



## CSC 13th Annual Seminar: Cavite Tourism Industry highlighted

Cavite Studies Center (CSC) of De La Salle University-Dasmariñas (DLSU-D) had its share of responding to the needs of the community by holding the 13<sup>th</sup> Annual Seminar on Cavite History and Culture with the theme ***Exploring Tourism Industry in Cavite: Prospects and Challenges***. The activity was held at Aguinaldo Shrine, Kawit, Cavite on September 23. The seminar aimed to give an overview of the present condition of tourism industry in Cavite and to expose potential tourism destinations and opportunities in the Province.

### **Cavite tourism: an overview**

Has Cavite the right to be called a tourist haven in CALABARZON? Department of Tourism Region IV-A Director Louella Jurilla enumerated some reasons to this question. One, Cavite is gifted with natural resources, breathtaking landscapes, and world class golf courses and leisure facilities. Two, the province is known for being the seedbed of freedom

and the home of Filipino heroes and is the popular site of victories of the Philippine Revolution. Three, it is the place where the trail of heroism and bravery first started. Four, Cavite is one of the most progressive provinces in the country and the best location for export processing zone, industrial estate and business park.

Jurilla said that tourism customers in the province range from families on holidays, corporate meeting and conference attendees, student travelers, honeymooners, golfers, cuisine and wellness enthusiasts. Activities like sightseeing, viewing and visiting shrines, museums or historical sites and spa and wellness centers attract them in coming to Cavite. Other ways of visiting the province is through cuisine/food tripping, trekking and biking, and tours to agricultural or horticultural farms, children's parks and pilgrimage to churches, convents, or retreat houses.

The tables summarize the tourist influx in the province and the status of tourism activities of member provinces in Region IV-A.

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## EDITORIAL

### Step Inside Cavite

Stepping inside Cavite is visual, tactile and intangible. It involves the promotion of natural wonders, products and services and ideas as well.

To intensify the vision, De La Salle University-Dasmariñas (DLSU-D) has come up with big dreams for the Province of Cavite. Thus, Cavite Development Research Program (CDRP), a fifty-year development plan launched on September 1 at the Aklatang Emilio Aguinaldo Gallery conceptualized by Br. President Gus Boquer FSC, EdD, creates a sense of urgency and action. The four-research thrust areas particularly agriculture, land use and environmental impacts; urban systems and applied technology; eco-tourism and enterprise development; and good governance and cultural heritage analysis are aspects to answer the challenges that Cavite faces in decades.

Facing the future encompasses scientific scholarship, *esprit de corps*, creativity and resourcefulness of people. CDRP enjoined the broadest participation of DLSU-D faculty, administrators and Caviteños who will work on the aforementioned institutional and province-wide research thrust areas. The areas unleash the concern of DLSU-D to the province and its people and will need the strong support of local government officials in materializing the research projects and its long term objectives. With big dreams come big promises. CDRP signals changes and changing patterns of mindsets, of attitude, of governance, and of beings. Let us make CDRP and its conclusions as our legacy to the future generation.

## DLSU-D participates in CHED-UPLB Zonal Research Seminar

De La Salle University-Dasmariñas represented by Cavite Studies Center Director Teresita Unabia and University Research Office Director Jacqueline Morta attended the CHED-UPLB Zonal Research Symposium held at Manuel S. Enverga University Foundation, Lucena City on June 23-24. Themed *Responding to Challenges and Opportunities in Higher Education Research*, the directors were able to intensify their interest on extensive research topics. The seminar also gave Dr. Morta an opportunity to participate in sharing and interacting with the paper/poster presenters of CHED-funded research studies of respective institutions as one of the judges.

## AVCR heads CSC

Cavite Studies Center (CSC) is now under the supervision of the Office of the Assistant Vice Chancellor for Research. Headed by Dr. Willington Okechukwu Onuh, the former Dean of the College of Business Administration, keenly oversees the activities of the center specifically during the days when CSC did not have a director yet. Dr. Onuh also supervises the University Research Office under Dr. Jacqueline Morta.

