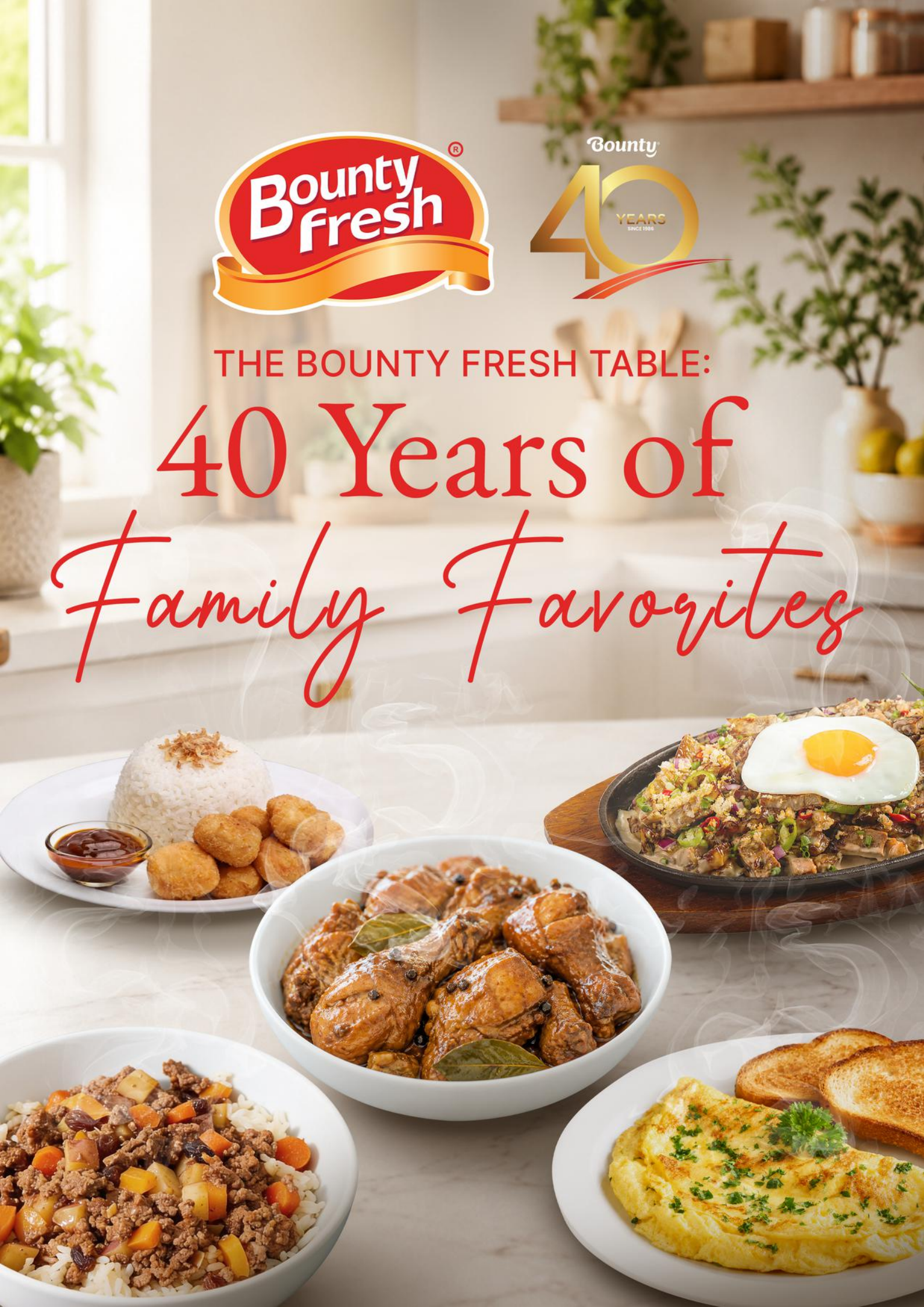

Bounty Fresh
Bounty
40
YEARS
SINCE 1986
THE BOUNTY FRESH TABLE:
40 Years of
Family Favorites



At Bounty Fresh, we believe the best meals are the ones shared at home.

From everyday lutong bahay favorites to special family gatherings, cooking has always been a way Filipinos show love, care, and connection around the table.

This cookbook was created to inspire more delicious moments with recipes that are simple, flavorful, and made for today's Filipino families. Whether you're preparing quick weekday meals or dishes for sharing, each recipe is made even better with fresh ingredients you can trust.

We hope this brings more joy to your kitchen and more meaningful moments to every meal.

From our family to yours, happy cooking.

About Bounty Fresh

For 40 years, Bounty Fresh has been part of Filipino family tables - helping bring safe, fresh, and high-quality food to everyday meals at home.

From simple weekday meal to shared weekend gatherings, we believe food is more than nourishment—it is connection, care, and the everyday moments that bring families together.

Over the decades, we've remained committed to freshness you can trust, from farm to table, so every Filipino home can enjoy meals that are clean, safe, and made with love.

This cookbook is a celebration of that journey - 40 years of fresh meals, shared traditions, and recipes made simple for today's busy lives.

After four decades, one thing remains true: Bounty Fresh is still here to make every meal fresher, easier, and more meaningful for every Filipino family.



Bounty Fresh®

40 Years of Freshness, Quality, and Trust

Bounty Fresh has been part of Filipino families' everyday meals — bringing fresh, quality food from our farms to your table.



Bounty Fresh®



From how we raise and grow our products to how we bring them to your table, every step is guided by our commitment to freshness, quality, and food safety.

For 40 years, we've continued to grow, innovate, and bring better food to Filipino families.

Bounty Fresh®

What's inside?

25 flavorful recipes made for everyday Filipino meals — from comforting classics to family favorites everyone will love.

Chicken



CREAMY CHICKEN PASTEL



PINOY CHICKEN CURRY



CHICKEN ASADO



HONEY GARLIC CHICKEN



CHICKEN ARROZ CALDO



CHICKEN FRIED RICE



CHICKEN FRANCESE



CHICKEN TOCINO SILOG



CHICKEN TINOLA



CHICKEN ADOBO



TORIKATSU CURRY



SOY GARLIC CHICKEN POPCORN



CHICKEN NUGGETS CEASAR SALAD



K-FRIED CHIKIN & JAPCHAE

Bounty Fresh®

Eggs



CRAB MEAT OMELETTE



EGG TART



EGGS BENEDICT

Pork



MISUA & MEATBALL SOUP



PORK MONGGO



PATA KARE KARE



PORK BISTEK

Beef



BULALO



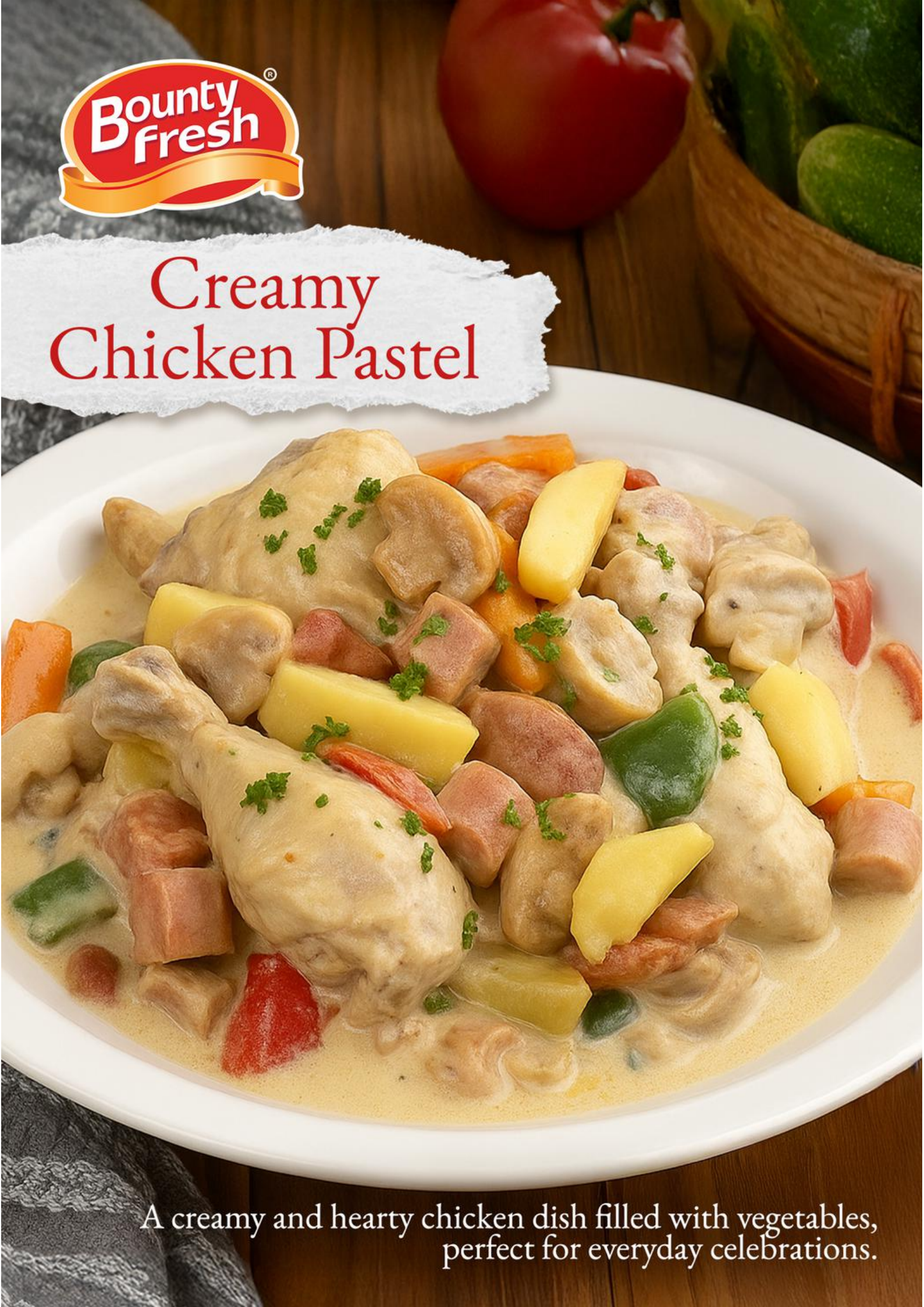
TACOS



BEEF PEPPER RICE



BEEF MECHADO


Bounty Fresh
Creamy Chicken Pastel
A creamy and hearty chicken dish filled with vegetables, perfect for everyday celebrations.

