

Balut  
Smoked Salmon  
Fried Chicken  
Ube  
Fried Rice  
Arrozcaldo  
Pizza  
Adobo  
Burrito  
Wonton Soup  
BBQ  
Pancit  
Sinigang  
Spaghetti  
Lumpia  
Eggrolls  
Hamburgers  
Pinakbet  
Lechon  
Kimchi  
Halo-Halo

# Submit your recipe for publication in the Filipino American Cookbook!

Do you have a recipe of significance to your family?

What is the story or memory associated with that recipe?

Is it an old family recipe from the Philippines that was adapted to the ingredients available to the greater Seattle area?

Or was it a recipe your family gave a Filipino twist?

Some of our most memorable experiences are related to the scent and taste of our favorite family dishes. **FANHS Greater Seattle Chapter** invites you to share those memories and recipes in our 2015 historical cookbook.

To submit your recipe and story, fill out our online form at:  
<http://goo.gl/forms/ffdEmrzVM5>

**FANHS**  
FLIPINO AMERICAN NATIONAL HISTORICAL SOCIETY  
Greater Seattle Chapter

For more information or to request a hard copy of the survey, email [fanhsseattle@gmail.com](mailto:fanhsseattle@gmail.com)