



Students of the Month Mother-Daughter Team: Sandra & Elvia Morales

Sandra Morales and her daughter, Elvia, may not always agree about everything. But one thing they both do enjoy is cooking – so at Seafood City in North Hills, they found something they were definitely able to agree on: Joining Seafood City's Home Cooking Class.



"We are Hispanics and we go to Seafood City to buy fish. While shopping, we saw the posters about the Cooking Class and decided to register and learn," said Sandra.

Since the Home Cooking Class was launched June 6 at the North Hills location, it has

gained some loyal following among Seafood City customers. Those who have attended the sessions have learned valuable skills from renowned Chefs Cecilia de Castro and Reggie Torres.

"We liked the BBQ Ribs and the Asian Salad. Our families liked it too. It's great that we learn new recipes every Saturday. And so far our families liked the new cuisine we cook for them," Elvia said, adding that, "We learn how to present different dishes for everyday meals. Aside from learning new cuisine, it adds more family time because the dishes become family conversation pieces."

Sandra also described the Cooking Class experience: *"It's fun and exciting as we can shop for ingredients right away after class at Seafood City and prepare and cook once we get home."*

The mother-daughter tandem looks forward to more exciting events at Seafood City. *"We hope to see a Hispanic chef teach at Seafood City and we look forward to learning inexpensive and delicious Hispanic meals. We have invited more of our friends to participate and register."*

For a limited time, you can sign up for classes for FREE. Register at Seafood City North Hills, Panorama or at www.seafoodcity.com.



At Home Ako Sa'yo!

Here are some of Chef de Castro's delightful recipes!

Asian Chicken Salad

Serves 4.

8 ounces grilled chicken breast
6 ounces salad mesclun or mixed baby lettuces or your choice of lettuce
1 ounce carrots, julienne
2 green onions, julienne
½ bunch cilantro, trimmed, optional
½ cup grape or pear tomato, cut in half
1 cup Mandarin orange segments, supreme
Salt & freshly ground black pepper
1 cup julienned wonton, fried

Sesame Dressing:

1 ounce Pamana Cane or Palm vinegar
1 tablespoon calamansi juice
1 tablespoon Pamana soy sauce
¼ cup Pamana vegetable oil
¼ cup sesame oil
Salt & freshly ground black pepper, to taste
½ teaspoon toasted sesame seeds

Cut the grilled or roasted chicken into bite size pieces.

In a bowl, prepare the Sesame Dressing. Add the salad greens, carrots, green onions, cilantro, tomato halves and mandarin oranges.

Toss until well blended. Transfer to a platter or 4 salad plates. Top with the chicken pieces and fried wonton sticks. Serve immediately.



Ginataang Laman ng

Dagat at Lupa

(Seafood & Vegetables in Coconut Sauce)
Serves 6 to 8.

Today, one can buy excellent quality canned coconut milk to make any Ginataan (cooked in coconut milk). You can also prepare this dish without any of the seafood.....in fact, my vegetarian friends always request a version of this dish.

1 tablespoon Pamana cooking oil
1-inch fresh ginger, peeled, julienned
1 small onion, peeled, thinly sliced
2 cups Pamana coconut milk
2-4 chilies, split in half
½ pound kalabasa (Asian squash or Kabocha), core and seeds removed, cut into cubes
4 ounces sitaw (Asian long green beans), cut into 2-inch pieces
4 ounces shrimp, peeled and deveined
4 ounces calamari, trimmed, cut into rings or strips
4 ounces crab meat
Pamana Patis (fish sauce), to taste (optional)
Salt and freshly ground black pepper, to taste

1. In a wok or large saute pan, heat the oil. Over medium heat, saute the ginger and onion until aromatic, about 1-2 minutes.
2. Add the coconut milk and bring to a boil. Add the chilies, kalabasa, and sitaw. Cover and allow to simmer in the coconut milk until al dente, about 4-5 minutes. Remove the cover.
3. Season the seafood mixture with patis, salt and pepper. Add to the simmering mixture, and cook just until the shrimp change color. Serve with a bowl of steamed rice.

Chicken Roll Sliders

Serves 4

1 chicken roll or pork roll
8 mini pan de sal (rolls)
Mayonnaise, optional
Banana ketchup
8 pieces of curly green lettuce
8 slices of plum tomato
Salt & freshly ground black pepper, to taste

Preheat grill.

Slice the frozen chicken roll into 8 equal slices. Cook the sliced chicken rolls and grill for 2 to 3 minutes or until grill marks appear. Turn and cook until done (minimum internal temperature of 165 degrees F). transfer to a platter and allow to cool for 1-2 minutes.

Meanwhile, prepare the sandwiches. Slice the pan de sal in half crosswise. If you like, spread mayonnaise on the bottom half of the bread. Top with a slice of warm grilled chicken roll, top with a whisper of banana ketchup, lettuce and slice of tomato. Secure with a cocktail pick. Repeat the process to the remaining ingredients.

Transfer to a platter and serve with fried kamote (sweet potato) chips and a cold drink!