt, pepper and chili flakes.
5. Add calamari once onions turn translucent and brown in high heat.
6. Add 2 bay leaves and throw in tomatoes.
7. Pour a quarter or 1 glass of red wine.
8. Squeeze in 1 whole lemon sliced in halves. Throw in the lemon skin.
9. Once it starts to boil, turn down heat to medium low.
10. Braise for 12 min or until calamari becomes tender. Stir occasionally.
11. Stir and remove one half of the lemon skin. Put back lid.
12. Let it sit for 2 more min on medium low heat.



# Garden Lasagna with Zucchini, Mushrooms, Spinach, and Oven-Dried Tomatoes

By The Farm at San Benito



## Ingredients

- **2 pcs** Zucchini, sliced lengthwise, marinated in salt then drained
- **1 cup** Basil pesto
- **1 cup** Sun-dried tomato pesto

### For Oven-dried Tomatoes

- **5 pcs** Roma tomatoes, thinly sliced
- **1 tbsp** Olive oil
- **1/4 tbsp** Garlic, minced
- **1 tbsp** Oregano
- **1 tbsp** Basil, chopped
- Salt and black pepper

### For Wilted Spinach

- **4 cups** Spinach, chopped
- **3 tbsp** Olive oil
- **1 tbsp** Sea salt

### For Mushrooms

- **2 cups** Button mushrooms, thinly sliced
- **2 tbsp** Liquid aminos
- **1 tbsp** Tamari
- **1 tbsp** Olive oil
- **1 tbsp** Balsamic vinegar
- **1 tbsp** Sea salt

### For Garnish

- **2 slices** Cashew tofu per serving.  
Make it yourself - see [page 29](#).

## Preparation

1. Slice the tomatoes into rounds, add salt, black pepper, garlic, olive oil, fresh oregano and basil. Marinate for 1 hr and dehydrate for 2 -3 hrs.
2. For zucchini, slice lengthwise, then marinate in salt for approx 25 min, then drain.
3. For wilted spinach, wash and chop the spinach, then put in sea salt and olive oil. After 10-15 min, squeeze out the liquid.
4. For mushrooms, marinate the mushrooms with liquid aminos, tamari, balsamic vinegar, and olive oil for 1 hr.
5. Line a baking dish with the zucchini slices until the bottom is entirely covered. Then spread the sundried tomato pesto over the zucchini, followed by the wilted spinach.
6. Next comes the oven-dried tomato over the wilted spinach, followed by a basil pesto layer. Repeat the layering again until all the ingredients are used up. Dehydrate for 2-3 hrs just prior to serving.
7. Serve warm and sliced into squares, with cashew tofu 2 slices per serving.





# Grilled Herb Chicken and Creamy Adlai

By KC Concepcion with Marvin Agustin



Watch the recipe video!  
[bit.ly/HerbChickenAdlai](https://bit.ly/HerbChickenAdlai)



## Ingredients

- **2 pcs** Quarter leg or breast part
- Olive oil
- Rosemary
- Basil
- Garlic powder
- Paprika
- Butter
- Steamed brown and black rice or adlai
- Onions
- Garlic
- Celery
- Gouda, cheddar or any soft cheese, or Philippine 'kesong puti'
- Cooking cream
- Salt and pepper
- Fresh basil to garnish

## Preparation

1. Marinate chicken with olive oil, rosemary, basil, garlic powder and paprika.
2. Add butter and oil to the heated pan.
3. Grill chicken, skin down first, 6-8 min per side on medium heat.
4. On another pan, add the used oil from the grilled chicken.
5. Sweat onions and garlic.
6. Add cream, then add grated cheese of choice.
7. In low heat, add pepper, paprika, and salt.
8. Add steamed rice of choice.
9. Mix thoroughly and add fresh celery.
10. Place creamy adlai or rice and grilled chicken on a plate.

