



Philippine Regional Cuisine

Region X – Northern Mindanao

A culinary journey through the fertile highlands, rich coastlines, and diverse cultures of Northern Mindanao.

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Introduction to Region X



Northern Mindanao is a major agricultural, commercial, and tourism hub composed of **five provinces**: Bukidnon, Camiguin, Lanao del Norte, Misamis Occidental, and Misamis Oriental — with **Cagayan de Oro City** as the regional center.

Its cuisine reflects indigenous, Muslim, Christian, and Visayan influences, celebrated for:

- Sinuglaw & Kinilaw
- Pastel & Binaki
- Lechon de Oro
- Fresh seafood & tropical fruits

Learning Outcomes

01

Geography & Provinces

Identify geographic characteristics and name the provinces of Region X.

03

Products & Methods

Identify major agricultural and fishery products; discuss traditional food preparation.

02

Culture & Traditions

Describe the culture and how geography shapes regional cuisine.

04

Specialty Dishes

Recognize dishes from each province and appreciate Northern Mindanao's culinary heritage.

Geography & Climate

Boundaries

- Bohol Sea (north)
- Davao Region (east)
- SOCCSKSARGEN (south)
- Zamboanga Peninsula (west)

Influence on Cuisine

Tropical climate with even rainfall supports year-round farming. Highland plateaus, river systems, and coastal plains yield **fresh produce, grilled meats, seafood, and tropical fruits** — the backbone of local cooking.



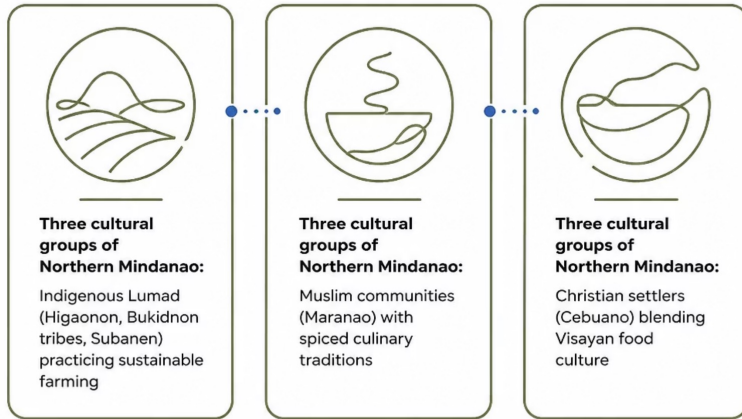
Provinces & Regional Center

Province	Capital
Bukidnon	Malaybalay City
Camiguin	Mambajao
Lanao del Norte	Tubod
Misamis Occidental	Oroquieta City
Misamis Oriental	Cagayan de Oro City



Cagayan de Oro City is the regional center, known as the **"City of Golden Friendship."**

Culture, Traditions & Festivals



Major Festivals

Kaamulan (Bukidnon)

Celebrates indigenous peoples' culture.

Lanzones Festival (Camiguin)

Honors the famous lanzones fruit harvest.

Diyandi (Misamis Oriental)

Celebrates religious and cultural heritage.



Agricultural & Fishery Products

Crops

Rice, corn, pineapple, banana, sugarcane, coffee, cacao, coconut

Fruits

Lanzones, durian, rambutan, mangosteen, mango

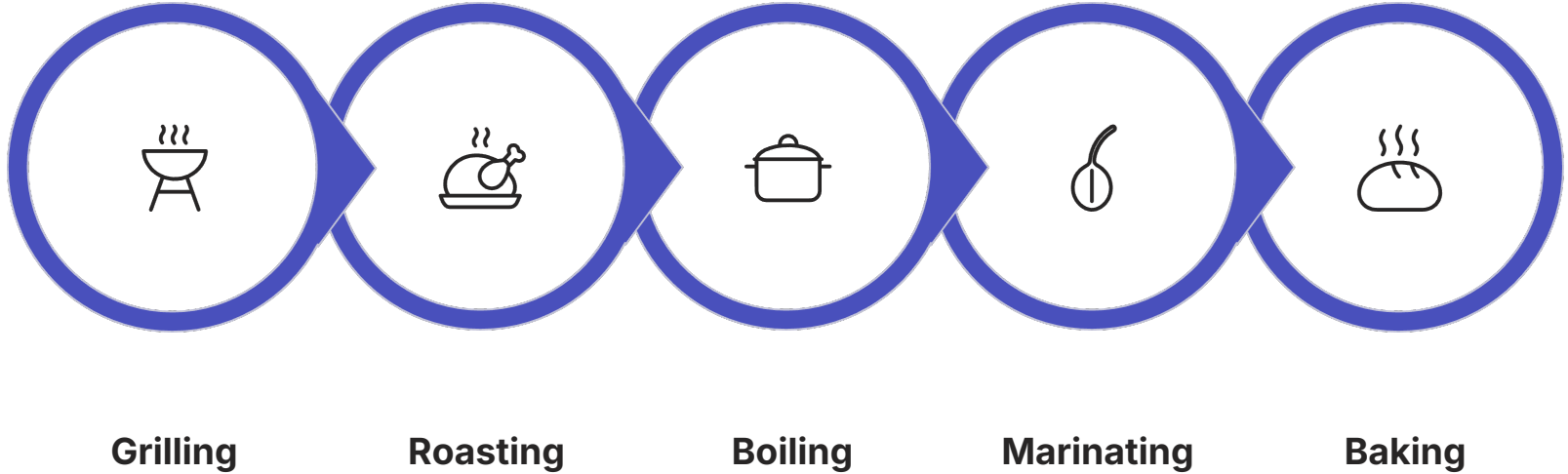
Livestock

Cattle, swine, poultry — Bukidnon is a leading national producer

Fisheries

Tuna, sardines, shrimp, squid, crabs, shellfish

Traditional Food Preparation Methods



These methods — rooted in indigenous and coastal traditions — define the bold, fresh flavors of Northern Mindanao cuisine.

Specialty Dishes by Province



Bukidnon

Binaki (steamed corn cake), Tinagtag, pineapple dishes, native chicken soup



Camiguin

Pastel (custard-filled bread), lanzones products, kinilaw, fresh seafood



Lanao del Norte

Pater, beef rendang-inspired dishes, **Palapa** (Maranao condiment), native chicken



Misamis Occidental

Kinilaw, grilled seafood, sinugbang isda, coconut-based desserts



Misamis Oriental

Sinuglaw, **Lechon de Oro**, Humba (braised pork), Binignit (coconut dessert)



Why Northern Mindanao Cuisine Matters



Preserves Heritage

Keeps indigenous and regional culinary traditions alive.



Supports Agriculture

Highlights the region's agricultural and fishery abundance.



Promotes Tourism

Strengthens cultural identity and attracts visitors.



Celebrates Diversity

Enriches Philippine gastronomy through multicultural flavors.