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# CSC merits Sebastian

The Cavite Studies Center (CSC) of De La Salle University-Dasmariñas (DLSU-D) once again went back to its practice of honoring Caviteños who have made contributions in promoting history, culture and the arts. For the past three years, it has recognized a good cultural writer (Felice Sta. Maria), local history and culture enthusiasts (Cesar EA Virata and Cong. Erineo "Ayong" Maliksi). This year, CSC cited Angelo Ryan Nazareno Sebastian, Cavite historian. The activity was conducted in cooperation with the Cavite Historical Society (CHS), the provincial government of Cavite and the local government of Naic. It was held at the Zaguán, Museo De La Salle, DLSU-D on August 24. The DLSU-D community and the relatives and friends of the honoree attended the occasion.

CHS President Cesar EA Virata described Sebastian as "Palay na may buong bigas" (Jose Garcia Villa). It was through this young man of Naic that the development of research and the birthing

of studies and publication of the rich local history of Naic can be glimpsed. Sebastian has written articles about his town such as *History of Naic*, *Si San Isidro Labrador at ang Naic*, *Cavite*, *Ang Kwaresma sa Bayan ng Naic: Noon at Ngayon* and *Santacruzán*. These articles expose the rich historical background and the cultural aspect of the town. As President of Naic Historical Society (NHS) and as co-founder of the organization, he takes the initiative to research, preserve, and promote the history and culture of Naic. Likewise, he has supported some of CSC's activities.

Sebastian's concern about local history and culture is evident and he continuously works for its promotion. At present, he is connected with the Department of Tourism as Project Officer under the Office's cultural tourism program that advertises Philippine culture, arts and heritage. He also works under the Volunteer Tourism Program which aims to invite tourists to visit and do volunteer

works in the Philippines. The *Pinakamataba sa DOT*, as he is described by his associates in his workplace, is also involved in the *Kulinarya* Program which promotes cuisine and culinary traditions. Of his 13 years in the DOT, Sebastian has helped develop the Philippine Cultural Tourism Handbook, conceptualized and developed any new and/or modified programs such as World Heritage Sites Tours and Lakbay Jose Rizal 150 Heritage Trail Project.

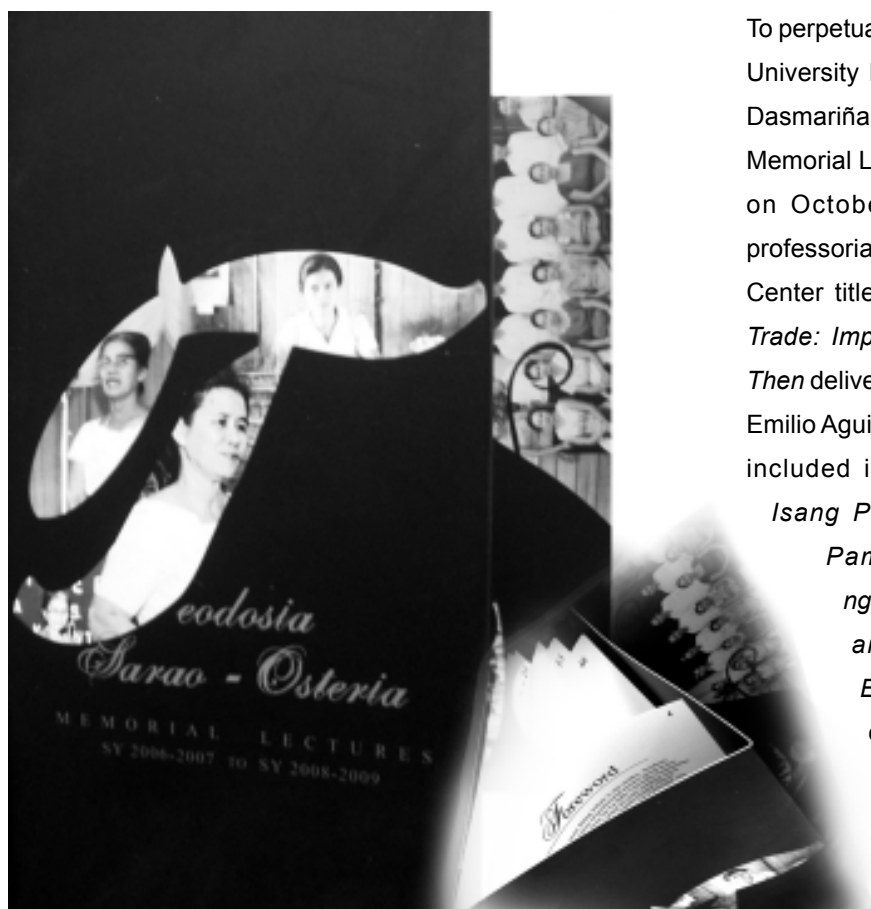
Naic Municipal Mayor Edwina Mendoza and Sebastian's co-founder of NHS commended Ryan for his effort.



