

Pagkain mula sa mga Halamanq-Ugat



Knowledge Product Collaboration

ATI CALABARZON
and
MOCA FAMILY FARM
REARNING CENTER INC.



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Sweet Potato Cinnamon Donut

Say goodbye to your most loved and favorite treat!
Here's the real sweet choice, with a healthier option,
Sweet Potato Cinnamon Donut!



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Value-adding ideas for Root & Tuber Crops



Recipe

Served with Hot Coffee or Hot Choco

Ingredients:

For frying:
250 grams sweet potato
1 cup all-purpose flour
1/2 cup sugar
1 tablespoon baking powder
100 ml water
1/4 teaspoon salt
Oil

For the coating:
Powdered Sugar
Cinnamon

Procedures:

1. Boil sweet potatoes for 10-15 minutes until softened. Mash them evenly. Set aside and let the mashed sweet potato to cool down.
2. Once mashed sweet potatoes have cooled to room temperature, add 1 cup all-purpose flour, 1/2 cup sugar, 1 tbsp baking powder, 1/4 tsp salt and 100 ml water. Mix well. Shape the dough into round shape doughnuts.
3. Heat the pan with enough oil to deep-fry the doughnuts. Fry doughnuts until they float. Leave aside to cool.
4. For the coating, mix the powdered sugar and cinnamon. Coat the donut with the cinnamon mixture.
5. Serve!



PanSweet Potato

Yes, it's made with kamote!
Use spiralizer to create your
sweet potato noodles!
Cooked and served just like
your typical pancit!
A healthier and better
alternative to flour-based
noodles.



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Recipe

Served with your favorite farm-made drinks

Ingredients:

2 medium Sweet Potato (spiralized) 4
ounces Pork (thinly sliced)
1 piece onion (sliced)
1 teaspoon garlic (minced)
5 pieces squid balls (fried and cut)
10 to 12 pieces snap peas
3/4 cup carrot (julienne)
1 piece cabbage small (chopped)
1 1/2 cups chicken broth
1 tablespoon oyster sauce
3 tablespoon soy sauce
Kinchay (chopped)
3 tablespoon cooking oil
Salt and pepper (to taste)

Procedures:

1. Heat the pan with water. Once the water starts to boil, blanch the snap peas, carrots, and cabbage for 35 to 50 seconds. Quickly remove the vegetables and immerse in bowl with ice cold water. Drain the water after 2 minutes and set aside.
2. Heat the pan with a cooking oil. Sauté the onion and garlic. Add the pork and continue to cook for 2 minutes. Add-in soy sauce and oyster sauce. Stir. Pour the chicken broth and water. Add salt and pepper. Let it boil. Continue to cook for 5 to 10 minutes. Put the sweet potato noodles. Gently toss until the noodles absorb the liquid. Put the fried squid ball and kinchay. Cook for 3 minutes. Add-in the blanched vegetables. Toss and cook for 1 to 2 minutes.
3. Transfer to a serving plate. Serve.



Hasselback Sweet Potato with Sugar n' Cinnamon

Appetizer or dessert? It can be both! This recipe is a must have in any occasion. Try it!



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Recipe

Ingredients:

3 pcs medium size sweet potato
3 tablespoon butter
Oil (for frying)
Water
1 tablespoon salt
1/4 cup sugar
2 tablespoon cinnamon

Procedures:

1. Cut slits in the potatoes, leaving the bottom intact.
2. Soak the sweet potato in the water with salt for 15 minutes. After soaking for 15 minutes, add oil to boil then drain.
3. Deep-fry the boiled sweet potato until the color become golden brown.
4. Using a bowl, mix the sugar and the cinnamon powder.
5. Roll the cooked sweet potato into the sugar and cinnamon mixture.
6. Serve!



Crispy Kamote Pancit



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Recipe

Served with your farm-made drinks

Ingredients:

2 medium sweet potatoes (spiralized)
Oil (for frying)
4 ounces pork (thinly sliced)
1 piece onion (sliced)
1 teaspoon garlic (minced)
5 pieces squid balls
10 to 12 pieces snap peas
3/4 cup carrot (julienne)
1 piece cabbage small (chopped)
1 1/2 cups chicken broth
1 tablespoon oyster sauce,
3 tablespoon soy sauce,
Kinchay (chopped)
3 tablespoon cooking oil
Salt and pepper (to taste)

Procedures:

1. Crispy fry the spiralized sweet potato
2. Boil 6 cups of water in a cooking pot. Once the water starts to boil, blanch the snap peas, carrots, and cabbage for 35 to 50 seconds. Quickly remove the vegetables and immerse in bowl with ice cold water. Drain the water after 2 minutes and set aside.
3. Heat the pot with a cooking oil. Sauté the onion and garlic. Add the pork and continue to cook for 2 minutes. Add-in soy sauce and oyster sauce. Stir. Pour the chicken broth and water. Add salt and pepper. Let it boil. Continue to cook for 5 to 10 minutes. Afterwards, put the squid ball and kinchay. Cook for 3 minutes. Add-in the blanched vegetables. Toss and cook for 1 to 2 minutes.
4. Your crispy pancit will completely served with a plate top with your sauté toppings



Hasselback Sweet Potato with Cheese n' Herbs

Our local version of famous potato hasselback made from camote!
Crisp on the outside and topped with melted cheese and herbs!



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Recipe

Ingredients:

3 pieces medium size sweet potatoes
3 tablespoon butter
Oil (for frying)
Water
1 tablespoon salt
Quickmelt cheese
Your favorite herbs

Procedures:

1. Cut slits in the potatoes, leaving the bottom intact.
2. Soak the sweet potato in the water with salt for 15 minutes. After soaking for 15 minutes, add oil to boil then drain.
3. Deep-fry the boiled sweet potato until the color become golden brown.
4. Brush the sweet potatoes with butter, then season with salt and pepper.
5. Sprinkle the top of the sweet potatoes with quickmelt cheese and herbs then bake until the cheese is melted.
6. Serve!



Salabat with Sweet Potato and Pandan

Simple, good old fashion salabat with different color of sweet potato combined with the refreshing pandan flavor and aroma.



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Recipe

Ingredients:

1/2 kilo sweet potatoes (cut in cubes)
1/4 kilo ginger (chopped)
5 pieces pandan leaves
Water
Honey or Sugar (to taste)

Procedures:

1. Boil the cubed sweet potato, ginger, and pandan in a water until the sweet potato become tender.
2. Transfer the mixture in a bowl. Add desire amount of honey or sugar.
3. Serve!



Taro Nuggets

Healthy Veggie Nuggets that
kids and kids at heart will
surely love!



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Recipe

Served with your favorite dips

Ingredients:

For Nuggets:

- 1/4 kilo Taro Root
- 1/2 cup all-purpose flour
- 1 tablespoon chicken powder or 1 pc chicken cubes
- 1 tablespoon garlic (minced)
- Salt and ground black pepper (to taste)

For the coating:

- Egg
- Flour
- Tempura batter (1/4 cup corn starch
1/2 cup all purpose, 1 teaspoon baking
powder, 1/4 teaspoon baking soda, 2 eggs
and 1 cup chilled water)

Procedures:

1. Combine and blend 1/4 kilo taro root, 1/2 cup all-purpose flour, 1 tbsp. chicken powder or 1 pc chicken cubes, 1 tbsp. garlic (minced), salt and ground black pepper (to taste).
2. Scoop a tablespoon from the combined ingredients from step 1. Form a small round shape nugget. Once shaped in circular form, store the nuggets inside the freezer for a while.
3. For the coating, prepare the beat egg, flour and the tempura batter (mix 1/4 cup corn starch, 1/2 cup all-purpose, 1 tsp baking powder, 1/4 teaspoon baking soda, 2 eggs and 1 cup chilled water)
4. Heat the oil in a pan in a medium-high heat.
5. Dip the frozen nuggets in the egg, flour and tempura batter. Then, fry the dipped frozen nuggets in the pan for about 10 mins until both sides are golden brown.
6. Serve with your favorite dipping sauce. Enjoy!



Crispy Taro Noodles with Mixed Veggies

Spiralized noodles made from taro! Replace your regular flour-based noodles with this highly nutritious taro with a combination of your favorite meat and vegetables!



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Recipe

Served with your favorite farm-made drinks

Ingredients:

2 medium taro root (spiralized)
Oil (for frying)
4 ounces pork (thinly sliced)
1 piece onion (sliced)
1 teaspoon garlic (minced)
5 pieces squid balls
10 to 12 pieces snap peas
3/4 cup carrot (julienne)
1 piece cabbage small (chopped)
1 1/2 cups chicken broth
1 tablespoon oyster sauce,
3 tablespoon soy sauce,
Kinchay (chopped)
3 Tablespoon cooking oil
Salt and pepper (to taste)

Procedures:

1. Crispy fry the spiralized taro root.
2. Boil 6 cups of water in a cooking pot. Once the water starts to boil, blanch the snap peas, carrots, and cabbage for 35 to 50 seconds. Quickly remove the vegetables and immerse in bowl with ice cold water. Drain the water after 2 minutes and set aside.
3. Heat the pot with a cooking oil. Sauté the onion and garlic. Add the pork and continue to cook for 2 minutes. Add-in soy sauce and oyster sauce. Stir. Pour the chicken broth and water. Add salt and pepper. Let it boil. Continue to cook for 5 to 10 minutes. Afterwards, put the squid ball and kinchay. Cook for 3 minutes. Add-in the blanched vegetables. Toss and cook for 1 to 2 minutes.
4. Your crispy pancit will completely served with a plate top with your sauté toppings



Cassava Cake Leche Flan

Which is your most favorite? cassava cake or leche flan? Worry not, here is cassava cake leche flan! Made from finely ground cassava combined with typical leche flan ingredients. A perfect combination of your favorite Filipino dessert!



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Recipe

Ingredients:

For the Cassava Cake:

1 kilo Cassava (kamoteng kahoy),
1 can condensed milk
1 small can evaporated milk
2 large eggs
4 tablespoon margarine or butter
8 tablespoon sugar (for the
caramel)

For the Leche Flan:

6 egg yolks
1 cup evaporated milk
1 cup sweetened condensed milk
Pinch of salt
Dayap zest

Procedures:

1. Put 2 tablespoon sugar in each llanera. Cook in low heat until it starts to dissolve and caramelizes. Use cooking tong to swirl the sugar around and cook evenly without burning. Cook until the sugar turns to amber color. Set aside and let it cool completely.
2. In a mixing bowl, lightly stir the egg yolks. Pour in the evaporated milk and sweetened condensed milk. Add the salt and dayap zest. Stir until the mixture is evenly blended. Pour 1/4 of the mixture in llaneras with caramelized sugar. Steam over simmering water for 20 minutes.
3. Grate the fresh cassava. Use fine grater for a smoother texture. After grating, squeeze some of the excess juice of the cassava (DO NOT squeeze too hard, just enough to remove excess juice).
4. In a mixing bowl, combine the grated cassava, eggs, evaporated milk, condensed milk and melted margarine. Mix until well-combined. Pour 1/2 of the mixture in llaneras with leche flan.
5. Arrange the llaneras in the steamer. Make sure the water in the steamer is already boiling. Steam in a medium heat for 30 to 45 minutes.
6. Once cooked, remove from steamer. Let it cool a little before unmolding.
7. Cassava Cake Leche Flan is ready to serve!



Cassava Brûlée

No frills - just good old fashion grated cassava cooked with egg and milk. The sweet caramelized sugar on top combined with the perfect contrast of zestiness in dayap is something to crave for!



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Recipe

Ingredients:

2 cups cassava (grated)
1 big can condensed milk
1 big can evaporated milk
5 large eggs
pinch of salt
dayap zest
sugar

Procedures:

1. Put 2 tablespoon sugar in each llanera. Cook in low heat until it starts to dissolve and caramelizes. Use cooking tong to swirl the sugar around and cook evenly without burning. Cook until the sugar turns to amber color. Set aside and let it cool completely.
2. Grate the fresh cassava. Use fine grater for a smoother texture. After grating, squeeze some of the excess juice of the cassava (DO NOT squeeze too hard, just enough to remove excess juice).
3. In a mixing bowl, combine the grated cassava, eggs, evaporated milk and condensed milk. Add the salt and dayap zest. Stir until the mixture is evenly blended. Stir, do not beat nor mix too hard, to avoid forming air bubbles in the mixture.
4. Pour some of the mixture in llaneras with caramelized sugar. Put around $\frac{3}{4}$ content to prevent overflowing as you steam.
5. Arrange the llaneras in the steamer. Make sure the water in the steamer is already boiling before putting the llaneras. Steam in a medium heat for 45 to 60 minutes.
6. Once it is cooked, remove the llaneras from the steamer. Let it cool a little before unmolding.
7. Cassava Brûlée is ready to serve!



Cassava Hashbrown With Herbs

Move over french fries, cassava hashbrown is here! This crispy grated cassava combined with herbs, such as basil and cilantro, is perfect appetizer and side dish for meat and fish meal.



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Recipe

Ingredients:

2 1/2 cup cassava (grates)
1 piece onion (chopped)
1 piece egg
2 teaspoon fresh herbs of your choice (Basil or Coriander (chopped))
Oil for frying

Procedures:

1. Peel the sweet potatoes and shred them with a cheese grater. Place the shredded potatoes in a large mixing bowl. Combine the egg, onion, and fresh herbs. Mix until the ingredients look smooth.
2. Use a 1/3 cup scoop to portion the mixtures. Place them on a baking sheet. Then, use the bottom of the measuring cup to press the cassava cakes into 1/3-1/2 inch patties.
3. Deep-fry the hash browns in a medium heat until it becomes golden brown
4. Serve with your favorite vinegar!



