

MATATAREK A KAPANOTONG

No. 2

(Different Ways of Cooking)

A Cookbook In Ibatan

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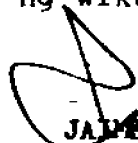
## PAUNANG SALITA

Ang isang katangiang masasabi tungkol sa Pilipinas ay ang pagkakaroon nito ng iba't ibang pangkat etniko na nag-aangkin ng kani-kanilang wikang katutubo. Gayon man, ito'y hindi naging balakid sa pag-unlad ng bansa, bagkus nagpatibay pa nga sa pagbubuklod at pagkakaisa ng mga mamamayan tungo sa pagkakaroon ng isang diwang panlahat.

Ang aklat na ito ay isa sa serye ng ganitong uri ng mga babasahing inihahanda para sa higit na ikalilintang ng mga kaalaman, kakayahan, kasanayan, pagpapahalaga at pagmamahal sa sariling wika ng mga mag-aaral.

Sinikap na malakipan ang aklat ng mga paksang inaakalang magdudulot ng malaki at makabuluhang kapakinabangan sa mga gagamit nito. Sa paghahanda ng mga ito isinaalang-alang ang mga pangkalahatang layunin ng bansa. Isinaalang-alang din ang mga pangkasalukuyang pangangailangan ng mga mag-aaral sa pagpapalawak at pagpapayaman ng kanilang talasalitaan, paglinang ng kakayahang gumamit ng wikang gamitin at wastong pagsulat nito. May inilakip ding mga pagsasanay na inaakalang makatutulong sa mabisang pag-aaral ng wika. Matitiyak na ganap na nilang natutuhan at nauunawaan ang wika kung ito'y buong katalinuhan na nilang natatalakay sa klase at naiuugnay o nagagamit sa tunay na buhay.

Nagagalak ang Ministri ng Edukasyon, Kultura at Isports sa pagkasulat ng aklat na ito taglay ang matapat na hangarin at mithing lalo pang mapataas ang uri ng edukasyon ng mga mag-aaral at nang makasulat din sila sa pamamagitan ng pag-aaral ng sariling wika. At inaasahan din sa gayon, ang madaliang pagkatuto ng bawat mag-aaral ng wikang pambansa.



JAIMÉ C. LAYA

Minister ng Edukasyon, Kultura at Isports

## PREFACE

This second cookbook was prepared in order to help the Ibatan people of Babuyan Claro Island think of alternative ways of preparing their food, not only to work towards a better diet, but also towards enjoyment in experimenting with food that they have on hand.

The first book dealt with carbohydrates: corn, millet, rice, and root crops. This book focuses on fruits and vegetables which have lots of vitamins and minerals. It is our hope that a final book will cover the proteins: beans, eggs, milk, and meat.

Many of these recipes have been tested in an Ibatan Kitchen during 1984 and 1985. Cakes and breads will vary in taste and texture depending on the type of flour used. The amount of liquid and flour may vary also with different flours. Substitutes as coconut milk for cow's milk, coconut oil for shortening have been acceptable in many recipes. Lastly, the cook must be the judge of the cooking time.

Again we would like to express our thanks to Mrs. Aurelia Tomas Ramos and Mr. Orlando Tomas for their help.

Myan saw aro a kita no kanen akmas rakarakanen, protas, karni, ochoy, gatas, inapoy, wakay, kan asokar. Nya sa kita no makan machita no inawan ta, maynamot do matatarek a maitoroh da.

Myan saw makan a mapayparakoh dyaten, akmas karni, among, ochoy, gatas, kan kalman.

Myan saw makan a manoroh so ayit. Nya sa makan a manoroh dyaten so ayit kan kalsit ki siraw makanaw a akmas inapoy, mayis, birabira, wakay, sodi kan rawot. An korang do kanen taw nya saya, makapsot ta kan makatarabako taba maganay.

Myan saw makan a omsidong so inawan ta tan dyi ta masonong a maganyit, kan payiten naw inawan ta tan masonong a mapadso ganyit. Nya sa makan ki siraw akmas rakarakanen kan protas a mayngaran so bitamina kan mineral.

Nya libro a maynamot do rakarakanen kan protas, naitolas a mangsidong dinyo dodya Babuyan, tan masalon-at kamo, manoroh so kasoyotan nyo a mamarin, kan aro a kapadas nyo a kapamarin so makan.

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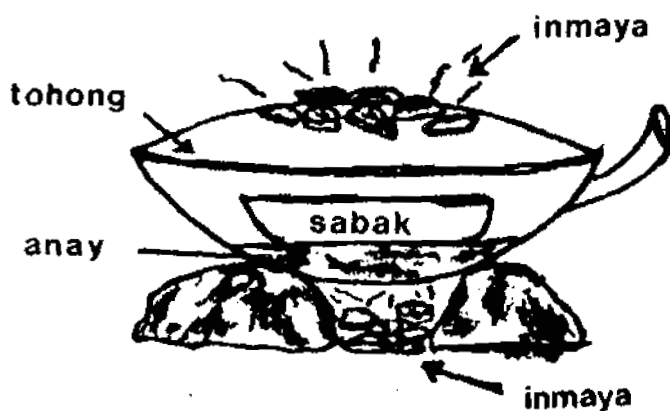
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**KABAKE**

## KABAKE

No mabata magbake ki akmas parinanaw so bibingka. Ki nyaw parinen mo. Mapangay kas anay do palyok. Ki anchan marpaag binyayan mwaw do rapoyan, payen mo naw palyokaw. As iyaw sabakaw a napangayan mos hotohen mo, ki payen mo nad irahem naw no palyok, as kakeleb mo sya. Ki palapawan mo so inmaya.



## PARIPARIHO

1 Kabaso = asa baso mana asa sopa

1/2 Kabaso = godwa a baso

1/3 Kabaso = maychatdo do baso

1/4 Kabaso = maychapat do baso

1-1/2 Kabaso = asa kan godwa Kabaso

4 Kabaso = asa kalitro

3 kaKocharita = asa Kasidok

4 Kasidok = 1/4 Kabaso

## PATADYEN DO ABO

### An abo dyinyo nya,

asokar  
maydak  
mabaya

baking powder  
(1 kakocharita)

gatas  
(1 kabaso)

ochoy

soka

### Ki nyaw patadyen mo.

bennal  
mabaya a asokar  
tagapolot no onas

1/2 kakocharita  
baking soda kan  
1/4 kakocharita  
soka

4 kasidok kolbos  
a gatas kan  
1 kabaso ranom  
mana  
1 kabaso pigat

1/2 kakocharita  
baking powder  
kan 1/4 kabaso  
ranom

asoy no kalamansi

## Binyebeh A Tinapay

1. Paysasaglen mo saw nyaya do sabak.

1/2 Kabaso lana  
2/3 Kabaso asokar

2. Mapangay ka do baso

1/4 Kabaso a ranom  
1/2 kakocharita asin  
1 kakocharita baging soda

As panayonen mo do damwaw a naysasagel.

3. As kapanayon mo so nyaya:

1-2 ochoy  
1-1/2 Kabaso a naramas a naynoy a  
binyebeh

Batilen mo.



