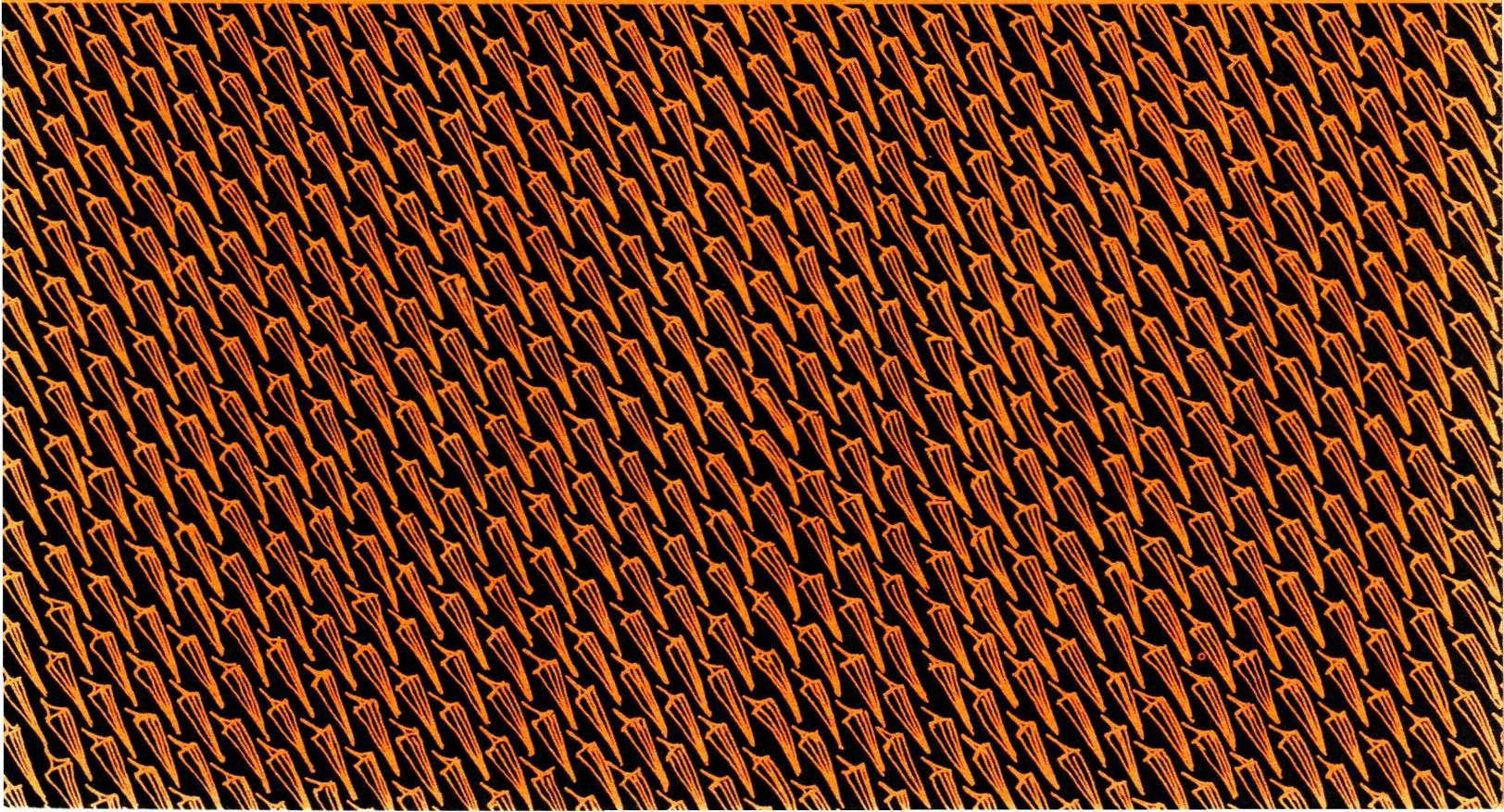


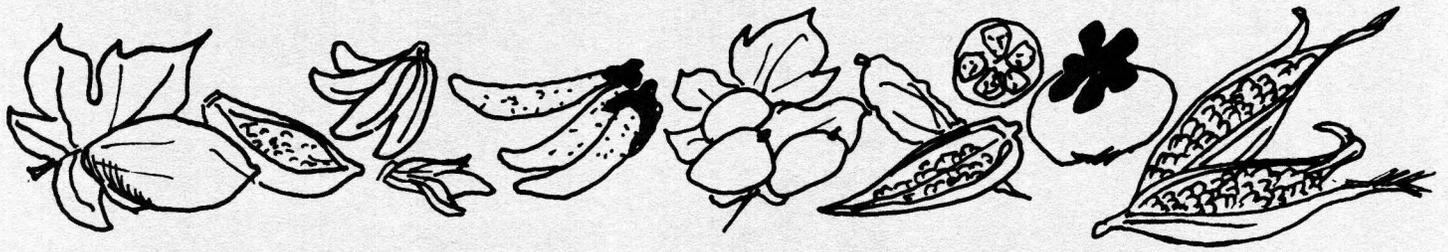


# ABOUT FILIPINO FOODS

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THE PHILIPPINES, an island country in the southwest Pacific, is one of the leading democracies of Southeast Asia. The country's full name is Republic of the Philippines. Quezon City is the capital; Manila is the largest city and chief governmental center.

Rugged mountains rise above the thick jungles and green plains of the more than 7,100 tropical islands. The total area of the Philippine Islands is a little larger than Wisconsin and Illinois combined, but the country has one and a half times as many people as these two states together. The brown-skinned, dark-haired people of the Philippines are called Filipinos, 93 out of every 100 of whom are Christians, making the Philippines the only Christian country in Asia. About 90 of every 100 Filipinos live along country roads or in farm villages. The rest of the people live in cities.

Most of the people belong to a race called the Filipino-Malaysian. Their ancestors came to the islands from Southeast Asia by way of the East Indies, beginning about 200 B.C. But many ethnic groups, such as Caucasian, Mongoloid, and Eurasian, are represented.

The people of the Philippines speak nine different languages of the Malayo-Polynesian group. These languages consist of about 90 different local or tribal dialects. About one-third of the people speak the Tagalog dialect of central Luzon Island. The government made Tagalog the "national language" in 1946. English, however, is still the chief language used by government officials and businessmen. Children learn both English and Tagalog in school.

The islands rank among the world's leading producers of coconut, rice, and sugar. Forests furnish mahogany and other fine lumber. Mines supply gold, silver, and other minerals. The waters around the islands provide large catches of fish. Bananas make up about half the fruits produced for commercial purpose and home consumption. The other half includes papayas, mangoes, cantaloupe, watermelon, avocado, and pineapples.

