

masflex®
Cookware & Kitchenware

For the Love of Cooking 



Cook from the Heart e-Cookbook

a compilation of recipes by the Adobo Queen
& Masflex Brand Ambassadors Nancy Reyes-Lumen
and **Delish PH** specially made for Homemakers!



NANCY REYES-LUMEN MESSAGE

Hi! Thank you so much for buying Masflex Forged Cookware Collection! These cookware series that will surely let you cook a complete menu as it includes different varieties of pots and pans to choose from.

You are now equipped with the complete basic cookware products from Masflex which will enable you to cook lots of recipes. To help you further in finding out which recipes you can cook with these series of cookware collection, here's the compilation of recipes that we made especially for you, our dear homemakers!

Masflex Forged Cookware Collections is durable and will surely last long with strict observance of the proper use and care guidelines. Amongst these guidelines I highlight this one:

- Condition the coating by wiping the cooking surface with an ample amount of cooking oil. Then, heat the pan for a couple of minutes. After it cools, clean with a soft cloth and soapy water. This will prolong the life of the non-stick coating.

- Check out the complete list of guidelines on page 8

I love cooking with Masflex because I know that the quality of my cooking process will be fun, smooth, and easy to do. Right after I cook a certain dish, I will just wipe it with a clean cloth or tissue because it is easy to clean. This quality of a cookware is achieved with its high-quality 3-Layer non-stick coating.

When you are cooking, it has to be fun! If before, cooking was a difficult chore, change that with Masflex Cookware and Kitchenware. Be a Chef in your own home with Masflex and make cooking a fun activity.

I do really recommend these series of Forged Cookware Collections to all moms, newly wedded couples who are about to start their family, newly graduated students who want to help their parents in preparing meals every day, and to those who wanted to be a proud gift giver because with these Masflex Forged Cookware Collections, you are giving them the easy cooking life that they wished to have.

Thank you again, for purchasing any of these Masflex Forged Cookware Collections. I am Nancy Reyes-Lumen, Adobo Queen, a proud user and ambassadress.

Nancy
NANCY REYES-LUMEN
Masflex Brand Ambassadress



Aluminum Non-Stick Cookware
with
HEAVY GAUGE FORGED TECHNOLOGY

FEATURES AND BENEFITS



Aluminum Non-Stick Induction Cookware
with **FORGED TECHNOLOGY**



Copper

3 Layer Copper Coating

NON-STICK VERSATILITY

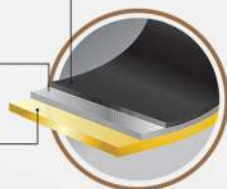
The 3rd layer delivers the finest in carefree non-stick cooking versatility

DURABILITY ANTI-ABRASION

The 2nd layer provides durability & anti abrasion for lasting strength & high hardness

STRONG BOND

The 1st layer fuses & creates a strong bond



FEATURES AND BENEFITS

- Heavy Gauge Aluminum
- Copper Design 3 Layer Non-stick Coating
- Cool-touch Stainless Steel Handle & Knob
- Tempered Glass Lid
- Heats up quickly and evenly
- Ideal for healthy cooking
- Easy to clean



WORKS ON ALL STOVETOPS



GAS



CERAMIC



HALOGEN



ELECTRIC



INDUCTION

**Aluminum Non-Stick Cookware
with FORGED TECHNOLOGY**

Stone



FEATURES AND BENEFITS

- Heavy Gauge Aluminum
- Stone Design 3 Layer Non-stick Coating
- Cool-touch Stainless Steel Handle & Knob
- Tempered Glass Lid
- Heats up quickly and evenly
- Ideal for healthy cooking
- Easy to clean

3-layer Stone

COATING

NON-STICK VERSATILITY

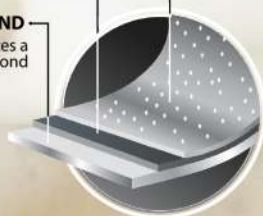
The 1st layer delivers the finest in carefree non-stick cooking versatility

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WORKS ON ALL STOVETOPS



GAS



CERAMIC



HALOGEN



ELECTRIC



INDUCTION

Aluminum Non-Stick Cookware with **FORGED TECHNOLOGY** *Elegance*



FEATURES AND BENEFITS

- Heavy Gauge Aluminum
- Marble Design 3 Layer Non-stick Coating
- Soft-touch & Heat Resistant Bakelite Handle and Knob
- Tempered Glass Lid
- Heats up quickly and evenly
- Ideal for healthy cooking

3-Layer Non-Stick COATING

NON-STICK VERSATILITY

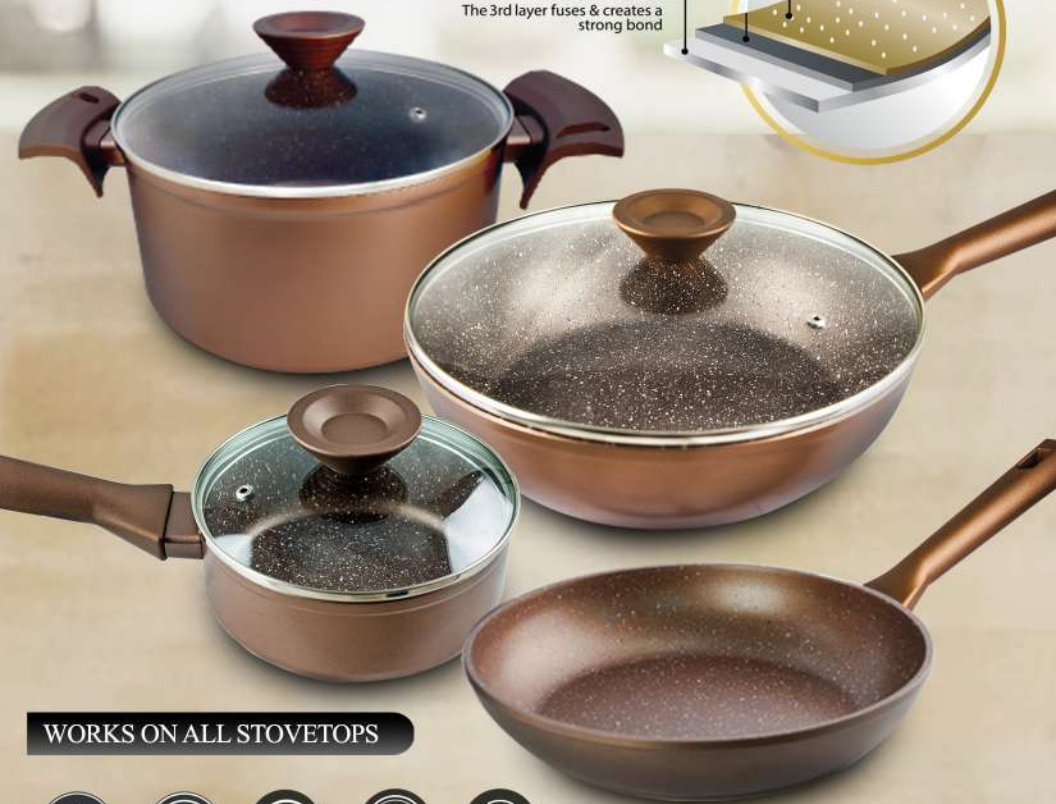
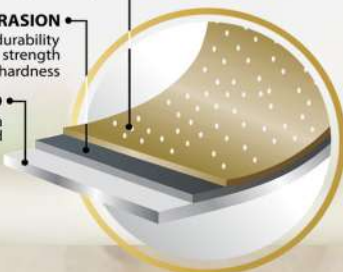
The 1st layer delivers the finest in carefree non-stick cooking versatility

DURABILITY ANTI-ABRASION

The 2nd layer provides durability & anti abrasion for lasting strength & high hardness

STRONG BOND

The 3rd layer fuses & creates a strong bond



WORKS ON ALL STOVETOPS



GAS



CERAMIC



HALOGEN



ELECTRIC



INDUCTION

Copper



COPPER

DESIGN NON-STICK COATING

Stone



STONE

DESIGN NON-STICK COATING

Elegance



ELEGANCE

DESIGN NON-STICK COATING

SIMILARITY

Stainless Steel Cool Touch Handles and Knobs

Handles and knobs are stainless steel which are heat and rust resistant to ensure a very long lasting use.



Riveted Handles

The handles are riveted to the main pan to ensure a strong contact.



SIMILARITY

Stainless Steel Reinforced Bottom

These cookware has induction bottom that works on all kinds of stovetops:



Hallogen



Electric



Ceramic



Gas



Induction

DIFFERENCE

Soft Touch & Heat Resistant Bakelite Handles and Knob

Handles are made of soft-touched bakelite material which is heat resistant. It is also ergonomically designed and assures a safe and comfortable



Screw-Type Handle

The handles are screwed to the main pan to ensure a strong contact.



Aluminum Non-Stick Cookware

with HEAVY GAUGE



TECHNOLOGY

NON-STICK VERSATILITY

The 1st Layer delivers the finest in carefree non-stick cooking versatility

DURABILITY ANTI-ABRASION

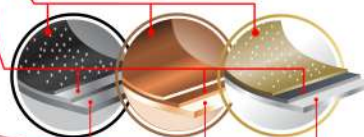
The 2nd layer provides durability & anti abrasion for lasting strength & high hardness

STRONG BOND

The 3rd layer fuses & creates a strong bond

3-Layer Non-stick

COATING



STONE

COPPER

ELEGANCE



NON-STICK COOKWARE USE, CARE, & CLEANING GUIDELINES

- Before the first use; wash, rinse, and dry the cookware thoroughly.
- Condition the coating by wiping the cooking surface with an ample amount of cooking oil. Then, heat the pan for a couple of minutes. After it cools, clean with a soft cloth and soapy water. This will prolong the life of the non-stick coating.
- Never heat an empty cookware or allow it to boil dry.
- ALWAYS cook using LOW to MEDIUM heat. The persistent use of high heat causes staining and damage to the cookware and will void the warranty.
- Do not use sharp objects like knives, forks, and metal spoons with sharp edges.
- Use only wooden, nylon, plastic & silicone utensils recommended for non-stick cookware. See page 59 for more information.
- Clean using a delicate sponge and avoid using abrasive cleaners and scouring pads. Don't use hard or metal scrubber for cleaning. Use liquid detergent, not hard detergent.
- If anything sticks on the pot, don't run it forcefully. Keep water in the pot for some time and clean with soapy water.
- For longer life span, allow the cookware to cool before washing.
- ALWAYS wash the cookware after each use with warm soapy water, rinse and dry immediately.
- Stack the cookware together properly to avoid scratches.

