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CALAJO MANGAN

(Let's Eat):

A Survey/Documentation of Indigenous Food plants,
Recipes, Culinary Art and Practices

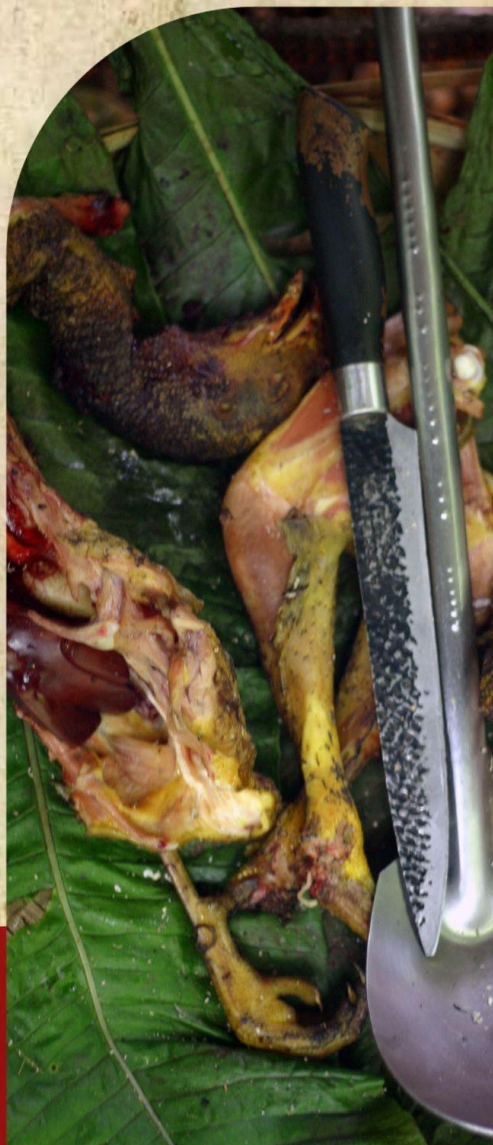


Heritage and Arts Academies of the Philippines, Inc. 2021

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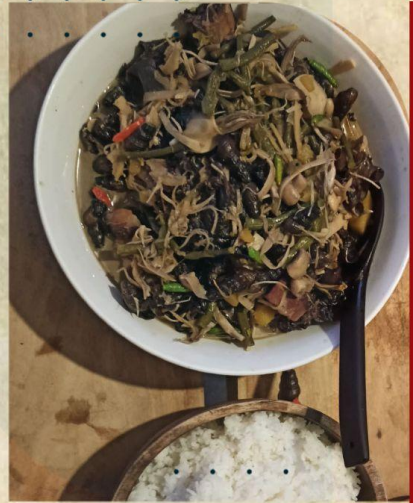
BINUNGOR

KALINGA SPICY VEGETABLE STEW

ABOUT BINUNGOR

Binungor, originally from Kalinga, is considered as food for the hunters and warriors. It is eaten with whole siling labuyo and believed to make them alert and prepared for war.

This traditional dish symbolizes the richness of the land as the ingredients are found in the backyard, in the river and in the forest nearby.



RANDY GAWWI RESOURCE PERSON

He was born in Banaue Ifugao, and at present a visual artist and craftsman in Baguio City who works in various media.

"This Binungor of Kalinga, it depends on what version you make, what taste you prefer, what ingredients you add but the main ingredients is the Ag-gong."

BINUNGOR

Kalinga Spicy Vegestable Stew

RECIPE

Ingredients

- 1 kilo snail (Mud creeper)
- 1 cup Kardis / Pigeon Peas
- 1 bundle String Beans
- 2 cups Banana Heart
- 3 small chopped onions
- 3 cloves Garlic
- 1 thumb sized ginger
- Black Pepper
- Birds eye chili pepper/ Siling Labuyo
- 2 cups button mushroom
- 2 cups wood ear mushroom
- 3 cups shredded bamboo shoots
- 1 stalk gabi / taro leaves
- 2 cups sliced squash
- 3 tbs bagoong
- fish sauce



BINUNGOR

DIRECTIONS

Boil dried taro stalks, set aside.
In a pot place 3 cups of water.
Add kardis and squash, boil for a few minutes
Then add all the remaining vegetables.
Mix and simmer for a few minutes until the vegetables are almost cooked. Add salt or baggoong to taste. Add the snails and chili peppers. Cook for 10 minutes. Serve hot.



