

January-March 2017

Byahe Na!

Magazine published for



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Hop in to the Hidden Paradise
of Bulalacao

Change is Coming!

Many Ways to Say "I Love You"

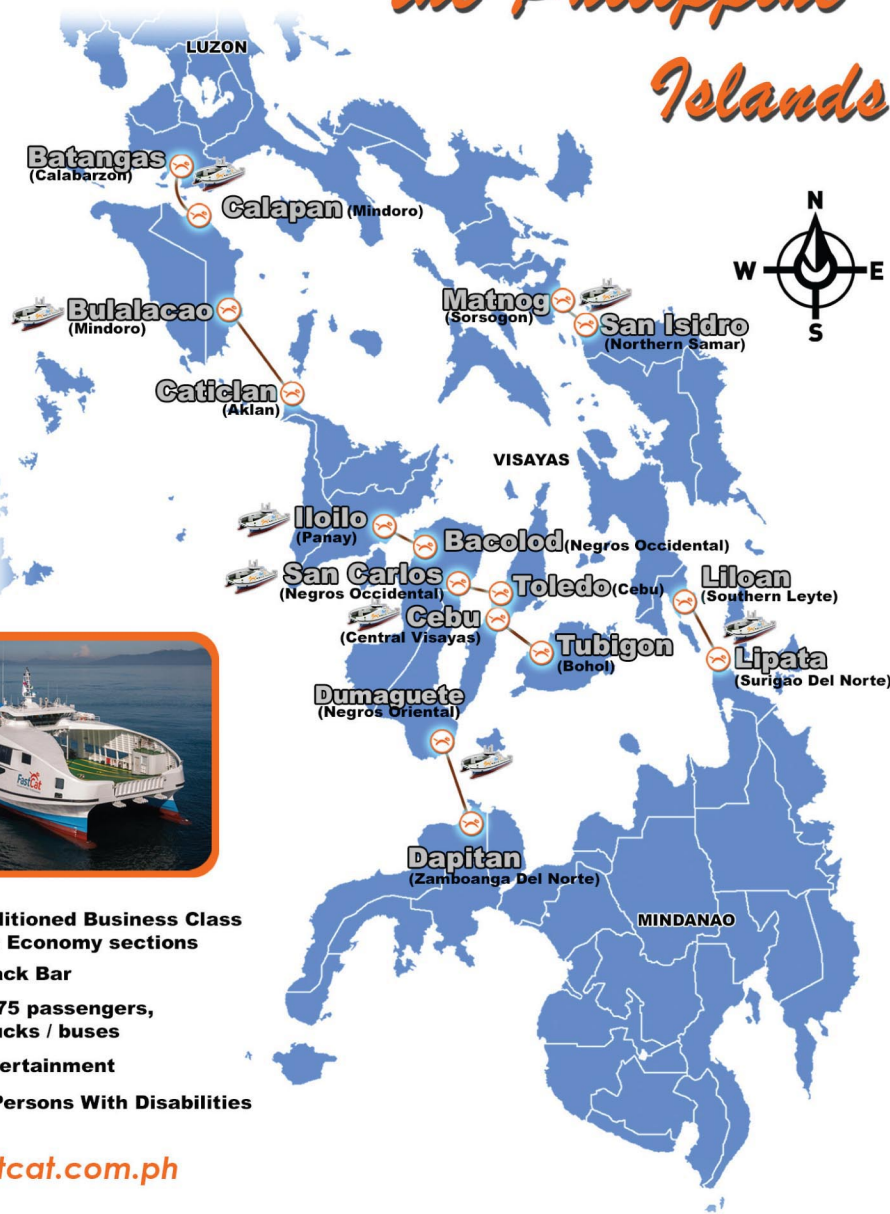
I Volunteer...! Myself.

Ano Ka'mo... Ka-Mo-Te?

Happy Riding!
Happy Reading!

HAPPY NEW YEAR!

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Byahe Na!

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Complete the sentence and get a surprise gift from JAM, FastCat and Philtranco!

What changes in the travel industry are you waiting for?

