

Visual Recognition and Understanding of Hospitality Management Students of Philippine Provincial Dishes

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Abstract: The purpose of the research was to measure and determine the level of visual recognition and understanding of Philippine provincial dishes by hospitality management students of two universities in Manila, Philippines. This study used descriptive research design through a quantitative approach. The findings revealed that the respondents have low level of visual recognition of the selected provincial dishes but understood some of the ingredients and cooking methods of these Filipino dishes. This study can serve as an aid in enhancing the course of different universities offering hospitality courses in the Philippines in order to allow students to improve their recognition and understanding of local dishes in terms of visual appearance, ingredients, place of origin, name, and cooking methods as reflected by the different roots in the country which could lead to a re-awakening and preservation of the Philippine culinary heritage.

Key words: Culinary heritage, culinary indigenization, Philippine provincial dishes, preservation, visual recognition and understanding

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Introduction

It is not surprising to taste regional diversities among the 18 regions of the Philippines. The Filipino cuisine consists of simple and tropical dishes, however, various styles have emerged due to regional preferences which could be attributed to factors like natural resources found in the area, the regional character and culture of the locals of the different regions. Each region or province has created its unique varieties of dishes and food types. In the Northern Region of the Philippines, most of their specialties are seasoned with fermented anchovies, while the Central Plains like Pampanga and Bulacan are recognized for their sweetened delicacies and well-prepared courses. The Igorots prefer roasted meats, particularly water buffalo, and goat meat and venison. In the Southern Region, most of their dishes are cooked with coconut milk and chillies. In Mindanao, most cuisines are influenced by the exotic taste bud of the Malays

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who prefer having spices such as turmeric, ginger, garlic, chillies, lemon grass, and roasted coconut in most of their dishes (Filipino Food Aficionado, 2011).

The Philippines houses a complex culinary heritage. Filipinos, however, are in a crisis of identifying their national dish. Although the Philippine regional-based cuisine is getting more and more popular with the hosting of various international culinary events in the country, many of the Philippine dishes remain under-studied. Thus, the benefits of a deeper understanding of the Filipino palate can go a long way if given the attention it deserves from culinary researchers. According to Besa and Dorotan (2012), If we want to preserve our culinary heritage, we must cook and eat those dishes that were served by our mothers and grandmothers when home cooking was our primary source of sustenance. We must bring these dishes back to our table, otherwise, not only will our culinary heritage disappear, but our identity as Filipinos will also be lost.

This research study was therefore conducted to measure the level of visual recognition and understanding of hospitality management students on selected provincial dishes of the Philippines in order to preserve the Filipino culinary heritage. The findings of the study may help enhance the culinary courses of various schools offering hospitality management programmes in the Philippines to allow future generations to understand and fully recognize authentic dishes from the different parts of the country.

Literature Review

The Philippine Cuisine

The Philippine cuisine has evolved over several centuries from its Malayo-Polynesian origins to a mixed cuisine with many Hispanic cultural influences, due to the many Latin American and Spanish dishes brought to the country during the Spanish colonial period. It has also received varying degrees of influence from Chinese, American, and other Asian cuisines (ARAdmin, 2012). Regionality plays a huge role in Filipino cooking. Each island has its own flavour. Vinegar is commonly found in every Filipino kitchen. Used for marinating, braising, and glazing as well as a table dip for entrees. It is also the backbone of adobo, the Philippines' most lauded dish. Likewise, the preservative powers of vinegar were a culinary necessity for centuries, long before refrigeration was available. Citrus fruits like *calamansi* (Philippine lemon), sweet and sour tamarind, and green mangoes are stirred into soups like *sinigang* (Lazor, 2014). Filipino food is known to be sweet, the love for sugar is the result of being one of the biggest producers in the world. According to Philippine Cuisine Evolution (2016) most guide books would describe Filipino food as having strong Spanish influence. Although this may be true, in an age of globalization there is an awakened appreciation to go back to Philippine roots known as Filipino Regional Cuisines or 'island foods'. Provinces are proud to showcase their culinary heritage and hometown delicacies. In order to fully understand the Philippine cuisine, one must break it down into the understanding of the different regional cuisines like Ilocos and the Mountain Province, Central Luzon, Southern Tagalog, Bicol Region, Central Visayas, Western Visayas, and the food of the Muslim Mindanao.

