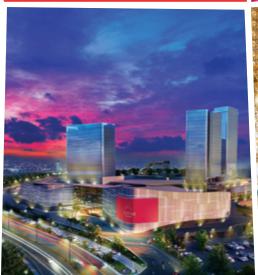


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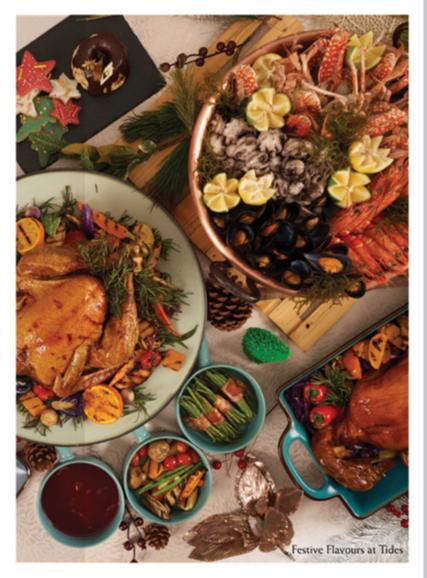
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ON THE COVER

The cities of Cebu are fully lit this holiday season! From top left: the Mandaue City Christmas tree in front of City Hall; Sinulog Festival dancers are gearing up for next year's January 15, 2023 event; a drone shot of Fuente Osmeña Circle at night by Eric Palmares.

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EATZ Cebu Quarterly Magazine is available as a room amenity in most major hotels, resorts and restaurants in Cebu. With a food-centric editorial voice, EATZ Cebu is the first publication to introduce readers to the current dining scene in the island of Cebu. Advertisers will appreciate its wide audience reach of printed copies, a digital edition as well as social media posts.

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IF YOU HAVE A FREE WEEKEND, WHERE WILL YOU GO IN CEBU AND WHY?

MINERVA BC NEWMAN

"I like to stay home to whip up some new dishes or do some crafts and art painting. But that somehow becomes boring when done regularly, right? Going to the highlands of Transcentral Highway and stopping for tea at some cafe where nature is abundant and having conversations with friends or family, then capping it off by buying veggies and fruits along the way. Malling is another weekend event for me. I prefer the Terraces at Ayala Center where I have lunch at Laguna Garden or tea at Coffee Bean & Tea Leaf. Then I just people watch and do some social media posts in between."

Minerva has had a storied career since the 80s when she was a contributor to DepthNews Asia and later worked with the Philippine Information Agency. She then headed Manila Bulletin-Cebu. She currently works as a freelance writer and news blogger.





VANESSA AMMANN

"My favorite go-to is still Moalboal for a quick escape. There are always good places there to meet new friends, and coffee shops with Wi-Fi options for digital nomads. It also is an excellent choice for divers with diving spots even at night! And the resident turtles are definitely the main reason I return again and again. If you haven't been, the sardine clouds are a must-see and make Moalboal so memorable."

Vanessa is a millennial who has attended school in Cebu since 3rd grade (from Germany). She moved to Manila for three years to pursue a career in acting/modelling after which she back-packed around the globe before settling in Boracay where she worked for the hotel industry. While there, she taught kids how to swim making her a professional mermaid! Along the way, she joined beauty pageants and did stints hosting shows.

DAN DOUGLAS ONG

"Definitely the beaches of Mactan, at any of the nice resorts there since they are a short drive away. The smell of the sea and the ocean breeze make a perfect relaxing weekend."

Dan started work as a photographer while he was still in college. He first learned how to edit images before pursuing a career in photography. His first fashion editorial was with Zee Lifestyle magazine working with editor Cybil Gayatin and Edwin Ao as Creative Director.







BODY FUEL, BODY FIRST by Fitness First is a light and compact cookbook for people who are hooked on eating healthy, and those hurried on-thego individuals who do not have the luxury of time to whip up breakfast, lunch or dinner.

Developed by a leading nutritionist from the Gwinganna Lifestyle Retreat, one of Australia's premier lifestyle retreat destinations, this cookbook is fully packed with recipes for every meal of the day.

Each recipe hinges on quality organic produce from gluten-free pancakes for breakfast, avocado salsa to toasted muesli or blushing juices, smoothies or soups to salads and main dishes. Lunch recipes such as prawn and mango salad or seafood paella, fillet steak with red wine and dinner for more rich protein and high in iron.

This book truly is a gem with easy-to-follow recipes and colorful photos to whet one's appetite, and most of the ingredients are found in the garden or in grocery stores. The book also contains nutritional information on a particular dish.

THE COOK BOOK SHELF

For this issue, healthy lifestyle cooking takes center stage as more and more people realize the importance of healthy eating. These two books contain easy recipes that can inspire the busy individual to follow and whip up a dish, drinks, soups anytime of the day—knowing it is a healthy food creation. Both books were penned by nutritionists and certified healthy foodies.

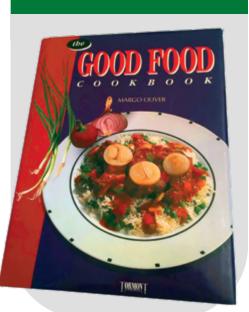
by MINERVA BC NEWMAN

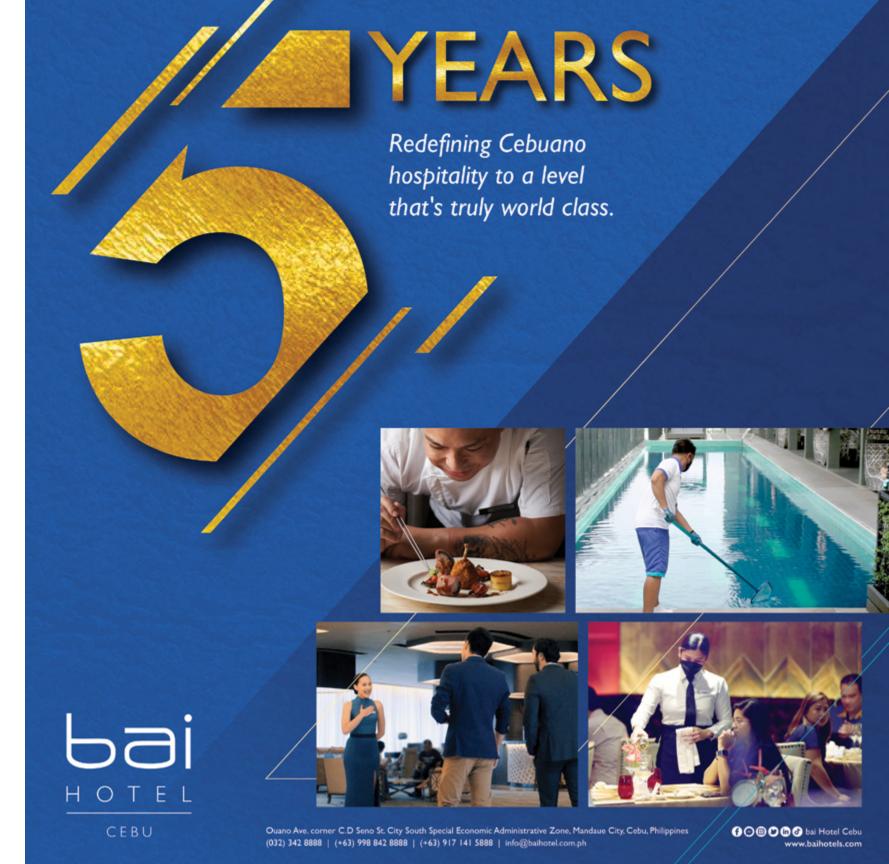
THE GOOD FOOD COOKBOOK

by Margo Oliver has been with me since 1996 when I decided to go "pescatarian." The GOOD FOOD cookbook has guided me to follow some of the wonderful recipes for soups, veggies, and fish. It has recipes illustrated in full pages with wonderful photos per dish.

Recipes for breakfast, salads, soups accompaniments, fish, meat and main dish and desserts are all here. These are products of the author's vocation for cooking and several decades of experience.

Margo Oliver's GOOD FOOD column in Weekend Magazine in the States has an estimated reached of 6 million readers every week. Whether you're cooking for a simple evening meal, family gathering or a festive menu for guests on special occasions, this cookbook is handy.







ASEEM ROY

SEEM ROY FIRST SET foot in Cebu in 2010 for a short term business transistion from India. It turned out to be a 12-year love affair as he and his family decided to stay. He is the country head of Wipro, one of the biggest Indianheadquartered companies and largest private employers in the city.

Where is the ideal place to stay in Cebu for business and pleasure? I will say Cebu Business Park. It has the warmth, greenery and all the right amenities for balancing work and leisure.

Where can we find you on weekends or on your leisure time? We are spoiled for choices here. There's a trek up the mountain for a bike ride or the many beach resorts. We go to the Cebu Sports Club as well. There's also the malls which are amongst the best shopping for the family.

Do you have a favorite Filipino dish? *Adobo* and chicken *inasal*!

Do you do grocery shopping?

My list is decided by my wife, but these are the ones at the top of my mind that we purchase regularly: Indian spices, Indian Butter Chicken, kabab and Tikka premixes, naan bread, Parle-G Indian biscuits. We can find some of them at Metro Ayala Grocery. We also buy the local fruits and vegetables.

What restaurant would you take a VIP guest to? Anzani because of their ambience and service. Not to forget their freshly baked bread as starters.

What is your go-to restaurant? Feria at the Radisson Blu Hotel. They have the most exotic spread of international food that includes the best Indian dining experience in town. Above all, a very personalized service for all private and business events. §

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DANIEL OBRADÓ

ANIEL OBRADÓ IS THE CEO of Keralty Philippines which offers affordable healthcare and accessible clinics in Manila and Cebu. He first came to Cebu at the start of 2020 to explore the expansion of Keralty Clinics which were then mostly located in Metro Manila. From that visit, Daniel has opened 3 clinics in Cebu, and regularly commutes between the two cities.

What country did you come from? I was previously living in Barcelona, Spain. Although I am originally from Córdoba, not the Cordova in Mactan but the city in the south of Spain.

Where is the ideal place to stay in Cebu for business and pleasure? I always like to reduce the commuting time so I think the best area is the one between Cebu IT Park and Maria Luisa Park Subdivison in Banilad as it is near everything.

Where can we find you on weekends or on your leisure time? I love taking the car on the weekends and exploring

Cebu island, which I find so beautiful and full of places to discover both north and south. If staying in Metro Cebu, I like going to Mactan and meeting friends at a resort there, or going to Asmara for drinks.

Classic Pork Sinigang

Do you have a favorite Filipino dish? I find Filipino cuisine very interesting because of the nice local produce, especially fish, and the many influences. If I have to choose a dish it would be *sinigang*. It is delicious and so different to what we are used to in Spain.

Do you do grocery shopping? Lots of vegetables, chicken, fish, legumes, and mangoes.

What restaurant would you take a VIP guest to? I think Enye in Crimson Hotel. Excellent Spanish food in a beautiful environment.

What is your go-to restaurant? I go very often to Ramen Yukoshen since it is very near Keralty Clinica Oakridge. I think they have the best ramen I have tried anywhere.



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Golda King's recent exhibit at

Qube Gallery is the subject of this
issue's art piece by Maris Holopainen.

ITH HER
CHARACTERISTIC
modesty, Golda King
hesitates in calling
herself an artist. Instead, she prefers
painter or a maker of art. She
understands the weight of the word:
that being an artist requires both the
discipline to conceptualize a message
and the talent to translate this into
visual format. However, any doubt she
previously harbored is dispelled in
her fifth solo show at Qube Gallery, No
Straight Lines.

King debuted her first solo show at Qube Gallery five years ago, titled Enroute, a collection that is her personal journey to figure out where she belongs. The images she painted were drawn from her experiences, both figurative and illustrative, in a mixture of neo impressionism and abstract expressionism. Her medium and technique allowed her to be intuitive and impulsive. Through these earlier works, she became known for the use of pointillism that has become synonymous with this period of her work. Since then, King has experienced a series of growths, from her exploration of various different subject matters and themes, experimentation of techniques, and continuous education through art residencies overseas.

For this current exhibit, her growth is clear. Gone is the obvious ode to pointillism. No Straight Lines comprises twenty strong works, wherein she painstakingly applies a circle grid as the final layer instead of points dotting her canvasses. Like her personal growth, these points have expanded, now becoming a grid-like circle overlay. In some of her works, she coats the entire canvas with this grid, in other works, she selects portions to highlight.

Her subjects? Landscapes. Some imaginary, and some inspired by real places she passed through. Whereas her first show in 2017 posed the question where do I belong, this series of landscapes — her safe, happy places, is her answer. Made during the period between the pandemic lockdown and the aftermath of typhoon Odette, when she maintained an almost monastic experience with meditation as part of her solace; created an opportunity for her to make sense of the world. She

purposely shielded from social media for the months she was working on the series. "I wanted to keep my blinders on," she says, "and didn't want to be influenced by the burgeoning art scene on social media and the news."

No Straight Lines is a show of the constant navigation through a world increasingly complicated, no black and whites and neutrals, full of circuitous connections and interwoven threads. The viewers are invited to find their own safe places, their refuges. These places may not exist in the physical world and instead be a construct of one's mind.

The results of her selfexploration are profound. In this cohesive series of works, we see only Golda. A different palette, still impulsive and intuitive, but now with more confidence in posing a question and answering it through her art.

No one will mistaken Golda, as in her words, just a painter or a maker of art. The title of being an artist is definitely hers to claim: Golda King, Artist. •



THIS PAGE CLOCKWISE FROM TOP LEFT Ho'oponopono (I'm sorry. Please forgive me. I love you. Thank you.), 2022 Acrylic on canvas, 40×60 in | 101.6×152.4 cm; The Wishing Tree, 2022, Acrylic on canvas, 36×36 in | 91.44×91.44 cm; Same place, Different Time IV: There Used To Be A Bridge Here, 2022, Acrylic on canvas, 18×24 in | 45.72×60.96 cm.



GENEROSITY AND LASTING FRIENDSHIP

Over the years one develops treasured relationships, this story tells one of them. What makes a meaningful friendship? Truthfulness, equanimity and generosity.

NE WARMS UP TO PEOPLE whose intentions are always clear and whose attachments and aversions are recognisable. Good virtues are important; we gravitate to friends who practice generosity.

This short feature on mindful eating is a disclosure that is related to generosity. True friends give you plenty of chances to give and to receive. In one of our sessions, I asked my friend Maia Franco for permission to write about food that she typically serves for brunch after our morning Taiji practices.

Taiji is among our preferred fun activities. However, on other occasions I would also visit Maia to help her formulate essential oil products, give Reiki healing sessions, understand homeopathy and, at one point, learn to play the Shinobue Japanese flute. Contemplating about these meetings, I realize that what keeps me going back to see Maia is her sincerity and quiet truthfulness.

Maia maintained a vegetarian diet for a few years in the mid 1980's when she started to practice yoga. However, she shifted to a pescatarian diet to increase her protein intake. These days, she maintains a healthy lifestyle by including a lot of plantbased food in her diet. She also prefers home-cooked meals to regulate the choice of ingredients and ensure the quality of her food.

The home-cooked meals featured in these pages are from

Maia's kitchen; they are among this vegetarian's favourites. Entering her home during our most recent session, I noticed a geisha painting by national artist, Benedicto Cabrera at her foyer. This image was welcoming and gave guests a glimpse of the simple but impeccably detailed experience of Maia's generosity and friendship.

Brunch started off with freshly-squeezed orange and lemon juice plus a slice of sweet watermelon served in a Villroy & Boch limitededition lotus plate. Next came steambaked spinach and asparagus topped with organic eggs. Completing the meal was Kourabiedes, a traditional Christmas almond butter biscuit that Maia flavoured with rose water





This Greek cookie texturally and

aromatically complemented the

Bicerin, a traditional Torino hot

beverage with distinct layers of

espresso, hot chocolate and whipped

milk. This simple but well-balanced

meal exemplified Maia's generosity.