4. As kanayon mo sya so

2 Kabaso a arina  
1 kasidok asoy no kalamansi

Kabatil mo na sya.

5. Mapado ka do napapotan so lana a sabak  
as kabake mo sya.

## Binyebeh A Tinapay

1. Paysasaglen mo saw nyaya:

1/4 Kabaso lana  
1/2 Kabaso a asokar  
1-2 ochoy a nabatil

2. Kapanayon mo na syay:

1 kabaso a nalobyan a naynoy a binyebeh  
1 kakocharita asoy no kalamansi

3. Paysasaglen mo nyaya:

1-1/4 kabaso arina  
1/2 kakocharita baking soda  
1/4 kakocharita asin

4. Kapaytaytadi mo sya ikiwar arinaw kan  
1/2 Kabaso a gatas do nanmaw naysasagel.

5. KabaKe mo sya.

## Malabalabang A Binyebeh A Tinapay

1/2 Kabaso lana  
1/2 Kabaso asokar  
2 ochoy  
1 Kabaso naynoy a binyebeh a naramas  
1-1/2 Kabaso arina  
1 Kasidok baking powder  
1/2 Kabaso gatas  
2 Kasidok asoy no tanyod mana chokolate

1. Paysaglen mo lanaw kan asokaraw.
2. Nayonan mos ochoy. Ki batilen mwa maganay asaw, as an tayoka, isarono mo iyaw asa.
3. Pasaglen mo binyebehaw as kabatil mo sya.
4. Rapan mos arina, baking powder, kan 1/4 kakocharita asin. Kapaytaytadi mo sya ikiwar arinaw kan gatasaw do nanmaw a naysasagel.
5. Paychatdohen mo iyaw nalimogaw do sabak. Iyaw asaw, patarken mod baso, as kapangay mo syas asoy no tanyod. Kapasagel mo sya.  
  
(Ki an osaren mo chokolate, ronawen mo a manma.)
6. Kapaytaytadi mo sya padohen nalimogaw do napapotan so lana sabak tan malabalabang..
7. Kabake mo na sya.

## Binyebeh A Bibingka

1-1/2 Kabaso naynoy a binyebeh a naramas  
1-1/2 Kabaso arina  
1 Kabaso pigat  
1/2 Kabaso asokar  
3 nabatil a ochoy  
2 kasidok baking powder  
2 kasidok lana  
1 kakocharita asin

1. Paysaglen mo lanaw kan ochoyaw.
2. Rapan mos arina, asin, baking powder kan asokar.
3. Kapaytaytadi mo sya ikiwar arinaw kan gatasaw.
4. Pasaglan mos binyebeh.
5. Padwan mos nalimogaw do napapotan so lana a sabak.
6. Kabake mo na sya.
7. Anchan mahoto, pakatayhapotan mos nakinog a nyoy.

## Kapiya A Tinapay

1. Paysasaglen mo tabo naibaheyaya:

1 Kabaso arina  
1/2 kabaso asokar  
1 kakocharita baging soda  
1/2 kakocharita asin  
1-2 ochoy a nabatil  
2 Kabaso naynoy a Kapiya a  
nahariharip a abos asoy



2. Padohen mo do sabak a napapotan so lana.
3. Kabake mo sya.

## Binaliktad A Kapiya A Tinapay

1. Ronawen mo sad sabak nyaya:

- 2 Kasidok lana
- 1/2 Kabaso mabaya asokar
- 1 Kasidok ranom

2. Pakatayhapotan mo so kapiya a naydaydap.  
(Mana naydaydap a naynoy a reket a binyebehan abo kapiya.) As kapatarek mo sya.

3. Paysasaglen mo saw naibaheyaya:

- 1-1/2 kabaso arina
- 3 kakocharita baking powder
- 1/2 kabaso asokar
- 1/4 kakocharita asin

4. Payan mos 2-3 a ochoy do baso as apnohen mo so gatas a mandad asa kabaso. Pasaglen mo do arinaw.

5. Nayonan mos 1/4 kabaso lana as kabatil mo sya.

6. Padohen mo do kapiyaw.

7. Kabake mo na sya.

8. Anchan nahoto dana, baliktaden mo do pinggan.

## Kahil A Tinapay



1. Maysagel asoy no asa kahil kan 1/2 kabaso asokar, as patarken mo.
2. Pakarohen mo kolapot na, as kaidaydap mos koditaw no kahil so mahohomek.
3. Paysaglen mo 1/4 kabaso lana kan 1/2 kabaso asokar.
4. Nayonan mos 2 ochoy kan iyaw naydaydapaw a kodit no kahil, as kabatil mo sya.
5. Payrarapahen mo
  - 2 kabaso arina
  - 1 kakocharita baking powder
  - 1 kakocharita baking soda
6. Kapaytaytadi mo sya ikiwar so arinaw kan 1 kabaso a gatas do nanma naysasagel. No. 3,4.
7. Padohen mo do sabak a napapotan so lana.
8. Kabake mo na sya.
9. Anchan mahoto, todtodoken mo as kapado mo so asoy no kahil a nalaokan so asokar do hapot.

## Kahil A Tinapay

1. Paysasaglen mo tabo naibaheyaya:
  - 2 kabaso arina
  - 3 kakocharita baking powder
  - 1 kakocharita asin
  - 2 kasidok asokar
2. Nayonan mos  $1/4$  kabaso lana, as kakiwar mo sya do tinidor mandad kahomek no naychamememehaw.
3. Pasaglan mos  $3/4$  kabaso asoy no kahil, ki batilen mwaba.
4. As kabake mo na sya.

## Kahil A Tinapay A Myan So Kalman



1. Paysasaglen mo tabo nyaya naibahey:
  - 2 kabaso arina
  - 1/2 Kabaso asokar
  - 1/2 kakocharita asin
  - 1/2 kakocharita baking soda
  - 3/4 Kabaso asoy no Kahil
  - 2 kasidok asoy no Kalamansi
  - 1 kasidok kodit no Kahil a naidaydap
  - 1/2 kakocharita kodit no Kalamansi a naidaydap
  - 2 ochoy a nabatil
  - 1/2 Kabaso nakinog a Kalman a nalebbek
2. Papotan mo so lana iyaw sabak as Kapawarakiwak mos dekey a arina tan dya domket.
3. Padohen mo do sabak a napapotan so lana iyaw nalimogaw.
4. Kabake mo na sya.

## Kalabasa A Tinapay

1. Paysasaglen mo tabo naibaheyaya:

1/2 Kabaso asokar  
1 Kabaso nahoto a kalabasa a naramas  
2 ochoy a nabatil

2. Payranapahen mo tabo naibaheyaya:

1-3/4 kabaso arina  
1 kakocharita baking soda  
1/2 kakocharita baking powder  
1/2 kakocharita asin

3. Mapaytaytadi ka mangikiwar so arina kan  
1/3 Kabaso lana kan 1/3 Kabaso ranom do  
damwaya pinaysagel mo.

4. Padohen mo do sabak a napapotan so lana.

5. Kabake mo na sya.

An chakey mo anaha ki pasaglen mo nahoto a  
anaha a nasagsag. As patadyen mo asoy no  
anaha a nahoto do 1/3 kabaso ranom.