Indigenization of Philippine Food

What really is Philippine food? Seeing that the culinary tradition of the Philippines is an amalgamation of indigenous food from land and sea, field and forest, and dishes and culinary procedures from China, Spain, Mexico, and the United States and other countries. What makes them Philippine is the history and society that introduced and adapted them; the people who turned them to their tastes and accepted them into their homes and restaurants, and especially the harmonizing culture that combined them into contemporary Filipino fare (Fernandez, 1988).

In Filipino homes and restaurants, menus are with dishes with vernacular names like *laing* and *pinais*, Spanish names like *relleno* and *mechado*, Chinese names like *mami* and *siopao*, and even Chinese food with Spanish names like *camaron rebosado*, *dorado con jamon*, all companionably co-existing. The Philippine cuisine, as dynamic as any phase of culture that is alive and growing, has changed through history, absorbing influences, indigenizing, adjusting to new technology and tastes, and thus evolving. Filipino food today, as shaped by Philippine history and society, consists of a Malay matrix, into which melded and blended influences from China and India through trade, Spain and America through colonization, and more recently the rest of the world through global cultural communication. The process of the indigenization of Philippine food starts with foreign elements, and ends with a dish that can truly be called part of the Philippine cuisine (Fernandez, 1988).

Effects of Pictures on Visual Recognition

Research on memory for pictures has increased over the years. This research has come to focus on the processes underlying picture recognition as well as on the memory representations for pictures. In a study conducted by Wiseman (1985) photographs were presented to the subjects followed by a descriptive sentence wherein the sentence provided additional information not available in the picture. Described pictures were remembered better than undescribed pictures. According to Hazamy (2009), picture superiority effect is a well-documented phenomenon that is defined as the superior memory of pictorial stimuli compared to word stimuli. The predominant explanation for this effect is that pictures are encoded more effectively than words and are better remembered. The study conducted by Wichman, Lindsay and Gegenfurtner (2002) suggested that colour plays an important role in recognition memory. Recognition memory for colour images benefits from several factors like: colour information is stored in memory (*cognitive facilitation*), colour increases attention, and colour benefits from improved segmentation (*sensory facilitation*).

In addition, Carlson (2009) stated that pictures when combined with the best write-ups help to push home the message in the most powerful way. The combination of words and images has a powerful effect on the communication of ideas. Oral communication is enhanced when visual aids are used. It is important to pair the correct pictures with the type of oral information presented (Rojas, n.d.).

Methodology

This study utilized the descriptive research design through quantitative approach. According to Calmorin and Calmorin (2010), descriptive research design is a study which focuses on

at the present condition and the purpose of the study is to find the truth. This study aimed to assess present visual recognition and understanding of hospitality management students of Philippine provincial dishes. Quantitative approach was used to measure the level of visual recognition and understanding of the participants through the use of a visual survey questionnaire. It was also applied in analyzing and interpreting the data obtained from the survey. Participants of the study composed of 115 hospitality management students from two universities in Manila, majority were between the ages of 16 to 18 years-old, and predominantly female at 58%. The provinces of the 115 participants composed of the following: 13 were from Northern Luzon, 74 were from the Central Plains, and 28 from Southern Luzon. The purposive sampling technique was used in the selection of the participants since they have taken all the culinary courses offered in their respective universities and qualified to accomplish the survey questionnaire.

A survey questionnaire was used to collect the needed data for the research study. It was developed and validated by three Philippine culinary experts. The survey questionnaire contained coloured dishes representing the different provinces in the Philippines. Information about the provincial dishes was provided that include ingredients, name of the recipes, cooking methods and origin of the dishes. Five recipes (which the region is known for) were provided in respect of each region – Northern Luzon, Central Plains and Southern Luzon. The Analysis of Variance (ANOVA) was used to determine significant difference between the level of recognition and understanding of the participants.

Results and Discussion

Level of Visual Recognition of Selected Provincial Dishes

Picture superiority effect is a well-documented phenomenon that is defined as the superior memory of image stimuli (Hazamy, 2009). The following table shows how well picture superiority affects the level of recognition of the participants of the different dishes of the various provinces of Northern Luzon, Central Plains, and Southern Luzon.

