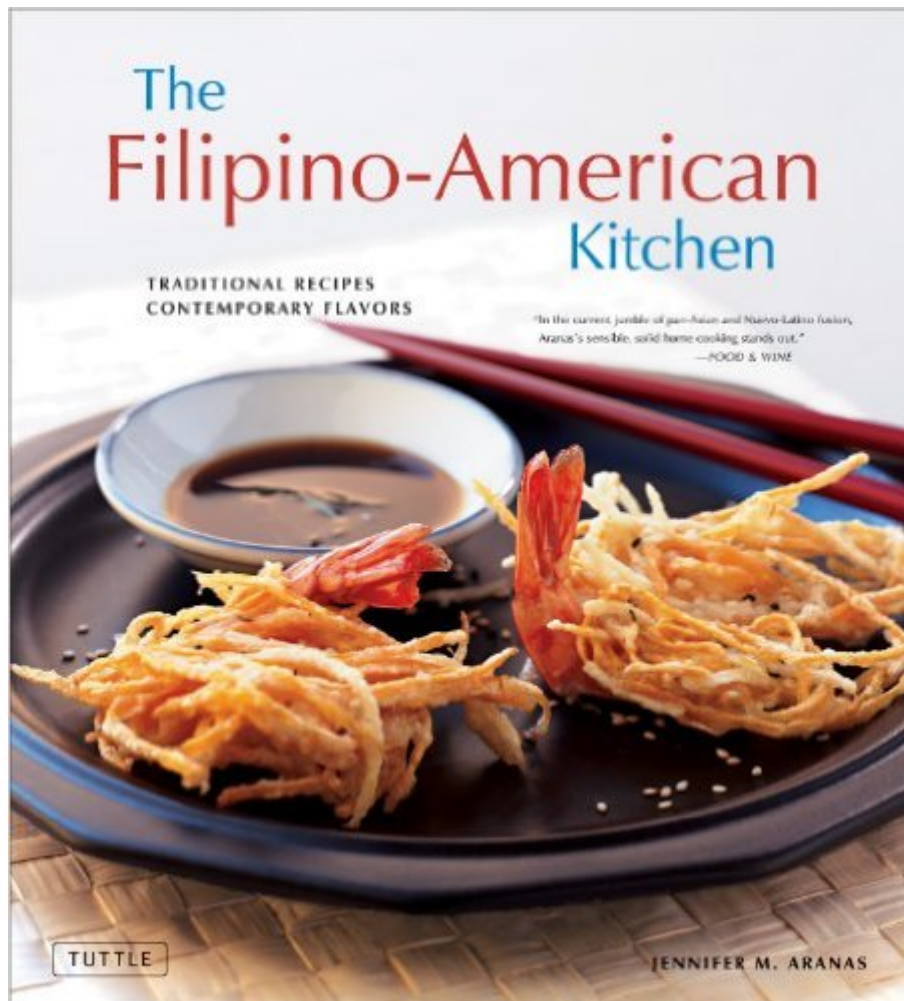


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# The Filipino-American Kitchen: Traditional Recipes, Contemporary Flavors



## Synopsis

Selected as a semifinalist in the 2007 IACP Cookbook Awards In The Filipino-American Kitchen, Chicago-based chef and teacher Jennifer Aranas introduces the exotic flavors of her ancestral Filipino homeland, taking readers on a gastronomic tour " from sweet and spicy to smoky and tangy " while transforming delicious native recipes into easy-to-make meals. Even if you're an experienced Filipino cook, you will discover new favorites among this collection of over 100 recipes, which includes everything from appetizers to desserts. The recipes combine traditional Filipino cooking with New World variations, reflecting the author's Filipino-American roots. She offers innovative interpretations of native recipes such as Duck Adobo, Green Papaya and Jicama Salad, Salmon Kilaw, Lamb Casoy, and Ambrosia Shortcake, alongside traditional favorites such as Crispy Lumpia Egg Rolls, Hearty Paella, Pancit Noodles and Sweet Halo-Halo Sundaes. The "Basics" chapter introduces the building blocks of Filipino cuisine, showing you step-by-step how to create authentic Filipino food. A detailed buying guide leads you through the bustling Asian market, demystifying the flavor essentials " such as coconut, palm vinegar, shrimp paste and calamansi lime " that set the food of the Philippines apart from its Asian neighbors. With this Filipino cookbook at your side, you can share these mouthwatering Filipino dishes with your friends and family.