## Tinapay A Mapakatayhapotan So Protas

1. Paysasaglen mo tabo naibaheyaya:

1/2 Kabaso asokar

3/4 Kabaso arina

1 kakocharita baking powder

1/4 kakocharita asin

1/2 Kabaso gatas

2. Padohen mo do sabak a napapotan so lana.

3. Pangayan mo so 2 Kabaso naynoy a protas a naydaydap akmas mangga, Kapiya, mana tanyod.

4. Kabake mo sya.

## Tinapay A Myan So Palaman A Protas

1. Paysasaglen mo tabo naibaheyaya:

1 Kabaso arina  
3/4 kabaso arinan rawot  
2/3 kabaso asokar  
1/2 kakocharita asin

2. Pasaglan mos 1/4 kabaso lana.

3. Paycharwahan mo as pangayen mo godwa do sabak a napapotan so lana.

4. Pakatayhapotan mos 1 - 1-1/2 kabaso naynoy a protas a akma siras nyas naramas a binyebeh, tanyod, binay, mangga, kapiya.

5. As kapay mos 1/2 kabaso asoy no protas a akmas kahil, kotay, kapiya, mana kalamansi.

6. Pakatayhapoten mo godwa naw no arinaw a naysasagel.

7. Kabake mo na sya.

## Tinapay A Mapakatayhapotan So Protas

1. Paysaglen mo  $1/4$  kabaso lana kan  $1/2$  kabaso asokar.
2. Payranapahen mo
  - 1 Kabaso arina
  - 2 kakocharita baking powder
  - $1/4$  kakocharita asin
3. Mapaytaytadi ka mangikiwar so  $1/2$  kabaso a gatas kan arina do damwaya pinaysagel mo. Kabatil mo sya mandad kapino na.
4. Padohen mo do sabak a napapotan so lana.
5. Pakatayhapotan mo so
  - 2 kabaso naynoy a protas
  - 1 kabaso a asoy no protas
  - 4 kasidok asokar an maalsem iyaw protasaw.
6. Kabake mo na sya.

## Tinapay A Myan So Protas

1. Do sabak a napapotan so lana, mapay kas  
2 kabaso a protas a naynoy a naydaydap akmas  
mangga, Kapiya mana tanyod.

2. Paysasaglen mo tabo naibaheyaya do asaw a  
sabak a mandad kapaglalaok na.

- 1 kabaso arina
- 1-2 ochoy
- 1/4 kakocharita asin
- 1/2 kabaso asokar
- 1 kakocharita baking powder
- 1 kasidok asoy no kalamansi

3. Pakatayhapotan mo pinangay mwaya protas  
so pinaysasagel mwaya.

4. Kabake mo na sya.

## Kalabasa A Poto

1. Paysasaglen mo tabo naibaheyaya:

1-1/2 Kabaso arina no byas

1/2 Kabaso naramas a Kalabasa a nahoto

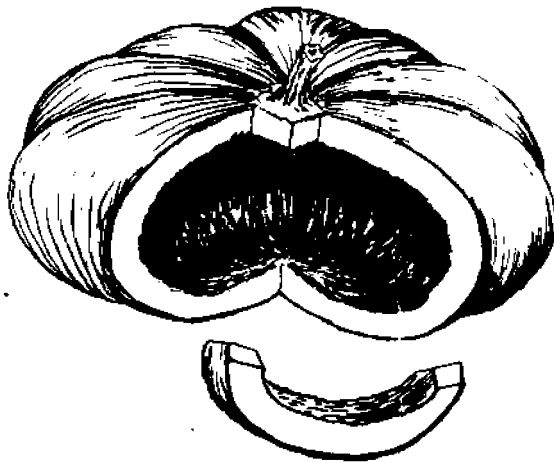
1/2 Kabaso asokar

1 Kasidok baking powder

1/3 kabaso pigat

2. Payen mo do sabak a napapotan so lana.

3. KabaKe mana Kapasngaw mo na sya.



## Nyoy A Biskwit

1. Paysasaglen mo tabo naibaheyaya, as  
kakiwar mo sya maganay.

4-5 Kabaso naydyad a nyoy  
1/8 kakocharita asin  
1 kalata kondensada a gatas  
1 kasidok asoy no kalamansi  
2 ochoy a nabatil

2. Padohen mo do sabak a narasayan so bohong  
no binyebeh a napapotan so lana.

3. Kabake mo na sya mandan manyibaya.

4. Bawan mo as kaidaydap mo sya so  
binalabala.

## Nyoy A Tinapay

1. Paysasaglen mo tabo naibaheyaya.

1 kabaso asokar  
3 ochoy a nabatil  
1/3 kabaso lana  
2 kabaso arinan doprak a byas  
1 kakocharita baking powder  
1 kakocharita asin  
1 kasidok asoy no kalamansi  
2 kabaso naydyad a nyoy.

2. Kabake mo na sya.

3. Bawan mo as kaidaydap mo sya so  
binalabala.

## KABADOYA

## **Badoya A Binyebeh**

1 Kabaso naramas a naisohad a mata a binyebeh  
1 Kabaso arina  
3 Kasidok baking powder  
1/2 Kabaso asokar  
3 Kasidok lana  
1 ochoy

1. Paysaglen mo lanaw kan asokaraw.
2. Kapanayon mos ochoy kan binyebeh, as. Kabatil mo sya maganay.
3. Paysaglen mo arina kan baking powder, as in-inoten mwa pangayen do batbatilen mwaw.
4. Kabadoya mo sya so tayisa kasidok.

## Badoya A Binyebeh

2 ochoy a nabatil  
1/2 kabaso asokar  
1/4 kabaso gatas  
1/2 kasidok asoy no kalamansi  
2 Kabaso arina  
1 Kabaso naynoy a binyebeh a naramas  
1 kasidok lana

1. Payrapahen mo asokaraw kan ochoyaw, as kabatil mo sya.

2. As kapangay mos gatasaw, asoy no kalamansi, kan iyaw no binyebehaw.

3. As kapangay mo pas arina kan lana. An chakey mo, pasaglan mos tanyod, mangga, mana kapiya.

4. An tayokaw nawri, badoyahen mo so tayisa a kasidok mandad kalinay na.

5. As kaarobos mo sya.

## **Protas A Badoya**

1. Mapaysagel kas 2 nabatil a ochoy kan 2/3 Kabaso gatas.
2. Rapan mos 2 Kabaso arina, 1/2 kakocharita asin, kan 1 Kasidok asokar.
3. Nayonan mos i Kasidok lana.
4. Mangidaydap kas naynoy a protas as kapasagel mo sya akmas tanyod, mangga, mana kapiya.
5. Kabadoya mo na sya tayisa Kasidok.

## **Badoya Naydyad A Kalabasa**

1. Paysasaglen mo tabo naibaheyaya:
  - 1 Kabaso naydyad a Kalabasa  
(aran sikokodit)
  - 1 Kasidok bolyas a nasagsag
  - 1 Kasidok nasagsag a sili
  - 1-2 nabatil a ochoy
  - 1/2 - 1 Kabaso arina
  - bichin
  - asin
2. Badoyahen mo do tayisa Kasidok.

