

Impress Your Friends with a Three Course Meal



A Step-by-step Picture Guide to Prepare a Fabulous Feast for the Holidays

Hershey Ang

Greetings Reader!

Thank you for downloading/ reading my e-book. I have created this book in preparation for this coming holiday. I believe that cooking at home for your loved one during the holiday is something that is more valuable than eating out or ordering out.

This e-book will be a guide for you to make something special for your loved one during this holiday. Unlike my normal post in my blog, I have designed this book to be for those who are new in cooking or for those who like to cook fancy food once in a while. Everything will be guided, from recipe measurements to buying the ingredients, from preparation to plating. There will be tons of pictures to guide you through this cooking. I created this guide in such a way that this can be understood by my younger self when I first tried cooking 7 years ago when I was still in high school.

This e-book has three parts, thus a three course meal. I believe that this simple three course meal can empower you to cook good food at home and share the time for the holiday with your loved one. With that said, come and read through this book and allow me to guide through all the things needed to be done for you to achieve good cooking this holiday for your loved one.

Lastly, do not be intimidated with the number of pages of this e-book, as I have said earlier, it has tons of pictures. Moreover, I have designed this 3 course meal to be easy cooking. The soup can be done in an hour, the main course can be done in an hour and the dessert can be done in 30 minutes. That's 2.5 hours total, and you can split them in 2 days.

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First Course – Cream of Squash Soup



Cream of Pumpkin Soup

I feel that this is a suitable first course meal for you and your loved ones. This soup is perfect for the season and for the weather. It is a heart-warming dish that will make a good start for the meal. The recipe is divided into 5 major parts and you can cook this within an hour or so.

I will first tell you how to cook it then tell you where you can buy the ingredients and what brands I prefer. It is important for you to check the section after the cooking part so that you will know my tips and some notes for you to execute this well.

The recipe is good for 4 people

Ingredients:

Part 1

- 4 Sticks of Celery
- 2 Medium Carrots
- 2 Medium Onions
- 1 Small Stick of butter

Part 2

- 1 Leek
- 2 Stems of Parsley
- 1 Bay Leaf
- 1 Whole Clove
- ½ Tbsp. of Peppercorns
- ½ Tsp. of Dried Thyme
- 1 Liter of Water
- ½ Tbsp. of Salt

Part 3

- 325 grams of Squash
- 5 Cloves of Garlic

½ pack of all-purpose cream chilled

Part 4

2 Strips bacon

Part 5

Parsley for garnish

Dash of cracked pepper

Dash of nutmeg

Dash of cinnamon

Part 1

Prepare the carrots, onions and the celery



Peel the carrots and cut them up diagonally, you start from the tip of the carrots. Then set them aside



Get a stick of celery.



Using a knife, cut the upper stems that have the leaves of the celery



When that is done, cut them into four. Do that to the other 3 celery sticks and set them aside with the carrots



Cut the two onions in half vertically like this.



Cut each half into 6 parts and set aside 3 halves of the onions with the carrots and celeries



Leave one half on a separate plate.

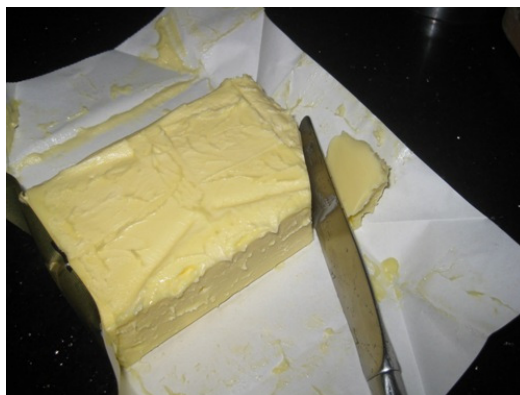


Part 2

Heat-up a small stockpot. Set it on high until water has evaporated from the stockpot *Am assuming you have cleaned it before using it so there will be water particles left there*



When the water has evaporated, set it on medium then get a small cut of butter like this one.



Then add it in the stockpot, make sure it doesn't smoke so much or else the pan is too hot already.



Throw in the cut carrots, onions and celeries inside the stockpot, stirring occasionally. Let it be there for around 10-12 minutes at medium heat. Stir it around every minute or two so that the bottom part doesn't get burned.