Creamy Chicken Pastel



SERVING: 5-6

PREP TIME: 15 MINS

COOK TIME: 30 MINS

INGREDIENTS

- 1 Whole **Bounty Fresh Premium Chicken**, cut into pieces
- 1 onion, chopped
- 4 cloves garlic, minced
- 1 carrot, sliced
- 1 potato, cubed
- 1 cup mushrooms, sliced
- 1 cup all-purpose cream
- 1 cup chicken broth
- 2 tbsp flour
- 1/2 cup hotdog or ham strips (optional)
- 2 tbsp butter
- Salt and pepper to taste

PROCEDURE

1. Heat butter in a pot and sauté garlic and onion until fragrant.
2. Add chicken pieces and cook until lightly browned, about 5-7 minutes.
3. Add carrot, potato, and mushrooms. Cook for 3-4 minutes.
4. Sprinkle flour over the mixture and stir well to coat everything evenly.
5. Pour in chicken broth gradually while stirring to avoid lumps. Bring to a simmer.
6. Cover and cook for 15 minutes until chicken and vegetables are tender.
7. Stir in all-purpose cream and hotdog/ham strips if using. Simmer for 5 more minutes until the sauce is thick and creamy.
8. Season with salt and pepper. Serve hot with rice.

Bounty Fresh No Antibiotics Ever Premium Chicken delivers tender, flavorful chicken raised to high standards, helping you serve meals with confidence.

Bounty Fresh®

Pinoy Chicken Curry



Creamy and flavorful chicken curry with vegetables, made for hearty family gatherings.

Pinoy Chicken Curry



SERVING: 6-8

PREP TIME: 15 MINS

COOK TIME: 35 MINS

INGREDIENTS

- **1 Whole Bounty Fresh Family Feast Chicken,** cut into pieces
- 2 cups coconut milk
- 1 cup water
- 3 tbsp curry powder
- 1 onion, sliced
- 4 cloves garlic, minced
- 1 thumb ginger, sliced
- 2 potatoes, cubed
- 1 carrot, sliced
- 1 red bell pepper, sliced
- 2 tbsp fish sauce
- 3 tbsp cooking oil
- Salt and pepper to taste

TIPS Tilaok

Raised with No Antibiotics Ever, Bounty Fresh Chicken is a trusted choice for delicious family meals.

PROCEDURE

1. Heat oil in a large pot and sauté garlic, onion, and ginger until fragrant.
2. Add chicken pieces and cook until lightly browned on all sides, about 5-7 minutes.
3. Stir in curry powder and cook for 1 minute until fragrant.
4. Pour in coconut milk and water. Bring to a boil, then simmer covered for 15 minutes.
5. Add potatoes and carrots. Simmer for 10 minutes until vegetables are almost tender.
6. Add bell pepper and fish sauce. Cook for another 5 minutes until the chicken is fully cooked and the sauce has thickened slightly.
7. Season with salt and pepper to taste. Serve hot with rice.



Bounty Fresh®

Chicken Asado



Tender chicken simmered in a sweet and savory sauce
that's delicious with steaming rice.

Chicken Asado



SERVING: 5-6

PREP TIME: 15 MINS (+ 30 mins marinating)

COOK TIME: 30 MINS

INGREDIENTS

- **860g Bounty Fresh Chicken Cut-ups Thighs,** cut into serving pieces
- 4 tbsp soy sauce
- 2 tbsp calamansi or lemon juice
- 4 cloves garlic, minced
- 1 onion, sliced
- 1/2 cup banana ketchup
- 1 cup pineapple juice or water
- 1 bay leaf
- 2 tbsp brown sugar
- 3 tbsp cooking oil
- Salt and pepper to taste

PROCEDURE

1. Marinate chicken in soy sauce, calamansi juice, and half the garlic for 30 minutes.
2. Heat oil in a pot and sauté remaining garlic and onion until fragrant.
3. Remove chicken from marinade (reserve marinade) and brown in the pot on all sides, about 5-7 minutes.
4. Pour in reserved marinade, banana ketchup, pineapple juice, and bay leaf.
5. Bring to a boil, then cover and simmer for 20-25 minutes until chicken is tender.
6. Add brown sugar and simmer uncovered for 5 minutes until sauce thickens.
7. Season with salt and pepper to taste. Serve hot with rice.

TIPS Tilaok

Chicken thighs stay juicy and flavorful, making them ideal for slow-simmered dishes.

Bounty Fresh®

Honey Garlic Chicken



Crispy chicken wings glazed in a sweet and savory honey garlic sauce that's great for sharing.

Honey Garlic Chicken



SERVING: 4-5

PREP TIME: 10 MINS

COOK TIME: 30 MINS

INGREDIENTS

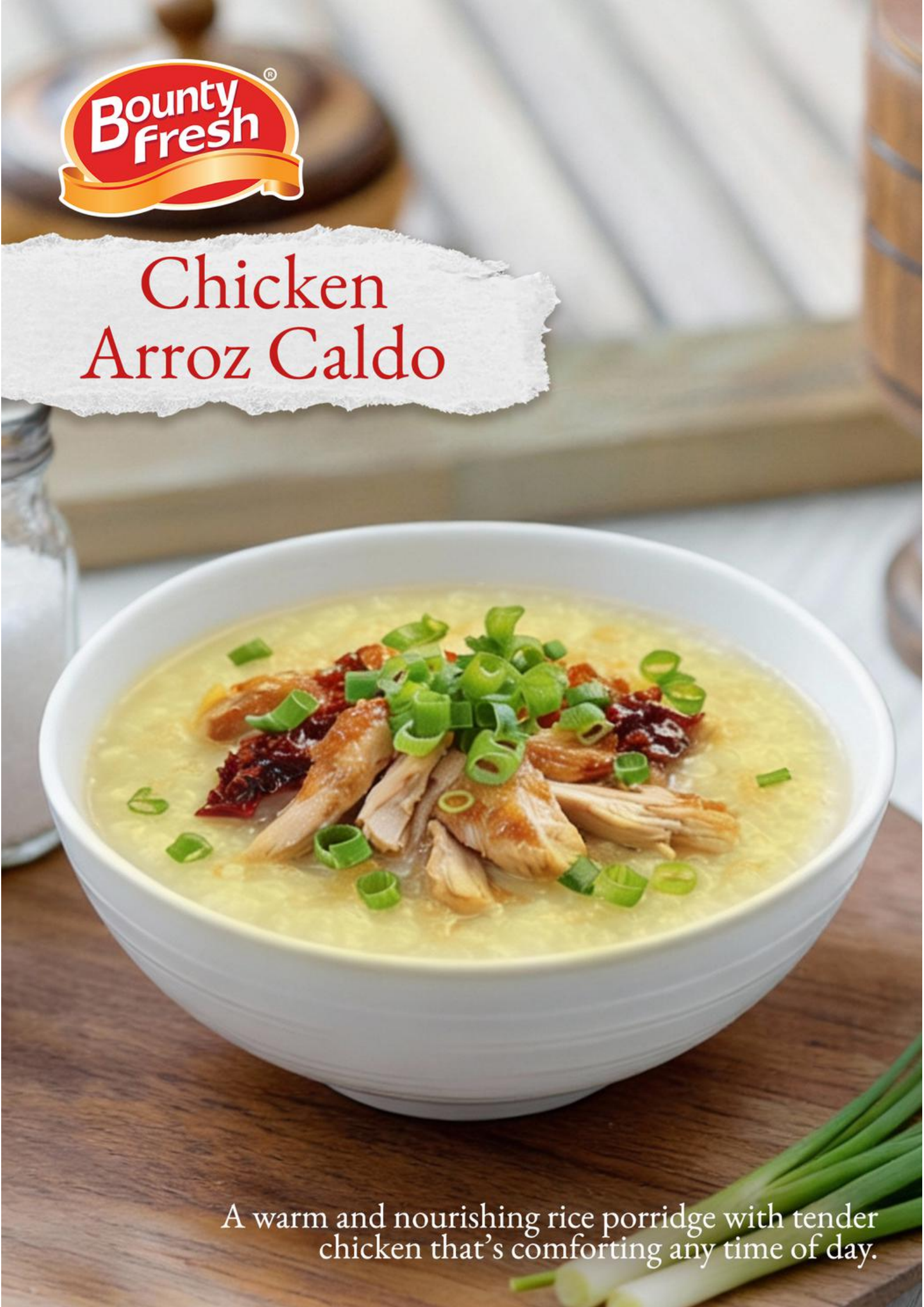
- 860g **Bounty Fresh Chicken Cut-ups Wings**
- 1/2 cup cornstarch (for coating)
- 5 cloves garlic, minced
- 1/3 cup honey
- 3 tbsp soy sauce
- 1 tbsp calamansi or lemon juice
- 2 tbsp butter
- Oil for frying
- Toasted sesame seeds and chopped spring onions for garnish

PROCEDURE

1. Pat chicken wings dry and coat evenly in cornstarch.
2. Heat oil in a pan and deep-fry wings for 10-12 minutes until golden and crispy. Drain on paper towels.
3. In a separate pan, melt butter and sauté garlic until fragrant, about 1 minute.
4. Add honey, soy sauce, and calamansi juice. Simmer for 2-3 minutes until slightly thickened.
5. Toss the fried wings in the sauce until evenly coated.
6. Garnish with sesame seeds and spring onions. Serve immediately.