## Rakarakanen A Badoya

1. Mangidaydap ka manmas rakanen a akmas agayap, sili, saloyot, kalabasa mana kadwan pa.
2. Gisaren mo as karikado mo sya so akmas bolyas kan bawang.\*
3. An tayoka, patarken mo.
4. Mapaysagel kas 2 ochoy do  $\frac{2}{3}$  Kabaso gatas.
5. Rapan mos  $1\frac{1}{2}$  Kabaso arina kan  $\frac{1}{2}$  kakocharita asin.
6. Nayonan mos 1 kasidok lana.
7. Kapasagel mo nagisaraya a rakanen.
8. Kabadoya mos tayisa kasidok.

\*An abo rakanen ki sagsagen mo bolyasaw as kailaok mwayad nalimogaw.

## **Napalamanan A Badoya**

5 Kabaso arina byas  
1 Kabaso nahoto a kalabasa a naramas  
2 Kasidok asin  
nagisar a nahariharip a rakanen

1. Paysasaglen mo 2 kabaso arina, asin kan kalabasaw.
2. In-inoten mo a nayonan so arina a 3 kabaso mandad kadiket na.
3. Mapaymemeh kas akmay karakoh no ochoy, as katapi mo sya.
4. Kapangay mos ginisar mwaw as kapaytalob mo sya.
5. Pidpidpiden mo payls naw tan dya mohtot iyaw myanaw do irahem naw.
6. Kabadoya mo sya.

## **Matami A Napalamanan A Badoya**

5 Kabaso arina byas  
1 Kabaso nahoto a kalabasa a naramas  
1 Kasidok asin  
1/2 - 1 Kabaso asokar  
binenalan mana naynoy a protas a naydaydap

Chiban mo Napalamanan A Badoya No. 1-3.

4. Kapangay mos binenalan mwaw as kapaytalob mo sya.

Chiban mo No. 5, 6.

**PALAMAN  
PANGSABOR  
KAN  
KADWAN A MATATAMI**

Binenalan:

An chaKey mo, maparin mo na payen a pangsabor so tinapay mana biskwit. Ki an chaKey mo mahay a osaren, kapyahen mo do nagaskitan a dyidyaw. Chiban mo do panid 29 parinan sya.

## **Binenalan A Mapangay Do Nagaskitan A Dyidyaw**

1. Sakbay no kahoto mana kapalet na ho binenalanaw, isagana mo dyidyawaw.
2. Posken mo madalos a dyidyaw a naywangan do kaldero kan iyaw tohong naw a myan so gaskit.
3. As pangayan mos ranom kalderowaw. Kapakohat mo sya.
4. Anchan makohat danaw dyidyawaw, pangayen mo naw rinotongan mwaw an mahoto mana mapalet dana. Posken mo a mandad lagawaw no dyidyaw.
5. Ponasan mo bibyaw no dyidyaw, as katohong mo sya irotan. Iyaw tohong naw, no dyidyawaw, kan rinotongan mwaw, machita makohat a tabo.
6. Pirwahan mo na paborken do kaldero, as katohong mo sya. Ki tonpen mwaba.
7. Pakbwalen mo 5-10 kaminotos, as kawon mo sya.
8. Ki nolay mo daw a mabawan kan pangayen mo do kahtenganaw.
9. An kombet tohongaw no dyidyaw, ki aran mahay a osaren. Ki an dya kombet, osaren mo na.

Mapalet no Binenalan: Mapangay kas asa katedted do pinggan, as padasen mo a dyidyenen. An mahay dana moyog as mapalet dana ki makey dana.

## **Kalamansi Mana Kahil A Binenalan**

1. Mamis kas asoy no 20 Kalamansi a naynoy dana do kaldero.
2. Kaidaydap mos kodit naw so mapino, as pangayen mo do kaldero. Ki ipoha mo botoh naw.
3. Nayonan mos 4 kabaso a ranom, as kapaycharanakan mo sya opran.
4. An mabekas dana, rotongan mo Kalamansyaw kan ranomaw do 30 kaminotos.
5. Nayonan mos 4 kabaso asokar.
6. Rotongan mo a siiiwang mandad kapalet na.
7. Kapyahen mo do dyidyaw.

## **Tanyod A Binenalan**

1. Payrarapahen mo tabo naibaheyaya do midyo rakoh a kaldero ta sombo. As kakiwar mo sya.  
3 kabaso naynoy a naynamodan a tanyod  
1/2 kabaso ranom  
2-1/2 kabaso asokar  
2 kasidok asoy no Kalamansi
2. Rotongan mo a siiiwang mandad kapalet na.
3. Kapyahen mo do dyidyaw.

## Kabano Kan Binyebeh A Binenalan

1. Koditan mo asa rakoh a kabano a naynoy as kaibotoh mo. Kapangodit mos 6-10 naynoy a binyebeh.
2. Payrapahen mo naynoy a kabano kan naynoy a binyebeh, as karamas mo sya maganay.
3. Pasaglan mos 1 kabaso asoy no kahil, kotay, mana kapiya.
4. As nayonan mos asokar. Ki kada 5 kabaso a protas, nayonan mos 3 kabaso asokar.
5. Rotongan mo mandad kapalet na.
6. Posken mo do madalos a dyidyaw a myan so gaskit.



## Kabano Kan Kapiya A Binenalan

### 1. Payen mo do Kaldero:

1 rakah a naynoy a Kabano a nakoditan a naramas

1 2 nasagsag a Kapiya a nakoditan

### 2. Kada 4 Kabaso protas, Ki nayonan mos 3 Kabaso asokar.

### 3. Nayonan mo pas $1/8$ kakocharita asin Kan $1/4$ Kabaso asoy no Kalamansi.

### 4. Rotongan mwa mandad kapalet na.

### 5. Kapyahen mod dyidyaw.

## Kabano Kan Mangga A Binenalan

### 1. Paysasaglen mo sa tabo naibaheyaya:

1 rakah a naynoy a Kabano a naramas

8 naynoy a mangga a naydaydap

3 kasidok asoy no Kalamansi

$1/4$  kakocharita asin

### 2. Kada baso a protas ki nayonan mos $3/4$ Kabaso mabaya asokar.

### 3. Rotongan mo mandad kapalet na.

## Mangga A Binenalan



1. Kodkoden mo irahemaw no naynoyaw a mangga as karamas mo sya.
2. Do kada baso do makodkod mwaw, pangayan mos  $1/2$  mana  $3/4$  Kabaso a asokar.
3. Rotongan mo mandad kapalet na.

## Kamatis A Binenalan



1. Mapaborek Kas ranom.
2. As kapangay mos kamatisaw do magborborek a ranom tan masonong a mahapswan.\*
3. Kalistwan mwa awnen as kahapso mo na sya.
4. An mahapswan dana, ipoha mo naw kodit naw.
5. As iyaw nabidinaw, ramasen mo.
6. Do kada baso a kamatis,  $2/3$  mana  $3/4$  kabaso a asokar pangayen mo.
7. Rotongan mwa mandad kapalet na.

