



# Cultural Cuisine

## Filipino



Filipino cuisine is reflective of its Spanish, Chinese, and Malay influences. Shaped by more than three centuries of Spanish rule, the Tagalog cooking of Manila includes dishes such as *leche flan* and *paella* and features tomatoes, garlic, onions, garbanzo beans, and mixed meats. In the North, Chinese traders helped define Ilocano foods, which include *lumpia*, noodles, vegetables, and sweets made from glutinous rice flour. Malaysian traders contributed to the South's Visayan cooking, with its heavy use of coconut and coconut milk. While absorbing these influences, Filipino cooking has retained its own distinct flavors, especially tartness from vinegar, green mango, kalamansi, or tamarind, and saltiness from *bagoong* (fish paste) and *patis* (Filipino fish sauce). As with many other cuisines in Hawai'i, no Filipino meal is complete without steamed white rice.



**College of Tropical Agriculture  
and Human Resources**  
University of Hawai'i at Mānoa

*Island Fresh*  
**Buy Fresh Buy Local**



For more information on the nutrient content of foods produced and consumed in Hawai'i, please consult [www.hawaiiifoods.hawaii.edu](http://www.hawaiiifoods.hawaii.edu)

© 2007



- **Guisadong Sayote** (Sautéed Chayote Squash)
- **Chicken Dinola** (Chicken Papaya Soup)
- **Pinacbet** (Mixed Vegetable Dish)

- **Balatong** (Mung Beans with Pork)
- **Ginataan**  
(Roots and Fruits Simmered in Coconut Milk)

## Guisadong Sayote (Sautéed Chayote Squash)

4 Servings

- 2 each chayote squash  
(approximately 4 cups), peeled
- 1 tablespoon vegetable oil
- 2 cloves garlic, minced  
(approximately 2 teaspoons)
- 1 medium onion, sliced  
(approximately 2 cups)
- 2 medium tomatoes, cut in wedges  
(approximately 1 1/3 cups)
- 1/2 pound shrimp, shelled
- 1 tablespoon *patis* (Filipino fish sauce)
- 1/8 teaspoon salt



1. Cut chayote in quarters, taking out seed core. Slice quartered pieces diagonally into 1/4-inch thick slices. Set aside.
2. In a skillet over medium heat, sauté garlic in oil until lightly browned.
3. Add onion and stir for one minute. Add tomatoes and cook until soft, approximately 2-3 minutes.
4. Add chayote slices, *patis*, salt, and pepper. Cover and simmer over medium heat for 10 minutes, stirring occasionally.
5. Add shrimp and cook for 5 minutes or until shrimp is cooked and chayote is soft.

### Nutrition Facts

Serving Size Approx 1 cup (314g)  
Servings Per Recipe 4

Amount Per Serving

**Calories 150** Calories from Fat 45

% Daily Value\*

**Total Fat 5g** 8%

**Saturated Fat 1g** 3%

**Cholesterol 90mg** 29%

**Sodium 510mg** 21%

**Total Carbohydrate 14g** 5%

**Dietary Fiber 3g** 14%

**Sugars 7g**

**Protein 14g**

**Vitamin A 10%** • **Vitamin C 45%**

**Calcium 8%** • **Iron 10%**

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

## Chicken Dinola (Chicken Papaya Soup)

6 servings

- 1 medium green papaya  
(approximately 2 cups)
- 1 tablespoon vegetable oil
- 1 medium onion, sliced  
(approximately 2 cups)
- 3 cloves garlic, minced  
(approximately 3 teaspoons)
- 2 tablespoons crushed ginger (2-inch piece)
- 1 1/2 pounds boneless, skinless chicken thighs
- 1/4 cup *patis* (Filipino fish sauce)
- 4 cups water
- 3 cups *marungay* leaves, cleaned, stems removed



1. Peel papaya skin, cut and remove seeds. Cut papaya in 1-inch cubes.
2. In a deep soup pot, heat oil and sauté onion until translucent. Add garlic and ginger and sauté until lightly browned.
3. Add chicken pieces and *patis* into the pot. Cook for 3 minutes or until chicken is lightly browned.
4. Add water and papaya. Cover and simmer over medium heat 15-20 minutes or until papaya is tender.
5. Turn off heat. Add *marungay* leaves and cover for 1-2 minutes.

### Nutrition Facts

Serving Size Approx 1 cup (342g)  
Servings Per Recipe 6

Amount Per Serving

**Calories 220** Calories from Fat 100

% Daily Value\*

**Total Fat 11g** 16%

**Saturated Fat 3g** 3%

**Cholesterol 75mg** 29%

**Sodium 1000mg** 42%

**Total Carbohydrate 8g** 3%

**Dietary Fiber 2g** 6%

**Sugars 3g**

**Protein 23g**

**Vitamin A 10%** • **Vitamin C 32%**

**Calcium 6%** • **Iron 10%**

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4



*No trabáho, gulpién, no kanén, in-inúten.*  
If it's work, do it fast. If it's food, eat it little by little.

