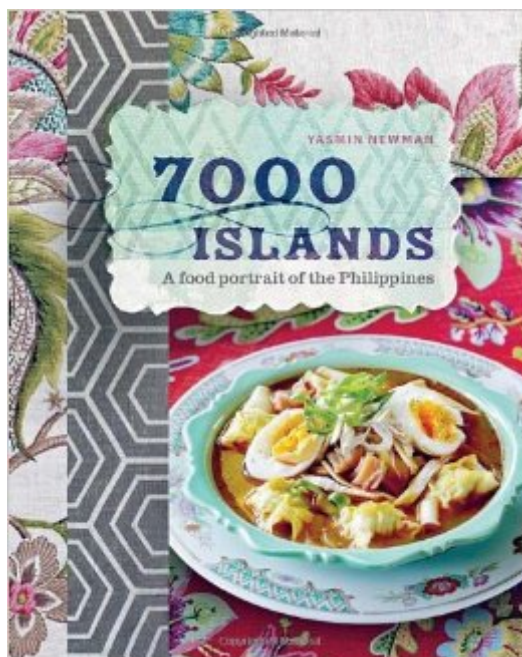


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7000 Islands: A Food Portrait Of The Philippines



Synopsis

Despite the Philippines' location right in the middle of South East Asia, most people know very little about the country, and even less about the cuisine. For Filipino's, food is more than a pleasurable pursuit - it is the cultural language of the Philippines. Filipino's use food to apologize, woo a woman, ask a favor, or say thank you; it fills in social gaps and crosses borders of religion and class. Filipino food can be seen through the prism of its unique and colorful history, with influences from Malaysia, Spain, China, Mexico, and the US adding to the cuisine's rich texture. Divided into 13 chapters - Dipping Sauces, Breakfast, Soups, Everyday Food, Seafood, Party Food, Barbecue Food, Rice and Noodles, Vegetables and Salads, Bar and Finger Food, Snacks, Desserts, and Drinks - 7000 Islands is a beautifully illustrated guide to Filipino food and an insight into the culture and history of the Philippines. Unlike many Filipino cookbooks that assume a large degree of local knowledge, this book aims to fill the gaps for people who have never tasted or cooked the cuisine before. The detailed, easy-to-follow recipes outline some of the tricks of the trade, such as how to get the most out of garlic, when to double-fry for best results, and why vinegar should not be stirred. 7000 Islands offers a flavor-filled account of this wonderful country and its cuisine - a land full of people whose love of eating is as big as their hearts.

Book Information

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Customer Reviews

This book is truly a "Food Portrait" of the Philippines. The recipes are easy to follow, with interesting facts like why not to stir vinegar, how to use rice wash for a more flavorful broth, and perfectly cooked garlic (things my mother and grandmother spoke of). It also goes a little over history, and it's

influences on native dishes. I love how it ties family into it's recipes because family is truly at the core of Filipino culture. The author really makes it an intimate experience because she shares recipes from her own family and personal experiences. Being half Filipino/German, I know almost all of these dishes already, and love to cook them, but it's refreshing to see how beautifully portrayed my mother's native foods are in this book. I bought it as a keepsake for my two young daughters. It's displayed on our kitchen counter where it will sit throughout the seasons so they can look back when they are grown up and remember this cookbook and my love for all things Filipino! I plan on buying more as a gift to my sisters-in-law and closes girlfriends.

I am fortunate to know Yasmin. She is a not only a fantastic cook, but her research/ history of the Filipino cuisine in her book "7000 Islands" is spot on. I also love that she included family members with many of her recipes. Her book is not only filled with fabulous recipes, but a tribute to her heritage, and the history of the islands. I love this book, as I love Yasmin. It is a treasure - treat yourself to this beautiful book.

Amazing! It is an intimate look into the Philippines. I live in a different country and I am more appreciative of my native country's culture now because I miss it so much. This book is a surprise! Made me proud:)

I bought this book because I wanted a cookbook that had some history, a story of the author's reflections how it is memorable in terms of food. I love this book because it offers everything -- amazing and captivating pictures of food, the landscape and the people of the Philippines. There is an introduction and history behind all of the dishes and recipes from "Sawsawan" (dipping sauces) to "minatamis" (desserts) and "inumuin"(drinks). This book gives you tips and some secrets from chefs that can make a dish extraordinary. First, I am captivated how Yasmin uses her own photography, and provides tips from her mother's cooking, other food experts and chefs from restaurants to make certain recipes extraordinary. Second, she has both Tagalog and english terms incorporated in her tips which is cool for those who are curious and interested in cooking or making these recipes. Third, the stories and related food history is short, concise and keeps you engaged reading the recipes, and very easy to follow the instructions. Fourth, very well organized and recipes are well balanced where you can find dishes that are common and others that are different but the preparation is similar. This item is a great gift to give for those who is interested making Filipino food at their own home, or give someone who is really interested cooking Filipino food for others to

share. Even great for the coffee table or add this book to your kitchen library. As a matter of fact, I am buying a used version and giving it as a gift this Christmas for a friend.

Purchased as a Christmas gift for someone hard to buy for. I had to take a peak before giving it to them and.....stunning! It's a very thoughtful and treasured book and I would not hesitate to buy again for a friend or family member.

Wow! I don't usually write reviews, but I was compelled to rave about this purchase. I was just expecting the usual recipe book with a few good pictures and recipes. This was a delightful surprise. The author did a wonderful job representing the islands I'm from. The recipes and a brief Philippine food history are well written. It even comes with a helpful ribbon page-marker. And the pictures... my goodness... are alone worth the value of the book to me, that it makes me yearn to book a flight to visit the Philippines again :) Thank you for including many recipes I have long since enjoyed, especially my favorite- Biko (coconut caramel sticky rice cake) dessert recipe. My Grandmother loved to make this for us often, and I'm happy to say that this book's Biko recipe yields an authentic taste and look. Looking forward to cooking more from this excellent recipe book. Maraming salamat to the author!

Having grown up in the US, I personally thought that the food history and photos behind the book were insightful. The recipes seemed to be tried and true, but I felt that some of them didn't have to be over the top. Simplicity is best! Overall a nice cookbook to have.

This has become a goto cookbook for us, and tends to be the default when we have guests over... with a number of easy (good on a work night) but delicious recipes and for days I want a project there are recipes for that as well.

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