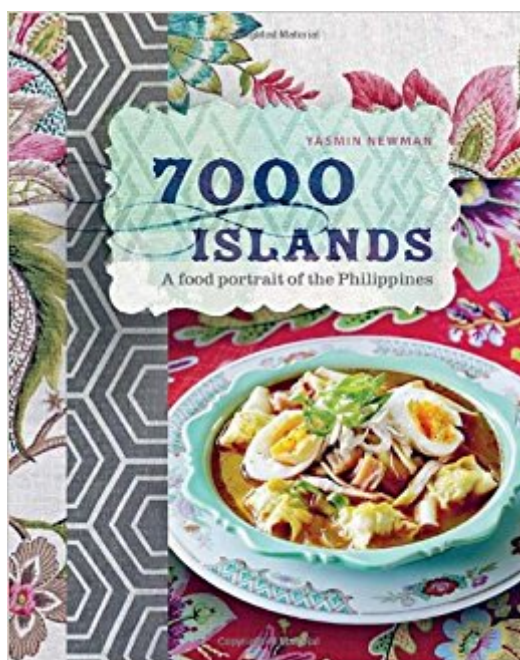


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# 7000 Islands: A Food Portrait Of The Philippines



## 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

“Make space on your shelf for 7000 Islands, a beautifully styled and photographed tome dedicated to the depth and diversity of Filipino cuisine” | Penned by Yasmin Newman and filled with travel photos she took herself, 7000 Islands is a way to rediscover the cuisine we have the

fortune of enjoying every day." -ELLE D'Amor, Philippines "7000 Islands is a beautifully illustrated, comprehensive guide to Filipino food and an insight into the culture and history of the Philippines, which will appeal to foodies and travellers alike. -Books Kinokuniya"...a lush collection of Filipino food, life and culture. With stunning photos (she took them herself!) of not just native dishes but people and places that lend a richness to the recipes within, the book offers juicy cultural tidbits like the tradition of pasalubong (small souvenirs you bring home for friends and family), local fables and lore, and a bit of historical context for a full, well-rounded picture of Filipino life and cuisine. Our favorite part of the book is her take on local dining culture..." -Audrey Magazine

Australian-born Filipino Yasmin Newman is a writer, editor, presenter, photographer, and recipe tester. Yasmin presents the Filipino Kitchen Conversation program on SBS radio and is also a freelance food and travel writer, having published articles with MasterChef, delicious, Feast, Selector and MindFood magazines. Yasmin lives on the Central Coast, just north of Sydney, Australia, and travels regularly to the Philippines.

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 "inumin"(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.

Beautiful book.

This is a gift for my mom who is Filipino. I thought it'd be fun to get her some recipe books to remind her of home. Great pics and recipes!!

Love it , beautifully made , Great pictures great recipes times spent on it , if you have one Filipino cookbook this is it .

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.

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.

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 loved how this book merged history and culture with classic Filipino recipes. The way the recipes are presented are classy and elegant, too. Kudos to the author!

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