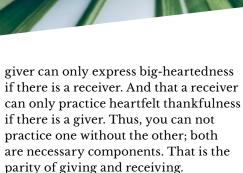
earlier as one of the three aspects

misconceived. Generosity is the

of a meaningful friendship, is often

Generosity, mentioned

best way to establish good affinities as well as the most skillful means to inspire others to become better human beings. There is equality in giving and receiving; however, due to existing cultural and social paradigms, most people believe that the role of the giver is superior to that of the receiver. However, if you ask yourself this question: can one give without a receiver, and can one receive without a giver? You will comprehend that a



In significant friendships, giving and receiving are mutually practiced. For example, when I guide Maia through some important movements and principles of Taiji, I am giving her my time and sharing my experience. Maia receives information that helps her deepen and improve her practice. In reciprocation, Maia serves thoughtfully prepared vegetarian fare, providing nourishment that one cherishes and accepts with gratitude. This establishes the equality in giving and receiving, the foundation of meaningful and long-lasting friendships. **3**

THIS SPREAD CLOCKWISE FROM LEFT

A BenCab Geisha painting; Watermelon and freshly squeezed orange juice; Kourabiedes topped with clove; a small cup of Bicerin; Home-made sourdough bread.



LESEATMORE by **Lesley Tan-Rice**



ROLL IT IN THE DEEP

Lesley Tan-Rice digs deep on the fried local spring roll called *ngohiong*. Mention the word and it instantly and uniquely evokes school memories for most Cebuanos.

NE OF THE CORNERSTONES OF Asian cuisine is the spring roll. It's been called many different names: spring rolls or summer rolls; lumpia, popiah, poh pia sod or bò bía; ngohiong or ngoh hiang, goi cuon, cha gio. What unifies all the regional variations is the paperlike wrapper and crunchy meat and vegetable filling.

Growing up in Cebu, *ngohiong* was as ubiquitous as *lechon* and *pusô*. I wasn't allowed to queue at streetside stalls as a kid, but there was always a regular delivery of these crispy rolls wrapped in brown paper bags which were stained with cooking oil. On bucolic afternoons, I was gobbling roll after roll like a squirrel stuffing acorn in its mouth.

It starts with the crunch, as soon as teeth makes contact with the deep-

fried, battered wrapper, oozing out a mixture of ground pork, minced shrimp, jicama, bamboo shoots, garlic, onions and five-spice powder. Then dip the fried roll in thick sweet-spicy-starchy sauce. Salivating yet? Let's dig deeper into the origins of the spring roll and its offshoots from neighboring countries.

I always thought ngohiong was a Cebuano specialty until I discovered ngoh hiang in Singapore was completely different in texture and taste, more akin to the Tagalog kikiam. So if kikiam is like ngoh hiang, then why is it called kikiam and not the original *ngoh hiang*? And why is the Cebuano ngohiong, which is actually more similar to fried lumpia or popiah, called ngohiong? Is it because some enterprising Cebuano in the past decided to mix five-spice together with the usual lumpia filling, fried it to a crisp, sold it and made it a street food staple?

Information on ngohiong's specific beginnings in Cebu is scant, apart from the documented fact that ngohiong sprang from Chinese influence, particularly Hokkien traders who settled in the country from Fujian province and introduced various ingredients, dishes, and methods of cooking. These were then nativized to become part of Filipino culinary heritage.

Since the common word that ties in and traces back most of the Philippine spinoffs of the spring roll is *lumpia*, it was time to brush up my ancestral dialect and map out the context clues to understand the meaning behind each word.

FRESH

Lumpia literally means moist pastry, from the root words lum/lun meaning "moist" or "soft," and pia meaning "cake" or "pastry." It is also known as "popiah" in the Fujian and Chaoshan provinces of China, as well as in Malaysia, Singapore and Brunei. The Philippines and Indonesia use the term "lumpia."

Like the Philippines, Indonesian *lumpia* has numerous varieties and is likewise a popular street food snack. In the Netherlands, where there is a diaspora of Indonesians who moved to their former colonists' country, lumpia is spelled loempia, and has become the generic name for spring roll in Dutch. Both Philippine and Indonesian lumpia have similar ingredients, except for pork, as is expected for Indonesia, being a predominantly Muslim country. Lumpia basah (wet spring roll) in Indonesia is the equivalent of our *lumpiang sariwa* or lumpia ubod; all three are derived from the original Chinese popiah.

The ingredients for both lumpia basah and lumpiang sariwa consists of shredded bamboo shoots or heart of palm, bean sprouts, jicama, garlic, shallots, pepper and sweet soy sauce, sometimes with grated carrots and/or tofu cubes, rolled in lettuce leaf on top of a viscous crepe, with egg used as a binder for the wrap. Accompanying the fresh bouncy rolls are bowls of ground peanuts and sugar (similar to the Taiwanese preparation), and a sweet and spicy thick peanut sauce. In Indonesia, *lumpia basah* is usually served with tao co (a kind of soybean sauce) with bird's eye chili.

In Taiwan, popiah or lumpia is called runbing, and the stuffing also varies between north and south. Malaysia, Singapore and

Brunei retained the term "popiah." In Thailand, popiah is known as poh pia sot (fresh spring roll). In Myanmar, it is called kawpyan. Vietnam also has a version called bò bía, the noticeable difference is the use of rice paper wrapper, giving it a similar translucence as goi cuon. The Vietnamese version also uses sliced

Vietnamese version also uses sliced Chinese sausages in the filling. Chinese sausages in the filling. Elsewher called lun smaller version of the term of the ter

FRIED

means five-spice powder, as in the mix of cinnamon, star anise, fennel seeds, cloves, and the fifth ingredient being either Sichuan pepper, black pepper, white pepper or ginger powder. Elsewhere in the Philippines, it is called *lumpiang prito*. There is also a smaller version called *lumpia* Shanghai - the term itself is quite amusing as Shanghai (as in the city) has nothing to do with this Filipino offshoot. In Indonesia, the equivalent would be lumpia goreng (fried spring rolls). A cheaper and simpler variant of lumpia goreng is filled with fried vermicelli (also known as bihun), chopped carrots and cabbage.

The Cebuano snack staple ngohiong

Cebu's ngohiong and the Singaporean ngoh hiang may sound similar, yet their only similarity is the five-spice powder used for their names. Our Cebuano version uses bamboo shoots or heart of palm and jicama in

OPPOSITE PAGE
Lumpia Basah filling from
HerStory Indonesia.
THIS PAGE FROM TOP
TJRB ngohiong by Vincent Ong,
spot.PH; ngoh-hiang or lor-bak.

In Malaysia, ngoh hiang is also called lor bak, meaning "meat roll." The main filling is pork with five-spice powder, salt, ground pepper, garlic and onions. Some recipes include prawns and water chestnuts as well.

As with ngo hiong/ngoh hiang and lumpia/popiah, kikiam is Hokkien in origin. But the meaning of the words is a bit murky. After days of browsing online, looking for anything I could find to link the derivative roll with the resulting name, several possible root words popped out ... but they don't make sense, at least to me. The *ki* in *kikiam* is traced to koe, meaning "chicken" – throwing the entire thing in a roll (pun intended) because chicken is rarely, if ever, used in Philippine spring rolls; the meat in our spring rolls is mainly pork. Shrimp is optional. The conjoining word *kiâm* could mean "rice topping," as in kiampung, or kián, meaning "cocoon." How does this even make sense? Chicken rice topping or chicken cocoon in no way conjures up kikiam.

WHERE TO FIND THE BEST NGOH HIANG IN SINGAPORE:

VIOLET OON - various branches. The most impressive is the National Gallery branch at St. Andrew's Road. If you want to include shopping in the mix, go to the ION Orchard branch at the 3rd floor.

CANDLENUT - 17 Dempsey Road. This Peranakan restaurant at Dempsey Road serves authentic Peranakan (Straits Chinese) dishes including ngoh hiang.

CHINA STREET FRITTERS - located at the famous Maxwell Food Centre (the same venue as Tian Tian Chicken Rice and Ah Tai - see previous Eatz Cebu column), this hawker stall has been preparing and serving ngoh hiang for over 60 years. Definitely a must-visit.



CHINESE NGOHIONG - 345 Junquera St., near University of San Carlos main campus. This roadside eatery has been around for years, and still serves value-for-money ngohiong. Best paired with pusô and a cold soft drink.

DOMING'S, NOW KNOWN AS ANN'S NGOHIONG BY DOMING'S - 25 Fairlane Road, Guadalupe. A classic that has changed hands within the family, but still makes the same fritters well loved by many. Service is lacking though.

TJRB'S NGOHIONG PLACE - Gen. Maxilom Avenue (across the old Sacred Heart School for Boys). Known to have lesser grease than the other eateries that serve ngohiong, the fritters here don't even need dipping sauce. It also (so far) has the only five-star rating on Google Reviews.

EDITOR'S CHOICE

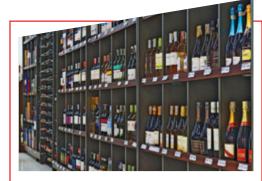
It's the holidays and the air is definitely festive. Surviving last year's devastating super-typhoon Odette which hit Cebu and its neighboring islands last December 16, the indomitable local spirit is determined to celebrate this year. The holidays in Cebu are one of the longest in the country as it reaches the Sinulog Festival celebrated every third Sunday of January and up to Valentines Day in February!

Here's a list of our recommendations for this issue...

Dining and Shopping

There are several big malls in Cebu, but if you need less buzz and ample parking, head to Robinson's Galleria. The Christmas spirit is alive and well the moment you enter the glass doors. Dining options include ramen, a dessert place, Denny's, the Bohol-based eatery The Buzzz Café with native selections, and many more. They also have an excellent food court on the 4th level. The Robinson's Supermarket and department store are the anchor stores. At the lower level, you can find spots for pampering — nails and eyebrow shops, and Kizuno Beauty, a Japanese salon with the best facial services in town.





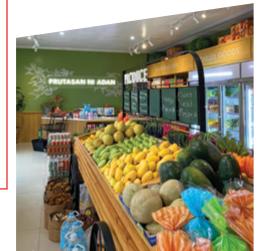
Wine, wine and more wine!

Locals enjoy their glass of wine for any occasion, and several shops carry a good selection. Recently, Metro Ayala Supermarket at Ayala Center Cebu, opened a huge wine cellar, and as expected from this giant grocery chain, the prices are competitive. Members of S&R also get a good selection of wine. For local delivery, we recommend Ralph's (Viber number +63/ 919.813.5617), or visit Terry's and Bibendum at Streetscape Mall in Banilad if you prefer a tasting.



City Escape Most of us love to escape the bustle of the city but not everyone can leave town easily. Asmara Urban Resort & Lifestyle Village is where locals head to enjoy country club vibes with sports and leisure activities, dance lessons, dining options, good music and a full bar. Paseo Saturnino, Maria Luisa Road, Banilad Cebu City • FB: Asmara Urban Resort & Lifestyle Village • www.asmaraurbanresort.com

Fruit Market Prutasan ni Adan sells local and imported fruits. What started as just a fruit stall has expanded to sell packed meals, salads and desserts. They carry a good variety of local mangoes, bananas and melons as well as plums, cherries, grapes and other seasonal imported fruits. The crowd favorite is their Mixed Fruit in a Cup priced at P99 only. Tancor 1 Residences, Villa Aurora Kasambagan, Cebu City • FB: Prutasan Ni Adan • www.prutasanniadan.com • Open daily from 8:00am to 8:00pm



Quirks aside, what connects

these variations and offshoots of spring

rolls is the shared history among our

regional neighbors. As I firmly believe,

there are more things that connect us

than divide us, chief among these is

our culinary heritage. Let's put aside

spring rolls, fresh or fried.

(perceived) differences and enjoy some



FOOD PARKS

Food parks were introduced to Cebu a few years ago, and have since grown in number over the years. Multiple stalls with affordable and endless food options, open-air dining with IG-worthy posts, attractions like music and live performances – all these have been drawing in a crowd to these neighborhood food havens. Here's a list of popular food parks in Cebu:

1. 1Nito Tower Food Lounge

Basement, 1Nito Tower, Archbishop Reyes Ave., Lahug, Cebu City 10:00am to 11:00pm

2. Carbon Night Market

M.C Briones St., Ermita, Cebu City Friday to Sunday 5:00pm to 11:00pm

3. Gaslamp District Busay

Don E Osmeña, Lower Busay, Cebu City Monday to Sunday 6:00am to 11:00pm

4. IL Corso Food Yard

IL Corso Lifemalls, South Road Properties, South Coastal Road, Cebu City Monday to Sunday 11:00am to 9:00pm

5. JJ Marketplace

M.L Ouezon Ave., Mandaue City Monday to Sunday 8:00am to 11:00pm

6. Lot23 Food Park

Hernan Cortes St., Subangdaku, Mandaue City | Monday to Sunday 4:00pm to 12:00mn

7. Mercato de Mactan

Soong, Mactan, Lapu-Lapu City Wednesday to Sunday 4:00pm to 12:00 mn

8. Queensland Manor Food Park

F. Rahmann St., Cebu City Monday to Sunday 11:00am to 10:00pm

9. Sugbo Mercado

Garden Bloc IT Park, Cebu Business Park and Skypark Wednesday to Sunday 4:00pm to 12:00mn

10. Yellocube Food Hub

2Wilson Place, Wilson St., Lahug, Cebu City Monday to Sunday 10:00am to 9:00pm

Cebu Steak Delivery

La Carne makes it easy to satisfy your carnivorous cravings with the best quality steaks, burgers and roasts! Online orders via their website is the easiest in town. Or if you prefer to sit in their Steak Bar, be sure to call in advance as they have limited seats (+63/917 175-6328 or 346-4201). Their expert chefs give the sizzling steak the respect it deserves, a little charred on the outside and juicy inside, served with an excellent Farm Fresh Salad. And here's a little secret — you can bring your own bottle of wine for a minimum corkage fee or if you're nice enough to its amiable owner, Jovy Tuaño, he just might waive it for you. La Carne is a butchery that sources premium Wagyu, Angus Beef and lamb directly from top producers in Australia, Japan, USA and New Zealand. Located at the ground floor of 88th Avenue Building, Banilad • FB lacarnecebu • www.lacarne.ph



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ROAD TRIP SOUTH TO BALAMBAN: NANG LINDA

ERE'S AN EXCUSE FOR A road trip south to Balamban: a local carenderia that has created quite a stir. Nang Linda serves excellent home cooked dishes like their popular manok Bisaya, kalderetang kanding, humba espesyal, sisig, balamban manok and liempo. It has become a destination for commuters. The communal feel of their native bungalow restaurant was rated with triple L: lami or delicious; limpio or

Nang Linda
is Erlinda Villanueva
Sangre, a native of
Balamban. The daughter
of a local farmer, Nang
Linda learned how to cook
thanks to the guidance of an aunt who
taught her the basics of cooking and
mixing the right ingredients. As the
breadwinner with 7 children, Nang
Linda opened Balamban Chikaan near
the old Balamban town in 1988. "We

sanitary and lutong

bahay or home cooked.

prepare food like we are serving our close friends," Nang Linda said.

The pandemic changed their business model as customers started asking for delivery and the kitchen soon found itself preparing packed meals. By then, Nang Linda was joined by her youngest daughter Iren Sangre-Licera who is currently serving as the company's

President and Chief Executive Chef.

A graduate of the culinary school

ISCAHM (International School for Culinary Arts and Hotel Management), Chef Iren brings innovation and industry-standard upgrades to ensure the company's sustainability in the years to come.