Be a part of our magazine by sending articles, suggestions, testimonials or feedback and connect with us at marketing@jam.com.ph or jamliner.marketing@gmail.com.

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**NEW YEAR,
NEW CONNECTIONS...**

**CHANGE
HAS
COME!**

Emiliano Labitigan
HR / Admin Manager
Archipelago Philippine Ferries Corporation
(FastCat)

We welcome 2017 with open arms, more power and passion to reach our goals. With this is a ton of responsibilities, but I know we could pull this one TOGETHER. It is going to be a rough ride at first, but I am sure the rewards will be more than adequate. We will prove that hard work pays off. **PARA SA BAYAN!**

Three work habits that will propel us to our goals are commitment, concern for the welfare of the people, and optimism. As Mary Ann Pastrana (Fastcat, Executive Vice President) said, "Don't give up until work is done. If you decide that something needs to be done, do it. A work-life balance is always important." This is what commitment means to us and it is in partnership with a genuine concern for the people's welfare. Long-term success comes from meeting challenges together... at times being an adviser when needed (I remember one time helping an employee to come up with a modified work schedule to help him get through personal challenges with his marriage). Another component to success is one's decision to be optimistic. Optimism is the positive energy which lifts up morale in the workplace. If genuine, optimism fosters solid teamwork. And teamwork works!

The job of managing people is to increase the productivity of knowledge, to attract and retain people, to treat them as individuals. Nowadays, employees are more questioning and demanding. They feel empowered to air their concerns, grievances and aspirations – so it is all about working together with our staff and colleagues on a partnership basis, to make our services more unique than others.

Together we have defined our goals for 2017 and our passengers can expect top quality service! We need to do the following in our department to achieve them: 1. Hiring the right people, ongoing training and arming them with interactive and technical skills and work knowledge. 2. Performance reviews and feedback as part of the day-to-day communications with employees, more often than just once a year. 3. Manage a diverse workforce in the transport industry and develop a common ground of productivity vis-à-vis demographic differences in which everybody feels valued, where their talents are being fully utilized and blending with our brand promise:

To experience a "Ferry Safe, Ferry Fast and Ferry Convenient Travel".

With the arrival of our 11th and 12th vessels, the opening of the Camiguin-Jagna-Balingoan route, our ISO 9000:2015 certification, implementation of our AX Dynamics System, and our endless stream of projects, we are taking bolder steps towards our dream ---- to provide a vital maritime link between the Philippines' 7,107 islands.

**2017 will be a more exciting year...
EXPECT GREAT THINGS TO COME.**

Hop in to the Hidden Paradise of Bulalacao

By Jemarie Camba



2017 na! Nailista mo naba ang iyong #TravelGoals ngayong taon? Hep, hep! Tekang lang! Kung sawa ka nang makipagsiksikan sa mga sikat na beaches o pasyalan, mayroon akong alam na madali at magandang puntahan. Promise, hindi ito scam!



Narinig mo na ba ang lugar na Bulalacao?

Oo Bes, lugar yan dito sa Pinas hindi sa outerspace! Well, whether you have heard of it or not, sigurado akong papangarapin mo ring bisitahin ang paraisong ito. Ang Bulalacao ay matatagpuan sa probinsya ng Oriental Mindoro at sa halagang ₱ 473.55 (AC) / ₱ 387.45 (NAC) bus fare + ₱ 300 (Business Class) / ₱ 250 (Premium Economy) / ₱ 190 (Economy) FastCat fare ay maaari ka ng makarating dito ng walang hassle dahil sa Seamless Travel na hatid ng Philtranco at FastCat. Araw-araw ay may mga Philtranco bus na dumadaan mismo sa Bulalacao, Mindoro (Manila-Iloilo trips).

Kung hanap mo ay isang pak na pak na nature adventure... this is the place to be, mga Bes!