Ryan Sebastian with some of his well-wishers



# Teodosia Sarao-Osteria Memorial Lecture Monograph launched



To perpetuate and honor the memories of a mother and teacher, University Research Office (URO) of De La Salle University-Dasmariñas (DLSU-D) launched the Teodosia Sarao-Osteria Memorial Lectures Monograph at Hotel Rafael Centennial Hall on October 13. Featured in the monograph was the professorial lecture of Teresita Unabia, director, Cavite Studies Center titled *The Early Centuries of Cavite/Manila-Acapulco Trade: Impressions of Wealth and Glimpses of the Society Then* delivered at Luis Aguado Viewing Room (LAVR), Aklatang Emilio Aguinaldo (AEA), DLSU-D on September 26, 2007. Also included in the monograph were *Escuelas y Maestros: Isang Preliminaryang Pag-aaral ukol sa Edukasyong Pampubliko sa Bayan ng Imus sa Pagtatapos ng Ika-19 Dantaon* and *Restrospect of Cavite Women and their Contribution to Post War Philippine Education* by Dr. Emmanuel Calairo. These were delivered at LAVR on August 30, 2006 and on March 11, 2009 respectively.

During the launching, Unabia and Calairo received certificates of appreciation from URO.

## CSC improves filing of collections

Cavite Studies Center's (CSC) employees engaged themselves and are in the process of classifying the contents of its photo, microfilm and microform reels, video, and audio collections. Though some collections have already been categorized, 150 microfilms of historical reels from the National Archives and Records Administration (NARA) in America have yet to be classified. The microfilms contain Philippine insurgent records

from 1896 to 1906 with associated records of the United States War Department (1900-1906) that have to be indexed for efficient acquisition of information particularly those pertaining to Cavite.

Once completed, the collections will be significant research tools for prospective researchers of national and local histories.





# New acquisitions: Sediciones y rebeliones (1795–1898)

In its effort to equip the center with primary sources of historical data, the Cavite Studies Center (CSC) of De La Salle University-Dasmariñas (DLSU-D) has recently acquired official photocopies of the 28 bundles of archival materials entitled *Sediciones y Rebeliones* from the National Archives of the Philippines (Archivo General de Filipinas/Pambansang Sinupan ng Pilipinas).

These archival documents translated as “Reports on Seditious and Rebellious Incidents” in the Philippines are compilations of colonial reports regarding activities and incidents that were supposedly initiated by the Filipinos and were considered by the Spanish administration as anti-Spanish or against the colonial government. Examples of these include provincial, regional or national political agitations were the uprisings initiated by Hermano Puli of Tayabas, Katipunan activities and others.