Rice predominates in the Filipino diet. In fact, this cereal supplies nearly half the total caloric intake. Corn is second in importance as a food crop and is favored over rice in some provinces.

The most commonly available meat is pork, followed closely by poultry. These are frequently served together in a popular dish called *adobo*. Fish is the main source of animal protein in the Filipino diet. *Bagoong*, a favorite fish sauce, is a mixture of salt and small fish, like anchovies, shrimps, clams or oysters, fermented to a sauce or paste. It is used to flavor many dishes by Ilocanos and Tagalogs, but rarely by the Visayans.

Vegetables such as tomatoes, eggplant, radish, beans, peas, and garlic are available in relatively small quantities. Filipinos are very fond of tomatoes, which are combined with almost any other vegetable in hot dishes and salads, especially with *bagoong*. The most popular leafy vegetables are of the cabbage family—petsay, head cabbage and swamp cabbage, mustard greens, and sweet potato tops. Of all the root crops, sweet potatoes rank first in popularity.

A distinctive Filipino food habit is to use leaves, tendrils of vines, flowers, seed pods, and young shoots of plants in salads and cooked dishes. As a result, their diet is fairly high in vitamin A.

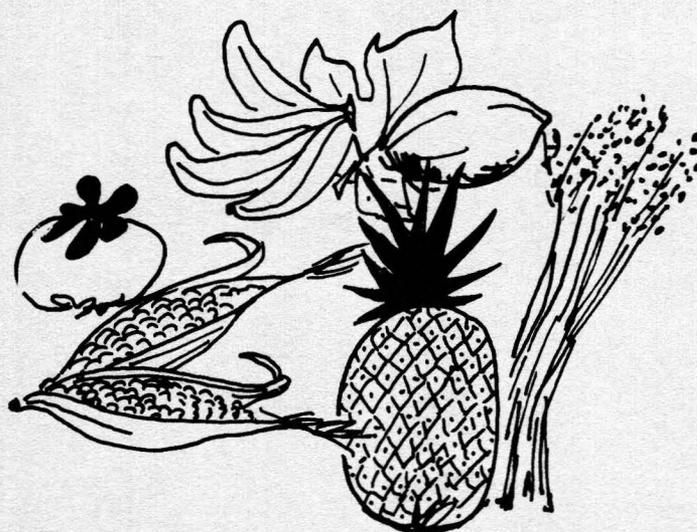
The usual Ilocano method of cooking is to start with boiling water, then to add salt, bagoong, shrimps or fish, and lastly, the vegetables. Fat is not commonly used. The Tagalog method of cooking is to start with some fat, to fry the meat or fish, then to fry the vegetables slightly before adding water. Coconut milk is used more by the Tagalogs in their daily cooking than by the Ilocanos or Visayans.

