



## NLP BIBLIOGRAPHY ON

# *Philippine Cuisines*



*Compiled and edited by:*  
**Danilo B. Fernandez**

2025

National Library of the Philippines (NLP)

Bibliographic Services Division (BSD)

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ON

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## TABLE OF CONTENTS

### NLP BIBLIOGRAPHY ON “PHILIPPINE CUISINE”

<u>Table of Contents</u>	3
<u>Preface</u>	4-5
I. <u>Books</u>	6-58
II. <u>Serials</u>	59
III. <u>Thesis and Dissertations</u>	60-68
IV. <u>Multi-Media</u>	69-71
V. <u>Government Publications</u>	72-78
VI. <u>Children’s Library</u>	79-81

## PREFACE

This bibliography is a curated collection of works that explore the rich and diverse culinary heritage of the Philippines. Philippine cuisine, shaped by centuries of cultural exchanges, indigenous traditions, and regional specialties, is a vibrant reflection of the country's history, identity, and values. The purpose of this bibliography is to provide a comprehensive resource for anyone interested in understanding the flavors, ingredients, techniques, and cultural significance of Filipino food. The culinary landscape of the Philippines is as varied as its more than 7,000 islands, with each region offering unique dishes and cooking methods passed down through generations. From the iconic adobo and sinigang to the lesser-known delicacies of the Visayas and Mindanao, the Philippines boasts a tapestry of food that is both complex and approachable, modern and traditional. This compilation not only highlights foundational texts and academic studies but also includes cookbooks, articles, and media that capture the ongoing evolution of Philippine food, both in the archipelago and across the globe.

As you explore this bibliography, you will encounter a spectrum of works that examine the intersection of food, culture, history, and community in the Philippines. Whether you are a scholar, a food enthusiast, or simply curious about the flavors of the Philippines, this bibliography serves as a gateway to understanding the essence of Filipino cuisine—a cuisine that is as much about the stories behind the dishes as it is about the ingredients that make them come to life.

I hope this compilation will inspire a deeper appreciation for Philippine cuisine and serve as a valuable resource in your own exploration of this culinary tradition.

I would like to express my sincere gratitude to several individuals and groups who were instrumental in the success of this project.

First and foremost, to the authors, researchers, and publishers whose contributions have enriched the collections, this bibliography has made it a valuable resource for everyone.

I extend my heartfelt thanks to Director Cesar Gilbert Q. Adriano, the esteemed Director of the National Library of the Philippines (NLP), for his steadfast and wholehearted support;

I am also grateful to Ms. Jennifer B. Dimasaca, the Chief of the Bibliographic Services Division (BSD), for her invaluable guidance, mentorship, and patience, as well as for her insightful perspectives and thoughtful suggestions that have significantly contributed to the success of this project. I am especially thankful for her encouragement to persist in this journey and for her consistent support and understanding;

Furthermore, I would like to thank the entire BSD team for offering me this opportunity and for their continuous moral support throughout this endeavor;

I am profoundly grateful to the Almighty God.

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**45 reasons to enjoy Philippine cuisine.. [microfilm]**

**Ang abokado'y isang bagong karagdagan sa mga pagkain Pilipino.**  
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Agcaoili, Teofilo D. (1936). **Food : a story of hunger** [microfilm] / by Teofilo D. Agcaoili. In: Commonw. advocate (Nov 1936), v. 2, no. 18, p. 16-18.

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**Kapangyarihang bayan sa pagkain.** (2005). Script by Kathryn Manga and Hilda Nartea ; directed by Myles Quero. Manila : IBON Foundation, 2005. - 1 videodisc (25 min. 19 sec.) : sound, color ; 12 cm

**Kusinang tagalog : ang aklat na ito ay naglalaman ng mga sarisari at maraming kiyas ng lutuin sa lalong madaling paraan at mapakatipid na paggugugol.** (1916). Manila : P. Sayo Balo ni Soriano, 1916. [185] p. : ill. ; 18 cm.

Martin, Francisco Legal. (1919). **Kalayaan ng bayan : kasaysayan ng dalawang pag-ibig na lalong dakila ; ang diwata at sa lahi, isang pagkaing nagpapataba ng utak at isang nagpapasariwa ng puso** / Francisco Legal Martin. Maynila : Limbagan "Luz Naciente", 1919. 1 volume ; 20 cm. Lib. has vol. for Pt.1  
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**Isang gulay-isdaan para sa wais na kabuhayan.** (2015). Nueva Ecija : Central Luzon State University, c2015. 26 pages , illustrations ; 20 cm. - Smart Farming Systems Addressing Water, Food and Energy Smart Farming Technique Series No. 3. Technology demonstration a for aquaponics

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