Under Nang Linda's guidance and Chef Iren's

business acumen, they opened a new restaurant and commissary in 2021 and expanded the product line with Nang Linda's Espesyal Suka, Espesyal Ginamos, Espesyal Uyap, Spanish Sardines and Humba sa Garapon which can be found in major grocery

CALENDAR OF EVENTS

WATERFRONT CEBU CITY HOTEL & CASINO Misa de Gallo (ends on December 24)

THE STRIP AT NUSTAR
The Ballerinas Performance
4:00pm • 5:00pm

DINING OUTLETS AT NUSTAR
The Magician Show
6:00pm • 7:30pm

RADISSON BLU HOTEL CEBU
4-25 Noche Buena special buffets (P2,500pp)

THE MALL AT NUSTAR Mr. & Mrs. Claus 2:00pm to 5:00pm

WATERFRONT CEBU CITY HOTEL & CASINO Christmas dinners at Gourmet Walk restaurants

MARCO POLO HOTEL Christmas Buffet at Cafe Marco (P1,500pp lunch and P2,750pp dinner) Three-course dinner at Blu Bar & Grill (P3,888pp)

CCLEX
NYE Ball Drop (TBA)

RADISSON BLU HOTEL CEBU
Retro in the Metro: Countdown to 2023 Party

stores. "Nang Linda's food products aim to bring comfort favorites to every Filipino family," said Chef Iren.

Nang Linda's restaurant and its food products are available via their website at www.NangLindas.com or through their Facebook page at NangLindas.



Meeting Spot

The Waterfront Hotel lobby is one of the best places to hang out or have a meeting at any time of the day. With comfortable seating, the Lobby Lounge also offers a menu for snacks and meals. It's also a good spot to people-watch during big events, as the hotel's ballroom is the top venue for concerts, fashions shows and celebrity weddings.



Smokin' Cebu

If the smell of sizzling meat appeals to you, Woods Smokehouse should be on your list of places to go to this season. With the cool mountain air and fog creeping slowly in the early evening, this is a good spot

to satisfy your appetite. Specializing in grilled and smoked meats, their menu also includes soups and pastas with homemade sauces that are made from scratch and using all-natural ingredients to ensure quality and freshness. The spectacular view completes the dining experience with Live music every Sunday. Located at Brgy. Maaslom, Lower Busay • FB Woods. Smokehouse • Open daily from 3:00pm onwards

Romantic Spot

With one of the most amazing views of the city, La Vie in the Sky is worth the trek, a 30-minute drive from the city center. Located at Cebu Tops Road, the décor of this stylish spot is one of the most IG worthy in the whole island, not to mention the view from their deck. Order the pizza and a beer, that's it! Open daily from 9am to 1am.











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PINK SUNSETS

photography GPA ART AND PHOTOGRAPHY

A THREE-HOUR DRIVE, OR MORE, depending on traffic, the fishing town of Moalboal in the southwest of Cebu Island is an extremely popular destination for divers and weekenders who love the white sand and pink sunsets. It is also a favorite place to stay for expats looking for a laid-back life of endless coffees or cocktails.

Thankfully, the big chain resorts haven't discovered it and places to stay are mostly small family-run resorts. But if pampering is what you are looking for, there is only one hotel to book in Moalboal. Club Serena Resort is a 1.7-hectare beachfront property perched above coral rocks, presenting a unique union of luxurious accommodations and a host of activities to be enjoyed. This hidden gem is reached through a dirt road away from the main highway. Fronting a wide swath of white sand beach, it is an easy walk past several smaller resorts to reach the main town.

Recently renovated by noted architect James Jao, the new Club Serena has 17 rooms, three swimming

pools, a restaurant, and a beachfront event space, all designed with modern Filipino aesthetic. On the drawing board are more rooms to be added, an expansion of their modern dive shop, and their popular Kids' Club program. Their food outlet, Mira, offers all-day dining, favorite among visitors and locals, as well as the growing expat community that has settled in Moalboal.

Club Serena offers diving courses for adults and kids by their resident operator, Seven Seas Aquanauts Phil. Corp, a PADI 5 accredited diving facility operating since 1988. For a complete list of the courses and their rates, please call (+63) 917.872.6367 or (+63) 905.459.5307.

The resort encourages abovewater activities as well, and they have several paddle boards and kayaks available for guests to use.

For rates and more information, visit www.clubserenaresort.com or email sayhello@clubserenaresort.com or (+63) 917.872.6367 or (+63) 905.459.5307.

CALENDAR OF EVENTS

WATERFRONT CEBU CITY HOTEL & CASINO NYE mass and Countdown Party at the Grand Lobby (P1,500-access to the show; P2,500-with dinner & access)

MARCO POLO HOTEL

- NYE buffet at Cafe Marco (P1,500pp lunch) and P2,950pp dinner)
- NYE Countdown at the Grand Balcony (P1,200pp includes a drink)

STO. NINO FESTIVAL AT THE BASILICA MINORE DE CEBU

- Opening Salvo Novena Mass at 5:00am • Hourly Mass follows starting at 7:00 to 7:00 PM
- **CEBU BIKE FEST** (ends on January 8) Adventure Riders of Cebu

Parkmall, Mandaue City

WATERFRONT CEBU CITY HOTEL & CASINO Tikoy Selling (ends on January 13)

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JAPANESE CRAVINGS

JAPANESE CUISINE IS A POPULAR go-to meal among families in Cebu. We have featured some of our favorites, but in this issue, we can reveal this little secret. Located at the lobby level of bai Hotel, Ume is a Japanese restaurant under the direction Chef Noboru Ozeki. The noted chef was hired by the hotel owner while Chef Ozeki was a sushi chef in Japan. The result is as a close as you can get to an authentic meal without leaving

Cebu. Ume Japanese Cuisine's menu has ramen, sushi rolls, ebi tempura, chicken *karaage*, rice toppings. Seasonal dishes like Nature's Spring Roll, a shrimp tempura roll with crab stick, *unagi* sauce, and cheese, are also regularly offered.

Open from 11am to 10pm. For table reservations, call (032) 888.2500 or email fbreservation@baihotel.com.ph.





CALENDAR OF EVENTS

TRASLACION: CEBU CITY TO MANDAUE CITY
5:30am procession starts from Basilica del Sto.
Niño to the National Shrine of St. Joseph
Hourly Mass at 7:00am to 7:00pm

SINULOG MUSIC FESTIVAL AT SRP (ends on January 15)

- FLUVIAL PROCESSION AT 6:00AM
 from Pier Uno followed by procession
 to Basilica del Sto. Niño
 Reenactment of Historical Events 9:00am,
 (Planting of the Cross, Baptism & Wedding)
 Holy Mass in Commemoration of the First Mass
 Sinulog Dance Halad
- Solemn foot procession starts at 1:00pm
- BASILICA MINORE DEL STO. NIÑO DE CEBU

 Fiesta Señor Day | Sinulog

 Mañanita Mass (Cebuano) 5:00am

 Hourly Mass 6:30am to 6:30pm
- WATERFRONT CEBU CITY HOTEL & CASINO
 Chinese New Year's Eve (fireworks, yeesang ceremony at the lobby)
- WATERFRONT CEBU CITY HOTEL & CASINO
 Chinese New Year's Day (dragon and lion dance ceremony around the hotel)
- WATERFRONT CEBU CITY HOTEL & CASINO
 Valentine's Day dinners at
 Gourmet Walk restaurants





TOURISM

This issue, our tourism pages take us to several destinations around Cebu. There's Malapascua as written by **Pablo S. Quiza**, that island paradise in the north that is still below the radar. Unless you're a hard core diver, then you've heard of it, of course. Diving, it seems, will be our best attraction as the Philippines continues to garner accolades, recently as World's Leading Dive and Beach Destination at the 29th World Travel Awards held at Muscat in Oman.

Cabin rentals are getting popular after the pandemic, and we need to give you a primer beginning with the cabins at Cebu Safari. For easy drives, **Kara Mae Noveda** gives us three delicious road trips that stop naturally at good dining spots. There's also our Cebu Essential from the Highlands to the Beaches, a short brief on how to spend your time on the island.

ACABIN INTIME

Go outside the usual resorts and hotels this season as traveller Kara Mae Noveda gives a glimpse of what's available around the island.

S THE TEMPERATURE slightly dips and the weather gets less muggy come December, the promise of cooler days makes outdoor adventures more appealing. While beach resorts around Cebu are aplenty, uphill accommodations are steadily growing in fair numbers with the improved road access to the scenic mountainside.

Take a breather from the city and beach scene by escaping to a different landscape to rejuvenate with nature and stay in a cabin that you can call your very own for a night or two.

LET'S GO TO THE SAFARI

Occupying part of a 2,000-hectare property, the Cebu Safari & Adventure Park and its surrounding development



is a project of monolithic undertaking. With well-paved roads leading to a thoughtfully planned sanctuary for over a thousand (and counting) imported animals from around the globe, this gem of a park honors the natural beauty of its landscape.

Bouncing back from the lull of the pandemic, Cebu Safari has now resumed its full operations. Located in the hills of the quaint town of Carmen a little more than an hour away from Cebu City, the adventure park attracts its regular crowd of day-trippers even on weekdays. Those who choose to sleep over have a separate entrance and are ensured of privacy as the accommodations are away from the excitement of the park grounds. Waking up to an expansive view of Carmen's serene hills and the Camotes Sea is your fine reward when you stay at the 60room hilltop hotel with a selection of cabin accommodations with from one up to three bedrooms.

Their largest cabin is 108 square meters with a master bedroom, two separate bedrooms, and a spacious common area which opens to the dining area with kitchenette. Each bedroom also has its own bathroom making it perfect for big families as it has space for 10 to 12 guests. In-house guests can make an early start to cover more ground to see the animals, have a safari tour, and try the adventure rides (ziplines, giant swings, and all-terrain vehicles, among others). During the park's operating hours from 8 am to 5 pm, guests who are checked in may be bused from their lodges to anywhere they wish to go within the park, and back.



Glamping tents (short for glamorous camping) are the newest addition to their list of lodgings. Far removed from a rugged camp site setup, each of the fully-airconditioned luxury tents has two bedrooms with en suite toilet and shower, an African safari-themed living room, and dining area. While all cabins have a private veranda, these tents are a step up as they additionally have a sundeck and a private heated pool. Each glamping tent can comfortably house six guests.

An overnight stay comes with breakfast and access to Cebu Safari & Adventure Park. When the park closes at 5 pm guests can retreat to their private cabins and tents for some quiet time, take a dip at the infinity pool, enjoy food and drinks at the Serengeti Bar & Café or sit by the bonfire on chilly evenings.

OFF-THE-GRID FARMSTAY AT

ALHIBÉ Boutique in scale next to the neighboring Cebu Safari also in Carmen is the Alhibé Farm. The hillside farm located in Barangay Sac-on in Carmen, close enough to Cebu Safari. Rooted on the Cebuano word for climb (saka), Sac-on is, after all, a mountain barangay. Driving to this private farm would be best with a 4x4 vehicle as you will need to negotiate a rough road, shallow river crossing, especially when it rains, and some elevation—a ten-kilometer stretch from the national highway. All this useful information disclosed in their booking sites, the distance and road conditions form part of the resort's rustic charm and have certainly not dissuaded people from heading out to this off-the-grid haven.

Nestled near the summit of a hill, the one-hectare property is an

TOURISM

immersive landscape of lush and calming greens. It is a working organic farm which uses permaculture principles and is a developing arboretum for bamboo and other native Philippine trees. The owners named their property after the Visayan word for water reservoir as spring water abundantly flows here and they have a pool to show for it. The small spring-fed pool and the relaxing sound of running water is particularly enticing after taking a stroll around their gardens.

Its rustic one-bedroom hut good for 2 persons and the tent accommodations are not airconditioned. This is the intentional eco-conscious design. The interlocking shade from the

NESTLED NEAR THE SUMMIT OF A HILL, ALHIBÉ FARM IS A LUSH VEGETATION THAT IS ALSO AN ORGANIC FARM.

trees and unpolluted fresh mountain air keep the farm naturally cool and insulated from the tropical heat so there's no need for a full-blasting AC. In keeping with sustainable land management, Alhibé maximizes its overflowing supply of spring water for the common outdoor showers and toilet. The beauty of the resort's well-considered amenities is that it invites guests, mostly city dwellers, to embrace the outdoors and be closer to nature.

Guests booked in the main hut or tents have access to the entire farm and exclusive use of its amenities. Leisurely daytime activities include nature walks, swimming in the sparkling spring water pool, playing ball games in their field, boardgames or just relaxing in a hammock. Evenings are for stargazing, firefly watching, or enjoying a movie night at their *bantawan*, a canopied bamboo deck facing a pocket forest.

Your farmstay is inclusive of breakfast and dinner where vegetables and herbs that are grown organically on the farm are served. While Alhibé offers healthy dishes guests may bring in their own food and are welcome to cook in their open kitchen. Booking their Homestay Exclusive Farm Experience covers overnight accommodation with a fixed rate for a maximum of 6 guests. Special arrangements may be made with the property owners for large groups. Reservations are required as the farm does not accept walk-ins. •



INSTA-POPULAR MENTIONABLES

Not just 'Gram-worthy but worth the road trip, check out these cabin stays that have spawned online traffic.



LA VUE CABINE IN TOLEDO

Picture a cozy cabin on top of a grassy hill. That's La Vue Cabine and more—with a panoramic view of the Tañon Strait and Mount Kanlaon on the island of Negros. This one-bedroom wood cabin in Barangay Pangamihan, Toledo City (south of Cebu) can pack in a total of twelve guests in dormstyle sleeping arrangements with three double-decked queen size beds. It also has a dipping pool where you can take the money shot. Package rates vary per size of the group but always include drinks, dinner, and breakfast of comfort Filipino dishes.



TREEHOUSE DE VALENTINE IN BALAMBAN

The mountain municipality of Balamban in Cebu City is where the most concentration of mountainside accommodations are found. Standing out in terms of architecture and interiors is the picturesque Treehouse de Valentine. Secluded in the forested uplands of Barangay Hingatmonan are two treehouses, mere steps away from a natural pool of spring water and a bubbling creek. It does not get closer to nature than this. The larger treehouse has two bedrooms and a master bath with a solid wood tub.

THIS SPREAD CLOCKWISE FROM BOTTOM LEFT Alhibé's main asset: a natural water

LEFT Alhibé's main asset: a natural water reservoir that keeps the greens and this pool well-watered; pack mallows so that you can roast them over the staff-prepared bonfire. The resort lends barbecue skewers to the guests; the main hut makes a cozy accommodation for two; enjoying a hearty breakfast; the outdoor shower blending well with the lush scenery.

3

HEN I FIRST WENT to dive in Malapascua in 2010, I was surprised by its name. Why would anyone name such a paradisiacal island after something bad? *Mala* means "bad" in Spanish and *Pascua* means "Christmas." The story goes that a typhoon kept a bunch of Spaniards stranded on the island during Christmas, thus they named the place Bad Christmas. Not very original or poetic in my opinion but, what do I know about renaming islands in the 16th century?

It's a funny thing how the colonisers named, or renamed, a lot of towns and cities in the Philippines after towns in Spain or even after their surnames (Santander, Cordova, Compostela, Carcar, Minglanilla, Toledo, Ronda, Valencia, Asturias, Legazpi and many more). Yet for this little isle, they decided to create a name for it, sort of

a nickname. Paradoxically, the negative name hasn't affected all the positivity this island has to offer to the world.

Interestingly, this tiny island of two and a half square kilometers, is world famous as the only place where pelagic thresher sharks are sighted regularly. Logon, as it is known locally, would have just been a quiet fishing village among over seven thousand such islands in the Philippines if not for these sharks. The ecotourism generated by the sharks is remarkable, with a few inevitable flaws, but nevertheless admirable at the international level.

