



# 7000 Islands: A Food Portrait of the Philippines

By Yasmin Newman

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## 7000 Islands: A Food Portrait of the Philippines By Yasmin Newman

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.

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## Editorial Review

### Review

"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 Décor*, 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*

### About the Author

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.

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