Table 1 shows that among the five known dishes of Northern Luzon, *Baradibud* was fully recognized by the students of University 1 at a mean score of 1.55 while University 2 slightly recognized *Baradibud* at a mean score of 2.89. Dishes from the Northern Luzon are typically Ilocano dishes made of various vegetables and seasoned with fermented fish or shrimp. *Baradibud* is a sweet and pulpy vegetable stew with variety of leafy green vegetables seasoned with fermented fish or shrimps. Sweet potato is added to sweeten the stew. Moderately recognized dishes of Northern Luzon include *Igado*, *Tidtat*, and *Rellenong Bangus*. Slightly recognized dishes are *Dinengdeng*, and *Baradibud*. The composite mean for dishes of Northern Luzon as rated by the students of University 1 is slightly recognized at 2.74 while for University 2, the composite mean score as is moderately recognized at 2.27. Generally, Northern Luzon cooking uses local and may even be sparse fare. Life in this coastal and mountainous region is hard and the people tend to reflect this in their dishes, simple relying mainly on native vegetables.

In terms of the provincial dishes from the Central Plains, *Begucan*, *Balo-balo* and *Bringhe* were fully recognized by the students from University 1, at mean scores of 1.62, 1.68, and 1.60, respectively, while *Sisig* was fully recognized by students of University 2. The Central Plains is mostly inhabited by the Tagalogs and Kapangpangans. The region is considered the rice

Table 1. Level of recognition of provincial dishes

Dishes of	UNIVERSITY 1		UNIVERSITY 2	
	Mean	Verbal Interpretation	Mean	Verbal Interpretation
Dishes of Northern Luzon				
1. Tiddad	3.58	not recognized	1.78	moderately recognized
2. Dinengdeng	2.57	slightly recognized	2.51	slightly recognized
3. Baradibud	1.55	fully recognized	2.89	slightly recognized
4. Igado	2.47	moderately recognized	2.24	moderately recognized
5. RellenongBangus	3.55	not recognized	1.91	moderately recognized
Composite Mean	2.74	slightly recognized	2.27	moderately recognized
Dishes of the Central Plains				
1. BatuteTugak	1.93	moderately recognized	2.31	moderately recognized
2. Begucan	1.62	fully recognized	2.82	slightly recognized
3. Sisig	3.50	not recognized	1.73	fully recognized
4. Balo-balo	1.68	fully recognized	3.07	slightly recognized
5. Bringhe	1.60	fully recognized	3.22	slightly recognized
Composite Mean	3.05	slightly recognized	2.05	moderately recognized
Dishes of Southern Luzon				
1. EnsaladangPako	2.33	moderately recognized	2.44	moderately recognized
2. Bulalo	3.72	not recognized	1.69	fully recognized
3. Kaldereta	3.25	not recognized	1.89	moderately recognized
4. Bistek	3.73	not recognized	1.71	fully recognized
5. PinaisnaAlimasag	2.20	moderately recognized	2.53	slightly recognized
Composite Mean	3.05	slightly recognized	2.05	moderately recognized

granary of the Philippines. Central Plains cooking is the most sophisticated in the country. This is evident in their use of rich sauces and fancy desserts. The people have a passion for combining many different ingredients in a single dish, with long elaborate preparations. They usually like their vegetables sautéed in garlic, onions and tomatoes with pork (Filipino Foods, 2006). The dish *Begucan* is diced pork cooked in shrimp paste; *Balo-balo* is fermented rice with fresh shrimp sautéed in garlic and loads of tomatoes; *Bringhe* is glutinous rice cooked in coconut milk and turmeric which gives its yellow green colour to the dish, chicken topped with boiled eggs, red and green pepper strips. The dish *Sisig* is a popular appetizer composed of chopped pig's face, lots of onions, red and green pepper, and garlic. Moderately recognized recipes include *Tugak Batute* with mean scores of 1.93 for University 1 and 2.31 for University 2. *Tugak Batute* is stuffed frog with ground pork, onions, garlic and seasoned with vinegar.

