



Philippine Regional Cuisine

Region VI – Western Visayas

A journey through one of the Philippines' most celebrated gastronomic regions — rich in seafood, heritage cooking, and vibrant food culture.

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Introduction to Western Visayas



Located in the western Visayas island group, Region VI is renowned for its diverse indigenous traditions, agricultural wealth, and coastal influences.

Signature Dishes

La Paz Batchoy, Chicken Inasal, Kansi, Pancit Molo

Cuisine Hallmarks

Fresh seafood, rice-based meals, sugarcane delicacies, coconut-rich recipes

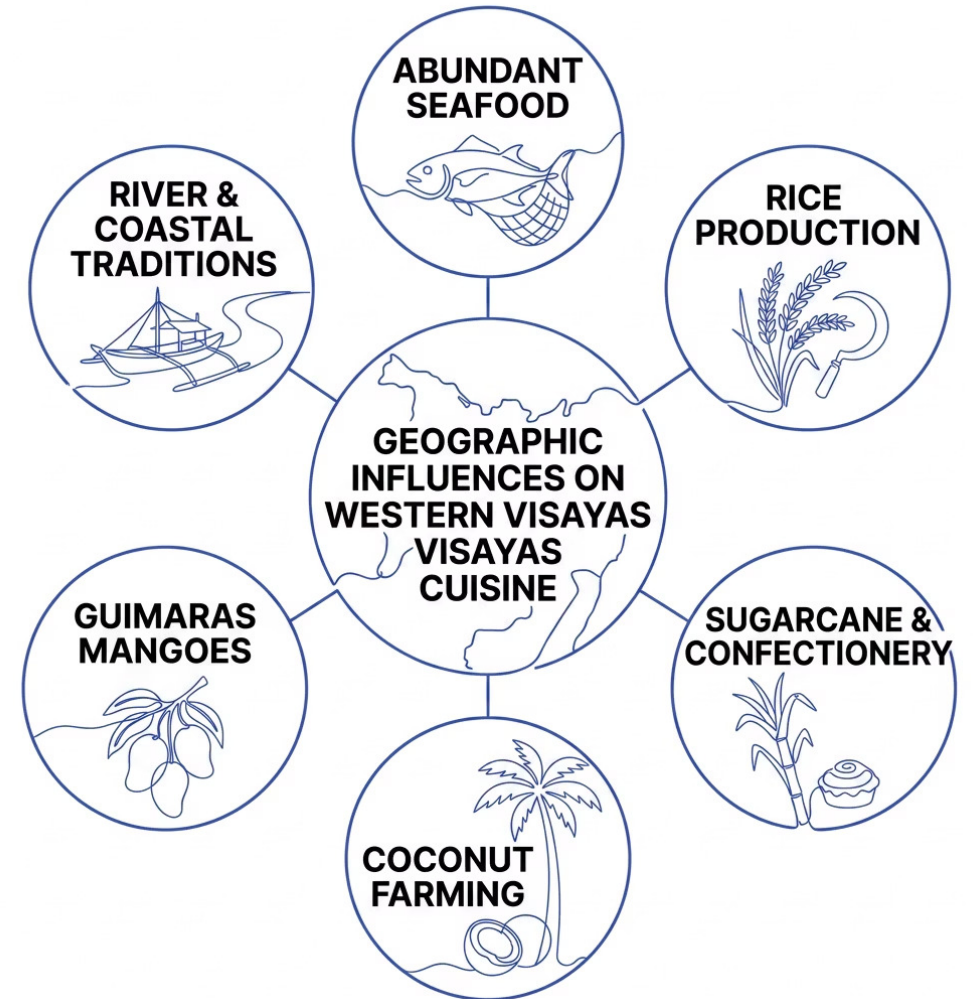
Geography & Its Influence on Cuisine

Location & Features

Panay Island, Guimaras Island, and western Negros — bordered by the Visayan, Sibuyan, and Sulu Seas. Coastal lowlands, fertile plains, rivers, and mountain ranges define the landscape.

Climate

Tropical wet and dry seasons support high agricultural productivity and favorable fishing conditions year-round.



Provinces & Regional Center

Aklan

Capital: Kalibo

Antique

Capital: San Jose de Buenavista

Capiz

Capital: Roxas City

Guimaras

Capital: Jordan

Iloilo

Capital: Iloilo City ★ Regional Center

Negros Occidental

Capital: Bacolod City

Culture, Traditions & Festivals

Ethnolinguistic Groups

Hiligaynon (Ilonggo), Kinaray-a, Aklanon, Capiznon, and indigenous Ati communities shape the region's rich cultural identity.

Traditional Values

- **Hospitality** — guests welcomed with abundant food
- **Family-Centered Dining** — meals shared together
- **Fiesta Traditions** — food central to religious and harvest celebrations