TIPS Tilaok

Double the honey garlic sauce—it also makes a delicious dip for extra flavor.


Bounty Fresh
Chicken Arroz Caldo
A warm and nourishing rice porridge with tender chicken that's comforting any time of day.

Chicken Arroz Caldo



SERVES: 6-8

PREP TIME: 15 MINS

COOK TIME: 45 MINS

INGREDIENTS

- **1 Whole Bounty Fresh Free Range Chicken,** cut into pieces
- 1.5 cups glutinous or regular rice, rinsed
- 8 cups water or chicken broth
- 1 thumb ginger, julienned
- 1 onion, chopped
- 5 cloves garlic, minced
- 2 tbsp fish sauce
- 2 tbsp cooking oil
- Toasted garlic bits, chopped spring onions, and calamansi for garnish
- Salt and pepper to taste

PROCEDURE

1. Heat oil in a large pot and sauté garlic, onion, and ginger until fragrant.
2. Add chicken pieces and cook until lightly browned, about 5-7 minutes.
3. Pour in water/broth and fish sauce. Bring to a boil, then simmer covered for 20 minutes until chicken is tender.
4. Remove chicken pieces, shred or debone if desired, then return meat to the pot (discard bones if preferred).
5. Add rinsed rice to the pot and stir well. Simmer uncovered, stirring occasionally, for 20-25 minutes until rice is fully cooked and porridge has thickened (add more water if too thick).
6. Season with salt and pepper to taste.
7. Ladle into bowls and top with toasted garlic, spring onions, and a squeeze of calamansi.

TIPS Tilaok

Enjoy the delicious flavor, high-quality protein, and nourishing goodness of Free-Range Chicken for the whole family.

Bounty Fresh®

Chicken Fried Rice



Flavor-packed fried rice with tender chicken and vegetables for a quick and satisfying meal.

Chicken Fried Rice



SERVING: 4-5

PREP TIME: 15 MINS

COOK TIME: 15 MINS

INGREDIENTS

- **860g Bounty Fresh Chicken Cut-ups Breast Fillets,** diced small
- 4 cups day-old cooked rice
- 3 eggs, beaten
- 4 cloves garlic, minced
- 1 onion, chopped
- 1/2 cup carrots, diced
- 1/2 cup green peas
- 3 tbsp soy sauce
- 1 tbsp oyster sauce
- 3 tbsp cooking oil
- Chopped spring onions for garnish
- Salt and pepper to taste

PROCEDURE

1. Season diced chicken with a pinch of salt and pepper.
2. Heat 1 tbsp oil in a wok and scramble the eggs. Set aside.
3. Add remaining oil, sauté garlic and onion until fragrant.
4. Add chicken and cook until no longer pink, about 5 minutes.
5. Add carrots and green peas, stir-fry for 2 minutes.
6. Add the day-old rice, breaking up any clumps. Stir-fry for 3-4 minutes.
7. Pour in soy sauce and oyster sauce, mixing well to coat all the rice evenly.
8. Return scrambled eggs to the wok and toss everything together.
9. Season with salt and pepper to taste. Garnish with spring onions before serving.

TIPS Tilaok

Day-old rice makes the best fried rice because it stays fluffy and separates easily.

Bounty Fresh®

Chicken Francese



Tender chicken in a light buttery lemon sauce that brings restaurant-style flavors to your home.

Chicken Francese



SERVES: 4

PREP TIME: 15 MINS

COOK TIME: 15 MINS

INGREDIENTS

- 1kg of **Bounty Fresh Gourmet Chicken Lemon Roast** (boneless and skinless, cut in half lengthwise)
- 1 large lemon (sliced into thin rounds, seeds removed)
- 1 cup chicken broth (low sodium)
- ½ cup white wine (dry)
- 1 tablespoon lemon juice (freshly squeezed)
- 1 tablespoon all-purpose flour
- 2 tablespoon butter (unsalted)
- 2 tablespoon parsley (chopped, for garnish)

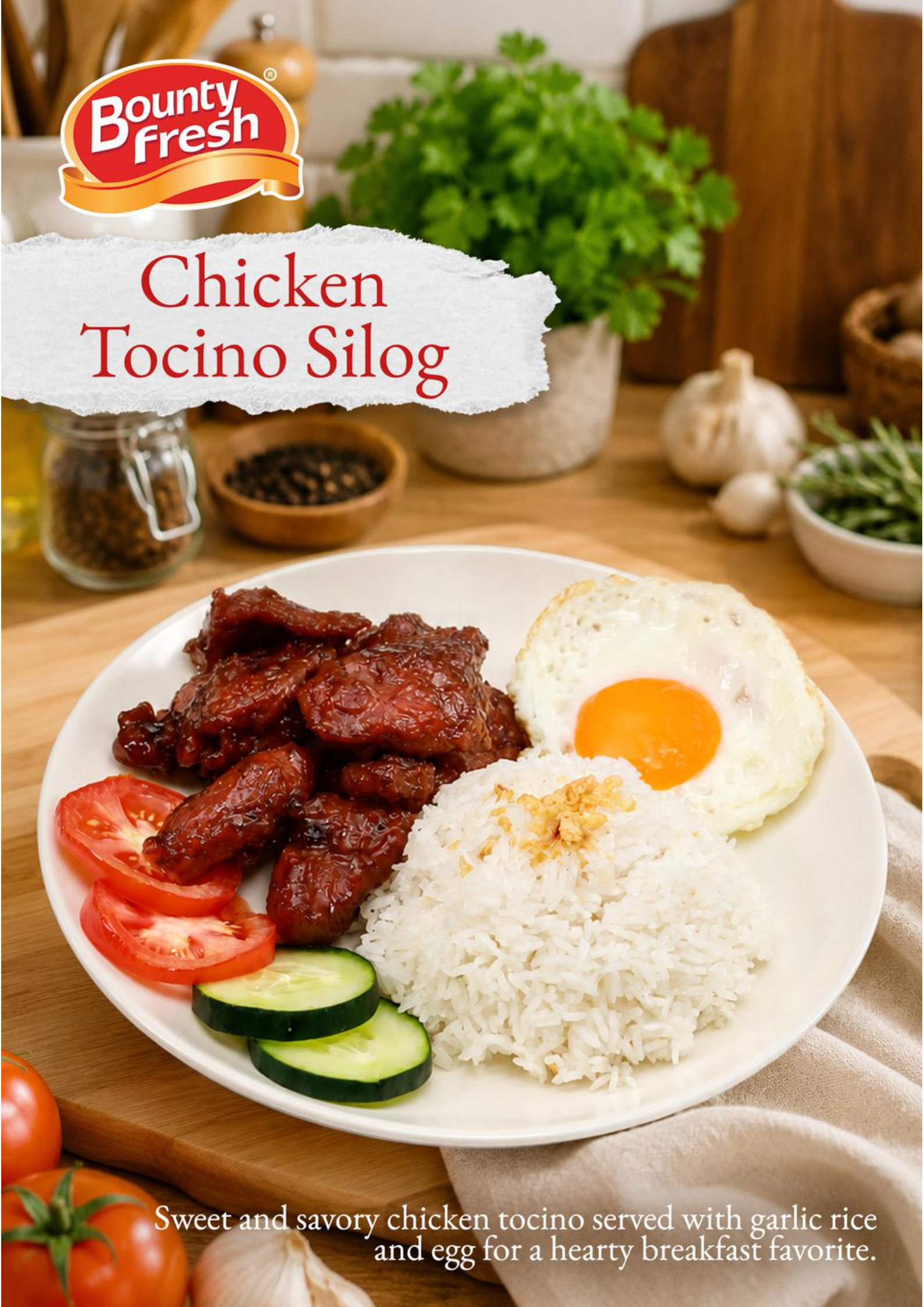
TIPS Tilaok

Specially selected for its size and quality, Gourmet Whole Chicken is perfect for creating impressive dishes and memorable meals at home.