Under one heading, *Sediciones y Rebeliones*, the National Archives of the Philippines had officially compiled all communications, manuscripts, letters, and other related material pertinent to the colonial government’s reactions to Filipinos’ and/or the indigenous communities’ “seditious” or “rebellious” activities and the Filipinos’ responses or counter-reactions to the colonial authorities, either in written communications or direct physical manifestation of force.

Researchers and scholars of Philippine history of DLSU-D, especially those in need of primary sources of historical information to prove their claim or concept about a particular event, personality or historical site will benefit from these documents. Other researchers of nearby provinces like Laguna, Batangas, Quezon, Bicol, or even Bataan do not have to go to Manila anymore but can go directly to DLSU-D to see for themselves these archival documents and to use them as references for their baccalaureate courses, masteral theses or doctoral dissertations.



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## VISITOR ARRIVALS IN CAVITE PROVINCE 2009 – JUNE 2011

	2009	2010	Jan – Jun 2011
Foreign	771	15,372	13,405
Domestic	44,920	982,733	15,413
Overseas Filipino	16,180	0	0
Unspecified Residences		286,774	440,033
<b>TOTAL</b>	<b>61,871</b>	<b>1,284,879</b>	<b>468,851</b>

*Note: Source of tourist arrivals in 2009 came from Corregidor Foundation*

*\*no submission from the Provincial Tourism Office of Cavite*

*Tourist arrivals of 2010 and 2011 came from the Cavite Provincial Tourism Office*

## TOURIST ARRIVALS IN CALABARZON 2009-JUNE 2011

PROVINCE	2009	2010	JAN-JUN 2011
Cavite	61,871	1,284,879	468,851
Laguna	1,773,936	2,157,624	1,045,639
Batangas	241,056	256,759	259,402
Rizal	No submission from Provincial Tourism Office		
Quezon	468,942	No submission from Provincial Tourism Office	

*Note: Tourist arrivals were submitted by the Provincial Tourism Offices*

*Source of tourist arrivals in Cavite for 2009 is from the Corregidor Foundation only*

### Food trip: the Cavite cuisine

“Kumain na ba kayo?”, a question often asked to and heard by visitors, is an indication of Caviteño hospitality. It is rare for a guest not to be offered such a sincere invitation from a house owner who would be delighted to cater foods he personally prepared or those that the place is known for.



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This welcoming statement found a mark in Cavite's tourism industry. Ryan Sebastian, Project Officer from the Department of Tourism and President of Naic Historical Society, disclosed that the province is blessed with rich harvests coming from its fertile lands and waters. It has the capability to support the numerous festivities being observed in the province like fiestas, gatherings and traditional activities where food is always served.

Though, Caviteño cuisine has also undergone modifications, Sebastian showcased traditional, exotic and specialized cuisines that Cavite offers. Some of these foods have become trademarks in their place of origin, to name a few: *talaba*, *tahong*, and *tahong* chips, halo-halo (Bacoor); *bacalao*, *bibingko*, *tamales*, *kesong puti* (white cheese), and *pancit* (Cavite City); *mutya ng Cavite* (Kawit); *tinapa* (Rosario); *pancit estacion* (Tanza); for *heko*, *lechon*, and *patís* (fish sauce) (Naic); *talaba* (Ternate); *kalamay buna*, *tablia*, and dragon fruits (Indang); coffee (Amadeo); original Jacobina (crispy square biscuits) of the Noceda family (Mendez); *bulalo*, *tawilis* (Tagaytay); *labong* (Maragondon); fresh herbs, and honey (Silang).

Sebastian also named noted food districts in Cavite like Digman in Bacoor, Asiong's and Chefoo in Cavite City, Josephine Restaurant in Kawit, Lolo Claro's in Maragondon, Balinsasayaw and Gourmet Restaurant in Silang, Sonya's Garden in Alfonso, Balai Indang, Calle Real in Tanza, Malen's in Noveleta, and the Republic of Cavite in Trece Martires City. Tagaytay also boasts some famous restaurants in the area.

