



# Fine Filipino Food

*Karen Hulene Bartell*

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## **Fine Filipino Food** Karen Hulene Bartell

Created from recipes collected during the author's travels to this country at the crossroads of the Pacific Ocean and the South China and Sulu seas, FINE FILIPINO FOOD is a testament to a rich mix of cultures. Chinese traders introduced stir-frying and deep-frying cooking techniques, as well as noodles and soy products; Malaysian spice traders brought seasonings from the Spice Islands and introduced that delectable appetizer, satay; Spanish colonization brought Spanish cuisine: Adobo (a pickling sauce made from olive oil, vinegar, garlic, oregano, paprika, thyme, bay leaf, and salt), arguably the best-known Filipino dish, is a by-product of both Spanish and Chinese influence. Finally, the American influence left the legacies of speed and convenience.

Enjoy this blend of cuisines with its 19 cooking methods, such as stir-frying, deep-frying, grilling on skewers, sautéing in coconut milk, marinating in vinegar and spices, broiling over live charcoal, wrapping in banana leaves, and steaming. Fine Filipino Food features 205 recipes, a glossary of ingredients, a guide to ingredient substitutions, and an extensive resource guide, which allow all home cooks to perfectly recreate these tantalizing dishes.

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