Technology and Livelihood Education is a broad subject matter which encompasses many different subjects, a few of which are Cookery and Food technology. Food Technology is a branch of TLE where students are taught on how to cook and prepare variety of dishes from all over the world. Instructors feed students with the theory behind the dishes and the technique on how to prepare them.

Although it is vital to teach students food from different culture, there are also so many local dishes with interesting background story and origin. Food has always been a huge part of the Filipino culture, from the indigenous dishes of our ancestors to the colonial inspired cuisines that were born during the Spanish reign; every dish has a story to be told.

Bulalo is a famous dish originated from the Southern Luzon, all though the story varies, some say that it came from Batangas or Tagaytay. In the said provinces there are plentiful farms which grow cows, the main ingredient of the dish. Filipinos are known to be resourceful; they are well versed in using the materials available in their locations to create masterful cuisines. Bulalo is a soup dish made out of slow cooked beef shanks and vegetables. It is the perfect dish for the cold weather in Tagaytay. By cooking the beef shanks for hours and hours, it infuses the broth with all the flavor and goodness of the marrow and meat. It is definitely a great dish to teach students, although the preparation is quite laborious, the ingredients are easy to find in the market.

Another famous dish that the Philippines is well-known is the sour tamarind soup called sinigang. There are so many variations of sinigang all over the country, which is
the reason why it is almost impossible to pinpoint the exact region or province it originated from. The main characteristics of sinigang is its signature sour soup which can derive its acidity from different sources, but the most common would be the tamarind based one. Like bulalo, sinigang is also a perfect cold weather food, with its warm broth and the kick of its sour soup, it is sure to warm anybody’s stomach.

Sisig is an interesting dish from Pampanga. Sisig used to a remedy for hangover or nausea, the earlier version of sisig is considered a salad which can include green papaya and guava seasoned with salt, pepper, garlic, and vinegar. The addition of unwanted parts such as the pig’s head came way after. In the modern version of sisig was invented by a woman named Lucia Cunanan who owned a humble canteen beside the railroad in Pampanga. She reinvented the dish by grilling the pig’s head and mincing it, she then fried the meat with pig’s brain and chicken liver. This technique made the meat crisp and crunch, the savoury flavour balanced out the sourness which became the reason why the regional dish turned into a national cuisine. Sisig is a fairly easy dish to prepare thus making it a great cuisine to teach students. Sisig has such a cultural background that it is important to pass it along the next generation in order to keep the dish alive.

These are just three of the most interesting dishes there is in the Philippines. There are so many wonderful food varieties in the country. The Philippines is blessed with natural resources where ingredients are abundant. It is true that food technology usually focus on the technical side of cooking, but it also exceedingly amazing if the students will learn the history of the food they are preparing, it gives them connection to the dish which makes the process of cooking even more magnificent.

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