



Filipino Cooking: for beginners - Basic Filipino Recipes - Philippines Food 101 (Filipino Cooking - Filipino Food - Filipino Meals - Filipino Recipes- Pinoy food)

Clara Taylor

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“Filipino Recipes Cookbook for Beginners”: Simple, delicious and healthy recipes from the Philippines

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Most Filipino food and dishes are a delectable blend of native and foreign cuisines that have evolved through the centuries. Historians narrate that a couple of hundred years ago, foreign traders and settlers, colonizers and missionaries brought with them their native recipes and unique style of cooking to the Philippines.

Culinary artifacts and centuries-old pottery cooking was excavated from the central and southern part of the country proved that the Philippine cuisine was influenced by Austronesian origins mixed with cuisines from the Spaniards, Americans, Chinese along with the culinary impressions from other neighboring Asian countries.

The dishes adopted from these foreign influences was adapted to domestic ingredients and to the delicate local palate.

However, preceding to the invasion of these foreigners roughly four centuries ago, primitive Filipinos already had their original Pinoy recipes such as Insarabasab, Kilawin, Dinakdakan, Inihaw, Dinengdeng, Bulalo and Papaitan to name a few.

The Filipino cuisine ranges from the simplest meal of rice paired with salted red egg and fried dried fish, to the more elaborate preparation of cozidos and paellas especially prepared during fiestas.

Filipino food is filled with tradition and diverse richness of colours, flavours and history. This short book was designed as an introduction for beginners to the rich and blended culinary traditions from Philippines.

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