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NANCY REYES-LUMEN

RECIPES



using
Aluminum Non-Stick Cookware
with

HEAVY GAUGE

FORGED

TECHNOLOGY



Ingredients:

- 1 large white onion, very thinly sliced
- 1 Tbsp flour
- 1 ½ cups of beef broth or canned consommé
- Rock salt & pepper
- Grated Parmesan Cheese
- 1 x 1 slice of bread, buttered on both sides, then toast
- Olive oil and butter
- Brandy

Procedures:

1. Slice onions very thinly
2. Dredge with flour, shake off excess
3. In a Masflex Copper Saucepan, heat some oil and butter and cook onions very slowly till caramelized (about 15 - 20 minutes)
4. Pour consommé or beef broth.
5. Add a dash of rum or brandy
6. Taste and adjust seasonings.
7. Ladle hot boiling soup in serving bowl
8. Top bread with grated cheese and then place on top of the soup.

Aluminum Non-Stick Induction Cookware
with **FORGED TECHNOLOGY**

Copper
SERIES



Forged Copper Non-stick Induction
Saucepan with Glass Lid



Ingredients:

- Some olive oil
- 6 longganisa, removed from casing
- 5 cloves garlic, minced
- 1 small onion, thinly sliced
- 6 red over ripe tomatoes, hand torn and pounded
- ½ can whole corn kernel
- 1 pack of tomato paste
- 2 cups of chicken broth
- Fresh parsley and other herbs, minced
- 6 whole eggs

Procedures:

1. In a Masflex Stone Frypan, heat oil until smoking hot then sauté longganisa filling to desired crispiness.
2. Remove from frypan and set aside.
3. With the same oil in the pan, sauté the garlic and onions
4. Add tomatoes and cook 'till tomatoes curl.
5. Add tomato paste and broth and bring to boil.
6. Add back the longganisa then add the corn kernels.
7. Sprinkle with minced herbs (parsley)
8. Lower the heat and make 3 "wells" around
9. Pour 1 whole egg on each "well"
10. Cook and cover until egg whites are white.
11. Remove from heat to prevent eggs from getting over cooked.
12. The remaining heat of the frypan will further Cook it.

Aluminum Non-Stick Cookware
with **FORGED TECHNOLOGY**

Stone
Series



Forged Stone Non-stick
Induction Frypan

1 Pot Jambalaya



Ingredients:

- ½ Cup Olive Oil
- 2 whole Chorizo or strong flavored sausage, sliced diagonally
- 4-5 whole Chicken, pre-boiled and chopped
- 1 medium Onion, minced
- 1 medium Green Bell Pepper, minced
- 2 stalks Celery, minced
- 1 whole head Garlic, minced
- Cayenne Pepper, to taste (for spice heat)
- Rock Salt & Pepper, to taste
- 1 Cup Japanese Rice
- 2 Cup Chicken Stock, or more if needed
- Bay Leaf
- Worcestershire Sauce
- Hot Sauce

Procedures:

1. In Masflex Elegance Casserole, heat half of the olive oil then sauté the chorizos (sausage) to get the color and then set aside.
2. In the same pot and oil, sauté onions and celery then set aside.
3. In the same pot and oil, sauté bell pepper then set aside.
4. In the same pot and oil, sauté half the garlic and chicken livers.
5. While garlic is not yet brown, add the rice then sauté. Stir constantly until rice is translucent.
6. Then, add all the other ingredients.
7. Stir while pouring the stock.
8. Lower the heat and cook. Cover with glass lid.

Aluminum Non-Stick Cookware
with **FORGED TECHNOLOGY**
Elegance



Forged Elegance Non-stick Induction
Casserole with Glass Lid



Ingredients:

- 1 Kilo butterfly cut of beef sirloin, tied into a roll.
 - Marinade: soy sauce and lemon
- Olive Oil for braising
- Sauce:
 - ½ Cup Red wine or Beer
 - 1-2 cans Beef consommé
 - 1 Cup Caramelized Onions
 - 1 Cup Over ripe red tomatoes, crushed by hand
 - 1 head Garlic, whole, pounded lightly
 - Bay leaf / Peppercorn / Rock Salt
 - 1 large Carrot, cut into big cubes
 - 2 medium Potatoes – quartered
 - 1 medium Sayote – cut into big cubes
 - Half a handful Green Bagueo or Haricot Beans
 - ¼ Cup butter + 1 Tbsp flour

Procedures:

1. In a Masflex Copper Casserole, heat the cooking oil.
2. Put in the marinated roast and brown all over starting with fat side down.
3. When all browned, set aside.
4. Using the same pot, keep the heat on low and brown the vegetables. The vegetables need not be cooked, just browned.
5. Remove the veggies from heat then set aside.
6. Put marinade, beef, red wine, garlic, onions, tomatoes, bay leaf, and peppercorn back to the pot, add enough consommé (or water) to cover.
7. Bring to boil, and then simmer. Slow cook and cover the Casserole until the beef is tender. Then add the vegetables: carrots, potatoes, sayote, beans in this order.
8. Season with salt. Taste it then adjust seasoning.

Aluminum Non-Stick Induction Cookware
with **FORGED TECHNOLOGY**

Copper
SERIES



Forged Copper Non-stick Induction Casserole with Glass Lid

Sweet Chili Mango Sauce



Ingredients:

- ½ Cup Sugar
- 2 Tbsp White Vinegar
- ½ Cup Water
- 2 Tbsp Ketchup
- 2-3 Red Chili Pepper
- ½ Cup Pureed Mango

Procedures:

1. In a Masflex Stone Saucepan, caramelize the sugar.
2. Add the vinegar, water & ketchup to the caramel, just swirl around to blend all.
3. Bring to boil, and then simmer until vinegar is not strong anymore.
4. Add chilis and mango and cook another 5 minutes.
5. Be sure to crush the chilis and let the seeds out to make it spicy hot.



Aluminum Non-Stick Cookware
with **FORGED TECHNOLOGY**

Stone
Series



Forged Stone Non-stick Induction
Saucepan with Glass Lid



Ingredients:

- 250 grams salmon fillet
- 250 grams dory fillet
- 1 cup of pre-boiled Spinach
- Rock salt, pepper, smoked paprika, to taste
- Lemon wedges.
- Little soy sauce

Procedures:

1. In between two sheets of clear plastic, flatten the fishes separately.
2. Season to taste.
3. Slice the fishes into equal size
4. Sandwich the spinach and roll, white side out.
5. Heat Masflex Copper Grillpan with medium heat
6. Grill the roll until done.
7. Serve with soy sauce infused with lemon juice.



Aluminum Non-Stick Induction Cookware
with **FORGED TECHNOLOGY**

Copper
SERIES



Forged Copper Non-stick
Induction Grillpan

Prawns & Mussels in White Wine Sauce



Ingredients:

- 250 grams shelled prawns, heads removed
- About 10 pcs. pre-boiled Mussels in shell
- Green Peas
- Cherry Tomatoes
- ½ cups Mirepoix – Carrots, Celery, Onions, all minced
- Butter & Olive Oil, as desired
- ½ Cup White Wine/Vodka
- Some Water
- Rock Salt and Pepper

Procedures:

1. In a Masflex Elegance Frypan, melt butter on low heat.
While it is melting, add some olive oil.
2. Add mirepoix and toss gently to cook.
3. Add shellfish, peas and tomatoes.
4. Heat through.
5. While pouring white wine, flambé if desired.
6. To lighten wine flavor, add water, if desired.
7. When prawns turn pink, add peas and tomatoes.
8. Cook for another 3 minutes and then gently press the tomatoes.
9. Season then serve while hot.

Aluminum Non-Stick Cookware
with FORGED TECHNOLOGY
Elegance



Forged Elegance Non-stick
Induction Frypan



Ingredients:

- 1 whole fat chicken, pull out fats, set aside for later use
- 2 large potatoes, peeled, quartered
- 1 large onion, pierced with peppercorns
- chorizo, sliced thickly, diagonally
- 100 gm-size cut of ham or ham bone, whole
- Whole peppercorns
- Laurel
- Water to cover
- Little soy sauce, about 1 tbsp
- Rock salt, to your taste
- 2-3 tbsp Sherry wine or brandy or rum, if desired
- Singed banana leaves* and strings

Procedures:

1. Heat the Masflex Casserole and place chicken fat till oil is rendered.
2. Add chorizo slices.
3. Then add the chicken, potatoes, onion, ham, laurel and water to cover plus 1 inch more.
4. Add enough soy sauce to make the liquid more appetizing in color, like a golden broth.
5. Rock salt and sherry wine will be added later.
6. Bring to boil, then simmer.
7. Cover the Masflex Casserole with 2-3 layers of singed banana leaves and then tie with string to seal the soup. Weigh down with the lid of the Casserole.
8. For every kilo of chicken, cook for 25-30 minutes.
9. Open or peep into the soup to check doneness. Taste and adjust seasonings. Add rock salt and sherry wine.
10. Return banana cover and lid.
11. Cook another 5-10 minutes
12. Serve broth separately from the meats and vegetables.

* Singed banana leaves: directly pass leaves over flame to soften leaves and make them pliable.

This soup is perfect for Noche Buena because the longer you keep reheating it, the richer it gets in flavor. To enjoy it further, mash the potatoes into the hot broth.



Forged Stone Non-stick Induction
Casserole with Glass Lid

Wagyu Beef with Anchovy Butter



Ingredients:

- Wagyu Beef
- Lemon
- Soy sauce
- Freshly pounded Peppercorn, as desired
- ½ Cup Softened Butter
- 2-3 pcs Anchovy
- 1 Tbsp Parsley, minced
- Mashed Potato or Sweet Potato (Kamote)

Procedures:

First make the Anchovy Butter:

1. Blend together butter, parsley and anchovy.
 2. Chill to harden
 3. When almost hard, shape into 4 pcs, as desired
- Marinate Wagyu Beef in lemon and soy sauce
 - Best to marinate overnight
 - Season with peppercorn
 - Pound to flatten, if desired

1. Heat the Masflex Copper Grillpan.
2. Grill the Wagyu Beef Steak.
3. Cook until done but not overcooked!
4. To plate, top with hardened Anchovy Butter
5. Serve on a bed of mashed potatoes or kamote or combination of both.

Aluminum Non-Stick Induction Cookware
with **FORGED TECHNOLOGY**

Copper
SERIES



Forged Copper Non-stick
Induction Grillpan



Ingredients:

- 1 Cup Sugar
- Half a Lemon / Orange Juice



Procedures:

1. Using the Masflex Elegance Saucepan, caramelize the sugar by putting it over low to medium heat
2. Once sugar starts caramelizing, pour in the lemon / orange juice.
3. Do not overcook the caramel.
4. Pour it over the ham and serve.

Aluminum Non-Stick Cookware
with **FORGED TECHNOLOGY**
Elegance



Forged Elegance Non-stick Induction
Saucepan with Glass Lid

Watch
this vid



Ingredients:

- 1 C sugar + 1 tbsp. water
- 1 tetra pack all-purpose cream

Procedures:

On a very low heat:

1. Caramelize sugar with the water in the Masflex Saucepan.
2. Do not stir! Just swirl the saucepan as needed.
3. Once caramel is produced (golden/amber in color), pour the cream and slowly stir to blend.
4. Remove from fire and continue to blend gently
5. Pour into a heatproof glass bowl and let cool thoroughly
6. The caramel will get thicker as it cools.
7. Use to top ice cream, butter-grilled bananas, frosted chocolate cake, fruit salad, etc.