#### **Shrines and museums: partners in cultural development**

Shrines and museums are two components of a province's cultural development. These structures according to Angelo Aguinaldo, curator of Aguinaldo Shrine, reflect the lifestyle of the residents, history of these people, their art and architecture, religion or any other elements that shape their way of life.

Cavite has shrines and museums that Caviteños, old and young

alike, need to visit or know. Among these are the Bonifacio Trial House in Maragondon, Baldomero Aguinaldo Shrine and the Emilio Aguinaldo Shrine in Kawit, GBR Museum in Gen. Trias, and Museo De La Salle in Dasmariñas which according to CSC Director Teresita Unabia is a tourism package in itself.

Shrines and museums help in local and tourism development and create economic opportunities or provide incidental value. However, these roles are not fully appreciated by Caviteños. Aguinaldo disclosed that 70% of visitors of Aguinaldo Shrine usually come from Quezon City rather than those coming from the province.

#### **Organic Farming: an agri-tourism facet**

Farmers usually use chemicals in growing their crops and in improving farm production. This could be one of the reasons why Filipinos become picky and tend to consume minimal amount of vegetables (37%) each year compared to the Japanese and the Chinese as disclosed by Joselito Tibayan, manager of Palangue Agrarian Reform Cooperative (PARC) and DLSU-D's 2010 Gawad Bayani awardee. Also, farming has been found as a major contributor of global warming.

To help protect the environment and to support their own objectives, farmers of PARC resorted to organic farming. This is a kind of farming that uses careful planning and techniques to achieve good crop yields without harming the environment and the people working in it. (<http://www.infonet-biovision.org/res/res/files/488.OrgFarm.pdf>).

Using this farming technique, PARC farmers are able to increase their average annual household income. The success of these farmers has encouraged other farmers in the area to switch to organic farming. The health benefits that organic farming gives, is an aid in promoting tourism. Foreign visitors from Japan, Canada, Vietnam, Singapore, Myanmar, Korea,

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# CSC tours upland Cavite

To explore possible tourism subjects and to visit historical sites in upland Cavite, the staff and personnel of Cavite Studies Center (CSC) led by its Director Aquino Garcia conducted their yearend workshop by touring the western and southern towns of Cavite particularly Alfonso, Mendez, Indang, Maragondon, Naic, and Ternate.

The two-day workshop which was held on May 24-25, 2011 gave the group the chance to survey these places, enjoy the fine weather and savor the fresh fruits sold along the road. Although there are still remote areas in these localities, the CSC personnel noted the development that is slowly taking over these areas and were awed by the old houses that still remain despite the changes and growth going on. The group also had a chance to visit the Bonifacio Shrine.

Next year, the group looks forward to tour the eastern and northern parts of Cavite and discover for themselves the beauty and richness of Cavite heritage.





# 113<sup>th</sup> Philippine Independence: A Post Celebration, the DLSU-D way

Typhoon Falcon's heavy rains did not prevent the organizers, participants, guests, and audience in commemorating the 113<sup>th</sup> year of Philippine Independence with the theme: ***Kalayaan, Paninindigan ng Bayan***. It was held on June 23 at the lobby of Aklatang Emilio Aguinaldo (AEA), De La Salle University-Dasmariñas (DLSU-D).

This year's program was filled with historical activities that gave the present day Lasallians an understanding of how the 1898 independence was proclaimed by the first Philippine president, Gen. Emilio Aguinaldo. Scenes behind the proclamation were also observed which included the reading of the *Acta de la*

*Proclamacion de Independencia del Pueblo Filipino* which was delivered by CSC events coordinator Aquino Garcia and the waving of the Philippine flag by Architect Francis Gerald Abaya from the Aguinaldo clan. Also featured in the event was the raising of the Philippine flag by DLSU-D President Br. Gus Boquer FSC and Cavite Historical Society President Cesar EA Virata. This was done simultaneously with the playing of *Marcha Nacional Filipina* by the DLSU-D brass band. AEA Director Sonia Gementiza recited the pledge of allegiance to the Philippine flag.

