

## **Pinakbet Recipe (“thanks” giving meal or family meal)**

- Kalabasa squash or Kabocha squash (1/2)
  - Onion (half)
  - Garlic (4 cloves)
  - Chinese eggplant (2)
  - String beans
  - Okra
  - Black bean garlic sauce (3 tbsp)
  - Soy sauce (generous)
  - White vinegar (2 tbsp)
1. Boil or steam half of kalabasa squash until slightly tender
  2. Prepare other vegetables in bite size pieces (not too small)
  3. Saute onion, garlic, and green beans
  4. Add softer vegetable like eggplant and okra
  5. When cooked half way, add already squash to cook down
  6. Add black bean sauce, soy sauce, and white vinegar
  7. SERVE with RICE

### **MASARAP! (yum!)**

This recipe is important to me because it keeps me close to my roots. This may not be my absolute favorite filipino dish yet my attempts to cook and replicate the meals made by my mother and family is what makes this meal so special. Everytime I am able to cook something from “home, it reminds me of who I am. Being part of the filipino community as a queer multiracial filipinx person is a challenge everyday. Cooking and being connected through these meals makes me feel right at home.

### **Salamat! (thank you!)**









