

# ILOILO PHILIPPINES



## 2023

加入網絡年份

YEAR OF DESIGNATION

## 菲律賓·伊洛伊洛

## 城市介紹 | INTRODUCTION OF THE CITY

Iloilo City has transformed from an agricultural settlement abundant in raw food resources into a highly urbanized city. Its gastronomy is deeply rooted in the fiesta culture, symbolizing celebration and abundance. Influences from Spanish, Chinese, Indo-Malaysian, and American cuisines emerged as international trade flourished in the 19th century.

Fresh ingredients are naturally sourced from the uplands, mountains, lowlands, hinterlands, rivers, and coastal areas surrounding the city. Ilonggo cuisine is known for its simple yet flavorful preparation, with staple dishes for every occasion. Famous for its Batchoy, Pancit Molo and lechon, aside from its rice cakes.

For Ilonggos, food is a love language, with family recipes and culinary traditions carefully preserved and passed down through generations.

To ensure the vitality and economic growth of the creative sector, Iloilo City has implemented initiatives that support local entrepreneurs, safeguard traditional cuisine, and promote innovation in gastronomy.

Sustainability is central to Iloilo City's food ecosystem, with farm-to-table initiatives and support for small-scale producers strengthening the local economy and ensuring access to fresh, high-quality ingredients.

As a newly designated member of the UNESCO Creative Cities Network (UCCN) in the field of Gastronomy, Iloilo City continues to celebrate its vibrant culinary traditions while embracing innovation.



## 廚師介紹 | CHEF INFORMATION

# Jose Ariel Castañeda, Jr.

A catalyst for the strong & solid Filipino branding of the hotel's Food & Beverage segment. In his advocacy of promoting & growing the heritage food of Iloilo he turned the hotels' cafe into a virtual repository of traditional dishes, enabling the organization to promote Cultural Sustainability for the community. He introduced a heritage-driven menu for the cafe, featuring Ilonggo favorites and long-forgotten cooking methods & processes, as well as endemic ingredients rarely used in modern-day restaurants. He continued this upward trajectory for Ilonggo cuisine with the launch of LaMeza Ilonggo, a degustation utilizing locally sourced ingredients, artisanal products, in & around the city. The concept was lauded for the value it places on Cultural Sustainability through Gastronomy and was a finalist for The Good Travel Stories Award at the 2023 Global Green Destinations Conference in Tallinn, Estonia. In partnership with the Iloilo City Government, LaMeza Ilonggo was also highlighted through a series of cooking demos and presentations at the Cities of Gastronomy. He is also a staunch advocate of training aspiring culinary students by conducting talks in schools and universities in and around Iloilo City. Recently he was a finalist for the Mabuhay Awards, one of the country's foremost recognitions for tourism workers and advocates.



## 菜品 | DISHES

### Lechon Ilonggo With Valenciana

We merge two local favorites in one dish: the Lechon Ilonggo and Paella Valenciana. The dish is made with malagkit (sticky) rice, meat, sausages, bell peppers, raisins, peas and turmeric. Similar to the paella, the Valenciana is present in almost all special occasions like Fiestas, Birthdays and Reunions. It is a symbol of celebration and a representation of Iloilo's long historical ties with Spain.



The Lechon, a true Ilonggo dish of brined pork, roasted to perfection, is often the centerpiece of the Ilonggo table. The roasted pork is traditionally seasoned with tamarind and other spices and roasted for 3-5 hours. Together, the 2 dishes complete this all-in-one hearty meal that is most loved by Ilonggos.



### Chicken Inasal Skewers With Adobo Ilonggo Sauce

The Inasal, a true Ilonggo dish of marinated chicken grilled to perfection, is a street food staple in Iloilo, often eaten with garlic rice, chicken oil and a mixture of soy sauce, calamansi (local lime) and bird's eye chilies. The dish is believed to have originated in the early 1900s, with documented evidence from a photo book in 1895 showcasing a calenderia (food stall) selling "Inihao na Manuc" (grilled chicken).

The term "Inasal" is derived from the Hiligaynon word, "Inihao" meaning grilled or roasted, reflecting the traditional cooking method of Iloilo. This dish is glazed with an Adobo Ilonggo style sauce, a variation of the popular Filipino dish in this case using annatto oil or "Atchuete", which gives it a reddish-orange hue, and a distinct slightly sweet, earthy flavor. The meat is marinated in vinegar, garlic, bay leaves, and peppercorns.