

Philippine Regional Cuisine: Negros Island Region

Exploring the rich culinary heritage of NIR — where sugarcane plantations, coastal traditions, and Visayan culture meet on the plate.

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Learning Outcomes

What You Will Learn

01

Identify

Geography, provinces, and regional centers of NIR

03

Describe

Traditional food preparation methods and specialty dishes

02

Explain

How geography and culture shape regional cuisine

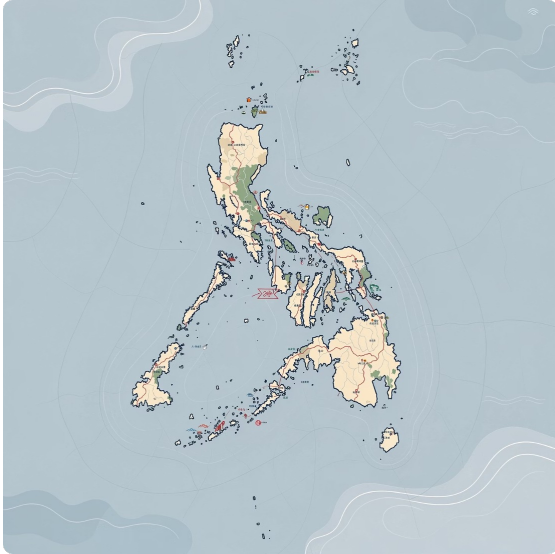
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Appreciate

The culinary heritage and economic importance of NIR

Chapter 1

Geography of the Negros Island Region



Location

Located in **Central Philippines**, NIR comprises Negros Island and Siquijor Island, surrounded by the Visayan Sea, Tañon Strait, Sulu Sea, and Bohol Sea.

Key Features

- Mount Kanlaon (volcanic highlands)
- Tañon Strait & Apo Island
- Fertile coastal plains and marine ecosystems

Climate

Tropical with distinct wet and dry seasons; fertile volcanic soil supports sugarcane, rice, and fruit farming.

Chapter 2

Provinces & Culture

The Three Provinces

Province	Capital
Negros Occidental	Bacolod City
Negros Oriental	Dumaguete City
Siquijor	Siquijor

NIR was officially re-established as a region through **Republic Act No. 12000** in 2024.

Cultural Heritage

Hiligaynon & Cebuano

Dual Visayan cultural roots across the provinces

Fiesta Traditions

MassKara, Buglasan & Healing Festival — food is central

Sugar Plantation Heritage

Shaped lifestyle, cuisine, and economy for over a century

Chapter 3

Agricultural & Fishery Products

Crops

Sugarcane ("Sugar Bowl of the Philippines"), rice, corn, coconut

Fruits

Mango, banana, pineapple, lanzones, mangosteen

Seafood

Tuna, mackerel, squid, crabs, shrimp, shellfish



Chapter 4

Traditional Food Preparation Methods



Inasal-Style Grilling

Chicken, pork, and seafood marinated and grilled over charcoal



Slow Simmering

Used for Kansi, soups, and hearty stews



Kinilaw Curing

Fresh seafood cured in vinegar, citrus juice, and spices



Baking & Pastry

Piaya, Napoleones, and local pastries from traditional recipes

Negros Occidental

Sugar, Smoke & Flavor



Known for **sugar-based delicacies** and **grilled specialties**, Negros Occidental is the culinary heart of NIR.

→ **Chicken Inasal**

Grilled chicken with vinegar, calamansi, garlic & annatto oil

→ **Kansi**

Sour beef shank soup with batwan fruit

→ **Piaya & Napoleones**

Muscovado flatbread and layered custard puff pastry

Negros Oriental & Siquijor

Chocolate, Seafood & Island Flavors



Budbud Kabog & Sikwate

Millet sticky rice in banana leaves paired with traditional tablea hot chocolate — a beloved Negros Oriental breakfast



Sans Rival & Silvanas

Dumaguete's iconic layered cashew buttercream cake and frozen cookie sandwich desserts



Siquijor Seafood

Kinilaw na Isda, Adobong Pugita, and Ginataang Seafood — coconut and ocean-forward island cooking

Chapter 5

Key Ingredients & Dining Traditions

Signature Ingredients

Ingredient	Role
Muscovado Sugar	Traditional sweetener
Batwan	Souring agent for Kansi
Tablea	Native chocolate base
Coconut	Cooking & desserts
Millet (Kabog)	Used in Budbud Kabog

Dining Culture

- Family-Style Meals

Rice served at every meal; dishes shared communally
- Warm Hospitality

Guests welcomed with local delicacies and feasts
- Preservation of Recipes

Family recipes passed down through generations



Why It Matters

The Importance of NIR Cuisine



Cultural Identity

Preserves Visayan traditions and colonial heritage



Tourism

Signature dishes drive culinary tourism across the region



Local Economy

Promotes agriculture, fisheries, and food enterprises



National Gastronomy

NIR cuisine enriches the broader Philippine food story