



Philippine Regional Cuisine: Region VII - Central Visayas

Exploring the culinary heritage of Cebu and Bohol — where coastal living, Spanish influence, and Cebuano tradition come together on the plate.

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Introduction to Central Visayas



Region VII sits at the heart of the Philippine archipelago. Following the re-establishment of the Negros Island Region in 2024, Central Visayas now consists primarily of **Cebu** and **Bohol**, with **Cebu City** as the regional center. The region is a hub of commerce, tourism, culture, and culinary heritage shaped by coastal living, marine resources, and strong Cebuano traditions.

FAMOUS FOR

Lechon Cebu · Ngohiong · Puso · Calamay · Binignit · Peanut Kisses

Learning Outcomes

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

01

Identify the Region

Describe the geography, provinces, and regional center of Region VII.

03

Recognize Specialty Dishes

Identify signature dishes from Cebu and Bohol.

02

Connect Geography & Cuisine

Explain how location and climate shape local food traditions.

04

Appreciate Culinary Heritage

Discuss the contribution of Central Visayas to Philippine cuisine.

Geography & Its Influence on Cuisine

Geographic Features

- Extensive coastlines and coral reefs
- Fertile agricultural lands
- Rolling hills and rivers
- Notable: Chocolate Hills, Panglao Island, Kawasan Falls

Cuisine Shaped By

- Abundant seafood resources
- Coconut and fruit cultivation
- Livestock and poultry farming
- Vinegar-marinated and roasted preparations



Culture, Festivals & Traditions

The Cebuano people are known for their **hospitality**, **strong family ties**, **religious devotion**, and rich culinary traditions. Food is central to community life and celebration.



Sinulog Festival

January — honors the Santo Niño

Sandugo Festival

Commemorates the historic Blood Compact

Kinsan Festival

Celebrates local fishing traditions

Agricultural & Fishery Products



Crops

Rice, corn, coconut, mango, banana, root crops, and vegetables



Livestock & Poultry

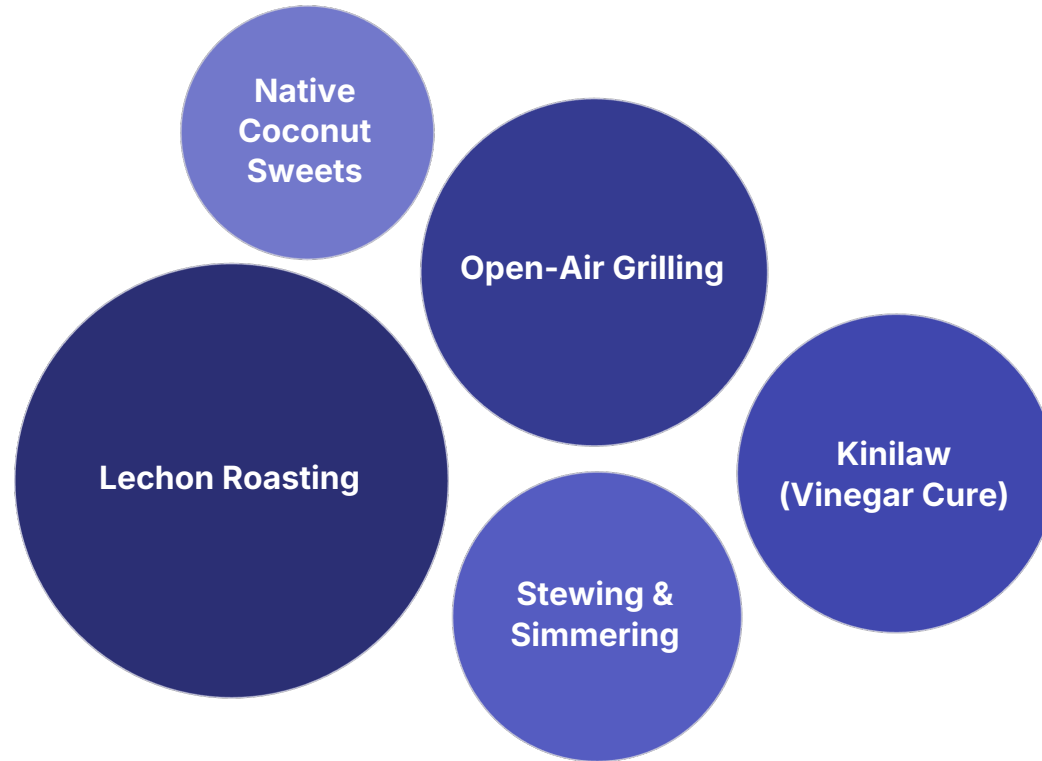
Swine, cattle, goats, chicken, and duck



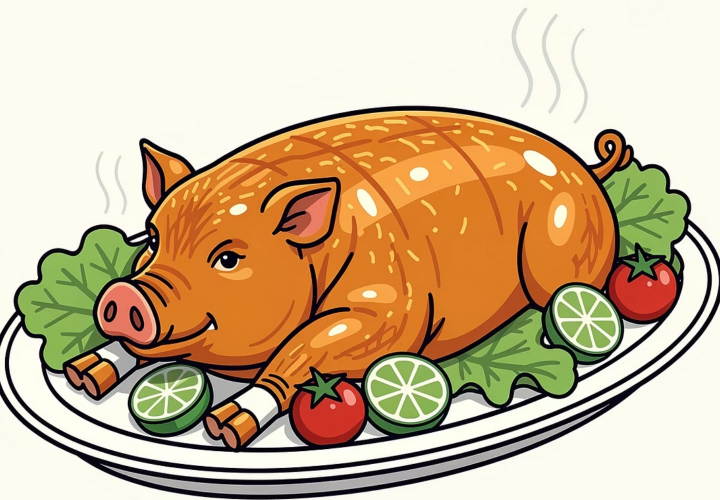
Fishery Products

Tuna, sardines, squid, crabs, shrimp, and shellfish

Traditional Food Preparation Methods



These methods reflect the region's coastal resources and indigenous culinary knowledge, from the world-famous whole-roasted Lechon Cebu to vinegar-cured kinilaw and coconut-based native sweets.



Cebu Specialty Dishes

Lechon Cebu

Whole roasted pig seasoned with herbs and spices — Cebu's most iconic dish

Ngohiong

Cebuano spring roll with Chinese culinary roots

Puso

Rice cooked inside woven coconut leaves

Tuslob Buwa

A beloved street-food dipping experience unique to Cebu

Bohol Specialty Dishes



Bohol cuisine highlights local agriculture, seafood, and traditional delicacies — many inspired by the island's iconic **Chocolate Hills**.



Peanut Kisses

Famous Boholano confection shaped like the Chocolate Hills



Binignit

Sweet soup with root crops, coconut milk, and fruits



Calamay

Sweet sticky delicacy of glutinous rice and coconut milk



Kinilaw & Ube Kinampay

Vinegar-marinated seafood and native purple yam desserts

Why Central Visayas Cuisine Matters



Preserves Heritage

Keeps Cebuano and Boholano food traditions alive



Boosts Tourism

Supports local economies and food destinations



Promotes Local Ingredients

Celebrates coconut, seafood, rice, and native crops



National Identity

A cornerstone of Philippine culinary heritage

