



Photo credit: Yummy.PH

Chicken Pastel

INGREDIENTS

- 500g Chicken thigh fillets, diced/cubed
- 200g potato, diced
- 200g carrots, diced
- 200g mushrooms, sliced
- 100g onions, finely diced
- 10g garlic, minced
- 250ml thickened cream
- 30ml cooking oil of your choice
- 30g butter
- 30g flour
- 15-30ml fish or soy sauce
- 1 medium red capsicum
- 1 medium green capsicum
- Salt
- White pepper
- Parsley to garnish
- Chorizo (optional)

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Chicken Pastel

METHOD

1. In a large pot, heat oil over medium heat fry the carrots, potatoes and mushrooms and transfer to a plate then set aside.
2. In the same pot, add the onions and garlic until translucent and aromatic, add in the chicken and cook until slightly brown then add the butter - once it melts add in the flour, add in the fish or soy sauce.
3. Add back the carrots, potatoes, mushrooms and mix it with the chicken.
4. Add in the cream, the red and green capsicum and let it simmer until cooked through and the sauce has turned a bit thick and creamy
5. Season with salt and pepper, add garnish if preferred.

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Pastillas De Leche

INGREDIENTS

- 500g powdered milk
- 395g condensed milk (1 can)
- 200g white sugar (for coating)
- Ube pastillas - add ube flavouring
- Chocolate pastillas - add cocoa powder
- Pistachio pastillas - add chopped pistachios

METHOD

1. In a bowl, add the milk powder and condensed milk.
2. Mix until well incorporated and then knead until a dough is formed.
3. Whip chilled cream until doubled in volume, gradually adding sweetened condensed milk.
4. Roll and shape to desired size.
5. Roll in the coating of your choice.

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