Aluminum Non-Stick Cookware
with **FORGED TECHNOLOGY**

Stone
Series



Forged Stone Non-stick Induction
Saucepan with Glass Lid



GROCERY

CHECKLIST

NANCY REYES-LUMEN RECIPES



Wagyu Beef with Anchovy Butter

Ingredients:

- ☐ Wagyu Beef
- ☐ Lemon
- ☐ Soy sauce
- ☐ Freshly pounded
Peppercorn, as desired
- ☐ ½ Cup Softened Butter
- ☐ 2-3 pcs Anchovy
- ☐ 1 Tbsp Parsley, minced
- ☐ Mashed Potato or Sweet
Potato (Kamote)

Eggs in a 1 Pan Medley Dish

Ingredients:

- ☐ Some olive oil
- ☐ 6 longganisa, removed from
casing
- ☐ 5 cloves garlic, minced
- ☐ 1 small onion, thinly sliced
- ☐ 6 red over ripe tomatoes,
hand torn and pounded
- ☐ ½ can whole corn kernel
- ☐ 1 pack of tomato paste
- ☐ 2 cups of chicken broth
- ☐ Fresh parsley and other herbs,
minced
- ☐ 6 whole eggs

French Onion Soup

Ingredients:

- ☐ 1 large white onion, very
thinly sliced
- ☐ 1 Tbsp flour
- ☐ 1 ½ cups of beef broth or
canned consommé
- ☐ Rock salt & pepper
- ☐ Grated Parmesan Cheese
- ☐ 1 x 1 slice of bread, buttered
on both sides, then toast
- ☐ Olive oil and butter
- ☐ Brandy

1 Pot Jambalaya

Ingredients:

- ☐ ½ Cup Olive Oil
- ☐ 2 whole Chorizo or strong
flavored sausage, sliced
diagonally
- ☐ 4-5 whole Chicken, pre-boiled
and chopped
- ☐ 1 medium Onion, minced
- ☐ 1 medium Green Bell Pepper,
minced
- ☐ 2 stalks Celery, minced
- ☐ 1 whole head Garlic, minced
- ☐ Cayenne Pepper, to taste (for
spice heat)
- ☐ Rock Salt & Pepper, to taste
- ☐ 1 Cup Japanese Rice
- ☐ 2 Cup Chicken Stock, or more if
needed
- ☐ Bay Leaf
- ☐ Worcestershire Sauce
- ☐ Hot Sauce

Prawns & Mussels in White Wine Sauce

Ingredients:

- ☐ 250 grams shelled prawns, heads removed
- ☐ About 10 pcs. pre-boiled Mussels in shell
- ☐ Green Peas
- ☐ Cherry Tomatoes
- ☐ ½ cups Mirepoix – Carrots, Celery, Onions, all minced
- ☐ Butter & Olive Oil, as desired
- ☐ ½ Cup White Wine/Vodka
- ☐ Some Water
- ☐ Rock Salt and Pepper

Grilled Salmon & Dory Roll

Ingredients:

- ☐ 250 grams salmon fillet
- ☐ 250 grams dory fillet
- ☐ 1 cup of pre-boiled Spinach
- ☐ Rock salt, pepper, smoked paprika, to taste
- ☐ Lemon wedges.
- ☐ Little soy sauce

Ham Glaze

Ingredients:

- ☐ 1 Cup Sugar
- ☐ Half a Lemon / Orange Juice

Roast Beef

Ingredients:

- ☐ 1 Kilo butterfly cut of beef sirloin, tied into a roll.
 - Marinade: soy sauce and lemon
- ☐ Olive Oil for braising
- ☐ Sauce:
 - ☐ ½ Cup Red wine or Beer
 - ☐ 1-2 cans Beef consommé
 - ☐ 1 Cup Caramelized Onions
 - ☐ 1 Cup Over ripe red tomatoes, crushed by hand
 - ☐ 1 head Garlic, whole, pounded lightly
 - ☐ Bay leaf / Peppercorn / Rock Salt
 - ☐ 1 large Carrot, cut into big cubes
 - ☐ 2 medium Potatoes – quartered
 - ☐ 1 medium Sayote – cut into big cubes
 - ☐ Half a handful Green Baguio or Haricot Beans
 - ☐ ¼ Cup butter + 1 Tbsp flour

Sweet Chili Mango Sauce

Ingredients:

- ☐ ½ Cup Sugar
- ☐ 2 Tbsp White Vinegar
- ☐ ½ Cup Water
- ☐ 2 Tbsp Ketchup
- ☐ 2-3 Red Chili Pepper
- ☐ ½ Cup Pureed Mango

Homemade Caramelo

Ingredients:

- ☐ 1 C sugar + 1 tbsp. water
- ☐ 1 tetra pack all-purpose cream

Kinulob na Manok

Ingredients:

- ☐ 1 whole fat chicken, pull out fats, set aside for later use
- ☐ 2 large potatoes, peeled, quartered
- ☐ 1 large onion, pierced with peppercorns
- ☐ Chorizo, sliced thickly, diagonally
- ☐ 100 gm-size cut of ham or ham bone, whole
- ☐ Whole peppercorns
- ☐ Laurel
- ☐ Water to cover
- ☐ Little soy sauce, about 1 tbsp
- ☐ Rock salt, to your taste
- ☐ 2-3 tbsp Sherry wine or brandy or rum, if desired
- ☐ Singed banana leaves* and strings

The background of the entire page is a close-up photograph of a stainless steel cooking pan on a gas stove. Inside the pan, there is a mixture of ingredients including yellow corn kernels, green leafy vegetables, and white diced potatoes. A black burner cap is visible on the left side of the stove. The Masflex logo is positioned in the upper center, featuring the brand name in a bold, lowercase sans-serif font, followed by 'Cookware & Kitchenware' and a tagline with a heart symbol.

masflex®
Cookware & Kitchenware
For the Love of Cooking 

Delish PH 

RECIPES

using
Aluminum Non-Stick Cookware
with
HEAVY GAUGE  **TECHNOLOGY**



Ingredients:

- Wheat Bread
- Bacon
- Chicken Ham
- Tomato
- Lettuce
- Cheese
- Mayonnaise
- Olive Oil

Procedures:

1. Prepare the bacon and ham. Heat some olive oil in a pan and fry. Set aside.
2. Then toast the wheat bread to brown on both sides.

Assemble the club sandwich:

1. Spread some mayonnaise on the bread. Then top with chicken ham, then tomato and cheese.
2. Put another slice of bread on top and spread some mayonnaise. Top with bacon, then cheese and lettuce.
3. Before putting the last slice of bread, spread some mayonnaise on one side.
4. Put a skewer or a toothpick to the two corners of the sandwich to keep them in place when cutting. You can cut it into two or four.

Note from Delish:

Have you noticed that club sandwich are really expensive in many restaurants and cafes? I just don't get it when it's just so easy to make them at home and you can even eat all you can. So I decided to share this one with you.

Photo and recipe from Delish PH

Watch the recipe video to learn it easily through this link:
<https://youtu.be/gnCQ97EI2fY>

You may also log-on to <https://www.delishph.com> to find out more easy recipes to cooks with Masflex Cookware.



Forged Copper Non-stick
Induction Grillpan

Delish PH



Ingredients:

- 500g Vegetable Tofu (cut into serving size, small rectangles)
- 1 large sized Onions (cubed)
- 2 cloves Garlic (crushed)
- 1 small sized Carrot (diced)
- 2 pcs. Bell Peppers (diced)
- 1 small can Crushed Pineapple (reserve syrup)
- 1 cup Vinegar
- 1 tbsp. Ketchup
- 1 tbsp. Brown Sugar
- Green Onions
- Slurry (all-purpose flour diluted in water)
- Vegetable Oil
- Salt
- Pepper

Procedures:

1. Roll each piece of vegetable tofu in plain all-purpose flour.
 2. Heat some vegetable oil in a pan, fry the tofu until brown on all sides. Set aside.
 3. On the same pan, add in the vinegar, pineapple syrup (from crushed pineapple in can). Then add the ketchup. Simmer for 2 minutes.
 4. Add the crushed garlic and onions. Then add the carrots and bell peppers. Simmer for another 5 minutes.
 5. Add the crushed pineapples and brown sugar. Season with salt and pepper. Then add the chopped green onions.
 6. Lastly, add the slurry and cook for another 3 minutes to thicken the sauce.
 7. Place the tofu in the plate and pour some sweet and sour sauce on top. Garnish with green onions.
- Ready and Enjoy!

Note from Delish:

I have received emails from people asking me to prepare healthy dishes. So here's a healthy and absolutely delicious recipe that you won't regret preparing at home. I'd say this is one of my favorite

Photo and recipe from Delish PH

Watch the recipe video to learn it easily through this link:
https://youtu.be/UFP-e_NZ7xs

You may also log-on to <https://www.delishph.com> to find out more easy recipes to cooks with Masflex Cookware.



Forged Elegance Non-stick
Induction Frypan

Delish PH



Ingredients:

- 2 pcs. medium sized Talong (Eggplant)
- Chicken Ham
- Classic/Cheddar Cheese
- Bread Crumbs
- 2 Eggs
- Salt
- Pepper
- Vegetable Oil

Procedures:

1. Prepare the eggplant. Cut both ends, removing the tip and the stalk. Cut into three parts, creating three small logs. Using a sharp knife, cut the skin on two opposite sides. Then create three slits to

create two pockets. (see video for the actual process).

2. Soak the eggplant in a bowl of water to avoid discoloration.

3. Meanwhile, beat the eggs and season with salt and pepper.

4. Slice the cheese and the ham, around 1 x 0.5 inch or same length as that of the eggplant.

5. Take out the eggplant, then put cheese on one slit and ham on the other. (see video for details)

6. Roll the eggplant on the breadcrumbs, then soak it on the beaten eggs, and roll it back on the breadcrumbs. Repeat the process.

7. Heat a small amount of vegetable oil in a pan. Make sure to set the fire to LOW (breadcrumbs burn easily) to avoid burning. Fry the eggplant roll on all side, including the top and the bottom part until brown.

8. Serve with a delicious dip of your choice.

Ready and Enjoy!

Note from Delish:

This is one healthy and delicious snack you can prepare. Also, make sure to use just a little amount of vegetable oil when frying to n healthier. And I cannot stress more to fry in a very low heat or y bake it if you want.

Photo and recipe from Delish PH

Watch the recipe video to learn it easily through this link:

<https://youtu.be/59QweVsH-bl>

You may also log-on to <https://www.delishph.com> to find out more easy recipes to cooks with Masflex Cookware.