## Pinacbet (Mixed Vegetable Dish)

8 servings

- 1 medium bittermelon (approximately 2 cups)
- 1 cup long beans (approximately 7 beans)
- 4 long eggplants (approximately 8 cups)
- 1 cup okra (approximately 8 okra)
- 1 1/3 cups tomatoes cut in wedges (approximately 2 medium tomatoes)
- 1 cup water
- 1/4 cup *patís* (Filipino fish sauce)
- 1/4 cup dried shrimp (optional)
- 3-inch piece ginger root, sliced (approximately 3 tablespoons)



1. Slice bittermelon lengthwise and remove seeds. Cut into 2-1/2 inch lengths. Cut long beans and eggplant into 2-1/2 inch lengths. Cut off and discard okra stems, cut into 1/2-inch lengths.
2. In a large saucepot, bring water, *patís*, ginger, and dried shrimp to a boil.
3. Add bittermelon and long beans. Then add eggplant, okra, and tomatoes. Cover and cook on medium-high heat for 10-15 minutes, occasionally tossing vegetables, until tender.

### Nutrition Facts

Serving Size Approx 1 cup (198g)  
Servings Per Recipe 8

Amount Per Serving

**Calories 45**      **Calories from Fat 0**

% Daily Value\*

**Total Fat 0g**      0%

Saturated Fat 0g      0%

**Cholesterol <5mg**      1%

**Sodium 700mg**      29%

**Total Carbohydrate 9g**      3%

Dietary Fiber 4g      17%

Sugars 4g

**Protein 3g**

Vitamin A 4%      •      Vitamin C 45%

Calcium 6%      •      Iron 4%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

## Balatong (Mung Beans and Pork)

6 servings

- 4 cups water
- 1/2 cup split mung beans, dried
- 1/2 pound lean pork, sliced
- 3 cloves garlic, sliced (approximately 3 teaspoons)
- 3 tablespoons *patís* (Filipino fish sauce)
- 1 1/3 cups tomatoes cut in wedges (approximately 2 medium tomatoes)
- 2/3 cup sliced onion (approximately half a medium onion)
- 2 cups *marungay* leaves, cleaned, stems removed



1. In a small saucepan, bring 2 cups of water to a boil. Add mung beans and boil for 5 minutes. Drain and remove green skins when they float to the top. Add more water to the pot and rinse beans. More skins will float to the surface. Remove skins and repeat process until most of the skins are removed.
2. Add 2 cups of water to saucepan. Cover and simmer for 10-15 minutes, until beans are soft. Do not drain. Set aside.
3. In a medium wok add oil and garlic. Add pork and fry until brown.
4. Add *patís*, tomato, and onion. Cook until onion is soft.
5. Add mung beans (with water); cook about 3 minutes.
6. Turn off heat and add *marungay* leaves. Cover 1-2 minutes.

### Nutrition Facts

Serving Size Approx 1/2 cup (282g)  
Servings Per Recipe 6

Amount Per Serving

**Calories 180**      **Calories from Fat 70**

% Daily Value\*

**Total Fat 8g**      13%

Saturated Fat 1.5g      8%

**Cholesterol 20mg**      7%

**Sodium 730mg**      30%

**Total Carbohydrate 15g**      5%

Dietary Fiber 4g      16%

Sugars 2g

**Protein 13g**

Vitamin A 8%      •      Vitamin C 20%

Calcium 6%      •      Iron 10%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4



# Guinataan

## (Roots and Fruits Simmered in Coconut Milk)

12 servings

- 1 cup *mochiko* flour
- 1/3-1/2 cup water
- 1 1/2 cups coconut milk (13.5-oz. can)
- 2 1/2 cups water
- 3 tablespoons sugar
- 2 tablespoons jack fruit preserve, chopped fine
- 1 small yam, peeled, cubed 1/2-inch pieces (approximately 1 1/2 cups)
- 1 small taro root, peeled, cubed 1/2-inch pieces (approximately 1 cup)
- 1 plantain, peeled, cubed in 1/2-inch pieces (approximately 1 1/2 cups)



1. Combine *mochiko* rice flour with 1/3-1/2 cup water until it forms into a soft dough.
2. Form dough into small balls, about 1/2-inch in diameter, by rolling 1 teaspoon of dough between the palms of your hands. Set aside.
3. In a medium pot, combine coconut milk, water, and sugar. Bring to a boil.
4. Reduce heat to medium. Add *mochiko* flour balls, jackfruit, yam, taro, and plantains.
5. Simmer for 15-20 minutes until all fruits are cooked. Stir frequently.
6. Serve warm in individual bowls.

### Nutrition Facts

Serving Size Approx 1/2 cup (159g)  
Servings Per Recipe 12

#### Amount Per Serving

**Calories 170**    **Calories from Fat 60**

% Daily Value\*

**Total Fat 7g**    10%

**Saturated Fat 6g**    28%

**Cholesterol 0mg**    0%

**Sodium 10mg**    <1%

**Total Carbohydrate 26g**    9%

**Dietary Fiber 2g**    8%

**Sugars 6g**

**Protein 2g**

**Vitamin A 4%**    •    **Vitamin C 20%**

**Calcium 2%**    •    **Iron 8%**

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4