



Tropical Island Cooking: Traditional Recipes, Contemporary Flavors

Jennifer Aranas

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In *The Filipino-American Kitchen*, Chicago-based chef and teacher Jennifer Aranas introduces the exotic flavors of her ancestral Filipino homeland, taking readers on a gastronomic tour — from sweet and spicy to smoky and tangy — while transforming delicious native recipes into easy-to-make meals.

Even if you're an experienced Filipino cook, you will discover new favorites among this collection of over 100 recipes, which includes everything from appetizers to desserts. The recipes combine traditional Filipino cooking with New World variations, reflecting the author's Filipino-American roots. She offers innovative interpretations of native recipes as well as traditional favorites.

Delicious Filipino recipes include:

- Duck Adobo
- Green Papaya and Jicama Salad
- Salmon Kilaw
- Lamb Casoy
- Ambrosia Shortcake
- Crispy Lumpia Egg Rolls
- Hearty Paella
- Pancit Noodles
- Sweet Halo-Halo Sundaes
- And many more!

The "Basics" chapter introduces the building blocks of Filipino cuisine, showing you step-by-step how to create authentic Filipino food. A detailed buying guide leads you through the bustling Asian market, demystifying the flavor essentials — such as coconut, palm vinegar, shrimp paste and calamansi lime — that set the food of the Philippines apart from its Asian neighbors.

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