

Mixed Plate

CHRONICLES OF AN
ALL-AMERICAN COMBO

JO KOY



An Imprint of WILLIAM MORROW

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Lumpia



**MAKES 30 LUMPIA, TO SERVE 8–10 PEOPLE
(IT DEPENDS ON YOUR APPETITE!)**

INGREDIENTS

1 tablespoon vegetable oil, plus more for frying	1 teaspoon ground black pepper
1 pound ground pork or beef	1 teaspoon sea salt
2 garlic cloves, crushed	1 teaspoon soy sauce
½ cup onion, medium diced	2 eggs
½ cup minced carrots	1 box of pre-prepared <i>lumpia</i> wrappers (you can buy these in any Asian grocery; each box usually contains 30 wrappers)
½ cup thinly sliced green cabbage	1 cup of dipping sauce (sweet and sour, ketchup, or soy sauce)
½ cup bamboo shoots	
1 teaspoon garlic powder	

INSTRUCTIONS

1. In a wok or large saucepan, heat the vegetable oil over high heat. Add the ground meat and cook, stirring often, until browned, about 5 minutes. Transfer the meat to a strainer/colander to drain the excess oil from the meat and set aside. Drain all but about 1 tablespoon of the grease from the wok. Add the garlic, onion, carrots, cabbage, and bamboo shoots and season with the garlic powder, pepper, salt, and soy sauce. Cook over medium heat, stirring often, until the vegetables are softened, about 7 minutes, then stir in the browned meat. Remove from the heat and let cool for about an hour, or until cool enough to handle.
2. Beat the eggs in a small bowl. Separate the *lumpia* wrappers and lay them on a clean work surface (work in batches, if necessary). Place 1 tablespoon of the cooled *lumpia* filling on a wrapper, placing it toward the end closest to you. Working from the filled end, roll the wrapper tightly away from you to enclose the filling, then fold in the left and right sides and continue rolling. When you get to the

end, use your fingers to brush the edge of the wrapper with the beaten egg to seal the *lumpia*. Lay the assembled *lumpia* flat in a large zip-top plastic bag. Keep the bag closed as you work so the assembled *lumpia* don't dry out. Continue filling the wrappers, separating each *lumpia* with layers of waxed paper so they don't stick together.

3. In a medium saucepan, heat 2 cups vegetable oil over high heat until oil is so hot it sizzles if you add a pinch of filling. Carefully drop 4 or 5 *lumpia* into the hot oil and fry for about 2 minutes, until golden brown on all sides. Using tongs, transfer the *lumpia* to a paper towel to drain and repeat to fry the remaining *lumpia*. Best served hot. Dip it in your choice of sweet and sour sauce, ketchup, or soy sauce, and enjoy!

Jo Koy's Chicken Adobo



Chicken adobo is one of my favorite Filipino dishes. It's easy to make and it is delicious! I put my own spin to it and make it with chicken wings . . .

SERVES 2-4

INGREDIENTS

2 tablespoons vegetable oil	3 tablespoons white vinegar, plus more if needed
2 pounds chicken wings	4 dried bay leaves
5 garlic cloves, minced	2 eggs
½ medium onion, medium diced	4 cups uncooked jasmine rice
¼ cup soy sauce, plus more if needed	
2 tablespoons brown sugar	

INSTRUCTIONS

1. Preheat the oven to 375°F.
2. In a large saucepan or wok, heat the vegetable oil over high heat. Add the chicken wings and fry until browned, about 10 minutes.
3. Add the garlic, onion, soy sauce, and brown sugar and stir well to coat the wings. Cover and cook for 10 minutes on medium heat.
4. Add the vinegar and bay leaves. Cover and cook for 5 minutes more on medium heat.
5. Transfer the contents of the saucepan to a large pan and bake uncovered for 25 minutes.
6. Meanwhile, cook the rice according to the package instructions. Hard-boil the eggs. Let cool, then peel and slice in half.
7. Serve the chicken wing *adobo* with the rice, drizzle sauce from the pan over the rice. Add soy sauce and/or vinegar as needed. Garnish with the slices of hard-boiled egg. Dig in and enjoy!

Pancit



SERVES 4-6

INGREDIENTS

1 pound uncooked rice noodles	½ half head green cabbage, medium diced
¼ cup vegetable oil	¼ cup soy sauce
1 cup shredded chicken	1 teaspoon ground black pepper
4 garlic cloves, peeled and minced	4 scallions, thinly sliced, for garnish
½ onion, medium diced	2 lemon wedges, for serving
2 carrots, thinly sliced	
4 celery stalks, thinly sliced	

INSTRUCTIONS

1. Take the noodles out of the package, place in hot (not boiling) water until softened, about 5 to 10 minutes. Drain in colander, set aside.
2. In a large saucepan or wok, heat the vegetable oil over medium heat. Add the meat and cook until browned, about 7 minutes. Add the garlic, onion, carrots, celery, and cabbage and cook, stirring often, until softened, about 5 minutes.
3. Add the softened noodles, soy sauce, and pepper. Stir to combine, remove from the heat, and serve.
4. Garnish with the scallions and serve with the lemon wedges alongside.

Shrimp Sinigang



SERVES 2-4

INGREDIENTS

6 taro roots, peeled and medium diced	½ cup onion, medium diced
¼ cup string beans, kangkong (water spinach), or medium-sliced bok choy	1 pound shrimp, peeled and deveined
1 (1.4-ounce) packet tamarind soup mix (such as Knorr brand)	Cooked jasmine rice, for serving

INSTRUCTIONS

1. In a medium-size pot, bring 8.5 cups water to a simmer over medium heat. Each of the following ingredients requires a different time to cook, so note the progression: Add the taro and cook for 8 minutes. Add the string beans, stir to combine, and continue cooking for 2 minutes. Add the onion and tamarind mix, stir to combine, and continue cooking for 15 minutes. Add the shrimp, stir to combine, and cook for 5 minutes. Remove from the heat.
2. Serve the soup in a bowl with a side of rice.

Halo Halo



“Halo halo” means “mix mix” in Tagalog, and that tells you a lot about this tasty dessert—the only real rule is that you mix whatever sweets you like together in a glass along with some shaved ice, and voila! You’ve got your halo halo.

The following recipe is my own favorite blend of sweets. You can buy them all pre-prepared at your local Asian grocery store, which is what I do.

SERVES 1

INGREDIENTS

1 tablespoon sweetened chopped banana	1 tablespoon sweetened coconut strips
1 tablespoon sweetened chopped jackfruit	Shaved ice
1 tablespoon sweetened sweet potato	2 tablespoons leche flan, scooped from the container
½ tablespoon of sweetened garbanzo beans	1 scoop ube ice cream
½ tablespoon sweetened red beans	¼ cup of sweetened condensed milk

INSTRUCTIONS

Place the sweetened fruits and beans at the bottom of a tall glass. Fill the glass with shaved ice, then add the leche flan and scoop the ube ice cream on top. Pour the condensed milk over the *halo halo* and enjoy!