

## ALL ABOUT FILIPINO FOOD

*Pasted below are selected excerpts from the internet between some friends.*

To all my dear friends abroad who are taking Lipitor.....feast with your eyes..... and include these in your bucket list.....Mon

*Mon then attached on his email dozens of large sized photos of mouth-watering Filipino dishes. It elicited more responses below:*

OMG Mon, as I was feasting on these comfort foods, I could feel the cholesterol building up like crazy. Cynthia

Greetings and best wishes to our top foodie. Jong & [Ting]

Thanks Jong! On food...the late writer and film director Nora Ephron in an interview with Charlie Rose....said: "we should at every opportunity eat our favorite "last meal" long before we die..while we can still can".....make sense....that's why I am encouraging everyone to have a list of their " Last Meals and Testament".....the longer the better and just look only while Ting is watching....Mon

I fully agree. And I am curious if death row prisoners in Muntinglupa would have that list as a choice? Danny

*I noticed that some of the photos were not displayed, except for the name of the dish, so I pulled out similar dishes from the Filipino-food-lover.com website.*

<http://www.filipino-food-lovers.com/>

*Then I arranged all of them in this easier-to-mange PDF format, with descriptions. For the US-based, this could be a "codigo" to show what you are missing. For the locals, it's a virtual menu.*

*I suggest you blow up the file so each dish will occupy half your screen, and then you will get the same mouth-watering sensation as the original email. If you want to see the recipes of most, then log on to the website*

Danny Gil <ferngil@aol.com> 26 Sept 2012



1 Lechon



2 Paksiw na lechon



3 Crispy Pata



4 Pata Tim



5 Sisig



6 Tinapa



7 Fried Pork Chops



8 Lechon Kawali



9 Adobong Spareribs



10 Chicharon BBulaklak



11 Simpalkang Manok



12 Beef Bistek



13 Chicken Tinola



14 Fried Bangus



15 Paksiw na Bangus



16 Paksiw na Tilapia



17 Inihaw na Tilapia



18 Apritada



19 Embutido



20 Morcon



21 Adidas Estofado



22 Dinuguan



23 Bicol Express



24 Laing



25 Pancit Palabok



26 Pancit Bihon



27 Pancit Miki-Bihon



28 Pancit Malabon



29 Pancit Sotanghon



30 Ginataang Alimasag



31 Ginang Talangka



32 Inihaw na Pusit



33 Pritong Danggit



34 Inihaw na Liempo



35 Kare-kare



36 Kalderetang Kambing



37 Menudo



38 Beef Pochero



39 Bopis



40 Okoy



41 Tortang Talong



42 Sinigang na Baboy



43 Beef Soup Bones



44 Ginisang Sardinas



45 Bulalo



46 Papaitan



47 Pinakbet



48 Diningding Ilokano



49 Bulanglang Tagalog



50 Ginisang Mungo



51 Ginisang Kalabasa at Sitaw



52 Ginisang Ampalya



53 Tokwa't Baboy



54 Salted Eggs and Kamatis



55 Mango with Kamatis



56 Green Mango and Bagoong



57 Tuyo at Champorado



58 Lauriat (Pilipino Style) sa Dahong ng Saging



59 Buko Pandan



60 Banana at Kamote Que



61 Maja Blanca



62 Ube Halaya



63 Leche Flan



64 Gulaman



65 Gulaman at Pandan



66 Puto Bungbong



68 Taho



69 Pichi-pichi



70 Sapin-sapin



71 Bibingka



72 Biko



73 Turon



74 Bibingka Kanin



75 Beer