Table 2. Level of visual understanding of the selected provincial dishes in terms of name of the dish

Dishes	University 1		University 2		Total	
	f	%	f	%	f	%
1. Tadtad	32	53.33	31	56.36	63	46.09
2. Dinengdeng	29	48.33	23	41.82	52	45.22
3. Baradibud	35	58.33	19	34.55	54	46.96
4. Igado	56	93.33	37	67.27	93	80.87
5. RellenongBangus	56	93.33	37	67.27	93	80.87
6. BetuteTugak	40	66.67	32	58.18	72	62.61
7. Begucan	28	46.76	20	36.36	48	41.74
8. Sisig	56	93.33	35	63.64	91	79.13
9. Balo-balo	27	45	21	38.18	48	41.74
10. Bringhe	22	36.67	17	30.91	39	33.91
11. EnsaladangPako	49	81.67	33	60	82	71.30
12. Bulalo	54	90	34	61.82	88	76.52
13. Kaldereta	55	91.67	33	60	88	76.52
14. Bistek	53	88.33	36	65.45	89	77.39
15. PinaisnaAlimasag	52	88.67	30	54.55	82	71.30

The composite mean for dishes of Central Luzon as rated by the students of University 1 is slightly recognized at 3.05 while for University 2, the composite mean score as is moderately recognized at 2.05.

The level of recognition of the participants towards Southern Luzon dishes show that two dishes were fully recognized by the students of University 2 with mean scores of 1.69 for *Bulalo* and 1.71 for *Bistek*, respectively. *Bulalo* is a beef dish made by cooking beef shank and marrow until the collagen and fat has melted into the clear broth, while *Bistek*, also known as “Filipino beef steak,” consists of thinly sliced beef marinated in soy sauce and Philippine lemon, then fried in a skillet that is typically served with onions. Participants were able to moderately recognized *Ensaladang Pako*, a salad made of fern blossoms, at mean scores of 2.33 and 2.44, respectively. Other dishes moderately recognized by the students of University 1 was *Pinais na Alimasag*, crabs cooked in coconut milk seasoned with chillies, at mean score of 2.20. The dish *Kaldereta* was likewise, moderately recognized by students of University 2 at mean score of 1.89. *Kaldereta* can be beef or goatmeat, chunks of meat are cooked in tomato sauce, minced garlic, chopped onions, peas, carrots, bell peppers and potatoes to make a stew. Composite mean scores for the dishes from Southern Luzon indicate that participants from University 1 slightly recognized the five dishes at mean score of 3.05, while students from University 2 moderately recognized dishes at mean score of 2.05. Table 1 indicates moderate to low recognition of the different provincial dishes.

Level of Visual Understanding of Selected Provincial Dishes

Researches indicated that pictures or images to be effectively recognized should be accompanied by information. According to Wiseman (1985), picture recognition improves with subsequent verbal information. Carlson (2009) stated that pictures when combined with the best write-

Table 3. Level of visual understanding of the selected provincial dishes in terms of province of origin

Dishes	University 1		University 2		Total	
	f	%	f	%	f	%
1. Tidtad	15	25	23	41.82	38	33.04
2. Dinengdeng	24	40	9	16.36	33	28.70
3. Baradibud	9	15	11	20	20	17.39
4. Igado	9	15	9	16.36	18	15.65
5. RellenongBangus	9	15	9	16.36	18	15.65
6. BetuteTugak	24	40	20	36.36	44	38.26
7. Begucan	25	41.67	11	20	45	39.13
8. Sisig	43	71.67	28	50.91	71	61.74
9. Balo-balo	23	38.33	22	40	45	39.13
10. Bringhe	20	33.33	19	34.54	39	33.91
11. EnsaladangPako	17	28.33	12	21.82	29	25.22
12. Bulalo	4	6.67	21	38.18	25	21.74
13. Kaldereta	20	33.33	12	21.82	32	27.83
14. Bistek	9	15	21	38.18	30	26.09
15. PinaisnaAlimasag	28	46.67	8	14.54	36	31.30

ups help to push home the message in the most powerful way. The combination of words and images has a powerful effect on the communication of ideas. Oral communication is enhanced when visual aids are used. It is important to pair the correct pictures with the type of oral information presented (Rojas, n.d.).

Tables 2 to 5 present the level of visual understanding of the participants on the selected provincial dishes. Information accompanying the images of the dishes included the name of the dishes, province of origin, ingredients, and cooking methods.