Many dishes prepared by the Filipinos are thick soups or stews with varying amounts of liquid. One of the most favorite dishes is the *dinengdeng* (an Ilocano word), a term used for a stew of one or more vegetables seasoned with *bagoong*, dried shrimps, or fish. This dish can also be cooked with a dried legume like mungo beans.

Like the Oriental groups in Hawaii, the Filipinos use white rice in large quantities. They use the mochi-type of rice especially for cakes, pastries, and other dessert dishes. In *cancanens*, the general term for desserts, coconut milk is most often used, together with brown sugar and mochi rice.

Fruit is more likely to be used green or pickled than ripe. Occasionally, fruits are used as desserts or with afternoon tea (*merienda*). Sweet desserts are seldom served with everyday meals, but more often on feast occasions.

Many have commented on the hospitality of the Filipinos and their love of festivals. Important functions such as christenings, weddings, funerals, and fiestas are always highlighted with special Filipino cookery and delicacies. Many of these elaborate dishes show Spanish influence and are served largely at formal occasions. Their daily menu is much more simple.



#### FILIPINO FOODS MENU

**PORK ADOBO**  
(Seasoned Pork)

**PINACBIT**  
(Bitter Melon and Eggplant)

**CAMOTE LEAVES**  
(Sweet Potato Leaves)

**BANDIAY BANDIAY**  
(Banana Fritters)

**BITSO BITSO**  
(Sweet Potato Patties)

**ACHARA**  
(Pickled Green Papaya)

**BIBINGCA**  
(Coconut Rice Pudding)

**CHA**  
(Tea)

**CAPE**  
(Coffee)

**PORK ADOBO\***  
(Seasoned Pork)

4 to 6 servings

- |   |  |
|---|--|
| 2 pounds lean-type pork<br>edged with 1/2-inch fat<br>(pork steak or chops) | Dash of monosodium<br>glutamate                |
| 2 tablespoons chopped<br>garlic   | Dash of black pepper                           |
| 6 tablespoons vinegar   | 2 bay leaves or 2 table-<br>spoons soy sauce** |
| 1 1/2 teaspoons salt  | Water to cover pork                            |

Clean and slice pork into bite-size pieces. Put pork in fry pan and add garlic, vinegar, salt, monosodium glutamate, black pepper, and bay leaves. Mix thoroughly and add enough water to cover meat. Simmer until all water has evaporated. Fry meat until brown on both sides, adding a little fat, if necessary. Serve hot.

\*For Chicken Adobo omit garlic and add ginger root and whole pepper corns.

\*\*If soy sauce is added to mixture, omit bay leaves and salt.

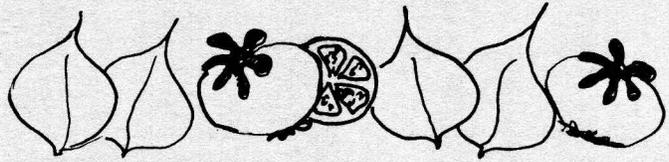


**PINACBIT**  
(Bitter Melon and Eggplant)

6 servings

- |   |   |
|---|---|
| 3 long eggplant                           | 2 medium-size tomatoes                                    |
| 2 bittermelon or 3/4 pound<br>frozen okra | 1/4 cup aramang<br>(shrimp) or ipon<br>(small dried fish) |
| 2 cloves garlic                           | Dash of monosodium glu-<br>tamate                         |
| 1 teaspoon bagoong<br>sauce               |   |
| 1/2 cup water                             |   |

Wash and slice vegetables. Remove seeds from bitter melon. Cut all vegetables in 2-inch pieces. Mix garlic, bagoong sauce, water, sliced tomatoes, and shrimp in deep pot. And melon first, then eggplant; cover and simmer until eggplant is cooked, 5 to 8 minutes. Okra may be added, if available. After vegetables are cooked, they may be marinated in thin mayonnaise for 15 minutes before serving.



