



PERPETUALITE TRAINING PROGRAM

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OCTOBER 25 - NOVEMBER 22, 2024



# Perpetualite Training Program

On November 22, 2024, the Perpetualite Training Program: Negosyo Program (Stage 1) was conducted at the basketball court of Barangay Sto. Niño, Biñan, Laguna. This program aims to improve the skills and livelihood opportunities of the people in the community and was conducted by CIHM & CBA faculty and students. The students and faculty gathered at school as early as 6:00 AM to prepare the ingredients and materials needed for the program.

The activity started with Mr. Dante Salvador, a Hospitality Management student, making the filling for Chicken Empanada. He first sautéed the chicken breast with garlic and onion, then added oyster sauce, soy sauce, and chicken cubes. After that, he added carrots and potatoes and let them boil until softened. Lastly, add raisins and green peas. He also added sugar, salt, and pepper to taste.



For the dough, he first mixed the dry ingredients, flour, sugar, and salt, in a mixing bowl, then added butter. He slowly added water to the mixture while mixing until well combined. Then cut them into small portions and put them inside a chiller.



# Negosyo TAYO!

While waiting for the filling of the empanada to cool and the dough to rise, the students of Nutrition and Dietetics, Mr. Ken Ramaraog and Carlos Mariñas, started demonstrating the process of making Kimichi. To begin, they started with cleaning and slicing the cabbage. They started salting each leaf one by one. It should be soaked in water within 2 hours and turned around every 30 minutes. Then rinse to remove excess salt and dirt.

As the cabbages were still soaked, they proceeded to make the kimchi paste. They first added glutinous flour (galapong) and water to a small pot and mixed it until thickened. Then add sugar and turn off the heat. They then added garlic, ginger, onion, and shrimp paste (bagoong) in a food processor or blender. Lastly, transfer the mixtures to a large bowl and add vegetables like radish, carrots, and onion leeks.



When the cabbages and the kimchi paste are done, in a large bowl, spread the paste on each leaf of the cabbage and arrange it in a container. It could be consumed immediately or let it ferment for several days.

After making the Kimchi, Mr. Dante and other HM students resumed assembling the Chicken Empanada. They first used a rolling pin to flatten the dough, then added around  $\frac{1}{3}$  cup of filling and slowly enclosed the dough using a fork to seal it. They applied egg wash to the empanada and cooked it in the oven. They asked several participants to try to assemble and enclose the empanada.

This livelihood program proved to be remarkably successful as it gathered around 40 participants who were eager to learn and develop a skill that could be marketable. It also made the students and faculty of CIHM that conducted the program to be able to disseminate the information and skill that they have.