PROCEDURE

1. Lightly pound the Bounty Fresh Gourmet Chicken Lemon Roast to ¼-inch thickness.
2. Heat 1 tablespoon of butter in a 12-inch skillet over medium-high heat. Cook the chicken in batches, 3 minutes per side, until browned. Transfer to a plate.
3. Wipe the skillet clean, then cook the lemon slices until fragrant and charred, about 30 seconds per side. Add the remaining 1 tablespoon of butter, melt, and whisk in the 1 tablespoon of all-purpose flour. Cook for 30 seconds, then stir in the white wine, chicken broth, and lemon juice. Simmer for 2 minutes.
4. Return the chicken to the skillet and cook for 3-4 minutes. Garnish with the chopped parsley and serve.




Bounty Fresh
Chicken Tocino Silog
Sweet and savory chicken tocino served with garlic rice and egg for a hearty breakfast favorite.

Chicken Tocino Silog



SERVING: 3-4

PREP TIME: 5 MINS

COOK TIME: 25 MINS

INGREDIENTS

- 500g **Bounty Fresh Marinado Chicken Tocino**
- 2-3 Bounty Fresh Vitamin E Enriched Specialty Eggs (sunny side up)
- 3 batches of Sinangag (garlic rice)
- ¼ cup water
- ¾ cup cooking oil

TIPS Tilaok

Pair your Chicken Tocino Silog with Bounty Fresh Eggs, known for their naturally golden yolk that makes every breakfast more delicious and satisfying.



PROCEDURE

1. Preheat a frying pan.
2. Add the frozen Bounty Fresh Marinado Chicken Tocino and ¼ cup water.
3. Simmer for 20 minutes or until the water evaporates. (Optional) Add 2 tablespoons of oil and fry until slightly caramelized.
4. Remove the tocino from the pan. Add the cooked garlic rice into the same pan and toss for 1 minute to absorb the leftover tocino flavor.
5. Serve the tocino, fried rice, and eggs on plates.
6. Enjoy with spiced vinegar!



Bounty Fresh

Chicken Tinola



A comforting Filipino soup with chicken and ginger,
perfect for rainy days or family dinners.

Chicken Tinola



SERVING: 5-6

PREP TIME: 15 MINS

COOK TIME: 30 MINS

INGREDIENTS

- 1 **Bounty Fresh Chicken Soup**
- 1 Chicken, cut into pieces
- 1 thumb ginger, sliced into strips
- 1 onion, sliced
- 4 cloves garlic, minced
- 1 chayote or green papaya, sliced
- 2 cups malunggay or sili leaves
- 2 tbsp fish sauce
- 2 tbsp cooking oil
- Salt and pepper to taste

PROCEDURE

1. Heat oil in a pot and sauté garlic, onion, and ginger until fragrant and onion is translucent.
2. Add chicken pieces and cook for 5 minutes, stirring occasionally, until slightly seared.
3. Pour in water and fish sauce. Bring to a boil, then simmer covered for 15-20 minutes until chicken is tender.
4. Add chayote or green papaya and cook for 5-7 minutes until slightly tender.
5. Add malunggay or sili leaves and cook for 1-2 minutes until wilted.
6. Season with salt and pepper to taste. Serve hot.

TIPS Tilaok

Enjoy comforting homemade soup with Bounty Fresh Chicken Soup. This ready-to-cook soup base helps you create delicious, hearty soups quickly and conveniently.



Bounty Fresh®

Chicken Adobo



Tender chicken drumsticks slowly simmered in a rich blend of soy sauce, vinegar, garlic, and spices for a classic Filipino comfort dish.

Chicken Adobo



SERVING: 5-6

PREP TIME: 10 MINS (+ 30 mins marinating)

COOK TIME: 35 MINS

INGREDIENTS

- **860g Bounty Fresh Drumsticks Chicken Cut-Ups**
- 1/4 cup white or cane vinegar
- 6 cloves garlic, crushed
- 2 bay leaves
- 1 tsp whole peppercorns
- 1 cup water
- 1 tbsp sugar (optional)
- 2 tbsp cooking oil

PROCEDURE

1. Marinate drumsticks in soy sauce and garlic for 30 minutes for deeper flavor.
2. Heat oil in a pot and sauté garlic until golden.
3. Add chicken and cook until lightly browned on the outside.
4. Pour in soy sauce, vinegar, water, bay leaves, and peppercorns. Important: do not stir once vinegar is added — let it boil uncovered for 5 minutes first to remove the raw vinegar smell.
5. Cover and simmer for 20-25 minutes until chicken is tender and cooked through.
6. Uncover and simmer for another 5-10 minutes to reduce and thicken the sauce. Add sugar if desired.
7. Serve hot with steamed rice.

TIPS Tilaok

For extra flavorful Chicken Adobo, marinate the drumsticks ahead of time and let the sauce simmer until rich and glossy.

Bounty Fresh

Torikatsu Curry



Crispy chicken cutlet paired with rich curry sauce
for a comforting Japanese-inspired meal at home.

Torikatsu Curry



SERVING: 3 - 4

PREP TIME: 10 MINS

COOK TIME: 25 MINS

INGREDIENTS

- 4 pieces **Bounty Fresh Top Torikatsu Classic Mayo**
- 2 cups cooked Japanese or steamed rice
- 1 pack (about 100g) Japanese curry roux cubes
- 1 onion, sliced
- 1 carrot, sliced
- 1 potato, cubed
- 2 cups water
- Cooking oil for frying

PROCEDURE

1. Fry torikatsu according to package instructions until golden and crispy (or bake/air-fry at 200°C for 12-15 minutes). Set aside and slice into strips.
2. In a pot, sauté onion, carrot, and potato in a bit of oil for 3-4 minutes.
3. Pour in water and bring to a boil. Simmer for 10-12 minutes until vegetables are tender.
4. Lower heat and add curry roux cubes, stirring until fully dissolved and sauce thickens, about 5 minutes.
5. Scoop rice onto a plate, ladle curry sauce over one side.
6. Top with sliced torikatsu and serve hot.

Japanese curry is loved for its rich, mildly sweet flavor that pairs perfectly with crispy chicken.


Bounty Fresh
Soy Garlic Chicken Popcorn
Crispy chicken bites tossed in a sweet and savory soy garlic sauce that's hard to resist.

Soy Garlic Chicken Popcorn



SERVING: 3 - 4

PREP TIME: 10 MINS

COOK TIME: 15 MINS

INGREDIENTS

- 1 pack **Bounty Fresh Chicken Popcorn**
- 4 cloves garlic, minced
- 4 tbsp soy sauce
- 2 tbsp brown sugar
- 1 tbsp rice vinegar or calamansi juice
- 1 tbsp sesame oil
- 1 tbsp cooking oil
- Toasted sesame seeds and chopped spring onions for garnish
- Cooking oil for frying

PROCEDURE

1. Fry chicken popcorn according to package instructions until golden and crispy (or bake/air-fry at 200°C for 10-12 minutes). Set aside.
2. In a separate pan, heat 1 tbsp cooking oil and sauté garlic until fragrant and lightly golden.
3. Add soy sauce, brown sugar, and rice vinegar. Simmer for 2-3 minutes until slightly thickened into a glaze.
4. Stir in sesame oil.
5. Toss the crispy chicken popcorn in the sauce quickly until evenly coated (do this fast to keep it crispy).
6. Transfer to a serving plate, sprinkle with sesame seeds and spring onions, and serve immediately.

TIPS Tilaok

Sprinkle toasted sesame seeds on top for extra crunch and flavor.

Bounty Fresh®

Chicken Nuggets Caesar Salad



Turn a classic Caesar salad into a satisfying meal with crispy chicken nuggets. Perfect for a quick lunch or light dinner.

Chicken Nuggets Caesar Salad



SERVING: 3 - 4

PREP TIME: 15 MINS

COOK TIME: 15 MINS

INGREDIENTS

- **1 pack Bounty Fresh Chicken Nuggets**
- 1 head romaine lettuce, chopped
- 1 cup cherry tomatoes, halved
- 1/2 cup shaved or grated parmesan cheese
- 1 cup croutons
- 1/2 cup mayonnaise
- 1 tbsp lemon juice
- 1 tsp Dijon mustard
- 1 clove garlic, minced
- 1 tsp Worcestershire sauce
- 2-3 tbsp water (to thin dressing)
- Cooking oil for frying
- Salt and pepper to taste

Bounty Fresh Chicken Nuggets are made with 100% all-natural chicken, giving your family the delicious chicken taste and quality they love in every bite.

PROCEDURE

1. Heat oil in a pan and fry chicken nuggets according to package instructions until golden and crispy (or bake/air-fry at 200°C for 10-12 minutes). Slice each nugget in half once slightly cooled, if desired.
2. While nuggets cook, make the dressing: whisk together mayonnaise, lemon juice, Dijon mustard, garlic, and Worcestershire sauce. Add water a little at a time until pourable. Season with salt and pepper.
3. In a large bowl, toss chopped romaine and cherry tomatoes with about half the dressing until lightly coated.
4. Add croutons and half the parmesan cheese, toss again.
5. Transfer salad to serving plates or bowls, top with the warm chicken nuggets.
6. Drizzle with remaining dressing and sprinkle with remaining parmesan cheese.
7. Serve immediately while nuggets are still warm and crispy.