# Healing Curry

By Chef Marlon Azuelo, Nurture Wellness Village



Watch the Vegetable Curry recipe!  
[bit.ly/HealingCurry](https://bit.ly/HealingCurry)



## Ingredients

- Galunggong, fillet
- Curry powder
- Radish
- Onion
- Potato
- Eggplant
- Baguio beans
- Carrots
- Pinch Salt and pepper

## Preparation

1. Cut vegetables, then blanch until cooked.
2. Heat a pan, add a small amount of oil and sauté onion, garlic, ginger and chili to bring out all the flavors. Add fish stock.
3. Dilute curry powder and thicken with slurry.
4. Clean fish and pat dry with a paper towel.
5. Season the fish with salt, pepper and curry powder.
6. Steam fish fillet for 4-5 min.
7. Season vegetables with salt and pepper.
8. Combine vegetables, fish, and curry mixture.
9. Arrange on a serving plate and serve with rice.



Watch the recipe video!  
[bit.ly/PastaWithLeftoverChicken](https://bit.ly/PastaWithLeftoverChicken)





# Pasta with Leftover Chicken Inasal

By KC Concepcion with Marc Nelson



## Ingredients

- Leftover roasted chicken
- Pasta
- Onions
- Garlic
- Mushroom, preferably fresh
- Sour cream
- Dill, fresh, fried
- Olive oil
- Salt
- Pepper

## Preparation

1. Boil the pasta.
2. Put olive oil in a heated pan.
3. Sauté onions until translucent.
4. Add garlic on low heat.
5. Add chopped leftover chicken.
6. Season with salt and pepper.
7. Add chopped dill.
8. Add chopped mushroom.
9. Drain out water from boiled pasta.
10. Pour sour cream onto fried chicken mixture.
11. Pour cooked pasta into pan of cream mixture.
12. Plate pasta, serve and enjoy!



# Cashew Tofu

By The Farm at San Benito



## Ingredients

- **3 cups** Cashew nuts, soaked
- **1 tbsp** Miso
- **1 tsp** Smoked salt
- **1/4 cup** Soy lecithin
- **3 cups** Dashi or chicken broth
- **1 cup** Agar-agar, soaked in 1 cup water

## Preparation

1. Combine all ingredients, except agar-agar, in a blender and blend until creamy.
2. Bring agar-agar together with water to boil and simmer for 3-5 min until it melts and becomes sticky.
3. Pour agar-agar liquid into the blended mixture and continue to blend for 2 min.
4. Pour into a rectangular tray and leave to cool. Cut into desired shapes and sizes.
5. Store in the fridge, and use in main courses, appetizers, and salads.

# Tibok-Tibok

By KC Concepcion with Apl-de-Ap



Watch the recipe video!  
[bit.ly/TibokTibok](https://bit.ly/TibokTibok)



## Ingredients

- **500 g** Rice flour
- **750 g** Coconut sugar
- **4 tins or 1.6 L** Coconut milk
- **1 block or 200 g** Coconut cream
- **600 mL** Water
- **100 g** Desiccated coconut
- Coconut oil



## Preparation

1. On medium heat pan, warm coconut milk, coconut cream, and water.
2. Mix the wet ingredients well. Set aside.
3. Combine rice flour, coconut sugar and cinnamon in a separate bowl.
4. Stir all dry ingredients thoroughly.
5. Pour dry ingredients into the pan of wet ingredients.
6. Stir with whisk on low heat.
7. Add water when needed until runny consistency is achieved.
8. Place in a pan then sprinkle with desiccated coconut.
9. Sit in the fridge until it sets.



# Pavlova with Calamansi Curd and Candied Peel

By Chef Vance Bolivar, Park Inn by Radisson Iloilo



## Ingredients

### For Pavlova

- **3 pcs** Whole large egg, egg whites only
- **150g** Granulated sugar
- **1 tsp** Cornstarch
- **1/2 tsp** All-purpose flour
- **2 tsp** Calamansi juice
- **1 tsp** Vanilla extract

### For Calamansi Curd

- **3 pcs** Egg yolk, use egg yolk from pavlova
- **1/4 cup** Calamansi juice, 8-10 pcs
- **1/4 cup** Sugar
- **4 tbsp** Butter
- **Pinch** Salt

### For Candied Calamansi Peel

- **1/2 cup** Sugar
- **1/4 cup** Water
- Calamansi peel from leftover of juice
- Caster Sugar for coating

