

Other PANTRY stories

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Always seasoning your tawilis with just salt and pepper? Why not marinate it in tuba and coat it with batter before frying? The recipe of former Malacañang executive chef Babes Austria on Pantry. [Read more](#)

**Pinikpikan style heirloom rice dish**

How can you maximize heirloom rice once you've gotten hold of some? Turn it into a delectable chicken rice a la chicken tinola, as Chef Roland Laudico did recently using Jordan Farms heirloom heritage rice. It's called pinikpikan chicken rice, and the recipe is in Pantry. [Read more](#)

**Creamy pasta dish**

Pasta is not just a delicious, tummy-filling dish; it's also a convenient and easy-to-prepare one-dish meal. So how about a creamy seafood puttanesca? [Read more](#)

October 28, 2014

**Pinikpikan style heirloom rice dish**

Text by **Dolly T. Dy-Zulueta**

Photo by **Rafael R. Zulueta**

Our heirloom rice has been with us for centuries. Cultivated by our forefathers, they come in different forms depending on where they have been planted, grown and harvested. Mostly grown organically and nurtured by nature, they provide more nourishment than most of the rice varieties that we know and "enjoy" today. Unfortunately, due to difficulty in maintaining the rice-growing practices followed by our forefathers and the low yield as compared to today's "chemical-assisted" rice-growing practices, such as the use of fertilizers and pesticides, our heirloom rice varieties are steadily dwindling and are on the brink of fading into oblivion.

One of them is the Tinawon Fancy, or Imbuacan, the rare heirloom rice of the Cordilleras that has been hand-cultivated in the high elevation terraces for generations. It is one of five heirloom rice varieties involved in the Cordillera Heirloom Rice Project, an initiative of RICE Inc., which is a capacity-building NGO working directly with farmers to build a sustainable economic enterprise that is rooted in the indigenous knowledge of the people. Sunnywood Superfoods Corp., which distributes Harvester's, Jordan Farms and Farmboy rice brands in the market today, has adopted it as one of its main CSR projects. In an effort to encourage farmers of heirloom rice varieties to continue planting and producing such rice varieties, Sunnywood is taking charge of the marketing of our heirloom rice and making them available in the market. Owing to the fact that the supply of heirloom rice is limited and that their price is a little higher than regular rice, these heirloom rice varieties, marketed under the Jordan Farms Heirloom Heritage Rice line, are only available for six months every year and in higher-end supermarkets and bazaars only.

To help get people acquainted with the types of heirloom rice that we have and what we can do with them aside from plain steaming or boiling, Sunnywood has asked the husband-and-wife team of Chefs Roland and Jackie Laudico to create recipes using heirloom rice. Here's one that Chef Roland whipped up, and it's extremely good.

**PINIKPIKAN CHICKEN RICE**

**Ingredients:**

- 1 whole chicken, cut into 8 to 10 pcs.
- 1/2 cup cooking oil
- 1/2 cup etag or smoked bacon, diced
- 1 cup diced onion
- 2 Tbsps. minced ginger
- 2 Tbsps. minced lemongrass
- 2 Tbsps. minced garlic
- 2 cups Jordan Farms Tinawon Brown Rice
- 1/2 cup patis (fish sauce)
- 6 cups chicken stock or broth
- 2 pcs. sayote, peeled and sliced
- 1 head green cabbage, sliced
- 1 bunch malunggay (moringa) leaves
- salt and pepper to taste

**Procedure:**

1. Season chicken pieces with salt and pepper. Fry in hot cooking oil until brown, then add bacon and cook until brown.
2. Add onion, ginger, lemongrass and garlic, and saute until golden.
3. Add rice and cook for 5 minutes. Season with fish sauce and cook for 1 minute.
4. Pour in chicken stock and let boil, then lower heat to simmering.
5. After 45 minutes, add all the other vegetables and cook for another 10 minutes or until rice and vegetables are cooked.



Pinikpikan Chicken Rice

*Dolly T. Dy-Zulueta is editor of Flavors Magazine. She graduated from a certificate course in culinary and baking skills at the Center for Asian Culinary Studies (CACS). Aside from this course, she has taken several cooking classes in several cooking schools.*

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