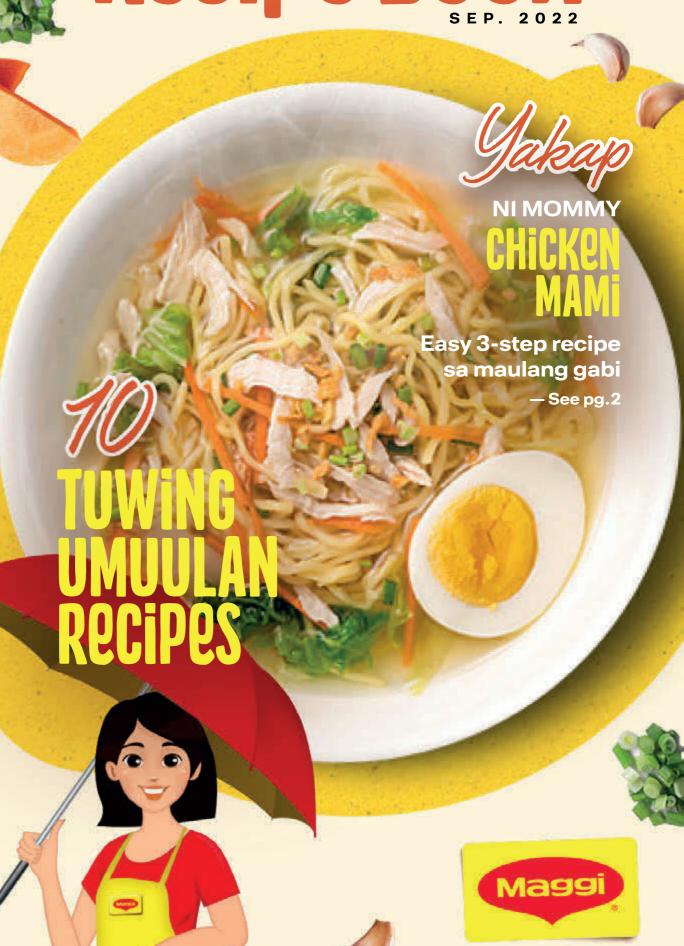
Sarap Sustansya RECIPE BOOK SEP. 2022



MAGGI.PH



Sarap Sustansya

Recipe Book



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!



CHICKEN MAMI

INGREDIENTS

100 g chicken breast

5 cups water

8g MAGGI® Magic Sarap® 2 sachets

2 cups egg noodles

1pc baby carrots

1 cup pechay baguio 2 pcs hard boiled egg

2 tbsp toasted garlic

springs onions 1tsp



TITA MAGGI TIP:

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



NI MOMMY

CHICKON MAMI

INSTRUCTIONS | 30 MINUTES



- Simmer broth and season with MAGGI® Magic Sarap®.
- Add noodles, carrot and pechay Baguio. Transfer into a serving bowl. Top with chicken, egg, toasted garlic and spring onion. Serve immediately.



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
1pc	onion	3 pcs	egg
6 tbsp	glutinous rice	1tbsp	toasted garlic
6 cups	water	1tbsp	springs onions
1 oz	kasubha	6 pcs	lime

TITA MAGGI TIP:

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





INSTRUCTIONS | 15 MINUTES



Sauté chicken in oil. Remove and set aside.



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



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







1/4 kg ground pork 1/2

1 pc onion 1 tbsp vegetable oil

2 tbsp carrot 3 cups water 2 schts 8g MAGGI® 1 pc patola

s 8g MAGGI® 1 pc patola Magic Sarap® 1pc egg

2 cloves garlic 1tbsp spring onions
1/2 bunch miswa

TITA MAGGITIP:

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



onion





Combine ground pork, onion, carrot and egg. Season with ½ sachet of MAGGI® Magic Sarap®. Mix, form into meatballs and set aside.



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



Season with remaining 1½ sachet of MAGGI® Magic Sarap®. Stir in miswa and spring onion. Transfer into a serving bowl and serve immediately.