Here are some of the activities that you can include in your itinerary:

- Island and beach-hopping — Target, Silad, Aslom, Sugucay, Buyayao, Maasin, Tambaron, Magayad, Tulali and a lot more! What makes Bulalacao special and worth visiting are their breath-taking islands that are waiting to be explored, that's why it should be number one on your list!
- Go snorkeling and scuba diving
- Trek to the waterfalls of Cabugao and Bagong Sikat
- Hike and camp at Tree Park
- Visit and take photos of the sunken bell tower of Tabuk Church
- Enjoy kite boarding or wind surfing
- Mingle with the Hanunuo Tribes
- Celebrate the Biniray Festival (held every 29th of June)
- Forget about your diet and try their fresh seafoods!

Trust me, Bulalacao has many great things in store for you!

The unspoiled beauty of this town makes it a perfect escape from all the stress and pollution of the city. Kaya ano pang hinihintay mo? Add Bulalacao to your bucket list! Ayain na ang buong family, si baby o sila bessy at magfile na ng leave! Visit www.philtranco.net / www.fastcat.com.ph and book your tickets now!



SKY PLAY

Fantastical Rooftop Playground by Kenneth Cobonpue



He's been called rattan's first virtuoso. But children living near SM Seaside City Cebu in the Philippines likely refer to him as really cool. It's at that five-story mega-mall by Arquitectonica that furniture designer Kenneth Cobonpue has created Sky Play, a fantastical 1/2-acre rooftop playground. Placed on top of swaths of green artificial turf or blue synthetic rubber are 25 climb-worthy structures that began as sketches of a make-believe underwater world. Cobonpue says that he initially took up design to be a kid forever: "Designing this is a return to my childhood imagination, where gigantic dinosaurs roamed the land, and sea clams provided shelter to sailors and mermaids." Since the site is surrounded by underprivileged neighborhoods, the park also serves as a safe place for less-fortunate kids to literally let their imaginations run wild.

(as featured in Interior Design Magazine - November 29, 2016 by Annie Block)

Change is Coming!

NEW YEAR NA-NAMAN. Ang bilis ng panahon! When was the last time you made a list of New Year's Resolutions?

We are all aware of the new changes coming up in our country. As President Rody said--- "Change is coming." Does this inspire you? Sabayan na yung progress ng bayan. Let's all put a change in our lives and lifestyles for the better. Let's commit to be better, to make changes where they are needed, to put power in these three words: "Change is coming!"

HERE ARE SOME SUGGESTED "CHANGES" FOR A GOOD BEGINNING:

Wala Kang Choice Changes:

Stop smoking – also think of the effects of second hand smoke

Stop drugs – go for rehab – commit to recover from addiction

Stop violence – do not let this become an automatic reaction when you're angry

Stop gambling – you're burning money – yours or other peoples'

Stop lying – magpakatotoo ka na. Mas masaya!

Stop cursing – magbilang ka ng 1-10, slooowly, instead of saying P-----!---

Good Choices to Make for Change:

Offer your seats to the elderly, PWD, and to ladies if you are a gentleman.

SMILE not just for selfies – but to others. Smile sincerely.

Do not place your cellphone sa dinner table – dinner time is bonding time.

Practice Meatless Monday or Meatless Friday para healthy.

Obey traffic rules, be a good pedestrian.

If you can walk--- walk. If you can climb stairs--- climb stairs.

Save 50.00 pesos per day and you'll have Php18,250.00 in a year! Fun Money mo na 'yan!

Find work... big or small --- earn a living.

Wake up early or sleep early – try to accomplish 10 errands in a day.

Nice Choices for Change:

Learn new skills like baking, cooking, driving, carpentry, pet grooming, singing, dancing, self-defense, sewing, writing, computer works... atbp.!

Volunteer for a good advocacy you believe in – pay forward.

Meet and greet people from all walks of life - make 100 new friends this year.

Change wardrobe, hairdo or hair color. Ang saya! Talagang "change" ito!

Travel local or overseas ... and be a changed person.

Be active in your church – join a prayer group.

Go on a short retreat – spiritual revival --- this is the secret to happiness!

Get a pet. Feel appreciated!



Mission to Innovate

To further support PhilKargo's mission to innovate, automate and optimize costs, Phil-Exchange has been established. By instituting an online market place powered by PhilKargo, facilitating exchange between sellers and buyers has now never been easier.

