

## TekPinoy.biz #47: Pili Food Products

### **Matuto at kumita! Cook your way to wealth**

Have you ever wondered how you can reach financial freedom in spite of the COVID-19 pandemic?

If you are out of a job or desiring to leave one and feeling cooped up at home, there is a flavorful, easy way out.

"*Kitang-Kita Na sa TekPinoy.biz Series of ITDI*" is the turn of the year learning tool for you. Let the Industrial Technology Development Institute (DOST-ITDI) teach you 55 simple and cheap ways to prepare meat, fish, fruits, and vegetables. For the manly type - muscle up with 14 machine-based technologies.

Below is **TekPinoy.biz #47: Pili Food Products**.

#### ***Piliin ang Pili***

The Philippines prides itself on its lush ecology, including in its many indigenous species of plants and trees.

Of great economic interest, however, is the extraordinary nut-bearing, the *pili*.

The *pili's* kernel is its most important product that can be eaten raw or roasted. When roasted, its mild, nutty taste and tender-crispy texture pop out, making it taste even better than other kinds of nuts.

Further, the *pili* kernel is used as additional flavoring to chocolate, ice cream, and baked goods.

To make the most out of this valuable nut, ITDI has prepared four recipes using *pili* kernels.



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Interested processors can now make their own chocolate-coated pili, fruit-pili cereal bar, marzipan, and salted-roasted pili nuts.

Pili Food Products is Series No. 47 of ITDI's livelihood technologies under its "*Kitangkita Na sa TekPinoy.biz Series.*" The online material is free for all and can be accessed at <http://bit.ly/ITDILivelihoodSeries>.

Parties can request for online techno demonstration of technologies included in the series.

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