As your vegetable cooks, prepare a leek. Cut the root end and cut it lengthwise by half, you only need half of it.



Prepare 2 stems of parsley with the leek



Prepare 1 bay leaf



Prepare 1 whole clove



Prepare ½ tbsp. of peppercorns



Prepare ½ tsp. of dried thyme



Prepare everything in a small plate



By this time, your vegetables in the small stock pot must be ready. Get a liter of water.



Add in the liter of water into the stockpot



Then add the whole aromatics above into the stockpot.



Add ½ tbsp. of salt into the stock.



Turn on the heat high again and bring stock into a boil. When it boils, turn the heat to low and let it simmer.



Congratulations, you have now created your own vegetable stock. :D Just let the stock simmer for at least 30 minutes. This time, place a ladle in the stock pot preparation for later use.

Part 3

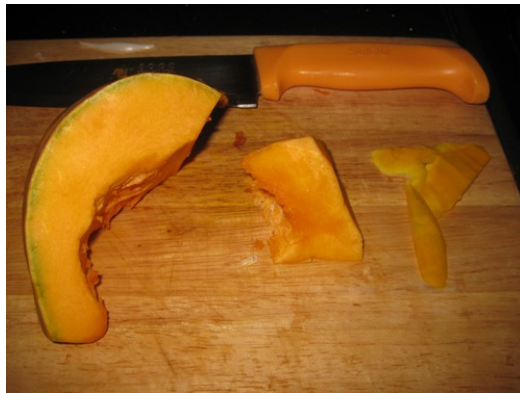
Prepare your squash. Get around 325 grams of squash like this.



Use a spoon to remove the seeds.



Now, cut the whole squash into smaller parts.



Then remove the skin.



Cut them into smaller parts. The reason to cut them into smaller part so that it cooks faster, if you do not want to cut them into smaller parts, then that is ok, but the cooking time later will be longer. Set them aside



Get 5 cloves of garlic and crush them. You can use a cleaver to crush the clove of garlic from the start before even peeling it.



Now, let us start cooking the squash. Heat up your pan.



When the pan heats up, get some butter and throw it into the pan.



You first throw in the crushed garlic into the pan, also, make sure that your vegetable is near you like this picture. The stock pot is still simmering and just right behind the frying pan. *not the left side*. Saute it for a minute until it browns a little.



Add in half the onion that we have chopped in Step 1.



By this time, remove half of the garlic cloves.



When some of the onions brown, add in the chopped squash.



Saute the whole vegetables on the pan for 10 minutes on medium heat. Stir it occasionally to prevent burning.



Now, add in 8 ladles of vegetable stock.



Let it cook until the squash is tender maybe around 10 more minutes.



When it is tender already, place it inside a blender.



Puree it until smooth, if it is too thick or if it 'hangs' the blender, add in more vegetable stock.



Transfer the whole mixture into another stockpot.



Now, this is going to be a bit thick. Add in more vegetable stock here. Add until you are satisfied with the thickness. Taste it as you add in more vegetable stock. Put the whole mixture under low heat or simmer.



Get a tablespoon of cream



Throw it into the stockpot.



Let the cream incorporate with the soup



We are now done with the soup. Now, let us make some garnish.

Part 4

Get two strips of bacon.



Put the bacon on the pan.



Make sure not to burn the bacon, just crisp it.



Then cut them into pieces like this.



If you really want to be fancy, get a squeeze bottle and add in some cream.



Part 5

Now, let us plate our food soup. First comes in the soup itself.



Squeeze in drops of cream on the sides of the soup



Use a tooth pick to 'connect' the circles to form arrows.



Add in the chopped bacon next.



Get your ground nutmeg and ground cinnamon.



Add in a dash of nutmeg.



Add in a dash of cinnamon.



Crack some pepper.



Lastly, add some parsley.



Tips and Tricks

- ➔ You can do this recipe one day in advance. If you do, just do until part 4 then refrigerate everything and wait until the next day then just reheat it.
- ➔ Whole cloves can be bought through m McCormick. To be sure, go to MOA or Trinoma since not all malls have it. Furthermore, be sure to add only one, as in ONE, this has a very strong flavor.
- ➔ Buy your spices in McCormick, like thyme and cinnamon, you will be assured by their quality.



