



# Philippine Regional Cuisine: Region XII- SOCCSKSARGEN

Region XII — a culturally rich, agriculturally abundant region in south-central Mindanao, where indigenous traditions, halal cuisine, and fresh seafood converge.

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# What is SOCCSKSARGEN?



The name derives from its component areas: **South Cotabato**, **Cotabato Province**, **Sultan Kudarat**, **Sarangani**, and **General Santos City**.

Located in south-central Mindanao, bounded by Northern Mindanao, the Davao Region, Moro Gulf, and the Celebes Sea.

Key landmarks include **Lake Sebu**, **Mount Matutum**, **Asik-Asik Falls**, and **Sarangani Bay**.

# Culture & People

## Indigenous Peoples

T'boli, Blaan, Manobo,  
Tagakaolo

## Muslim Communities

Maguindanaon, Iranun

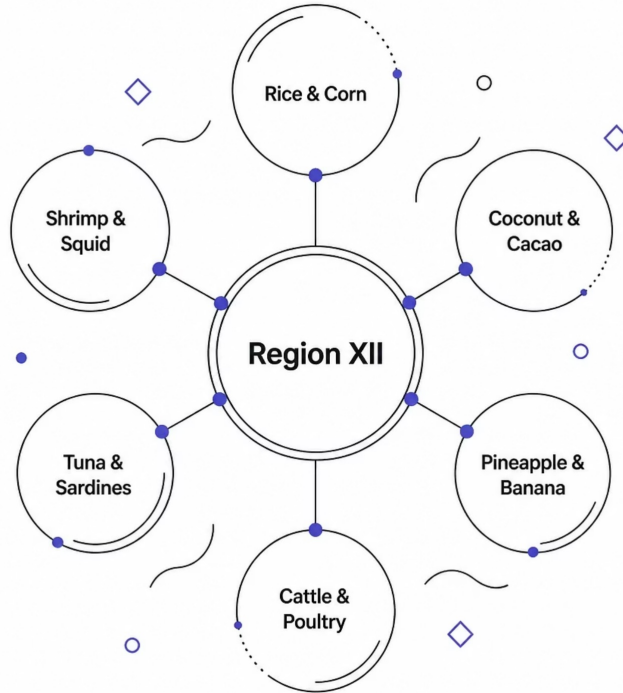
## Christian Settlers

Ilonggo, Cebuano, Ilocano

This blending of cultures — celebrated through the **T'nalak**, **Kalimudan**, and **Hinugyaw** festivals — shapes the region's unique culinary identity.



# Agricultural & Fishery Abundance



SOCCKSARGEN is one of the Philippines' leading producers of agricultural commodities and fisheries products.



**General Santos City** is widely known as the **"Tuna Capital of the Philippines."**

The tropical climate enables year-round production of crops, fruits, livestock, and seafood.

# Traditional Food Preparation Methods



## Grilling (Sugba)

Used for tuna, fish, chicken, and beef.



## Smoking & Drying

Preserves fish and meat for longer use.



## Stewing

Common for Tiyula Itum and indigenous beef dishes.



## Banana Leaf Wrapping

Used in Pastil and native delicacies.



# Cotabato Province & Sultan Kudarat

## Pastil

Steamed rice with shredded chicken, beef, or fish wrapped in banana leaves.

## Tiyula Itum

Black beef soup flavored with burnt coconut and spices — a Maguindanaon classic.

## Beef Kulma

A rich curry-like beef dish from Sultan Kudarat.

## Piyanggang

Chicken cooked with burnt coconut, popular in Muslim communities.

# South Cotabato & Sarangani



## Tilapia from Lake Sebu

Grilled, fried, or in soups — a South Cotabato staple from the scenic highland lake.



## Kinilaw

Fresh fish marinated in vinegar and spices — a coastal Sarangani favorite.



## Coconut Seafood Dishes

Locally caught fish and shellfish cooked in coconut milk along Sarangani's coast.



# General Santos City: Tuna Capital

## **Tuna Sashimi**

Fresh tuna served raw — a testament to the city's world-class catch.

## **Tuna Kinilaw**

Fresh tuna cured in vinegar with spices.

## **Tuna Belly Barbecue**

One of the city's most iconic and beloved dishes.

## **Tuna Sisig**

A modern, sizzling tuna-based specialty unique to GenSan.

# Dining Etiquette & Key Ingredients

## Dining Traditions

- Meals are shared family-style
- Rice accompanies nearly every meal
- Halal dietary practices observed in Muslim communities
- Food sharing strengthens community bonds

□ Core values: **hospitality, respect for elders, cultural preservation**, and community cooperation.

## Signature Ingredients

### Tuna

Signature fish of the region

### Coconut

Used in savory and sweet dishes

### Cacao & Pineapple

Emerging export crops

### Native Herbs

Essential to indigenous cuisine



# Why SOCCSKSARGEN Cuisine Matters

## **Preserves Heritage**

Safeguards indigenous and Muslim culinary traditions for future generations.

## **Drives the Economy**

Supports agriculture, fisheries, and growing culinary tourism.

## **Enriches Philippine Gastronomy**

Showcases how cultural diversity and natural abundance create a vibrant food culture.