PhilKargo will then transport orders, tracking and reporting delivery status to serve an automated millennial electronic market place. Through Phil-Exchange, connectivity of suppliers to the market has been made trouble-free and minimizes tier-priced shipments thus, ensuring the highest possible return to entrepreneurs and a guaranteed low cost to buyers.



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TRAVEL TIPS



1

Magbigay daan sa lumalabas o bumababa bago pumasok sa bus, barko, tren, elevator o anu mang lagusan ng tao.



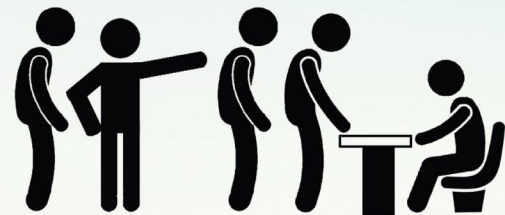
2

When riding the escalator or using the stairs, always stay at the right side para pwedeng gamitin ng mga nagmamadali ang kaliwang bahagi.



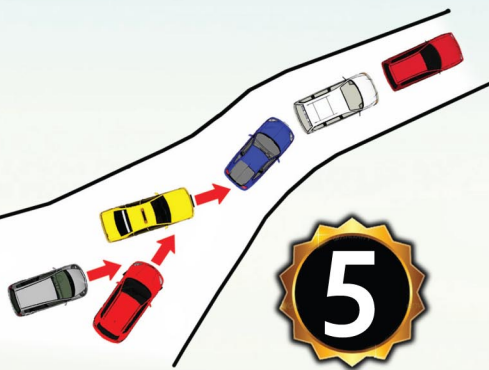
3

Always give priority to the elderly, Persons With Disabilities (PWD), children, pregnant women and people with children.



4

Ugali-ing pumila or mag tanong kung may pila.



5

Kung may bottle-neck, o kasikipan sa daanan, learn to give way or mag "alternate". Huwag makipag unahan.

CORPORATE CLIPBOARD



Last October 25, 2016, kasama ang NBI (FCD) representatives na sina Ms. Juliet G. Mahilum, Mr. Gomer C. Gomez, Mr. Jalalodin D. Mangorangca and Mr. Roy C. Caberoy ang Philtranco at JAM Liner ay muling nagsagawa ng drug test sa mga bus crew at office employees sa Pasay, Buendia at Cubao terminals.



FastCat employees joined the Mural Painting with Kids for Kids at the Peninsula de Punta Fuego Brgy. Nasugbu Batangas last September 17, 2016. It was therapeutic and everyone had fun painting the walls.

FASTCAT PARTNERS WITH Philippine Maritime Institute TO TRAIN ASPIRING CADETS



In their continuous pursuit to build up globally competitive seafarers, Archipelago Philippine Ferries Corporation or FastCat, partners with Philippine Maritime Institute to train students to be skilled and knowledgeable in the maritime industry.

Equipped with the most modern facilities and highly competent officers, FastCat – owner and operator of Roll On/Roll Off (RoRo) vessels – opened their services to train students of Philippine Maritime Institute schools, namely, Philippine Nautical and Technological Colleges (PNTC) and West Bay College while under the supervision of Archipelago Philippine Seafarers Training Institute Inc. (APSTII).



“It all started when a maritime school asked if they could send their students to APFC for cadetship training,” said FastCat EVP, Mary Ann Pastrana. “The partnership became a solution to the problem of maritime schools on where to send their students for training, and it also became a way for FastCat to have a pool of qualified and well-trained crew.” FastCat has gained trust from maritime institutions for their efforts in modernizing catamaran vessels that adapt to weather conditions and needs in the Philippines. Their experiences and resources make them the most ideal training ground for cadets.

“Our academic executives appreciated the Shipboard Training activities that APSTII submitted to us. FastCat vessels are also well-equipped with modern facilities, similar to our own, so our students can experience real things,” said PNTC Shipboard Training Officer Mario Tiu. Shipboard Training Officer Tenioso Abanil of West Bay College also said, “FastCat has very competent officers whom I believe can be trusted when it comes to training cadets.”