Table 2 shows that the participants are familiar with the names of the following provincial dishes: *Igado*, *RellenongBangus*, *Sisig*, *Ensaladang Pako*, *Bulalo*, *Kaldereta*, *Bistek* and *Pinais na Alimasag* which are commonly served in local restaurants. Some Filipino dishes are named after the cooking method, the cooking method first and then the ingredient used. A good example is *Rellenong Bangus* which means stuffed milkfish, and *Pinais na Alimasag* which means stuffed crabs wrapped in banana leaves.

Regionality plays a huge role in Filipino cooking, as it is a geographically divisive country populated by different ethnic groups. Each island has its own flavour but there are commonalities that exist in terms of the Filipino palate regardless of distance (Lazor, 2014). Names of Filipino dishes may vary due to culture and geographics but they have the same ingredients and cooking methods. Example is *Tidtad*, a blood stew dish that originated in Pampanga (Central Luzon) is called *Dinuguan* in Southern Tagalog; *Dinardaraan* in Ilocano, *Dugo-dugo* in Cebuano, *Tinumis* in Bulacan, *Sinugaok* in Batangas, and *Rudodugo* in Waray, which all mean cooked in pig's blood. *Dinengdeng*, a vegetable stew from the Ilocos region is also called *Inabrao* in other parts of the country. *Begucan*, a popular dish in Pampanga is called *Binagoogang Baboy* (diced pork sautéed in shrimp paste) in the Tagalog region. *Bringhe* is the Filipino indigenization of the Spanish Paella and *Arroz Valenciana*.

Table 4. Level of visual understanding of the selected provincial dishes in terms of province of ingredients used

Dishes	University 1		University 2		Total	
	f	%	f	%	f	%
1. Tiddad	24	40	4	7.27	28	24.35
2. Dinengdeng	7	11.67	5	9.09	12	10.43
3. Baradibud	6	10	4	7.27	10	8.70
4. Igado	12	20	4	7.27	16	13.91
5. RellenongBangus	12	20	4	7.27	16	13.91
6. BetuteTugak	9	15	5	9	14	12.17
7. Begucan	16	26.67	4	7.27	20	17.39
8. Sisig	11	18.33	3	5.45	14	12.17
9. Balo-balo	26	43.33	5	9	31	26.96
10. Bringhe	19	31.67	37	67.27	46	40
11. EnsaladangPako	14	23.33	5	9	19	16.52
12. Bulalo	43	71.67	4	7.27	47	40.87
13. Kaldereta	27	45	4	7.27	31	26.96
14. Bistek	27	45	2	3.64	29	25.22
15. PinaisnaAlimasag	25	41.67	4	7.27	29	25.22

Table 5. Level of visual understanding of the selected provincial dishes in terms of province of cooking method

Dishes	University 1		University 2		Total	
	f	%	f	%	f	%
1. Tiddad	53	88.33	25	45.45	78	67.83
2. Dinengdeng	45	75	22	40	85	73.91
3. Baradibud	34	56.67	19	34.55	53	40.09
4. Igado	32	53.33	18	32.73	50	43.48
5. RellenongBangus	32	53.33	18	32.73	50	43.48
6. BetuteTugak	44	73.33	25	46.45	69	60
7. Begucan	17	28.33	22	40	39	33.91
8. Sisig	17	28.33	22	40	39	33.91
9. Balo-balo	28	46.67	19	34.55	47	40.87
10. Bringhe	18	30	8	14.55	26	22.61
11. EnsaladangPako	12	20	20	36.36	32	27.83
12. Bulalo	57	95	29	52.73	86	74.78
13. Kaldereta	45	75	20	36.36	65	56.52
14. Bistek	24	40	11	20	35	30.43
15. PinaisnaAlimasag	27	45	12	21.82	39	33.91

