

Philippine Regional Cuisine: Region XI – Davao Region

A journey through the flavors, traditions, and agricultural abundance of southeastern Mindanao.

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Introduction to the Davao Region



Region XI occupies the southeastern portion of Mindanao, facing the Davao Gulf and Philippine Sea. It is the country's center for high-value crops — bananas, cacao, coconut, and durian.

Its cuisine reflects influences from **indigenous groups**, Muslim communities, Luzon and Visayan settlers, and international trade.

SIGNATURE DISHES

- Sinuglaw & Kinilaw
- Grilled Tuna Belly & Panga ng Tuna
- Durian Candy & Cacao-based products

Learning Outcomes

01

Geography & Provinces

Identify geographic characteristics, provinces, and the regional center of Region XI.

03

Food Preparation

Discuss traditional cooking methods and recognize specialty dishes per province.

02

Culture & Agriculture

Describe cultural traditions and identify major agricultural and fishery products.

04

Culinary Heritage

Appreciate the cultural diversity and culinary identity of the Davao Region.



Geography of the Davao Region

Boundaries

- **North:** Caraga Region
- **West:** SOCCSKSARGEN
- **East:** Philippine Sea
- **South:** Celebes Sea

Key Landmarks

- Mount Apo
- Samal Island
- Aliwagwag Falls
- Mount Hamiguitan Range
Wildlife Sanctuary

Climate & Cuisine Influence

A **tropical, typhoon-free** climate with even rainfall supports year-round agriculture — enabling fresh seafood, tropical fruits, grilled meats, and indigenous ingredients to define local cuisine.

Provinces & Culture

Provinces & Capitals

Province	Capital
Davao de Oro	Nabunturan
Davao del Norte	Tagum City
Davao del Sur	Digos City
Davao Occidental	Malita
Davao Oriental	Mati City



Regional Center: **Davao City** — largest city in Mindanao.

Cultural Groups

The region is home to diverse communities including **Bagobo**, **Mandaya**, **Mansaka**, **Ata**, **Matigsalug**, **Kagan**, **Maranao**, **Tausug**, and Cebuano settlers — known for peaceful coexistence.

Major Festivals

- **Kadayawan Festival** – cultural diversity & harvest
- **Araw ng Dabaw** – founding of Davao City
- **Pujada Festival** – heritage of Davao Oriental

Agricultural & Fishery Products



Fruits

Durian, Banana, Pomelo,
Mango, Mangosteen,
Rambutan



Plantation Crops

Coconut, Cacao, Coffee —
plus staple crops Rice and
Corn



Fishery Products

Tuna, Mackerel, Shrimp,
Crabs, Squid, Shellfish



The region is internationally recognized for its **banana exports** and growing **cacao industry**.

Traditional Food Preparation Methods

Sinugba (Grilling)

Tuna, pork, chicken, and seafood grilled over open flame.

Kinilaw

Fresh fish cured with vinegar, citrus juice, ginger, and chili.

Roasting

Used for lechon and native chicken.

Stewing

Indigenous dishes, coconut-based recipes, and soups.

Fermentation

Drying fish, smoking seafood, and preserving fruits.

Specialty Dishes by Province

Davao de Oro

Tinolang Manok Bisaya, native root crop dishes, corn delicacies, river fish

Davao del Norte

Grilled Tuna Belly, Kinilaw, Banana Chips, Seafood Platters

Davao del Sur

Sinuglaw (grilled pork + cured fish), Durian Candy, Durian Ice Cream, Panga ng Tuna

Davao Occidental

Grilled Seafood, Kinilaw na Tuna, Seafood Soup, Coconut-Based Dishes

Davao Oriental

Sugba na Isda, Kinilaw, Native Chicken Dishes, Coconut-Based Delicacies

Key Ingredients & Dining Etiquette

Famous Culinary Ingredients

Ingredient	Role
Durian	Signature fruit of the region
Banana	Major export crop
Cacao	Used for chocolate products
Tuna	Key fishery resource
Coconut	Savory and sweet dishes
Vinegar	Essential for Kinilaw

Dining Traditions

- Rice accompanies most meals
- Food served **family-style**
- Guests offered the best available dishes
- Fresh fruits served after meals

Culinary Values

Hospitality & community sharing

Respect for cultural diversity

Preservation of indigenous traditions

The Importance of Davao Region Cuisine



Cultural Preservation

Preserves indigenous and multicultural food traditions.



Economic Support

Sustains agriculture, fisheries, and culinary tourism.



World-Class Products

Showcases tropical fruits and cacao on the global stage.



Philippine Gastronomy

Cultural diversity and abundance create a vibrant culinary identity.