Ati-Atihan

Aklan's iconic festival



Dinagyang

Iloilo's grand feast



MassKara

Bacolod's smiling festival

Agricultural & Fishery Products



Crops

Rice, sugarcane, corn, coconut, mangoes, bananas, vegetables, cashew



Fisheries

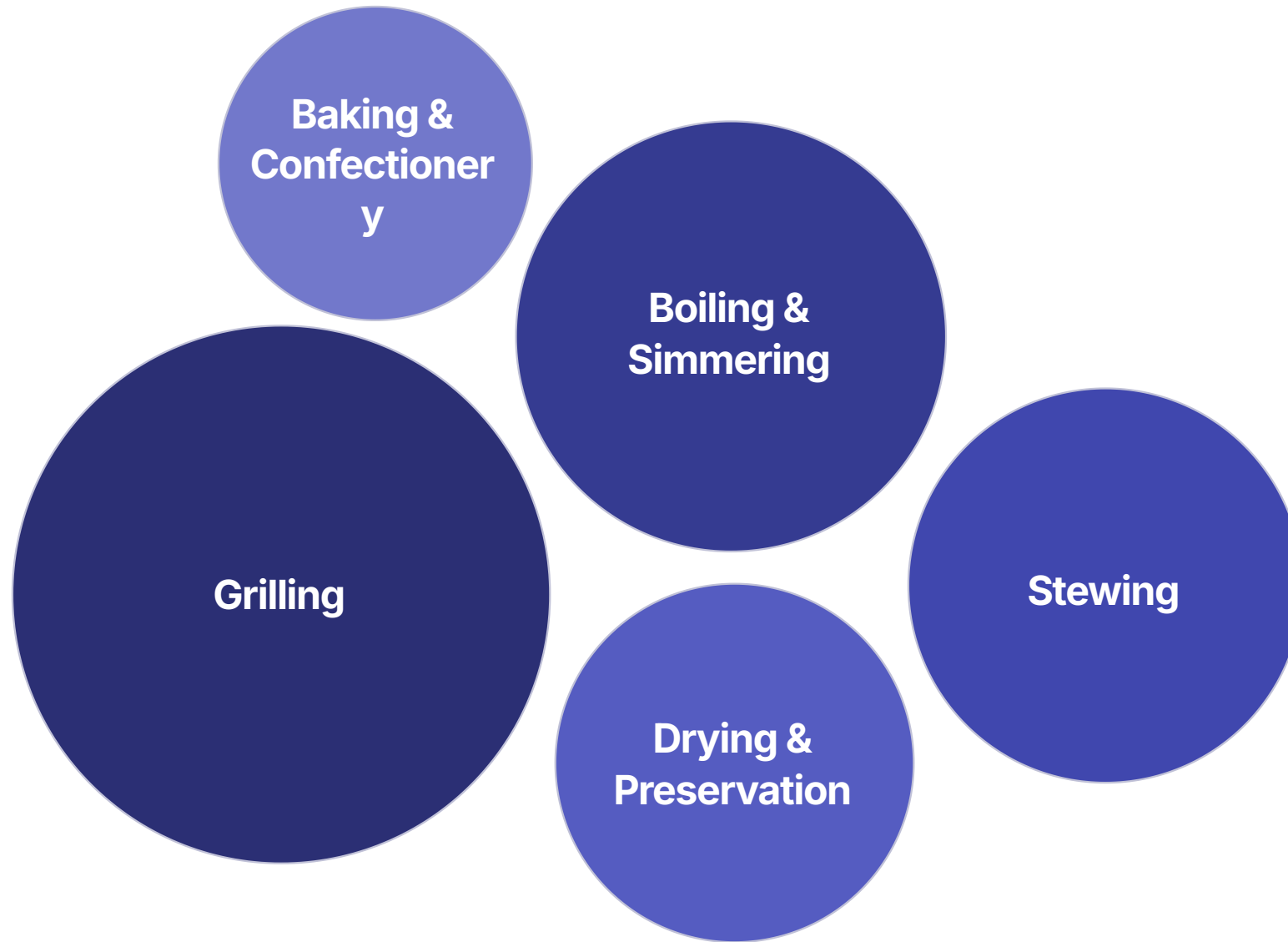
Fish, shrimp, crabs, shellfish, squid — one of the Philippines' top fisheries producers



Livestock

Poultry, pork, and beef supporting local meat-based culinary traditions

Traditional Methods of Food Preparation



These time-honored techniques reflect the region's coastal lifestyle, agricultural abundance, and sugar-producing heritage — each method preserving distinct Ilonggo flavors.

Specialty Dishes by Province

1

Aklan

Binakoe, Inubaran, Ginataang Seafood — coconut-based traditions

2

Antique

KBL (Kadyos, Baboy, Langka), Linapay — indigenous coastal cuisine

3

Capiz

Diwal clams, oysters, crab — the Seafood Capital of the Philippines

4

Guimaras

Mango pizza, cake, jam, pastries — world-famous sweet mangoes

5

Iloilo

La Paz Batchoy, Pancit Molo, KBL, Biscocho — culinary capital of Visayas

6

Negros Occidental

Chicken Inasal, Kansi, Piaya, Napoleones — sugar and grill traditions

Dining Etiquette & Key Ingredients

Dining Practices

- Rice accompanies almost every meal
- Meals served family-style
- Guests welcomed generously
- Food sharing encouraged during celebrations

Culinary Values

Ingredient	Role
Rice	Staple food
Seafood	Abundant coastal ingredient
Sugarcane	Major agricultural crop
Coconut Milk	Common cooking base
Mango	Famous Guimaras product
Kadyos	Traditional Ilonggo ingredient



Hospitality



Community



Resourcefulness

Why Western Visayas Cuisine Matters

Preserves Heritage

Keeps Ilonggo and Visayan culinary traditions alive across generations.

Drives Tourism & Economy

Promotes local industries and supports farmers and fisherfolk.

Enriches Philippine Gastronomy

Balances traditional recipes with culinary innovation — a cornerstone of national food culture.