PINUNEG

CORDILLERA BLOOD SAUSAGE

ABOUT PINUNEG

Pinuneg is a traditional blood sausage composed of minced pork innards. It is mixed with salt, garlic and other flavors. It is then stuffed into a clean animal intestines. This type of recipe is commonly served at Ibaloi Festivities.

Pinuneg is usually prepared alongside a pot of watwat. Once cooked, it is served in an *afay* (serving area) and is traditionally combined with three pieces of pork.



AGUSTINO ALBIN RESOURCE PERSON

Apo Agustino Albin is a 66 year old farmer from Pitikan Itogon Benguet.

He is a native Ibaloi and says these rituals of food preparation he experienced as a child are still being practiced to this day.

“From my knowledge, they always have Pinuneg, it is included in pot of boiling pork (watwat) and blessed by a shaman. They always make it during Cañao.”

PINUNEG

INGREDIENTS

Cleaned large intestine of pig
pork blood
pork fats
handful of salt
1 cup of pork brain
1 bundle of onion leeks (chopped)
2 large cloves garlic (minced)



DIRECTIONS

Clean the pig intestine thoroughly under running water. After washing, turn the intestine inside out. Set aside. (if time is limited, use salt to scrub clean the inside of the intestine)

Mix remaining ingredients with the pork blood.

Tie one end of the intestine to close. Funnel mixed ingredients inside.

Boil among the watwat but take it out once its cooked to harden. Slice and serve.

BUNGSOS

FERMENTED PORK ENTRAILS

ABOUT BUNGSOS

Bungsos consist of pork entrails. The salt is rubbed to clean the meat and stored in a container.

After fermenting for three days, it is cooked with a whole native chicken.

The Bungsos recipe is part of ritual that can last for several days after a whole pig is slaughtered.

On the first day. The head of the pig is usually consumed. Close family, friends and neighbors are invited. The 2nd day Bungsos is served, again amongst close family and visitors. On the 3rd day fish is served to complete the ritual but mostly very close family are the only ones who attend.



JORDAN MANG-OSAN

RESOURCE PERSON

Jordan Mang-osan is a native of Bontoc, Mountain Province and currently the president of Chanum Foundation and visual solar artist at Tam-awan Village. He owns Roofless Art Studio at Bayabas, La Trinidad

"if there's a ritual, the relatives are all invited to eat. A shaman usually supervises and the nearest relatives are invited to eat. After the ritual of eating the pigs head, they eat this Bungsos. The most important thing is the sequence of ritual is completed"