\*Ki an rarakoh kamatisaw, ihapswan mo. An dedekey kamatisaw ki idaydapen mo a sikokodit.

## Kalabasa Kontodo Anaha A Binenalan

1. Paysasaglen mo sa tabo naibaheyaya:

4 Kabaso nahariharip a Kalabasa  
2 Kabaso asokar  
2-3 kasidok anaha a nasagsag  
1/4 baso ranom

2. Tohongen mo as kanonolay mo sya a maycharakan.

3. An mabekas dana, rotongan mo kalabasaw mandad kapalet na.

4. An sakbay a anaten mo, pangayan mo so asoy no 5 kalamansi.



## Kalabasa A Binenalan

1. Paysasaglen mo tabo naibaheyaya do kaldero.

2 Kabaso nahoto a Kalabasa a naramas  
1-1/2 Kabaso asokar  
2 Kasidok a anaha a nahoto a naydaydap

2. Rotongan mo a mandad kapalet na, as kanayon mo sya so asoy no kalamansi sakbay a anaten mo.

3. Bawan mo as kakapya mo sya do dyidyaw.

## Nyoy A Matagapolot

1. Paysaglen mo
  - 1 kabaso pigat a dya naranoman
  - 2 kabaso asokar
  
2. Rotongan mo do dya marobrob a apoy a mandad kapigket na as kapangay mo sya do dyidyaw.

## Binyebeh A Tinagapolot

1. Mamhak Kas 6 a binyebeh a reket, damilig, mana madakang.

2. Paysasaglen mwa tabo naibheyaya do kaldero:

- 1/4 Kabaso lana
- 1/2 Kabaso mabaya a asokar
- 1/4 Kabaso ranom
- 1/2 kakocharita asin

3. Nayonan mos binyebeh as karotong mo sya mandad kapaytagapolot no binyebehaw.

## Binyebeh A Tinagapolot

3 Kabaso naktekteb a binyebeh a reket, damilig mana madakang

1-1/2 Kabaso ranom

2 kasidok asoy no kalamansi

1 Kabaso mabaya asokar

1. Paysaglen mo ranomaw kan asokaraw, as kapakbwal mos 10 minotos.

2. Kanayon mo sya so asoy no kalamansi.

3. As kainayon mos binyebeh.

4. Kakiwar mo sya mandad kapaytagapolot no binyebehaw, as kawon mo sya.

5. Bawan mo as kaidasar mo na sya mana kapyahen mo do dyidyaw a myan so gaskit.

## **Binyebeh A Dodol**

2 kabaso naynoy a binyebeh a naramas

1/2 kabaso asokar

2 kabaso pigat a dya naranoman

1. Paysasaglen mwa tabo do kaldero, as karotong mo sya kiwkiwaren mandan mapol.
2. Anchan mapol dana, padohen mo do sabak.
3. Inolay mo daw a mabawan.
4. Pakatayhapotan mo so naysagel a nakirog a nyoy kan asokar.

## **Nagatasan A Binyebeh**

1. Manghap kas binyebeh a naynoy as kakodit mo sya kan abhaken mo a payen do pinggan.
2. As kapatedted mos gatas a kondensada.
3. As kapakatayhapot mos nakirog a kalman kan naydyad a nyoy.
4. Kakan mo sya.

## Binyebeh A Dolsi

2-1/2 kabaso naynoy a binyebeh a naramas

1-1/2 kabaso mabaya asokar

2 kasidok a lana

nalebek mana natohtoh a nakirog a kalman

1. Paysaglen mo binyebeh kan asokar do kaldero.
2. Karotong mo sya mandad kadiket na kan makey dana idaydapen.
3. Sakbay a anaten mo, nayonan mos lana a dadwa kasidok.
4. As kapangay mo syad pinggan a napapotan so lana.
5. Pakatayhapotan mos nalebek a nakirog a kalman.
6. Inonolay mwa mabawan, as kaydaydap mo sya.
7. Kapongos mo syad silopin.
8. Kakapya mo na sya.

## Nyoy A Dolsi

1. Manghap kas asa kamemeh a nyoy a natwa as kahari mo sya.
2. Koditan mo asi na as kahariharip mo sya so matataripis.
3. Lablaban mo as kasagat mo sya.
4. Pay mo do palyok. As nayonan mo asa kabaso asokar.
5. Rotongan mo do dya marobrob a apoy as kakikiwar mo sya mandan mayachan a mangrogi a manyibaya.
6. Anaten mo na a iwaras do bohong no binyebeh tan mabkohan.
7. Bawan mo as kanen mo na mana kapyahen mo do dyidyaw.

## Patamyen a Kodit A Naydaydap

1. Koditan mo asa dokban a naynoy, as pakarohen mo kolapot naw tan dya makpad. kahil, balasinok, kabogaw, mana dalayap, ki maparin pa.
2. Paytatapiden mo, as kaydaydap mo sya so matataripis a manawob asa kabaso.
3. An tayoka, tonpen mos ranom a paponen mod palyok.
4. Pakbwalen mo so 4 a kaminotos.
5. Anaten mo as kalablab mo sya do mahanebneb a ranom.
6. Sagaten mo as kaarobos mo sya 10 kaminotos.
7. Nayonan mos  $1/2$  kabaso asokar, as karotong mo so 10 kaminotos do dya marobrob a apoy. kiwkiwaren mo.
8. Sagaten mo as kanonolay mo sya mandan mabkohan.
9. Kapyahen mo do dyidyaw.
10. Iyaw mabidinaw a matami a asoy, ki osaren mo a mamarin so tinapay mana kadwan.

**MATAMI  
KAN  
MAALSEM**

## Tomami A Mangga

1. Mangodit ka so tomaytayisa a mata a mangga, as kaydaydap mo sya so mananaro.
2. As kapaycharanakan mo sya iyoper do aro a asin.
3. Anchan mabekas dana, arobosan mo.
4. Pakbwalen mo asoy naw a kada 1 kabaso a ranom ki 1 kabaso a asokar.
5. Kapado mo sya do manggaw.
6. Kapyahen mo do madalos a dyidyaw do asa kalawas kasakbayan no kaosar mo sya.

## Mata A Kabano A Nasokaan

4 Kabaso naydyad a mata a Kabano  
1/4 Kabaso naydaydap a anaha  
2 Kanyepen a bawang a natohtoh  
1/2 Kabaso naydaydap a lasona  
1/4 Kabaso asi no sili a rakanen a naydaydap  
1 Kabaso soka  
1 Kasidok asin  
1 Kabaso asokar

1. Paborken mo anaha, bawang, soka, asin,  
kan asokar.

2. Anchan magborek ki pakbongen iyaw naydyad  
a Kabano, lasona, kan sili, as kakiwar mo sya  
so dekey.

3. Anaten mo, as katohong mo sya.

4. An mabawan dana, pangayen mo na do  
madas a dyidyaw, as kapyahen mo na.  
An chaKey mo Kanen, Kanen mo na.

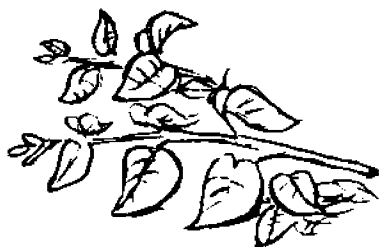
## Balangeg A Nasokaan

1. Lablaban mo no 3 a kabaso a bohong no balangeg kan iyaw no mahmaw a Kayo na, as Kapadisna mo sya.
2. Pakbwalen mo saw no naibahey as Kainayon mo so balangegaw.