### For Assembling

- **15 tbsp** Chantilly Cream
- **1 pc** Mint leaves



## Preparation

### Pavlova

1. Separate the eggs and set aside the yolks for the curd.
2. Put the egg whites into a mixing bowl and whisk until soft peaks, add the calamansi juice.
3. Continue mixing until stiff peaks, gradually adding the sugar until dissolved and glossy.
4. Add in the vanilla extract.
5. Mix the flour and cornstarch in one bowl and fold into the meringue mixture.
6. Place meringue in piping bag and pipe 3 to 3 1/2 in wide round nest shapes on a parchment paper.
7. Indent the center with a spoon to allow room for curd and cream when assembling.
8. Bake at 110°C for 1 hr and 15 min.
9. Turn the oven off. Without opening the door, leave meringue in the hot oven for another 30 min. The exterior will be dry, crisp, and very pale cream-colored, while the insides will be marshmallow-soft.
10. Transfer the pavlova with the parchment paper onto the counter or a cookie rack and allow it to cool to room temperature.
11. Store in an airtight container for 3-5 days at room temperature in a low humidity place.

### Calamansi Curd

1. In a small saucepan over medium low to medium heat, combine the calamansi juice, sugar and egg yolks.
2. Whisk to combine and constantly stir until the sugar has dissolved and the mixture has thickened a little.
3. Remove from heat and whisk in chilled butter 1 tbsp at a time.
4. Add the salt and stir to combine.
5. Transfer the curd to a storage container and refrigerate several hours or overnight, until ready to use.

### Candied Calamansi Peel

1. Remove the calamansi seeds and cut into bite size pieces.
2. Boil the peels in a pot of water for 5 min. Drain the peels in a colander, rinse and then drain again. Discard the water from the pot.
3. Repeat this process 1 or 2 more times to reduce the bitter flavor.
4. Add 1/4 cup of fresh water and the sugar to a pot and bring it to a boil until sugar is dissolved.
5. Add the citrus peels, reduce the heat to low and simmer for 20-30 min, stirring occasionally, until the peels become translucent and the sugar becomes lightly syrupy (on a candy thermometer this will be approximately soft ball stage).
6. Use a slotted spoon to remove the peels and let the excess syrup drip off.
7. Place the peels in a bowl and coat with caster sugar.
8. Spread the candied citrus peels out on a wire rack to cool and dry completely, 1-2 days.

### Assembling

1. Transfer pavlova onto a dessert plate.
2. Pipe in the curd and top with chantilly cream.
3. Garnish with candied calamansi peel and mint leaves.

# Roasted Beet Hummus

By Chef Michelle Adrillana



## Ingredients

- **250 g** Beets
- **500 mL** Extra virgin olive oil
- **20 mL** Lemon juice
- **20 g** Garlic
- **2 g** Black and white roasted sesame seeds for garnish

## Preparation

1. Preheat the oven to 180 °C.
2. Roast peeled beets for 20 min.
3. Cut it up into cubes.
4. In a food processor, pour olive oil, then add roasted beets and process until smooth.
5. Add garlic and continue processing until it turns into a smooth paste.
6. Add lemon juice, season with salt and pepper to taste.
7. Garnish with roasted sesame seeds.





# Vegetable Stock

By The Farm at San Benito



## Ingredients

- **3 pcs** Onions, chopped
- **2 pcs** Small onion leeks, chopped
- **4 pcs** Celery stalks, chopped
- **2 pcs** Large carrots, chopped
- **1 pc** Whole cabbage, chopped
- **1 bulb** Garlic, chopped
- **1 tbsp** Black pepper corn
- **1 tsp** Sea salt
- **8 cups** Water

## Preparation

1. Put all the ingredients in a saucepan and boil for 15 to 20 min.
2. Set aside to cool, then transfer to a chiller.
3. Use as a broth for soups or any other dishes.



# Food Safety is Everyone's Business

## What is Food Safety?

It is the proper handling, cooking, and storage of food to prevent sickness resulting from eating contaminated food.

## Why is Food Safety Important?

- Food safety is key to food security and good health;
- Helps avoid food contamination from microorganisms; and,
- Prevents foodborne illnesses.

## How to Keep Our Food Safe?

1. Practice personal hygiene at all times.
2. Clean and sanitize.
3. Separate raw and cooked food.
4. Cook and store food properly.
5. Consume fresh food and clean water.

