Containing over 100 traditional and modern adaptations of Filipino recipes, this cookbook is perfect for Americans with little to no experience with Filipino cuisine, and for Filipino-Americans interested in learning new adaptations of traditional dishes. A comprehensive guide, The Filipino-American Kitchen includes a brief culinary history of the Philippines, a list of Filipino ingredients used in the recipes, and a guide to navigating Asian grocery stores. There is also a resource section for ordering ingredients online or directly from stores, followed by 10 chapters of recipes organized by course, with main courses organized by food type. Anyone interested in Filipino cooking will find this book an invaluable resource.

Features:

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My Personal Review:
The dishes in this book fit the title: Filipino American. That is, they are based on the traditional foods of the Philippines but modified to allow the chef to take advantage of fresh local products, and of a minimum of specialty spices. The resulting foods are thus more suited to both the American taste and the American supermarket than highly traditional recipes.

Philippine food traditions are based on their particular variant on oriental cooking, but modified by years of influence from incoming cultures. The Spanish took over the island in 1542 and left them with a deep impression of Spanish culinary heritage (paella for instance, but without saffron). The Spanish in turn brought with them some Mexican influence. And then there were the Americans, the Japanese, the Chinese.
Ms. Aranas has done an excellent job of fitting these into an American kitchen. You will be hard pressed to flip through this book without finding something that you want to try.

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