



RICE-BASED FOOD PRODUCTS

# *Recipes*



# Contents

## PAGE

3 Before baking or cooking...

### NO-BAKE PRODUCTS

4 Shangrice

5 Rice Balls

6 Puto Pao

7 Polvoron

8 Waffle

9 Buchi

12 Espasol

### BAKED PRODUCTS

10 Rice Nougat

11 Macaroons

12 Rice Cookies

13 Brownies

14 RECOMMENDED VARIETY/CLASS

14 ABBREVIATIONS

15 COSTING

*Subject Matter Specialists:*

*Riza G. Abilgos-Ramos*

*Rosalyn V. Manaois*

*Amelia V. Morales*

*Design & Layout Artist:*

*Perry Irish H. Duran*

*Editorial Adviser:*

*Ronan G. Zagado*

## *Before baking or cooking...*

1. Read through the recipe completely.
2. Prepare all the necessary ingredients and utensils. Make sure all utensils are clean and dry.
3. Prepare ingredients in advance such as grating fruit rind, extraction of coconut milk, and chopping nuts.
4. Pre-measure all ingredients and arrange them in the order they are called for in the recipe. Make sure to use the right measuring tools.
5. Adjust oven racks and pre-heat oven before baking. Check the actual temperature with an oven thermometer.
6. Rinse and dry the bowl, beaters, spatula and all other utensils, including your hands.
7. Carefully follow all mixing instructions in the recipe.



# Shangrice

80	g	raw glutinous rice
½	tbsp	garlic, minced
160	g	ground pork
1	tbsp	onion, chopped
½	tsp	salt
2	tbsp	cooking oil
¼	tsp	black pepper
1	c	cooking oil (for frying)
20	pc	lumpia wrapper

*\*Makes 20 pc*

## Procedure:

1. Cook glutinous rice. Set aside.
2. Saute garlic and onion in cooking oil.
3. Add ground pork, salt and pepper. Cook until golden brown. Remove excess oil.
4. Mix ground pork and glutinous rice in a large mixing bowl.
5. Scoop 1 tbsp of the mixture and wrap in lumpia wrapper.
6. Deep fry until golden brown.



# Rice balls

3	c	cooked rice
¼	kg	bacon, fried and cubed
½	c	cheese, cubed
2		eggs, lightly beaten
1	c	breadcrumbs
2	tbsp	chicken coating powder
		salt and pepper to taste
		oil for frying

## Procedure:

1. Combine rice, pepper, salt and chicken coating powder.
2. Form rice into balls.
3. Stuff with bacon and cheese. Roll again into balls to fully cover the filling.
4. Dip stuffed rice balls into beaten eggs and roll in breadcrumbs.
5. Deep fry until golden brown.
6. Serve hot with sweet chili sauce or garlic-mayonnaise.



# Puto pao

Puto Base:		
500 g	rice flour	
2 c	water	
½ c	sugar	
4 pc	egg whites	
1 c	sugar	
¼ bar	cheese	

Asado filling:		
¼ kg	chicken breast	
1 c	chicken stock	
2 tbsp	soy sauce	
2 tbsp	brown sugar	
	garlic and onion	
	pepper to taste	

*\*Makes 20 pc*

## Procedure:

1. Saute' garlic, onion and shredded chicken breast. Add sugar, soy sauce, pepper and chicken stock. Simmer until dry. Set aside.
2. Combine rice flour, white sugar and water in a bowl. Mix until it has a 'condensed milk' consistency. Set aside.

- In a large bowl, beat egg whites until soft peaks form. Gradually add 1 cup sugar. Continue beating egg whites until stiff but not dry.
- Fold in the flour mixture into beaten egg whites until thoroughly blended.
- Spoon a small amount of mixture into molders, add asado filling then fill with flour mixture. Top with cheese.
- Steam over medium heat for 15 min or until cooked.