1/2 pc 2 cups 1 tbsp 1/4 cup 1 scht

water
vegetable oil
pasta
8g MAGGI®
Magic Sarap®

chicken breast

2 cloves garlic
1 pc onion
1/4 cup carrot
3/20 tsp ground pepper

1/2 cup cabbage



TITA MAGGITIP:

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



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



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

TITA MAGGI TIP:

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





Homey LOMI

INSTRUCTIONS | 45 MINUTES

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



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INGREDIENTS

2 tbsps vegetable oil

4 cloves garlic

1 pc onion

1 pc ginger

4 cups rice washing

1/2 kg bangus

1 head cabbage

1tsp black

1 stalk

peppercorn

1 bunch pechay

scallion

2 sachets 8g MAGGI®

Magic Sarap®



TITA MAGGI TIP:

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



RECIPE

INSTRUCTIONS | 20 MINUTES



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



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



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



INGREDIENTS

1/2 kg beef shank
6 cups water
1 pc onion
1 pc tomato
1 pc finger chili

1 cup kangkong

1 tbsp patis

2 pcs gabi

1pc eggplant

2 pcs sitaw

1 package MAGGI® Magic

Sinigang

Sampalok with

Gabi Mix

TITA MAGGI TIP:

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





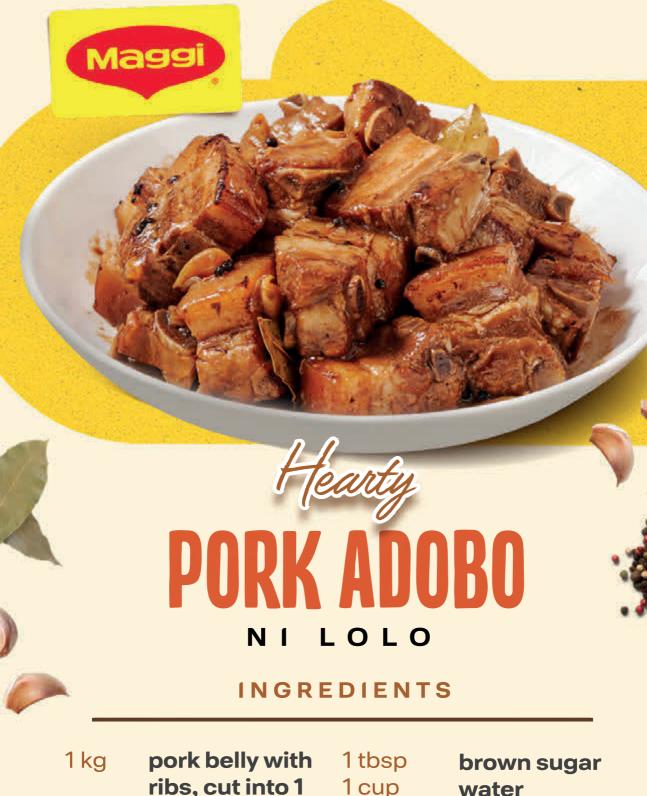
INSTRUCTIONS | 150 MINUTES



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



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



1 kg pork belly with ribs, cut into 1
½-inch pieces
1 pc bay leaf
2 tsp black peppercorn

1 sachet

1 tbsp
6 tbsp
1/4 cup

brown sugar water 8g MAGGI® Magic Sarap® vegetable oil white vinegar soy sauce

TITA MAGGI TIP:

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



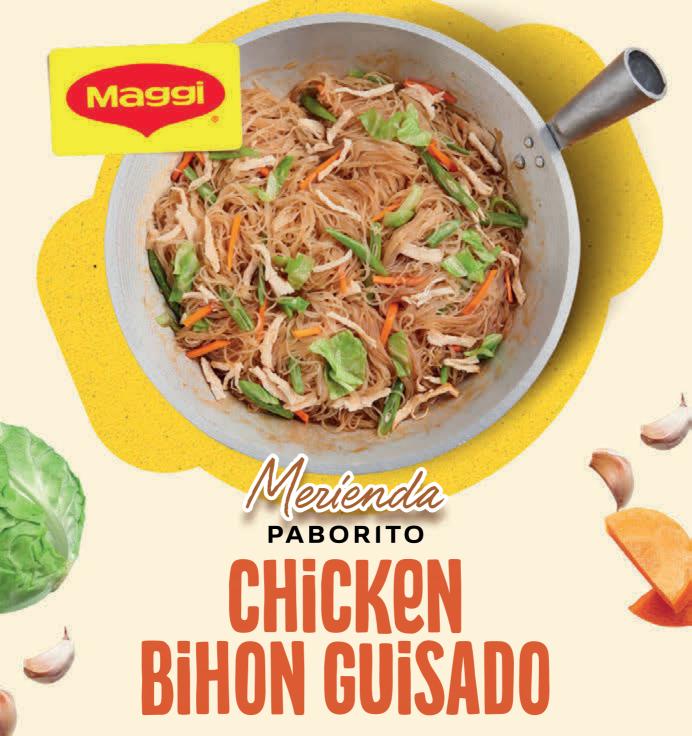


PORK ADOBO

NI LOLO

INSTRUCTIONS | 70 MINUTES

- Combine pork, MAGGI®
 Magic Sarap®, bay leaf, garlic,
 peppercorn, vinegar, soy sauce,
 sugar and water in a pot.
- Simmer while covered for 45 minutes over low heat. Remove pork and garlic and set aside.
- 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.



INGREDIENTS

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

spring onions onion 2 tbsps cabbage toasted garlic 1tbsp



1pc

1 cup

TITA MAGGI TIP:

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

MAGGI®



INSTRUCTIONS | 40 MINUTES



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



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



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.



INGREDIENTS

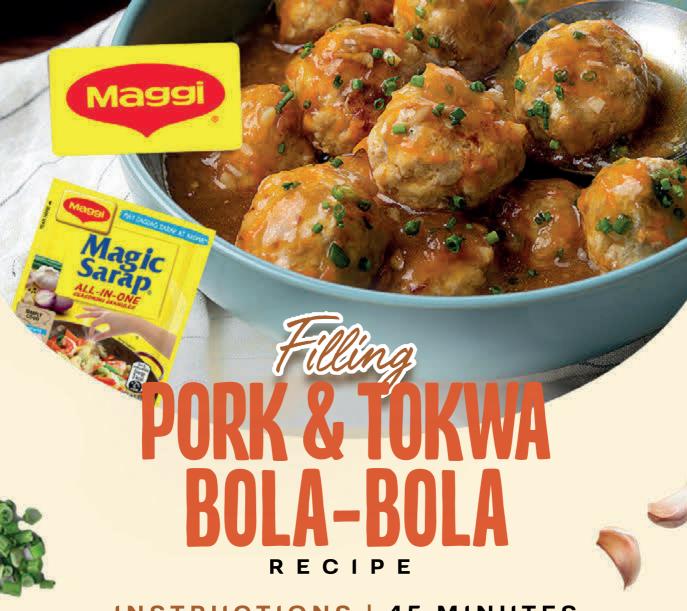
1/2 kggrounded pork2 clovesgarlic1/4 kgtofu1 pconion2 sachets8g MAGGI®1 pccarrotMagic Sarap®2 cupswater

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!





INSTRUCTIONS | 45 MINUTES

- Mix ground pork with tokwa and egg. Season with 1 sachet of MAGGI® Magic Sarap®. Form into 1 tbsp meatballs and set aside.
- Sauté meatballs in oli until golden brow. Remove and set aside.
- Sauté garlic, onion and carrot in the same pan. Pour water and bring to simmer. Season with remaining 1 sachet of MAGGI® Magic Sarap®.
- 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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