

Anthony Bourdain in Manila for World Street Food Congress

FOOD

ISSUE 3, 2017

FREE
4 WEEK
menu
guide

**OUR EATING
CLEAN ISSUE:**
HERE'S HOW
TO COOK
AND EAT
SUSTAINABLY,
HEALTHILY
AND HAPPILY

53
kitchen-
tested
recipes

Pares hot
pot with
sotanghon by
Katherine Jao

HOT HEARTY,
HEALTHY



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PLUS! OUR
HAPPY
HOLISTIC
LIFESTYLE
TO HELP YOU
START EATING
CLEAN ON
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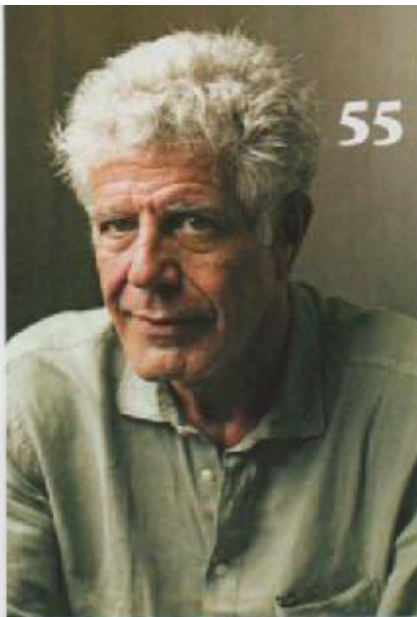
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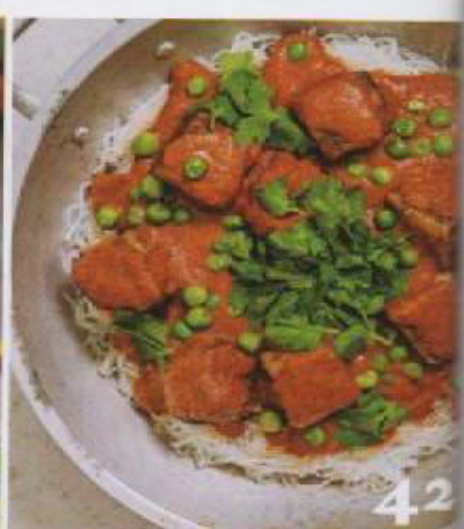
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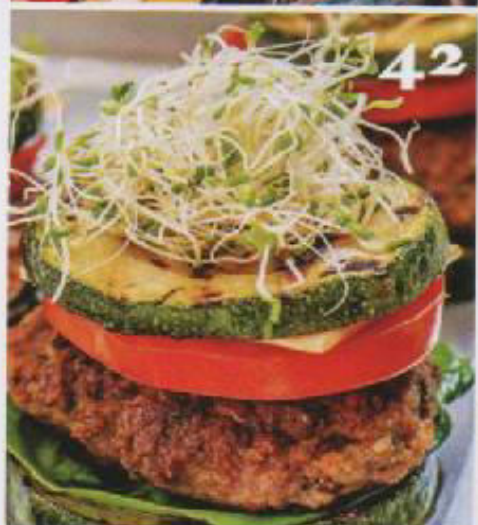
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92



74

RECIPE BOX

STARTERS

- 74 Corn chowder
- 42 Hearty rice soup
- 57 Itek tim
- 51 Kinilaw na lumyagan
- 74 Native salad
- 83 Paparazzi salad
- 34 Shake shake scallop vermicelli salad
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- 57 Xiamen-style spring rolls

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- 90 Salmon bibimbap bowl
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- 96 Mushroom chips
- 20 Whole wheat oatmeal pandesal

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- 87 Dark chocolate mousse tart
- 88 Easy browned butter and walnut brittle ice cream
- 34 Rose falooda

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- 2 Apple cider morning rush
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- 78 Hot and spicy smoothie
- 79 Kale juice
- 80 Mango matcha smoothie bowl