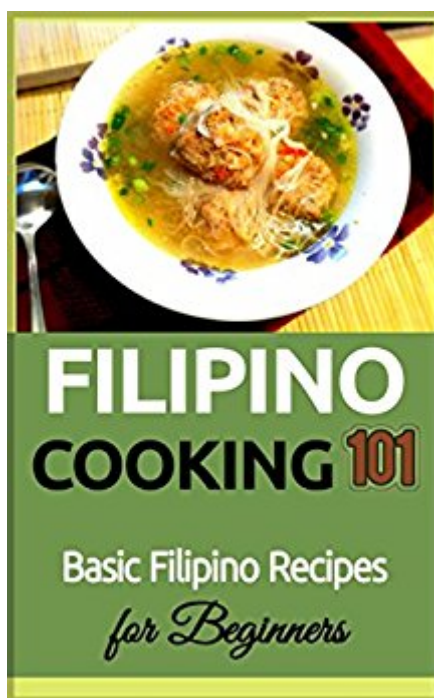


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# Filipino Cooking: For Beginners - Basic Filipino Recipes - Philippines Food 101 (Filipino Cooking - Filipino Food - Filipino Meals - Filipino Recipes- Pinoy Food)



## Synopsis

“Filipino Recipes Cookbook for Beginners”: Simple, delicious and healthy recipes from the Philippines Today only, get this bestseller for just \$2.99. Regularly priced at \$4.99. Read on your PC, Mac, smart phone, tablet or Kindle device. Most Filipino food and dishes are a delectable blend of native and foreign cuisines that have evolved through the centuries. Historians narrate that a couple of hundred years ago, foreign traders and settlers, colonizers and missionaries brought with them their native recipes and unique style of cooking to the Philippines. Culinary artifacts and centuries-old pottery cooking was excavated from the central and southern part of the country proved that the Philippine cuisine was influenced by Austronesian origins mixed with cuisines from the Spaniards, Americans, Chinese along with the culinary impressions from other neighboring Asian countries. The dishes adopted from these foreign influences was adapted to domestic ingredients and to the delicate local palate. However, preceding to the invasion of these foreigners roughly four centuries ago, primitive Filipinos already had their original Pinoy recipes such as Insarabasab, Kilawin, Dinakdakan, Inihaw, Dinengdeng, Bulalo and Papaitan to name a few. The Filipino cuisine ranges from the simplest meal of rice paired with salted red egg and fried dried fish, to the more elaborate preparation of cozidos and paellas especially prepared during fiestas. Filipino food is filled with tradition and diverse richness of colours, flavours and history. This short book was designed as an introduction for beginners to the rich and blended culinary traditions from Philippines. After downloading this book, you will learn...

Chapter 1: Filipino Beef Recipes  
Chapter 2: Filipino Pork Recipes  
Chapter 3: Filipino Chicken Recipes  
Chapter 4: Filipino Seafood Recipes  
Chapter 5: More Basic Filipino Cooking Tips for Beginners

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## Book Information

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## Customer Reviews

I am glad that I stumbled across this book! I have tried pork adobo for breakfast so far ant the recipe is delicious. I have always loved Filipino food but until now had never tried cooking it myself. These recipes are fairly straightforward and the ingredients were not too hard to source. Definitely worth having a read if you want to cook something new and exciting!

The book contains few recipes. The greater disappointment, however, is that quantities are specified for most ingredients but the quantities for the main ingredients remain a mystery.

My mother gave me a Filipino cookbook many years ago and someone stole the book and I lost a lot of memories at that time. Now I found this ebook and it may not be the same but it is wonderful to have and the recipes are great.

After working with Filipinos I got really into their food. The book showed details and easy instructions how to prepare traditional daily food for all meals. I am not a good cooker but it really

looks easy. I needed to try.. and try and try!! I appreciate the information founded and the simple way to explain it!

I have always been skeptical about Filipino foods but since I read this book and tried out recipes in there, I not only like it but also love it. I especially loved the adobo pork.. really good. looking forward to trying more and more... try it out and you will thank me later

There is nothing better than Filipino food in my eyes and this recipe book is awesome! I have always wanted to learn how to cook a lot of this stuff but just never took the time to learn. This book is a simple guide full of great recipes and really teaches you step by step. Thank you!

Easy recipes but would've like to see the list of ingredients at the beginning if each recipe. Otherwise, this is recommended for beginners and experienced cook alike.

It's not a help at all and three really no recipes in the book....

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