

Beef Stew

Items:

3 Qt Sauce Pan or
11" Skillet



INGREDIENTS:

- Beef
- 2 bell peppers
- Onions
- Ginger
- Garlic
- 2 Tomatoes
- Olive Oil
- Thyme
- Curry

INSTRUCTIONS:

- Cook beef till tender, blend 2 bell peppers, onions, ginger, garlic, 2 tomatoes, and cook till thick, or till water dries. Then add some olive oil, thyme, curry and salt and allow to cook. Then add the beef and allow to cook for 10 mins.



Chicken Adobo

Item:
6 Qt. Roaster



INGREDIENTS:

- 6 - 8 pcs Chicken thigh
- Garlic (to saute)
- Onion (to saute)
- 3/4 cup soy sauce
- 1/4 cup vinegar
- brown sugar (3 tbsp)
- ground pepper

INSTRUCTIONS:

- Saute onion & garlic, add chicken thigh & ground pepper. Closed the lid for 5 minutes
- Add soy sauce & vinegar, cover again with the lid and Let it boil for 2 minutes.
- After 2 mins, add the 3 tbsp brown sugar
- You can add more soy sauce & sugar according to your desired taste



Coconut Rice

Item:
MP5



INGREDIENTS:

- 2 tins of coconut milk
- 4 cups of rice
- 2 large bell peppers
- Onions
- Habanero pepper
- Salt
- Chicken bouillon
- Thyme
- Curry
- Peas and corn
- Shrimps

INSTRUCTIONS:

- Soak and wash rice with hot water.
- Blend bell pepper, onions, habanero pepper and pour into MP5.
- Add salt, thyme, curry, and bouillon. Cook for 10mins.
- Add coconut milk and rice and set timer for 35 mins at 300F to cook.

