

Sarap Sustansya

Recipe Book

SEP. 2022

Yakap

NI MOMMY

**CHICKEN
MAMI**

Easy 3-step recipe
sa maulang gabi

— See pg.2

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**TUWING
UMUULAN
RECIPES**



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Sarap Sustansya **Recipe Book**

SEP. 2022



Hindi lang ang mga bata ang balik eskwela! Mga Cook-Mare, dagdagan ang kaalaman sa kusina at matuto ng mga iba't-ibang rainy-day recipes na magpapasarap ng kainan. At dahil na download mo na ang ebook na ito, simulan na natin ang pagluluto!

A white bowl filled with chicken mami, topped with shredded chicken, egg noodles, baby carrots, pechay baguio, and a hard-boiled egg. The bowl is set on a yellow placemat. A Maggi logo is in the top left corner.

Maggi

Yakap

NI MOMMY

CHICKEN MAMI

INGREDIENTS

100 g	chicken breast
5 cups	water
2 sachets	8g MAGGI® Magic Sarap®
2 cups	egg noodles
1 pc	baby carrots
1 cup	pechay baguio
2 pcs	hard boiled egg
2 tbsp	toasted garlic
1 tsp	springs onions



TITA MAGGI TIP:

Dagdagan ng flavor ang Chicken Mami broth by using chicken leg quarter instead of chicken breast. Nasa buto ang linamnam!



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Yakap

NI MOMMY

CHICKEN MAMI

INSTRUCTIONS | 30 MINUTES

STEP
1

Simmer chicken in water. Set aside the chicken and reserve the broth. Shred chicken.

STEP
2

Simmer broth and season with MAGGI® Magic Sarap®.

STEP
3

Add noodles, carrot and pechay Baguio. Transfer into a serving bowl. Top with chicken, egg, toasted garlic and spring onion. Serve immediately.



Maggi

Nanay's

COMFORT

CHICKEN ARROZ CALDO

INGREDIENTS

4 pcs	chicken wings	2 sachets	8g MAGGI®
2 tbsp	vegetable oil		Magic Sarap®
4 cloves	garlic	1/4 tsp	ground pepper
2 pcs	ginger	1/2 cup	chicharon
1 pc	onion	3 pcs	egg
6 tbsp	glutinous rice	1 tbsp	toasted garlic
6 cups	water	1 tbsp	springs onions
1 oz	kasubha	6 pcs	lime

TITA MAGGI TIP:

Masarap pang-merienda ang mainit na Chicken Arroz Caldo on rainy days!





Nanay's
COMFORT
**CHICKEN
ARROZ CALDO**

INSTRUCTIONS | 15 MINUTES

STEP
1

Sauté chicken in oil. Remove and set aside.

STEP
2

Sauté garlic, ginger and onion in the same pot. Add rice, pour water and simmer while covered for 30 minutes. Stir occasionally.

STEP
3

Add chicken and kasubha and cook for another 15 minutes. Season with MAGGI® Magic Sarap® and pepper. Serve with preferred garnishes.



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Special
**MISUA
BOLA-BOLA**

NA NAGBIBIGAY SAYA

INGREDIENTS

1/4 kg	ground pork	1/2	onion
1 pc	onion	1 tbsp	vegetable oil
2 tbsp	carrot	3 cups	water
2 schts	8g MAGGI®	1 pc	patola
	Magic Sarap®	1pc	egg
2 cloves	garlic	1 tbsp	spring onions
1/2 bunch	miswa		

TITA MAGGI TIP:

Out of stock ang patola? Pwedeng gamitin ang upo or sayote sa Misua Bola-Bola.





Maggi

Special
**MISUA
BOLA-BOLA**

NA NAGBIBIGAY SAYA

INSTRUCTIONS | 45 MINUTES

**STEP
1**

Combine ground pork, onion, carrot and egg. Season with $\frac{1}{2}$ sachet of MAGGI® Magic Sarap®. Mix, form into meatballs and set aside.

**STEP
2**

Sauté garlic and onion in oil in a pot. Pour water and simmer. Add meatballs and patola. Simmer for 5mins.

