

Cordillera Administrative Region Cuisine

A journey into the highland flavors, heirloom traditions, and indigenous culinary heritage of Northern Luzon's mountainous communities.

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Learning Outcomes

01

Geography

Identify CAR's six provinces, regional capital, and key geographic features.

02

Culture & Traditions

Describe communal living, ritual feasts, and indigenous peoples of the Cordillera.

03

Agriculture & Methods

Identify major products and traditional food preparation techniques.

04

Provincial Dishes

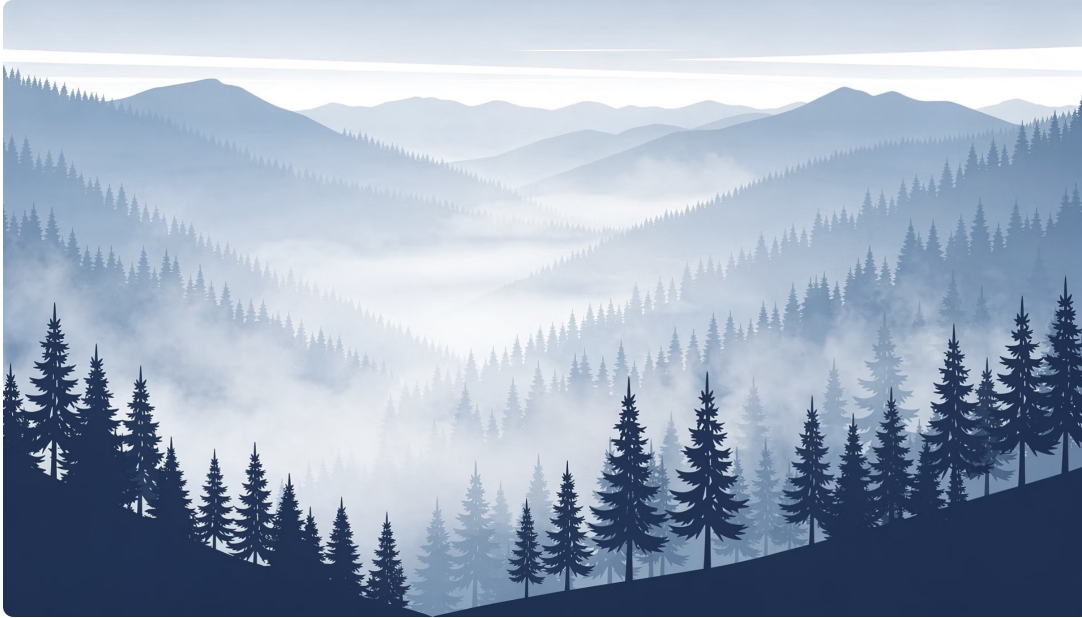
Differentiate specialty dishes across each of CAR's six provinces.

05

Heritage

Appreciate indigenous culinary heritage in preserving Philippine culture and identity.

Geography & Its Influence on Cuisine



Key Geographic Features

- Mountainous terrain with deep valleys and rice terraces
- Cool climate and dense pine forests
- Landlocked, self-sufficient communities

Influence on Food Culture

- Smoking, salting, and fermentation as preservation methods
- Rice and root crops as staple foods
- Mountain vegetables as key ingredients

Provinces & Regional Capital of CAR

Province	Capital
Abra	Bangued
Apayao	Kabugao
Benguet	La Trinidad
Ifugao	Lagawe
Kalinga	Tabuk
Mountain Province	Bontoc



The regional center is **Baguio City**, known as the *"Summer Capital of the Philippines."*



Culture & Traditions of the Cordillera Peoples

Communal Living

Food preparation and meals are shared during harvests, celebrations, and gatherings.

Ritual Feasts

Pigs and chickens are prepared during weddings, festivals, and ceremonies.

Respect for Nature

Sustainability, seasonal harvesting, and minimal waste define Cordilleran values.

Preservation Traditions

Smoking, curing, and fermentation developed before refrigeration was available.

Major Agricultural Products



Heirloom Rice

Tinawon, red rice, and purple rice — cultivated in ancient mountain terraces.



Vegetables & Root Crops

Cabbage, carrots, broccoli, chayote, camote, gabi, and cassava.



Fruits & Beverages

Strawberries, citrus, avocado, and Arabica coffee from the highlands.



Livestock & Protein

Native pigs, native chicken, freshwater fish, and Ettag (smoked cured pork).

Traditional Food Preparation Methods



These time-honored techniques — developed without refrigeration — define the bold, smoky, and fermented flavors that make Cordilleran cuisine distinctive.

Specialty Dishes by Province

Abra

Pinikpikan, Tupig, Inabel-inspired rice meals

Apayao

Sinursur, Binungor, Inan-an

Benguet

Pinikpikan, Etag, Kiniing, Strawberry taho

Ifugao

Tinawon rice, Tapey, Pinunnog, Inlagim

Kalinga

Binakle, Nilupak with native cacao, Minanga, Laga

Mountain Province

Etag, Pinikpikan, Patupat, Sagada lemon pie

Dining Etiquette & Indigenous Values

Traditional Dining Practices

- Meals are shared communally
- Elders are served first
- Food is blessed before eating
- Rice is included in every meal

Indigenous Values

- Hospitality and community cooperation
- Respect for ancestral traditions
- Sustainability and minimal waste





Key Takeaways



Geography

Mountain climate shapes ingredients and preservation methods.



Culture

Rituals and communal traditions influence every food practice.



Techniques

Smoking, fermentation, and bamboo cooking define Cordilleran flavor.



Heirloom Ingredients

Native rice and preserved meats symbolize Cordilleran identity and pride.