

Recipes for *Rise and Dream* movie nights

# RISE AND DREAM

A C F C A documentary film

## Drinks:

### Melon Chiller

Allrecipes.com

1 cantaloupe, halved and seeded  
1 gallon water

2 cups white sugar  
ice cubes, as needed

Scrape the cantaloupe meat lengthwise with a spoon or a melon baller and place in a punch bowl; add the water and sugar. Mix thoroughly until all the sugar is dissolved. Chill with the addition of plenty of ice cubes.

### Avocado Milkshake

Allrecipes.com



1 avocado - peeled, pitted, and cubed  
5 cubes ice  
3 tablespoons white sugar

1 1/3 cups milk  
1 teaspoon fresh lemon or lime juice  
1 scoop vanilla ice cream

Place avocado, ice, sugar, milk, lemon juice, and ice cream into a blender. Puree until smooth.

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### Appetizers and Salads:

#### "Ensaladang Ampalaya" (bitter gourd salad)

Nelia P. Jutiz, Antipolo Project - Antipolo, Philippines

Bitter gourd (acorn squash) - 1 kilogram (about 2 lbs)

Ripe tomato -  $\frac{1}{2}$  kilogram (about 1 lb)

Green mango - 2 pcs.

Vinegar -  $\frac{1}{4}$  cup

Iodized, rock or refined salt - 1 to 2 tsp.

Brown sugar - 1 to 2 tsp.

Cut the bitter gourd in halves lengthwise, and then cut the halves thinly, crosswise. Soak it in a small amount of water with little amount of salt to lessen the bitterness. Rinse and drain and put it in a bowl. Cut the tomatoes and peeled green mangoes into tiny cubes. Mix them together. Pour the vinegar, add the sugar and salt. Mix to taste. Serve with fried fish or pork chop.

#### Filipino Lumpia

Allrecipes.com



1 tablespoon vegetable oil

1 pound ground pork

2 cloves garlic, crushed

1/2 cup chopped onion

1/2 cup minced carrots

1/2 cup chopped green onions

1/2 cup thinly sliced green cabbage

1 teaspoon ground black pepper

1 teaspoon salt

1 teaspoon garlic powder

1 teaspoon soy sauce

30 lumpia wrappers

2 cups vegetable oil for frying

Place a wok or large skillet over high heat, and pour in 1 tablespoon vegetable oil. Cook pork, stirring frequently, until no pink is showing. Remove pork from pan and set aside. Drain grease from pan, leaving a thin coating. Cook garlic and onion in the same pan for 2 minutes. Stir in the cooked pork, carrots, green onions, and cabbage. Season with pepper, salt, garlic powder, and soy sauce. Remove from heat, and set aside until cool enough to handle. Place three heaping tablespoons of the filling diagonally near one corner of each wrapper, leaving a 1 1/2 inch space at both ends. Fold the side along the length of the filling over the filling, tuck in both ends, and roll neatly. Keep the roll tight as you assemble. Moisten the other side of the wrapper with water to seal the edge. Cover the rolls with plastic wrap to retain

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moisture. Heat a heavy skillet over medium heat, add oil to 1/2 inch depth, and heat for 5 minutes. Slide 3 or 4 lumpia into the oil. Fry the rolls for 1 to 2 minutes, until all sides are golden brown. Drain on paper towels. Serve immediately.

### Pan de Sal (Filipino Bread Rolls)

Allrecipes.com



2  $\frac{1}{2}$  teaspoons active dry yeast  
3  $\frac{1}{4}$  cups bread flour  
 $\frac{3}{4}$  teaspoon bread improver  
 $\frac{1}{4}$  cup sugar  
 $\frac{1}{4}$  teaspoon salt

2 tablespoons margarine  
2 eggs  
2 cups canned evaporated milk  
 $\frac{1}{2}$  cup dry bread crumbs

Place the yeast, bread flour, bread improver, sugar, salt, margarine, eggs, and 1 cup of evaporated milk into a bread machine in the order recommended by the manufacturer. Select the Dough cycle, and press start. When the cycle has ended, remove the dough from the machine, and form into 2 inch balls. Dip each ball in the remaining evaporated milk, then in the dry bread crumbs. Place the rolls on a baking sheet crumb-side up. Cover loosely with a cloth or plastic, and let rise until doubled in size, about 30 minutes. Preheat the oven to 350 degrees F (175 degrees C). Bake rolls for 8 minutes or until golden brown on the top and bottom.