**STEP
3**

Season with remaining $1 \frac{1}{2}$ sachet of MAGGI® Magic Sarap®. Stir in miswa and spring onion. Transfer into a serving bowl and serve immediately.



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Pag Maulan

S A L A B A S

EASY CHICKEN SOPAS

INGREDIENTS

1/2 pc	chicken breast	2 cloves	garlic
2 cups	water	1 pc	onion
1 tbsp	vegetable oil	1/4 cup	carrot
1/4 cup	pasta	3/20 tsp	ground pepper
1 scht	8g MAGGI®	1/2 cup	cabbage
	Magic Sarap®		



TITA MAGGI TIP:

Bagay na bagay ang Easy Chicken Sopas with pritong ulam for a complete and balanced meal.



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Pag Maulan

S A L A B A S

EASY CHICKEN SOPAS

INSTRUCTIONS | 20 MINUTES

STEP
1

Simmer chicken breast in water. Reserve broth and shred chicken.

STEP
2

Sauté garlic and onion in a pot. Pour reserved broth and simmer. Add macaroni and carrot and simmer for 10 minutes.

STEP
3

Season with MAGGI® Magic Sarap® and pepper. Stir in cabbage. Transfer into a serving bowl and serve immediately.



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WARM & COMFY

Homey LOMI

INGREDIENTS

2 tbsp	vegetable oil	1 scht	MAGGI®
4 cloves	garlic		Oyster Sauce
1 pc	onion	2 tbsp	cornstarch
2 schts	8g MAGGI®	1/2 cup	carrot
	Magic Sarap®	1 cup	napa cabbage
100g	pork belly	2 pcs	egg
6 cups	water	2 tbsp	scallion
1/4 g	rice noodles	6 pcs	calamansi

TITA MAGGI TIP:

Pwedeng palitan ang pork ng shrimp, liver, kikiyam, or chicharron sa Lomi!





WARM & COMFY

Homey LOMI

INSTRUCTIONS | 45 MINUTES

- STEP 1** Sauté garlic, onion and pork in oil.
- STEP 2** Pour water, simmer and season with MAGGI® Magic Sarap® and MAGGI® Oyster Sauce.
- STEP 3** Stir in noodles. Pour cornstarch and water mixture while mixing to thicken the broth.
- STEP 4** Add carrots and cabbage. Stir in beaten egg. Transfer into a serving bowl, top with scallions and serve with calamansi.



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Bed Weather **PESANG BANGUS** R E C I P E

INGREDIENTS

2 tbsps	vegetable oil	1 tsp	black peppercorn
4 cloves	garlic		peppercorn
1 pc	onion	1 bunch	pechay
1 pc	ginger	1 stalk	scallion
4 cups	rice washing	2 sachets	8g MAGGI®
1/2 kg	bangus		Magic Sarap®
1 head	cabbage		



TITA MAGGI TIP:

Maaaring gamitin ang iba't-ibang klaseng fresh na isda sa recipe na ito!



Bed Weather **PESANG BANGUS** R E C I P E

INSTRUCTIONS | 20 MINUTES

STEP
1

Sauté garlic, onion and ginger in oil. Pour in rice washing and simmer.

STEP
2

Add bangus and peppercorn. Simmer for 10 minutes. Skim off the scum. Stir in cabbage, pechay, and scallion.

STEP
3

Season with MAGGI® Magic Sarap®. Transfer into a serving bowl and serve



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Tag-ulan

C L A S S I C

BEEF SINIGANG W/ GABI

INGREDIENTS

½ kg	beef shank	2 pcs	gabi
6 cups	water	1 pc	eggplant
1 pc	onion	2 pcs	sitaw
1 pc	tomato	1 package	MAGGI® Magic
1 pc	finger chili		Sinigang
1 cup	kangkong		Sampalok with
1 tbsp	patis		Gabi Mix

TITA MAGGI TIP:

Gawing complete meal ang Beef Sinigang with Gabi by adding rice!





Tag-ulan

C L A S S I C

BEEF SINIGANG W/ GABI

INSTRUCTIONS | 150 MINUTES

STEP
1

Simmer beef in water for 1 hour. Add onion, tomato, gabi, finger chili and continue to simmer until tender.