Forged Stone Non-stick
Induction Frypan

Ingredients:

- 1 kg Raw Jackfruit (Langka) (cut into about 1X1/2 inch long)
- 400 ml Coconut Milk
- 2 medium sized Onions (cut into strips)
- 4 medium sized tomatoes (cut into strips, seeds removed)
- 1/2 thumb sized Ginger (diced)
- 1 stalk Green Onions
- 3 cloves Garlic
- 3/4 cups Vinegar
- 1 tbsp. Brown Sugar
- Fresh Chilies
- Salt
- Pepper



Procedures:

1. Boil raw jackfruit in water with salt until it softens. Drain water, let cool and shred into strips. Set aside.
2. In a pan, pour in the vinegar, brown sugar and season with salt and pepper. Boil for about a minute.
3. Pour in the coconut milk. Simmer for about 2 minutes. Remove from heat. Set aside.
4. Put the boiled langka in bowl. Drop in all the other ingredients, ginger, garlic, tomatoes, onions, green onions and fresh chilies. Pour in the coconut milk-vinegar mixture. Mix in until properly incorporated.

Ready and enjoy!

Note from Delish:

Growing up, I always see my mom making this appetizer at home. And I'd say this is one of my favorites. So I decided to share this to everyone. You can adjust the flavor by adding more salt, or vinegar and sugar if you want to. This appetizer will become even tastier if you leave it overnight or 4 hours before serving. Enough to get all the flavors absorbed by the jackfruit.

Photo and recipe from Delish PH

Watch the recipe video to learn it easily through this link:
<https://youtu.be/AWxJ9O6LYGA>

You may also log-on to <https://www.delishph.com> to find out more easy recipes to cooks with Masflex Cookware.



Forged Elegance Non-stick Induction
Casserole with Glass Lid

Ingredients:

- 1kg Pork Cubes
- 2 tbsp. Curry Powder
- 1 1/2 cup Coconut Milk
- 3/4 cups Coconut Cream
- 2 medium sized Potatoes (cubed)
- 2 medium sized Carrots (cubed)
- 3 Bell Peppers (red and green) (cubed)
- 1 tbsp. Garlic Powder
- 1 tbsp. Cayenne Powder
- 2 medium sized Red Onions (chopped)
- 4 cloves Garlic (minced)
- 2 medium sized Tomatoes (cubed)
- 1 thumb-sized Ginger (cubed)
- 1 Fresh Chilies
- Salt
- Pepper



Procedures:

1. Season the pork with garlic powder, cayenne powder, salt and pepper. Set aside and let it rest for about 30 minutes.
2. Heat a pan and brown the pork in both sides. Set aside.
3. Heat some canola oil in a pot, sauté onions, tomatoes, garlic and ginger. Add in the pork.
4. Pour in the coconut milk, and cook for about 20 minutes.
5. Add in the potatoes and carrots. Season with salt and pepper. Cook for another 10 minutes.
6. Add in the bell peppers, curry powder and fresh chilies.
7. Then finally add the coconut cream. Lower the heat and simmer for about 5 minutes.

Ready and Serve!

Note from Delish:

If you love chicken curry, then you'll definitely like this Pork Curry recipe. And you will definitely ask for some more rice!

Photo and recipe from Delish PH

Watch the recipe video to learn it easily through this link: <https://youtu.be/J5tNrURqtLk>

You may also log-on to <https://www.delishph.com> to find out more easy recipes to cooks with Masflex Cookware.



Forged Copper Non-stick Induction
Casserole with Glass Lid



Ingredients:

- 1 kg Pork Belly (cleaned, cut into serving sizes, remove the skin)
- 1 1/2 cup Soda
- 3/4 cups Vinegar
- 2 tbsp. Soy Sauce
- 1/2 cup Banana Ketchup
- 1 tsp. Cayenne Pepper Powder
- 1/2 cup Brown Sugar
- 6 cloves Garlic (crushed)
- Salt
- Pepper

Procedures:

1. In a bowl, combine in the soda, vinegar, soy sauce, ketchup, cayenne, garlic and brown sugar. Stir until all the dry ingredients were dissolved.
2. Add in the pork belly. Mix in with the marinade. Cover with cling wrap and refrigerate overnight. Or you can store it in a zip lock if you want to store it in the next few days.
3. To cook. Put the pork belly tocino in a pan. Add some water. Cook until the water dries out and the sauce and oil comes out.

Ready and serve!

Note from Delish:

I am one tocino addict. I can eat tocino every day. With that instead of buying frozen tocino, I learned how to make one at home. It's much healthier and with no preservatives added. In order to achieve that reddish color, just added a little banana ketchup. I don't want to use food coloring.

Photo and recipe from Delish PH

Watch the recipe video to learn it easily through this link:
<https://youtu.be/Ca2J2XDtjlo>

You may also log-on to <https://www.delishph.com> to find out more easy recipes to cooks with Masflex Cookware.





Ingredients:

- 1 head Cabbage
- 300g Ground Pork
- 1 medium sized Carrot (finely chopped)
- 1 stalk Green Onions (finely chopped)
- 1 Onion (chopped)
- 3 cloves Garlic (minced)
- 1 tbsp. Sesame Oil
- 1 tbsp. Soy Sauce
- 1 tsp. Oyster Sauce
- 1 cup All-purpose Flour
- 1/2 cup Cornstarch
- 1 tsp. Baking Powder
- Canola Oil
- Salt
- Pepper
- Water

Procedures:

1. Boil some water with salt in a pot. Put in one whole head of cabbage (core removed) and boil for about 10 minutes. Set aside, let cool and slowly separate the individual leaves.
2. Using a paring knife, scrape off the core part so it's not too thick when you roll. (see the video for more detailed process on how to do it)
3. In a bowl, mix in ground pork, carrot, green onions, onions, garlic, sesame oil, soy sauce, and oyster sauce. Season with salt and pepper.
4. Take out each cabbage leaf and put a good amount of pork mixture on the edge (core part). Then start rolling to wrap, sealing both sides.
5. In a separate bowl, mix in the all-purpose flour, cornstarch, baking powder and salt. Add some water, until the batter becomes smooth.
6. Heat some canola oil in a pan. Dip the cabbage roll in the batter and fry until brown.

Ready and Serve!

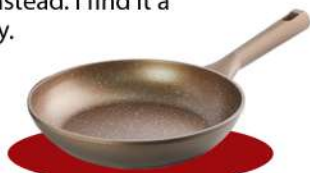
Note from Delish:

If lumpia wrapper is nowhere to find, you can use cabbage instead. I find it a healthier and an innovative way of cooking. So it's worth a try.

Photo and recipe from Delish PH

Watch the recipe video to learn it easily through this link:
<https://youtu.be/PrUcnfT-9tE>

You may also log-on to <https://www.delishph.com> to find out more easy recipes to cooks with Masflex Cookware.



Forged Elegance Non-stick
Induction Frypan



Ingredients:

- 3 pcs. Beef Shanks
- 1 Sweet Corn (cut into 1 inch long)
- 1 large sized White Onions
- 2 stalks Green Onions
- 1 pc. large sized Potatoes (cubed)
- 2 pcs. Bananas (saba) (cubed)
- 1 small sized Cabbage (cut into 4)
- 100g Pechay
- 1 tbsp. Fish Sauce
- Peppercorns (crushed)
- Salt

Procedures:

1. Boil water in a pot. Put beef shanks. Cook for about 20 minutes. Open and remove floating scum and oil. Cover and cook for about 1 hour and half.
2. Add the sweet corn and onions. Then the peppercorns and fish sauce. Cover and cook for about 10 minutes.
3. Add the potatoes and bananas. Cook for another 10 minutes.
4. Season with salt. Add in the cabbage and pechay. Cover for two minutes.
5. Lastly, add the green onions. Cover for 5 minutes more.

Ready and Serve!

Note from Delish:

I've received a lot of recipe requests to prepare bulalo. So, here's my version of it. I added bananas and potatoes to add more flavors. But you might want to omit it if you want to.

Photo and recipe from Delish PH

Watch the recipe video to learn it easily through this link: <https://youtu.be/c8nFC1rBMwo>

You may also log-on to <https://www.delishph.com> to find out more easy recipes to cook with Masflex Cookware.



Forged Stone Non-stick Induction
Casserole with Glass Lid

Beef Teriyaki on Sticks

Ingredients:

Marinade:

- 800g Beef Sirloin (cut into strips)
- 1/2 cup Rice Wine
- 2 tbsp. Soy Sauce
- 1 tsp. Sesame Oil
- 1/2 cup Brown Sugar
- 1 tsp. Finely chopped Garlic
- 1 tsp. Finely chopped Ginger
- Salt
- Pepper

Sauce:

- 1 tbsp. Vinegar
- 1 tbsp. Soy Sauce
- 2 tbsp. Brown Sugar
- Water
- Salt
- Pepper
- Cornstarch (dilluted in water)

Other: Skewers (Bamboo Sticks)



Procedures:

1. In a bowl, combine in all the ingredients for the marinade. Pour in the rice wine, soy sauce, sesame oil, brown sugar, garlic, ginger and season with salt and pepper. Add in the beef strips and marinate for about 3 hours or overnight.
2. Take out the marinated beef and put them on the skewers. Probably two strips in a stick.
3. Heat a pan and pour in the marinade left in the bowl. Add in the remaining soy sauce, vinegar, brown sugar and season with salt and pepper.
4. Pour in the cornstarch dilluted in water to thicken the sauce. Set aside.
5. Heat the grillpan. Start grilling the beef on sticks. Brush some sauce on each side gradually until cooked.
6. Place by drizzling some roasted sesame seeds and green onions.

Ready and Serve!

Note from Delish:

Beef teriyaki is such a great dish. Just to give a bit of a twist, I had them on sticks. Something that my family would really love. I am using a grill pan on this one so it would taste awesome.

Photo and recipe from Delish PH

Watch the recipe video to learn it easily through this link:

<https://youtu.be/ZCxJxhv0x5E>

You may also log-on to <https://www.delishph.com>

to find out more easy recipes to cooks with Masflex Cookware.



Forged Copper Non-stick
Induction Grillpan

Delish PH



Ingredients:

- 2 pcs medium sized Bangus (Milkfish) (scales, innards, tail and head removed, cut into 3 parts)
- 1 and 1/2 cup Tomato Sauce
- 1/2 cup Tomato Paste
- 1 pcs medium sized Carrots (cut into florets)
- 3 pcs Bay Leaves
- 1/2 cup Olives
- 1 tsp. Peppercorns
- 1/2 cup Brown Sugar
- 3/4 cup Vegetable Oil
- 1 cup Water
- 1 pc Onion (chopped)
- 3 cloves Garlic (minced)
- Fresh Chilies (chopped)
- Salt
- Water (for brining)

Procedures:

1. Clean the milkfish. Head, tail, innards and scaled removed. Then cut into 3 parts. Brine the fish. In a bowl, put a good amount of water and salt. Soak the fish for about 1-2 hours.
2. Heat oil in a pan. Sauté onion and garlic.
3. Add in the carrots, tomato paste and tomato sauce. Cook for about 5 minutes.
4. Place the brined fish in the pressure cooker. Then pour in the tomato sauce mixture from the pan.
5. Pour in the water (enough to cover the fish). Add in the peppercorns, bay leaves, olives, fresh chilies, brown sugar, vegetable oil and season with salt. Pressure cook for about 45 minutes to 1 hour.