## Book Information

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## Customer Reviews

For years, I've been pleading with my mother to write her recipes down on paper -- everything she's ever cooked for us growing up was from her memory. And, as she was a caterer, there are many,

many recipes, family or otherwise, that I would like to memorialize and pass onto my kids.....Alas, no recipes from my mother. Yet. But. But but but but but, Ms. Aranas has managed to put into one book the key Filipino recipes ALL Filipinos should have, especially my generation and all generations to come. The recipes themselves are straight-forward -- most Filipinos will be familiar with almost every single recipe. The pictures are stunning, and evoke memories of my childhood. She gives the reader excellent insight on Filipino ingredients, and the recipes are quite easy to follow. For all 1st generation Filipinos living in the US, BUY THIS BOOK. Hand it down to the next generation. For anyone interested in Filipino cuisine, BUY THIS BOOK. You will not regret it. I can't more highly recommend this book as a cornerstone for Filipino far into the future.

The dishes in this book fit the title: Filipino American. That is, they are based on the traditional foods of the Philippines but modified to allow the chef to take advantage of fresh local products, and of a minimum of specialty spices. The resulting foods are thus more suited to both the American taste and the American supermarket than highly traditional recipes. Philippine food traditions are based on their particular variant on oriental cooking, but modified by years of influence from incoming cultures. The Spanish took over the island in 1542 and left them with a deep impression of Spanish culinary heritage (paella for instance, but without saffron). The Spanish in turn brought with them some Mexican influence. And then there were the Americans, the Japanese, the Chinese. Ms. Aranas has done an excellent job of fitting these into an American kitchen. You will be hard pressed to flip through this book without finding something that you want to try.

I was a regular diner at Jennifer Aranas' restaurant in Chicago, Rambutan. When it closed, I thought I'd never get to savor the delights that regularly came out of her kitchen. I was thrilled when she released a cookbook. The recipes are easy to follow and she lists where to find the ingredients and what to use as a substitute if you can't get the traditional ingredients. The food tastes as good as it did in the restaurant. I had a dinner party and served all my faves. The shumai, lumpia, palm heart salad, and humba paired with the maja blanca mais are mouthwatering. If you're interested in trying Filipino cuisine, you can't go wrong with this book.

No, I probably don't know squat, but I do know the food is fabulous. The book looks good, great pictures, the recipes look good, but I am used to them being called in their native language, and that is included too. The book has the look, size, and feel of a table top book, almost too pretty for a working book. I was disappointed in this quote "Like taco Tuesdays, and spaghetti on Wednesdays,

you could have Adobo Thursdays." from East West Magazine. Not really with this book, Duck Adobo, a far cry from pork or chicken, wet or dry styles. Entirely simple 5 ingredients plus a meat. I have managed to make this dish a family favorite, everyone knows when I am cooking adobo, I never seem to have enough left over. I expected a bit more depth on a national dish. The second is Lumpia. She did give it space, the style is good. Considering the different combinations, I expected a little more information. I still think this book is a good deal anyway. Next, I will try the Whole cooked red snapper.

I gave my brother and his girlfriend this cookbook for Christmas one year because they had moved from Chicago and were disappointed with the lack of ethnic cuisine in their new home city, Pittsburg. They call it their go to cookbook and go to it whenever they want a taste of home. My brother does most of the cooking and shopping for them and says the recipes in this book are not difficult. He wrote me a thank you card after he made the first dish from the cookbook and said he felt like a Chef because the shrimp he made looked just like the picture in the book.

This is a very well put together book of fil/am delights. Lots of great recipes and even soups and salads. Mouth watering pictures to accompany the recipes from beginning to end, and easy to follow instructions. Malugod ito....Gusto ako!

Hooray for Filipino-American food coming into its own! If only my mother had ever written down her recipes for me, I would have spared my husband and friends many a sad attempt at recreating a little bit of my childhood. But, now I have this book to reference! Still not better than my mom cooking for me, but way more portable! Thanks for a great collection of recipes for generations to come.

jennifer aranas used to own a restaurant in chicago called Rambutan, which featured much of what you'll see in this book. from the adobo to the shumai and everything in between, the dishes are addictively delicious! i miss the restaurant but i'm glad i have the book!!!

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