



Philippine Regional Cuisine: Region XIII - Caraga Region

— where the sea, rivers, and forests of northeastern Mindanao shape a rich and distinctive culinary heritage.

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Introduction to Region XIII



Caraga, derived from the Visayan word *Kalagan* ("people of the sea"), occupies the northeastern part of Mindanao, facing the Philippine Sea. Its cuisine reflects abundant rivers, coastal waters, fertile lands, and indigenous traditions — shaped by the **Manobo, Mamanwa, Higaonon, and Mandaya** peoples, alongside Visayan settlers.

REGIONAL CENTER: BUTUAN CITY

Learning Outcomes

01

Geography & Provinces

Identify Caraga's geographic features and its five provinces.

03

Products & Methods

Identify key agricultural, fishery products and traditional preparation methods.

02

Culture & Traditions

Describe indigenous heritage and how it shapes food culture.

04

Specialty Dishes

Recognize signature dishes from each province and appreciate their role in Philippine gastronomy.

Geography & Climate

Boundaries

- Northern Mindanao (west)
- Davao Region (south)
- Philippine Sea (east)
- Surigao Strait (north)

Natural Highlights

- Agusan Marsh Wildlife Sanctuary
- Siargao Island
- Tinuy-an Falls
- Sohoton Cove

Tropical rainforest climate with high rainfall supports rich agriculture and freshwater ecosystems.



Provinces & Regional Center

Province	Capital
Agusan del Norte	Cabadbaran City
Agusan del Sur	Prosperidad
Dinagat Islands	San Jose
Surigao del Norte	Surigao City
Surigao del Sur	Tandag City

 Butuan City serves as the regional center — one of the oldest settlements and most important historical trading centers in the Philippines.

Culture, Traditions & Festivals

Hospitality

Visitors are welcomed with local delicacies and freshly prepared meals.

Respect for Nature

Indigenous groups practice sustainable use of natural resources.

Community

Food preparation is a communal activity during festivals and celebrations.

Major Festivals

- **Kahimunan Festival** (Butuan City) — celebrates cultural heritage and local products
- **Bonok-Bonok Festival** (Surigao City) — highlights indigenous traditions and thanksgiving
- **Sirong Festival** (Surigao del Sur) — celebrates local history and culture

Agricultural & Fishery Products



Crops

- Rice, Corn, Coconut
- Banana, Cassava, Sweet potato
- Oil palm, Cacao, Coffee



Fruits

- Mango, Durian
- Lanzones, Rambutan



Marine Resources

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



Freshwater Resources

- Tilapia, Catfish
- Mudfish

Traditional Food Preparation Methods



These time-honored techniques — passed down through indigenous communities — define the authentic flavors of Caraga cuisine.

Specialty Dishes by Province

Agusan del Norte

Sayongsong (glutinous rice in banana leaves), Binignit, Tinolang Isda, Kinilaw

Agusan del Sur

Freshwater fish soup, Native Chicken Tinola, Cassava delicacies, Rice-based Kakanin

Dinagat Islands

Grilled fish, Kinilaw na Isda, Seafood soup, Seaweed salad

Surigao del Norte

Kinilaw, Grilled Tuna, Seafood platter, Coconut-based desserts

Surigao del Sur

Tinolang Isda, Kinilaw, Native chicken dishes, Cassava and coconut delicacies

The Importance of Caraga Cuisine

→ Preserves Heritage

Safeguards indigenous culinary knowledge and traditions.

→ Promotes Sustainability

Encourages responsible use of marine and freshwater resources.

→ Boosts Economy

Supports local agriculture, fisheries, and regional tourism.

→ Enriches Gastronomy

Enhances the diversity and depth of Philippine food culture.



Caraga cuisine reflects the close relationship between people, nature, and culture in northeastern Mindanao.