

Recipe 1: Biko (Filipino sweet rice cakes)

INGREDIENTS:

- 2 ½ cups glutinous rice or malagkit
- Water for soaking
- 2 cups water
- ½ cup muscovado sugar
- 1 ¼ cup brown sugar
- 2 cups coconut cream or kakang gata
- ½ teaspoon sea salt
- Latik for topping (optional) (see recipe below)
- Yellow jackfruit shreds for topping (optional)

Note: This involves an inactive time of four hours up to overnight of soaking the rice.

INSTRUCTIONS:

1. Soak the rice in a bowl of water for at least four hours up to overnight.
2. Rinse and drain before transferring the rice to a medium pot.
3. Pour 2 cups of water and cover the pot. Cook over medium heat until boiling.
4. Turn down the heat to low and cook for 20 minutes or until all water has been fully absorbed.
5. Turn off the heat and let it cool slightly.
6. Using a separate medium pot, combine the muscovado, brown sugar, coconut cream, and salt. Cook over medium heat until boiling, stirring occasionally.
7. Once boiling, turn down the heat to low and let it cook until the mixture has thickened.
8. Mix in the cooked rice and keep mixing until well combined with the syrup. Cook for another five minutes or until the rice has fully absorbed the liquid. Turn off the heat.
9. Transfer the sweetened rice to a serving container and flatten the top evenly using the back of a flat ladle or spatula.
10. Top with latik (see recipe below) or yellow jackfruit shreds (optional).
11. Serve warm.

TO MAKE THE LATIK:

1. Heat a medium pan over medium heat.
2. Pour about 1 cup coconut cream and cook until curds start to form.
3. Continuously mix around to solidify the curds and turn golden brown.
4. Turn off the heat and use the curds or latik as topping.

Recipe 2: Air-Fried Kamote Cue (caramelized sweet potato)

INGREDIENTS:

- 1 lb. sweet potato
- 1 tablespoon oil, or more if needed
- Salt to taste
- Few sprinkles of cinnamon
- 2-3 tablespoons maple syrup, or date sugar
- Few sprinkles of sesame seeds

INSTRUCTIONS:

1. Wash and peel sweet potatoes and cut into half-inch round slices.
2. Dry with paper towel or clean kitchen cloth and spray or brush cooking oil to coat.
3. Drizzle maple syrup or preferred sweetener and sprinkle cinnamon and sesame seeds on both sides.
4. Place in the air fryer basket in a single layer and cook at 400F for 12-15 minutes, flipping halfway through to cook the other side. Depending on how big your air fryer is, you may need to cook in batches.
5. Serve warm.

Cooking lesson with Menlo Park Library

October 15, 2025

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