The training program accommodates up to 220 cadets per year distributed among ten vessels. Numbers will increase as FastCat adds more vessels to their fleet. “We are increasing our capacity for shipboard training via a blended learning in our classrooms and in our training facility found near the port,” said Pastrana. “We are also in the process of converting one of our ships into a full pledged training vessel which can accommodate as much as 3,000 students.”

Cadets must follow the learning objective prescribed by the Commission on Higher Education (CHED). They will perform duties in-line with the shifting schedule of FastCat crew members and officers under the supervision of the Vessel Master. Through this partnership, aspiring cadets will also be given the chance to become part of FastCat’s crew after they graduate.

In 2015, FastCat granted three aspiring seafarers a chance to pursue a life of productive seamanship through the Cadet & Ratings Educational Assistance Program of Scorpio Transport and Manning Services, Inc. The aim of the program is to assist cadets in achieving full accreditation by undergoing necessary training. The three scholars were also given the privilege of working for FastCat.

Now, FastCat further expands their efforts in training students so they can be up to par with global standards. They aim to have their crew members, and aspiring crew members, to keep on learning about the best maritime practices to ensure every passenger with trips that are “Ferry Safe, Ferry Fast and Ferry Convenient”.

Many ways to say



Arabic (to male) – Ana Bahebbak

Arabic (to female) – Ana Bahebbik

Cambodian (Khmer) – Khnhom Sralanh Anak

Catalan – T’estimo

Cantonese – Ngo Oiy Ley

Mandarin – Wo Ai Ni

Danish – Ik Hou Van Jou

Estonian – Ma Armastan Sind

Farsi – Doset Daram

German – Ich Liebe Dich

Greek – S’agapo

Hawaiian – Aloha Wau Ia Oe

Ilonggo – Palangga Ko Ikaw

Indonesian – Saya Cinta Padamu

Irish – Taimi I’ Ngra Leat

Italian – Ti Amo

Japanese – Aishiteru

Kapampangan – Kaluguran Daka

Korean – Sarang Heyo

Latin – Te Amo

Malay – Saya Sayang Awak

Moroccan – Ana Moajaba Bik

Pandacan – Syota Na Kita!!!

Pangasinan – Inaru Taka

Persian – Duset Daram

Pig Latin – Iway Ovelay Ouyou

Portuguese – Amo-Te

Russian – Ya Vas Liublio

Scottish Gaelic – Thagaol Agam Ort

Spanish – Te Quiero / Te Amo

Swedish – Jag Alskar Dig

Swiss- German – Ich Lieb Di

Tagalog – Mahal Kita

Taiwanese – Goa Ai Li

Thai – Chan Rak Khun

Vietnamese – To Yue Em

Cool Ways to 1-4-3

- Feel kita / Type kita / Trip kita
- More than friends zone na tayo
- Hal-mits kita
- HHNTKGSN: holding hands na tayo kasi going steady na
- Luvya / luv-u / M-U tayo
- I’m an addict for your love
- Anong say mo--- tayong dalawa na ba?!
- Uuuuuy... mi loves



Teacher:
"Who wants to volunteer for this work?"

Student:
"Mam, I volunteer- (pointing to the seatmate)- my classmate!" (Hehehe)

Welcome
Come In

"I VOLUNTEER...! MYSELF"

Everyone has to adopt a certain advocacy and going further, to take action on it. This is the hot trend among the young – the desire to "make a difference in the world" or for "world peace". Some will find it a joke, but most will take this choice as part of their lifestyle – making life matter on this planet. Doing something out of a desire to be helpful is good for the heart, the well-being and for confidence plus feeling true love and compassion for others. Remember: when you learn to love others – you attract love.

So, do you wish to volunteer yourself for something? Here are many choices – look them up in particular sites. There really are millions of possible choices for volunteerism because this planet is in need of true believers, hopefully... like YOU!