Read to learn more: [bit.ly/foodsafetywwf](https://bit.ly/foodsafetywwf)  
Watch the video: [bit.ly/foodsafetyvid](https://bit.ly/foodsafetyvid)



# KNOW YOUR LOCAL CROPS



Be food  
secure



Have good  
health



Cook and eat  
plant-based meals



Grow your  
own food



Conserve the  
environment

Read to learn more: [bit.ly/localcrops](https://bit.ly/localcrops)  
Watch the video: [bit.ly/localcropsvideo](https://bit.ly/localcropsvideo)





## Talong

### Eggplant

♥ Good source of calcium, folic acid, iron, phosphorus, potassium, protein, and vitamins A and B; high in antioxidants and fiber; low in calories, fat, and sodium

🔥 Can be fried, roasted, baked, stuffed, and cooked in curry, ensalada, kare-kare, and tortang talong

🌱 Planted any time of the year



## Kamatis

### Tomato

♥ Great source of folate, potassium, Vitamins A, C, and K; major source of antioxidants and lycopene

🔥 Can be eaten raw, roasted, baked; cooked into an omelette and pasta; added to salad and sandwich

🌱 Planted in the cool months from September to February



## Malunggay

### Horseradish Tree

♥ Good source of calcium, iron, and vitamin B2; rich in vitamin A and C

🔥 Leaves are commonly cooked with coconut milk, added to soup and variety of dishes

🌱 Planted any time of the year



## Ampalaya

### Bitter Gourd

- ♥ Good source of calcium, folic acid, iron, phosphorus, vitamins A, B, and C
- 🔥 Can be fried, stuffed, sautéed with eggs or tomatoes; cooked in curry, pinakbet and added to salad
- 🕒 Planted any time of the year but best from October to February



## Alugbati

### Malabar Nightshade

- ♥ Excellent source of calcium, vitamins A, and C; good source of fiber, iron and vitamin B
- 🔥 Can be boiled, stewed, sautéed and cooked in an omelette and soup or eaten as a salad
- 🕒 Planted any time but best during the summer from March to May



## Kamote

### Sweet Potato

- ♥ Excellent source of carbohydrates and vitamin C; high in fiber; rich in vitamin A and antioxidants; useful source of calcium and phosphorus
- 🔥 Can be baked, boiled, fried, roasted, steamed, stuffed and cooked as camote cue, fritters and pie; eating it with skin can provide higher amounts of fiber
- 🕒 Planted any time of the year



## Sigarilyas

### Winged Bean

- ♥ Contains fiber and calcium
- 🔥 Can be steamed, sautéed and added in a salad and soup; cooked along with other vegetables, in coconut milk and gising-gising
- 🌱 Planted in cool months from September to February



## Talinum

### Philippine Spinach

- ♥ High in iron, vitamin A and C; good source of calcium and vitamin B
- 🔥 Can be blanched to make a salad; cooked in sinigang, guisadong munggo, omelette and sandwich
- 🌱 Shade-tolerant; harvested 24-45 days after planting; removal of shoot tips promotes lateral growth



## Bataw

### Hyacinth Bean

- ♥ Source of calcium, iron, protein, vitamins B1 and B3
- 🔥 Can be sautéed with mixed vegetables, and cooked in pinakbet, bulanglang, and added to pancit
- 🌱 Drought-tolerant; some varieties are shade-tolerant





## Kadyos

### Pigeon Pea

- ♥ High source of fiber and vitamin C; good source of phosphorus and protein
- 🔥 Can be steamed, sautéed and cooked with mixed vegetables; used in KBL (Kadyos, Baboy, Langka) dish
- 🌱 Drought-tolerant crop



## Kamoteng Kahoy

### Cassava

- ♥ Good source of carbohydrates; contains a significant amount of vitamin C and minimal amounts of calcium, phosphorus and B vitamins
- 🔥 Can be boiled, baked and cooked into bilo-bilo, cassava cake, puto, suman and bibingka
- 🌱 Drought-tolerant crop and can grow in any soil type



## Sitaw

### String Bean

- ♥ Excellent source of vitamins K and C; good source of folic acid, protein, vitamin B1, B2, and B3; rich in fiber
- 🔥 Can be baked, roasted, steamed, sautéed, buttered, and cooked in adobo and mixed vegetables
- 🌱 Planted any time of the year and can grow in any soil type

# Growing Our Own Garden Pantry

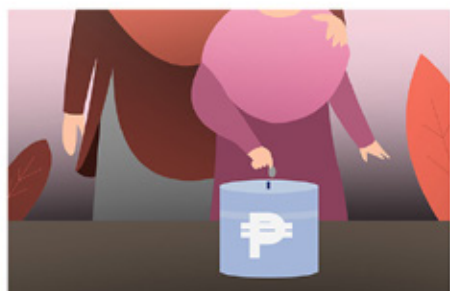
## The Sustainable Comics Series



"We love to grow our own fruits and vegetables!"