In a study conducted by Dr. Simon P. Oliver for the Thresher Shark Research and Conservation Project in 2008, it was established that "revenues have been calculated in excess of P6,000,000 per annum for one daily observation of a live thresher shark by an average 3 scuba divers visiting Malapascua Island" against the market

value of the sharks; "commonly fetching P150/kg of meat and P1,000/kg dried fins." We don't need to call Sherlock Holmes for this one; clearly, the value of live sharks is tremendously higher compared to when they are in a bowl of tasteless soup.

For those suffering from galeophobia (fear of sharks), let me tell you: there is nothing to fear. Thousands of divers have been diving with those magnificent and gorgeous creatures for years and there has never been a drop of blood in the ocean. I like to call them the "Ballerinas of the Ocean" with their long tails, smooth moves, and shyness. They are always mesmerising, no matter how many times you see them!

But for those who want to accept the image painted by Hollywood movies as facts and insist on having galeophobia, Malapascua is still a must-visit destination. With a range of alternative (dry) things to do, its postcard-style white-sand beaches

MALAPASCUA

A 4-hour ride from Cebu City followed by a half hour boat ride brings visitors to this island escape. **Pablo S. Quiza**, our Basque resident diver and photographer, writes about his favorite island.



lined with palm trees, the most amazing sunsets ever, million-star nights, amazing accommodation offers and its variety of cuisines will leave the most demanding visitors more than satisfied.

Divers are, in general, demanding travellers with strong purchasing power. This has created the favourable conditions for high level hospitality businesses to flourish in the island, with resorts such as Ocean Vida, Blanco, Exotic, Tepanee or Evolution offering first-rate standards, with the

MANY DIVE RESORTS
ORGANISE ALMOST DAILY
TRIPS TO NEARBY ISLANDS,
THE FAVOURITE OF ALL
BEING KALANGGAMAN,
WITH ITS LONG AND
UNIQUE WHITE SAND BAR.

added tranquility that only Malapascua can assure. There are no roads on the island which means no cars at all. Divers wake up before sunrise to dive with the sharks which also means not much night-life and there isn't even much nocturnal light pollution! Hard to find a place as peaceful as this!

But, please, don't let me be misunderstood. Peaceful is far from boring! There are plenty of things to do in Logon. Beach bums will be in their element. But be careful — the sun is particularly strong in Malapascua. Make sure to use your reef-safe sunscreen. For those who want to snorkel make



TOURISM

sure you visit the Marine Protected Area next to Tepanee resort, you will be able to see young blacktip sharks, baby barracudas, needlefish, octopus, pufferfish and many more. If you want to explore further north of the island where beaches are mostly empty, take a habal-habal, a motorbike taxi for P50 or stroll along the narrow alleys and roads all the way to White Sand Beach. If you are into yoga, head to Buena Vida Resort and Spa and ask about their yoga classes, their heavenly massage packages or their

romantic dinner with flower-bath jacuzzi included. Many dive resorts organise almost daily trips to nearby islands, the favourite of all being Kalanggaman, with its long and unique white sand bar.

More surprises in Malapascua? Yes! Of course! When it comes to dining, this little ocean jewel will shock you! My personal all-time favourite, and many will agree with me, is Angelina Beach in Logon Beach which opened in 2003, serving mouth-watering Italian delicacies. Amihan needs to be

mentioned too, with its breathtaking views of Logon Beach, the serene vibe and their tasty Italian dishes. Ocean Vida resort in Bounty Beach serves delicious meals with plenty of local choices. Villa Potenciana, a full vegetarian restaurant, just recently opened also in Bounty Beach and is a popular spot with European visitors. Exotic is also a local favourite. If you are adventurous and want to try local food, head to the market area or KB Merk carenderia just behind Bounty Beach.





THIS PAGE CLOCKWISE FROM TOP

Villa Potenciana owner Junjun plays the ukelele along with coworker Kim; Villa Potenciana's native caldereta; KB Merk carenderia in Malapascua.

ON THE WAY TO **MALAPASCUA**

A bus ride from Cebu City to Maya Port costs

Van for hire is much faster and a little more costly at around P300.

A taxi usually costs around P3,000.

Make sure you check the rattan furniture for sale along the road near the town of Sogod – mpressive craftsmanship!

You will probably be hungry by the time you drive past Bogo. Try pintos, a soft bar of cornmeal wrapped in corn husk, sold along the road.



OCEAN VIDA BEACH & DIVE RESORT

The resort has 29 rooms with 12 of them offering an ocean view.

Rates range from P4,500 to P5,800.

n-house restaurant opens from 7AM to 9PM.

To do around: Diving (in-house dive centre), oga (in Buena Vida Spa).

Bean bags on the beach chill out area are the trademark of the resort. A restaurant overlooking the beach offers a constant sea breeze. The Ocean View rooms are built in a two story white building nicely blending with the environment.

EATZ CEBU | DEC+JAN+FEB 2023

EATZ CEBU | DEC•JAN•FEB 2023

TOURISM

CEBU PRIMER:
HIGHLANDS TO THE BEACH

Blessed with natural bounties, the island of Cebu offers mountains and the beaches within an hour's ride of each other. These present an activity-laden visit that most tourists should not miss. Here we break down a few areas to visit that includes flower gardens, hiking trails, boating and other water activities like kayaking and paddle boarding.

1. ADLAWON VACATION FARM

An organic, sustainable and eco-friendly farm located in Barangay Adlaon, this complex enclosed by nature offers several types of rooms for overnight stays. Mahogany trees and a fruit orchard, picnic tables, a restaurant and their own Resurrection Chapel make up this 15-hectare property. Families with children will have fun with farm animals and a big playground. The owners created their dream farm as an embodiment of provincial life, and this can easily be experienced with the lush gardens and breezy air. Admission per person: P100/adult, P50/child • Number of rooms: 5 • Rates: P3,500 to P5,000 • Activities: dining, trekking, overnight stay

2. EVO NATURE CAMP

This camping place is located around 200 meters from the main Transcentral Highway in an area called Gaas in Balamban. Developed by its owner Edwin Ortiz, the 4.5 hectare property has 22 glamping tents for rent, good for up to 4 persons per tent, and a camp ground with a playground for children with its own Crayola garden. Admission per person: P55/person, free for kids 5 years old and below • Number of tents: 22 • Rates: P300 to P5,000 • Activities: garden viewing, glamping, camping, trekking, dining



MARIA ELENA SY CHUA Sirao Garden Little Amsterdam Owner

3. SIRAO GARDEN LITTLE AMSTERDAM

This garden is known for its beautiful flame-like red and yellow blooms called Celosia which is now the official flower of Sinulog, Cebu City's colorful festival celebrated every third Sunday of January. Back in 2015, the place became viral in social media and was tagged as Little Amsterdam for its eye-catching field of celosia flowers whose seeds were brought in by the garden's owner Elena Sy Chua from Holland. To add to its reputation, a windmill, a winding canal, and colorful buildings were added. Admission per person: P100/Adult, P80/Senior or PWD, P50/child • Activities: garden viewing

4. THE DALES AT TERRACOTTA MANOR

An English countryside-inspired home owned by Eva Dimapindan, this brick structure with its own swimming pool, is a great place for family and friends looking for a quick getaway from city life. The café/bar/restaurant offers a beautiful view of the mountain while having a cup of coffee. The Terracota Manor is also available as a venue for special events. Admission per person: P500/adult, P300/kids 8 at 50% consumable • Activities: dining, swimming, Saturday acoustic live music

5. SIRAO PICTORIAL GARDEN

Another picturesque flower garden in Sirao is Roger's Farm which owner, Roger Bontuyan built as a place for events. The Sirao Pictorial Garden has 4 private dining rooms with individual toilet and bath and are available for day use only. A swimming pool located on the higher level of the farm gives a view of the garden below. Admission per person: P70/person (garden entrance) and pool access: P100/adult, P75/child •Number of dining rooms: 4 • Rates: P1,500 • Activities: Garden viewing, dove feeding, pool activities

6. LAVA MOUNTAIN RIVER FARM

Fiddlehead fern, more commonly known as pako, is rich in fiber and is grown extensively in this farm. When in season, visitors are invited to go pako-picking to harvest the green fronds which can be made into a salad or added to the native chicken tinola cooked over a wood fire. What started as a private weekend home for the Lava family quickly became a popular destination, and Carmelita Lava eventually turned it into a charming bed and breakfast with 4 native huts. Fresh water running from a river beside the property constantly feeds their

Evo Nature Camp Owner

infinity pool which was built using boulders found onsite. www.lavamountainriverfarm.com • Admission per person: P500/person • Number of huts: 4 • Rates: P2,500 to P24,000 • Activities: vacation, dining, pako-picking, mountain trekking to Liki Canyon and Himbabawud Falls (usually takes 2 hours to complete)

7. OLANGO ISLAND WILDLIFE SANCTUARY

Olango Island, situated a mere 50-minute boat ride from Mactan, is a small island of 1,382 hectares. A noted wildlife sanctuary with different species of mangroves, sea grass beds and mud flats, it is a popular migratory destination for birds from as far north as Russia during winter. Seventy-seven species of migatory birds follow the East Asia flyway and Olango hosts more than half of them. The months of February and November are the peak season for the birds. At that time, a hundred different species have been observed in the island, some migratory while the rest are resident birds of the island. The best time for bird-watching is two hours before or four hours after high tide. Everyone is welcome to visit during the peak season. A viewing deck with telescopes are onsite. This excursion can be done as an overnight trip in one of the resorts at the island or a day trip of 6-8 hours. www.olangowildlifesanctuary.org • Admission per person: P20/person • Activities: Bird-watching; biking to Taytayan Camp, bread making and cooking of local delicacies like puto balanghoy

8. SULPA ISLAND

If swimming in a private island is one of your fantasies, head to Sulpa Island. Located at the southern end, it is one of the six satellite islets surrounding the bigger Olango Island. This privately-owned island is open to tourists for day use and has picnic areas. Admission per person: P100/person • Activities: water sports like snorkeling, paddle boarding, and a dive spot for beginners.

A media familiarization tour to the highland destinations along Transcentral Highway and the islands of Olango and Sulpa kicked off the Department of Tourism-7's newest initiative promoting the Cebu leg of its Farm-Fork-Fitness Circuit and Outdoor Adventure Trails.

4.4

EATZ CEBU | DEC+JAN+FEB 2023

FOOD TRIP UP NORTH

Three towns, one hungry afternoon. **Kara Mae Noveda** travels to northern Cebu for a gastronomic adventure.

ESTAURANT DINING IS finally back! But when you're up against a hungry crowd in a city where the waitlist and number of reservations-only establishments grow longer, getting away from the busyness of Cebu City is the more palatable option.

Consolacion, Lilo-an, and Compostela — three northern municipalities on the outskirts of town but actually still part of Metro Cebu are not that far away, if you're up for a road and food trip. These quieter towns are also becoming the preferred residential grounds for many families. With a reliable network of buses, jeepneys and taxis, travelling north couldn't be easier.



FIRST STOP: Seafood Lunch in Consolacion

Just an hour away from Cebu City, and even less if coming from Mandaue or Lapu-Lapu City, is Consolacion. A first-class municipality pushing for cityhood, Consolacion has shed off its former small-town exterior and is poised for big change. Government offices have been revamped while vacant lots have made way for large shopping and dining complexes.

The presence of popular food chains is usually a good indicator of how well towns are doing but it's always a comfort to see old neighborhood restaurants still keeping its crowd. People say you can always find the best food in town by going where the locals go. In Consolacion, it's Co Jordan Talaba and Bangus Eatery—a much-loved outdoor seafood restaurant. Not all too difficult to locate, this eatery is found by turning right before one reaches the Pitogo bridge and heading towards the direction of Barangay Tayud until you come to a cluster of huts where many vehicles are parked. This popular eatery never fails to deliver in terms of taste and freshness.

As their front signage shows, Co Jordan's main specialties are *talaba* (oysters) and *bangus* (milkfish). An assortment of the freshest catch-of-theday items are also on the menu which includes favorite fish such as *katambak* (snapper), *mamsa* (caranx), and *tanguige* (Spanish mackerel).

Built on stilts with its own fishing lagoon, this family seafood restaurant also provides fishing rods and bait to allow diners to have some fun by trying to catch their own *bangus*. The lucky ones can bring home the fish they've caught or have it cooked right there. Large groups or those who prefer not to dine in the main restaurant may book a private cottage, at an additional charge.





SECOND STOP: Café Break in Lilo-an

After Consolacion comes the seaside town of Lilo-an. Taking its name from *lilo*, the Cebuano term for whirlpool, Lilo-an simply means a place where there are whirlpools. You can actually go *lilo*-spotting from Silot Bridge where on a clear day happy children are seen jumping from the bridge into the cool

SWEET LOCAL DELICACIES AND LANDMARKS ASIDE, LILO-AN HAS A BUSTLING PUBLIC MARKET AND OUTDOOR FOOD PARKS.

waters below. Swimmers are cautioned not to go beyond a certain point where waters from Silot Bay flow into the Camotes Sea causing their opposing currents to create a whirlpool.

A landmark in Lilo-an is its historic lighthouse at Bagacay Point which still serves Cebu for marine navigation. The centuries-old tower that was built during the Spanish period was replaced with a 72-feet tall lighthouse

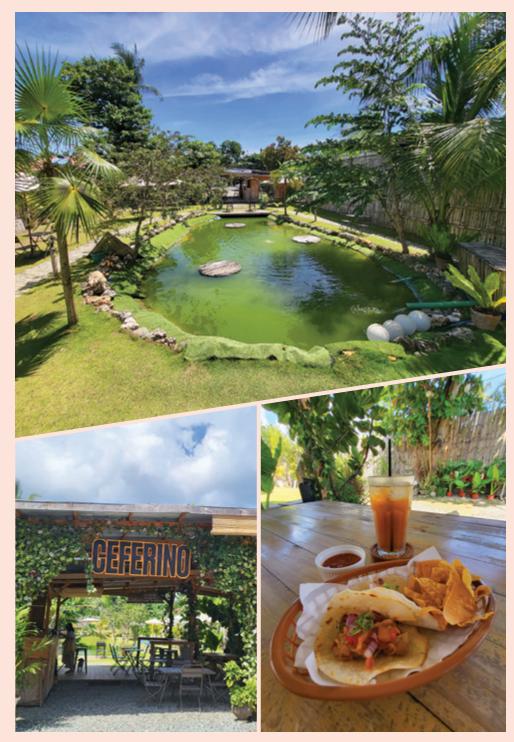
THIS PAGE FROM TOP The town is also home to centuries-old lighthouses and another institution, Titay's, famed for its *rosquillos*; an aerial view of Silot Bay, where you can go *lilo*-spotting.

commissioned by the first American Governor General of the Philippines William Howard Taft in 1904. Both structures are now attractions for visitors.

However, Lilo-an is best known for its *rosquillos*, or cookies shaped into a rosca, ring in Spanish. An original recipe of Margarita Titay Frasco, Titay's Rosquillos has become so popular and has a spot on the map that its name is almost synonymous with the town itself. The Titay's brand, now over a hundred years old, is still a family-run enterprise which has expanded to include many other baked products. Its bakeshop and store with its homemade delicacies is a busy stopover point for northbound bus commuters and visitors. These cookies are celebrated in the Rosquillos Festival held every May.

Sweet local delicacies and landmarks aside, Lilo-an has a bustling public market and outdoor food parks that are teeming with *lechon baboy* and *manok*, roasted pig and chicken, a Filipino staple at picnics. The quieter pocket park and café that is fast becoming a favorite among cyclists, pet-owners, and families is the Ceferino Park Café in Barangay Jubay. Open as early as 6 am until it closes at 10 pm, curated corners dotting the café's garden are considerations for your Instagram feed. It does not hurt to add that snacks and even rice meals here are just a little north of P200.

THIS PAGE FROM TOP New in town, the Ceferino Park Café is an outdoorsy cafe that offers ample landscaped grounds and pocket-friendly meals.



