

# OTAP

: an oval-shaped puff pastry in Cebu



Otap is a native delicacy in Cebu and is made from some simple ingredients which are flour, food shortening, coconut and sugar. It is a local version of western style cookies or biscuits but its surface is different than western style cookies or biscuits. The surface is flaky, brittle and sprinkled with white sugar to finish. When eaten it is crispy and it crumbles easily. In order to accomplish the pastry's elongated shape and texture, it needs to go through two separate stages of the baking process, which requires proper timing and mastery.

People in Cebu enjoy this delicious pastry, as well as people from different parts of the Philippines. Otap has different brands that are available at different supermarkets and souvenir shops for a speedy purchase, Shamrock's Otap is a popular location to buy this delicacy. When people visit Cebu, they often buy Otap to bring to their loved one's back home for a souvenir. It is one of the bestselling foods sold as a souvenir in all of Cebu.

## VOCABULARY

flaky  
brittle  
sprinkled  
crumbles  
mastery

## QUESTIONS

1. Do you like pastries? Do you bake?
2. Describe the 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                  sprinkled                  crumbles                  mastery

1. My mother doesn't like pastries with a \_\_\_\_\_ texture.
2. Pottery requires good hands and good \_\_\_\_\_ of the techniques.
3. The chicken tastes better when \_\_\_\_\_ with ground pepper.
4. She \_\_\_\_\_ the cheese and sprinkled it onto the pasta.
5. Her doctor recommends her not to play extreme sports because her bones are \_\_\_\_\_, they can break easily.

## DANGGIT (RABBIT FISH)

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



Danggit is the local name for this dried fish that is very popular here in Cebu. It is most commonly known as the rabbit fish. People often serve Danggit for breakfast and it can also be eaten as a snack for lunch and even dinner. Often Danggit is served as an appetizer before a meal. Danggit is best served with rice accompanied with a cup of hot coffee or hot chocolate during one's breakfast. Danggit has 2 varieties, the salted and the marinated varieties. In Cebu, the marinated Danggit is the most popular. This kind of dried fish is first marinated in brine with garlic and then dried under the sun. For people who are sensitive to smell, Danggit might smell very strong but it has a unique taste that will surely make up for the smell and it is crispy when cooked. Visitors who come to Cebu will bring Danggit as gifts to friends and family here and abroad. Foreigners also love the taste of Danggit and other dried fishes available in Cebu.

### VOCABULARY

marinated  
appetizer  
brine  
sensitive  
crispy

### 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                      appetizers                      sensitive                      crispy

1. The chicken was soaked in \_\_\_\_\_ before it was roasted.
2. The beef was \_\_\_\_\_ in red wine vinegar.
3. The dumpling was fried and it is \_\_\_\_\_ when eaten.
4. Tony gets a toothache when he eats ice cream, he has very \_\_\_\_\_ teeth.
5. Spicy kinds of food are very tasty \_\_\_\_\_.

# MANGO

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



In a tropical country, like the Philippines, one can taste a variety of different tropical fruits. Mangoes are common all over the Philippines but Cebu boasts mangoes which, are known to be the most delicious. The Cebuano enjoy eating two varieties of mangoes. Some people prefer the tangier variety of mango versus the sweeter variety of mango in Cebu. Indian mangoes are smaller and rounder compared to other mangoes and even when they are ripe they do not turn yellow. Indian mangoes are enjoyed best when they have not ripened and to enhance its taste it is often eaten with spicy shrimp paste or simply by dipping it in salt or fish sauce which gives it a tangy taste. The other type of mango, which is the pride of the Philippines is the Carabao mango. Carabao mangoes can be eaten either ripe or unripe. The ripe Carabao mangoes have a very distinct and delectable taste that is absolutely mouthwatering, succulent and the sweet smell only increases that sensation. Carabao mangoes are often eaten and enjoyed during any part of the day, whether it be a snack or part of a meal. This mango can be purchased at a supermarket or an open-air market where you will find an array of Mangoes for your choosing.

## VOCABULARY

boasts  
array  
delectable  
tangy  
succulent

## 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.

Boasts      array      delectable      tangy      succulent

1. The team enjoyed a \_\_\_\_\_ dinner at the hotel.
2. The group showcases an amazing \_\_\_\_\_ of musical talents.
3. He \_\_\_\_\_ about his new car.
4. Marie enjoys the \_\_\_\_\_ taste of yogurt.
5. The restaurant boasts their \_\_\_\_\_ roasted beef.

## BANANA CHIPS

: thin slices of fried or dried bananas coated with sugar and sesame seeds



Yet another local delicacy is the banana chips. These can be purchased almost everywhere and have been known all over the Philippines for a long period of time. The process of making banana chips can vary, they can either be dried or fried. Dried banana chips are healthier, however it needs a lengthier process. This process is called food dehydration. The banana chips sold in shops are often fried, under-ripe banana is ideal for deep frying due to its low content of water and sugar therefore make it crisp and crunchy. On the other hand, a fully ripe banana is well suited for drying because it retains its strong banana flavor and is usually chewy. Banana chips in the Philippines are usually sweet, they are dipped into dark caramel and coated with sesame seeds. They are very affordable food souvenir to take back home to friends and family.

### VOCABULARY

local  
vary  
dehydration  
under-ripe  
crunchy

### QUESTIONS

1. How are banana chips prepared?
2. What's the difference between fried and dried bananas?
3. What are the benefits of eating bananas?

### EXERCISE

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

local                  vary                  dehydration                  under-ripe                  crunchy

1. \_\_\_\_\_ is the process of removing water or moisture from a food product.
2. The sizes of the house they are checking on \_\_\_\_\_ from small to regular to huge.
3. The old tribe is the \_\_\_\_\_ dwellers of the country.
4. \_\_\_\_\_ mangoes are green in color.
5. I usually have \_\_\_\_\_ breakfast cereals made of dried fruit in the morning.

# 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 and the pride of Liloan, which is a northern town in Cebu. In Spanish, resquillos means "ringlet". The 4th president of the Philippines, the late Sergio Osmeña, coined the term rosquillos. These cookies, use common ingredients like most cookies, which consist of flour, eggs, shortening, baking powder and sugar. The common brand of Rosquillos is from Titay's which is named after the original culinary creator, Margarita "Titay" T. Frasco. The town even celebrates its very own Rosquillos Festival, which is celebrated every last week of May, to commemorate Titay's creation and also to honor their patron saint, San Fernando Rey. It has become a perennial celebration.

## VOCABULARY

perennial  
coined  
culinary  
commemorate  
honor

## QUESTIONS

1. What are rosquillos made from?
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.

perennial                  coined                  culinary                  commemorates                  honor

1. Leonardo Da Vinci's paintings are a \_\_\_\_\_ piece of art.
2. He is a graduate of Hotel and Restaurant Management with a major in \_\_\_\_\_ arts.
3. The US \_\_\_\_\_ its independence every 4th of July.
4. The crowd gathers to \_\_\_\_\_ the graduates.
5. According to the news, an Australian man \_\_\_\_\_ the term "selfie".

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