# Polvoron

$\frac{3}{4}$ c	plain rice flour
$\frac{1}{4}$ c	lard
$\frac{1}{4}$ c	sugar
$\frac{1}{2}$ c	buttermilk
$\frac{1}{4}$ c	margarine

## Procedure:

*\*Makes 9 pc*

- Toast flour over moderate heat until light brown while stirring constantly. Set aside.
- Melt lard and margarine.
- In a bowl, mix together toasted rice flour, buttermilk, sugar and melted butter margarine and lard.
- Mix thoroughly. Use a round or oval polvoron molder to get the desired shape.
- Wrap in Japanese paper or cellophane.



# Waffle

$\frac{3}{4}$ c	rice flour
$\frac{1}{2}$ c	evaporated milk
$\frac{1}{4}$ bar	margarine
1 tsp	baking powder
3 pc	egg
$\frac{1}{3}$ c	white sugar
	pinch of salt
	few drops of vanilla

*\*Makes 6 pc*

## Procedure:

1. In a medium bowl, cream softened margarine.
2. Add sugar, eggs and evaporated milk.
3. Combine rice flour, baking powder and salt. Gradually add into the egg mixture and mix thoroughly.
4. Brush waffle maker with little margarine. Gently pour the mixture into the waffle maker. Cook for 2 to 3 min.
5. Serve hot waffle with butter, fruits and syrup.

# Buchi

¼ c	sweet potato, boiled and mashed
250 g	glutinous rice flour
½ c	sugar
¾ c	water
1 c	mongo filling
¼ c	sesame seeds
	oil for frying

## Procedure:

1. Dissolve sugar in boiling water.
2. Stir sugar water into flour until flour is all damp. Add mashed sweet potato.
3. Mix dough in a bowl until soft and smooth.
4. Take a tablespoonful of dough and roll into a ball.
5. Make an indentation and place some filling. Fold over sides to enclose filling and roll again into a ball.
6. Dip the ball into a dish of sesame seeds until entire surface is covered.
7. Deep fry until sesame seeds turn brown. Press balls lightly against the side of pan to help the balls expand.
8. Drain in paper towels.



# Rice nougat

1½	c	glutinous rice flour
1½	c	plain rice flour
1½	c	white sugar
2	pc	eggs
100	ml	condensed milk
84	g	margarine
¾	c	water
¼	bar	grated cheese
125	g	chopped nutes

\*Makes 124 pc

## Procedure:

1. Cream softened margarine. Gradually add sugar and eggs. Mix thoroughly.
2. Combine condensed milk with water. Alternately add rice flour and milk mixture. Blend until smooth. Stir in cheese, peanuts and flavorings.

3. Pour into molders and steam for 20 min or until cooked.
4. Remove from molders. Knead mixture using plastic food wrap until smooth. Mold and cut into desired size.
5. Arrange molded nougat on cookie sheets and bake at 150°C for 20 min.

# Macaroons

## Procedure:

1. Preheat oven to 375°F.  
Prepare macaroon tin cups by lining them with colored fluted paper cups.
2. In a bowl, cream margarine and sugar until light. Add eggs and mix well.
3. Add plain rice flour, baking powder, vanilla, desiccated coconut, evaporated milk and condensed milk. Add to egg mixture and blend well.

4. Spoon mixture to prepared macaroon cups and bake in preheated oven for about 15 to 20 min or until golden brown.

¼	c	margarine
½	c	plain rice flour
100	g	desiccated coconut
½	can	condensed milk
50	ml	evaporated milk
¼	c	sugar
2	pc	eggs
½	tsp	baking powder
½	tsp	vanilla

# Cookies

$\frac{3}{4}$	c	margarine, softened
$\frac{1}{2}$	c	sugar
$\frac{1}{2}$	tsp	baking powder
$\frac{1}{2}$	pc	egg
$\frac{1}{2}$	tsp	vanilla
$1\frac{3}{4}$	c	plain rice flour

## Procedure:

1. Preheat oven.
2. Cream margarine, then add sugar, egg and vanilla.
3. Stir in rice flour and baking powder. Mix well.
4. Drop by rounded teaspoons unto ungreased cookie sheet. Flatten very slightly with fork.
5. Bake cookies in 375°F for 8 to 10 min.
6. Transfer cookies to a wire rack and cool.

