



Region I – Ilocos Region

A journey through the flavors, culture, and culinary heritage of the Ilocos Region — the northwestern gem of Luzon along the West Philippine Sea.

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Learning Outcomes

By the end of this lesson, students will be able to:

01

Identify

Geographical location and characteristics of Region I

02

Name

Provinces, capitals, and major products of the Ilocos Region

03

Explain

How geography and culture shape Ilocano cuisine

04

Recognize

Specialty dishes and their contribution to Philippine gastronomy

Geography of Region I



Location

Northwestern Luzon, along the coast of the
West Philippine Sea

Four Provinces

Terrain includes coastal plains, mountain ranges, river systems, and fertile agricultural lands.

Ilocos Norte

Ilocos Sur

La Union

Pangasinan

Agricultural & Marine Bounty

Crops

- Garlic, onion, tomatoes
- Eggplant, bitter melon
- Rice, corn, mangoes, watermelon

Marine Products

- Fish, shellfish, shrimp, crab
- Bangus (milkfish) — especially in Pangasinan
- Abundant seafood from the West Philippine Sea



Ilocano Culture & Values



Bayanihan

Community cooperation and communal meals strengthen family and social bonds



Core Values

Hard work, simplicity, frugality, discipline, and strong family ties



Sustainability

Minimal food waste and careful use of ingredients define Ilocano cooking



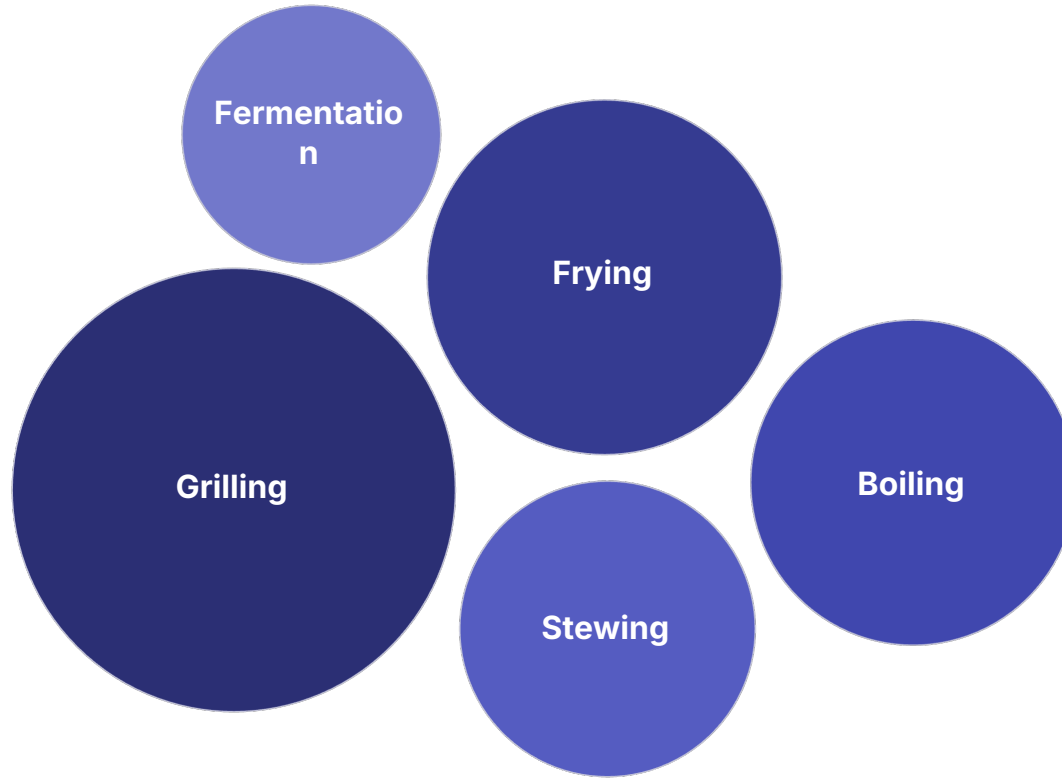
Food Preservation Traditions

Limited refrigeration and dry seasons drove Ilocanos to develop practical, time-tested preservation methods — the foundation of their cuisine.



 These preserved ingredients — **bagoong, patis, salted fish** — remain essential in Ilocano cooking today.

Traditional Cooking Methods



These methods reflect the Ilocano people's resourceful approach — transforming simple, local ingredients into flavorful, long-lasting dishes.

Signature Ilocano Dishes



Pinakbet

Mixed vegetable stew with bagoong



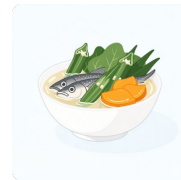
Vigan Longganisa

Garlicky Ilocos Sur sausage specialty



Empanada

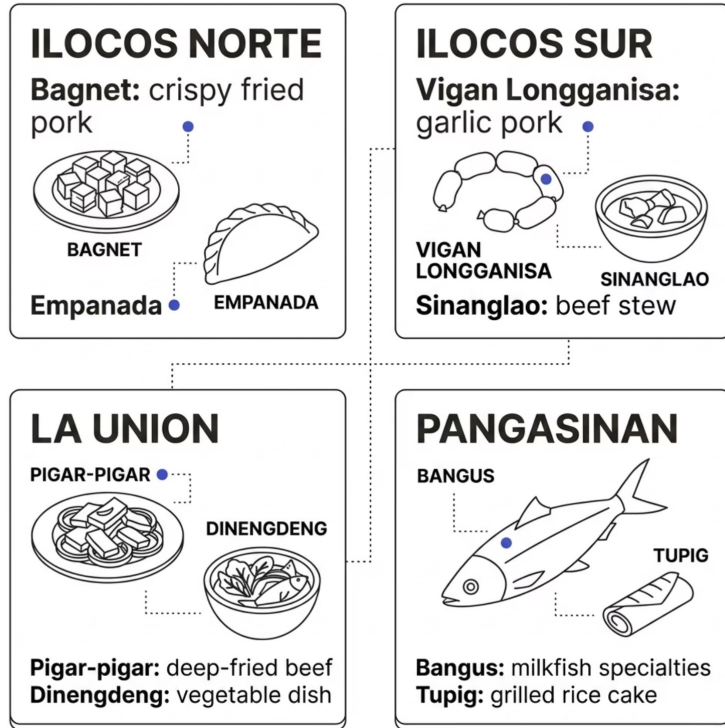
Crispy fried pastry with savory filling



Dinengdeng

Light fish-based vegetable soup

Provincial Specialties



Each of the four provinces contributes **unique dishes and flavors** that enrich the culinary identity of Region I.

From Pangasinan's bangus to Ilocos Sur's Vigan Longganisa, provincial diversity is the heart of Ilocano gastronomy.



Ilocano Cuisine & Philippine Heritage

Rooted in geography, shaped by culture, and sustained by resilience — Ilocano cuisine reflects the identity of its people.

Geography

Coastal & agricultural landscape defines ingredients

Culture

Frugality and community shape cooking traditions

Heritage

A lasting contribution to Philippine gastronomy