

Tasty Filipino Dishes with Spanish Flair

VOCABULARY WORDS

1. Influence (Noun): the effect or impact of one thing on another
Example: Spanish cuisine had a significant influence on Filipino dishes.
2. Marinade (Noun): a seasoned liquid used to flavor or tenderize meat before cooking
Example: The chicken was soaked in a delicious marinade of vinegar and spices.
3. Braised (Verb): to cook slowly in a small amount of liquid
Example: The meat was braised until it became tender and flavorful.
4. Caramelized (Verb): to heat sugar until it turns into a golden-brown syrup
Example: The sugar was caramelized to create a sweet and rich flavor.
5. Succulent (Adjective): juicy and tender
Example: The lechon had succulent meat with a crispy skin.



Filipino cuisine is a delightful blend of flavors and influences from various cultures, including Spanish cuisine. The Spanish colonization of the Philippines introduced a range of ingredients and cooking techniques that have become integral to Filipino dishes.

One popular dish is "Adobo," which originated from the Spanish word meaning marinade. Adobo consists of meat (usually chicken or pork) marinated in a mixture of vinegar, soy sauce, garlic, and spices. It is then braised until tender, resulting in a savory and tangy flavor that is loved by many.

Another beloved dish is "Lechon," a festive centerpiece during special occasions. Lechon is a whole roasted pig, seasoned with a variety of herbs and spices. The skin becomes crispy, while the meat remains tender and succulent. It is a true culinary masterpiece and a favorite among Filipinos.

One sweet treat influenced by Spanish cuisine is "Leche Flan." Similar to Spanish flan, this creamy caramel custard is made with eggs, condensed milk, and caramelized sugar. It has a smooth and velvety texture, with a rich caramel flavor that melts in your mouth.

"Paella" is another dish that has made its way into Filipino cuisine. Originally from Spain, it is a flavorful rice dish cooked with a variety of ingredients such as meat, seafood, and vegetables. The Filipino version often incorporates local ingredients, creating a unique and delicious twist.

DISCUSSION

1. Have you tried any Filipino dishes with Spanish influence? What did you like about them?
2. What other cuisines have influenced the food in your country?
3. If you could choose one Filipino dish to try, which one would it be and why?
4. Are there any similarities between Filipino and Spanish cuisine that you've noticed?
5. How do you think the blending of different culinary traditions enhances the diversity of a country's cuisine?