

Snack Foods from Kalabasa

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Eating foods in-between meals is very much Filipino food habit. Meryenda or snacks make up almost 1/3 of the day's food intake.

The Food and Nutrition Research Institute of the Department of Science and Technology (FNRI-DOST) formulated snack foods using local food sources rich in nutrients needed most by pre-schoolers, school children and adolescents.

The following recipes use squash as its main ingredient. Squash is rich in pro-vitamin A; for normal eyesight, healthy hair, smooth and clear skin, and for over-all growth. It has minerals like calcium, phosphorous and iron. Calcium and phosphorous help keep strong bones and teeth. Iron is needed in building healthy red blood.

SQUASH HALAYA SQUASH KUTSINTA SQUASH MAJA

1 c squash, steamed and mashed

1 c gabi, steamed and mashed

1/2 c sugar, white

1/3 c condensed milk

1/4 tsp vanilla

2 Tbsps butter

1 Tbsp butter for greasing

PROCEDURE: Press cooked squash and gabi through a sieve to make a fine paste. Combine squash, gabi, milk and sugar. Cook over low fire, stirring constantly to prevent scorching. When thick consistency is reached, add condensed milk and vanilla. Continue cooking over low fire until reaching desired consistency. Add butter, mix well until surface is smooth and glossy. Mold in desired fancy molder which has been greased with butter. Unmold in platter.

3/4 c sugar, brown

1 c water

3/4 c all-purpose flour, sifted

3/4 c squash, steamed and mashed

1 tsp lye

1/2 pc coconut, mature, grated

PROCEDURE: Melt sugar in water and bring to a boil. Cool. Add all-purpose flour gradually. Add squash and stir until smooth, then strain. Add lye solution. Blend well. Pour in muffin pans 2/3 full and steam for about 25 minutes. Serve with grated coconut.

1 c cornstarch, sifted

4 c coconut milk

1 1/2 c squash, steamed and mashed

1 1/2 c sugar, white

1 tsp vanilla

PROCEDURE: Mix cornstarch little by little with 1 cup coconut milk. Add the remaining ingredients. Mix well, then strain. Cook over low heat, stirring constantly until thick. Pour in molder. Allow to cool and slice. Serve with budbud.

Budbud

For every cup of sapal ng niyog, mix 1/4 cup brown sugar. Toast in frying pan until golden brown or crispy.