- Zero Waste for the good of the environment
- Make Adobo the national dish – get as many endorsements as you can

- Earth Day Clean Up of Manila Bay or Pasig River
- First response to disasters – this is a bottomless need!
- Visit old folks in Golden Acres
- Teaching livelihood skills to Lumads
- Medical Missions
- Adopt a Pet
- Teach street children
- Church work (mass feeding, packing relief goods, Bible studies, etc.)
- Taking orphans out for a treat
- Collecting books and donating them to libraries
- Working with farmers, help sell their produce
- Join the Habitat for Humanity
- Prison ministry (temporarily not allowed in certain jails because of the drug war)
- Tzu Chi Buddhist relief
- Cook in soup kitchens
- Teach househelp housekeeping skills

I could go on and on, but it's your turn now. I now volunteer you to make that difference in your life!

Local Businesses Credit FastCat For Sea Transport Improvements and Economic Gains



Archipelago Philippine Ferries Corporation (APFC), or FastCat, has been making sea travel faster, easier and safer for Filipinos since 2002. The company owns and operates the Philippines' first and only catamaran Roll-on/Roll-off (RoRo) ferries, and operates modernized ports and terminals in the eastern and western Philippine sea route.

In 2010, FastCat took on a re-fleeting program that adds 30 brand new catamaran vessels and several new routes connecting different provinces to further aid both local trade and leisure travelers who consider sea transport as a more economical and viable option. FastCat's innovative efforts have helped establish strong and long-standing partnerships that have produced improvements and gains in the way many local businesses are run.

FAST For a hundred years, Philtranco has been operating to provide transportation for people traveling to different areas of the country. "In our business, the RoRo facilities are very important," shares VP of Operations, **Rodelio Domingo**. "Before partnering with FastCat, we used to have a hard time crossing [waters] because of the poor vessel services. Waiting time was 3 to 6 hours, which was terrible for passengers." He goes on to explain that when there are delays, their buses are unable to return on time, and this causes loss of business for Philtranco.



Since moving their business to FastCat, Philtranco has seen a huge improvement. Waiting time was greatly reduced, facilities are comfortable and clean, and travel time has been cut down due to the speed of the vessels. "Passenger convenience was promoted," adds Domingo. "From the point of embarkation to the pier, passengers go straight to the FastCat vessel. No hassle, no lines." Moving forward, Philtranco hopes FastCat can help them reach farther provinces of the Philippines.

CONVENIENT "Our business has been transporting consumer goods, food and non-food, and raw materials from Metro Manila to Western Visayas, with our base being in Panay, for 10 years already," says Complete Logistics Control Inc. Marketing Manager **Buddy Silva**. Their company's former RoRo provider would give them just 4 to 5 slots a day, therefore, some of their trucks would be left behind or stalled.



"In our business, turnover is important. The more and quicker we are able to deliver, the better." That's why when Silva's company used FastCat, which was able to accommodate and provide them more slots, business improved significantly. Silva also greatly appreciates that FastCat offers convenience even for their payment options. "The online payment is very useful for us, kasi based kami sa Panay." Add to that, transactions are quicker, according to him.

SAFE FastCat gives exceptional service to all its passengers. **Fedelin Manalon**, a banana dealer at the Alabang Public Market is a believer of FastCat. To ensure his products make it safe and on time, Manalon uses FastCat to get his trucks through the long journey from Bulalacao, Roxas to Alabang, Metro Manila.



He says that the first thing he noticed about the ferry company is that they're fast and efficient, and the process is orderly. "Maganda ang patakaran nila. Naging priority kami sa FastCat," Manalon shares, noting that there is a lot of care given to all the passengers and cargo on board.

With all its ferries targeted to be completed by 2020, FastCat is poised to support even more local businesses, in line with one of its main missions. As APFC Chief Executive Officer, **Christopher Pastrana** says, "We want every Filipino to enjoy a Ferry Safe, Ferry Fast and Ferry Convenient trip". New routes and more vessels only mean there will be more businesses and travelers who can benefit from the safety, speed, and convenience that FastCat provides.



Nancy Reyes Lumen

There's a Secret in My Burger



Haw many ways can you make your burger interesting when it is already interesting to start with – knowing that a burger is one of the most globally popular foods in the world.