# Espasol

500	g	glutinous rice flour
250	g	white sugar
2 $\frac{1}{2}$	g	coconut milk (using 1 pc coconut)
1	can	condensed milk

## Procedure:

1. Toast flour in medium fire for about 30 min. Set aside.
2. Boil coconut milk. Add sugar and condensed milk.
3. Add flour gradually. Mix well until dense.
4. Transfer on floured tray, cool, and cut.

# Brownies

1½ c	rice flour
60 g	unsweetened chocolate
2 c	brown sugar
6 pc	eggs
1 c	margarine
½ c	chopped nuts
½ tsp	salt
2 tsp	vanilla
½ c	Karo syrup
¼ tsp	baking powder

## Procedure:

1. Preheat oven at 350°F and line a 6x6x2" pan with wax paper.
2. Melt margarine in a double boiler. Add unsweetened chocolate, sugar and vanilla. Mix thoroughly and cool.
3. Pour and blend melted mixture into beaten eggs.
4. Combine rice flour, baking powder and salt. Gradually add to chocolate mixture.
5. Pour into the baking pan. Top with chopped nuts and bake for 25 min.
6. Take the pan out of the oven when almost done. Brush the top with Karo syrup and bake again to dry.
7. Cool slightly and slice into squares.



# Recommended Rice Variety / Class

Shangrice	NSIC Rc31, NSIC Rc15, or any glutinous rice ( <i>malagkit</i> )
Puto pao	NSIC Rc216, PSB Rc82, or any regular rice
Rice balls, Espasol	Any glutinous rice
Buchi	IMS2 or any glutinous rice
Polvoron	Any regular rice
Waffle	NSIC Rc160, NSIC Rc218
Rice Nougat	Any glutinous and regular rice
Macaroons, Cookies, Brownies	Any regular rice

## Abbreviations

c cup  
g gram  
kg kilogram  
ml milliliter

pc piece  
tbsp tablespoon  
tsp teaspoon

# *Cost Analysis*

---

Total expenses	=	Raw materials + Labor + Equipment expenses
Overhead cost	=	15% of total expenses
Grand Total Expenses	=	Total expenses + Overhead cost
Cost per unit	=	Grand total / No. of units produced
Selling price	=	Cost per unit + 50% mark-up
Sales	=	No. of units produced x Selling price
Income	=	Sales – Grand total expenses

---

For inquiries and training requests, write or call:

**Rice Chemistry and Food Science Division**

Philippine Rice Research Institute

Maligaya, Science City of Muñoz, 3119 Nueva Ecija

Email: [prii.mail@philrice.gov.ph](mailto:prii.mail@philrice.gov.ph)

Mob: 0908 893 5078

Tel: +63 44 456 0258 loc 260



We are a chartered government corporate entity under the Department of Agriculture. We were created through Executive Order 1061 on 5 November 1985 (as amended) to help develop high-yielding, cost-reducing, and environment- friendly technologies so farmers can produce enough rice for all Filipinos. We accomplish this mission through research and development work in our central and seven branch stations, coordinating with a network that comprises 58 agencies and 70 seed centers strategically located nationwide.

To help farmers achieve holistic development, we will pursue the following goals in 2010-2020: attaining and sustaining rice self-sufficiency; reducing poverty and malnutrition; and achieving competitiveness through agricultural science and technology. We have the following certifications: ISO 9001:2008 (Quality Management), ISO 14001:2004 (Environmental Management), and OHSAS 18001:2007 (Occupational Health and Safety Assessment Series).

[www.philrice.gov.ph](http://www.philrice.gov.ph)  
[www.pinoyrice.com](http://www.pinoyrice.com)



PhilRice Text Center  
0920-911-1398

@rice\_matters



rice.matters