BUNGSOS

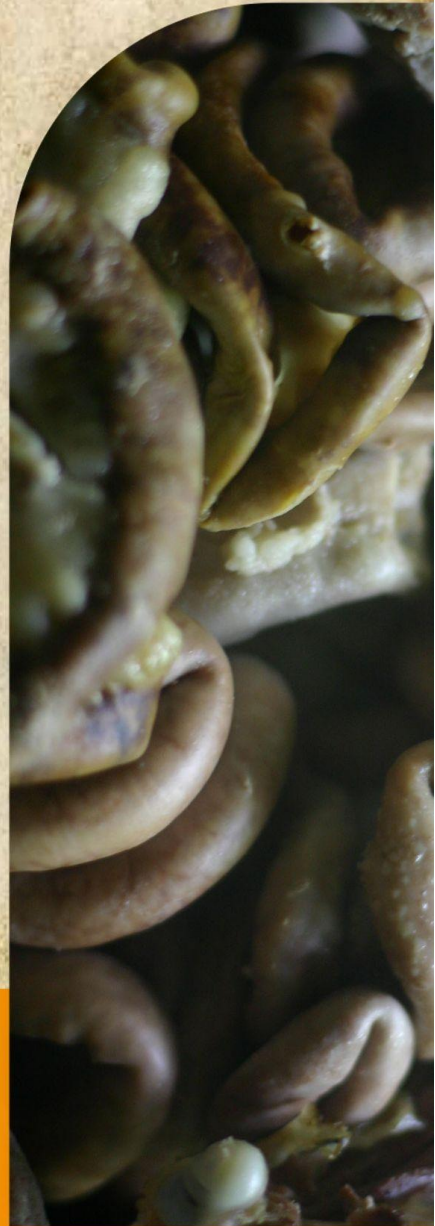


INGREDIENTS

Pork entrails
Salt
Native chicken

DIRECTIONS

Wash the entrails thoroughly
Clean intestines by rubbing salt
Place in sealed container to ferment for 3 days
After 3 days, wash the intestines to remove excess salt.
Boil then add sliced native chicken.
Serve.



INANCHILA

KALINGA TRADITIONAL SWEETS

ABOUT INANCHILA

Inanchila is a native delicacy of Kalinga. Made from pounded and sifted sticky rice (malagkit) topped with ladek (caramelized coconut cream) and muscovado.

Inanchila means "like a tongue" and is usually served in special occasions such as weddings and Bodong (peace pacts).

Inanchila cooking is a collaborative endeavor amongst village women and is a good example of slow food.



JOCELYN KAPUNO

RESOURCE PERSON

Jocelyn Kapuno is a cultural worker who hails from Pasil Kalinga. She is also an Indie Film Director and writer.

"The preparation of Inanchila is very tedious work, there is no gilingan (rice mill) so the whole community has to get involved."



INANCHILA



INGREDIENTS

- Glutinous Rice Flour - 500 g.
- Brown Sugar or Moscovado to taste
- Water - 2 1/2 to 3 cups
- Water for boiling
- Banana Leaves
- Ground Roasted Peanuts (optional)
- Salt

DIRECTIONS

For the caramelized coconut cream: (Ladek)

Boil coconut milk until it curdles and the oil separates.

For the sticky rice:

Place ground rice and water in a large basin

Mix with your hands until rice is moistened and evenly mixed

Heat banana leaves over an open flame

Cut into small pieces when dried

Roll and wrap glutinous rice in banana leaves

Serve with Ladek



ALLAGA

ANTS WITH LARVAE

ABOUT ALLAGA

Allaga are weaver ants or canopy ants which build their leaf nests above trees.

They are harvested using a long pole with a bucket attached to the other end. The pole will poke the nest, causing the ants and larvae to drop in the container.



RICHARD MANAIT RESOURCE PERSON

Richard Manait is originally from Kiangnan Ifugao. Their forefathers migrated to Kasibu, Nueva Vizcaya after the Japanese war. He is currently a pastor and community leader in his village.

"The good thing about these ants are the larvae. When you open up their nest, the larvae is significantly larger than the ant itself."

ALLAGA

INGREDIENTS

1 cup ants and ant larvae
Warm Water
Salt to taste
3 tbsp oil



DIRECTIONS

Stun ants in warm water before processing.
Saute ants for a few minutes and add salt.

BUNGOR TI MOMMA

BETEL NUT STEM

ABOUT BUNGOR TI MOMMA

The Betelnut fruit is usually used as an ingredient for chewing Momma. The soft part of the Betelnut stem can also be eaten. The only time this is done is when the tree itself grows too wild. If the trees are too close together it won't be too fruitfull. The trees are cut and the soft part of the stems are harvested for consumption. Only salt and oil are added to enhance its mild flavor.