DLSU-D students and faculty, some clad in their Filipiniana attire, were entertained

by the members of the Performing Arts Groups through a dance number known as *La Jota Intramureña*. The DLSU-D Brass band also rendered Filipino musical pieces. A hearty breakfast made the rest of the program.

The activity was a collaboration among the different offices of the university like CSC, AEA, Social Sciences Department of the College of Liberal Arts, Campus Ministry Office, Museo De La Salle, and Marketing Communication Office. The post independence day celebration was part of the festivities marking the 100 years of Lasallian presence in the Philippines that began on June 16.

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and Malaysia including local tourists from Visayas and Mindanao have gone to Palangue to have a view of the farms. PARC farmers have been recipients too of help from international visitors. Japan, for instance, funded the construction of farm-to-market roads and irrigation system in Palangue.

Tibayan is grateful that the provincial government recognizes their efforts. He hopes that the preliminary plans conceptualized by the previous administration will soon be implemented.

## Tourism: a delicate business

Cavite benefits from her historical past and sites and attractive landscape in developing and sustaining its tourism industry. However, tourism is a delicate business. Cesar EA Virata,

Cavite Historical Society (CHS) president, said that for tourism to increase, it needs careful planning and presentation, rigid promotion, and proper implementation. It has to be marketed not only to original inhabitants of the province but also to its new residents who may have little knowledge about Cavite. Tourism flops if there is no comprehensive mapping of potential tourist sites. Traffic is a problem that has to be solved. Tourism officers must identify the needs of prospective visitors.

## Future marketers

CSC invited municipal and city tourism officers, students and faculty from various schools offering tourism courses, elementary and high school teachers, and interested individuals

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# Director's Notebook

(This portion highlights the various functions and activities that the CSC director performed and accomplished.)

## October

- 17 – 21 Officer-in-Charge, Office of the Assistant ViceChancellor for Research
- 18 Budget hearing
- 13 Forwarded synopsis of CSC publications funded by Cavite Historical Society (CHS) to Cesar Virata, CHS president
- 12 CSC monthly meeting
- 11 Attended the Eucharistic Celebration of Brother President's 50<sup>th</sup> year as De La Salle Brother
- 7 Joined the procession in honor of Nuestra Señora Del Santissimo Rosario
- Forwarded chronological research on De La Salle University-Dasmariñas (DLSU-D) History to Dr. Esteban Salibay, director Jubilee Office
- 4 Attended the recitation of the Holy Rosary at the University Chapel

## September

- 30 Judge, Tagisaysayan 2011
- 29 Attended the mass in celebration of University Charter Day
- 26 Extended assistance to Bacoar Historical Commission Meeting with the Assistant Vice Chancellor for Research (AVCAR)
- 19 Attended the opening of *Sciento: Philippine Life and Biodiversity Then and Now*, an exhibit of the Biological Sciences Department, College of Science and of Museo De La Salle
- 15 Visited, joined the vigil and venerated the Holy Relic of Saint John Baptist De La Salle at the University chapel with the CSC staff
- 10 Attended Asian University Digital Resource Network (AUDRN) meeting at the American Learning Resource Center of Aklatang Emilio Aguinaldo

## August

- 31 Attended the meeting on Cavite Development

## Research Program (CDRP)

- 25 Attended University Research Council (URC) Meeting
- 23 Started gathering data on De La Salle University-Dasmariñas history
- 22 Attended meetings – CDRP and URCom
- 17 Assisted in distributing invitations for CDRP launching in upland Cavite
- 15 Attended meetings – URCom and CDRP
- 12 URCom meeting
- 11 URC Meeting
- 8 CDRP and Institutional Research Thrust (IRT) meetings
- Participation in *Poesia 2011 of Kagawaran ng Filipino at Panitikan*