1 dekey a anaha a mapayanaro a maydaydap  
1 dekey a bolyas a nahariharip so  
matataripis  
1 Kasidok asin  
1/2 kabaso soka  
1/4 kabaso mabaya a asokar an chakey mo

3. Anaten mo na, as Kanonolay mo sya a mabawan do kaldero.

4. As Kapay mo sya do madaños a garapon.



### **Mangga A Boggong**

1. Manghariharip ka so mata a mangga a nakoditan.
2. Ipoha mo no botoh naw, as iyaw asi naw, pangayen mo do madalos a garapon.
3. Kanayon mo sya so asin a asa kasidok kan ranom a mandan matonep.
4. Kapyahen mo a sitotohong.
5. As iyaw nawri katayokan 3 mana 4 a karaw, maparin dana kanen.

### **Tarawnan A Boggong**

1. Mapangay kas maray a tarawnan do garapon as karanom mo sya.
2. Asinan mos asa kasidok.
3. Nonolay mo mana kapyahen mo mandad kakey mo sya kanen.

## Bolyas A Tomami A Omalsem

1. Pakbwalen mo saw no naibahey.

1 Kabaso soka  
3/4 Kabaso asokar  
1 kakocharita asin

2. Anchan magborek ki pakbongen mo 4 kabaso bolyas a nakoditan.

3. Pirwahan mo a pakbwalen so asa kaminoto.

4. Kapyahan mo do dyidyaw a maycharanakan mana mandad chakey mo a kanen.



## Bolyas A Tomami A Omalsem

1. Opran mo 4 Kabaso a bolyas a sikokodit do magborborek a ranom. Nonolay mo do 3 a kaminotos.

2. Arobosan mo as pangayan mo so mahanebneb a ranom tan dya makohat. Koditan mo na as patarken mo.

3. Paysasaglen no nya:

4 kabaso nagborek a ranom  
3/8 kabaso asin

4. Padohen mo do nakoditan a bolyas as nonolay mo a maychararakan.

5. An mabekas dana, arobosan as lablaban mo. Patarken mo.

6. Paysasaglen mo tabo naibaheyaya.

2 kabaso soka  
1/2 kabaso asokar  
1/2 kaKocharita asin

7. Pakbwalen mo so 5 kaminotos as pakbongen mo iyaw bolyas. Rotongan mo a mandad mangrogi dana kombwal.

8. Anaten mo as kapyahen mo do madalos a dyidyaw.

**PROTAS  
KAN  
RAKARAKANEN**

## Kapangibilag So Protas Kan Kadwan Pa

### Mangga

An maray ki nawriw maganay a oras no kaibilag sya.

Parinen:

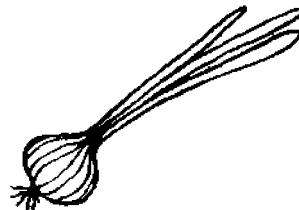
1. Koditan a manma, as kaidaydap mo sya.
2. Ibilag mo mandad kabkoh na kan abo danas asoy.
3. As kakapya mo sya.

### Tarawnan

Parinen:

1. Ibilag mo mandad kabkoh na kan kombet a maganay tan dya mahta.
2. Kakapya mo sya.

### Bolyas Kan Bawang



Parinen:

1. Koditan mo kan idaydapen mos matataripis.
2. Kaibilag mo sya mandad kabkoh na.
3. An chakey mo, lebbeken mo as osaren mo a akmay asin.
4. Kirogen mo tan dya ohden as kakapya mo sya.

## Protas A Maysasage!

1. Paysasaglen mo Kompormi dyira dyaya protas a naydaydap.

binyebeh  
kabano  
kahil  
kapiya  
kotay  
dokban  
mangga  
kadwan pa

2. Pasaglan mos 1/2 kabaso asoy no kalamansi.

An chakey mo, pasasaglan mos 1/2 kabaso asokar, 1/2 kabaso nakirog a kalman mana 1 kabaso naydyad a nyoy.

## Binyebeh A Sinoman

3 Kabaso mata a binyebeh a naydyad (damilig, madakang mana reket)

3/4 Kabaso mabaya asokar

1 Kabaso naydyad a babang a nyoy

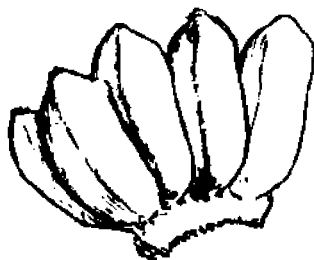
1. Paysagien mo saw naydyadaya nyoy kan binyebeh.

2. Nayoñan mos asokar.

3. As Kabesbes mo sya.

4. Isohad mo a mandan mahoto (20-25 kaminotos).

5. An chakey mo, idasar mwa mapasaglan so nakingog a nyoy a naasokaran.



## Binyebeh A Mapayit A Magalemgem

2 kamemeh a mata binyebeh  
2 kabaso a ranom  
1 kasidok a asin  
1ana para piritito

1. Koditan mwa manmaw binyebehaw, as kaiyoper mo syad ranom so 10 minoto tan mapakaro kolapot naw.
2. An tayoka mwa iyoper, ki idaydapen mos matataripis. As kaiyoper mos syad 2 kabaso a ranom a myan so asin do 2 kaoras.
3. Sagaten mo binyebehaw, as kapirito mo sya mandad kapanyibaya na.
4. Arobosan mo as kakan mo sya.

## Binyebeh Kan Inapoy A Insalada

1. Paysasaglen mo a tabo naibaheyaya:



- 2 naynoy a binyebeh a nahariharip
- 4 kabaso a kelleban a inapoy
- 2 sili a dya maadat a nahariharip
- 1 kakocharita asin
- 3 kasidok lana
- 2 kasidok asoy no kalamansi
- 2 kakocharita asokar
- 2 kasidok naydyad a nyoy

2. Kakan mo na sya.



## Inapoy A Naasoyan So Kahil

1. Anasawen mo 1 kabaso byas.

2. Nayonan mos

1 kabaso ranom

3/4 kabaso asoy no kahil

1 kakocharita asin

3. Karotong mo sya.

## Gisaren A Rakarakanen

Maparin a manggisar so aran ango a mabohong a rakarakanen akmas nya saya.

1 nasagsag a bolyas  
1 Kanyepen bawang  
1 Kasidok haneng  
naidaydap a Kamatis  
1 Kakocharita a nasagsag a anaha mana  
asi no sili  
mabohong a rakanen  
1 kabaso ranom

1. Gisaren mo bolyas kan bawang do haneng.
2. Paynarapahen mo Kamatis kan anaha mana sili.
3. Nayonan mo pa so rakanen, as Katongtong mo sya a gisaren so deKey, as nayonan mo ranom.
4. Katohong mo na sya mandad mahoto. Oyod aba mahay!
5. Anaten mo na as idasar mo.