Can you think back how many burgers you have already enjoyed in your whole life? I know some people would claim in the thousands because the Hamburger Sandwich is THAT popular. Why? Because it is convenient to eat, has good flavor (from beef to more beefy to beefiest), can be a mobile snack, can be a meal in itself, can be cooked fast, served fast – that is why it is the most ordered fast-food. It goes well with soda, and it is so versatile a dish because with just a quarter pound of a beef patty you can actually do so many things.

So many have “dressed up” burgers: with mustard, ketchup, cheese and veggies, cheese sauce, Sloppy Joe, egg, salad like coleslaw, sweet-spicy or sweet-sour seasoning, topped with omelette, pizza sauce— Okay! Enough... enough... gutom na me!!!

Here's my Burger Secret Recipe

- 500 grams ground beef
- 1/4 bar cream cheese
- 1 egg
- 2 tbsp. ketchup
- Salt and pepper, to taste
- Some flour



- In a glass or steel bowl mix all ingredients except cream cheese.
- Gently knead beef mixture till firm.
- Cut or portion the cream cheese into 2 and form into balls. Roll in some flour and then chill.
- Meanwhile form the beef mixture into 2 balls.
- Then insert in the middle of the beef ball one cream cheese ball.
- Flatten into a patty making sure the cream cheese is not oozing out.
- Keep burger patty chilled till ready to pan-fry.
- Enjoy this as a burger steak, sandwich or topping on mashed potatoes.

Well, my secret is not a secret anymore... enjoy!

AMIHAN

Executive Coach

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Love... MERONG Forever!

By: Carmen Joan V. Algara

My dear byaheros,
Let me share three special love stories which will inspire us to celebrate LOVE and LIFE.

GO, FIGHT, WIN!



Lexine Brielle or Alex to her parents Glenn and Johna, is a 7 year old girl who loves to sing, dance, dress up and is very thoughtful to her friends and parents. No wonder she is their shining light!

Feb. 2015: Devastating news! Alex was diagnosed with a brain tumor. Johna was heartbroken, Glenn was working abroad so he immediately tried to arrange a trip to be with his daughter. Family and friends became the support group. They raised funds and there were anonymous supporters too. Alex underwent an operation the next month. She came out with a portion of the tumor left in her brain, but recovered and is still being monitored.

Alex never lost her faith in God. During the course of tests, medications, procedures and some dietary modifications, she claimed God's love and healing! She has been very cooperative with the medical procedures -- but each time she got scared, she hung on to the love of her parents and her faith. She would often tell her Mom and Dad that she will be okay and loves them very much.

From the time Alex was diagnosed, the family has felt the outpouring of Love. They witnessed the power of prayers, the many miracles that made their faith stronger. They still have a long road ahead, but because of the blessing of Love, their faith in God, and faith in people, they have claimed to conquer this tumor and to GO, FIGHT and WIN the battle together.

METAMORPHOSIS



Friends were teasing Dee that, maybe, the soreness in her breast was a sign that finally she is "infanticipating". It turned out she was not, it was breast cancer. For Dee who enjoys being the life of the party, going out with friends, and being happily married to Neil, it was devastating news.

She put up a brave front and did not want her family to worry. After talking to her family and friends, she and Neil made their decisions on procedures and treatments. And her journey began.

She lost her left breast, hair and good cells to chemotherapy. She lost many things, but she gained a renewal of faith in God. She was sustained with love from her family and friends. She said that God is using her to inspire others. To her, having cancer is not the end, that a person can get up and beat it, to endure is to be resilient, that she is in a cocoon that will eventually transform into a new person, a butterfly. And so she did. Because later, something wonderful happened --- she got pregnant with their first child. It was when she let go and let God do His miracles on her that she witnessed God's promise --- that He will not abandon her because He loves her. He only requires our faith in Him. The "old" Dee transformed into a loving "new" Dee. In praise and worship, Dee said: "Live and love life fully, because every day is a blessing from God."



