

INSTRUCTIONAL VIDEO SCRIPT

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Producer: Genevieve Collins

VIDEO

AUDIO

FADEUP ON:

1. CAM-1: MS, COLLINS
BEHIND KITCHEN COUNTER
FULL OF FRUITS &
VEGETABLES

1A. CHYRON KEY:
GENEVIEVE COLLINS
INTERNATIONAL CHEF

COLLINS:

With temperatures over 80 degrees year-round, it's no wonder that many great summer recipes hail from the islands of the Philippines. Today, I'll show you a perfect combo that your friends and family will crave no matter what the weather is like. I'm Chef Genevieve Collins, and you're watching Philippine Cuisine.

DISSOLVE TO:

2. VTR A: PHILIPPINE CUISINE
MONTAGE INTRO

PHILIPPINES CUISINE INTRO MUSIC (10 SEC)

(10-second intro)

TAKE:

3. CAM-1: MS, COLLINS

3A. CHYRON KEY:
GENEVIEVE COLLINS
INTERNATIONAL CHEF

COLLINS:

Many of you may be familiar with the traditional Philippine staple food "lumpia" (LOOMP-pee-ya), or eggroll. Well, today I'm presenting lumpia with a dessert twist, using banana as a filling instead of the classic meat and vegetables.

4. CAM-2: MCU, PLATE OF
EGGROLLS & GLASS OF
MANGO SMOOTHIE

4A. CHYRON KEY:
BANANA LUMPIA
& MANGO SMOOTHIES

Later, I'll pair it with a mango smoothie to create the perfect after-dinner indulgence. Or, you could use the combo as a much more fruitful alternative to your kids' after-school snack.

5. CAM-1: MS, COLLINS,
HOLDS UP INGREDIENTS

Banana lumpia really consists of just two simple ingredients:

5A. CHYRON KEY:
BOX OF EGGROLL
WRAPPERS

eggroll wrappers you can find in the freezer section of your supermarket,

5B. CHYRON KEY:
BANANAS

and, of course, ripe bananas.

6. CAM-3: OVERHEAD CU,
CUTTING & WRAPPING
BANANA

Start off by peeling a banana and cutting it, first crosswise, then lengthwise, like so. Place one section in the middle of a wrapper. Fold the bottom up first, then fold in the sides, and lastly, roll the banana up until you reach the top edge.

7. CAM-1: MS, COLLINS

You can use a beaten egg to seal your eggroll, but water usually works just fine here. Dab your fingers in a bowl of water, lightly tap them onto your wrapper's edge, and roll your banana over, creating a delicate seal.

8. CAM-3: OVERHEAD CU,
WRAPPING

9. CAM-2: MCU, PLACING
EGGROLL DOWN

For now, place your wrapped banana edge-side down to reinforce the seal as the water dries.

10. CAM-1: MS, COLLINS

Finish wrapping the remaining bananas, making about two or three per person, although I can usually eat a dozen of these myself.

11. PAN TO STOVE AREA,
FOLLOWING COLLINS

When it comes time to cook them, heat some oil in a saucepan over medium heat and deep-fry the eggrolls until they're golden brown. It should only take a couple of minutes.

12. CAM-3: OVERHEAD ECU,
EGGROLLS FRYING

13. CAM-1: MS, COLLINS, PAN TO ORIGINAL PREP AREA Now I'm going to let those cook a bit while I prepare the ingredients for our next delight, the mango smoothie.
14. CAM-2: PAN TO EACH INGREDIENT ON COUNTER For this recipe, you'll need:
- 14A. CHYRON KEY: three ripe mangos,
3 MANGOS
- 14B. CHYRON KEY: about a half a cup of sugar,
½ CUP SUGAR
- 14C. CHYRON KEY: two cups of milk or water,
2 CUPS MILK OR WATER
- 14D. CHYRON KEY: and four cups of ice.
4 CUPS ICE
15. CAM-1: MS, COLLINS It's okay if your mangos are still a little green; just add more sugar to taste.
16. CAM-3: OVERHEAD MCU, CUTTING MANGO First, cut the mangos into thirds, around the seed, like so.
17. CAM-2: CU, SCRAPING MANGO Then, you can scoop out the fruit from both sides and scrape it from the middle.
18. CAM-1: MS, COLLINS Once you get all the fruit out, throw it all in the blender. I had some already prepared.
19. PAN TO STOVE AREA Before I move on, let me check my fryer.
20. CAM-3: OVERHEAD MCU, EGGROLLS Yes, once they're golden like this, take them out to cool for a moment.
21. CAM-1: MS, COLLINS, PAN BACK TO PREP AREA I can't tell you how many times I've burned my mouth from being unable to resist long enough, but it's always been worth it.

22. CAM-2: CU, BLENDER Back to the smoothie. All you have to do now is throw in the rest of the ingredients. Use milk if you want a creamy shake. Use water if you're after a healthier version.
23. CAM-1: MS, COLLINS Blend it all together on high speed until you've got a smooth texture...
24. CAM-2: CU, GLASSES When it's ready, pour it into some tall glasses. Maybe add some whipped cream and a cherry, or even an umbrella, and you've got the perfect afternoon delight.
25. CAM-3: OVERHEAD MS OF FOOD ON COUNTER Now you can arrange your banana lumpia on a plate, like so. Depending on how ripe your bananas were to begin with, you may want to provide some extra sugar for dipping.
26. CAM-2: CU, BANANA LUMPIA & MANGO SMOOTHIES And there you have it! Some fruitful treats that everyone in the family will love! Hot, crispy, sweet banana eggrolls served with a delicious, equally nutritious mango smoothie. Refreshing all year round!
- 26A. CHYRON KEY: BANANA LUMPIA & MANGO SMOOTHIES
27. CAM-1: MCU, COLLINS And if you're as impatient as I am, you'll be glad to have something nearby to help relieve a burned tongue. Now, it's time for me to dig in, so I'll say goodbye for now! I'm Genevieve Collins. See you next time on Philippine Cuisine!
28. ZOOM OUT TO REVEAL LS OF SET (TRADITIONAL PHILIPPINE MUSIC UP)
- 28A. CHYRON KEY: CREDITS ROLL
29. FADEOUT (MUSIC FADE)