Ready and Serve!

Note from Delish:

Bangus or milkfish is one of my favorite fish. And I love sardines too. So this Bangus Sardines recipe is definitely a bang! Added sugar to add some sweetness to it. But you can always make adjustments. You can even add more chilies to make it spicy.

Photo and recipe from Delish PH

Watch the recipe video to learn it easily through this link:
<https://youtu.be/leNEeTQBLfs>

You may also log-on to <https://www.delishph.com> to find out more easy recipes to cooks with Masflex Cookware.



Forged Stone Non-stick
Induction Frypan



Ingredients:

- 4 cans Tuna Chunks in Water (drain, reserve water)
- 1 large sized Potato (small cubes)
- 1 large sized Carrots (small cubes)
- 2 Bell Peppers (red and green)
- 1 can Green Peas
- 1 tbsp. Fresh Calamansi Extract
- 1 1/2 cup Tomato Sauce
- 2 tbsp. Tomato Paste
- 1 medium sized Onion (chopped)
- 3 cloves Garlic (minced)
- Thumb sized Ginger (chopped)
- Fish Broth/Water (from canned tuna)
- Fresh Chilies
- Salt
- Pepper
- Canola Oil

Procedures:

1. In a large pot, sauté onion, garlic and ginger.
2. Add in the carrots and potatoes. Then tuna chunks.
3. Pour in the water from canned tuna chunks, then the calamansi extract. Add in the green peas. Cover and let it cook for about 5 minutes.
4. Add the bell peppers, tomato sauce and tomato paste. Season with salt and pepper. Add the fresh chilies. Simmer for another 5 minutes.

Ready and Serve!

Note from Delish:

I think that this is one healthy afritada recipe that you can try at home. And you don't have to settle for the canned goods. You can also add bay leaves to add more flavor.

Photo and recipe from Delish PH

Watch the recipe video to learn it easily through this link: <https://youtu.be/CNVZFBO1wwk>

You may also log-on to <https://www.delishph.com> to find out more easy recipes to cooks with Masflex Cookware.



Forged Elegance Non-stick Induction
Casserole with Glass Lid



Ingredients:

- 1kg Galunggong (Roundscad Fish)
- 3/4 cup Vinegar
- 1 cup Water
- 1 cup Coconut Cream
- 1 pc. large sized Eggplant (thin rectangular slice)
- 3 pcs. Tomatoes
- 1 pc. Red Onion
- 4 cloves Garlic
- 1 thumb sized Ginger (thinly sliced)
- 1 stalk Green onions
- 3 fresh Chilies
- 50g Pechay
- 1 tbsp. Soy Sauce
- Salt
- Peppercorns (crushed)

Procedures:

1. Place eggplant slice at the bottom of the pot. Add the tomatoes, ginger and onions.
 2. Add the fish and arrange them properly.
 3. Place another set of ginger, onions, tomatoes and eggplant at the top of the fish.
- Ginataang Paksiw na Galunggong
4. Add garlic, green onions, fresh chilies, crushed peppercorns, soy sauce and salt.
 5. Pour in the vinegar and water. Let it cook for about 10 minutes.
 6. Add the coconut milk. Let it simmer in a low heat for another 5 minutes.
 7. Add on the pechay leaves. Cover for about a minute.

Ready and Serve!

Note from Delish:

For me, adding coconut milk to paksiw is such a great idea. It gives a different delicious taste to the fish. So you'll have a special dish to prepare for your family. Adding some fresh chilies will seal the deal and you'll definitely ask for more rice!

Photo and recipe from Delish PH

Watch the recipe video to learn it easily through this link: https://youtu.be/yNaxvQo_Dns

You may also log-on to <https://www.delishph.com> to find out more easy recipes to cook with Masflex Cookware.



Forged Copper Non-stick Induction
Casserole with Glass Lid



Ingredients:

- 2 pcs small sized Bangus (milkfish) (boneless)
- 1 tsp. Garlic Powder
- 2 tsp. Soy Sauce
- 1 medium sized Red Onion (chopped)
- 3 cloves Garlic (minced)
- 1 stalk Green Onions
- 1/4 thumb sized Ginger (strips)
- 2 Fresh Chilies (green and red, chopped)
- 2 tbsp. Mayonnaise
- 2 tbsp. Fresh Calamansi Extract/Juice
- 1 tsp. Butter
- 1 egg
- Canola Oil
- Salt
- Pepper

Procedures:

1. Season bangus with garlic powder, salt, pepper and 1 tsp. soy sauce. Set aside for about 10 minutes.
2. Heat a small amount of canola oil to a pan. Fry the bangus on both sides until brown. Set aside and shred the meat.
3. On a separate pan, heat some oil. Sauté onions, garlic and ginger. Add in the shredded the bangus.
4. Pour in the remaining soy sauce and calamansi extract. Season with salt and pepper.
5. Add in the mayonnaise. Then add in the fresh chilies and green onions.
6. Meanwhile, heat the sizzling hot plate. Put some butter and pour in the sisig. And immediately add in the raw egg. The heat is enough to cook the egg. Top with calamansi and chilies before serving.

Ready and Serve!

Note from Delish:

I've once tasted bangus when I went and dine in one of the seafood restaurants in the city. And I decided to learn how to cook it at home. That's why I'm sharing this recipe with you today. Some even add chicken liver to this recipe. You can also add more chilies to make it spicy. It's all up to you.

Photo and recipe from Delish PH

Watch the recipe video to learn it easily through this link:
<https://youtu.be/IHonPg9yPA0>

You may also log-on to <https://www.delishph.com> to find out more easy recipes to cooks with Masflex Cookware.



Forged Copper Non-stick
Induction Frypan



Ingredients:

- 1 pc Bangus (Milkfish)
- 1 pack Frozen Mixed Vegetables
- 1 medium sized White Onion (chopped)
- 4 clove Garlic (minced)
- 1 stalk Green Onions (chopped)
- 2 tbsp. Soy Sauce
- 1/4 cup Calamansi Extract
- 1 Egg
- Salt
- Pepper

Procedures:

Prepare the bangus:

1. Remove the innards. Bread the spine at the tail as well as the head area. Using a long thin spatula, insert it in separating the flesh from the skin. Do it all over the fish. Squeeze and press out the fish meat. (Watch the video for the actual process)
2. Clean and Remove the scales. Marinate the fish skin with calamansi extract, soy sauce, salt and pepper. Set aside.
3. Boil some water with salt and boil the fish meat. Drain water, shred and set aside.
4. Heat some canola oil in a pan, sauté onions and garlic. Pour in the cooked fish meat and add in the mixed veggies.
5. Add in the green onions, season with soy sauce, salt and pepper. Cook for about 10 minutes. Set aside and let cool. Mix beaten egg.
6. Fill the fish skin with the mixture. Add some on the head too.
7. Wrap the fish in an aluminum foil.
8. Deep fry on both sides.

Note from Delish:

This is probably the simplest relyenong bangus that you can try at home. I just used the frozen mixed veggies instead of preparing them separately. Also, you might want to add some raisins to it.

Photo and recipe from Delish PH

Watch the recipe video to learn it easily through this link:

<https://youtu.be/WN9XxHQpqwQ>

You may also log-on to <https://www.delishph.com> to find out more easy recipes to cooks with Masflex Cookware.





Ingredients:

- 400g Lasagna
- 500g Ground Beef
- 2 medium sized Bell Pepper (green and red) (chopped)
- 4 pieces Tomatoes (stips)
- 2 cups Tomato Sauce
- 3/4 cup All-purpose Cream
- 1 cup Fresh Milk
- 1/2 cup Cheddar Cheese
- 1/2 cup Quickmelt Cheese
- 1 medium sized Onions (chopped)
- 4 cloves Garlic (Minced)
- 1 tsp. Oregano (dried or fresh)
- Parsley
- Salt
- Pepper
- More cheese

Procedures:

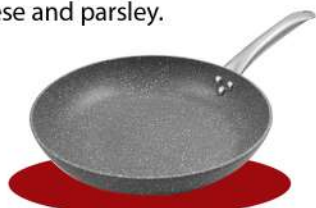
1. Heat the pan, add the ground beef and cook until it changes color.
2. Add in the onions, garlic, tomatoes and bell peppers. Cover and cook for about 15 minutes.
3. Pour in the tomato sauce. Season with oregano, parsley, salt and pepper. Simmer for 5 minutes. Set aside.
4. On a different pan, in a low heat, pour in the milk, all-purpose cream, cheddar cheese and quickmelt cheese. Stir up until cheese have melted and the mixture becomes thick. Set aside.
5. Boil some water with salt in a pot. Cook lasagna for about 8 minutes (or follow the packaging instruction). Cook it 3 minutes less than the instruction. Since you'll still cook it in a pan. Remove and set aside.
6. In a Masflex pan, start to arrange the lasagna. Meat sauce first, then place some lasagna sheets, then top with more meat sauce. Pour in the white cream and cheese mixture, spread it out. Sprinkle some cheddar cheese and parsley. Place another layer of lasagna sheets. Repeat the process. For the last layer, pour in all the meat sauce left as well as the white sauce. Sprinkle some quickmelt cheese and parsley. (see the video for actual process.)

Photo and recipe from Delish PH

Watch the recipe video to learn it easily through this link:

<https://youtu.be/rVhp3xJtIKI>

You may also log-on to <https://www.delishph.com> to find out more easy recipes to cooks with Masflex Cookware.



Forged Stone Non-stick
Induction Frypan



Ingredients:

- 8 Eggs (separate white and yolk)
- 3/4 cup Sugar
- 1 can Jolly Condensada
- 1 tsp. Vanilla Extract
- 1 tsp. Cream of Tartar
- Confectioners' Sugar

Procedures:

1. Prepare whites eggs in a bowl. Add the cream of tartar and beat slowly with an electric mixer. Once bubbles starts to appear, gradually add the sugar. While adding the sugar, increase the speed of the mixer until you achieve the right meringue texture.
2. Grease the wax paper and place on the baking pan. Pour in the meringue and spread out evenly. Bake at 120°C for about

30-40 minutes until the top part turns brown. Set aside and let it cool down.

3. Meanwhile, prepare the egg yolks in a pan, beat and add the condensed milk and vanilla extract. Turn on the heat, set it to low and cook until it forms into custard.