Cassava Hashbrown w/ Blue Ternatea

This nutritious-packed cassava, cooked like purple hashbrowns, is a great side dish for any meal in your dining table! Extract of blue ternate flower is used to give an extra appealing blue color.



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Recipe

Ingredients:

2 1/2 cup Cassava (grates),
1 pc Onion (chopped)
1/4 cup All-purpose flour
1pc Egg,
Blue ternatea flowers
1/4 cup Water
Oil for frying

Procedures:

1. Soak the blue ternate flowers in 1/4 cup water until the desired color is achieved.
2. Peel the sweet potatoes and shred them with a cheese grater. Place the shredded potatoes in a large mixing bowl. Combine the egg, onion, flour, and blue ternate water. Mix until the ingredients look smooth.
3. Use a 1/3 cup scoop to portion the mixtures. Place them on a baking sheet. Then, use the bottom of the measuring cup to press the cassava cakes into 1/3-1/2 inch patties.
4. Deep-fry the hash browns in a medium heat until it become golden brown
5. Serve with your favorite vinegar!



Cassava Burger

Move over burger buns, toasted cassava buns are here to stay! If you want an honest to goodness powerpack healthy snacks - this is our best bet!



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Recipe

Ingredients:

- 1 cup cassava (grates)
- 2 cloves garlic (chopped)
- 1/2 teaspoon Salt
- 1/4 teaspoon ground black pepper
- 2 cups cooking oil
- 1 slice ham
- 1 slice cheese
- 1 piece egg,
- 1/2 cup flour
- Melted cheese (for toppings)

Procedures:

1. In a mixing bowl, combine the grated cassava, chopped garlic, salt, and ground black pepper. Mix well.
2. After mixing, use a 1/3 cup scoop to portion out the mixture. Place them on a baking sheet to spread. Then, use the bottom of the measuring cup (or a drinking glass) to press the cassava mixture into 1/3-1/2 inch patties.
3. Fry until the color becomes golden brown.
4. In a plate, layered the cassava patties, ham, and cheese. Drizzle with melted cheese.
5. Serve hot!



Ube Champorado

If you are looking for comfort food with a twist - then this is highly recommended! Hot, steaming champorado with grated ube.



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Recipe

Ingredients:

2 cups Glutinous Rice
1 cup grated Ube
3 cups Coconut Milk
2 cups Coconut Cream
Sugar (to taste),
Pinch of salt
Evaporated milk and Cheese (for topping)

Procedures:

1. Pour rice and coconut milk in a regular stockpot. Cook in a medium heat. When it boils, lower to a simmer until rice is cooked, stirring regularly to avoid burning. Add more coconut milk if necessary to achieve your desired consistency.
2. Stir in ube halaya, coconut cream, and a pinch of salt, to taste. Mix well.
3. Ladle champorado into bowls. Top each serving with swirled evaporated milk and top with a cheese.
4. Serve!



Ube Flan

Ube is starting to make its own name in the global culinary scene. This recipe is inspired by the French custard *crème brûlée*, with denser finish. This creamy purple yam flan is top with creamy caramel topping.



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Recipe

Ingredients:

1 cups sugar
2 cups ube (mashed) or Ube Halaya
10 egg yolks
1 cups evaporated milk
1 cups sweetened condensed milk
Pinch of salt

Procedures:

1. Put 2 tablespoon sugar in each llanera. Cook in low heat until it starts to dissolve and caramelizes. Use cooking tong to swirl the sugar around and cook evenly cook evenly without burning. Cook until the sugar turns to amber color. Set aside and let it cool completely.
2. Combine the mashed ube or ube halaya, evaporated milk and condensed milk. Add the salt and dayap zest. Stir until the mixture is evenly blended. Stir, do not beat nor mix too hard, to avoid forming air bubbles in the mixture.
3. Pour the egg yolk-milk mixture into llaneras with caramelized sugar. Put around $\frac{3}{4}$ content to prevent overflowing as you steam.
4. Arrange the llaneras in the steamer. Make sure the water in the steamer is already boiling before putting the llaneras. Steam in the medium heat for 30 to 45 minutes.
5. Remove the llaneras from the steamer. Cool the ube flan then chill. Use a butter knife to loosen the sides
6. of the flan then invert onto a serving plate or individual dessert plates.
7. Ube flan is ready served!



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