Bounty Fresh

K-Fried Chikin & Japchae



Crispy, juicy chicken glazed with barbecue sauce, paired with savory japchae noodles for a delicious Korean-inspired meal

K-Fried Chikin & Japchae



SERVING: 2-3

PREP TIME: 15 MINS

COOK TIME: 25 MINS

INGREDIENTS

K-Fried Chikin BBQ

- 500 g **Bounty Fresh K-Fried Chikin**, boneless and breaded
- Bounty Fresh BBQ sauce, included with the product
- Sesame seeds, for garnish
- Spring onions, sliced, for garnish

Japchae

- 150 g Korean glass noodles
- 1 small carrot, julienned
- ½ small onion, sliced
- ½ cup bell pepper, sliced
- 1 cup spinach
- 2 tbsp soy sauce
- 1 tbsp sesame oil
- 1 tbsp brown sugar
- 1 tsp minced garlic
- Sesame seeds, for garnish
- Black pepper, to taste

PROCEDURE

K-Fried Chikin BBQ

1. Cook the **Bounty Fresh K-Fried Chikin** according to the package instructions until golden brown and fully cooked.
2. Warm the included BBQ sauce according to the package instructions, if needed.
3. Toss the cooked chicken with the BBQ sauce until evenly coated.
4. Garnish with sesame seeds and sliced spring onions.

Japchae

1. Cook the Korean glass noodles according to the package instructions. Drain and set aside.
2. Sauté the onion, carrot, and bell pepper until slightly tender.
3. Add the spinach and cook until wilted.
4. Add the cooked noodles, soy sauce, sesame oil, brown sugar, and garlic. Toss until well combined.
5. Season with black pepper and garnish with sesame seeds.

TIPS Tilaok

Bounty Fresh K-Fried Chikin is Korean-inspired, ready-to-cook, and made with 100% all-natural chicken!

Bounty Fresh®

Every product tells a story of freshness, care, and family.

For generations, Bounty Fresh has proudly served Filipino homes with quality products made for everyday cooking and meaningful family moments.



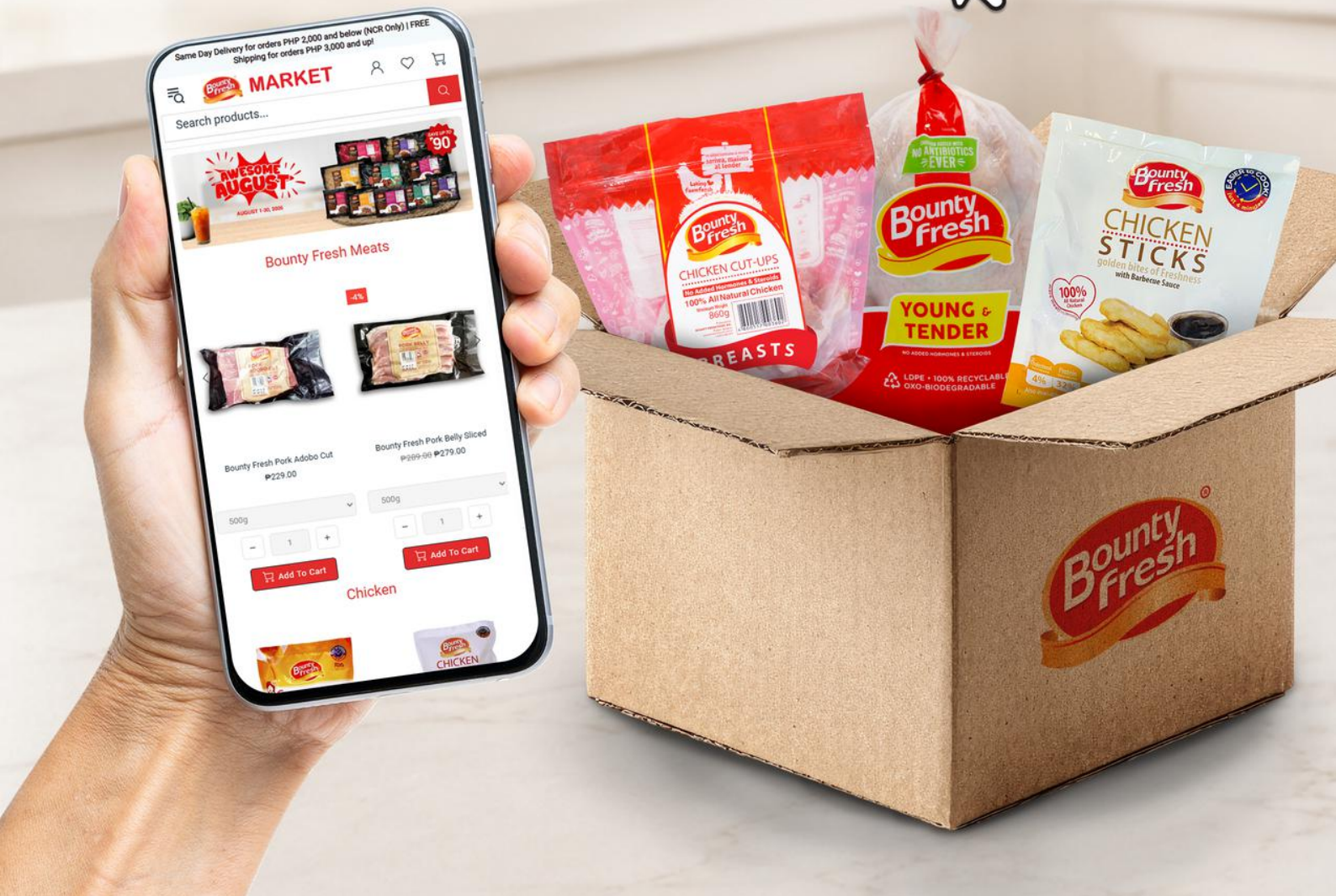
Bounty Fresh®

Ready to Cook

Your Next Favorite Recipe?

Available in leading supermarkets near you

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Bounty Fresh

Crab Meat Omelette



Fluffy eggs folded with tender crab meat for a savory and satisfying dish that's perfect for breakfast, lunch, or dinner.

Crab Meat Omelette



SERVING: 2

PREP TIME: 10 MINS

COOK TIME: 20 MINS

INGREDIENTS

- 3 **Bounty Fresh**
- **Nutrifilled**
- **Specialty Eggs**
- ¾ cup crab meat
- (fresh or canned)
- 1 small onion, thinly sliced lengthwise
- 4 tablespoons butter
- 2 tablespoons green onions, finely minced (optional)
- Salt and pepper, to taste

PROCEDURE

1. Sauté Filling: Melt 2 tbsp butter in a pan. Sauté onions, crab meat, and green onions until soft. Season with salt and pepper. Set aside.
2. Prepare Eggs: Whisk eggs with a pinch of salt.
3. Cook Omelette: Melt remaining butter in the same pan over low heat. Pour in eggs and tilt the pan to spread evenly.
4. Add Filling & Fold: Once eggs are mostly set, add the crab mixture to one side. Fold the omelette over and cook for 1 more minute.
5. Serve Hot with rice or toast.

TIPS Tilaok

Crab meat is a good source of protein and pairs well with eggs for a delicious, protein-rich meal

Bounty Fresh

Egg Tart



A buttery pastry filled with smooth, creamy egg custard, baked until lightly golden for a rich and satisfying treat

Egg Tart



SERVING: 6

PREP TIME: 20 MINS

COOK TIME: 25 MINS

INGREDIENTS

- 2 cups confectioners' sugar
- 6 cups all-purpose flour
- 2 cups butter
- **2 pcs. Bounty Fresh**
- **Omega 3 Enriched**
- **Specialty Egg (beaten)**
- 2 dashes vanilla extract
- 1 ⅓ cups white sugar
- 3 cups water
- 18 eggs, beaten
- 2 dashes vanilla extract
- 2 cups evaporated milk

PROCEDURE

1. Mix confectioners' sugar, flour, and butter until crumbly. Add the Bounty Fresh Eggs and vanilla; form into dough. Adjust with butter or flour if needed. Shape into balls, press into tart molds, and form edges.
2. Mix confectioners' sugar, flour, and butter until crumbly. Add the Bounty Fresh Eggs and vanilla; form into dough. Adjust with butter or flour if needed. Shape into balls, press into tart molds, and form edges.
3. Fill tart shells and bake 15–20 mins until golden and slightly puffed.

TIPS Tilaok

Eggs are what give the custard its rich, creamy texture and help it set as it bakes



Eggs Benedict

Poached eggs served on toasted English muffins with ham and topped with rich, creamy hollandaise sauce.