4. Sprinkle some confectioners sugar on top of the baked meringue. Place another sheet of greased wax paper on top and another tray. Then turn it upside down and peel off the wax paper on top. (see video for more details)

5. Spread evenly the egg yolk custard on top. Then roll the meringue into a log. Keep refrigerated. Cut according to your desired thickness before serving.

Ready and Enjoy!

Note from Delish:

Since Brazo de Mercedes is a favorite of many, I'm preparing this for everyone. It may look sophisticated and hard to make, but it isn't. It's time to add this to your dessert recipes.

Photo and recipe from Delish PH

Watch the recipe video to learn it easily through this link:

<https://youtu.be/kBHkpwJ6TxM>

You may also log-on to <https://www.delishph.com> to find out more easy recipes to cooks with Masflex Cookware.



Forged Copper Non-stick
Induction Frypan

Sticky Rice with Mangoes



Ingredients:

- 2 cups Glutinous Rice (cooked)
- 2 cups of Coconut Cream
- 1 1/2 cup Sugar
- Sesame Seeds (roasted)
- Salt
- Mangoes
- Cornstarch

Procedures:

1. Cook the glutinous rice. You can either steam or cook it just like cooking the regular rice.
2. In a pan, with low heat, pour in the 1 1/4 cups of coconut milk. Add 3/4 cups of sugar and a pinch of salt. Stir until sugar and salt were dissolved.

3. Add in the cooked glutinous rice. Stir and cook until the coconut milk is properly absorbed by the rice but not too dry. It should still be a bit runny before removing the pan from the fire. The glutinous rice will continue to absorb the coconut milk as it starts to cool down. Set aside.
4. Meanwhile, prepare another pan. Pour in the remaining coconut cream. Pour in the remaining sugar and 1 tsp. of salt. Continue stirring in low heat. Add a bit of cornstarch to thicken the mixture. (This should taste a bit salty to balance the sweetness)
5. To plate – place a good amount of cooked glutinous rice in a plate, pour on top the coco cream mixture. Sprinkle some roasted sesame seeds. And place some slices of ripe mangoes on the side.

Ready and Serve!

Note from Delish:

If you haven't tried this, then it's time for you to listen up and learn how to make this at home. Unlike our suman and mango combo, this doesn't require wrapping. I've added some cornstarch on the coco cream since the canned coconut cream brand that I used is not too thick.

Photo and recipe from Delish PH

Watch the recipe video to learn it easily through this link:

<https://youtu.be/mvHnpyfHC8M>

You may also log-on to <https://www.delishph.com> to find out more easy recipes to cook with Masflex Cookware.



Forged Elegance Non-stick
Induction Frypan

Delish PH



Ingredients:

- 2 cups Young Coconut Meat (strips)
- 1/2 cup Coconut Water (juice)
- 1 cup Muscovado
- 1/2 cup Brown Sugar
- 1 tsp. Vanilla Extract
- 1/4 tsp. Salt

Procedures:

1. Pour coconut water in a pan.
2. Add in the muscovado and brown sugar. Stir until melted.
3. Pour in the vanilla extract and salt.
4. Once the mixture starts to thicken, add the young coconut meat.
5. Cook until the sugar caramelized and the bukayo mixture thickens.
6. You can form the hot bukayo into disc or serve as it is. You can also top it on a cooked sticky rice.

Ready and Serve!

Note from Delish:

One of the Filipino's popular coconut dessert, bukayo is something that you should know how to prepare at home. It's definitely very easy to make. Some may add coconut milk to it or some peanuts. It all depends on you.

Photo and recipe from Delish PH

Watch the recipe video to learn it easily through this link: <https://youtu.be/GFhGo4JJPk0>

You may also log-on to <https://www.delishph.com> to find out more easy recipes to cooks with Masflex Cookware.



Forged Stone Non-stick
Induction Frypan



GROCERY



CHECKLIST

Delish PH

RECIPES

Tuna Afritada

Ingredients:

- ☐ 4 cans Tuna Chunks in Water (drain, reserve water)
- ☐ 1 large sized Potato (small cubes)
- ☐ 1 large sized Carrots (small cubes)
- ☐ 2 Bell Peppers (red and green)
- ☐ 1 can Green Peas
- ☐ 1 tbsp. Fresh Calamansi Extract
- ☐ 1 1/2 cup Tomato Sauce
- ☐ 2 tbsp. Tomato Paste
- ☐ 1 medium sized Onion (chopped)
- ☐ 3 cloves Garlic (minced)
- ☐ Thumb sized Ginger (chopped)
- ☐ Fish Broth/Water (from canned tuna)
- ☐ Fresh Chilies
- ☐ Salt
- ☐ Pepper

Ginataang Paksiw na Galunggong

Ingredients:

- | | | |
|--|---|--|
| <input type="checkbox"/> 1kg Galunggong (Roundscad Fish) | <input type="checkbox"/> 1 pc. Red Onion | |
| <input type="checkbox"/> 3/4 cup Vinegar | <input type="checkbox"/> 4 cloves Garlic | |
| <input type="checkbox"/> 1 cup Water | <input type="checkbox"/> 1 thumb sized Ginger (thinly sliced) | |
| <input type="checkbox"/> 1 cup Coconut Cream | <input type="checkbox"/> 1 stalk Green onions | |
| <input type="checkbox"/> 1 pc. large sized Eggplant (thin rectangular slice) | <input type="checkbox"/> 3 fresh Chilies | |
| <input type="checkbox"/> 3 pcs. Tomatoes | <input type="checkbox"/> 50g Pechay | <input type="checkbox"/> Peppercorns (crushed) |
| | <input type="checkbox"/> 1 tbsp. Soy Sauce | |
| | <input type="checkbox"/> Salt | |

Bukayo

Ingredients:

- ☐ 2 cups Young Coconut Meat (strips)
- ☐ 1/2 cup Coconut Water (juice)
- ☐ 1 cup Muscovado
- ☐ 1/2 cup Brown Sugar
- ☐ 1 tsp. Vanilla Extract
- ☐ 1/4 tsp. Salt

Bulalo

Ingredients:

- ☐ 3 pcs. Beef Shanks
- ☐ 1 Sweet Corn (cut into 1 inch long)
- ☐ 1 large sized White Onions
- ☐ 2 stalks Green Onions
- ☐ 1 pc. large sized Potatoes (cubed)
- ☐ 2 pcs. Bananas (saba) (cubed)
- ☐ 1 small sized Cabbage (cut into 4)
- ☐ 100g Pechay
- ☐ 1 tbsp. Fish Sauce
- ☐ Peppercorns (crushed)
- ☐ Salt

Club Sandwich

Ingredients:

- ☐ Wheat Bread
- ☐ Bacon
- ☐ Chicken Ham
- ☐ Tomato
- ☐ Lettuce
- ☐ Cheese
- ☐ Mayonnaise
- ☐ Olive Oil

Bangus Sardines

Ingredients:

- ☐ 2 pcs medium sized Bangus (Milkfish) (scales, innards, tail and head removed, cut into 3 parts)
- ☐ 21 and 1/2 cup Tomato Sauce
- ☐ 21/2 cup Tomato Paste
- ☐ 21 pcs medium sized Carrots (cut into florets)
- ☐ 23 pcs Bay Leaves
- ☐ 21/2 cup Olives
- ☐ 21 tsp. Peppercorns
- ☐ 21/2 cup Brown Sugar
- ☐ 23/4 cup Vegetable Oil
- ☐ 21 cup Water
- ☐ 21 pc Onion (chopped)
- ☐ 23 cloves Garlic (minced)
- ☐ 2 Fresh Chilies (chopped)
- ☐ 2 Salt
- ☐ 2 Water (for brining)

Fried Cabbage Rolls

Ingredients:

- ☐ 1 head Cabbage
- ☐ 300g Ground Pork
- ☐ 1 medium sized Carrot (finely chopped)
- ☐ 1 stalk Green Onions (finely chopped)
- ☐ 1 Onion (chopped)
- ☐ 3 cloves Garlic (minced)
- ☐ 1 tbsp. Sesame Oil
- ☐ 1 tbsp. Soy Sauce
- ☐ 1 tsp. Oyster Sauce
- ☐ 1 cup All-purpose Flour
- ☐ 1/2 cup Cornstarch
- ☐ 1 tsp. Baking Powder
- ☐ Canola Oil
- ☐ Salt
- ☐ Pepper
- ☐ Water

Easy Relyenong Bangus

Ingredients:

- ☐ 1 pc Bangus (Milkfish)
- ☐ 1 pack Frozen Mixed Vegetables
- ☐ 1 medium sized White Onion (chopped)
- ☐ 4 clove Garlic (minced)
- ☐ 1 stalk Green Onions (chopped)
- ☐ 2 tbsp. Soy Sauce
- ☐ 1/4 cup Calamansi Extract
- ☐ 1 Egg
- ☐ Salt
- ☐ Pepper

Pork Curry

Ingredients:

- ☐ 1kg Pork Cubes
- ☐ 2 tbsp. Curry Powder
- ☐ 1 1/2 cup Coconut Milk
- ☐ 3/4 cups Coconut Cream
- ☐ 2 medium sized Potatoes (cubed)
- ☐ 2 medium sized Carrots (cubed)
- ☐ 3 Bell Peppers (red and green) (cubed)
- ☐ 1 tbsp. Garlic Powder
- ☐ 1 tbsp. Cayenne Powder
- ☐ 2 medium sized Red Onions (chopped)
- ☐ 4 cloves Garlic (minced)
- ☐ 2 medium sized Tomatoes (cubed)
- ☐ 1 thumb-sized Ginger (cubed)
- ☐ 1 Fresh Chillies
- ☐ Salt
- ☐ Pepper

Homemade No Bake Pan Lasagna (Filipino Style)

Ingredients:

- ☐ 400g Lasagna
- ☐ 500g Ground Beef
- ☐ 2 medium sized Bell Pepper (green and red) (chopped)
- ☐ 4 pieces Tomatoes (stips)
- ☐ 2 cups Tomato Sauce
- ☐ 3/4 cup All-purpose Cream
- ☐ 1 cup Fresh Milk
- ☐ 1/2 cup Cheddar Cheese
- ☐ 1/2 cup Quickmelt Cheese
- ☐ 1 medium sized Onions (chopped)
- ☐ 4 cloves Garlic (Minced)
- ☐ 1 tsp. Oregano (dried or fresh)
- ☐ Parsley
- ☐ Salt
- ☐ Pepper

Pork Belly Tocino

Ingredients:

- ☐ 1kg Pork Belly (cleaned, cut into serving sizes, remove the skin)
- ☐ 1 1/2 cup Soda
- ☐ 3/4 cups Vinegar
- ☐ 2 tbsp. Soy Sauce
- ☐ 1/2 cup Banana Ketchup
- ☐ 1 tsp. Cayenne Pepper Powder
- ☐ 1/2 cup Brown Sugar
- ☐ 6 cloves Garlic (crushed)
- ☐ Salt
- ☐ Pepper