## July

- 28 URC meeting at the Office of the AVCR
- 19 Attended Managing by Process: A Forum on Standard Operating Procedures
- 18 Attended the Eucharistic Celebration on DLSU-D's 34<sup>th</sup> Foundation Day
- 15 Discussion with the Research Personnel
- 14 Edited/evaluated manuscript on *Royal Forts of Caraga*
- 13 Brainstorming with the CSC Publication Coordinator
- 7 URC meeting, Office of AVCR
- 6 CSC monthly meeting
- 4 Meeting with the AVCR
- 1 Forwarded draft of guidelines for visiting researchers to the Office of AVCR for comments/suggestions

## June

- 28 Submitted to the office of AVCR abstracts on Cavite Historical/Cultural Studies for CDRP
- 27 Meeting with AVCR, URO Director and staff
- 21 CSC meeting regarding finalization of participants on the celebration of the 113<sup>th</sup> Anniversary of Philippine Independence
- 17 Meetings with the AVCR, URO Director and staff, and URC
- 16 First day at CSC



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as participants. They were encouraged to look at tourism with a new perspective. Information they obtained from the seminar will be of help to the Provincial Government of Cavite and the Provincial Tourism Office (PTO) in marketing the industry to people in and out of Cavite.

#### Active partner institutions

Just like in the previous undertakings, CSC once again sought the help of different offices and institutions in giving free seminars for the community. CHS contributed books and cash as honoraria for speakers. The National Historical Commission of the Philippines provided the venue and books distributed during the book raffle portion. The Office of the Provincial Governor sponsored the snacks while the Office of Congressman of First District of Cavite supplied the lunch. Other offices that assisted in the activity include the PTO and the Cavite Provincial Tourism Board, Inc.

## CSC welcomes new director

Cavite Studies Center (CSC) welcomed Teresita Unabia as its new director for School Year 2011-2012. Unabia replaced outgoing director Aquino Garcia who is now CSC's events coordinator. She assumed the post and met the CSC staff on June 16.



Unabia has served the university for 22 years before accepting the new post. She has been the associate dean of the College of Liberal Arts, Social Sciences Department chair and faculty also of the same college. From August 2008 to May 2011, she was the University registrar. During the early years, she has worked as coordinator of the CSC and Museo Caviteño.

## Unabia, Garcia attend CHS monthly meetings

Cavite Studies Center (CSC) Director Teresita Unabia and CSC Events Coordinator Aquino Garcia attended the Cavite Historical Society (CHS) monthly meeting held on July 16 at the Yuchengco Plaza, Makati, Manila. Matters that concern the organization and the province of Cavite were discussed by CHS President Cesar Virata.

Further, CHS members were given the chance to view the exhibit entitled *RIZALizing the Future* at the Yuchengco Museum which ran from June 3 to October 29. The group was also invited to listen to the talk of Retired Justice Justo Torres, CHS Vice President on the Knights of Rizal slated on August 13 and to Paul Dumol's lecture on Rizal's concept of Filipino nationhood delivered on August 20.

Likewise, the two were also present during the CHS regular meetings held at Imus Institute Auditorium on October 16 and at Antler's Hotel, Dasmariñas, Cavite on September 25 respectively.



*The members of the CHS during their meeting at Imus Institute auditorium*



# Lutong Palaka

Mahilig kumain ang mga Caviteño at lalong mahilig din silang magluto ng mga pagkaing para sa iba ay hindi pangkaraniwan tulad ng ginisang kagaykay sa hinog na sampalok at prito o adobong palaka. Isa sa mga lutuing kinagiliwan ng mga taong lumaki at namuhay noong mga dekada 60, 70 o 80 ay ang ipinagmamalaking lutong palaka. Ang lutuing ito'y gumagamit ng palakang nahuhuli sa bukid bilang pangunahing putahe o karne. Kung ikukumpara, ang lasa ng palaka ay maihahalintulad sa lasa ng manok. "Sarap to the bones" ika nga lalo na kung ang palaka ay pinirito. Walang binatbat ang mga *crispy* at *meaty chicken* sa mga nauuso at sikat na *food chains* ngayon.

