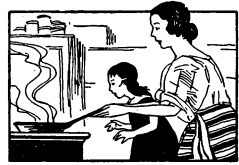




THE YOUNG CITIZEN PANTRY



SOME SAVORY PHILIPPINE DISHES

By MRS. ANGELA T. MONTANO*

"THE shortest way to a man's heart is through his stomach." There is much truth in this saying. It should therefore be the aim of every girl or woman to learn the proper ways of cooking, because all women want to please the members of their household by good, palatable, wholesome cookery.

We offer in this issue of *The Young Citizen* some more savory Philippine dishes.

Crabs with Mongo Sprouts

Get three medium-sized crabs, 2 cups of mongo sprouts, 2 tablespoons of fat, 4 cups of hot water, one onion, 2 cloves of garlic, pepper and salt.

Wash and sort the mongo sprouts. Fry quickly with little grease the mongo sprouts, onions, and garlic. Cover and cook until the mongo sprouts are nearly done.

Wash and clean the crabs very well. Divide each in-

cluding the shell and drop into the boiling mixture. Cook until the crabs turn brick red. Season to taste.

Bola-bola Special

Get 10 medium-sized shrimps, 5 cups of shrimp juice, one-third of a cup of chopped pork, 4 bundles of *misua*, one egg, 2 tablespoons of fat, one-half of an onion, 2 cloves of garlic, one stalk of fresh garlic leaves.

Wash and shell the shrimps and chop the meat fine. Mix the pork and chopped meat of shrimps together with a little salt. Fry quickly with little grease the garlic and the onions, and when brown, add the shrimp juice. Stir until it boils. Drop into this the garlic leaves cut into pieces one-half of an inch long.

Beat the egg, and mix the chopped meat of shrimps and pork together. Drop by teaspoonfuls into the boiling mixture. Cook

until the balls float on the top. Thicken with *misua* cut into short pieces. Season with pepper and serve hot.

Carne à la Nepa

Get one-fourth of a pound of tender cut meat, 2 red ripe tomatoes, 2 stalks of *cochay*, one-half of a cup of bread crumbs, 4 tablespoons of fat, one young cucumber, one head of lettuce, and a little salt.

Slice the meat thinly as for *tapa*. Sprinkle a little salt on it. Chop the tomatoes and *cochay* fine, and coat both sides of each slice of meat. Dip into bread crumbs and fry in hot fat until golden brown. Arrange on a platter edged with lettuce leaves and garnished with rings of cucumber.

Pinañgat

Pinañgat is fish boiled with a small amount of water and salt. Get as many fish as desired. Clean and

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SAVORY DISHES

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wash the fish. If they are small, it is better to wrap them in pieces of banana leaf.

Place the fish wrapped in banana leaf in a clay or a porcelain pot. Add a small amount of salt water—just enough to prevent the fish from burning and to have a few tablespoonfuls left after cooking. Cover the pot. Cook slowly from 15 to 20 minutes. Serve with *calamansi*.

Camias or green tamarind may be placed in the pot and boiled with the fish. This adds flavor and produces an acid taste to the fish.

Boiled Rice

Get one cup of rice and three-fourths of a cup of water.

Wash the rice two times with cold water. Drain and put in a pot. Add three-fourths of a cup of cold water. Cover and bring to a boil. When boiling, lower the fire and let it cook very slowly until the rice is well cooked. From 10 to 12 minutes is required.

It is better to cook the rice without washing it, because Vitamin B, minerals, proteins, and fat are washed away during the process of washing.

GOOD YOUNG CITIZEN

(Continued from page 404)

YOUNG CITIZEN IS ORDERLY.

Amando does not take things which do not belong to him. He returns anything left on a desk. He does not copy the work of his neighbors in school. In examinations he does not cheat in order to secure high grades. A GOOD YOUNG CITIZEN IS HONEST.

If Amando is asked a question, he always tells the truth. Sometimes it is hard to do this, but he will not lie. A GOOD YOUNG CITIZEN IS TRUTHFUL.

One day after the class was dismissed, as Amando was going home he passed a *tienda*. He put his hand in his pocket to get some money; he thought he would buy some candy. But he said to himself, "Mother has cooked a nice dinner for me. I will not eat between meals." So he saved his money. A GOOD YOUNG CITIZEN IS THRIFTY.

These are some of the things which a good young citizen does. Any boy or girl can do such things as these, and be classed as a good young citizen. Try

LARGEST INSTRUMENT

(Continued from page 407)

9. What can you say of improvements in modern pipe organs?

10. Is the pipe organ a difficult instrument to play? Why?

11. What did Dr. Eliot say about a performer on a pipe organ?

12. The playing of a pipe organ compares with the possible performance of what group of musicians?

13. What use is made of electricity in a modern pipe organ?

14. Tell how the pipes of an organ are arranged. Where may they be placed?

15. Have you heard a large pipe organ?

16. Have you seen one?

17. Would you like to learn to play a pipe organ?

to be like Amando. Perhaps you can do even better.

SOMETHING TO DO AND TO THINK ABOUT

1. Make a list of the statements in this article about a good young citizen. Memorize those statements.

2. What can you do to observe each of those statements? Think about what Amando did.