Sticky Rice with Mangoes

Ingredients:

- ☐ 2 cups Glutinous Rice (cooked)
- ☐ 2 cups of Coconut Cream
- ☐ 1 1/2 cup Sugar
- ☐ Sesame Seeds (roasted)
- ☐ Salt

Brazo de Mercedes

Ingredients:

- ☐ 8 Eggs (separate white and yolk)
- ☐ 3/4 cup Sugar
- ☐ 1 can Jolly Condensada
- ☐ 1 tsp. Vanilla Extract
- ☐ 1 tsp. Cream of Tartar
- ☐ Confectioners' Sugar

Beef Teriyaki on Sticks

Ingredients:

Marinade:

- ☐ 800g Beef Sirloin (cut into strips)
- ☐ 1/2 cup Rice Wine
- ☐ 2 tbsp. Soy Sauce
- ☐ 1 tsp. Sesame Oil
- ☐ 1/2 cup Brown Sugar
- ☐ 1 tsp. Finely chopped Garlic
- ☐ 1 tsp. Finely chopped Ginger
- ☐ Salt
- ☐ Pepper

Sauce:

- ☐ 1 tbsp. Vinegar
- ☐ 1 tbsp. Soy Sauce
- ☐ 2 tbsp. Brown Sugar
- ☐ Water
- ☐ Salt
- ☐ Pepper
- ☐ Cornstarch (dilluted in water)

Other: Skewers (Bamboo Sticks)

Sizzling Bangus Sisig

Ingredients:

- ☐ 2 pcs small sized Bangus (milkfish) (boneless)
- ☐ 1 tsp. Garlic Powder
- ☐ 2 tsp. Soy Sauce
- ☐ 1 medium sized Red Onion (chopped)
- ☐ 3 cloves Garlic (minced)
- ☐ 1 stalk Green Onions
- ☐ 1/4thumb sized Ginger (strips)
- ☐ 2 Fresh Chilies (green and red, chopped)
- ☐ 2 tbsp. Mayonnaise
- ☐ 2 tbsp. Fresh Calamansi Extract/Juice
- ☐ 1 tsp. Butter
- ☐ 1 egg
- ☐ Canola Oil
- ☐ Salt
- ☐ Pepper

Sweet and Sour Tofu

Ingredients:

- ☐ 500g Vegetable Tofu (cut into serving size, small rectangles)
- ☐ 1 large sized Onions (cubed)
- ☐ 2 cloves Garlic (crushed)
- ☐ 1 small sized Carrot (diced)
- ☐ 2 pcs. Bell Peppers (diced)
- ☐ 1 small can Crushed Pineapple (reserve syrup)
- ☐ 1 cup Vinegar
- ☐ 1 tbsp. Ketchup
- ☐ 1 tbsp. Brown Sugar
- ☐ Green Onions
- ☐ Slurry (all-purpose flour diluted in water)
- ☐ Vegetable Oil
- ☐ Salt
- ☐ Pepper

Ensaladang Langka

Ingredients:

- ☐ 1kg Raw Jackfruit (Langka) (cut into about 1X1/2 inch long)
- ☐ 400 ml Coconut Milk
- ☐ 2 medium sized Onions (cut into strips)
- ☐ 4 medium sized tomatoes (cut into strips, seeds removed)
- ☐ 1/2 thumb sized Ginger (diced)
- ☐ 1 stalk Green Onions
- ☐ 3 cloves Garlic
- ☐ 3/4 cups Vinegar
- ☐ 1 tbsp. Brown Sugar
- ☐ Fresh Chilies
- ☐ Salt
- ☐ Peppert

Ham and Cheese Eggplant

Ingredients:

- ☐ 2 pcs. medium sized Talong (Eggplant)
- ☐ Chicken Ham
- ☐ Classic/Cheddar Cheese
- ☐ Bread Crumbs
- ☐ 2 Eggs
- ☐ Salt



USEFUL COOKING INFORMATION



more information at
www.masflex.com.ph

GUIDE TO DIFFERENT TYPES OF COOKWARE

Frypan



A flat-bottomed pan with a long stick handle and low sides that flare out at an angle to encourage air circulation and allow for easy flipping or turning of food.

Use: Fast cooking: frying, searing, browning.



Steamer

A type of cookware consisting of inserts or layers with perforations in the bottom, that are assembled together and used to cook food with the use of steam.

Use: Used to cook or prepare various foods with steam heat by means of holding the food in a closed vessel reducing steam escape.

Deep Frypan



A flat-bottomed pan with a long stick handle and high sides that flare out at an angle to encourage air circulation and allow for easy flipping or turning of food.

Use: Perfect for stir-frying and quick cooking techniques where you're moving ingredients around a lot in the pan. It's also good for dishes like Sinangag or Chopsuey.



Deep Fryer

A deep pot with vertical sides used to boil cooking oil to submerge food for frying. It commonly comes with a stainless steel frying basket to raise food clear of the oil when cooking is finished.

Use: Deep frying is classified as hot-fat cooking method. Typically, deep frying foods cook quickly: all sides of a food are cooked simultaneously as oil has a high rate of heat conduction.

Casserole



A large pot with vertical sides slightly shorter than the pot's diameter, two sturdy loop handles and a heavy, tight-fitting lid.

Use: Long, slow cooking, often with some liquid that's allowed to circulate inside the vessel: stews, braises, roasts.



Pressure Cooker

A sealed pot with a valve that controls the steam pressure inside. As the pot heats up, the liquid inside forms steam, which raises the pressure in the pot.

Use: Great for stews and making tough cuts tender but the liquid used doesn't reduce while cooking. It intensifies the flavour once the lid comes off.

Wok



Chinese pan with a rounded bottom and deep, slanting sides that's made of rolled or stainless steel, cast iron or aluminum and comes in a variety of sizes.

Use: Wok cooking, also called stir-frying, can be a healthy way to prepare your meals, especially if you use plenty of vegetables in your dish. This is only the case, however, if you limit the number of high-sodium and high-fat ingredients and don't add a lot of oil or fat during the cooking process.



Pancake Pan

A flat-bottomed pan with a low lip and long stick handle. Often with a nonstick or stick-resistant finish for easy flipping and turning.

Use: Ideal for pancake, eggs, omelettes, crepes, french toast and the likes.

Saucepan



A pan with a flat base, tall vertical sides that are roughly the same measurement as the pan's diameter, and a long stick handle. Larger sizes should have a "helper handle" on the far side of the pan.

Use: Cooking with a fair amount of liquid: simmering, boiling, cooking grains, poaching eggs and making sauces.



Stainless Steel Wok

A round-bottomed cooking pot originated from China. Stainless Steel Woks used in a range of Chinese cooking techniques, including stir frying, steaming, pan frying, deep frying, poaching, boiling, braising, searing, stewing, making soup, smoking and roasting nuts.

Grillpan



A pan with a ridged cooking surface designed to resemble the grates of an outdoor grill, and low sides for increased air circulation.

Use: Grilling, searing.

Stock Pot



A large pot with vertical sides slightly taller than the pot's diameter, two sturdy loop handles and a heavy, tight-fitting lid.

Use: Serves double duty as pot for making soups or stews. The deciding factors will be how much storage and budget you have to devote to cookware and what you plan to use your pot for.



Kettle

A type of pot, typically metal, specialized for boiling water, with a lid, spout, and handle. Some also have a steam whistle that indicates when the water has reached boiling point.

Use: Used to heat water on a stovetop.

GUIDE TO DIFFERENT KITCHEN UTENSILS



Turner

It is flexible and has solid-blade turner. It features a rigid handle and a highly flexible head, making this turner ideal for many tasks.



Slotted Turner

A slotted spatula allows excess liquid to dip off. Slotted turners (great for greasier foods such as hamburgers). When you pick them up with the slotted turner, most of the grease drains through the slots and remains in the pan)



Spoon

An implement consisting of a small, shallow oval or round bowl on a long handle, used for stirring, and serving food.



Slotted Spoon

A slotted spoon is an implement used in food preparation. The term can be used to describe any spoon with slots, holes or other openings in the bowl of the spoon which let liquid pass through while preserving the larger solids on top.



Skimmer

A kitchen tool that is used to remove food ingredients, excess fluid, particles, fat, and other items from the surface of foods being prepared. The Spoon is very shallow and has a wide base with numerous small holes or with a fine mesh wire for draining but not releasing the skimmed items.



Spaghetti Server

A type of serving utensil, commonly made of plastic, wood or stainless steel, which is used to hold the long spaghetti noodles enabling them to be easily removed from a pot of boiling water.



Rounded Fork

A utensil combining characteristics of a spoon and a fork.



Whipping Spoon

Can retrieve poached items such as eggs, fish, or meat chunks from braising; used for cooking sauces or puree. Has a single hole to allow the liquid to pass through the spoon while holding the food. The big hole makes the mixing easy, and the shape is good for scraping the bottom of a round pan.



Soup Ladle

A ladle (dipper) is a type of spoon used for soup, stew, or other foods. Although designs vary, a typical ladle has a long handle terminating in a deep bowl, frequently with the bowl oriented at an angle to the handle to facilitate lifting liquid out of a pot or other vessel and conveying it to a bowl.



Fork

Usually a metal implement consisting of two, three, or four long thin prongs on the end of a handle, used for lifting food to the mouth or turning it in cooking, etc.



Silicone Spatula

A Silicone Spatula is ideal for scooting around scrambled eggs and folding fluffy egg whites. They're also ace bowl scrapers, perfect for making sure you get every bit of brownie batter into the pan.



Silicone Brush

Silicone Basting Brush / Pastly Brush is ideal for kitchen, BBQ, grill, baking, and cooking. The head is made from quality silicone and it's easy to clean.



Food Tongs

Tongs are a type of tool used to grip and lift objects instead of holding them directly with hands.



Whisk

Can be used to blend ingredients smooth and to incorporate air into a mixture, in a process known as whisking or whipping. Most whisks consist of a long, narrow handle with a series of wire loops joined at the end.

BASIC VEGETABLE CUTS



Big Dice

A vegetable cube cut measures $\frac{3}{4}$ inch by $\frac{3}{4}$ inch by $\frac{3}{4}$ inch. It is primarily used for stews, long cooking dishes and for mirepoix in stocks.



Batonnet

Translated literally from French means "little stick" which measures $\frac{1}{4}$ inch by $\frac{1}{4}$ inch by $2\frac{1}{2}$ inch. It is the starting point for small dice.



Julienne

Popularly known as "match stick cut". It is long-slender cut measures $\frac{1}{8}$ inch by $\frac{1}{8}$ inch by 2 inches. It is often used to prepare food as garnish.



Macedoine

Produced by slicing the baton into sections measuring $\frac{1}{4}$ inch by $\frac{1}{4}$ inch by $\frac{1}{4}$ inch. It is used for cold preparations like salads.



Chiffonnade

Fine strips about $\frac{1}{16}$ inch wide. Chiffonnade means "made of rags". Typically used in leafy vegetables which are rolled up and finely sliced as garnish.