- ➔ Buy the celeries in Rustan's



- ➔ Everything else, you can buy it in any supermarket
- ➔ Never substitute butter to any margarine. Cheapest butter out there is Queensland

- ➔ From Parts 1 – Parts 4, you can do everything in less than 1.5 hours, it is just technically cutting and throwing it into the stockpot
- ➔ An important gadget here is a blender, if you don't have a blender, you cannot make this dish
- ➔ Always check what you are cooking all the time because if you are not alert, your food might have already burned
- ➔ If you have any questions or suggestions or comments with this dish or e-book, email me at hershey_ang@yahoo.com

Second Course - Herbed Pork Tenderloin with Buttered Vegetables in Cherry Pineapple Sauce



Herbed Pork Tenderloin with Buttered Vegetables in Cherry Pineapple Sauce

For most Filipinos, a Fiesta Ham is always a must this coming holiday. I thought of making an entrée that is pretty much familiar with this Fiesta Ham. The meat of this dish is different from that of a normal ham since I will be using tenderloin which is pretty lean and easy to cook with.

The recipe is also divided into 5 parts and this can be done in an hour or so.

The recipe is good for 4 people

Ingredients:

Part 1

- 1 Bottled Cherry
- 1 Small Can of Pineapple Juice
- 2 Tbsp. Sugar
- 10 Tbsp. Vegetable Stock *from 1st course*
- 1 Whole Cloves
- 1 Bay Leaf
- ½ Tbsp. Peppercorns

Part 2

- 3 Sayote
- 3 Carrots
- 3 Potatoes
- Water for Boiling
- Ice for Ice Bath

Part 3

- 5 Tbsp. of Cream
- 2 Tbsp. of Sugar

Part 4

- 2 Piece Pork Tenderloin *around 300-500 grams each*
- 3 Stems of Rosemary

Mustard for slathering
Salt and Pepper for seasoning
Butter
Parsley

Part 1

Prepare a saucepan



Open some bottled cherries *any brand would do* and add in 4 – 8 pieces of cherries. Do not turn on the heat just yet.



Get 10 tbsp. of the syrup from the bottle



Add it into the saucepan



Using the back of the spoon or the back of a fork, crush the cherries inside the saucepan.



Now, get a small can of pineapple juice.



Get 20 tbsp. from it.



Put those juice into the saucepan with the cherries.



Add in 2 tbsp of sugar.



Get 10 tbsp. of vegetable stock which we also made for the 1st course.



Add it into the saucepan also.



Add in 1 whole clove, 1 bay leaf and ½ tbsp. of peppercorns.



Now turn on the heat and bring the whole mixture to a boil.



The moment it boils, lower down the heat to very low and let it simmer.



We are now done with the base of the sauce, let it simmer for around 30-45 minutes until it has reduced.

Part 2

Prepare your vegetables.



Peel the sayote and turn the base part up.



Place the knife on top of the middle line of the sayote.



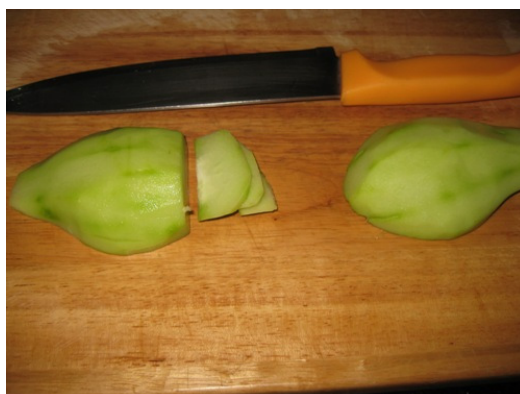
Cut it through vertically.



Using the spoon or the knife, remove the seeds in the middle.



Now, turn the sayote flat side down horizontally and start slicing evenly.



Slice evenly all the way through.



Then let them lay flat and cut them vertically.



Congratulations, you have now julienned your sayote, now, turn them horizontally.



Then cut them to form small dices.



