

Philippines' authentic dishes essay sample



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Philippines is a country that has a mixed heritage. They are colonized by Spanish, Japanese, Americans, Chinese, and even Malays, wherein they inherit their cooking techniques, ingredients, and even their taste in food. Filipinos love to cook and at the same time, to eat, that is why there are many foods in different provinces around the Philippines that have their own authentic dishes. Philippines is a country that has a colorful image when it comes to their culture. Their authentic dishes is one of the cultural heritage that must be preserved.

From the meaning of dish, tool, ingredients and how it is cooked. As time passes, people are gradually changing the way of cooking and forgetting their authentic foods especially millennials today who chooses to patronize international foods than their own dishes. Nowadays, millennials prefer to dine in a fast-food chain, many of them chooses to eat foods like Ramen, Bibimbap, Burger, Steaks, Pasta, Pizza, and other international dishes but they do not know a thing about the authentic dishes in the Philippines.

This study will be conducted for millennials to be aware of the extinction of authentic foods if they will continue to patronize international dishes. The research team chooses four provinces in Region II wherein their study will be based which are Bulacan, Pampanga, Tarlac, and Nueva Ecija. These provinces are chosen for two reasons, firstly, because they are well-known for their own variety of dishes, and secondly, because only a few Filipinos in the present are familiar with their dishes. Statement of the Problem

Philippines' authentic dishes is one of the cultural heritage that must be preserved. It is something that Filipinos were proud of. Because of

colonization of different countries, Filipinos inherit their cooking techniques, ingredients, and so as the taste of their food. As time passes by, they gradually changed their way of cooking. This study will be conducted to determine the reason of the extinction of authentic foods in different provinces in the Philippines. This study seeks to answer the following;

What are the possible causes of the extinction of authentic foods in the Philippines

What are the possible effects of the extinction of authentic foods according to:

- a. Locale
- b. Community (people)
- c. Tradition or Culture
- d. Tourism

How does modernization affect the authentic dishes of the provinces in the Philippines?

Hypothesis

Modernization has a big impact to the authentic foods of different provinces of the Philippines.

Significance of the Study

The researchers will conduct this study to determine the causes and effects of the extinction of authentic foods in the Philippines to end up with ideas

that can prevent the said situation from happening. This study is deemed beneficial to the following:

Local Persons of Region III - to be aware on what will happen if they will continue to patronize foreign foods.

Culture Promoter of Region III - to develop and promote their culture

Tourism personnel of Region III - to help promote tourism because of the authentic food of their province. They'll gain tourist.

PUP Students - to gain new knowledge and learning about the authentic foods of those provinces.

Future researchers and readers - who will be conducting the same topic so that they would have a concept on what to do. Sellers of authentic Filipino foods - to help them continue their business and also to promote it.

Scope and limitation of the study

This study has a broad set of people that can be affected and can affect the extinction of the authentic foods. Because it is too wide, the researchers limit the study by choosing a specific Region which is the Region III, and minimizing it to four provinces which are Bulacan, Pampanga, Tarlac, and Nueva Ecija. To estimate, the interview to their respondents would take 1-3 months due to the researchers will have to go to four different provinces to finish their study.

They chose these provinces because they own some of the authentic foods in the Philippines that are being forgotten by the Filipinos in the present due to many unidentified causes and these authentic foods once made a mark in

the history of the culture in their province, and in the Philippines. To be familiar, some of these foods are Morcon, Batute Tugak, Pindang Kalabaw, Camaru, Aligasín at Damuko sa Tuba, Lumpia ng Kalayaan, Pinaryaang Manok, Dalem, Inutuken, Pinapaitan and many more.

Definition of terms

Authentic Foods - When a dish is made with ingredients indigenous to its place of origin and tailored to the palettes of the residents of its place of origin.

Colonialization - act of colonizing or being colonized

Culture - is the characteristics and knowledge of a particular group of people, cuisine, social habits, music and arts

Cultural influence - historical, graphical and familial that affect assessment and intervention processes

Extinction - the act of making extinct or causing to be extinguished

Fast food - an establishment that offers food at an affordable price

Fusion - a combination of ingredients; a blend of sensation, perception, ideas or attitudes

Heritage - property that is or may be inherited; an inheritance

Influence - the power or capacity of causing an effect in indirect or intangible ways

Millennials - a person reaching young adulthood in the early 21st century

Modernization - the act of modernizing or the state of being modernize.

Review of Literature and Studies

This chapter will present the literature and studies that is related to the extinction of authentic foods in different provinces in the Philippines. Here, given the possible causes and effects of the topic and somewhat how to prevent it from happening. Including the how, why, what, when, and where of this research that is taken from existing literature and studies.

INTRODUCTION

According to CITATION Vab14 | 13321 (Vabo & Hansen, 2014), food preference and food choice has a big correlation and also a big difference. There stated the factors that affects a person's food preference which are Biological - Chemical sense of taste and olfaction; Psychological - different experience with food as people grow up; and the Society and Culture - dietary patterns change, people's diets shaped by several factors, including society. And the factors that affects their food choice which are divided into three; product or food related factors, consumer related factors, and environmentally related factors. Therefore, the process connection food preferences and food choice is not straight forward and explicable. According to Wadolowska et al. (2008) food preferences interact with different food choice factors and sociodemographic features of the consumer, which again interacts with the frequency of food intake.

In the study of CITATION Kal14 | 13321 (Kalalo, 2014), they conclude that most of the local tourists and restaurants in San Juan preferred Filipino cuisine. Only gender shows significant difference on the cuisine preference among American, Chinese, Japanese, and Italian cuisines. On the other hand, Nature of work shows significant difference . on the cuisine preference towards French cuisine.

In the book CITATION Oca17 | 13321 (Ocampo, 2017), it is stated that Ethnic culinary research can be a platform for understanding how systems of oppression impact communities of color, as well as give Filipina/o communities the opportunity to share their cultural wealth. For this research, cultural hegemony will be viewed through a lens of culinary experiences focusing on exploitation through institutional, interpersonal, and internal systems of oppressions.

The book by CITATION Fer88 | 13321 (Fernandez, 1988), The reason for the confusion is that Philippine Cuisine, as dynamic as any phase of culture that is alive and growing, has changed through history, absorbing influences, indigenizing, adjusting to new technology and taste and thus evolving. Filipino food today as shaped of the Philippine history and society consists of a Malay mix, into which melded and blended influences from China and India (through trade), Spain and America (through colonization), and more recently the rest of the world (through global cultural communication). A special path to the understanding of what Philippine food is can be taken by examining the process of indigenization, which bought in, adapted, and then subsumed foreign influences into the culture.

CITATION Zap15 | 13321 (Zappia, 2015), But what does it mean to be authentic? Is it about where one comes from, how one behaves, or what one eats? The culinary historian Raymond Sokolov (1991; 219) once described it " as slippery a notion as happiness."