

Cagayan Valley Cuisine

Region II — A Culinary Heritage of Northern Luzon

Explore the rich food culture of the Cagayan Valley Region — shaped by fertile plains, river systems, indigenous traditions, and centuries of agricultural life.

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Learning Outcomes

01

Geography

Identify Region II's location, features, provinces, and regional center

03

Products & Methods

Identify major agricultural products and traditional cooking techniques

02

Culture

Describe traditions, ethnolinguistic groups, and how geography shapes cuisine

04

Specialty Dishes

Recognize provincial specialties and appreciate Cagayan Valley's culinary heritage

Geography of Region II



Located in the **northeastern part of Luzon**, Region II is defined by three mountain ranges — Cordillera, Sierra Madre, and Caraballo — and the **Cagayan River**, the longest river system in the Philippines.

These features support farming, fishing, and livestock production, directly shaping the region's rice- and corn-based dishes, freshwater fish specialties, and native cooking methods.

The Five Provinces of Region II

Batanes

Northernmost province with Ivatan culinary traditions

Cagayan

Home to Tuguegarao City, the regional center

Isabela

Largest province; rich in rice and corn production

Nueva Vizcaya

Highland province with native vegetable traditions

Quirino

Known for freshwater fish and coconut-based dishes

Culture & Ethnolinguistic Groups

Region II is home to diverse communities whose traditions shape its food culture:

Ibanag

Itawes

Gaddang

Yogad

Ivatan

Ilocano

Food is deeply tied to **family-centered meals, fiestas, harvest celebrations**, and agricultural lifestyles. Community bonds are strengthened through shared culinary practices passed down across generations.

Major Agricultural & Fishery Products



Grains

Rice and corn — the staple foundation of most regional dishes



Fruits

Banana and mango grown abundantly across the fertile plains



Fishery

Tilapia and other freshwater fish from the Cagayan River system



Cash Crops & Livestock

Tobacco farming and livestock production support the regional economy

Traditional Food Preparation Methods



These time-honored techniques preserve ingredients, enhance flavor, and maintain the cultural authenticity of Region II's culinary identity — passed down through generations of farming and fishing communities.

Specialty Dishes by Province



Batanes

Uved Balls, Lunis, Dibang



Cagayan

Pancit Batil Patung,
Chicharabao



Isabela

Pancit Cabagan, Binallay



Nueva Vizcaya

Native vegetable dishes,
Tinuno



Quirino

Freshwater fish dishes,
Ginataang dishes

Culinary Values & Dining Etiquette



Region II cuisine embodies deeply held values that go beyond the plate:

Hospitality

Generous sharing of food with guests and community

Sustainability

Resourceful use of local ingredients and preservation methods

Respect

Honoring agricultural traditions and indigenous food practices



Preserving the Heritage of Cagayan Valley

Cultural Identity

Regional dishes preserve the heritage of Northern Luzon's diverse ethnolinguistic communities

Agricultural Pride

Cuisine supports and celebrates local farming and fishery traditions

Philippine Heritage

Region II's culinary legacy is a vital part of the national food identity