Eggs Benedict



SERVING: 2

PREP TIME: 10 MINS

COOK TIME: 15 MINS



INGREDIENTS

- 4 **Bounty Fresh Premium Medium Eggs**
- 2 English muffins cut into halves
- 4-6 slices of uncured bacon
- Hollandaise sauce
- Pinch of salt and pepper to taste

Homemade Hollandaise sauce

- A double boiler
- 4 egg yolks
- 1 tablespoon lemon or lime juice freshly squeezed
- ½ cup btutter preferably unsalted
- Salt and pepper to taste

PROCEDURE

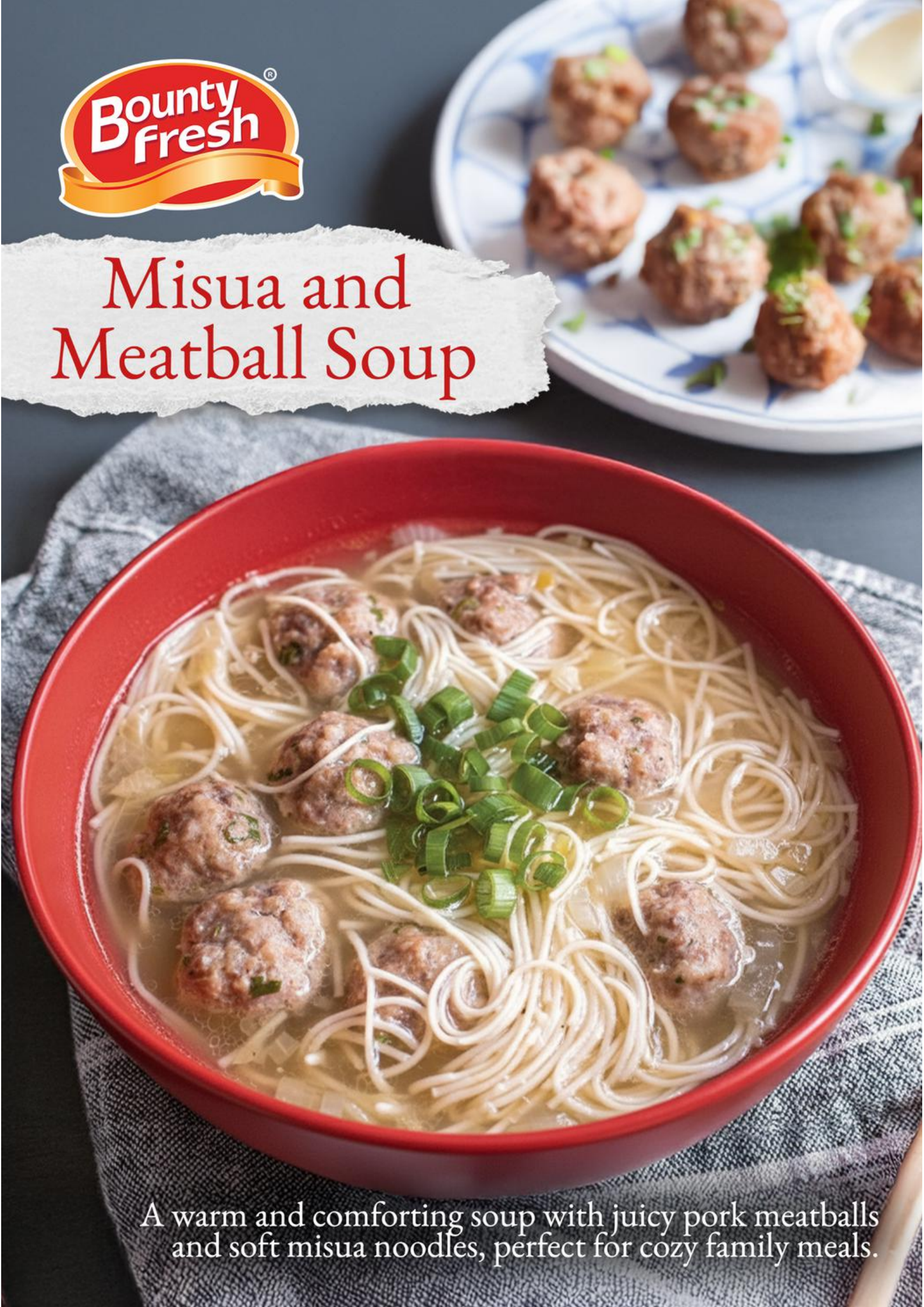
1. Toast the Muffins: Preheat oven to broil. Place English muffin halves in the oven until golden brown. Remove and set aside.
2. Cook the Bacon: Heat a pan over medium-high heat. Add slices of bacon or Canadian bacon. If they stick, add a little olive oil. Cook until crispy, then set aside.
3. Poach the Eggs: Fill a pan halfway with water and bring to a simmer over medium-low heat (do not let it boil). Crack each egg into a small bowl, keeping the yolk intact. Gently slide each egg into the water. When the whites are set and the yolks are still soft (about 3–4 minutes), remove with a slotted spoon.
4. Assemble: Layer toasted muffins with bacon, top with poached eggs, and drizzle with the warm Hollandaise sauce. Garnish with herbs if desired.

TIPS Tilaok

Poaching an egg means cooking it gently in simmering water- without its shell- to create a soft, delicate white and a runny yolk.

Bounty Fresh®

Misua and Meatball Soup



A warm and comforting soup with juicy pork meatballs and soft misua noodles, perfect for cozy family meals.

Misua and Meatball Soup



SERVINGS: 4-5

PREP TIME: 15 MINS

COOK TIME: 20 MINS

INGREDIENTS

- **500g Bounty Fresh Ground Pork**
- 1 egg
- 2 tbsp cornstarch
- 3 cloves garlic, minced (divided)
- 1 small onion, chopped (divided)
- 6 cups water or pork broth
- 1 bundle misua noodles (about 100g)
- 2 tbsp fish sauce (patis)
- 1 tsp ground black pepper
- 2 tbsp cooking oil
- Chopped green onions for garnish

PROCEDURE

1. In a bowl, mix ground pork, egg, cornstarch, half the garlic, half the onion, salt, and pepper. Mix well and form into small meatballs (about 1 inch).
2. In a pot, heat oil and sauté remaining garlic and onion until fragrant.
3. Pour in water/broth and bring to a boil.
4. Drop in the meatballs one by one. Simmer for 10-12 minutes until cooked through (they will float when done).
5. Season with fish sauce and pepper.
6. Add misua noodles and cook for 1-2 minutes only (misua cooks very fast and gets mushy if overcooked).
7. Turn off heat, garnish with green onions, and serve hot.

TIPS Tilaok

Roll meatballs with slightly wet hands for smooth, evenly shaped meatballs every time.

Pork Monggo



A hearty monggo stew made extra satisfying with tender pork belly and crunchy chicharon.

Pork Monggo





SERVINGS: 5-6

PREP TIME: 15 MINS

COOK TIME: 45 MINS

INGREDIENTS

- **500g Bounty Fresh Pork Belly, cubed**
- **1 pack Bounty Fresh Pork Chicharon** (crushed lightly)
- 1 cup mung beans (monggo), rinsed
- 4 cups water (plus more as needed)
- 1 onion, chopped
- 3 cloves garlic, minced
- 2 tomatoes, chopped
- 2 tbsp fish sauce
- 1 cup sili leaves, ampalaya leaves or malunggay leaves
- Cooking oil
- Salt and pepper to taste

PROCEDURE

1. Boil mung beans in 4 cups of water for about 25-30 minutes until soft. Set aside.
2. In a separate pot, heat oil and sauté garlic, onion, and tomatoes until softened.
3. Add pork belly cubes and cook until lightly browned, about 5-7 minutes.
4. Pour in the boiled mung beans with its liquid. Add more water if needed for soup consistency.
5. Simmer for 15 minutes until the pork is tender.
6. Season with fish sauce, salt, and pepper.
7. Add sili leaves, ampalaya leaves or malunggay leaves and cook for 1-2 minutes until wilted.
8. Turn off heat, top with crushed pork chicharon just before serving (to keep it crunchy).

TIPS Tilaok

Make it extra crunchy with Bounty Fresh Pork Chicharon — the brand's first ready-to-eat snack that's perfect for snacking or adding texture and flavor to your favorite dishes.



Bounty Fresh®

Pata Kare Kare



Rich and creamy kare-kare with tender pork pata,
best enjoyed with warm rice and bagoong.

Pata Kare Kare



SERVES: 5-6

PREP TIME: 15 MINS

COOK TIME: 1 HR 30 MINS

INGREDIENTS

- 1 kg **Bounty Fresh Pork Pata Slice**
- 6 cups water
- 1/2 cup peanut butter
- 1/4 cup ground toasted rice (or 3 tbsp rice flour)
- 1 onion, chopped
- 4 cloves garlic, minced
- 1 eggplant, sliced
- 1 bundle string beans, cut into 2-inch pieces
- 1 banana heart or bok choy (optional)
- 3 tbsp annatto (atsuete) powder or oil
- 2 tbsp cooking oil
- Salt and fish sauce to taste
- Bagoong (shrimp paste) for serving