FINAL STOP: Ramen Dinner in Compostela

The scenic coastal drive continues towards the next and last stop of this easy food trip itinerary, Compostela. More than 20 kilometers from Cebu City, this beach resort town has a calmer foot and road traffic than the two earlier stops. Compostela's other charms are not apparent from the highway as its hilly landscape is a good distance from the main road. A quiet trek to the secluded 200-hectare development of Q Park brings you to an imposing 44-foot high Virgin Mary statue in Barangay Buluang. A little further away is Paradise Hills Mountain Resort.

Having had your fill of seafood grub and snacks from the previous towns, perhaps keeping it light for an early dinner is a good idea. A surprising find in this coastal town is a ramen shop. Shizen Ramen, unlike the intimate 10-seaters in Japan, sits on a sprawling property that overlooks a lily-adorned freshwater pond. *Shizen* is Japanese for nature, making it a fitting name for this relaxed open air restaurant with a view.

Ramen lovers will swoon over Shizen's four kinds of ramen. A serving of this rich noodle soup with umami flavors fetches for less than P300 a bowl. Their menu also includes *sushi*, *agemono* (deep fried specialties like *karaage* and *tonkatsu*), and *teppanyaki*. This place brings the afternoon food tour to a perfect ending before you make your way back to the city. It is also the go-to venue for weddings and other exclusive events in the area so it would be best to check if the restaurant is open for dining before making the drive.

Queseo or kesong puti, white cheese in Filipino, is one of Compostela town's local delicacies. Soft and smooth, the unaged white cheese is traditionally

made from the unskimmed milk of carabao, our water buffalo. It makes a good pasalubong for family and friends or something to eat with bread on the

THIS PAGE FROM TOP Third stop: A Japanese-inspired restaurant by a pond in Compostela. Aptly named *Shizen* (nature in Japanese), this restaurant serves ramen and a good mix of Japanese dishes. Shown here is a slice of Japanese cheesecake and a bowl of *tonkatsu* ramen; before calling it a day on the road, stop by the Compostela public market for some queseo to bring home. This cheese is traditionally paired with bread.

ride back home. @

NUSTAR CEBU'S NEWEST SHINING STAR

NUSTAR is Cebu's newest iconic integrated resort befitting the economic culture, temper and landscapes of the Queen City of the South.

The premier luxury development personifies the resilient fierceness of the Cebuano spirit in winning the battles and challenges that impede its progress.

by **MINERVA NEWMAN**

ROM AFAR AND VIEWED as dusk falls, NUSTAR is like a shimmering luxurious cruise ship safely anchored on Kawit Point at the Cebu South Road Properties, close to the country's longest bridge, the Cebu-Cordova Link Expressway (CCLEX). It is strategically nestled along the east coast of Cebu surrounded by the ocean and the city's mountains and highlands.

Four years ago, Frederick Go, CEO and President of Universal Hotels and Resorts, Inc. (UHRI), came up with a vision for Cebu to become a major business and leisure hub in the country. UHRI is a private and fully Filipino-owned corporation of the the Gokongwei Group, one of the largest and most diversified business conglomerates in the country with family roots in Cebu. "He envisioned a world-class

integrated resort development in Cebu City which will be the top choice for tourists, business and travelers whether for leisure and entertainment, or gaming and hospitality, with the amenities of a luxurious resort hotel destination," Katrina de Jesus, Director of Business Development of Universal Hotels and Resorts, disclosed.

Go, in one of his media interviews, bared that the group wanted to create an iconic, premier lifestyle destination equipped with state-of-theart attractions and recreational venues for the Filipino and the world market to "experience nights that inspire and days that delight" the sensibilities of the guests and clients.

NUSTAR is truly Cebuano in its design references, linking its rich history and culture with the waters around the island. The base of the NUSTAR building is reminiscent of the galleon ships that explored the Visayas region and its three hotel towers were designed to resemble sails.

A team of international master planners, designers and engineers collaborated to articulate and translate the founder's vision for this architectural marvel. Working with valuable inputs from industry professionals in hotel and hospitality, dining and restaurants, retail, and Meetings, Incentives, Conventions and Exhibitions (MICE), the design teams include the HKS Architects, Hirsch Bedner and Associates Design Consultants, PIA Interior, ASYA Design, Branding Agency Latitude and Studio JEFRE.

Coming from Cebu, the Gokongwei family has always looked at their hometown as a major hub in terms of

business, seeing it as a still untouched market with huge potentials, Katrina said.

She added further, "Our strategy hinges on the popular description of Cebu as the number one tourism destination, not only in the Philippines and Asia, but throughout the world. Cebu's landscape is so good, with the oceans and mountains and other things being close to each other. The founders always think of long-term developments and possibilities."

Making a difference is the overriding vision of the Gokongwei family. Katrina shares that the group is always looking to bring newness to the market, with an in-depth experience that "makes a difference" in the lives of the Filipinos while keeping Cebu always in mind.

Speaking of the timeliness in putting up NUSTAR, Katrina said, "The stars must have aligned because everything just fell into place." The year 2020 was crucial for it paved the way for them and all the elements of the business universe seemed to have conspired to put their plans smoothly in place and make things work for NUSTAR. "Sobrang timing," she enthused, "The hospitality industry and the Cebu business sector were very much open for dialog and communication to help each other."

While in its early planning stage the owners and the NUSTAR team wanted to give a name to the 5-star integrated resort. They wanted an identifying name that would capture and embody the personality of the premier complex and be part of its branding element, preferably just one word and something not too complicated. Thus, NUSTAR was born. With its creative word play to sound like

"new star," the name is inspired by the North Star, one of the brightest stars in the sky. A new star player shining a beacon of hope like a guiding North Star, NUSTAR leads the way for business, tourism, leisure, retail and more. To make an even stronger presence the name would be in all-caps font.

"In five or ten year's time, NUSTAR will be fully completed, but we don't stop there," Katrina said. She went on further to say, "What is special with our groups is that we make use of the experiences of all the diverse companies under the Gokongweis."

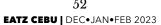
They faced massive challenges due to the COVID-19 lockdown and

the super typhoons, having over 2,000 people and workers who were part of the construction and development of NUSTAR to be looked after. Getting teary-eyed, Katrina narrated how in the aftermath of typhoon Odette that ferociously hit the city in December 2021, all their workers lined up while the team handed out cash to them. It was impossible to stop work in the middle of this massive development. Despite all the odds brought about by the pandemic, super storms and economic recession, she beamed, "We've hurdled all sorts of massive challenges, so whatever comes our way now, it no longer scares us!"

"We overcame the challenges and that's something we're proud









of," Katrina stated. She shared how meaningful it was to all the people involved, including the workers, when NUSTAR finally opened. They all learned so much and became a family along the way. "Every worker became part of the NUSTAR journey."

On the same positive note, she shared the Gokongwei Group's optimism of now having a Cebuana sitting as Secretary of the Department of Tourism (DOT). Giving their full support to the DOT's programs, Katrina said that NUSTAR has emerged as a symbol of Cebu and the Cebuanos' ability to lead the country as it re-opens while living up to its tagline – an "Island of New Possibilities."

The NUSTAR Resort and Casino is a 9.7-hectare complex that initially opened on May 8, 2022. Offering the ultimate in entertainment and leisure, Cebu's first ever ultraluxury resort is a destination in itself. Being developed in phases, it will be home to world-class gaming, three hotel towers, curated specialty restaurants, a convention center, retail shopping, entertainment and many other attractions upon its completion.

Its two-level casino with its own entrance has the largest gaming floor outside of Metro Manila and the region, with a total floor area of 21,000 square meters that features thousands of electronic gaming machines and hundreds of gaming tables. The casino's private VIP rooms meet the levels of service expected by its high-rollers. There will be live performances in the Axis Entertainment Bar, exclusive events in the Sports Bar, with local and international cuisine offerings in the restaurants.

THE VAST NUSTAR COMPLEX WILL HAVE THREE WORLD-CLASS HOTELS: THE FILI WHICH OPENED THIS YEAR, THE NUSTAR HOTEL AND A MICE HOTEL FOR A COMBINED TOTAL OF 1,000 ROOMS.

Three homegrown hotel brands will be introduced within its complex. Fili is a genuine Filipino 5-star urban resort hotel with 345 well-appointed deluxe rooms and 32 suites showcasing contemporary and traditional Filipino accents. Guests will experience the unmatched Filipino brand of hospitality and warm personalized service during their stay. Fili has the lobby lounge and all-day dining restaurant which highlights culinary favorites. A

swimming pool, fitness center and spa are among its other facilities. Their ballroom can be divided into three function rooms and four meeting rooms. Aside from Fili, the resort complex will be opening the NUSTAR Hotel tower as well as a 4-star MICE hotel – the 3 hotels offering a combined total of 1,000 guest rooms.

Dining is a huge part of the NUSTAR luxury lifestyle experience. Some restaurants that already opened which people are talking about are Il Primo, the flagship dining outlet and Cebu's only Italian steakhouse; Mott 32, the famous Hong Kong restaurant serving elevated Cantonese cuisine, opened its first and only outpost in the Philippines at NUSTAR just this year; Fina serves popular Cebuano dishes with an excellent take on classic Filipino food; and Xin Tian Di offers authentic southern Chinese specialties. More culinary options will be added to the growing restaurant list.

Elevating your shopping and dining experience is the four-levelled The Mall, designed by PIA Interior. It will feature a curated range of luxury retail brands, stylish restaurants, entertainment, and specialty shops for pampering and wellness.

Once completed, the NUSTAR Convention Center will be ready to



COVER STORY host business conferences, exhibitions park with water features and functions for a capacity of 2,000 like the Flow Rider wave delegates. More attractions will be machine and a swim-up

host business conferences, exhibitions and functions for a capacity of 2,000 delegates. More attractions will be opening at the iconic landmark such as The Skydeck, an open-air glass walk rising 116 meters above the water that will offer an unobstructed view of Cebu's cityscape and the ocean.

And there's more. The plush Cinema for the ultimate high-definition movie experience can be booked for private screening and premieres. The Boardwalk, a 580-meter walkway designed by contemporary artist JEFRE is ideal for a leisurely stroll. The leisure

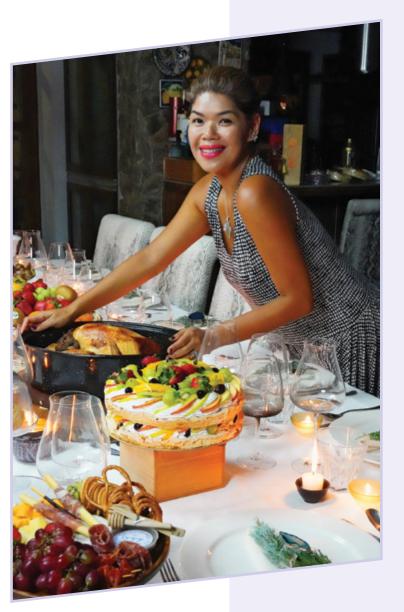
park with water features like the Flow Rider wave machine and a swim-up pool bar will also soon open. The venue can be reserved for private pool parties and events with separate areas for children.

"One of the visions of NUSTAR owners was for Cebu to be the venue for acclaimed international and local performances, musicals, concerts and plays," Katrina said, adding that all these, even international pageants are possible at NUSTAR.

The Stage will feature VIP, deluxe and premier balconies and stalls, all set amid one of the world's most advanced sound systems. It will be the biggest in central and Southern Philippines.

"With NUSTAR, the stage is yours!" Expected date of full completion of Cebu's pride is 2025. •

GRATITUDE



RATITUDE IS A POWERFUL PRACTICE. AND this season is an invitation to slow down, soak in everything. The move forward is Glocal - global quality, local source. We are in a new chapter of redefining how everything looks going forward. Let's support the intitative of sustainability, community and circular economy.

"Gratitude unlocks the fullness of life. It turns what we have into enough, and more. It turns denial into acceptance, chaos to order, confusion to clarity. It can turn a meal into a feast, a house into a home, a stranger into a friend." -MELODY BEATTIE

Food is the one thing that truly nourishes, and it takes center stage most particularly during this season of gratitude. In the following pages of this Entertaining Section, I have listed a few of my favourite things that apply to these *-ber* months: a mouth-watering article from Lesley Tan-Rice on *lechon*, that ultimate feast close to every Cebuano's heart; and, of course, Christmas in Cebu from Vanessa Amman that I paired with a tablescape shared among friends. Last but not least, is the slow-food story by Ronald Villavelez on why we should be conscious not only of its catch-phrase but most importantly, of its practice.

You tell me what you're eating, I'll tell you where you're from.

Lots of Love, **Kate Dychangco-Anzani** Food & Entertaining Editor

KATE'S LIST

Favourite Dress-up Place:

MOTT 32 at NUSTAR: Be prepared to be transported to a world of Indochine and Cantonese fare. Start with their signature yuzu cocktails, a nice taro puff, and prawn and dumplings. Check out more info as they are on our list of Top 6 Restaurants to go to this issue.

Favourite Cocktail Bar:

1521 Bistro and Bar at Bonifacio District: Ask for their smoked drinks, mixology cocktails. Vibe is high. Music is fun.

Axis at NUSTAR: The newest bar in town with BOLD moves, a long bar and fun mixology Drink List.

Cowrie Cove at Shangri-La Mactan Island Resort: Cocktail hour during weekends finds most of Cebu's party people at this seaside bar — the vibe is excellent, the drinks are cold and the view overlooking the sea can't be beat.

Favourite Shopping:

Dan's Deli at Streetscape Mall: Cebu's newest artisan deli. Go for smoked duck, lamb chops, ready to use truffle cream.

Mikawaya: If you want Christmas gifts for that hard-to-please gentleman, Mikawaya provides a beautiful range of sake and Japanese whisky. Hidden location, must be googled.

Culture: Fort San Pedro and the Basilica del Sto. Niño, located close to each other, are the two best examples of Spain's colonial influence in the island.

Local Goods: The newly refurbished Carbon Market has everything — fresh flowers, basket weaves, fruits and vegetables, a full wet market. Be prepared to go downtown Cebu and brave the hustle and bustle of Cebu's original market. Local prices with unique and bargain finds.













HOLIDAY ENTERTAINING

Noche buena dinner. Christmas Day lunch. New Year's Eve dinner. That's a lot of prepping in the kitchen within the span of seven days. If you have guests coming this season, we've prepared a few essentials for entertaining so you need not spend most of the time in the kitchen, and have more time for your guests, and perhaps more importantly, yourself.

IRST AND FOREMOST, you'll need supplies. We highly recommend the always abundantly-stocked Metro Ayala Supermarket where you'll find all of your holiday grocery essentials. They have everything, from a whole frozen turkey or chicken to canned cranberries and packets of turkey gravy. For the porklovers out there, head down to Belcris for their famous pineapple bell ham. Then, go on to Carne & Deli for some of their choice cut steaks, or their wide array of exotic cheeses and French butter. This deli has a good supply of imported veggies if

photography GPA ART AND PHOTOGRAPHY

you want to splurge on fresh asparagus and Brussels sprouts as well.

Then on to dessert. There are many choices, but we have simplified it for you. After all, who had time to run around in the horrible traffic when you can just order and have it picked by our reliable Lalamove couriers to save your sanity.

We love the cookies at Crumbs, where they have loads of chocolate that are sure to melt in your mouth. Then head to Corner Bakery for their dairy-free mango shortcake, or for a special order of their cheesy lasagna. For a festive Red Velvet cake or a Majestic Fruit Pavlova,

look no further than White Box Bakeshop. Of course, if you're trying to avoid those heavy creams and rich chocolates, fruits are always appropriate as an after-dinner serving. Our pick? Prutasan ni Adan. They carry persimmons, strawberries, mangosteens, cherries and most fruits in season, either sourced locally or imported from Australia or China.