## Adobo A Rakanen

1. Manglablab ka so rakanen. Saloyot, balangeg, mana karirang, ki maparin a maosar.
2. Manggisar ka so 1 nyepen bawang mandad kapanyibaya na, as kapay mos rakanen.
3. An makalo dana mahoto, nayonan mos 1-2 kasidok asoy no kalamansi as kapakbwa! mo sya.
4. Payan mo so 3 kasidok a tawyo, 1/2 kakocharita asokar, kan 1/2 kakocharita bichin.

## Bahosa Kan Kamatis

1. Pasohen mo bahosaw do inmaya.
2. Koditan mo as kaydaydap mo sya.
3. Pasaglen mo!

1/2 Kabaso soka  
2 nahariharip mana natohtoh a bawang  
2 nahariharip a bolyas  
asin  
sili

4. Rapan mo pas nahariharip a Kamatis.
5. Kakan mo na sya.



## Pinakbet

1 Kabaso nasagsag a taban bago  
1 rakah a palya  
4 bahosa  
5 saloyot  
2 Kasidok a bogong  
1/2 Kabaso naydaydap a Kamatis  
1/4 Kabaso naydaydap a bolyas  
1 Kabaso ranom

1. Hotohen mo taban bago do godwa Kabaso a ranom mandad kabo no ranomaw. Tohongen mwaba. As Katongtong mo Karotong mandad kapirito nas dekey.

2. Lablaban mo as kahariharip mos rakanen saw.

3. Rotongan mo a tabo naibaheyaya mandad kahma narana.

## Dinengdeng

3 binyebeh a mata a mapaychapat (reket,  
damilig, gadato, madakang mana loriya)  
4 saloyot a abhaken  
2 bahosa mapaychapat  
2 palya mapaychapat  
1 Kabaso kalabasa a maktekteb  
1 Kabaso agayap  
1 Kasidok anaha a naydaydap  
3 Kasidok bogong  
bolyas a naydaydap  
Kamatis  
asin  
1 Kabaso ranom

1. Pakbwalen mo a manmaw ranom as kapangay  
mos bogong, anaha, bolyas, kan kamatis.  
Kapakbwal mo sya a mirwa.
2. Kapangay mos agayap, saloyot, kalabasa,  
binyebeh, bahosa, palya, kan asin.
3. Rotongan mo mandan madengdeng.
4. Anaten mo as kaidasar mo sya.

An chakey mwa para rakanen iyaw mata a  
binyebeh a reket, damilig, gadato, madakang,  
mana loriya, padasen mo do langgen mo.

## Hinon Do Pichay A Kanen

1. Pidyen mo rarakohaw a bohong no pichay, as kalamaw mos pichay tan dya mapirit.

2. Pakarohen mo poysan naw.

3. Paysasaglen mo saw naibaheyaya.

1/4 kakilo nagiling a karri

1 kabaso inapoy

1 kakocharita asin

1 ochoy

nasagsag a sibolyas

4. Kada asa bohong no pichay, mamongos kas asa kásidok, as karayit mo syas tokon nyoy tan dya mawarwara.

5. Payen mo do kalderowaw kan pakatayrahmen mo tobwanaw.

6. Nayonan mos 1 kabaso kamatis, 1 kabaso ranom, 1/2 kakocharita asin.

7. Rotongan mo mandan mahoto.



## Nakolay A Pichay

1. Kalistwan mwa lamawen pichayaw, as kawon mo sya a pangayen do mahanebneb a ranom.
2. Kapatabay mo sya tan mabkohan.
3. Anchan makalo dana mabkohan, paychareprepeten mo, as katongtong mo sya ibilag.
4. Anchan mabkohan dana, kapyahen mo na.

## Nakolay A Pichay A Kaldo

1. Mapaycharanakan ka mangyoper so naibilag a pichay.
2. Kalablab mo sya as kaarobos mos sya. As kapotepoted mo sya.
3. Payen mo sa tabo naibaheyaya do nakoh a kaldero a myan so 12 kabaso a ranom, as kapapon mo sya so 3 kaoras.

1/2 kilo karni no bago mana  
tohatohang naw

1 nakolay a kodit no kotay  
nakolay a pichay a nayoper a napotepoted  
2 kasidok asin  
1/4 kakocharita bichin

## O-tot A Pinigatan

2 o-tot a damilig, samanila mana rekket  
2 Kabaso pigat a dya naranoman  
3 kanyipen bawang a natohtoh  
1/2 Kabaso a soka  
asin

1. Pakarohen mo makatayhapotaw a kodit no o-totaw.
2. As kahariharip mo sya so matataripis.
3. Pakbwalen mo pigataw a myan so bawang, soka kan asin.
4. Pakbongen mo nahariharipaw a o-tot.
5. Rotongen mo a mandan mahma.



## Palya A Pinigatan

4 a palya a napakaro so botoh kan  
  naydaydap so matataripis  
2 kabaso pigat a dya naranoman  
4 kanyipen bawang  
asin

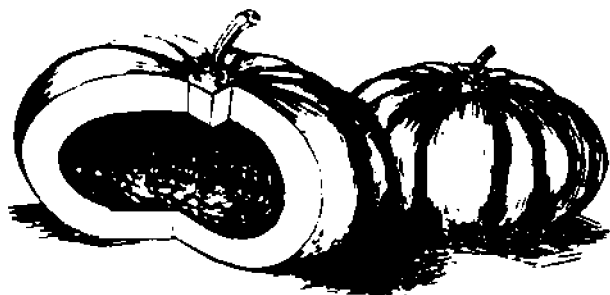
1. Opran mo palyaw.
2. Sagaten mo as kapis mo sya. Patarken mo.
3. Pakbwalen mo pigataw kontodo rikadwaw.
4. Pakboneng mo palyaw as karotong mo sya mandan mahoto.

## Kalabasa A Pinigatan

4 kabaso nakoditan kan nahariharip a Kalabasa  
1 dekey a anaha a napitpit  
1-1/2 kabaso pigat a napis a naranoman  
1 kabaso pigat a napis a dya naranoman  
asin

1. Pakbwalen mo no kalabasaw, anaha, kan asin do pigat a napis a naranoman mandad magistayan dana mahma no kalabasaw.

2. As kainayon mo so pigat a dya naranoman, as katongtong mo sya a rotongan mandad kapachitawa no lanaw as mahma danaw no kalabasaw.



## Kalabasa A Pinigatan

1. Koditan mo kalabasaw as kahariharip mo sya.
2. Mangidyad kas nyoy as kapamis mo so asa kabaso a dya naranoman.
3. Kapamis mo pa asaw a baso so pakbwalen mo.
4. Gisaren mo 4 kanyepen a bawang kan naharip a bolyas.
5. Kapanayon mo so kalabasaw kan iyaw no somaronwaw a pigat. As karotong mo sya mandad kahoto na.
6. An makalo dana a mayachan, pangayen mo na iyaw damo a pinis mo as kakiwar mo sya.
7. Rotongan mo pa so dekey as kanat mo na sya.