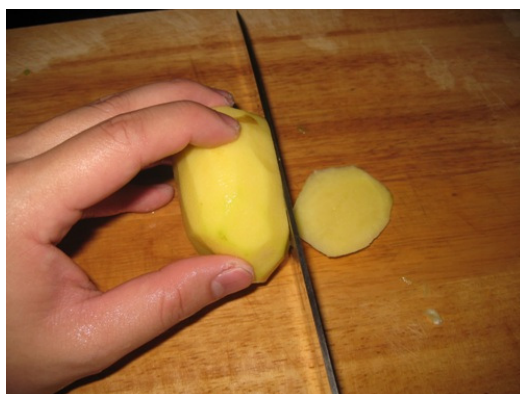
Set them aside.



Do that we the potatoes too. Peel the potatoes.



Cut one side of the potato vertically to have a flat side.



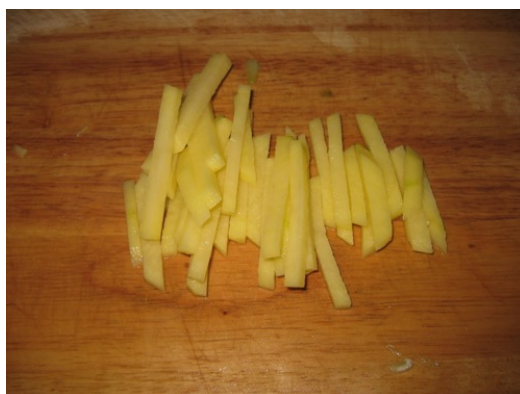
Turn the potato horizontally flat side down.



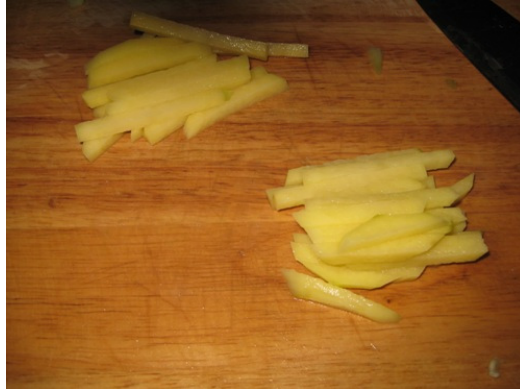
Slice them up evenly.



Julienne the potato like what we have done with the sayote.



Turn them horizontally.



Cut them into dices.



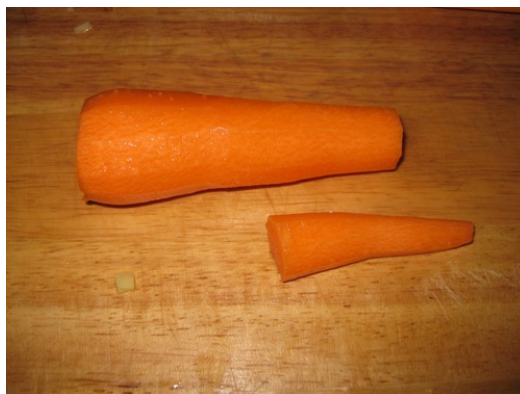
Set them aside with the sayote.



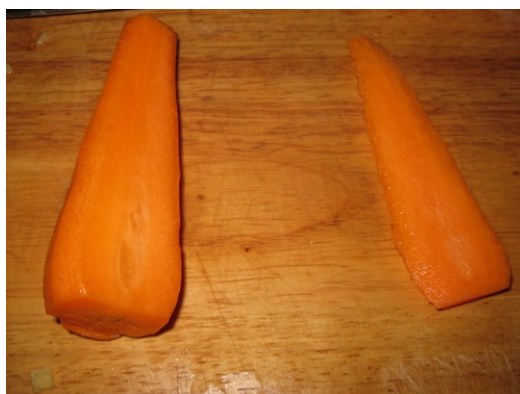
Lastly, the carrots. Peel them first.



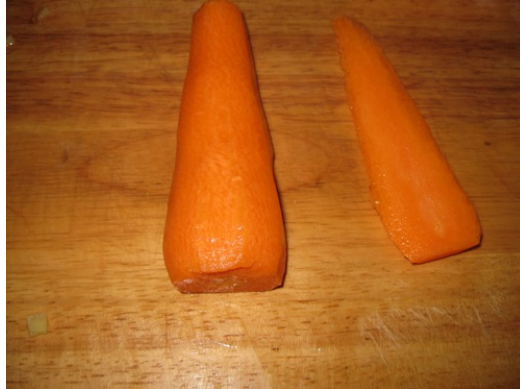
Cut the end pointed end part of the carrot.



