

OTAP

: an oval-shaped puff pastry in Cebu



Otap is an elongated puff pastry that is about 4-6 inches long and about 2 inches wide. It has a flaky, brittle and crumbly surface that is sprinkled with sugar. This native delicacy is usually composed of flour, shortening, coconut and sugar. In order to achieve the distinctive texture of the otap, it usually undergoes a 2-stage baking process. The first stage is to partially cook the dough and then sprinkle the top with sugar. The second stage involves baking again the dough, but a little bit over the usual baking time in order to create an oval shaped, flaky pastry that will become the otap. People who eat otap will love its flaky and sweet taste that will make them want to eat more.

Since Otap breaks easily, it is advisable to eat it while holding your other palm or a plate under your mouth so you catch the bits of pieces of the otap falling from your mouth.

VOCABULARY

flaky
brittle
crumbly
sprinkled
pastry

QUESTIONS

1. Do you like pastries? Do you bake?
2. Describe the size and shape of OTAP.
3. How many stages of baking does OTAP undergo?

EXERCISE

Use one of the words or phrases below to complete each of these sentences from the story.

flaky brittle crumbly sprinkle pastry

1. This morning I ate bread with a _____ texture.
2. _____ soy sauce on the chicken.
3. He worked on the filling while I prepared the _____.
4. Don't pack fragile or _____ objects in your suitcase.
5. The texture is crispy on the outside, _____ on the inside.

Danggit (rabbit fish)

: perciform fishes in the family Siganidae; have prominent face stripes



Danggit or rabbit fish is usually served for breakfast. Deep fried danggit is best paired with sunny side up eggs and fried rice. It also makes a good side dish for your lunch. There are 2 types, the marinated one and the salted variety. The marinated variety is actually more common in Cebu. This form of dried fish is marinated first in brine with garlic and then left under the sun to dry. This is the type of danggit that is sought after as gifts given to friends thanks to its unique taste, scent and crispiness when cooked. Local tourists place danggit as one of the must buy souvenir (pasalubong) items in Cebu, but foreign tourists such as Koreans and Japanese also enjoy buying danggit and other Cebu dried fishes.

VOCABULARY

marinated
brine
sunny side up eggs
sought after
crispiness

QUESTIONS

1. How important are fish in the food culture of your country?
2. What are the two types of rabbit fish or danggit?
3. Do you have a favorite fish dish or a seafood dish?

EXERCISE

Use one of the words or phrases below to complete each of these sentences from the story.

marinated brine sunny side up eggs sought after crispiness

1. The chicken was soaked in _____ before it was roasted.
2. The beef was _____ in red wine vinegar.
3. I love the _____ of this snack.
4. I usually put salt and ground pepper on my _____.
5. This painting will be much _____ by collectors.

Mango

: a juicy stone fruit belonging to the genus *Mangifera*.



Cebu's mangoes are not your usual and ordinary mangoes. Cebu can claim as having one of the best mangoes in the world. Cebu's mangoes have a distinctive taste that will surely leave you craving for more. Other varieties may compete with the sweetness, but Cebu mangoes are decidedly not fibrous like the others – just luscious, with roll-in-the-tongue texture. At fruit stands, a kilo is about 60 pesos while it is only 50 pesos in other markets like Carbon. You can serve them as appetizers or desserts in dinners. You can even bring them to outdoor excursions and outings.

VOCABULARY

distinctive
surely
fibrous
luscious
texture

QUESTIONS

1. Have you eaten a Cebu mango? In your opinion, what is the most delicious fruit?
2. Describe how a Cebu mango tastes like.
3. What are the benefits of eating fruits?

EXERCISE

Use one of the words or phrases below to complete each of these sentences from the story.

distinctive surely fibrous luscious texture

1. He will _____ be missed.
2. He gave a basket of _____ fruits as a present.
3. Mixing sand into the paint will add _____.
4. Durian has a very _____ smell.
5. The vegetable has a _____ texture.

Pinasugbo

: a fried banana coated with sugar and sesame seeds



Pinasugbo is a common form of fried bananas. It is made from thinly-sliced bananas which are deep-fried then dunked into dark caramel and sprinkled with sesame seeds and stuffed into a piece of white paper. They are chewy more than crunchy. If you are wearing dentures, you might want to take them off before eating pinasugbo for them not to fall out. So take some precautions if you count yourself as among those with teeth issues.

VOCABULARY

dunked
stuffed
crunchy
dentures
precaution

QUESTIONS

1. How many varieties of bananas do you know?
2. Describe how pinasugbo is made.
3. Why do people with dentures need to remove them before eating pinasugbo?

EXERCISE

Use one of the words or phrases below to complete each of these sentences from the story.

dunked stuffed crunchy dentures precaution

1. These cookies are really _____.
2. He put an ice pack on the injury as a _____.
3. She ordered _____ squid.
4. My grandmother wears _____.
5. He _____ the doughnut in my coffee.

ROSQUILLOS

: a ring shaped, flat, light-brown cookie with a circular hole in the middle (just like a doughnut) with a light sweet crisp and delicious taste



Rosquillos are cookies that originated from Liloan, Cebu. It is a snack unique to Cebu and is a favorite snack of locals and expatriates. The late Philippine president Sergio Osmeña Sr. reputedly gave the name rosquillos from the Spanish word rosca, meaning ringlet. The packaging of the rosquillos states that the cookies are made of flour, eggs, shortening, sugar, baking powder with no preservatives and artificial flavorings. Liloan's perennial pride has been the rosquillos. Because of so much pride rosquillos gave to Liloan, the town created a festival in honor of Na Titay's creation, the Rosquillos Festival.

The municipality of Liloan passed Resolution Number 2008-103, proclaiming Rosquillos Festival as the official festival of the said town. It is held annually on the 29th and 30th of May, during the town fiesta, in honor of their patron saint, San Fernando Rey.

VOCABULARY

originated
expatriates
reputedly
preservatives
artificial

QUESTIONS

1. What are rosquillos made from? Give at least 3 ingredients.
2. What can you say about the shape of this snack?
3. Who gave rosquillos its name?

EXERCISE

Use one of the words or phrases below to complete each of these sentences from the story.

originated expatriates reputedly preservatives artificial

1. There are many American _____ living in Paris.
2. He is _____ a millionaire.
3. The concept of factory outlet shopping _____ in America.
4. This product contains no _____ flavors.
5. This food does not contain any artificial _____.