



Altertrade Philippines Inc.

HEALTHY FOOD Recipes

1

Korean Pancake Snacks



Preparation time: 20 minutes

Total Cooking time: 12-15 minutes, Serves 6

Ingredients:

For dipping sauce

- 3 tablespoons soy sauce or Amino sauce*
- 2 teaspoons vinegar or Calamansi or balsamic vinegar*

For pancakes

- 1 small carrots*
- 1 medium white onions*
- 1 small zucchini or cucumber*
- 1 small chinese patchay*
- 1 cup flour*
- 1½ cup water*
- 1 large egg (optional)*
- 1/2 teaspoon salt*
- Pepper to taste*
- 4 tablespoons vegetable oil*

Total Cost: Php 75.00

You have a choice how to make the pancakes; you can create larger pancakes, or mini ones which are great for kids.

Preparation

Make dipping sauce:

- 1. Stir together all dipping-sauce ingredients in a small bowl.*

Make pancakes:

- 1. Slice all vegetables (carrots, cucumber and Chinese patchay) into thin matchsticks sizes. Slice onions like rings.*
- 2. In a separate bowl, combine flour, salt and water and blend until smooth. Add egg (optional) Batter must be thick.*
- 3. Put at least 2 cups of combine vegetable into mixture and onions and stir with spatula.*
- 4. Heat 1 tablespoon oil in a large heavy nonstick skillet over moderate heat until hot but not smoking, then swirl to coat.*
- 5. Stir batter, and then ladle 1 cup batter into skillet, pressing down lightly with a large spatula to flatten and evenly distribute vegetables. Cook for 1-2 minutes or until edges begin to bubble and turn golden. Turn over mixtures with spatula or flip and cook until other side is golden. Once well cooked pop on a plate. Serve warm or at room temperature with dipping sauce.*

2

Infused Water (Okra)

Healthy Juices

Preparation time: 10 minutes

Ingredients:

5 regular sized okra

250 grams pineapple (in cubes)

1 liter filtered water

10 pcs. calamansi

2 pcs regular sized cucumber

3 tablespoons wild honey (optional)

Total Cost: Php 50.00

Preparation

- 1. Place sliced okra to 1 liter of water and let it stay (infuse) overnight.*
- 2. Slice fresh pineapple into cubes. Wash the calamansi and cut the upper portion taking care not to cut the seeds. (Cut seeds contribute to astringent taste). Wash 2 pcs regular sized cucumber and slice thinly.*
- 3. Remove okra from 1 liter infused water.*
- 4. Mix all ingredients into okra infused water and enjoy drinking!*



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