

MOTHERS' GUIDE IN CARE OF CHILDREN



The Young Citizen PANTRY



Most of us have the habit of eating something between the noon and evening meals which we call "merienda." This is an established custom in most Filipino homes. To some, it is indispensable even as the regular meals.

It is customary in most homes to prepare "merienda" when visitors are expected. But it pays to prepare home-made "merienda" whether there are visitors or just the family, because then we are sure that nothing but wholesome ingredients are used. Besides, the food is not exposed to the dirt and dust of the streets. It will also save the centavos of the little tots for sweets and candies of doubtful values.

I shall now tell you how to prepare majablanco. This may be served for "merienda," for dessert, or to persons on light diet.

CORNSTARCH MAJABLANCO

- 1 c Liberty Cornstarch
- 1 c sugar
- 1 c rich coconut milk (kakang gata)
- 2½ c coconut milk

Divide the coconut and get the water. Grate meat. Squeeze and press to get the first cup of milk (kakang gata). Strain. Boil over a slow fire until the oil comes out and the scum (latik) is golden brown. Separate the oil from the

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"latik." Oil the bottom and sides of the moulders—jelly moulders, cups, saucers or plasters will do. Reserve the "latik."

Add the coconut water to the meat and extract the 2½ cups of milk.

Sift the sugar and cornstarch together. Add the coconut milk little by little to prevent the formation of lumps. Boil in a saucepan or kettle and stir constantly to prevent the bottom from burning. When big bubbles appear in the mixture or when it is the consistency of thin starch, remove from the fire. Pour in the oiled moulders and put aside to cool. When set or firm scrape around the sides of the moulders with the thin point of a knife. Turn on platters and garnish with "latik" on top. Serve.

The meat of the coconut may also be used as garnish. Heat a frying pan and put the coconut meat. Add 10 tablespoons of sugar and stir constantly. When golden brown, remove from the fire. Use as garnish instead of the "latik."

RICE MAJABLANCO

- 1 c rice
- 1 c sugar
- 1 c water
- 2½ c coconut milk

Winnow, sort and wash the rice. Soak in 1 cup of water overnight. In the morning, grind in the native grinder. Include the water. Add the sugar and stir to dissolve it.

Get the 2½ cups milk from the grated coconut. Add to the mixture and boil in a kettle or saucepan. Proceed in the same manner as for the Cornstarch Majablanco. Use either of the two garnishes.

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