

# Philippines

Asia

## Menu

### 1. *Kinilaw* (Filipino ceviche)

Ingredients:

- 1 lime, juiced
- 1/2 cup coconut vinegar or Chinese white rice vinegar
- 1/4 cup unsweetened coconut milk
- 1/4 cup fresh ginger, peeled and julienne
- 1 large shallot or small yellow onion, peeled and sliced into thin wedges
- 1 scallion, root and dark green ends trimmed and 6 in. stalk cut into 1 in.-long pieces and julienned
- 1 green mango, peeled and julienned
- 2 Thai chilies, stemmed, seeded and thinly sliced
- 2 lbs. skinless mackerel fillets cut into bite size cubes
- Salt
- Freshly ground black pepper
- 1/3 cup cilantro leaves

Directions:

Wisk together lime juice, vinegar and coconut milk in a bowl. Add the ginger, shallot, scallion, mango, chilies, and mackerel. Season with salt and pepper and let stand for 15-20 minutes. Divide the *kinilaw* among bowls and serve garnished with cilantro.

### 2. Cooked rice

### 3. Stir-fried watercress

Ingredients:

- 1 lb. watercress, ends trimmed and stemmed
- 1 Tbsp. vegetable oil
- 2 large garlic cloves, crushed and peeled
- 1 Tbsp. soy sauce
- Salt, pepper and sugar to taste
- Dash of sesame oil

Directions:

Heat the oil in a wok over high heat. Stir-fry the garlic until golden, about 1-2 minutes. Add the watercress and soy sauce. Cook through 2-5 minutes. Season with salt, pepper, sesame oil, and sugar and toss well. Serve.

## Consumption comparisons

Percentage of children underweight

United States of America: 1%

Philippines: 28%

## Life in the Philippines

Many people live in rural fishing and farming communities. Food production is minimal and families usually produce just enough to keep children fed. Mothers will often sew as a way to contribute to their family's income.

## Typical meal

The staple food for the vast majority of Filipinos is rice.

## Young Marvin's responsibility



For a child laborer like Marvin, life has become a survival narrowed down daily to having food on the table. Having food from a nearby eatery for dinner, bought out of his hard-earned income for the day, makes him happy for having fulfilled a responsibility for his family. The dream of building a home for his family seems too tall for someone so young, especially when child laborers have limited choices in life. Marvin's hope is summed up in few words, "I am thankful that World Vision is here."

References:

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The Global Gourmet. 2006. Longevity Noodle. February 2000.

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