

Filipino Cooking



REPUBLIC OF THE PHILIPPINES

This sovereign island country is situated in the Western Pacific Ocean. It consists of 71,107 islands that are under 3 main geographical divisions: Luzon, Visayas, and Mindanao. Its capital city is Manila while its most populous city is Quezon City; both are part of Metro Manila.

It is located in the Pacific Ring of Fire and close to the equator making the Philippines prone to earthquakes and typhoons. It has a population of 100 million people and is the 7th most populated country in Asia and the largest Asian Catholic Country.

Multiple ethnicities and cultures are found throughout the islands. In prehistoric times, Negritos were some of the earliest inhabitants. Then came waves of Austronesian, Chinese, Malay, and Indian. In 1521, the Spanish explorer Ferdinand Magellan arrived to the Philippines marking the beginning of 300 years of Spanish rule. This resulted in the predominant religion in the country being Roman Catholic.

By the early 20th century, there was quick succession of ruling bodies. The Philippine Revolution in 1898 spawned the short lived First Philippine Republic. The Philippine-American War resulted in American occupation (1898-1946) until World War II when the Japanese invaded and occupied the islands. After WWII, the Philippines was recognized as an independent nation.

There are 175 individual languages in the Philippines (171 living). According to the 1987 Philippine Constitution, Tagalog and English are the official languages.

The National Flag of the Philippines is commonly known as the Three Stars and a Sun. The flag is bicolor with equal bands of royal blue and scarlet red, and with a white equilateral triangle at the hoist. In the center of the triangle is a golden yellow sun with 8 primary rays, which represent the country's first group of provinces that started the 1896 Philippine Revolution against Spain. At each vertex of the triangle is a 5 pointed golden yellow star, each representing of the country's three main island groups - Luzon, Visayas, and Mindanao

The Philippine cuisine has evolved over several centuries from its Malayo-Polynesian origins to become a mixed cuisine with many Hispanic, Chinese, American, and other Asian influences that have been adapted to local ingredients and the Filipino

palate to create distinctively Filipino dishes. Filipino taste buds tend to favor robust flavors but is not as spicy as those of its neighbors.

Unlike many Asian countries, Filipinos do not eat with chopsticks. They use Western cutlery. However, the main pairing of utensils is that of a spoon and fork, not knife and fork. The traditional way of eating with the hands, known as kamayan, is seen more often in less urbanized areas.

BOY SCOUTS OF THE PHILIPPINES

Scouting in the Philippines can be traced back to the American Occupation. The earliest known troop was that of Lorillard Spencer Troop of Zamboanga in 1914. As more troops were organized by American missionaries and servicemen in the islands, the Rotary Club of Manila wrote to the BSA in New York asking to formalize Scouting in the Philippines starting in Manila

On October 5, 1923 the Manila Council of the BSA was formed funded by American, Chinese, and Filipino businessmen and interest groups. In November, the BSA cabled the endorsement of the BSA by charting the council as a first class council and was officially known as the Philippine Islands Council, BSA. On October 31, 1936, under the Commonwealth of the Philippines Act on October 31, 1936 and it became known as the **Boy Scouts of the Philippines (BSP)**



Adobo

Although the name is taken from Spanish, the cooking method is indigenous to the Philippines. When the Spanish colonized the Philippines in the late 16th century and early 17th century, they encountered a cooking process which involved stewing with vinegar, which they then referred to as adobo, the Spanish word for seasoning or marinade. Dishes prepared in this manner eventually came to be known by this name, with the original term for the dish now lost to history.

Even before the Spaniards came, early Filipinos cooked their food minimally by roasting, steaming, or boiling. To keep it fresh longer, food was oftener cooked by immersion in vinegar and salt. Thus, it is very likely that Filipinos could have been cooking meat in vinegar as a means of preservation. Chinese traders introduced soy sauce which has replaced salt in the dish.

While not official, many consider Chicken Adobo to be the national dish of the Philippines.

1-1/2 lbs Diced Pork
3 Chicken breasts/thigh
1 cup vinegar
1/2 cup soy sauce
3/4 cup crushed garlic
3 tbs maggi oyster sauce
2 tsp Maggi savor
1 1/2 cup water
2 tbs whole peppercorns
2 pcs bay leaves
1 sachet Maggi Magic Sarap

1. Mix the ingredients into a large mixing bowl. Stir until all the powder has been dissolved. Then add the pork and chicken. Let sit for 30 minutes. Pull the chicken out and place aside.
2. Pour mixture into a large wok and cover. Let simmer until the pork has softened. Then add the marinated chicken into the wok and let it simmer for about 30 minutes. Once it has cooked, serve onto a plate of rice.

Bibinka

Bibingka is a type of rice cake from the Philippines traditionally eaten during the Christmas season. After mass, vendors would sell them outside of church.

2 1/2 c. Bisquick mix

1 1/2 c. white sugar, plus additional for sprinkling

3 tsp baking powder

6 large eggs

2 c. evaporated milk

1 x bar (8 ounce) cream cheese or possibly butter, cut into chunks

1. Preheat oven to 300 F. In a large bowl, combine the Bisquick, sugar, and baking powder. Stir in the large eggs and evaporated milk. Blend well. Pour into 2 9-inch plates lined with wax paper and bake for 10 minutes. Remove from heat and dot with chunks of cream cheese. Increase oven heat to 350 and bake the cakes for 20-30 minutes.
2. Remove from oven and coat the top with butter. Sprinkle with sugar.