## **Binisar A Kalabasa**

1. Lablaban mwa maganay Kalabasaw as hariharipen mos dedekey. Nonolay mo kodit naw ta dawriw karowan bitamina na.
2. Mangohat kas lana do palyok as payen mo kalabasaw, asin kan sili an chakey mo.
3. Makey pa a pangayan so kadwan a rakanen an chakey mwa akmas saloyot, agayap mana kadwan.
4. Rotongan mo mandad kahma dana no kalabasaw. Kiwaren mo so maypipisa tan dya mayapseng do palyokaw.

## Mananam A Agayap

agayap

bolyas

2 kasidok soka

2 kasidok tawyo

sili

2 kasidok Pangsabor a Kalman\*

1. Idaydapen mo agayap kan bolyas as gisaren mo mandan mahma dana.
2. Nayonan mo so soka, tawyo, sili kan Pangsabor A Kalman.
3. Rotongen mo do asa kaminoto.
4. Idasar mo na.

### \*Kapamarin so Pangsabor A Kalman

1. Mangirog kas kalman as kakochichas mo sya.
2. Lebbeken mo mandad madiket.
3. Kapyahen mo mana osaren mo a pangsabor so ichan.

## Balangege

1/2 Kabaso soka  
1/2 Kabaso ranom  
2 Kasidok lana  
1 kakocharita a bawang a natohtoh  
3 Kabaso balangege  
bolyas  
3 Kasidok a boggong  
kamatis a nahariharip

1. Paysaglen mo sokaw kan ranomaw as kapakohat mo sya.
2. Parapahen mo balangegaw an magborek dana as karotong mo sya mandan mayachan.
3. Awnen mo as payen mo do sabak. Patarken mo.
4. Gisaren mo saw bawangaw, bolyasaw, kamatisaw kan boggongaw.
5. Kapay mo so balangegaw, as kapasagel mo sya.
6. Anaten mo as idasar mo na sya.

## Tohos No Wakay A Insalada

Kamatis a naidaydap  
bolyas mana bohong no bolyas a naydaydap  
2 Kabaso tohos no wakay\*  
1/2 Kabaso a ranom  
1/4 Kabaso asoy no kalamansi mana soka  
1 kakocharita asin  
2 Kasidok asokar  
naisohad a ochoy

1. Gisaren mo kamatis kan bolyas.
2. Langgen mo tohos no wakay do 1/2 Kabaso ranom mandan mahma.
3. Nayonan mo soka, asin, asokar, kan nagisar a bolyas kan kamatis.
4. Sagsagen mo iyaw naisohad a ochoy as pakatayhapoten mo do tohos no wakay.
5. Idasar mo na.

\*Makey paw tohos no sili, tohos no kahoy mana pichay.

### Abokado A Insalada



2 naynoy a abokado  
1/2 kakocharita asin  
bolyas  
sili  
Kamatis

1. Koditan mo as Karamas mo so abokadaw.
2. Sasagen mo iyaw kadwanaw as kainayon mo sya do abokadwaw.

### Pangsabor A Abokado

2 naynoy a abokado a nakoditan kan naramas  
1 Kasidok asoy no kalamansi  
bolyas a nahariharip  
kamatis a nahariharip  
1/2 kakocharita asin  
1/4 kakocharita paminta  
1-2 sili a nahariharip

1. Paysasaglen mo a tabo iyaw naibaheyaya as kabatil mo sya mandan mapino.
2. An chakey mo, pakatayhapoten mo so nasagsag a naisohad a ochoy.
3. Maparin mo na kanen mana pangsabor so tinapay, biskwit, mana inapoy.

IBATAN	ILOCANO	ENGLISH
anaten	adawen	remove from the fire
apseng	ittip	crush (as rice)
arasawen	arasawen	to wash rice/corn
arina	arina	flour
arisiten	paarisitan	pour off liquid
arobosan panayetengen	paarobosan	drain/allow to drip
asaden	baywen	pound (as rice)
asoyan	digwan	add water to
badoyahen	baduyaen	to deep fry (batter)
baken	baken	to bake
badyikden	ibaliktad	turn over
baso	baso	cup
batilen	batilen	beat (as eggs)
bawan	palamiisan	to cool
bibingkahen	bibingkaen	to cook with coals
bilag	bilag	sun dry
binesbes	suman binoñgon	food wrapped and cooked in banana leaves

IBATAN	ILOCANO	ENGLISH
kaldo	kaldo	soup
kirogen	kirogen	toast
kiwaren	kiwaren	to stir
kocharita	kutsarita	teaspoon
gamay	gamay	dough
gaskasen	gadgaden	to grate
gilingen	gilingen	to grind
gisaren	gisaren	to saute/stir fry
hariharipen	galgalipen	to chop/pare
honen	lukuten	roll up
hotohen	lutuen	to cook
idasar	idasar	to serve
idaydapen	gayaten	to slice
idyaden	iwaen igaden	to grate
ipidas	ipidas	to cream
inamodan	imaritan	remove the ends of beans and string

IBATAN	ILOCANO	ENGLISH
chichoden	kiwaren	to stir
laoken	laokan	to mix
lebbeken	lebbeken	to pulverize
lidliden	lidliden	to roll out
limogen	limogen/gamayen	to make a batter
linaneg	laoya/inabraw	stew/soup
langgen	laoyaen/abrawen	to boil
lobyan	lobyan	to mash
lotolotoden	tukkutukkolen	to snap vegetables
magalemgen	makaremken	crunchy
magagayaga	nagurdo	chunky
malinay	nalinay	brown/golden
maychahabohabotok	bumsog nagrotong-rotong	bubbly (as in cooking pancakes)
mapol	napalet	thick
nayonan	nayonan	add to
opran	opran	soak

IBATAN	ILOCANO	ENGLISH
pakbongen	ipisok	to drop in liquid
pakbwalen	paborken	to boil water
padohen	ipakbo	to pour
pakatayhapoten	pakinrabawen	to place on top
pakatayrahman	pakin-onegen	to place inside or in the middle
pagmisen pagmigsen	lalyen	to knead
pasngawen	pasngaawan	to steam
papotan		to grease
pihpihen	pitpiten	to pat (as in a patty) to flatten
pigat	pingget/gitta	coconut milk
pilipig	pilipig	pounded green glutinous rice
piritohen	piritwen	to fry
ramasen	ramasen	to mash
raparapahen	pagnanayonen pagtitiponen	add together
ripripen	ripripen aripen	to scrape (as corn)
robrohan	rubrohan	very hot fire

IBATAN	ILOCANO	ENGLISH
sagaten	sagaten	strain
saglen	laukan	mix
sagsagen	tadtaden	chop
saretset	saretset	sizzle (as oil)
sawsaw	simot	dip
sidok	kutsara	tablespoon
sopa	supa kiraos	cup
tahep	taep	husk
tinapay	tinapay	bread/cake
tinapi	pidas	pancake/patty
tohtohen	taltalen	to crush
yoper	iyuper/opran	soak
yokoyoken	yukuyoken	to sift
yapo	rapo/lebadura	yeast