



# MAGUINDANAO DEL SUR DELICASIES

**“TINAPAYAN”**- It is a salted fish with fermented rice. Tinapayan is among the most sought dishes among the Maguindanaon people. It is basically made of Pangus. (sun-dried local fish)





**“PASTIL”** –. *Pastil or pastel, is a Filipino packed rice dish made with steamed rice wrapped in banana leaves with dry shredded beef, chicken, or fish. It originates from the Maguindanao people and is a popular, cheap breakfast meal in Mindanao, especially among Muslim Filipinos.*



*The Plil is among the most popular delicacies in the Bangsamoro in the southern Philippines. This food always brings back many memories of the village life and our younger years.*

*Plil is made of native banana locally known as kamison(also known as saba,cardaba, sweet plantain).*

*The ripe banana is mashed using the traditional lendu and lesung.*

*In other local practice, a natek is added. Natek is the glutinous powder made from the starch of the silal (buri palm).*

*The mashed banana is formed by hands into balls (approximately 2 inches in diameter) then fried until the balls turn into golden brown, It is best served while the Plil is still warm.*





**Bulibid is among the most popular delicacies and snack foods of Maguindanao. The name Bulibid comes from the Maguindanaon language which means in closest English translation is Twisted because of its appearance and how it is molded.**

**Bulibid is made from pounded glutinous rice mashed with water then being twisted. It is then fried with brown sugar. Another version is the use of grated semi-mature coconut meat.**



***Kumukunsi a popular delicacy of the Maguindanaon people in the Bangsamoro in the Southern Philippines.***


***It is served during special occasions such as the kanduli or the thanksgiving ceremony. However, nowadays, you can find commercially available kumukunsi in many towns and markets in Central Mindanao especially in Maguindanaon communities.***

***It is made of rice flour, eggs (preferably duck eggs) and sugar. It is deep fried until it turns light brown.***

***The original and authentic kumukunsi is made from the tapung or the rice flour manually pounded using the large wooden lesung(mortar) and lendu(pestel). These days, people use grinding machine.***

***It is best served while it is warm with native coffee***





**Betengan is a delicacy from Maguindanaon communities in the Bangsamoro though it has many versions in other locations and ethnic groups in the Philippines.**

**In the Maguindanaon culinary heritage, it is made of tapung, a pure flour from pulot, a glutinous erice (sticky rice) either the white, lavender, black or the yellowish variety.**

**In the villages in Maguindanao, our folks cook it with raw cane sugar inside the Betengan ball. Grated fresh coconut is added coating the hot balls. Brown sugar is an alternative when sugar cane is not available. Some do add sesame seeds.**

**There are also those that cook the Betengan balls then the cane sugar (Muscovado), brown or white sugar are added put beside the cooked Betengan with grated coconut.**

**When cooking, the water is boiled first. When the water boils, the Betengan ball is then put. You know if it is already cooked because the ball floats. It is then put into the plate with grated coconut. It is tastier when served warm.**





**“KAGIKIT” - is the great-tasting topping of the ever popular “Pastil, a one – dish meal made of rice and kagikit wrapped in banana leaves that locals bring with them during journey. It is made strands and trips of chicken meat cooked with herbs such as onions and garlic ( optional to put ginger depending on taste buds) The shredded meat is cooked with oil until it becomes crispy.**





***“B’LUWA” is one of the all-time favourite of Maguindanaons in Bangsamororo. This is one most requested snack food during the 80’s and 90’s before other pastries and bakery products were available in the market.***

***B’luwa is made from rice flour, eggs and sugar, a little sweet and nutty when slightly toasted, and will surely lift anyone’s bad mood when eaten anytime of the day.***







***“BINAYO A SAGING”- Binayo is a term in Maguindanao referring to the process of pounding. This delicacy is made by boiling a mature banana. It is pounded with “Lendu” (pestel) “Lesung” (mortar). Semi-mature grated coconut is added. Brown sugar is added. Binayo a Saging is among the most popular recipes in the village. It serves as both a snack food and a main meal.***





**“DINANGAY”- This is a squash Saba banana put on a leaf and cooked in a low fire. This is preferred more to be cooked in dirty kitchen with firewood for it produces a very not an ordinary effect in the mouth. It looks like a flat squashed pancake**





**“DUDOL”- is made of glutinous rice and fresh coconut milk added with sugar. It is wrapped with stalks of the palms though banana leaves and palms leaves are also used. It is a famous delicacy from Maguindanao. It is a part of the Maguindanao culture. It is served during special occasions such as weddings and festivities.**





***“TAPAY”- Is prepared rather sacredly compared to other dishes.It is fermented cooked rice using Apuan- a powdered rice also fermented with chillies and sundried for days, then wrapped in alum leaves, left over night and served the morning after. It tastes sweet and tangy.***





**Tinagtag is a popular Maguindanaon Delicasy. It is made of finely ground rice mixed with sugar and fried until turned golden brown and crispy.**

**Tinagtag came from the root word "Tagtag" which menas tapping. The procedure of cooking implies its name where it needs a great patience to produce such yummy food. It is made up of ground rice and sugar with a little water added which produce a thick mixture placed over a coconut shell bind with a rope and tied to a pole.. The mixture filter on a pan of boiling oil as the cook taps the stick while making a circling motion strips when fried totally. And the appetizing Tinagtag is ready to prepare.**





**Putri Mandi is a Filipino dessert steamed rice cake made from glutinous rice dough (though it can also be made with cassava) rolled into balls and filled with sweetend coconut strips (hinti).**





**“BAL'BED A INTI”- It is made of dough, white and black pulot (finely grilled) sugar with the used of banana leaf for wrapping the flatten dough and put a teaspoon of filling on it.**





**“TINUMIS” is among the most prominent delicacies from the Maguindanaon culture. It is traditionally served during special occasions such as the kanduli, the thanks giving ceremony.**

**However, you can also find this even during ordinary days at the local restaurants along the roads of Maguindanao, in local towns and during weekly markets in Maguindanaon communities.**

**Tinumis is usually made of white glutinous rice(sticky) cooked with fresh coconut milk, lemon grass with salt, It is usually wrapped with young banana leaves but coconut leaves can also be used.**







**Ginuling A Saging is a banana coated with sugar**





**“WAGIT” is a traditional delicacy of the Maguindanaon people. It is sweet sticky rice cake usually served during special occasions though nowadays, it is sold in regular pegkapan, local traditional eatery. It has different versions from different ethnic groups in the Philippines.**

**The main ingredient is the Glutinous rice. This kind of rice has many varieties (white, black, violet and reddish brown).**

**It is cooked with fresh coconut milk. Raw sugar called Muscovado (from sugar cane) is most preferred though brown sugar is also commonly used. Other modern day wagit cooks do use honey and sweetened condensed milk.**

**There are versions of Wagit that use peanut granule. Lintad (curds or latik in Tagalog) is also used as a topping. Lintad is that golden to brown residual by-product when making home-made pure coconut oil.**

**Traditionally, it is wrapped with banana leaves, which adds a different aroma improving even the taste.**





***“DARAL”- Thicken than crepe but not as fluffy as pancakes and usually mixed with food coloring.This snack is filled with sweetened grated coconut as a filling. Some use food flavouring/coloring for the crepe for presentation purposes.***





**“PANYALAM”- A traditional Filipino fried rice pancake made with ground glutonious rice muscovado or brown sugar and cocnut milk mixed into a batter that is deep-fried.**





**"TIPAS"**-Tipas is a sweet chip made of rice flour. Preparation and cooking is rather complicated in achieving its shape, crunchiness and thinness.