Presentation is everything, and if you need to package any of your servings, there's actually a shop that specialises in that. D'Grazing puts together whatever you want to serve into a beautiful buffet or packed into cute little boxes. •

The White Box Bakeshop Prutasan ni Adan Metro Ayala Supermarket

DIRECTORY

CRUMBS located in Banawa FB/IG: Crumbs Cebu (+63) 919.096.8229

CORNER BAKERY located at #44 Pres. Roxas St, Villa Aurora Kasambagan FB/IG:CornerBakeryCebu (+63) 922.823.8350

D'GRAZING located at Upper Green Valley, Lahug IG: dgrazings (+63) 922.285.5174

THE WHITE BOX BAKESHOP located at GF, Ford's Inn, A.S. Fortuna, Banilad IG: thewhiteboxbakeshop (+63) 945.344.1259

BELCRIS FOODS located at Plaridel St., Mandaue City IG: belcrisfoods | www.belcris.com (+6332) 238.8899

PRUTASAN NI ADAN located at Tancor l Residences, Villa Aurora Kasambagan IG: prutasanniadan | www.prutasanniadan.com (+6332) 494.6166

CARNE & DELI located at 120 N. Escario, IG: carneanddeli (+63) 917.761.2508

METRO AYALA SUPERMARKET located at Ayala Center Cebu IG: themetrostores.ph | www.shopmetro.ph (+63) 917.886.3876

A CEBUANO CHRISTMAS

Chestnuts are not roasting on an open fire. Instead, there's a whole pig slowly sizzling over an open charcoal pit in the yard.

by VANESSA AMMANN interior decor photos MAITINA BORROMEO

HE PHILIPPINES IS KNOWN to celebrate the world's longest Christmas season. The countdown begins in September, or the start of the -ber months, and runs all the way to January, sometimes February for Chinese New Year. Singer Jose Mari Chan's Christmas in Our Hearts is heard playing in shopping malls and the neighborhood karaoke. I have come to look forward to this unique kind of Christmas that the Philippines celebrates. Starting with the traditional symbol of the season, the beautiful star-shaped *capiz parols*, to the multicolored blinking lights hanging outside every home adding Christmas cheer.

Growing up bi-racial, I get to experience and celebrate the Christmas traditions of both of my parents. The solemn nights and cold, snowy weather spent in Germany where my father grew up was a winter wonderland, but I was

always drawn to the warmth and festivities of a typical Cebuano Christmas.

Whether you're a local or a visitor to Cebu, Christmas time is when you get a good dose of the best of Filipino hospitality, generosity, creativity and the sense of family. It's a heartwarming experience when you are part of something grand and are made to feel you belong and are truly welcome, that cozy feeling of being home, wherever your home may actually be. Cebuanos, and Filipinos in general, are warm and happy people who find any reason to celebrate, prepare food, lots of it, and gather around the table and enjoy each other's company.

Food has always been the glue for every gathering of family and friends. Cebuanos love to entertain. When you bring friends over to join the festivities, they're sure to be received warmly, even if you have to bring in chairs from the neighbors for additional seating for

your unexpected guests! Your tita will quickly pull them in, offer them plates and usher them to the buffet table. As a tourist or guest, the best response is to graciously accept and eat what tita offers, especially the embutido she made just for the occasion. She may not be able to communicate in the same language or know your name, but with gestures and a smile, you become part of the family. Anyone who needs a family over the holidays is always welcomed.

Christmas to me is the gathering of people, and my grandparents did it best. They would rent big speakers and invite the entire neighborhood to a *diskoral*, a local dance party cordoned off in a section of their barangay. It was my grandfather's favorite day of the year when he would play host and generously give out new and crisp 20, 50, 100 and even 500 peso bills as prizes to anyone willing to perform, dance or join his parlor games. With music blaring, some

senior members of the community are dancing cha cha, while others are playing bingo on the side. Even when it's close to midnight, the children are still wide awake, running wild and playing with their friends. It's like a big happy fiesta. Anyone and everyone can come and join the fun because at Christmas, everyone is family!

Attending *simbang gabi*, the 9-day dawn mass leading up to the *misa de gallo* at midnight on Christmas Eve are solemn practices that were brought in by the Spanish. Whether you are a regular churchgoer or not, this Catholic tradition is one not to be missed. As candles quietly burn and hymns are sung, you can't help but feel a deep sense of peace and gratitude.

Then comes the biggest celebration everyone has been waiting for, the time-honored *noche buena*, the midnight feast that comes after the *misa de gallo* mass. Families and loved ones gather

around the table full of favorite holiday food — there's Christmas ham, *lechon manok*, spaghetti or *pancit*, your mother's special *lumpia*, *keso de bola*, *biko*, fruit salad, leche flan, the list just goes on and on. And of course, the best dish meant to be shared by all is the *lechon*, the traditional star of the Christmas feast.

After all the eating, most families then exchange gifts while others, after the busy day, decide to call it a night and open their presents on Christmas morning after breakfast. A tradition also observed by others is to visit relatives whom they haven't seen in awhile. Some even head to the beach to relax, after all the excitement of the previous days.

But most importantly, Christmas is the season for spreading love. If you find yourself in Cebu this Yuletide season, it is an honor to have you with us. Enjoy your stay on our beautiful island as we wish you *Maayong Pasko* and *Malipayong Bag-ong Tuig!* •







SLOW FOOD

FAST FORWARD TO COUNTER (FOOD) CULTURE

There was a time when many of us would have equated fast food with good food. Convenient, quick, and affordable. Turns out, all of that was too good to be true. With the recent rise in prioritizing one's health, food has taken center stage in what it means to be a responsible citizen.

by RONALD P. VILLAVELEZ photography JACQUELINE HERNANDEZ

OOKING - AND EATING - IS A political act. When we decide to cook or choose our meal, we are, unwittingly or not, enmeshed in the politics and systems

that run the world's food chain. Have you ever wondered how our eating habits and food choices affect the environment and ecosystems? In a study released in 2016, household food consumption contributes to more than 60% of global greenhouse gas (GHG) emissions, and between 50% and 80% of total resource use.

Our meat consumption alone, which is increasing at a rate of 1.7% per year on the global scale, is one cause for alarm for its environmental impact as livestock is considered to be responsible for 18% of GHG emissions. On an industrial scale as practiced in certain countries, meat production contributes to soil erosion through overgrazing, expanding carbonbased fuel consumption, deforestation, and overusage of water.

The same could be said of avocado plantations, the business of which is mostly run by warring cartels - in Latin Americas, where scarcity of water is a serious problem. In the central avocado-producing province of Petorca in Chile, rivers are running dry. Every time we enjoy avocados on our toast, are we even aware that it takes 2,000 liters of water to produce a kilogram of avocados?

Government agencies and NGOs working with the world's chocolate industry on cocoa policies are not even sweet-talking about the pressing issues confronting cocoa production – to name a few: deforestation, child labor, and inequitable farmgate prices for cacao farmers who continue to live under extreme poverty (not to mention, the ongoing tension between farmers and stakeholders). In the cacao sector of Côte d'Ivoire and Ghana, out of the estimated 2.1 million child laborers, 16,000 of them were forced into labor. However, the chocolate

industry this year will experience a season of plenty as worldwide chocolate consumption should go up to 7.5 million tons, or approximately over 2 pounds per person.

Apart from its being a primary human need, food is central to a people's lifestyle, culture, and identity. A few years ago, when I decided to learn to cook, it was out of a necessity to make my own nourishing, and yet, pleasurable meal at home. In the whole process of learning and discovering methods, techniques, and flavors, I became conscious - or rather, conscientious about the ingredients I buy and use. Perhaps it is natural for people who work in the kitchen to be mindful of what they cook and serve on the table - to know how our food was grown, and their provenance.

This became clearer to me as a cook when I joined a tour organized by the provincial government for colleagues in the local hospitality industry. The tour took us to the southern towns of the island to meet local farmers, right in their milieu, to see for ourselves, and somehow understand, the systems in which the food that reach our local markets - and professional kitchens, included – were produced. It served as trait d'union between my culinary adventures and my food sources; the experience changed my perspective on food and cooking. Since then, my cooking evolved – I started working with indigenous, locally-grown ingredients as representative of my identity as a cook - and in some



LUNA Costabella Tropical Beach Hotel, Mactan Island, Buyong Rd, Maribago, Lapu-Lapu City, Cebu 0917 555 0701 | 032 238 2700

ENTERTAINING

unexpected ways, it changed, and continues to do so, my eating habits, food choices.

Fast forward to 2019, pre-pandemic, my two-year search for local food producers who embrace the same principles I live by in my culinary pursuits, came to fruition. I found myself acquainted with a local farmer's group called Cebu Farmers Market, headed by Teresa Ruelas of CAFEi, and Aurora Perez, who frontlines Slow Food Sugbu, the local chapter of Slow Food International.

Then I learned that there actually is a term for what I practice in the kitchen: Slow Food, to signify food that is, in simple terms, good, clean, fair, and doesn't cost the Earth.

Slow Food is a global, grassroots movement that originated in 1989 in Italy, as a response to so-called "fast food" culture.

In the last few decades, people are spending less and less time in the kitchen, given the accessibility of fast food and everything "instant," and ready-meals available at the corner convenience stores. In the last century, especially after World War II, societal changes and growing economies altered the world's eating habits and food consumption.

Sadly, this contemporary "globalized" food culture has allowed people to be ever more distanced from their heritage food and food production processes that put the ecosystems in peril. Slow Food's mission, thus, is "to prevent the disappearance of local food cultures and traditions, counteract the rise of fast life and combat people's dwindling interest in the food they eat, where it comes from and how our food choices affect the world around us."

In its manifesto, Slow Food defines "quality food" based on these three basic, interconnected prerequisites:

GOOD Flavor and aroma are easily recognized by our senses. It is brought about by the choice of raw materials and its production. This determines the final taste which can either be very good or very bad.

CLEAN The environment has to be respected and sustainable practices of farming, animal husbandry, processing, marketing and consumption should be taken into serious consideration. Every stage in the agro-industrial production chain, consumption included, should protect ecosystems and biodiversity, safeguarding the health of the consumer and the producer.

FAIR Social justice should be pursued through the creation of conditions of labor respectful of man and his rights and capable of generating adequate rewards; through the pursuit of balanced global economies; through the practice of sympathy and solidarity; through respect for cultural diversities and traditions.

In Cebu, CAFEi and Slow Food Sugbu have been working closely with local farmers to promote sustainable farming practices, while encouraging the propagation and usage of produce that are native to the island.

When I started working with native ingredients in my modernist dishes, the problem was always about procurement and supply. Even in the local public markets, I could hardly find herbs like sangig, or citrus ingredients like dayap, biasong, batuan, samuyao, or catmon; while imported limes and lemons abound everywhere. Even local grains are losing popularity, especially among the health-conscious consumers who are more familiar with couscous, or quinoa, such that the likes of adlai, kabog, or tinigib mais rarely find their way to the grocery store shelves. When I had to use Cebu cinnamon, locally known as Kaningag I had to ask a farmer to forage for me in the mountains of Barili. In the Global Trees Campaign, the tree, usually found in the central mountains of Cebu and on Camotes island, is identified under the critically endangered species.

To identify and preserve endangered heritage foods, the Slow Food

movement created the project, Ark of Taste, an international catalogue of food and food products that are "culturally or historically linked to a specific region, locality, ethnicity or traditional production practice."

Slow Food Sugbu, and CAFEi and its network in Cebu Farmers Market, have been actively campaigning for local food to come to the fore in local cuisine. The goal is to continue the cultivation of the species for consumption and to preserve the biodiversity of our region.

Recently, I was invited to the second edition of Slow Food/Ark of Taste six-hand dinner at Anzani restaurant. (At the first edition, in late 2019 and at the same venue, I was one of the 3 featured chefs). This time, they tapped the culinary talents of chefs Sweetie Maurillo, Apollo Tonog of Anzani, and Richard Hao of USJ-R, to create a 5-course tasting menu for the visiting Xynteo leadership training participants from Europe.

Taking centerstage on the menu were Ark of Taste Cebu ingredients and heritage flavors. Chef Sweetie created a guso salad served on a shell as starter, using sinamak and catmon fruit as the souring ingredients, with slivers of native chili. It was followed by a thick, creamy organic chicken soup, incorporating tinigib corn and roasted ube kinampay for those sweet, nutty, earthy flavors and textures. A warm, hearty creation of Chef Apollo, the soup was served on a young coconut shell, and covered with a puff dough.

Chef Richard dished out two courses that were served in succession. His main course was a kolis-wrapped fillet of lapulapu served on a bed of kabog millet hash. The same local millet was transformed to make his churros with tableya chocolate ganache as our first dessert of the evening. Crema de Manga capped our meal, which Chef Sweetie created into a lovely confection in the form of a flower, with vanilla ice cream and otap crumble.

I was a foodie first before I started cooking. But it was cooking, and my own

culinary journey, that made me realize how it is to work with the elements – fire, water, air and earth – and how we must take care of the planet that is our great provider for the sustenance of our species. Even eating healthy now I no longer define as cutting back on carbs and fat. It is what is good, clean, fair, and allow me to add, local.

ARK OF TASTE

A dinner following the Slow Food movement's Ark of Taste guidelines was held at Anzani recently. Chef Richard Hao and Chef Sweetie Murillo, both Slow Food advocates, assisted by Anzani's own Chef Apollo Tonog, concocted a meal sourced sustainably. Ingredients used include *guso* or local seaweed, young coconut and Cebu's sweet mangos, all of which are endemically abundant.





A LASTING FEAST

For Filipinos, the sight and smell of a whole roast pig signifies a celebration. Lechon is a a treat and highly anticipated in most festivities whether it be a birthday, a fiesta or a graduation.

by LESLEY TAN-RICE



HILE LOCALS KNOW it unmistakably as the spit-roasted whole pig served during family gatherings and special occasions, the term *lechon* can be a bit of a misnomer.

Stemmed from the Spanish word leche or milk, *lechon* in the Philippines, particularly in Cebu, is more similar to how *babi guling* in Bali, Indonesia, is prepared – stuffed with a mix of spices and aromatics, skin basted with oil,

coconut water or soda and roasted over a spit – like an outdoor rotisserie.

While we have Spain to thank for naming our roast pig, the method of cooking predates the colonization era. There are two prevailing theories on how Filipinos learned to roast pig. One is that Austronesian tribes travelled through land bridges, settled in the archipelago of what is now known as the Philippines, and passed down the methods of spitroasting. Another is that the Chinese, who

came to trade with the natives before the Spanish arrived, taught Filipinos their pig-roasting techniques.

LINGUISTIC IDIOSYNCRACIES

If we were to be quite fastidious about it, *lechon* in its most literal definition should be a *cochinillo*, or what we call *lechon de leche* – a linguistic redundancy, or roast suckling pig that lived solely off the milk of its mother.

There may be ethical dilemmas surrounding the ideal age when a pig is slaughtered to satiate our stomachs, but most agree that authentic *lechon de leche* must be between three to four weeks old, just when piglets are in the process of weaning. According to Market Man in a May 2012 blog post: "Unless you trust the actual source of the pig, any cooked *lechon de leche* presented to you that is heavier than about 2.5 to 3 kilos in cooked weight (unstuffed) is not authentic *lechon de leche*."

Lechon in the Philippines is also called *inasal na baboy*, a Filipino term derived from two different languages: the Spanish asar, which means to roast, and the Malay babi, which means pig – together, reflective of how the Philippines has adapted linguistic terms from colonizer and neighbor.

SPICES OF LIFE

The difference in roast pigs is in the base spices. In the Philippines, two main methods of preparation are recognized: the Visayan way, wherein the pig is stuffed with herbs, and the Luzon way, which uses in general only salt and pepper, and includes a liver-based sauce on the side.

