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Coming Up On American Menus Are- Philippine Foods

Dorothy Miller

Iowa State College

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Coming Up On American Menus Are—

Philippine Foods

Fermented shrimp sauce, mangoes and pineapple skin preserves may someday be on the American bill of fare tells Dorothy Miller in an interview with Iowa State fellowship student, Mrs. Matilde Guzman.

IF FERMENTED shrimp sauce becomes a favorite American dish someday — it may be because Filipino Mrs. Matilde Guzman studied foods at Iowa State.

Young Mrs. Guzman arrived this quarter, sent by the Philippine government to study food preparation in this country. She is particularly interested in food preservation so that some of her country's favorite dishes can be shipped overseas.

The shrimp sauce, called "Bagoong," is the one dish Filipinos miss in other countries, Mrs. Guzman says. It is served as a rich topping for vegetable dishes.

Another Philippine food which Mrs. Guzman believes might make a hit in America is the mango. This large, heart-shaped fruit is the pride of the Philippines. It is yellow-red, with a thick rind and a fibrous pulp. "It is sweet and tastes better than the peach," says Mrs. Guzman. A demand for the mango is already springing up in other countries.

Pineapple Skin Mash

A preserve derived from pineapple skins is a great Philippine favorite. The skins are mashed and treated with sugar. Bacteria is added and the mixture allowed to ferment for 2 weeks. The result is a thick mash with a fibrous texture.

The petite Filipino's face lights up as she speaks of her country's national dishes. One called "Adobo" is made of brown garlic, vinegar and pepper, having a pickled flavor. Another favorite is "Sinigang." This is a mixture of meat and vegetables in a stew with a decided acid flavor from tomatoes and fruits. Different regions, explains Mrs. Guzman, have their own typical dishes. One region relishes hot, spicy foods, and another cooks most of its foods in coconut milk.

Proper nutrition is emphasized today in Mrs. Guzman's homeland. The average man, she says, knows about vitamins and minerals. Large charts on the walls in markets show daily food requirements and the nutritional content of different foods.

Rice is the staple food of the Filipinos, taking the place of our bread, cereal and potatoes. Sometimes sautéed with garlic, the rice is served regularly for lunch and supper, and often for breakfast.

Fish or some other meat is served each day. Pork is preferred to beef, Mrs. Guzman points out. Vegetables are served regularly, generally sautéed with onion and garlic, and served with shrimp sauce. Vegetable salads are uncommon in the Philippines.

Common fare for the average family includes pastries and cakes. When rice flour is used, the rice must be wet-milled by hand with a stone grinder. Wheat flour imported from the United States is also used.

Milk Uncommon

Milk is not common in the Philippines. It costs 60 cents a quart. However, few cases of calcium deficiency occur. A possible explanation, Mrs. Guzman believes, may be that the people receive adequate calcium from bone matter in fermented fish.

Salting and drying are the methods of food preservation used in the Philippines. Only meats and some fruits can be preserved in this way. There are no canning factories.

"American foods are not too different," Mrs. Guzman finds. The ice cream here, she says, is much richer than that in the Philippines, where it is mainly dilute milk and fillers. The avocado pears she has seen in America are tiny, compared to the Philippine avocado. These are about the size of canteloupes, and are not used in salads, but are popular in ice cream.

Mrs. Guzman is impressed with Iowa State College's Home Economics Hall and its modern equipment. "In Manila we have tiny classrooms and inadequate facilities," she says. One hundred of the 6,000 women in the University of the Philippines are majoring in home economics. About 3,000 women elect one-hour home economics lectures each week.

The home economics department of the University of the Philippines is housed in a temporary building set up by the army during the war. A new building under construction is expected to be ready for use by June.

A graduate of the University of the Philippines, Mrs. Guzman is now a home economics instructor. Her department recommended her for the fellowship at Iowa State. Mrs. Guzman comes from a family educated in United States schools. Her father was a government fellow in medicine at the University of Illinois. Her sister did graduate work at Harvard University, and her brother-in-law had a government fellowship in English at the University of Chicago.