



Summer Cooking Workshops at North Hills

Kids learn how to Cook with Chef Cecilia

Kids learn fun and practical ways to prepare their favorite treats at the Seafood City Summer Cooking Classes.

Launched last Saturday at Seafood City in North Hills, the class had over 30 participants.

And the kids definitely had a blast as they chopped, diced and sliced under Chef Cecilia de Castro's expert guidance.

While the recipes were simple, Chef Cecilia added her own twist to each dish, making it appealing to little ones. One example is a veggie stick with dip or Crudite – a great way to make kids eat their vegetables!

Chef Cecilia also showed her young students how to make dishes look appetizing through proper plating and the use of garnish.

Along with the fun activities, kids brought home goodie bags from Seafood City, made new friends and found a great way to spend the summer! Moms who are looking for inexpensive yet productive ways for kids to spend their summer vacation should consider activities like the Seafood City Home Cooking Class. Participation is free – just present a Seafood City to sign up.

Catch fun and easy cooking lessons for Teens this Saturday, July 18 at Seafood City North Hills.



You may also register at:
www.seafoodcity.com or email at
seafoodcity@3mplus.com.



Here are some of Chef Cecilia's delightful recipes!

Philippine-Style Sundae

Serves 10.
 "I always enjoy serving Philippine flavored ice cream to my culinary students. They are amazed at the variety and uniqueness of the flavors from Langka (jackfruit) to Ube (Sweet Purple Yam), Macapuno (coconut) to Avocado and many more. Here is a Philippine style ice cream sundae topped with your typical Halo-Halo® condiments." – Chef Cecilia

- Ingredients:**
 1 quart Magnolia Langka or Mango ice cream
 1 quart Magnolia Macapuno ice cream
 1 quart Magnolia Ube ice cream
 1 small jar Pamana Preserves - Kaong
 1 small jar Pamana Preserves - mung beans
 1 small jar Pamana Preserves - macapuno strings
 1 small jar Pamana Preserves - navy white beans
 1 small jar Pamana Halayang Ube
 1 small Pamana Preserves - Nata de Coco
 1 cup Pinipig (toasted rice crispies)
 10 Barquillos

Preparation:
 Arrange the various ingredients on a table. On a serving bowl, scoop your choice of ice cream and top with a variety of Halo-Halo condiments. Sprinkle on top with Pinipig. Serve with Barquillos.

Pinoy-Style Grilled Cheese Sandwich

Serves 4.
 "I have not met anyone, kid or adult, who does not like a good, warm, crisp grilled Cheese Sandwich. This is my Philippine version using pan de sal" – Chef Cecilia

- Ingredients:**
 4 slices cheddar cheese
 4 pan de sal
 4 slices of heirloom tomatoes, optional
 4 slices of Martin Purefoods ham or tocino, optional

Preparation:
 Preheat a saute pan or a panini grill.
 Slice the pan de sal in half crosswise. Place a slice of cheddar cheese, tomatoes (if desired) and ham or tocino (if desired). Repeat process until you have 4 sandwiches.

Place the sandwiches on the preheated saute pan or Panini grill and cook until cheese is melted. Serve immediately with a cold fruit juice or a hot day or with warm soup on a cold day.

Crudite Platter (Veggie Sticks)

Serves 12.
 "Crudites are traditional French appetizers or snack comprising sliced or whole raw vegetables which are dipped in a vinaigrette or any dipping sauce." – Chef Cecilia

- Ingredients:**
 2 carrots, peeled, cut into sticks or 1 cup baby carrots
 2 celery ribs, cut into sticks
 1 small jicama, cut into sticks
 1 red bell pepper, cored, seeded, cut into ½" strips
 1 yellow bell pepper, cored, seeded, cut into ½" strips
 1 cucumber, cut into ¼" circles
 1 cup cherry or grape tomatoes
 1 small bunch asparagus tips
 1 head curly green lettuce, washed, cored
 1 green bell pepper, cut into a bowl
 1 recipe Hummus Dip or 1 pint of your favorite dip

Preparation:
 Wash and drain all the vegetables.
 Prepare the Hummus Dip or choice of dip.
 Cut all the vegetables and chill.

Meanwhile, line a serving platter with the lettuce leaves. Place the green bell pepper bowl in the middle and fill with dip.

Arrange the assorted cut up and whole vegetables around the dip. Serve.

Summer Cantaloupe Slush

Serves 8.
 "I remember when I was young, my nanny Luring would make cantaloupe slush during the summer months. It was both refreshing and filling." – Chef Cecilia

- Ingredients:**
 1 cantaloupe
 Sugar, to taste
 Water
 Shaved ice

Preparation:
 Wash the cantaloupe and pat dry. Cut in half and remove the seeds.

Shred the cantaloupe with a cantaloupe scarper or cut into fine julienne. Place in a pitcher, add water and shaved ice. Season to taste with sugar. Serve chilled with your favorite cookies.



At Home Abo Sa'yo!