It's all about the stuffing to get the distinct aroma and flavor of Cebu *lechon*. Different purveyors within Cebu province and surrounding islands use a variety of herbs and fruits. Lechon stuffing commonly consists of bay leaves, lemongrass, spring onions, star anise, garlic, salt, black peppercorn and saba banana, although some *lechoneros* or *manginasalay* (roasters) use different ingredients and methods. For example, Zubuchon uses Western herbs like rosemary and thyme, sprays its pigs with coconut water, then brushes the skin with olive oil before cooking.

In Carcar, Cebu – where queues form at the public market for the prospect of snagging pieces of favored parts, with crisp skin of course – the pigs are stuffed with epazote or pasote, a pungent leafy herb, also known as pigsweed or skunkweed. Pasote traces its roots to Mexico, and by way of the Galleon Route, became endemic to the Philippines, and is prized in Carcar as an essential ingredient for *lechon* stuffing.

In Bali, Indonesia, where the inhabitants share a similar genetic makeup with most Filipinos (strengthening the first theory of the Austronesian migration and settlement among the neighboring islands), *babi* guling's seasoning is similar to how Cebu lechon is prepared, with the inclusion of indigenous ingredients to give it complexity. Babi guling's base spices, also known as genep, include bay leaves, lemongrass, galangal, ginger, red chilies, shallots, garlic, candlenuts, kaffir lime, turmeric, long Javanese pepper, sand ginger, cumin, pepper, coriander, cloves, and nutmeg.



The Chinese style of roast suckling pig is seasoning it with five-spice powder, salt, red and white vinegar, rice wine, and maltose syrup, then roasting it for hours in a roaring furnace to achieve its shiny deep red coat swathing tender, fragrant meat. Also known as *shao zhu* in Mandarin, or *siu jyu* in Cantonese, a whole pig symbolizes completeness and good fortune, and traces its roots to the Qing Dynasty, where it was a mainstay in court banquets.

HISTORICITY AND FAMILY NARRATIVES

A streamlined historical reference to the chronological origins of Cebu's *lechoneros* are slim; however, next-generation *lechoneros* who have continued their family business claim to be the first roasters in Cebu.

In Talisay, Leslie Enjambre's grandmother, Susana "Nanay Sana" Enjambre, started selling *lechon* in the 1940s at Maroca, a popular swimming pool frequented by locals. The business has been passed on to Nanay Sana's granddaughter Leslie, who shot to mainstream popularity thanks to the first season of Netflix's Street Food series. In an interview with lifestyle journalist Cheryl Tiu, Leslie claims she can roast up to 70 pigs on a busy day.

Another family of Talisay lechoneros, the Garces family, also traces their legacy to their matriarch, Lola Mila, who perfected her lechon recipe in 1945 and founded the eponymous lechon business in the 1950s. It has since changed ownership and storefront name to Mila's daughter Ruthy.

NO PART WASTED

Whether a pig is 8 or 18 kilos, most leftover *lechon* becomes paksiw, or a stew cooked in vinegar, garlic, onions and pepper. No part is wasted, as innards are soured with pineapple, tamarind or starfruit, boiled in vinegar, star anise and black pepper, and mixed with julienned ginger, bamboo shoots, carrots, bell pepper, and finger chili to make *paklay*.

A whole *lechon* can feed more than a dozen. It is the focal point for gatherings, milestones, and family reunions. While adobo is unofficially known as the national dish of the Philippines, chef and restaurant owner Dedet dela Fuente, affectionately known as the country's "Lechon Diva," makes the case for *lechon* as the rightful national dish. In an interview with KrisFlyer.com in February 2019, she states that as a single dish, *lechon* is a feast in itself.

CEBUANOS PRIDE THEMSELVES FOR HAVING THE BEST LECHON. WITH A LOT OF SKIN CRUNCH AND PERFECTLY SEASONED, **JUICY MEAT RESULTING FROM DIFFERENT SPICES LIKE GARLIC** AND LEMON GRASS.

With the myriad ways of preparing, seasoning and presenting *lechon* in its entirety or in parts like belly, legs (pata), ears and snout (sisig), and even blood (dinuguan), lechon presents a sustainable, nose-to-tail dining experience that respects the traditional way of eating and pays homage to how our ancestors ate.



THE PRESIDENTIAL **LECHONERO**

Enrico Dionson, or just Rico, is known as the presidential lechonero as he used to regularly ship several boxes of lechon to Malacañang Palace during the term of former President Joseph Estrada.



Rico started roasting in 1997, and through perseverance, he was able to perfect his marinade using organic local ingredients most notably loads of leeks and garlic, the quintessential Cebuano lechon recipe, and some other secret spices. The mouth-watering aroma and flavors of his lechon soon garnered the attention of locals and it was not long after that hogs started literally flying out of his commissary to airport carousels from Cebu to Manila. The rectangular boxes with Rico's Lechon boldly stamped in red could be spotted bound for someone's party. He also became the *lechon* supplier for top hotels and restaurants in Cebu. Where there's a buffet, the preferred lechon would be coming from Highway 77 in Talamban where most of the roastings are done by men loyal to Rico.

As a food business, Rico's Lechon cannot be beat as it has garnered several awards through the years. It is the first lechon brand with international recognition, receiving the prestigious Stevie Award twice – first in 2017 in Tokyo, Japan and once again in Vienna, Austria winning as Company of the Year, Entrepreneur of the Year, the People's Choice Award and Marketing Campaign of the Year for its "Daghang Salamat, Cebuano!" PR campaign.

From its humble beginnings, the company caught the attention of investors, and in 2013 it started to expand with its first restaurant in Mabolo. Now Rico's Lechon is run by a corporation with professional consultants helping to sustain market share through product consistency, as well as opening several outlets in Manila. Although it has ventured into a dining concept, it remains true to its core product with perfectly crisp skin that can stand on its own without sawsawan as the juicy meat is full of flavors from its



marination. It comes in two variants, the original and spicy.

Their popular restaurants highlight an open kitchen where customers can observe the chopping of their orders. Cebuano cuisine is fully present in their menu as well, and among the popular dishes are dinuguan, lechon sisig, monggos and bam-i.

The company also has the *Lechon* Fulfillment Center for orders of whole *lechon* and a take-out counter for smaller orders.

- 5 Branches all over Cebu:
- 1. Cluster E. Unit E15/16, Axis Entertainment Avenue, Vibo Place,
- 2. Unit 3 &4 Mactan Promenade, AirPort Road, Lapu-Lapu City
- 3. Mantawi International Drive, North Reclamation Area, Mandaue City
- 4. Ayala Malls Central Bloc IT Park, Lahug
- 5, IL Corso Lifemalls, SRP

Open Daily from 10 AM to 9 PM

Tel. Nos.: 032-233-9682 & 032-253-4650 | Mobile No.: (0915) 115 0248

Delivers within and outside Metro Cebu

FB: Rico's Lechon | IG: @ricoslechonofficial



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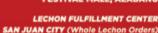


BGC, TAGUIG CITY GLORIETTA, MAKATI CITY SM MALL OF ASIA, PASAY CITY YALA MALLS CIRCUIT, MAKATI CITY **BLUE BAY WALK, PASAY CITY**

> SOON TO OPEN: **FESTIVAL MALL, ALABANG**

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LECHON BELLY

A recent phenomena in town is the introduction of *lechon* belly. As every *lechon* gourmand knows, the best part of the *lechon* is the lower belly which is full of flavor as the juices drip down. It is also the most tender part, with the flesh easily tearing from the rib bones.

Some smart guy figured this out and started marketing the best part of a roast pig as *lechon* belly, and now it's a popular meal to order if your party is less than 6 people.

QUICK RECIPE:

Ingredients: 2 to 3 kilos of pork belly slab. For the brine, use as much lemongrass, onion leeks and garlic as you like; 2 bay leaves; half a cup of salt and pepper to taste.

Clean the pork slab
with running water and shave
off any hair on the skin. In a pot,
put 5 cups of water then add
lemongrass, bay leaves, onion,
black peppercorn, garlic, and
salt. Allow it to boil then lower
heat and simmer for at least 10
minutes. When the brine solution
is at room temperature, pour
over the pork slab and marinate
overnight or at least 10 hours.

Wash the surface of the pork to remove excess salt and dry for at least an hour. Season the meat with salt and pepper



Belly Buster *lechon* belly is available for orders, the crisp skin and tender meat will easily satisfy anyone's cravings! Order at Belly Buster (+63) 917.321.1881 and have it delivered by Lalamove, price range P3,000 and up, depending on size.

and place remaining lemongrass, leeks, and garlic on the meat. Roll up the meat to form a roulade, using a twine to hold it together. Brush the surface of the skin with milk and water, then set aside for a few minutes before cooking. This liquid solution makes the skin brown when roasted.

Roasting can be done in an oven or a turbo broiler at 375 degrees F or 190 degrees C. Cover with aluminum foil for the first 2 hours so as not to burn the skin, then remove the foil to continue cooking until the skin is brown and crispy, possibly for another hour or less, depending on the size of the meat.

So what makes Cebu *lechon* so special that even the late Anthony Bourdain called it the best pig in the world?

It permeates all the senses in the best way possible. The uniform smooth golden-tanned coat is a sight to behold. Then there's the sound of a snap when pulling out a wafer-thin crust to the lips. The tender porcine meat tantalizes with the combined flavors of herbs, spices, and smoky earthiness from coal embers. Authentic Cebu *lechon* keeps you craving for more and is perfectly balanced that you don't need any sauce at all (unless you really wish to, vinegar with spices is acceptable). It is both craft and tradition, sustenance and party showpiece, a way of life and a means of living, altogether. It is an enduring symbol of our people's migration, settlement and adaptivity, a story of our unique identity.





TOP6 RESTAURANTS YOU CAN'T MISS

The holidays are here, and there's no better time to celebrate with family and friends in this issue's exciting dining choices! Our list includes three new restaurants that just opened: Mott 32, CUR8, a perennial favorite Chef Jan Rodriguez's Weekend, and three recommendations in Mactan - Nimo Brew, Luna Bar at Costabella Beach Hotel, and Benjarong at Dusit Thani.

MOTT 32

A good reason to travel to this fast developing area called
South Road Properties is the vast entertainment complex
called NUSTAR. **Mott 32** is their star restaurant putting the
Cebu dining scene on the international culinary map.



HE NAME MOTT 32 PAYS homage to 32 Mott Street in New York where the city's first Chinese convenience store opened in 1891. Its restaurant first opened in 2014 in Hong Kong offering Cantonese dishes with influences from Beijing and Szechuan, utilizing traditional recipes and quality ingredients. With its signature look of elevated Chinese décor, the restaurant was an instant hit in Hong Kong's competitive dining scene. It has since opened in Las Vegas, Seoul, Vancouver, Bangkok, Singapore and now, in Cebu. Awardwinning interior designer Joyce Wang designed a cultural blend of interiors that combines New York industrial chic with Chinese imperial elements.

Mott 32's signature dishes includes their Applewood Roasted Peking Duck, famous for its special 48-hours marinating technique and finished in a brick oven smoked with applewood. Other favorites are the Char Siu appetizer using Iberico pork glazed with honey from Anhui's Yellow Mountain; the Smoked Black Cod which is served by injecting smoke from dried jasmine flowers inside a dome; the Crispy Triple Cooked Wagyu Beef Short Rib and many traditional Chinese dishes filling 6 pages of their menu.

Mott 32 is a splurge in many ways, but for those looking for the ultimate Chinese meal, the restaurant's well-deserved reputation is truly worth it.

OPPOSITE PAGE Mott 32 Cebu Side Dining.
THIS PAGE CLOCKWISE FROM TOP
Applewood Roasted Peking Duck; Fujian Negroni;
Assorted Dim Sum



Opens daily | 5:30pm - 10:30pm Tel. No. (032) 520 4468 staging.nustar.ph/dining/mott-32 The Strip, NUSTAR Resort and Casino, Kawit Island, South Road Properties, Cebu City

Mott 32 Cebu

CATEGORY: Traditional Chinese
PRICE: PPPP
DÉCOR: ACCESSIBILITY: Accessible to both public
(MyBus) and private transport. Parking
spaces are available.
BEVERAGE: Offers a wide selection of
wines and liquor

CUR8

Quickly filling the stretch of Banilad Road going to Mandaue City are several upmarket dining choices.
One that recently opened at the Banilad Town Centre is a modern Asian cuisine restaurant called CUR8.





UR8 OR CURATE IF YOU please, opened its doors quietly last September, and quickly became a popular spot. Offering progressive dining, a concept that allows guests to enjoyably progress from lunch, afternoon snacks, happy hour, dinner, and after-hour drinks by creating a space that can hold all these curated experiences in one spot. This can be seen through the purposeful yet stylish restaurant designed by Architect Kathryn Dawn Sy. The center of this experience is created by Chef Christian Bernard creating a modern asian cuisine in the City who JP met while being a Food Entrepreneur at Sugbo Mercado. They have plenty of crowd-favorite dishes such as the Cambodian Chicken Curry, Karaage Chicken, Beef Brisket Adobo and the chef's special take on ceviche, Dragonfruit Kinilaw.

This is the latest offering of restaurateur JP Chiongbian of Formo and Vudu Lounge fame, both of which were the hottest night spots in the city years ago. Just like before, they are back to create the hottest venues in Cebu.

photography PABLO QUIZA

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Dragon Fruit kinilaw; Green Tea noodle salad; gin fizz.



Opens daily | 11:00am - 12:00mn Mobile No. (+63) 977.328.0280 Banilad Town Centre, Banilad, Gov. Cuenco Ave. Cebu City



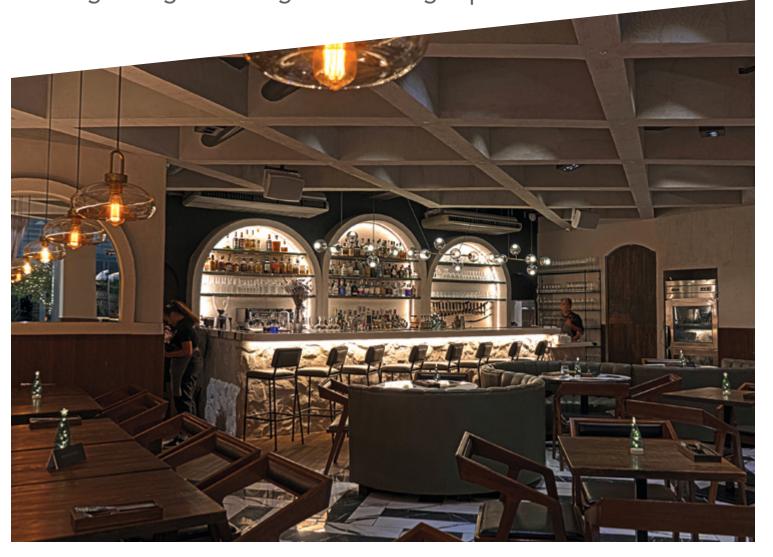


CATEGORY: Modern Asian Cuisine PRICE: ₱₱₱ DÉCOR: ★★★★

ACCESSIBILITY: Along the road of Gov. Cuenco Ave., Cebu City in Banilad Town Center. Accessible to both public and private transport. **BEVERAGE: Offers a wide selection of** wines and liquor

WEEKEND

Centrally located in the city of Cebu, this popular chophouse and cocktail bar has cultivated a loyal following among those looking for a great dining and imbibing experience.



ENTRALLY LOCATED IN the city of Cebu, this popular chophouse and cocktail bar has cultivated a loyal following among those looking for a great dining and imbibing experience.

Weekend opened in 2017 with a menu focused on American pub fare and Mediterranean inspired tapas. 50-day dryaged prime grade ribeyes, the country's first 30-day dry-aged pork chop, and the home to Cebu's favorite chop, the Fat Bastard, is truly a carnivore's paradise.