Table 6. Test for significant difference on the level of recognition of the participants of the provincial dishes

	p-value	Verbal Interpretation	Decision
Dishes from Northern Luzon			
1. Tiddad	0.005	significant	reject Ho
2. Dinengdeng	0.000	significant	reject Ho
3. Baradibud	0.098	not significant	accept Ho
4. Igado	0.005	significant	reject Ho
5. RellenongBangus	0.033	significant	reject Ho
Dishes from Central Luzon			
1. BetuteTugak	0.697	not significant	accept Ho
2. Begucan	0.884	not significant	accept Ho
3. Sisig	0.088	not significant	accept Ho
4. Balo-balo	0.007	significant	reject Ho
5. Bringhe	0.020	significant	reject Ho
Dishes from Southern Luzon			
1. EnsaladangPako	0.391	not significant	accept Ho
2. Bulalo	0.000	significant	reject Ho
3. Kaldereta	0.000	significant	reject Ho
4. Bistek	0.000	significant	reject Ho
5. PinaisnaAlimasag	0.000	significant	reject Ho

Legend: significant at p-value ≤ 0.05 . If the p-value is ≤ 0.05 , reject the hypothesis. If the p-value is ≥ 0.05 , accept the hypothesis.

Table 3 shows that the participants have low recognition of the province of origin of the dishes except for *Sisig*, a popular appetizer served in local eateries.

Table 4 likewise shows that the participants have low level of understanding of the provincial dishes in term of ingredients used in these recipes, except for *Bulalo*, a popular dish commonly served in restaurants especially in the province of Batangas. Understanding what Philippine food is can be taken by examining the process of indigenization. It is a term used in making something more native to suit a local culture. The ingredients contained in the original dish, and those in the local edition, are clues to the process of indigenization. *Bringhe* is an example of cultural change made through the use of ingredients from the Philippine landscape. Paella is generally made in Spain with chicken, rice and seasoning especially saffron. *Bringhe* also uses chicken but the rice is the local glutinous rice, and the sauce is coconut milk.

It is interesting to note in Table 5 that the participants have moderate understanding how the following provincial dishes are cooked: *Tiddad* at 68%, *Dinengdeng* at 74%, *Betute Tugak* at 60%, and *Bulalo* at 75%. Provincial dishes in the Philippines are associated with their cooking methods. The Ilocanos from the rugged Ilocos region boast of a cuisine heavy in boiled or steamed vegetables. They are fond of dishes flavoured with *bagoong*, fermented fish that is often used instead of salt. The Central Plains is largely inhabited by Tagalogs and Pampangos. Their cooking is the most sophisticated in the country with their taste for rich sauces and fancy desserts. The people have a marked passion for the clever combinations of many different ingredients a single dish, long elaborate preparations like *Rellenong manok* or *bangus*

Table 7. Test for significant difference on the level of understanding of the participants on the name of the provincial dishes

Dishes	p-value	Verbal Interpretation	Decision
1. Tidtad	0.892	not significant	accept Ho
2. Dinengdeng	0.062	not significant	accept Ho
3. Baradibud	0.081	not significant	accept Ho
4. Igado	0.628	not significant	accept Ho
5. RellenongBangus	0.000	significant	reject Ho
6. BetuteTugak	0.483	not significant	accept Ho
7. Begucan	0.907	not significant	accept Ho
8. Sisig	0.664	not significant	accept Ho
9. Balo-balo	0.758	not significant	accept Ho
10. Bringhe	0.674	not significant	accept Ho
11. EnsaladangPako	0.019	significant	reject Ho
12. Bulalo	0.012	significant	reject Ho
13. Kaldereta	0.731	not significant	accept Ho
14. Bistek	0.012	significant	reject Ho
15. PinaisnaAlimasag	0.000	significant	reject Ho

Legend: significant at $p\text{-value} \leq 0.05$. If the $p\text{-value}$ is ≤ 0.05 , reject the hypothesis. If the $p\text{-value}$ is ≥ 0.05 , accept the hypothesis.

(stuffed, boned whole chicken or fish). They usually like their vegetables sautéed in garlic, onions and tomatoes with pork and shrimps. Southern Luzon cooking and eating habits are strongly influenced by their products and the availability of ingredients in the region. Fresh water fish which abound in streams and rivers are cooked with vinegar and sour fruits like *kamias*, tamarind and over-ripe guavas. Tamarind and other sour fruits are often used to sour the broth of *sinigang*, a favourite method of cooking. The use of coconut and chillies are combinations resulting in many rich spicy dishes, vegetables seasoned with fermented fish or shrimps wrapped in taro leaves and boiled in coconut milk are popular food preparations.