**CAMOTE LEAVES**  
(Sweet Potato Leaves)

6 servings

- |   |                                     |
|---|-------------------------------------|
| 1 to 2 pounds sweet<br>potato leaves (spinach<br>may be used) | 1 teaspoon bagoong<br>sauce         |
| 1/2 cup water   | 1 teaspoon chopped gin-<br>ger root |
|   | 2 medium-size tomatoes              |

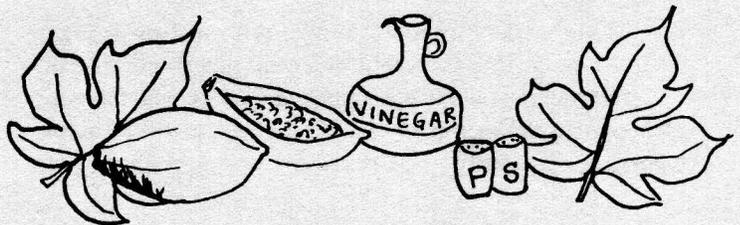
Wash potato leaves or spinach; add to boiling water and barely wilt. **Do not overcook** or leaves may become slippery. (If overcooked, may refrigerate until thoroughly chilled to crisp up and remove slippery condition.) Drain and place leaves in large bowl. Add bagoong sauce, ginger, and tomatoes. Mix thoroughly. Ginger root and tomatoes may be omitted and lemon juice substituted for a flavor change.

**ACHARA**  
(Pickled Green Papaya)

6 servings

- |                               |                                     |
|-------------------------------|-------------------------------------|
| 1 medium-size green<br>papaya | 1/2 teaspoon chopped<br>ginger root |
| 2 tablespoons vinegar         | Dash black pepper                   |
| 1 teaspoon salt               |                                     |

Wash and peel papaya, remove seeds, and shred flesh. Add vinegar, salt, ginger, and pepper. Blend thoroughly. Cover and let stand for 30 minutes or place in covered container and keep in refrigerator until ready to serve.

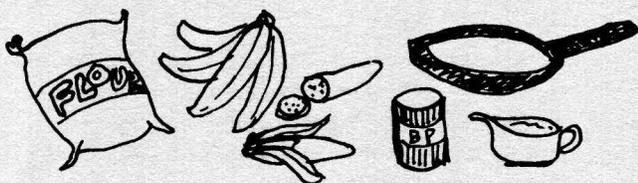


**BANDIAY BANDIAY**  
(Banana Fritters)

8 to 10 servings

1 cup all-purpose flour      4 or 5 whole apple  
2 teaspoons baking            (Brazilian) bananas  
  powder                        Oil to cover bottom of fry  
3 to 4 tablespoons sugar      pan  
¾ cup milk

Sift dry ingredients together; add milk and mix. Peel and slice bananas in half. Dip halves in batter. Heat oil in frying pan at medium heat and fry bananas until brown on both sides. Serve hot or cold—a part of main course.



**BITSO BITSO**  
(Sweet Potato Patties)

6 servings

2 cups grated raw              ¼ cup sugar  
  sweet potato                  ¼ cup all-purpose flour

Wash, peel, then grate sweet potatoes. Add enough flour and sugar to make mixture that can be shaped into 2-inch patties, ½-inch thick. Pan fry until a golden brown. Serve with adobo or meat course.

**BIBINGCA**  
(Coconut Rice Pudding)

16 two-inch squares

4 cups fresh coconut          1½ cups mochi rice  
  milk\*                            Wilted banana leaves\*\*  
   1½ cups brown sugar

Reserve ½ cup coconut milk and ½ cup brown sugar for topping. Wash mochi rice and let stand in cold water (while cooking coconut milk.) Cook 3½ cups coconut milk in top of double boiler for 30 minutes, stirring constantly. (NOTE: Keep water in lower portion at constant boil.) Add 1 cup brown sugar. Drain

mochi rice in strainer and stir into milk mixture. Cook in double boiler 30 minutes or until thick. Stir constantly.

Line 8x8x2 baking pan with wilted banana leaves and pour in pudding. Sprinkle top with mixture of ½ cup brown sugar and ½ cup coconut milk. Bake in oven set at 350°F. for 15 minutes; then lower temperature to 300°F. and continue baking for 30 minutes. Cool in pan and cut in 3-inch squares to serve.

**\*To PREPARE COCONUT MILK:**

Four cups of coconut milk require 2 coconuts. Punch eyes from nuts, drain the liquid and save. Crack the nut and remove the nut meat. Peel the brown skin from the meat. Cut in small pieces and grate on hand grater or chop fine in an electric blender. To each 3 cups of grated coconut meat, add the coconut water and enough boiling water to make 1½ cups liquid. Let stand 15 minutes. Knead with hands and squeeze through two thicknesses of cheesecloth or a poi cloth; squeeze as dry as possible.

**\*\*To WILT BANANA LEAVES:**

Wash leaves on both sides, then hold over high burner flame until leaves turn a dull green color. **Do not burn leaves.** If too smoked, wipe both sides of leaves with damp cloth. May also be wilted in boiling water by passing through water a few minutes.

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