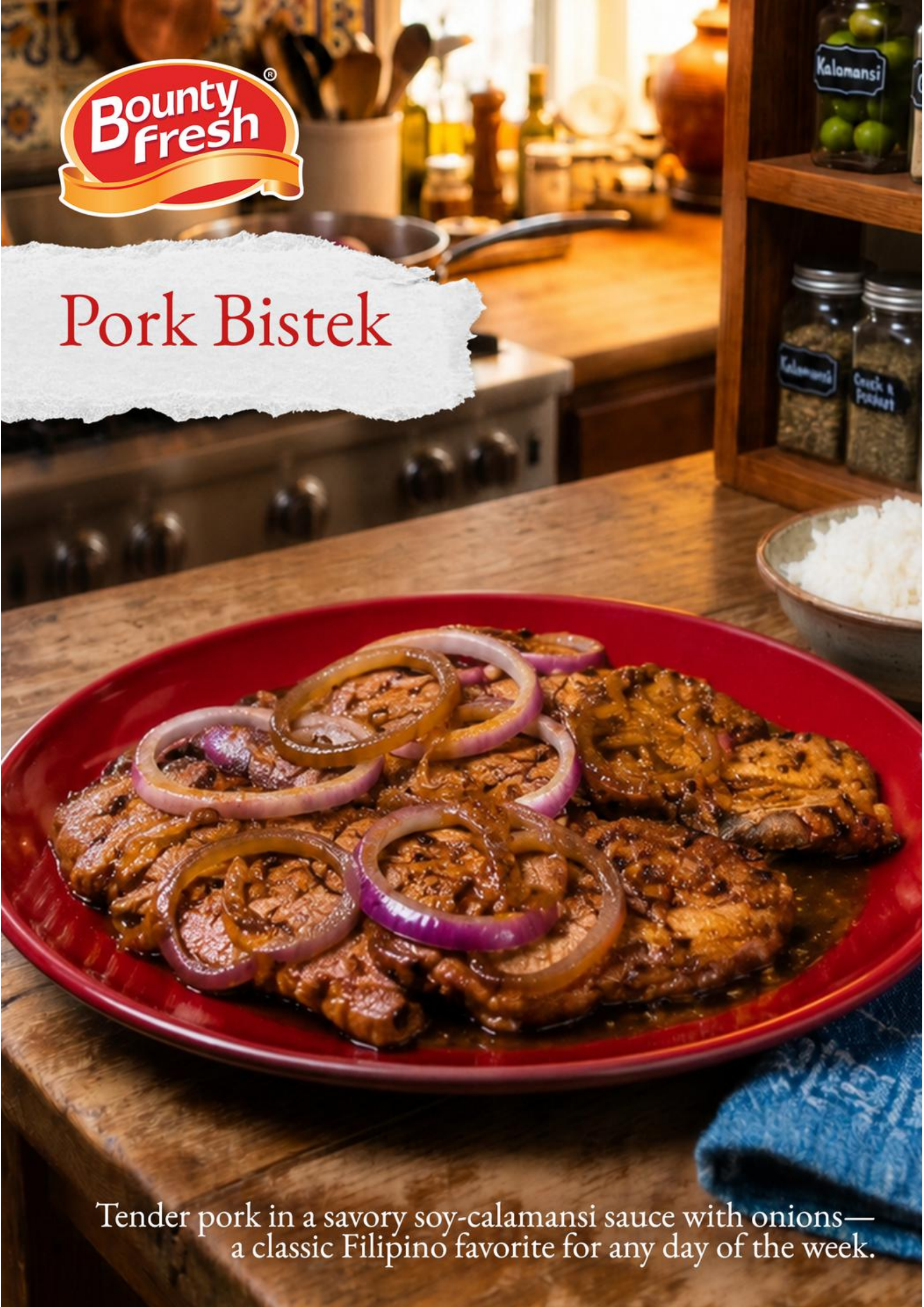
PROCEDURE

1. Boil pork pata in water for about 1 hour until tender. Skim off scum. Reserve 4 cups of the broth.
2. In a separate pot, heat oil and sauté garlic and onion until fragrant.
3. Add the boiled pork pata and annatto powder/oil. Stir to coat evenly.
4. Pour in the reserved broth and bring to a simmer.
5. Mix peanut butter and ground toasted rice with a little water to form a paste, then stir into the pot. Simmer for 10 minutes until the sauce thickens.
6. Add eggplant and string beans. Cook for 5-7 minutes until vegetables are tender but not mushy.
7. Season with salt or fish sauce to taste.
8. Serve hot with bagoong on the side.

Kare-Kare is a treasured Filipino dish traditionally served during family gatherings and celebrations.

Bounty Fresh®

Pork Bistek



Tender pork in a savory soy-calamansi sauce with onions—
a classic Filipino favorite for any day of the week.

Pork Bistek



SERVES: 4

PREP TIME: 15 MINS (+ 30 MINS MARINATING)

COOK TIME: 20 MINS

INGREDIENTS

- **500g Bounty Fresh Pork Steak** (thinly sliced)
- 5 tbsp soy sauce
- 4 tbsp calamansi or lemon juice
- 2 onions, sliced into rings
- 4 cloves garlic, minced
- 1 tsp ground black pepper
- 3 tbsp cooking oil
- 1 cup water

PROCEDURE

1. Marinate pork slices in soy sauce, calamansi juice, and half the garlic for 30 minutes.
2. Heat oil in a pan and sauté remaining garlic until golden.
3. Remove pork from marinade (reserve the marinade) and pan-fry until browned on both sides.
4. Pour in reserved marinade and water. Simmer for 10-12 minutes until pork is tender.
5. Add onion rings and cook for another 2-3 minutes until slightly softened but still crisp.
6. Season with pepper and adjust saltiness if needed. Serve hot with rice.

TIPS Tilaok

The tangy flavor of calamansi is what gives bistek its signature Filipino taste.

Bounty Fresh®

Bulalo



A comforting bowl of tender beef and vegetables simmered in a flavorful broth that's perfect for sharing.

Bulalo



SERVING: 5-6

PREP TIME: 15 MINS

COOK TIME: 2 HRS

INGREDIENTS

- 1 kg **Bounty Fresh Beef Shank**
- 10 cups water
- 1 onion, quartered
- 1 cup onion leeks, chopped into 2-inch pieces
- 2 corn on the cob, cut into 2-inch pieces
- 3 potatoes, halved
- 1 bundle pechay
- 1 bundle string beans, cut into 2-inch pieces
- 1 small cabbage, quartered
- 2 tbsp whole peppercorns
- Fish sauce and salt to taste

PROCEDURE

1. In a large pot, boil beef shank in water. Skim off the scum that rises to the top for a clear broth.
2. Add onion, onion leeks and peppercorns. Cover and simmer over low heat for 1.5 hours until beef is fork-tender.
3. Add potatoes and corn. Cook for 10-15 minutes until slightly softened.
4. Add string beans and cook for 3-5 minutes.
5. Add pechay and cabbage last, cooking for 2-3 minutes until just wilted.
6. Season with fish sauce and salt to taste.
7. Serve hot in bowls.

Bulalo is one of the Philippines' most loved comfort dishes, especially on cool or rainy days.

Bounty Fresh

Tacos



Crispy taco shells filled with savory seasoned ground beef, fresh vegetables, and flavorful toppings for an easy and satisfying meal.

Tacos

SERVING: 4 | PREP TIME: 15 MINS | COOK TIME: 15 MINS

INGREDIENTS

For the Taco Meat:

- 3 tbsps cooking oil (olive oil
- optional)
- 3 lbs. **Bounty Fresh Ground Beef**
- 6 tspn chili powder
- 6 tspn ground cumin
- 1½ tspn dried oregano
- 1½ tspn garlic powder (or 3 cloves
- garlic, minced)
- 1½ tspn salt (adjust to taste)
- 1½ tspn ground black pepper
- 6 tbsp tomato paste (or banana
- ketchup if needed)
- 1½ cups water

For Serving

- 24 corn or flour tortillas (can
- substitute with small flour wraps or
- soft pita)
- Lettuce, finely chopped
- Shredded cheese (cheddar or
- quick-melt cheese)
- Tomatoes, chopped
- Red onion, chopped



TIPS Tilaok

Ground beef is a versatile ingredient that can easily take on different seasonings, making it a popular choice for tacos, burgers, pasta, and many other dishes

