

Written by JP Jael, Director of Community Collaborations
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The Filipino American Network's (FAN) hosted its annual AdoboFest on September 13, 2009 at La Bagh Woods in Chicago, Illinois. Volunteers from the Filipino American Community Health Initiative of Chicago (FACHIC) participated in the Adobo taste-off by preparing a healthy version of this traditional Filipino dish. The name of FACHIC's dish was Adobo Fresca and it was voted as one of the Top 5 finalist by the event's attendees.

The recipe for Adobo Fresca was concocted by FACHIC volunteer chef, Geri Aglipay. It is a modern version of the classic Adobong Kangkong. The dish was made using healthy and fresh ingredients, such as Kangkong (also known as On Choy or Chinese Watercrest), which is a green leafy vegetable, high in vitamins and minerals, and easily found in the Philippines; tofu, which is high in protein and a good alternative to meat; garlic, low-sodium soy sauce, and extra-virgin olive oil. The Adobo Fresca was made with expertise and heart with the help of other FACHIC volunteer sous chefs and tasters—Marissa Angeles, Joanne Garces, Andrea Garces, Karl Kimpo, and JP Jael.

FAN's AdoboFest is a picnic and cooking competition, running on its 2nd consecutive year. The goal of the event is to bring the Filipino community together for food, games, entertainment, and awareness to their charity partners. The participants enable FAN to raise money and continue delivering a mix of activities and annual events such as the Chicago Filipino American Film Festival, Tagalog lessons, Passport to the Philippines Navy Pier Children's Museum series, and the Senior Gift Basket holiday drive. The donations also enable FAN to assist their partners such as Believe International, Gawad Kalinga, and FACHIC.

FACHIC will try again to bring home the "Best Tasting Adobo" or "People Choice" trophy at next year's Adobo Taste-off with another unique and healthy adobo recipe. Check out this link for an event recap and pictures: <http://www.bakitwhy.com/chicago-adobofest-2009>

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