

## LESSON 16



### **Pakikinig: Lumpiang Galunggong** Fish Spring Rolls

Listen to this recipe of *lumpiang galunggong* (fish spring rolls), an excerpt of a video entitled “Recipe ng healthy lumpia dishes (Recipes of healthy lumpia dishes).” These recipes are from a segment of the TV show *Pinoy MD*, hosted by Connie Sison and aired on GMA 7 channel on April 23, 2012.

You can access the 1:13 minute audio (file name inter tag lesson 13) through the CD provided in your book, or alternatively at <http://www.gmanetwork.com/news/video/117388/pinoymd/recipe-ng-healthy-lumpia-dishes>. The 5:39 minute video might also be interesting for you to watch because it features two other dishes, *lumpiang sayote* (chayote or pear squash; you can use zucchini or squash as a substitute), and banana-pineapple *lumpia*.

*Galunggong* fish is round scad, an inexpensive fish in the Philippines usually served fried. You can, of course, substitute any fish, which you can boil and then flake. To prepare for this listening exercise: review/study the following vocabulary words: **tinadtad** (chopped); **kintsay** (celery); **hinimay** (flaked); **mangkok** (bowl); **pampalasa** (to add flavor); **bango** (fragrance); **rekado** (ingredients); **balutin** (wrap); **baligtarin** (turn).

Answer the following comprehension questions:

1. What are the ingredients for *lumpiang galunggong*?
2. What ingredients were used to add flavor to the dish?
3. What did the cook put in the dish so that the ingredients can mix well?
4. What did the cook do to the ingredients that she had mixed?
5. What was the last stage in the cooking process?
6. What final advice did the cook give to the audience?
7. How many people can be served with this dish?