



# 7000 Islands: A Food Portrait of the Philippines

*Yasmin Newman*

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## **7000 Islands: A Food Portrait of the Philippines** Yasmin Newman

A beautiful, comprehensive, and evocative cookbook on a relatively undiscovered cuisine. Despite the Philippines' location right in the middle of Southeast Asia, most people know very little about the country and even less about the cuisine. For Filipinos, food is more than a pleasurable pursuit; it is the cultural language of the Philippines. The people 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 thirteen 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-a land full of people whose love of eating is as big as their hearts-and its cuisine.

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