Rondelle

Rondelle means "circle". This method is to cut vegetables into circular shape. It is basically cutting the vegetables into crosswise or 90 degrees.



Small Dice

Similar to Brunoise but slightly larger. Slice your squared-off item at a thickness of 3mm.



Paysanne

It is a slimmer, flat square cut resembling the tiles in Scrabble. It is often used on vegetables that garnish stews and soups.



Fine Julienne

To cut or splinter into long, thin strips measures $\frac{1}{16}$ inch by $\frac{1}{16}$ inch by 2 inches. It's the starting point for the fine Brunoise cut.



Brunoise

Tiny small dice. It must be of the same size, almost perfect. Cut the Julienne into small cubes every 4mm or $\frac{1}{8}$ inch to make Brunoise.



Tournée

It means "turned" or "turning". A method of cutting and peeling root vegetables into olong, seven-sided thin football-like shapes. It measures 2 inches by 7 sides.

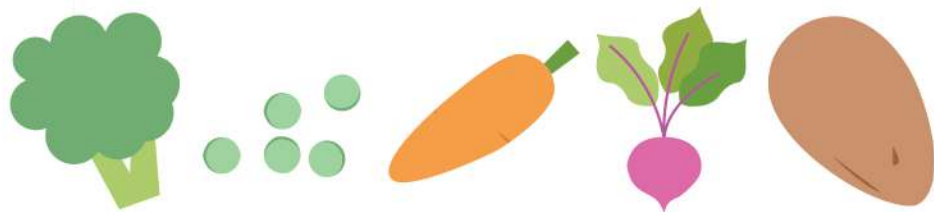


Demi-Rondelle

Half a circle. Simply cut the rondelle in the middle. It is commonly used in carrots and eggplants.

VEGGIE COOKING TIMES

Veggie	Boil	Steam
Artichoke	30-40mins	25-30 min
Asparagus	6-10 min	4-5 min
Beetroot	60-90 min	-
Broccoli	10-12 min	5-6 min
Cabbage	6-10 min	5-6 min
Carrots	10-15 min	5-6 min
Cauliflower	10-15 min	5-6 min
Corn on Cob	10-15 min	8-10 min
Courgettes	6-10 min	5-10 min
Green Beans	10-12 min	5-10 min
Parsnips	20-25 min	-
Peas	7-10 min	3-5 min
Potatoes	15-20 min	10-12 min
Spinach	4-5 min	2-5 min
Sprouts	10-15 min	8-10 min
Turnips	15-30 min	-



KITCHEN CONVERSION



WEIGHTS



IMPERIAL	METRIC	IMPERIAL	METRIC
1/2 oz	15 g	10 oz	285 g
3/4 oz	20 g	11 oz	310 g
1 oz	30 g	12 oz (3/4 lb)	340 g
2 oz	60 g	13 oz	370 g
3 oz	85 g	14 oz	400 g
4 oz (1/4 lb)	115 g	15 oz	425 g
5 oz	140 g	16 oz (1 lb)	450 g
6 oz	170 g	24 oz	680 g
7 oz	200 g	32 oz (2 lb)	0.9 kg
8 oz (1/2 lb)	230 g	48 oz (3 lb)	1.4 kg
9 oz	255 g	64 oz (3 lb)	1.8 g

1 kg = 35 oz/2.2 lbs



1 oz = 28.35 g
1 g = 0.035 oz



KITCHEN CONVERSION

SPOONS

1 teaspoon 5 ml

1 dessert spoon 10 ml

1 tablespoon 15 ml

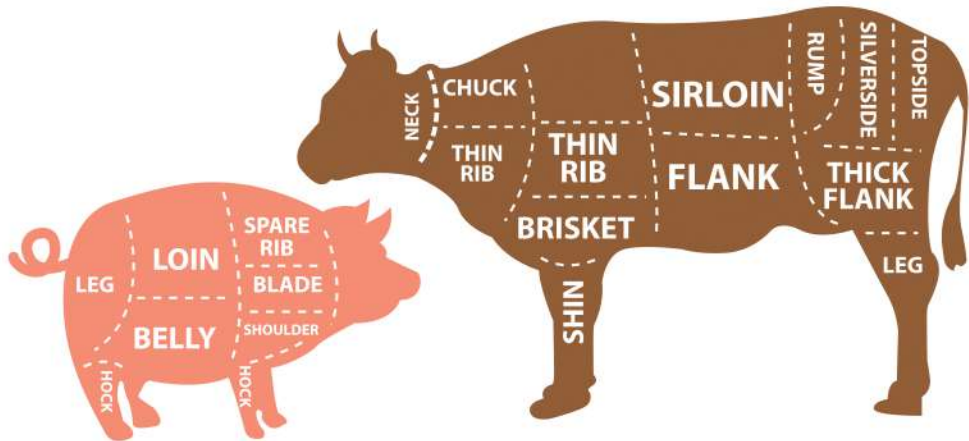
CUPS

ONE CUP	IMP.	METRIC
Flour	5 oz	140 g
Caster Sugar	8 oz	225 g
Brown Sugae	6 oz	170 g
Buter	8 oz	225 g
Sultanas/Raisins	7 oz	200 g
Currants	5 oz	140 g
Golden Syrup	12 oz	340 g
Uncooked Rice	7 oz	200 g
Grated Cheese	4 oz	110 g

LIQUID

PINT	METRIC	CUPS	FL OZ.
	100 ml		3 1/2
	125 ml	1/2	4 1/2
1/4	150 ml		5
	200 ml		7
	250 ml	1	9
1/2	275 ml		10
	300 ml		11
	400 ml		14
	500 ml	1	18
1	570 ml		20
	750 ml	3	26
1 3/4	1.0 L	4	35
2	1.1 L		40
	1.3 L	5	46
3	1.7 L		60
	2.0 L	8	70

MEAT CUTS



Shoulder

Blade Chops	braise/grill/pan fry
Spare Rib Chop	grill
Rolled Shoulder	roast

Loin

Loin Steak	grill/braise
Loin Rack Joint	roast/braise/pot roast
Tender Loin	roast/braise/pan fry

Belly

Spare Ribs	roast/pot roast
Rolled Belly	roast

Leg

Leg Steaks	grill/braise
Leg Joint	roast

Neck, Chuck

Braising Steak	stew/braise
Beef Mince	pan fry
Stewing Steak	stew/braise
Chuck Steak	stew/braise

Fore Rib

Rib Eye Steak	grill/pan fry
Fore Rib Roast	pan fry
Rolled Rib	stew/braise
Single Rib	stew/braise

Sirloin

Rolled Sirloin	roast
Sirloin Steak	grill/pan fry
T-Bone	grill/pan fry
Fillet Steak	grill/pan fry

Flank

Skirt	stir fry
Cheap Mince	pan fry

Meat Roasting Tims by Weight

BEEF	TIME	INTERNAL TEMP.
Rare	20 min	60 °C
Medium	25 min	70 °C
Well Done	30 min	80 °C

PORK	TIME	INTERNAL TEMP.
All	35 min	80-85 °C *per 450g/lb

Rump

Topside	grill/pan fry
Silverside	roast/pot roast
Thick Flank	pot roast
Leg	pot roast
Thick Rib	stew/braise
Thin Rib	stew/braise
Rib	stew/braise
Shin	stew/braise

UTENSIL TO BE USED WITH MASFLEX NON-STICK COOKWARE

Masflex 6 Piece Utensil Set with Rack

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Set Includes



Rotating Stand



Laddle



Slotted Spoon



Spaghetti Server



Skimmer



Slotted Turner



Spoon

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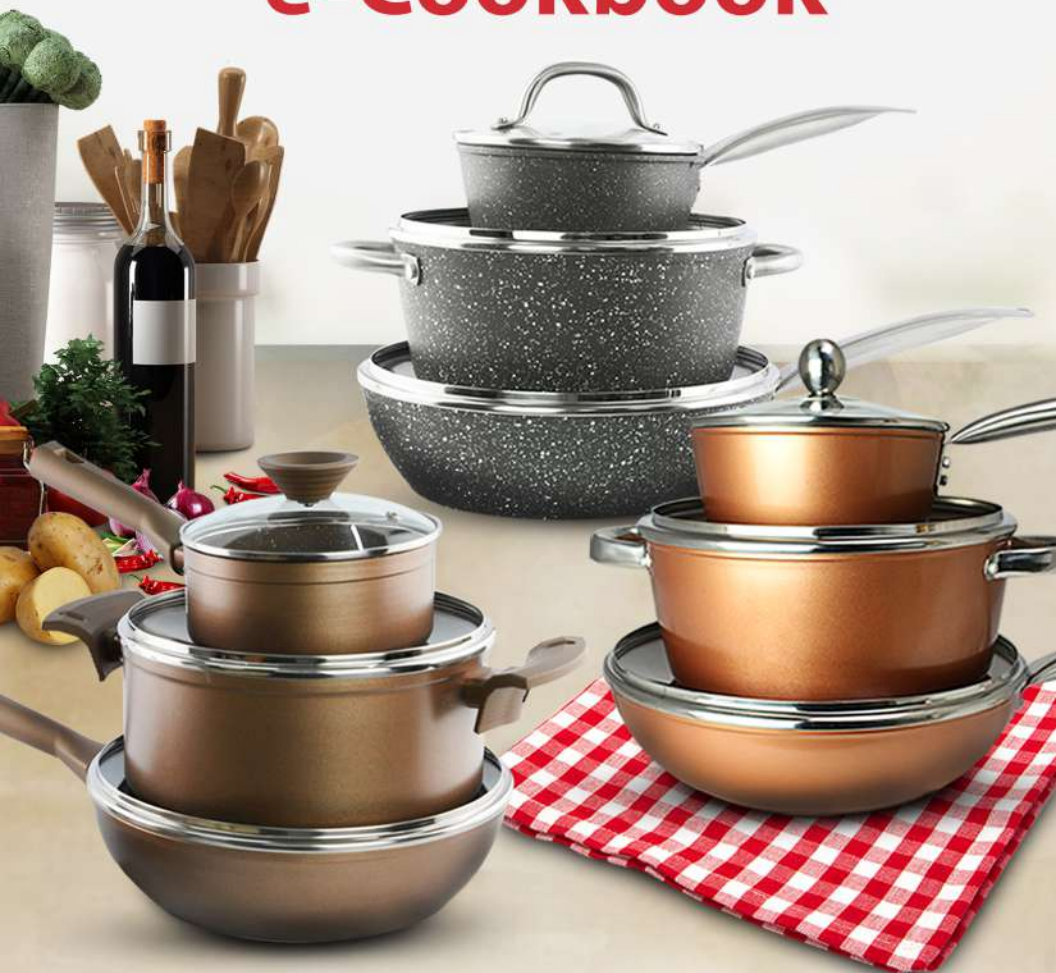
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