

## **WEEK FOUR**

### **MONDAY**

#### LUMPIA SHANGHAI

2 lbs. ground pork  
½ cup green onions  
1 cup carrots  
1 cup onion  
2 eggs  
2 teaspoon salt  
2 teaspoons garlic powder  
¼ cup parsley, minced  
½ teaspoon ground black pepper  
50 pieces Spring roll wrapper  
3 to 6 cups cooking oil

#### Instructions

In a mixing bowl, combine all the ingredients with the pork starting with the onion, carrots, green onions, parsley, salt, ground black pepper, garlic powder, and 1 piece raw egg. Mix well.

Wrap the about 1 to 1 ½ tablespoons of the mixture in a lumpia wrapper (for proper way, see video).

Do this until all the mixture are consumed.

Heat the cooking oil in a deep fryer. Deep fry the lumpia for 10 to 12 minutes.

Remove from the deep fryer and let the excess oil drip.

Transfer to a serving plate. Serve with sweet and sour sauce.

Share and Enjoy!

### **TUESDAY**

#### Churros con Tsokolate

#### Ingredients:

1 c Water  
5 tbsps. butter  
1 tbsp. sugar  
1/4 tsp salt  
1 c AP flour  
2 eggs  
1 tsp vanilla extract

#### Frying oil

#### Optional coating:

1/4 c sugar  
1/2 tsp cinnamon

Prepare piping bag for choux pastry

In a saucepan, boil together: water, butter, sugar and salt. Turn off heat and add flour. Mix very well until you get a soft dough. Place dough in a mixing bowl and let cool for approx. 5 mins. Set aside.

In a separate bowl, mix eggs and vanilla together. Add the egg mixture to dough mixture and blend until mixture is smooth.

Heat oil to 350 F. Put dough mixture in a pastry bag. Once oil is hot enough, slowly pipe the dough in the oil and fry for 3-4 mins. Roll into sugar-cinnamon mixture or dip in chocolate.

Chocolate sauce:

1 c heavy cream  
1/4 c chocolate couverture

Boil heavy cream. Remove from fire and add chocolate. Mix well until melted. Dip churros and enjoy!

## **WEDNESDAY**

MEATBALLS STUFFED WITH QUAIL EGGS with sweet and sour sauce

1/3 cup plain bread crumbs  
1/2 cup milk  
2 tablespoons olive oil  
1 onion, diced  
1 pound ground beef  
1 pound ground pork  
2 eggs  
1/4 bunch fresh parsley, chopped  
3 cloves garlic, crushed  
2 teaspoons salt  
1 teaspoon ground black pepper  
1/2 teaspoon red pepper flakes  
1 teaspoon dried Italian herb seasoning  
2 tablespoons grated Parmesan cheese

Cooked/boiled quail eggs  
Preheat an oven to 425 degrees F (220 degrees C).

Cover a baking sheet with foil and spray lightly with cooking spray.

Soak bread crumbs in milk in a small bowl for 20 minutes.

Heat olive oil in a skillet over medium heat. Cook and stir onions in hot oil until translucent, about 20 minutes.

Mix beef and pork together in a large bowl. Stir onions, bread crumb mixture, eggs, parsley, garlic, salt, black pepper, red pepper flakes, Italian herb seasoning, and Parmesan cheese into meat mixture with a rubber spatula until combined.

Using wet hands, grab a handful of meat mixture and flatten like a hamburger patty. Put a quail egg in the middle and cover the whole egg with the meat mixture. Form meat mixture into balls about 1 1/2 inches in diameter. Arrange onto prepared baking sheet.

Bake in the preheated oven until browned and cooked through, 15 to 20 minutes.

## SAUCE

1 c ketchup  
2 tbsps. vinegar  
1 tbsp. brown sugar  
Sliced green and red bell pepper  
Salt and pepper

Mix everything in a saucepan and let it boil. Transfer in a bowl and serve with the meatballs.

## THURSDAY

### COCONUT MACAROONS

#### Ingredients

14 ounces sweetened shredded coconut  
14 ounces sweetened condensed milk  
1 teaspoon pure vanilla extract  
2 extra-large egg whites, at room temperature  
1/3 c white sugar

Preheat the oven to 325 degrees F. Line pans with silicone liner. Set aside.

Combine the coconut, condensed milk, and vanilla in a large bowl. Whip the egg whites on high speed in the bowl of an electric mixer fitted with the whisk attachment & slowly add sugar until they make medium-firm peaks. Carefully fold the egg whites into the coconut mixture.

With a 1 oz. ice cream scoop, scoop macaroons on pans setting those 2 in apart. Bake for 20-25 mins.

## FRIDAY

### BEAN COOKIE

#### Ingredients

1.25 lbs. of pinto or red kidney beans  
3/4 c vegetable oil  
2 eggs  
1 c brown sugar  
1 1/4 c white sugar  
3 1/2 c AP flour  
1/2 + 1/8 tbsp. baking soda  
1/4 tbsp. cinnamon

1 tsp allspice  
1 1/2 c chocolate chip  
Confectioner's sugar

Pre-heat oven to 350 F. Line baking sheets with parchment paper.  
Place beans in a food processor until it is pureed. Add oil and eggs and continue mixing in the processor.  
Transfer to a bowl. With a hand/ stand up mixer, mix all the dry ingredients except for chocolate chip.  
When everything is well blended, add chocolate chip. Set aside.

In a separate bowl, put 2 c confectioner's sugar. With a 1 oz. ice cream scoop, scoop the bean mixture into the confectioner's sugar. Coat the bean mixture well with confectioner's sugar and roll it into a ball.  
Transfer in baking sheets. Bake for 13-15