

Philippine Regional Cuisine

Region VIII – Eastern Visayas

Exploring the coastal flavors, native delicacies, and culinary heritage of the Philippines' gateway to the Pacific Ocean.

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Region VIII Overview

Introduction to Eastern Visayas



Eastern Visayas faces the Pacific Ocean and is composed of six provinces with **Tacloban City** as its regional center.

Its cuisine is shaped by:

- Coastal and island lifestyles
- Waray and Cebuano cultural influences
- Spanish colonial heritage
- Resourcefulness during natural disasters

Learning Outcomes

What You Will Learn

01

Geography & Provinces

Identify the geographical characteristics and six provinces of Region VIII.

03

Products & Methods

Identify major agricultural and fishery products and traditional preparation methods.

02

Culture & Traditions

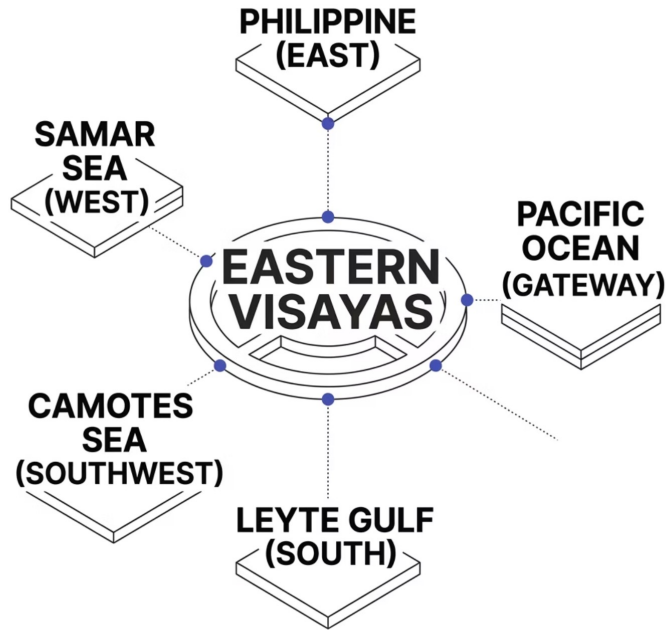
Describe Waray and Cebuano culture and how it shapes food customs.

04

Specialty Dishes

Recognize signature dishes from each province and appreciate their culinary heritage.

Location, Climate & Culinary Influence



A **tropical maritime climate** with high rainfall and frequent typhoons drives the region's resilient food systems.

Geography shapes cuisine through:

- Abundant seafood from extensive coastlines
- Coconut production across the islands
- Root crop and rice farming on coastal plains

Provinces

Region VIII at a Glance

Province	Capital
Biliran	Naval
Eastern Samar	Borongan City
Leyte	Tacloban City ★
Northern Samar	Catarman
Samar	Catbalogan City
Southern Leyte	Maasin City

 ★ Tacloban City in Leyte serves as the regional center of Eastern Visayas.



Culture & Traditions

People, Values & Festivals

Hospitality

Guests are warmly welcomed and served local delicacies and seafood.

Bayanihan Spirit

Communal cooperation during festivals and disaster recovery.

Major Festivals

Sangyaw, Pintados-Kasadyaan, and Manaragat celebrate heritage and fishing communities.

Agriculture & Fisheries

Key Products of Eastern Visayas

Agricultural Products

- Coconut — major producing region
- Rice, Corn
- Root crops: Cassava, Sweet Potato, Taro
- Fruits: Banana, Pineapple, Jackfruit, Mango

Fishery Products

- Tuna, Mackerel, Sardines
- Squid, Shrimp, Crabs
- Shellfish

✓ Fisheries and coconut farming are the twin pillars of the regional food economy.

Food Preparation

Traditional Cooking Methods



Steaming

Used for suman, rice cakes, and native delicacies.



Grilling

Applied to fish, shellfish, and pork for smoky flavor.



Kinilaw

Fresh seafood marinated in vinegar, citrus, ginger, and chili.



Coconut-Based

Coconut milk used in both savory dishes and desserts.

Specialty Dishes

Provincial Culinary Highlights



Leyte & Eastern Samar

Binagol — taro, coconut milk, sugar, egg yolks in a coconut shell.

Moron — chocolate sticky rice in banana leaves.



Biliran & Southern Leyte

Kinilaw na Isda — fresh fish marinated in vinegar and citrus.

Grilled Seafood and coconut-based native delicacies.



Samar

Roskas — traditional sweet bread from Catbalogan.

Torta and Binagol round out the Waray baked tradition.



Culinary Heritage

Why Eastern Visayas Cuisine Matters

Cultural Preservation

Preserves Waray heritage through recipes passed across generations.

Economic Contribution

Supports local agriculture, fisheries, and culinary tourism.

Resilience & Creativity

Reflects the resourcefulness of communities in utilizing local ingredients to create distinctive, flavorful dishes.