Slice a part of the carrot vertically to get a flat side.



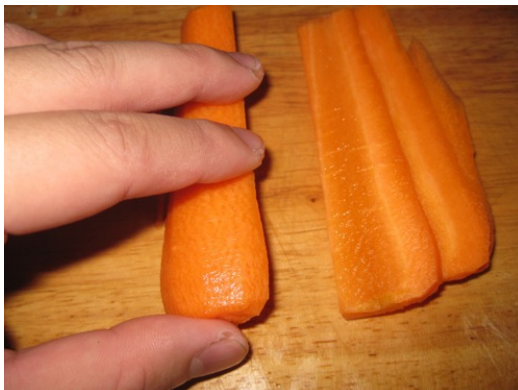
Now, lay down the carrot flat side down vertically.



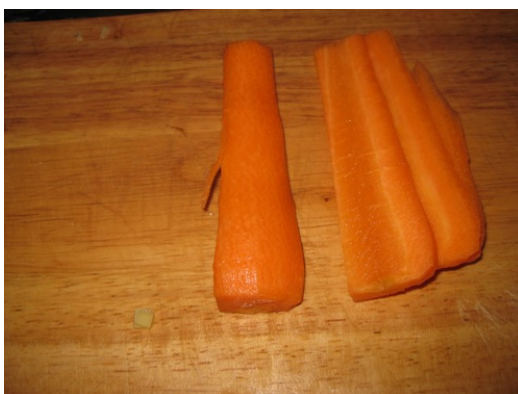
Cut the carrot vertically.



Now, there would be a point that the carrot is still thick but is difficult to cut. You have to turn the carrot to another flat side like this.



So that you can easily cut it again like this.



Then continue cutting it then julienne it.



Turn it horizontally.



Dice them up.



Set it aside with the others.



Prepare a small stock pot and add some water, turn the heat on high. We are going to boil the vegetables.



As you wait for it to boil, get some ice and put it into a bowl for cooling down later.



When the water starts boiling, add in the vegetables. Make sure the volume of vegetables is less than the water. Make sure that the vegetables aren't that crowded. As you placed the vegetables inside the boiling water, it will decrease the temperature.



Let the vegetable boil for at least 2 minutes or until tender.



When the vegetables are cooked, throw them into the ice bowl that you have prepared earlier.



When it is cooled, strain the cooked vegetables and set it aside.



Congratulations, you have successfully blanched your vegetables.

Part 3

By this time, your sauce base must be ready. It should have been reduced by a lot now.



Remove the bay leaf, whole clove, peppercorns and cherries from the saucepan.



Your sauce base must look something like this.



Get 5 tbsp. of all-purpose cream.



Place them into the sauce base. Mix it, then strain it. The cream will curdle that is why we need to strain it.



You will have something that looks like this.



Now, throw it back into a saucepan on low heat. Add in 2 tbsp. of sugar



Bring the mixture to simmer and let it simmer for another 20 minutes or until thick and a bit syrupy. You now have your cherry pineapple sauce.

Part 4

Prepare your pork tenderloin



Season it with salt. Around a teaspoon of salt per tenderloin



Season it also with pepper.



Get your rosemary.



Chopped them and spread them on the tenderloin.



Add in the mustard.



Spread them all over the tenderloin.



Now, get your pan and turn it up on high heat for 2 minutes. Then, add in some butter. Make sure the butter is enough to cover the surface of the pan.



Place the tenderloin on the hot pan. Let it sear for 2 minutes.



While you wait for it to sear, chop up some parsley and set it aside. This is probably three stems of parsley.



Sear it also on the opposite side.



Then sear it on the other sides. 2 minutes on all side.



After searing, let it rest for around 5 minutes on your chopping board horizontally.



Now, cut the tenderloin vertically.



Cut it into even thickness.



Even thickness for even cooking.



Now, turn on your pan again on high heat for 1 minute. Then add in some butter.



Sear the newly cut side of the tenderloin. Sear for 4 minutes



Let it also cook on the other side.



Sear another 4 minutes on the other side.



Then let it rest on the chopping board.



As you let it rest, turn the pan on low hit and add in butter.



Add in the vegetables that we have blanched earlier.



Add in salt.