STEP
2

Mash gabi and stir in the broth to thicken the soup.

STEP
3

Add eggplant and sitaw and simmer for 2 minutes. Pour MAGGI® Magic Sinigang with Gabi and fish sauce.

STEP
4

Stir in kangkong. Transfer into a serving bowl and serve immediately.



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Hearty

PORK ADOBO

NI LOLO

INGREDIENTS

1 kg	pork belly with ribs, cut into 1 ½-inch pieces	1 tbsp	brown sugar
		1 cup	water
		1 sachet	8g MAGGI®
1 pc	bay leaf		Magic Sarap®
2 tsp	black peppercorn	1 tbsp	vegetable oil
		6 tbsp	white vinegar
		1/4 cup	soy sauce

TITA MAGGI TIP:

Gawin mas special ang Pork Adobo by adding boiled eggs, kangkong or sitaw.





Hearty

PORK ADOBO

NI LOLO

INSTRUCTIONS | 70 MINUTES

STEP
1

Combine pork, MAGGI® Magic Sarap®, bay leaf, garlic, peppercorn, vinegar, soy sauce, sugar and water in a pot.

STEP
2

Simmer while covered for 45 minutes over low heat. Remove pork and garlic and set aside.

STEP
3

Sauté pork and garlic in oil until golden brown. Pour cooking liquid in the same pan and simmer for another 10 minutes. Transfer on a serving plate and serve.



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Merienda

PABORITO

CHICKEN BIHON GUISADO

INGREDIENTS

2 pcs	chicken breast	1/2 cup	MAGGI®
2 cups	water		Oyster Sauce
1/2 sachet	8g MAGGI®	1/4 tsp	ground pepper
	Magic Sarap®	1/4 kg	bihon
2 tbsp	vegetable oil	1 pc	carrot
4 cloves	garlic	1 cup	string beans
1 pc	onion	2 tbsps	spring onions
1 cup	cabbage	1 tbsp	toasted garlic



TITA MAGGI TIP:

When cooking noodle dishes like Chicken Bihon Guisado, use high heat para mapreserve ang texture ng ingredients.



Maggi

Merienda

PABORITO

CHICKEN BIHON GUISADO

INSTRUCTIONS | 40 MINUTES

**STEP
1**

Simmer chicken in water with MAGGI® Magic Sarap® for 5 minutes. Flake chicken and reserve broth.

**STEP
2**

Sauté garlic and onion in oil. Add broth, MAGGI® Oyster Sauce and pepper. Stir in bihon and cook for 5 minutes.

**STEP
3**

Add flaked chicken, carrot, green beans and cabbage. Cook for another 2 minutes. Transfer into a serving plate and garnish with spring onion and toasted garlic.



Maggi

Filling

PORK & TOKWA BOLA-BOLA

RECIPE

INGREDIENTS

1/2 kg	grounded pork	2 cloves	garlic
1/4 kg	tofu	1 pc	onion
2 sachets	8g MAGGI®	1 pc	carrot
	Magic Sarap®	2 cups	water
1 pc	egg	1 tbsp	cornstarch
2 tbsps	vegetable oil	1 tbsp	spring onions

TITA MAGGI TIP:

Gawin mas unique ang Bola-Bola by using ground chicken or ground beef instead of pork!





Maggi

Maggi
Magic Sarap
ALL-IN-ONE
SEASONING GRANULES

Filling

PORK & TOKWA BOLA-BOLA

RECIPE

INSTRUCTIONS | 45 MINUTES

STEP
1

Mix ground pork with tokwa and egg. Season with 1 sachet of MAGGI® Magic Sarap®. Form into 1 tbsp meatballs and set aside.

STEP
2

Sauté meatballs in oli until golden brow. Remove and set aside.

STEP
3

Sauté garlic, onion and carrot in the same pan. Pour water and bring to simmer. Season with remaining 1 sachet of MAGGI® Magic Sarap®.

STEP
4

Stir in cornstarch and water mixture to thicken the soup. Add back sautéed meatballs and simmer for 2mins. Add spring onion, transfer into a serving bowl and serve.



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