"They give us a nearby source of fresh and nutritious food."



"help us save money."



"allow us to share with neighbors."



"and keep ourselves and the environment healthy!"



"You can grow your own food too, and be a Sustainable Diner!"







Cooking and  
eating for  
ourselves and  
for our planet!

- Create your shopping list!
- Check the storage.
- First in, first out!



*Write your own recipes!*





Share your own sustainable recipes on social media and join us in celebrating being

## #TheSustainableDiner



*Be creative with your next meal!*





We're excited to see your own sustainable recipes!  
Don't forget to post on social with the hashtag

**#TheSustainableDiner.**











# Plan your weekly meals!

Breakfast

Lunch

Dinner

Snacks

Mon

Tues

Wed

Thurs

Fri

Sat

Sun



## Shopping List

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# Plan your weekly meals!



Breakfast

Lunch

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Mon



Tues

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Fri

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Sun

## Shopping List

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Breakfast

# Plan your weekly meals!

Lunch

Dinner

Snacks



## Shopping List

Mon

Tues

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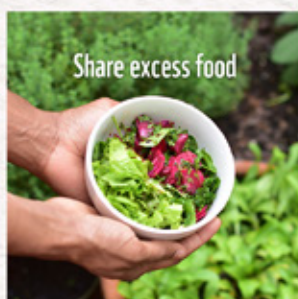
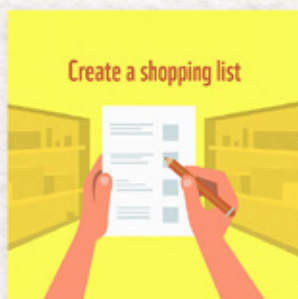
I ♥ buying local.







# Tips on How to be a Sustainable Diner at Home







# A Cry for Help

## The Sustainable Comics Series



"I feel sick."



"I'm dirty."



"I cry all the time."



"It's getting harder to breathe."



"I feel like I'm choking."



"Doesn't anyone notice that I need help?"

# Without Nature, Humans Won't Survive

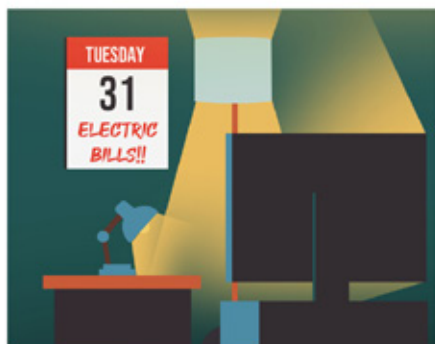
## The Sustainable Comics Series



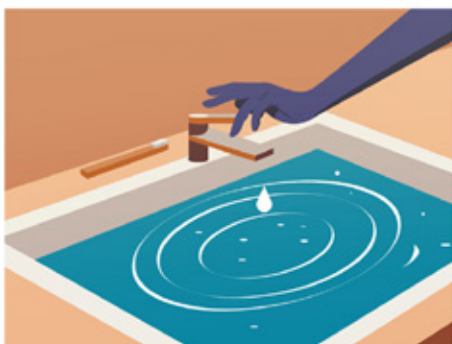
"Everything we need to survive comes from nature."



"She has been so generous, but she can only give so much."



"Let's do our part by conserving electricity and switching off when not in use."



"Let's value every drop of water."



"Let's avoid wasting food."



"Let us not wait until she has nothing left to give!"







A Key Ingredient For Sustainable Tourism

**World Wide Fund for Nature (WWF) Philippines**  
also known as Kabang Kalikasan ng Pilipinas Foundation Inc.



[wwf.org.ph](http://wwf.org.ph)



Supported by:



*"This project is part of the International Climate Initiative (IKI).  
The Federal Ministry for the Environment, Nature Conservation,  
and Nuclear Safety (BMU) supports this initiative on the basis of  
a decision adopted by the German Bundestag."*

based on a decision of the German Bundestag