INGREDIENTS

- 1 section betelnut stem
- Salt to taste
- 3 tbsp oil
- Water

DIRECTIONS

Place diced betel nut stem in a pot, add water and oil and bring to a boil. Add salt to taste

FLAME COOKED RATTAN SHOOTS

ABOUT FLAMED COOKED RATTAN SHOOTS

Rattan is used to this day as an emergency food when hunters are in the forrest. It is easily available. The soft parts of the Rattan can be harvested and cooked over a flame. If in a bind the soft stem can be eaten raw.

The only difference is that the raw Rattan has the same taste as Bitter Melon (Ampalaya.) Salt is the only thing added to enhance the flavor.



INGREDIENTS

Rattan SHoots
Salt to taste

DIRECTIONS

Select tender part of rattan shoots and cook it in open flame.
Peel off the outer green skin and chop off the inner white tissue. add salt to taste.

TAPUEY

IBALOI RICE WINE

ABOUT TAPUEY

Tapuey is made from Balatinaw / Black Glutinous Rice that is fermented with a local starter culture known as bubod / yeast.

The combination can be left to ferment for several days, in traditional clay jars.

It is consumed during festivals, weddings, harvesting ceremonies and other cultural celebrations.



EDEN CAWANG RESOURCE PERSON

An Ibaloi native currently residing in Shilan, La Trinidad. Eden is a visual artist and a member of Tam-awan Village Artist, and she owns and manages Ayonna Mini Gallery and Coffee Shop.

"There is a ritual in mixing bubod and balatinaw, while citing your prayer, you gonna sprinkle the bubod over the balatinaw, mix it with wooden spoon and cover it with banana leaves"

TAPUEY

INGREDIENTS

1 kilogram of Balatinaw / Black
Glutinous Rice
1 Liter of water
handful of bubod / yeast
1 tsp of sugar (optional)



DIRECTIONS

Boil sticky rice (Balatinaw) in 1 liter of water for 15 minutes. Place the rice on a dry and clean basket tray cool down. When the rice is at room temperature, sprinkle yeast (Bubod) and mix thoroughly using wooden spoon. Wrap it in Banana leaves for 4-8 hours, before moving into a clay jar. Cover the pot well and leave it for 21 days until it has fermented. After fermentation, use a wooden ladle to separate liquid and serve.

PAC-PACO

FIDDLEHEAD FERN



INGREDIENTS

- 1 bundle of fiddlehead fern (pac-paco)
- 3 tbsp oil
- 1-2 garlic clove
- shrimp paste according to your taste
- 1-2 diced tomato
- long and thinly sliced carrots

DIRECTION

Saute garlic, add pac-paco. Remove from pan. Garnish with sliced carrots and tomato. Serve. You can use shrimp paste as condiment.



RHESA PAYANGDO

RESOURCE PERSON

Rhesa Payangdo is from the tribe of Kankana-ey and Ibaloi, from Buguias, Benguet.

PISING

TARO STEW WITH
PORK AND COCONUT MILK



INGREDIENTS

- 1 bundle (Taro Leaves) / Pising
- 1/4 kilo pinuneg (blood pork sausage)
- 2 sliced potatoes
- 1/4 kilo pork marinated in salt
- 2 tbsp cooking oil
- 1 garlic cloves
- half cup water



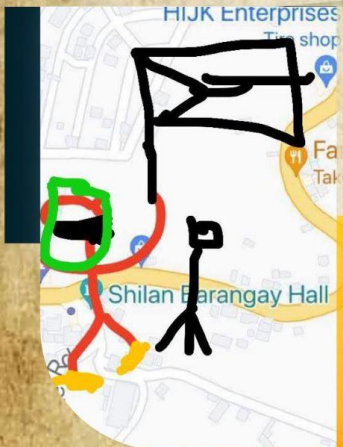
DIRECTION

- Heat up cooking oil and sauté garlic
- Add meat, potatoes, and slices of taro leaves and stems
- Add salt and water. Bring to boil and simmer
- When pising is almost cooked add blood sausage and coconut milk, boil for another five minutes

ALICE CAWANG

RESOURCE PERSON

Alice Cawang is a 60 year old mother and an ibaloi native. She is currently the head cook of Ayonna Coffee Shop



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