Add in pepper.



Lastly, add in parsley.



Just give the whole thing a quick toss or stir.

Part 5

First, lay down a spoonful of the vegetables on the plate.



Make sure you have a good base for it.



Add in the tenderloin on top of one side.



It should look something like this.



Lastly, place the sauce on the side of the dish.



Tips and Tricks

- ➔ Note: The quantities if the pictures above where 30% of the base recipe so you will probably have more to cut and more to cook than what can be seen on the picture.
- ➔ When buying pork, buy Monterey in the supermarket.
- ➔ You can buy rosemary in supermarkets. Better go to Rustan's to be sure or in Landmark in Trinoma.



- ➔ You can also do part 2 a day in advance.
- ➔ You can make the whole sauce in the morning then just reheat when service time arrives.
- ➔ You can sear the tenderloin in the morning then cut and cook it 30 minutes before service time arrives.
- ➔ We blanched the vegetables to have good texture and have good color.
- ➔ During the '2nd' cooking part of the vegetables. You need low heat because you will just reheat the vegetables and incorporate it with some butter. Normally, when the butter has melted, just let the vegetables be on the pan for 40-60 seconds.
- ➔ You can omit the cream part of the sauce. Actually, better to omit the cream part of the sauce.
- ➔ Do not omit the mustard on the tenderloin. It gives better flavor and color. If you don't really like mustard, I suggest to try it once just now because you need everything to have a good harmony of flavors.

- ➔ This is just a guide, so you can adjust seasoning and cooking time. The cooking time that I have placed here is just an approximate. It varies from the equipment used and temperature of your place
- ➔ If you have any questions or suggestions or comments with this dish or e-book, email me at hershey_ang@yahoo.com

Third Course – Drunken Mangoes with Vanilla Ice Cream



Drunken Mangoes with Vanilla Ice Cream

This is a simple dessert to end the meal. It is a light dessert and easy to make.

This recipe is good for 4 people.

Ingredients

Part 1

Mangoes

4 Tbsp. of Dark Rum

1 Tbsp of Sugar

Butter

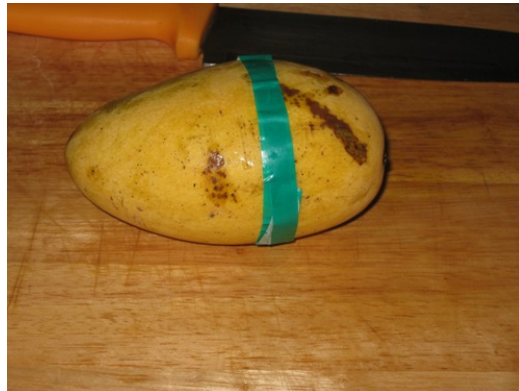
Part 2

Vanilla Ice Cream

Bottled Cherry for Garnish

Part 1

Prepare a medium size mango.



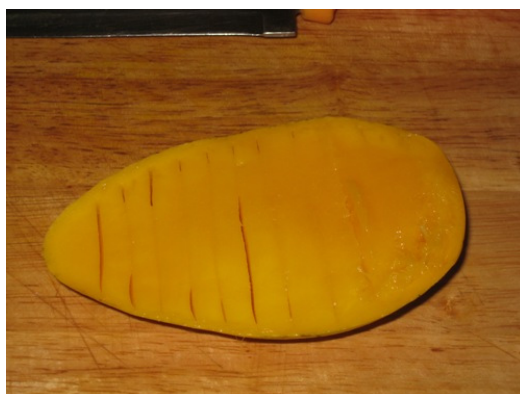
Slice the top part of the mango horizontally.



Make some vertical slices through the sliced mango carefully without slicing through the skin.



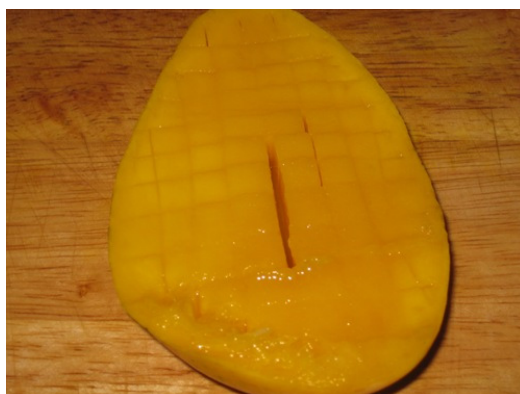
Slice it evenly.



