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FERN RECIPES

Excerpted from the book

Ooops... Don't Throw Those Weeds Away
Nonie A. Dolera, Flor Z. Tarriela, Maur A. Lichauco, Carmen D. Florento

Lato and Paco Salad with Shrimp

A Hometown Recipe

INGREDIENTS

Main:

2 bundles of paco, cut into 1-inch length
1/4 kilo lato, thoroughly washed and plucked from its bunch
1 pack cottage cheese or white cheese (kesong puti)
1/2 cup wild pipino, washed and drip dried
1 pc large red tomato, cut into rings unseeded
1/2 cup cooked, shelled and deveined baby shrimps
1/2 singkamas strips

Dressing:

5 cloves garlic, grounded to a paste
juice from half lemon or 6 pcs. calamansi
1/2 teaspoon white pepper
1 tsp. sugar
salt to taste

PROCEDURE

1. Cut paco into two inches length.
2. Boil water with a little salt.
3. When boiling add in the prepared paco to blanch. Remove from pan.
4. Dunk in the ice water until cold.
5. Drain well and mix dressing.
6. Arrange on a serving platter.
7. Garnish with the rest of the ingredients.

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Stir Fried Paco with Crabmeat and Egg

A Hometown Recipe

INGREDIENTS

1 egg beaten
salt and pepper to taste
2 cups paco tips blanched in salted boiling water and drained
1 cup cooked crab meat
1 medium size onion diced finely
2 tbsp. garlic finely chopped
¼ cup oil

PROCEDURE

1. Heat oil and sauté garlic until fragrant.
2. Add onions, then add cooked crab meat and paco.
3. Mix ingredients.
4. Season with salt and sugar.
5. Slowly pour beaten egg and cook until egg gets firm. Don't overcook the egg.
6. Remove from fire and serve in platter.