To determine significant difference on the level of recognition of the participants of the provincial dishes, an Analysis of Variance (ANOVA) was conducted as shown in Table 6.

Hypothesis 1: There is no significant difference on the level of recognition of the participants on the provincial dishes.

Table 6 indicates that there is significant difference between the responses of the two groups of participants in terms of the level of recognition of the following provincial dishes: *Tidtad*, *Dinengdeng*, *Igado*, *Rellenong Bangus*, *Balo-balo*, *Bringhe*, *Bulalo*, *Kaldereta*, *Bistek*, and *Pinaisna Alimasag*. No significant difference was noted on the responses of the participants on the following dishes: *Baradibud*, *Betute Tugak*, *Begucan*, and *Ensaladang Pako*.

Test for significant difference on the level of understanding of the participants of the provincial dishes in terms of name of the dish, origin, ingredients, and cooking methods was likewise conducted using the Analysis of Variance (ANOVA) as shown in Table 7.

Table 8. Test for significant difference on the level of understanding of the participants on the origin of the provincial dishes

Dishes	p-value	Verbal Interpretation	Decision
1. Tidtad	0.004	significant	reject Ho
2. Dinengdeng	0.623	not significant	accept Ho
3. Baradibud	0.044	significant	reject Ho
4. Igado	0.036	significant	reject Ho
5. RellenongBangus	0.797	not significant	accept Ho
6. BetuteTugak	0.128	not significant	accept Ho
7. Begucan	0.000	significant	reject Ho
8. Sisig	0.012	significant	reject Ho
9. Balo-balo	0.921	not significant	accept Ho
10. Bringhe	0.987	not significant	accept Ho
11. EnsaladangPako	0.587	not significant	accept Ho
12. Bulalo	0.402	not significant	accept Ho
13. Kaldereta	0.854	not significant	accept Ho
14. Bistek	0.142	not significant	accept Ho
15. PinaisnaAlimasag	0.007	significant	reject Ho

Legend: significant at p-value ≤ 0.05 . If the p-value is ≤ 0.05 , reject the hypothesis. If the p-value is ≥ 0.05 , accept the hypothesis.

Table 9. Test for significant difference on the level of understanding of the participants of the ingredients used

Dishes	p-value	Verbal Interpretation	Decision
1. Tidtad	0.005	significant	reject Ho
2. Dinengdeng	0.00	significant	reject Ho
3. Baradibud	0.098	not significant	accept Ho
4. Igado	0.005	significant	reject Ho
5. RellenongBangus	0.033	significant	reject Ho
6. BetuteTugak	0.697	not significant	accept Ho
7. Begucan	0.844	not significant	accept Ho
8. Sisig	0.088	not significant	accept Ho
9. Balo-balo	0.007	significant	reject Ho
10. Bringhe	0.020	significant	reject Ho
11. EnsaladangPako	0.391	not significant	accept Ho
12. Bulalo	0.000	significant	reject Ho
13. Kaldereta	0.000	significant	reject Ho
14. Bistek	0.000	significant	reject Ho
15. PinaisnaAlimasag	0.000	significant	reject Ho

Legend: significant at p-value ≤ 0.05 . If the p-value is ≤ 0.05 , reject the hypothesis. If the p-value is ≥ 0.05 , accept the hypothesis.

Table 10. Test for significant difference on the level of understanding of the participants on the cooking methods used

Dishes	p-value	Verbal Interpretation	Decision
1. Tidtad	0.000	significant	reject Ho
2. Dinengdeng	0.001	significant	reject Ho
3. Baradibud	0.000	significant	reject Ho
4. Igado	0.000	significant	reject Ho
5. RellenongBangus	0.001	significant	reject Ho
6. BetuteTugak	0.000	significant	reject Ho
7. Begucan	0.007	significant	reject Ho
8. Sisig	0.002	significant	reject Ho
9. Balo-balo	0.526	not significant	accept Ho
10. Bringhe	0.899	not significant	accept Ho
11. EnsaladangPako	0.025	significant	reject Ho
12. Bulalo	0.000	significant	reject Ho
13. Kaldereta	0.000	significant	reject Ho
14. Bistek	0.453	not significant	accept Ho
15. PinaisnaAlimasag	0.178	not significant	accept Ho

Legend: significant at p-value ≤ 0.05 . If the p-value is ≤ 0.05 , reject the hypothesis. If the p-value is ≥ 0.05 , accept the hypothesis.