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### Entrées:

#### Oatmeal con Malunggay (horseradish)

Mrs. Mercy Apoyon, First Placer: Zamboanga project - Zamboanga, Philippines

1 cup oatmeal	
2 pcs. Eggs	$\frac{1}{4}$ cup tomatoes
1 pinch brown sugar	$\frac{1}{4}$ cup red squash
$\frac{3}{4}$ cup galunggong (small fish) mashed	1 cup malunggay leaves
$\frac{1}{2}$ cup cornstarch	$\frac{3}{4}$ cup carrots - cut in strips
1 tsp. iodized salt	2 cups cooking oil (frying)
1 pc onion - diced	3 cloves garlic (minced)
$\frac{1}{2}$ cup bread crumbs	

Combine all ingredients in a clean container and mix well. Form into "chicken joy" or chicken leg shape. Roll in bread crumbs then place in a plate ready for frying. Deep fry until golden brown. Drain. Serve hot with matching potato salad/vegetable salad.

#### Fish Roll Oatmeal with Vegetables

Mrs. Nenita A. Urellano, 2<sup>nd</sup> Placer: Zamboanga Project - Zamboanga, Philippines

1 cup Fish - cut in cubes	2 eggs
1 cup malunggay (horse raddish)	$\frac{1}{2}$ cup diced carrots
1 cup oatmeal	1 cup vegetable oil
3 cloves garlic	1 clove onion
1 tsp. white pepper	a pinch of salt or according to taste

Boil the fish, get rid of the bones then mix with all ingredients in a clean pan or a bowl. Form or shape it into circles or in a fish shape (as you like it). Deep fry until brown. Serve hot with cucumber salad or potato salad or vegetable salad. Enjoy and have fun cooking and eating.

#### Quick and Easy Pancit

Allrecipes.com

1 (12 ounce) package dried rice noodles	1 small head cabbage, thinly sliced
1 teaspoon vegetable oil	4 carrot, thinly sliced
1 onion, finely diced	$\frac{1}{4}$ cup soy sauce
3 cloves garlic, minced	2 lemons - cut into wedges, for garnish

Place the rice noodles in a large bowl, and cover with warm water. When soft, drain, and set aside. Heat oil in a wok or large skillet over medium heat. Saute onion and garlic until soft. Stir in chicken cabbage, carrots and soy sauce. Cook until cabbage begins to soften. Toss in noodles, and cook until heated through, stirring constantly. Transfer pancit to a serving dish and garnish with quartered lemons.

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### Dessert:

#### Home Made Ice Cream Cake

Michelle D. Bautista, Antipolo project - Antipolo, Philippines

Sweet biscuits - 125 gms. (1  $\frac{1}{4}$  cups Nilla  
Wafers)

Condensed Milk - 155 ml (2/3 cups)

Cheese - 100 gms (about 1  $\frac{1}{4}$  cups)

All purpose cream - 383 gms. (about 1  $\frac{2}{3}$   
cups)

Fruit Cocktail - 439 gms. (4 cups)

Place the cream and condensed milk in a bowl and mixed until evenly blend. Spread a little of the mixture in the tray then spread the biscuits to make the first layer. Repeat to make more layers until mixture and biscuits are all placed. Garnish the top with fruit cocktail (w/o syrup) and grated cheese. Then put it in a freezer for one hour. Slice it to serve.

#### "Biko" Native Cake

Nelia P. Jutiz, Antipolo Project - Antipolo, Philippines

Glutinous Rice - 1 kilogram (5 cups)

Brown Sugar or Mascovado -  $\frac{1}{2}$  kilogram (3  $\frac{1}{2}$  cups)

Fresh Coconut Milk - 2 to 3 cups

Cook the glutinous rice well done. Boil the coconut milk separately in a deep pan until it becomes oily. Add the brown sugar or mascovado, stir it occasionally until it is melted. Pour the cooked glutinous rice and mix it continuously until it becomes very sticky. Taste to the desired sweetness. Spread the cake evenly in a shallow tray covered with aluminum foil or in a "bilao" (shallow basket weaved out of bamboo skin) covered with banana leaves. Slice it to desired size. Serve with hot "salabat" (ginger tea).