



We Cook Filipino

Heart-Healthy Recipes and Inspiring Stories from 36 Pioneering Food Personalities & Award-Winning Chefs

Compiled and Edited by Jacqueline Chio-Lauri

Why do Filipinos ask, *Kumain ka na?* (*Have you eaten yet?*) whenever they meet?

This book presents the extraordinary food culture of the Philippines in stories and recipes from 36 culinary trailblazers—award-winning chefs, food writers and social media stars from around the globe. They share with us not just their favorite recipes for classic Philippine dishes like adobo, sinigang and ginataan, but also their personal family stories about what Filipino food and food culture mean to them.

Here are just a few of the fascinating stories and recipes found in this book:

- James Beard 2023 Awardee Margarita Manzke discovers that the secret to a great life is no different from the secret to a great adobo, the recipe of which she reveals.
- Two-time Michelin Star awardee Roger Asakil Joya finds a place truly deserving of the much-coveted star and suggests a clean, light, and delicate recipe for sinigang (sour and savory soup).
- Award-winning writer, blogger and podcaster Liren Baker explains how family recipes were passed down to her by her Tita Leah and presents her favorite recipe for pancit bihon guisado (vegetarian stir-fried rice noodles).
- James Beard finalist Carlo Lamagna, chef-owner of Magna Kusina in Portland, Oregon, tells us how culture shock turns into culinary adventure whenever he goes to the Philippines, and shares his healthy take on street-food favorite tokneneng (orange-coated egg).
- James Beard semi-finalist Amormia Orino moved to Atlanta in 2018 and started hosting kamayan communal feasts—she shares a heart-wrenching story about her aging mother and her unforgettable recipe for ginataang alimasag (coconut-stewed crabs).
- James Beard semi-finalist Paolo Mendoza and his wife Cheryl Baun tell us of the troubles and triumphs of opening a Filipino restaurant in New York and give us their zesty recipe for daing (marinated milkfish).
- Plus recipes and stories from 30 others!

Along with insightful stories and 51 different recipes, readers will learn many tips and techniques to balance flavor and heart-health in your dishes, such as:

- Using Filipino cooking methods to achieve bold flavors without adding extra sodium or sugars to your diet
- Preparing ingredients to retain the maximum amount of heart-healthy nutrients
- Managing your sodium intake while still using salt to heighten flavor
- Using heart-healthy tricks—like how to increase nutrient density and reduce the caloric value of a cup of white rice
- Quick methods for brewing flavorful broths, whipping up no-fry crispy treats, and so much more!

The 51 delicious recipes in this book are not just "from the heart"—they are also "good for the heart"—specifically included for their health benefits. The result is a cookbook presenting food as something central to Filipino culture and one's personal well-being in addition to being nutritious and amazingly tasty!

ABOUT THE AUTHOR:

Jacqueline Chio-Lauri (@myfoodbeginnings) is the editor and lead author of this compilation of stories and recipes, as well as the highly acclaimed *The New Filipino Kitchen*. Keep an eye out for her upcoming picture books based on the lives of Filipino food icons Maria Orosa and Ma Mon Luk. Jacqueline currently lives in the UK.

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