## Mga Sangkap:

- 8 - 10 palakang bukid (katamtaman ang laki)
- ½ tasang buto ng patani
- 2 tali ng kalamismis (hiniwa ng pahilis)
- 2 tali ng harabilya (hiniwa ng pahilis)
- 2 kutsarang atsuete (ibinabad sa isang tasang tubig, nilamas sa tubig at sinala)
- 1/4 tasang peanut butter o maning dinurog (opsyonal)
- 1/4 kg. sotanghon (ibinabad sa tubig at pinutol sa katamtamang haba)
- 10 -15 piraso ng kalamyias (maaring gamitin ang sampalok. Matapos ligisin salain ito para hindi mapahalo ang buto at balat)
- 2 pirasong kamote (hiniwa ng katamtamang laki)
- 1 sibuyas (hiniwa ng pakwadrado o pahaba)
- 1 ulo ng bawang (pinitpit at inalisan ng balat)
- 1 luya (hiniwa ng pahaba)
- 2 berdeng siling pinirasko (hiniwa ng pahaba)
- 2 pirasong kamatis (hiniwa-hiwa)
- Asin o patis, paminta (bilang panimpla)
- 2 kutsarang mantika

## Paraan ng pagluluto:

1. Painitin ang mantika sa kawali. Igisa ang bawang. Kapag mapula na, isunod ang sibuyas, kamatis at luya.
2. Isunod ang palaka, sabaw ng atsuete at hayaang kumulo. Hanguin ang palaka.
3. Ihulog ang kalamyias. Kapag malambot na, ligisin gamit ang sandok.
4. Isunod ang kamote. Takpan ang kawali at hayaang lumambot.
5. Ihulog ang kalamismis, harabilya, sili, buto ng patani at *peanut butter*.
4. Ilagay ang sotanghon.
5. Timplahan ng asin o patis at paminta ayon sa panlasa. Maaaring dagdagan ang tubig kung sadyang malapot ang sabaw. Ihain habang mainit. Sapat para sa 4 o 5 katao.

*Paunawa: Sa makabagong panahon, sa halip na palaka, maaaring ipalit ang manok, bukle, hito, o tilapia.*



Source:  
[http://www.google.com.ph/imgres?q=edible+frog&um=1&hl=tl&sa=N&biw=1280&bih=759&tbn=isch&tbnid=JYfMFibZ9wJJS&imgrefurl=http://www.arthursclipart.org/frogs/frogs/page\\_01.htm&docid=21CnutXrWOrw6M&imgurl=http://www.arthursclipart.org/frogs/frogs/edible%252520frog.gif&w=1165&h=856&ei=AOOnOTsr4AYTTrQeltvjjAQ&zoom=1](http://www.google.com.ph/imgres?q=edible+frog&um=1&hl=tl&sa=N&biw=1280&bih=759&tbn=isch&tbnid=JYfMFibZ9wJJS&imgrefurl=http://www.arthursclipart.org/frogs/frogs/page_01.htm&docid=21CnutXrWOrw6M&imgurl=http://www.arthursclipart.org/frogs/frogs/edible%252520frog.gif&w=1165&h=856&ei=AOOnOTsr4AYTTrQeltvjjAQ&zoom=1)

Date retrieved: November 24, 2011

## Paghahanda at paglilinis ng palaka:

1. Putulin ang ulo, paa at kamay ng palaka.
2. Tanggalin ang balat gamit ang abong galing sa kalang kahoy.
3. Tanggalin ang lamang loob ng palaka. Linisin at hugasang mabuti.
4. Isingkol at asinan.