Now, turn the mango vertically then slice it vertically again.



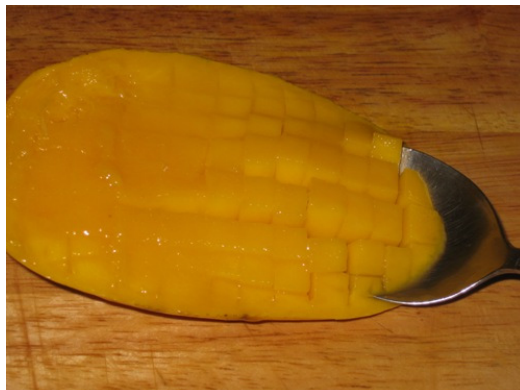
Slice it through evenly too.



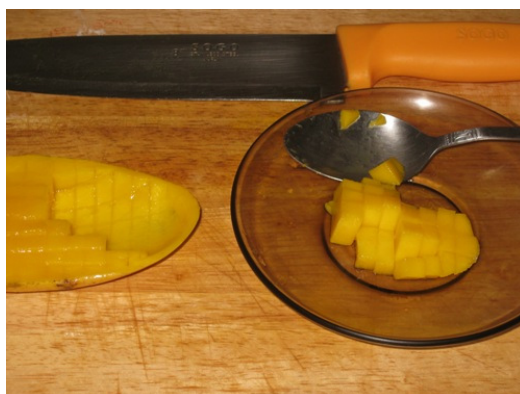
You should be able to do this if you cut it sliced it correctly. Prepare a spoon.



Use the spoon the scoop out the mango dices.



Set it aside.



Congratulations, you have successfully diced your mangoes.

Now, prepare a small saucepan. Turn the heat to medium.



As the saucepan heats, prepare 4 tbsp. of dark rum.



Melt some butter into the saucepan.



Throw in the mangoes.



Add in 1 tbsp. of sugar.



Mix it then add in the rum.



Now, here is the tricky part. Turn on the heat high so that when you tilt the pan, it will touch the rum and it will flame up.



Just let it burn the alcohol and don't worry, the fire will die down.



Congratulations, you have successfully flambéed your mangoes using dark rum.



Part 2

We now start plating the dish. Add in the drunken diced mangoes on the plate.



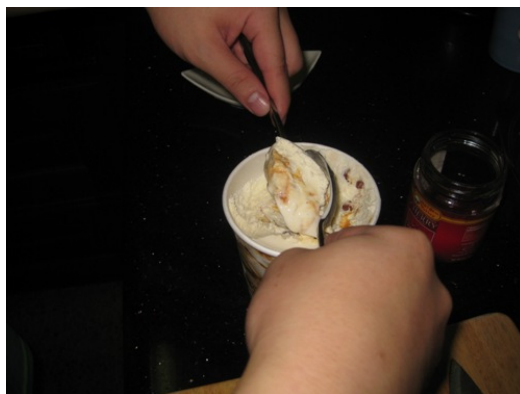
Scoop out some vanilla ice cream.



Form it in such a way that you use two identical spoon and you form the scooped ice cream into the shape of the spoon.



It is like giving it another scoop from the first spoon to the next spoon.



Congratulations, you have now successfully created a quenelle of vanilla ice cream. Place the quenelle on top of the diced mangoes.



Lastly, add in a cherry on top.



Tips and Tricks

- ➔ Buy the Selecta brand of ice cream, it has good value for money. If you have the budget, go get some haagen-daaz.
- ➔ You can do the mangoes the day before serving.

Overall Tips and Tricks.

- ➔ You can make the soup the day in advance and the diced mangoes.
- ➔ If you were to serve this for dinner. You can blanch the vegetables of the entrée in the morning and sear the whole tenderloin. Then, 30 minutes before service time, cut the tenderloin and cook it then cook the vegetables.
- ➔ Remember, this is just a guide, you can always do more to it. All measurements are just an approximate so you can adjust it.

Thank you for reading this e-cookbook. I hope you enjoy it with your loved ones during this coming holiday. If you want to reach me, you can email me at hershey_ang@yahoo.com