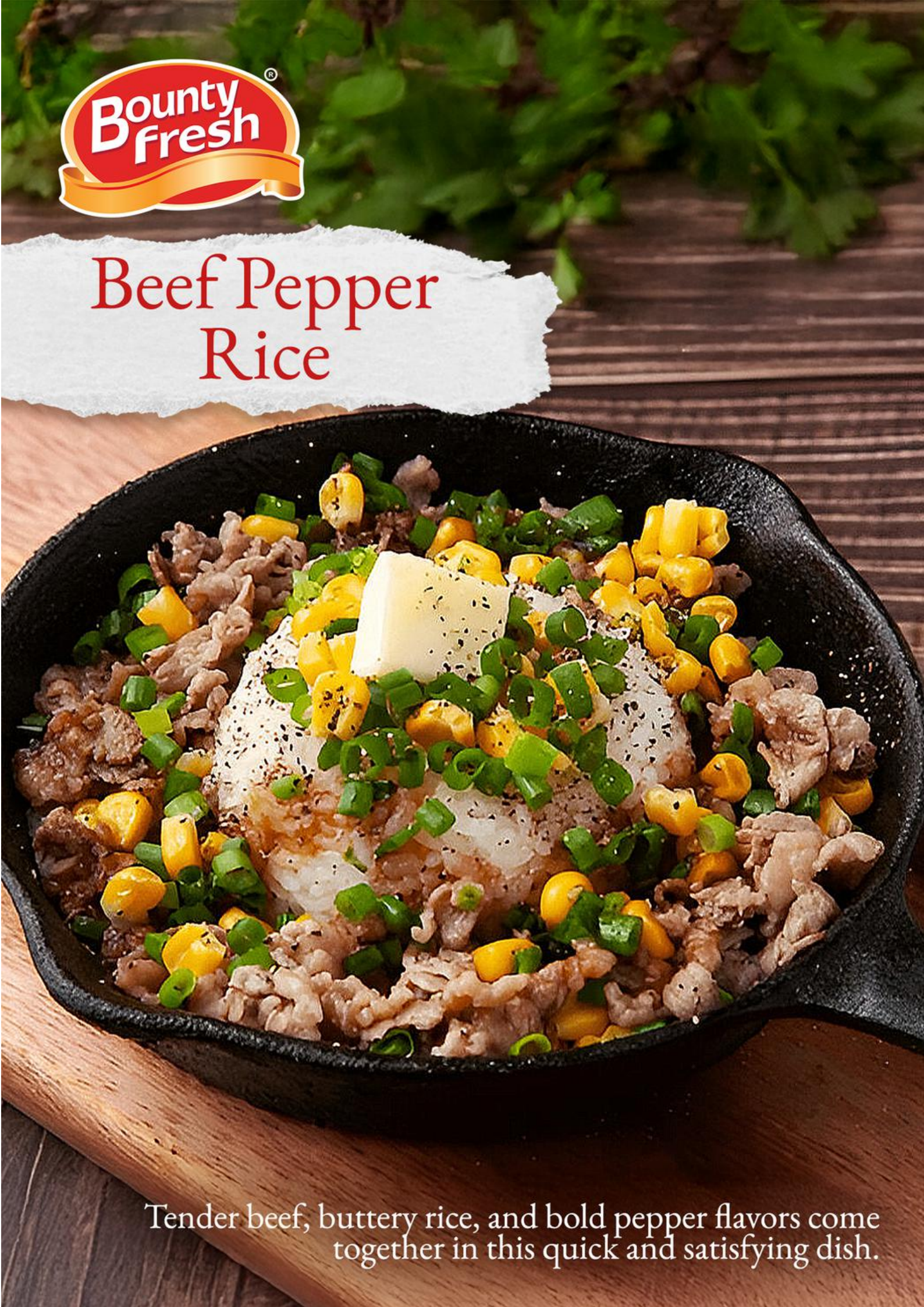
PROCEDURE

1. Heat the oil in a large skillet over medium-high heat.
2. Add the ground beef and cook, breaking it apart, until browned, about 5–7 minutes. Drain excess fat if needed.
3. Add the chili powder, cumin, dried oregano, garlic powder, salt, pepper, tomato paste, and water. Stir well to combine.
4. Lower the heat to medium-low and simmer until the sauce thickens, about 3–5 minutes.
5. Serve warm in tortillas and top with lettuce, tomatoes, cheese, red onions, or any preferred Filipino-style toppings.



Bounty Fresh®

Beef Pepper Rice



Tender beef, buttery rice, and bold pepper flavors come together in this quick and satisfying dish.

Beef Pepper Rice



SERVING: 2 - 3

PREP TIME: 15 MINS

COOK TIME: 15 MINS

INGREDIENTS

- **500g Bounty Fresh Beef Country Style,** sliced thin or cubed
- 2 cups cooked rice
- 2 tbsp butter
- 3 cloves garlic, minced
- 1 tsp coarse black pepper
- 2 tbsp soy sauce
- 1 tbsp oyster sauce
- 1/2 cup corn kernels (optional)
- Chopped spring onions for garnish

PROCEDURE

1. Season beef with soy sauce, oyster sauce, and black pepper. Let sit for 10 minutes.
2. Heat 1 tbsp butter in a pan and sauté garlic until golden.
3. Add beef and cook over high heat for 3-5 minutes until seared and cooked through.
4. In a separate hot skillet or sizzling plate, melt remaining butter and add cooked rice, pressing it to the sides to form a well in the center.
5. Place the cooked beef in the center well. Add corn if using.
6. Garnish with spring onions and extra cracked pepper.
7. Serve immediately while sizzling hot.

TIPS Tilaok

Serve on a hot plate to keep the rice sizzling and enhance the aroma.

Bounty Fresh®

Beef Mechado



A rich and hearty beef stew with potatoes and carrots that's sure to bring comfort to the table.

Beef Mechado



SERVING: 5-6

PREP TIME: 15 MINS

COOK TIME: 1 HR 15 MINS

INGREDIENTS

- **500g Bounty Fresh Beef Cubes**
- 3 tbsp soy sauce
- 3 tbsp calamansi or lemon juice
- 1 onion, sliced
- 4 cloves garlic, minced
- 2 tomatoes, chopped
- 1 can (250g) tomato sauce
- 2 cups water or beef broth
- 2 potatoes, cubed
- 1 carrot, sliced
- 1 bay leaf
- 1 red or green bell pepper, sliced
- 3 tbsp cooking oil
- Salt and pepper to taste

PROCEDURE

1. Marinate beef cubes in soy sauce and calamansi juice for 15 minutes.
2. Heat oil in a pot and sear the beef (reserve marinade) until browned on all sides. Remove and set aside.
3. In the same pot, sauté garlic, onion, and tomatoes until softened.
4. Return the beef to the pot along with the reserved marinade, tomato sauce, water, and bay leaf.
5. Cover and simmer over low heat for 45-60 minutes until beef is tender, adding more water if needed.
6. Add potatoes and carrots, cook for 10-15 minutes until fork-tender.
7. Add bell pepper and cook for another 2-3 minutes.
8. Season with salt and pepper to taste before serving.

Mechado is a classic tomato-based stew passed down through generations of Filipino kitchens.

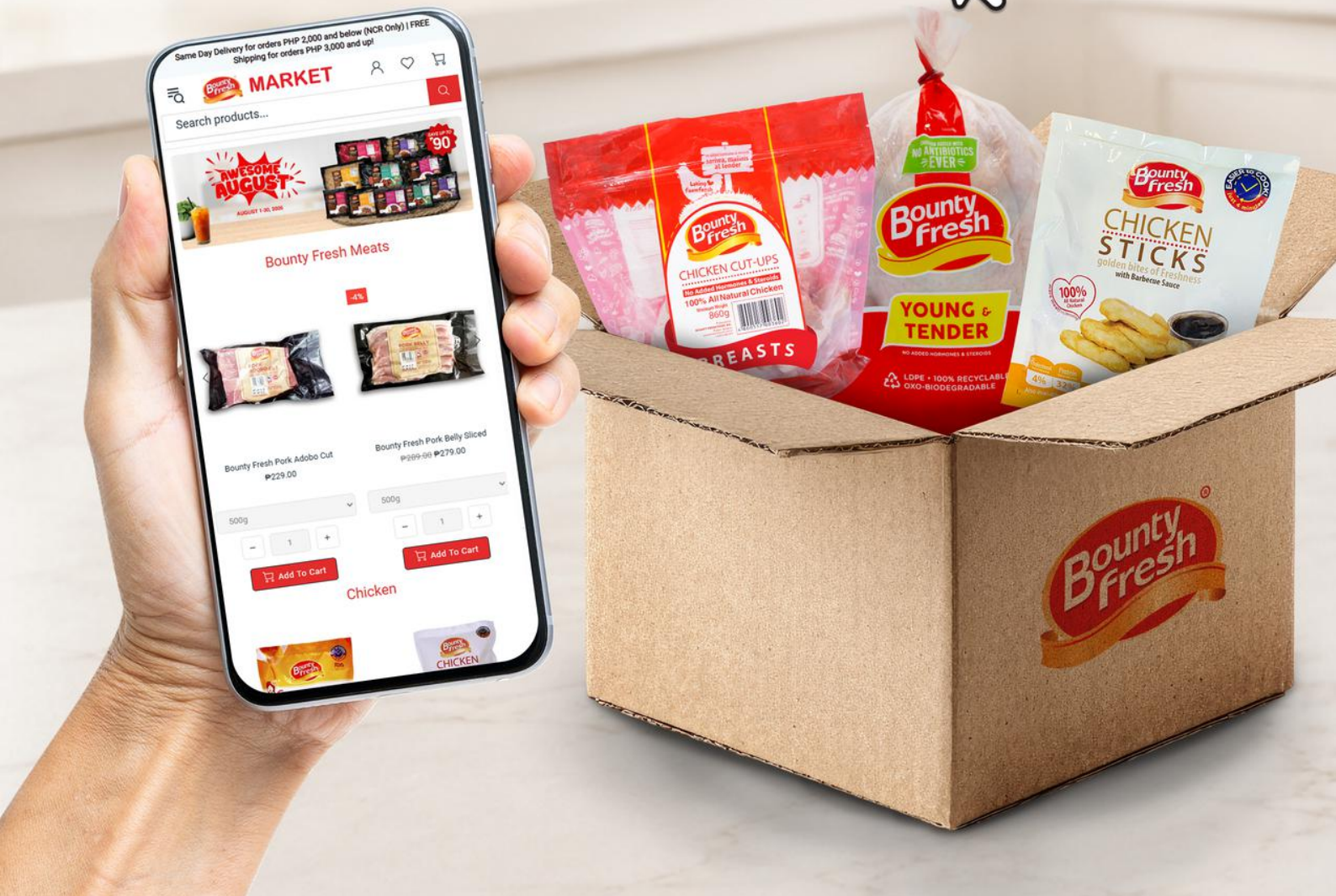
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