SOFTDRINKS WITH LOVE



Roy and Rosemarie's love story unfolded in Cebu, as a couple working in another city for a chance to earn more and to support their families in Bacolod. Due to unfortunate circumstances, Roy left his job in Cebu and went home to Bacolod. Rosemarie was left in Cebu and she never heard from Roy again. So Rosemarie thought that it was the end of their love story.

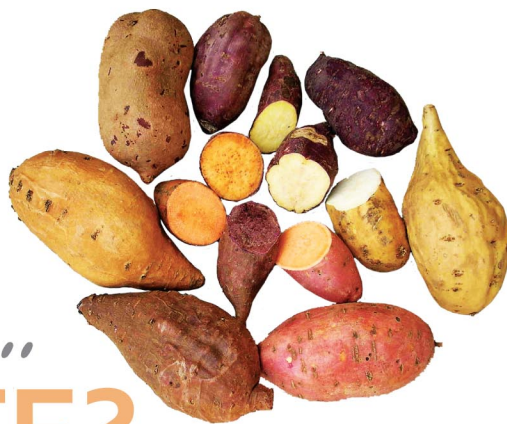
Eventually, she too left her job and looked for work in Bacolod. She was hired as a Checker in a retail store and started her training. On her first day, during lunch break, she queued to buy a softdrink. To her surprise, she was paying for it... to Roy! Caught off-guard, she took the bottle and left without saying a word. Her heart pounded pretty fast.

Eventually Roy and Rosemarie became regular employees and were working in one department. Both made many friends at work but nobody knew of their past. A year after, Rosemarie informed her manager that she was getting married. The manager was quite surprised but happy for Rosemarie and inquired who the lucky guy was. It was Roy.

Post Script: Roy has moved on to other career opportunities and Rosemarie is now a proud housewife. They are blessed with a daughter named Claire.



The many wonders of kamote can't be counted in my ten fingers because this is not just the Pinoy's everyday root crop, but it has medicinal values that make it an affordable – foodaceutical (food medicine).



ANO KA'MO... KA-MO-TE?

Kamote is not just delicious... it is VERY delicious. The varieties of kamote give different textures, colors and subtle flavor differences depending on how these are cooked. Boiled, grilled, fried, stewed, mashed, sweetened, milked, spiced up, steamed, peeled or not, glazed with sugar coating, dusted with sugar, stuffed in meats, kamote is so versatile --- you can make a whole cookbook out of it.

For me, I like kamote to go with any kind of adobo... in place of potatoes. Because kamote has that kind of umami-sweetness that potato doesn't have. Why not substitute kamote for potatoes in dishes like Caldereta, Pochero, Mashed Potatoes, French Fries, Potato Salad...

Get to know more about kamote--- here are some more trivia :

- It is one of the oldest vegetables, so maybe the cavemen ate it.
- Origin – Central America.
- Varieties: in flesh (white, yellow, violet or orange). In skin color (white, red, violet, yellow or orange).
- You can blender cooked kamote, but you can't (and don't even try) do the same for potatoes or else the potatoes will become rubbery and tangle the blender.
- Been known to help avoid stroke by bringing down the harmful effects of low-density cholesterol and preventing blood clots.
- Has high amount of potassium and low glycemic index.
- Did you know that kamote can be eaten raw with skin? Just wash it with clean, cold water.
- Kamotes are different from yams. Yams are much bigger, kamotes have thinner peel.

LET ME SHARE A RECIPE FOR KAMOTE:

Spicy Kamote-Monggo Soup (Good for 6-8)

- 1 pc. Spanish chorizo, sliced diagonally
- 250 gms. boiled kamote, peeled, cubed
- 250 gms. boiled monggo
- 4 C chicken or beef broth
- siling labuyo (depends on how much you can tolerate)
- olive oil
- green herbs

- Heat oil and brown the chorizo and chili.
 - Let chorizo's oil turn the olive oil to orange.
 - Gently sauté kamote and monggo till incorporated.
 - In a separate pot, bring broth to a boil, then simmer.
 - When boiling, add the kamote, chorizo and monggo.
 - Drizzle the orange oil on the soup.
 - Use green herbs as garnish.
- Serve hot!



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