Hypothesis 2: There is no significant difference between and among the responses of the participants on their level of understanding of the different provincial dishes in terms of name of the dishes, province of origin, ingredients used and cooking methods.

Significant difference was noted on the following dishes based on the level of understanding of the participants in terms of the name of the dishes: *Rellenong Bangus*, *Ensaladang Pako*, *Bulalo*, *Bistek*, and *Pinais na Alimasag*. No significant difference was noted on the level of understanding of the participants of following dishes in terms of their names: *Tidtad*, *Baradibud*, *BetuteTugak*, *Begucan*, *Sisig*, *Balo-balo*, *Bringhe*, and *Kaldereta*. Out of the 15 dishes 10 shows no significant difference, therefore, the hypothesis is accepted.

Table 8 shows the results of the ANOVA conducted on the responses of the participants in terms of origin of the dishes.

Table 8 indicates that out of the 15 dishes, nine shows no significant difference on the response of the participants in terms of their level of understanding on the origin of the dishes while six indicated significant difference therefore the hypothesis is accepted.

Table 9 presents the results of the Analysis of Variance (ANOVA) conducted on the level of understanding of the participants in terms of the ingredients used. Table 9 shows that there is significant difference among the 10 provincial dishes in term of the ingredients used, which therefore denotes non-acceptance of the hypothesis.

Table 10 indicates that there is significant difference among the 15 provincial dishes in terms of cooking methods which denotes non-acceptance of the hypothesis.

Conclusions and Recommendations

The level of recognition of the participants on provincial dishes is low, however, there is a moderate level of understanding of the ingredients and cooking methods used for the different provincial dishes. Majority of the participants are between the ages of 16 to 18 and residents of the Metropolis where they are exposed to the convenience of fast food meals. America's influence is palpable in the Philippines and no malls exist without the requisite burger, pasta or chicken fast food chains that capture the Filipino taste buds. Western or international dishes are taught in schools offering hospitality management programmes. School administrators and faculty assuming their students will someday be employed in kitchens offering foreign menus, or work in foreign countries as part of the huge network of Philippine migrant workers. The Filipino household is essential in exposing the youth to the richness of the Philippine cuisine by preparing them at home. Many hospitality management students are accustomed to fusions cooking due to their exposures to food competitions and the like. It is high time for the youth to start the revolution of change in Philippine culinary, nationalism should be instilled among the young on the cultural heritage of the country.

The homes and schools are engines of change. The Filipino kitchens could be a source of knowledge and appreciation of the Philippine cuisine. Heirloom recipes should be prepared and re-introduced to the young. The Philippine Cuisine should be part of the curriculum in basic and higher education.

Definition of Terms

Balo-balo - fermented rice with fresh shrimp.

Baradibud - an Ilocano dish made of leafy vegetables and seasoned with fermented fish sauce.

Begucan - diced pork cooked in shrimp paste.

Betute Tugak - stuffed fried frog

Bistek - thinly sliced beef marinated in soy sauce

Bringhe - glutinous rice cooked in coconut milk, turmeric and chicken, similar to Paella.

Bulalo - beef stew.

Dinengdeng - also called Inabrao, vegetables stew from the Ilocos region wherein the main seasoning is bagoong (fermented fish) with rice washing.

EnsaladangPako - fern blossoms salad

Igado - strips of loin meat and liver as main ingredients.

Kaldereta - beef or goat meat cooked in tomato sauce.

Kamias - Averrhoabilimbi, fruit used to sour soups and stews.

Ilocanos - inhabitants of the Ilocos region

Pampangos - inhabitants of Pampanga

Pinais na Alimasag - crabs wrapped in banana leaves cooked in coconut milk.

Rellenong Bangus - stuffed milkfish.

Rellening Manok - stuffed chicken.

Sinigang - soup or stew characterized by its sour taste.

Sisig - chopped pig's face, onions, red and green pepper and garlic.

Tagalogs - predominantly Tagalog speaking region in the Philippines, the largest ethnic group of Filipinos in the country

Tidtad - Philippine blood stew made of diced pork.

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