

Philippine Regional Cuisine: BARMM

Exploring the rich culinary traditions of the **Bangsamoro Autonomous Region in Muslim Mindanao** — where faith, culture, and flavor converge.

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Introduction to BARMM



Established in **2019**, BARMM is the Philippines' only autonomous region, replacing ARMM. Its administrative center is **Cotabato City**.

Home to diverse ethnolinguistic groups: **Maguindanaon, Maranao, Tausug, Sama-Bajau, Yakan, Iranun, and Kalagan**.

- ❏ BARMM cuisine is shaped by Halal practices and strong Malay, Arab, and Indonesian influences.

Learning Outcomes

01

Geography & Provinces

Identify BARMM's geographic features and provinces.

03

Food & Agriculture

Identify major agricultural, fishery, and specialty dishes.

02

Culture & Traditions

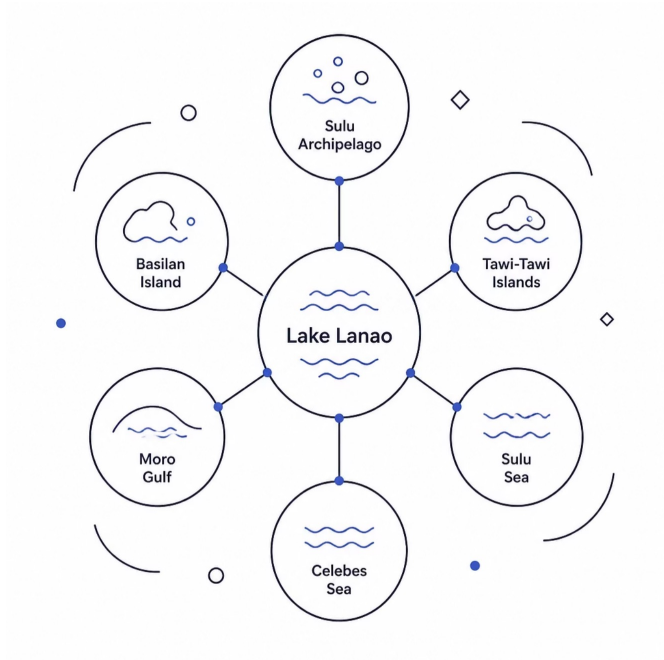
Describe Bangsamoro cultural values and festivals.

04

Culinary Identity

Appreciate food's role in preserving Bangsamoro heritage.

Geography of BARMM



Located in **southern Philippines**, BARMM spans mainland Mindanao and the Sulu Archipelago. Its tropical climate, coastal waters, and fertile valleys drive a rich food culture.

Marine Resources

Abundant seafood from three surrounding seas

Agricultural Land

Coconut, rice, and spice cultivation

Provinces & Regional Center

Province	Capital
Basilan	Isabela City
Lanao del Sur	Marawi City
Maguindanao del Norte	Datu Odin Sinsuat
Maguindanao del Sur	Buluan
Tawi-Tawi	Bongao

Cotabato City serves as the administrative center and seat of the Bangsamoro Government.

Culture & Traditions



Maranao

Artistic traditions, brassware, and sophisticated cuisine.



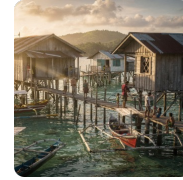
Tausug

Maritime culture and seafood-based dishes.



Yakan

Weaving traditions and unique culinary practices.

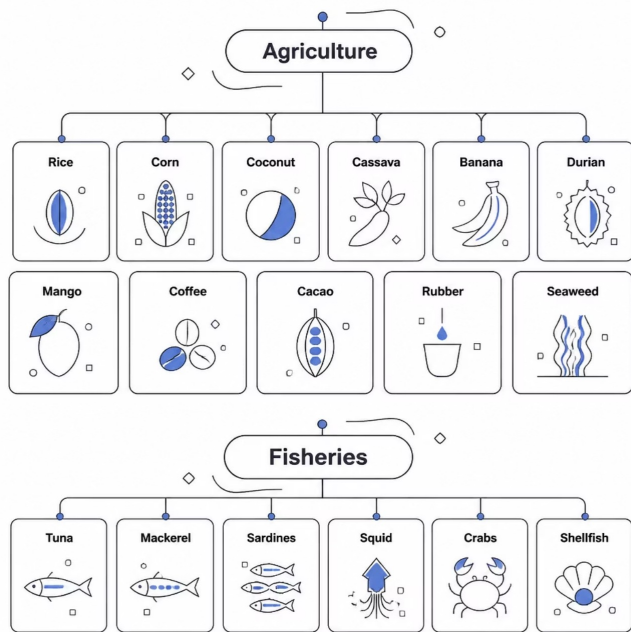


Sama-Bajau

The "Sea People" — deeply connected to marine life.

i Key values: **Hospitality, Halal observance, Community sharing.** Major festivals: Shariff Kabunsuan Festival, Kalilang Festival, and Kanduli (communal thanksgiving).

Agricultural & Fishery Products



Agriculture and fisheries are the backbone of BARMM's economy and cuisine. The region's tropical geography supports a wide variety of crops and marine harvests.



Staple Crops

Rice, corn, coconut, and cassava



Marine Harvest

Tuna, mackerel, squid, and seaweed



Tropical Fruits

Durian, mango, lanzones, mangosteen

Traditional Food Preparation Methods

Halal Cooking

All food prepared according to Islamic dietary laws.

Slow Simmering

Used in Tiyula Itum, Kulma, and coconut stews.

Grilling (Sugba)

Fish, chicken, and beef cooked over open flame.

Coconut-Based

Dishes use coconut milk, cream, or burnt coconut.

Banana Leaf Wrapping

Used for Pastil, rice delicacies, and native snacks.

Specialty Dishes by Province



Basilan — Satti & Piyanggang

Grilled skewers with spicy sauce; chicken with burnt coconut and spices. Also famous for **Tiyula Itum** (black beef soup) and **Curacha** (spanner crab dishes).



Lanao del Sur — Palapa & Piaparan

Heart of Maranao cuisine. **Palapa** is a signature condiment of scallions and chili. **Piaparan** is chicken in coconut milk and palapa. **Dodol** for dessert.



Maguindanao — Pastil & Beef Kulma

Royal Maguindanaon cuisine. **Pastil** (banana-leaf rice) is an everyday staple. **Beef Kulma** is a rich curry-like dish for special occasions. **Daral** for dessert.



Tawi-Tawi — Lato Salad & Kinilaw

Maritime cuisine featuring **Lato Salad** (sea grapes in vinegar), **Kinilaw** (fresh seafood in vinegar and spices), grilled seafood, and seaweed-based delicacies.

The Importance of BARMM Cuisine



Cultural Identity

Preserves centuries of Bangsamoro and Islamic heritage.



Southeast Asian Roots

Reflects Malay, Arab, and Indonesian culinary influences.



Economic Support

Drives agriculture, fisheries, and halal tourism.



Unique Gastronomy

Contributes distinctive flavors to Philippine cuisine.

BARMM cuisine demonstrates the deep connection between **faith, culture, history, and food traditions** — a living expression of Bangsamoro identity.