The restaurant's interior is a perfect balance of Brutalist and Art Deco; the heavy concrete hash pattern ceiling and black and white Herringbone marble flooring. The dominant feature is it's long bar showing a vast curated selection of spirits including 56 kinds of gins, over 2 dozen single malt whiskies, a growing selection of rum and a 16-tap draft system featuring the country's best craft beers; the country's first cocktails on tap; and a fine selection of wines. The cozy booths and the long rock wall add up to a romantic ambience perfect for dates, while their outdoor tables are still the best choices for a boisterous gettogether with friends and family.

Chef Jan Rodriguez focuses on quality of ingredients and proper process, and most importantly, on hospitality. "We make it our mission to make everyday feel like it's a Weekend." With memorable dining and imbibing experiences, returning guests bring family, friends and colleagues.

For a perfect night, start with Negroni, Old Fashioned and Amaretto Sour for the classics or the Botanika, Hacienda and Hayahigh for their signatures drinks. Then, be sure to check their steaks and chops, most especially the Fat Bastard and the dry-aged pork chop, the Dry Bastard and the Prime Ribeye. **9**

photography PABLO QUIZA

THIS PAGE CLOCKWISE FROM TOP LEFT

Wagyu Humado; Dry-Aged grouper; 50-day dry-aged prime grade ribeye; Hacienda cocktail.







Opening hours: Tues | Wed | Sun | 11:00am - 10:00pm Thurs to Sat | 11:00am - 11:00pm 88th Ave. Mall along Gov. M. Cuenco Ave., Kasambagan, Cebu City Accepts delivery orders



CATEGORY: American | Mediterranean PRICE: PPP DÉCOR: ACCESSIBILITY: Along the road of Gov. M. Cuenco Ave., Kasambagan. Accessible to both public and private transport.

BEVERAGE: Offers a wide selection of

curated cocktails, wines & liquor

78

EATZ CEBU | DEC+JAN+FEB 2023

NIMO BREW

Surrounded by flora and fauna, this little gem of a café in the midst of Mactan's many real estate developments is an easy stopover if you are staying on the island, or waiting for a flight in and out of the international airport.





RANSLATED TO MEAN "yours" in Cebuano, Nimo is a charming café nestled within the Cebu Plant Company, a garden center in Mactan where shopping for potted plants, herbs, cacti and succulents is made easy. But don't let all this greenery, the 2 white chickens and a Jack Russell that freely wander around the place distract you. This café takes brewing seriously with its state-of-the-art Italian espresso machine and grinders, special Bukidnon coffee bean blends, and a selection of French pastries. The Basque cheesecake and the flaky Kouign Amann alone are well worth the trip. Other favorites to try are the brick oven-baked pizzas, creamy truffle pasta and Angus beef burgers. Plans to expand the menu will include a full breakfast, more lunch and dinner options, a lively band and beer garden.

The shared life experiences of owners Yasmine and Harry Morris, together with Oliver Moeller, have put the soul into Cebu Plant Company, the half-hectare compound where the café is located. Harry is a marine biologist and national athlete while Yasmine and Oliver are both lawyers. All having travelled extensively, they have designed the property with nature in mind, holding scheduled fun outdoor activities like painting lessons and beekeeping seminars which are open to the public.

THIS PAGE CLOCKWISE FROM TOP LEFT Nimo's signature brew; Meatlovers' pizza;

Puttanesca; beef lasagna.



Casanta-Soong Rd., Mactan, Lapu-Lapu City

BEVERAGE: Offers coffee

BENJARONG

At the tip of Punta Engaño in Mactan Island, the newly opened Dusit Thani Mactan Cebu is home to one of the best sunsets in Cebu. But it's their Thai restaurant, **Benjarong**, that locals bear the long drive for.





ENJARONG, A THAI WORD that literally means five colors — black, yellow, red, green, and white— refers to a traditional kind of ceramic or porcelain that is hand-painted in five (sometimes more) colors. It epitomises the Thai dimensions of flavors which are sweet, spicy, sour, salty, and a hint of umami. After the pandemic lockdown, the restaurant opened again last July.

Featuring authentic Thai dishes enhanced by modern culinary techniques, Benjarong prepares its dishes in an open kitchen. Staying true to its Thai provenance, they serve excellent Tom Yum Goong, Pad Thai Goong, Kai Pad Med Mamuang, and for dessert, sticky rice with sweet mango called Khao Niew Mamuang.

For those craving the flavors of Thailand, head out early in the afternoon for cocktails with a sunset view at the adjacent Sky Garden lounge before dinner at this gastronomic Thai spot. In-house guests have it good as they just need to go to the second level of the hotel's Mactan wing for their Thai food-fix.

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Khao Neiw Mamung; Benjarong's Chef Thananphon Jeenphuad; Tom Yam Goong; Phad Thai.



Open: Mon-Fri | 5:00pm – 10:00pm Sat-Sun | 12:00nn – 2:30pm, 5:00pm – 10:00pm Tel. No. (032) 888.1388 ext. 55 benjarong.dtmc@dusit.com Dusit Thani Mactan Cebu, Punta Engaño Road, Mactan

(1) @DusitThaniMactanCebu

CATEGORY: Thai Cuisine
PRICE: PPPP
DÉCOR: TTAI
ACCESSIBILITY: At the tip of Punta Engaño
in Mactan Island. Accessible to both public
and private transport.
BEVERAGE: Offers a wide selection of
wines and liquor

LUNA BAR+TAPAS

The coastal part of Mactan Island called Buyong is the site of many top resorts, including **Costabella Tropical Beach Hotel**, owned and operated by the same family for decades.





NSIDE THIS LUSH BEACH compound with strong Spanish colonial influences in its design is the bar aptly called Luna, Spanish for moon. As the sun sets, Luna Bar + Tapas is the perfect place for guests to start the nightly celebrations and savor traditional Spanish dishes along with a range of tapas, inventive cocktails, premium spirits, and a selection of fine wines. The Alvarez family's Spanish ancestry and passion for gastronomy served as inspiration for Luna Bar + Tapas's cuisine. Some of the Spanish dishes and tapas are created from the treasured family recipes like Paella de Cabrito with premium goat meat and Callos a le Madrileña.

The cozy bar with a pair of Charlie Co artworks, Los Soñadores, or "dreamers" in Spanish, standing guard by the entrance, displays several colorful accents and moorish details to form an eclectic design that can be a nice contrast to the bright white sand beach outside. Just don't forget to order their popular tapas like the Pulpo a la Gallega, Atun en Salsa Verde, and the Pinchos Morunus.

photography PABLO QUIZA

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Paella de Cabrito; Callos la a Madrileña, Pulpo A La
Gallega; La Luna cocktail.



Opens daily | 4:00pm – 12:00mn Happy Hour | 4:30pm – 6:30pm Tel. No. (032) 238.2700 Mobile No. (+63) 0917.555.0701 Costabella Tropical Beach Hotel, Maribago, Lapu-Lapu City www.costabellaresort.com

(f) (@LunaBarAndTapas







INCE MANDAUE BECAME a chartered city in 1969, the city government has nurtured the spirit of entrepreneurship, putting forth sound local fiscal policies and attractive tax incentives which make it a preferred investment destination. This business-friendly environment under the leadership of Jonas Cortes, the current mayor, has enticed not only homegrown brands but also major industrial and commercial companies. Large manufacturing plants such as San Miguel Corporation Brewery have long found a home here, as have the majority of the furniture makers and exporters.

The province of Cebu has been the envy across the country for its vibrant economy which has grown steadily over the past ten years, faster than the entire country's. Mandaue City has contributed hugely to the province being a top performer.

These days, real estate developers are busy breaking ground in a scramble to meet the rising demand for residential and commercial spaces in Cebu's second biggest city. Over 180 hectares of land has been reclaimed as the North Reclamation Area, in the city's southernmost area that faces the Mactan Channel, which is now the site of several hotels like the popular bai Hotel, shopping centers like Park Mall, S&R Membership Shopping and Mandani Bay, a masterplanned waterfront project along the famed channel. This 20-hectare mixed-use development promises to transform Mandaue into a premier lifestyle destination. Mandaue is also poised to be the next hotspot for BPO (business process outsourcing) firms. Its



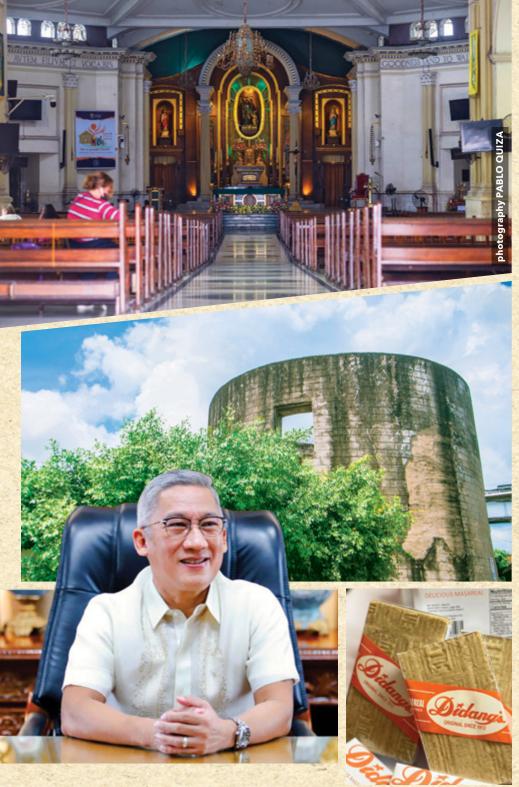
Cebu International Airport, with two modern bridges (the third bridge is located further south) to the rest of the province of Cebu.

MANDAUE CITY HAS CONTRIBUTED HUGELY TO THE PROVINCE BEING A TOP PERFORMER.

When Magellan sailed into Cebu in 1521, he sighted a beautiful cove there. Almost five decades later, Miguel Lopez de Legazpi built the country's first dry docking facility to service galleon ships on that very cove – that place today is Tipolo, Mandaue. The facility can be seen as a precursor to Mandaue's emergence as a manufacturing hub.

An acknowledged industrial powerhouse known largely for its investor-welcoming culture, accessibility to both air and sea ports, and an economy that is constantly throbbing, Mandaue also has a softer and more festive side. The energetic business center winds down for its biggest citywide party on May 8th

OPPOSITE PAGE A statue of Sotero Cabahug, considered Mandaue's greatest son, stands prominently near the Mandaue Presidencia. Cabahug was governor of Cebu from 1934-1937, and later served as Secretary of Public Works and Communications, Secretary of National Defense and Associate Justice of Court of Appeals; The Mandaue City marker welcomes visitors to the plaza of the progressive industrial city.



- the Mandaue Fiesta - when most homes are open for a time of great feasting. The city also celebrates the Panagtagbo Festival, a salute to the history, culture and positive values of the Mandauehanons. Visitors shouldn't miss the National Shrine of St. Joseph where the main attraction are the lifesize statues of the Last Supper of Christ with the 12 apostles, carved during the Spanish times. Stalls across the street sell the city's delicacies such as the sweet treat of finely-ground peanuts called masareal and the Mandaue specialty rice cake, bibingka.

Bantayan sa Hari (watchtower of the king), like other Spanish-era watchtowers, was built on the coast to alert the townspeople of impending attacks by marauding Moro pirates. Located below the Mandaue-Mactan Bridge, the cylindrical tower still stands today. The City of Mandaue bears this significant landmark on its official seal as a symbol of its heritage and its vital role in the city's history.

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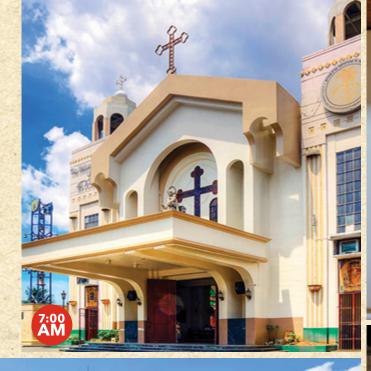
The National Shrine of St. Joseph, although recently renovated, traces back its formation to the late 1500s; Bantavan sa Hari is a Spanish-period look-out tower that was used to warn the villagers of incoming pirates; Mandaue City Mayor Jonas Cortes; Masareal, a sweet treat made of finely ground peanuts and bibingka, a native glutinous rice cake baked in banana leaves



MANDAUE

HOURS IN MANDAUE

Many visitors skip Mandaue in search of other interesting things to see and do. Here, we give you a few reasons to explore this neighborhood.











6:00AM

Start your morning with the typical Cebuano breakfast staple of *puto maya*. This glutinous rice steamed with coconut milk, mildly flavored with ginger, wrapped in banana leaves and shaped into triangles is traditionally served alongside a hot cup of *sikwate*, a richly dark chocolate beverage. The delicious breakfast duo can be found at the Mandaue market as early as 5 in the morning. The local vendor has small stools for you to enjoy this while watching the morning rush unfold. For coffee regulars, there's Starbucks and McDonald's nearby to get the morning jolt.



7:00AM

Walk on over to the National Shrine of St. Joseph located at the center of Mandaue City. Founded in 1638 and considered one of the oldest churches in the country, it holds the oldest icon of Saint Joseph and life-size statues of Jesus Christ with the twelve apostles celebrating the Last Supper or the Señor de Cena. Faithful parishioners begin their day with the 7:30 morning mass.

9:00AM

Right outside the church is the Mandaue City Hall, commonly referred to as Mandaue Presidencia. Serving as the city's seat of power, this iconic neo-Greco style building is a heritage site protected by the National Historical Commission of the Philippines. Stroll around the small park and visit the city's public library.

11:00AM

Take a break and make your way to Orange Brutus just within the vicinity of the city hall. This proudly homegrown Cebuano fastfood establishment has been around since the 80s and is known for its sizzling burger steak and mango shake.

Or hop into a cab and proceed to the J Centre Mall along A.S.

Fortuna Street where several dining establishments are located including the popular Nonki Japanese Restaurant for the freshest sushi in town.

2:00PM

Not far off is Profood Gallery Gift Shoppe, a one-stop souvenir store and pasalubong outlet for local delicacies. The gallery showcases various processed fruit products especially Cebu's much-loved dried mangoes, under the Philippine Brand. Try their other dried tropical fruits, purées, fruit preserves and concentrates.

3:00PM

After food shopping, check out more good buys and take a 10-minute taxi ride to Parkmall. Located in the North Reclamation area, the first pet-friendly mall in town is not a large one but has a little bit of everything — bargain shops, a supermarket, salon, money exchange outlet, a pet store and multiple al fesco dining restaurants. Don't leave the place without getting a seated massage by visually impaired masseurs at the mall's second floor. A 30-minute massage goes for only P110 and P220 for an hour session.

5:30PM

Cross the road and enjoy a cocktail while watching the sunset from bai Hotel's Twilight Roofdeck Lounge + Bar. Chill music sets the mood while some nights feature a live band and acoustic music. The hotel's other outlets are Marble+Grain Steakhouse and Ume Japanese Cuisine, both on the ground floor.

If Filipino food sounds good for dinner, cross the street once again to Chika-an sa Cebu at Parkmall or try Buffet 101 for international fare at the nearby City Time Square.

8:00PM

For after dinner drinks, head out to Oakridge Business Park for tapas and wine at Bar Pintxos, the local outpost of the popular bar from Manila. Locals hang out at their outdoor area, as a precursor to nightlife.

11:00PM

For a full night out, the clubs to hit are The Sentral Cebu located at the Norkis Cyberpark along A.S. Fortuna Street or Rue Cebu at Meerea High Street on Ouano Avenue.

TOP PICKS!

There's more to Mandaue than just factories... As a highly urbanized city, it has hidden locales worth visiting. On this page, we share some of our favorites.

1. STAYCATION

To really appreciate the city, a staycation at one of the premier hotels is in order. bai Hotel, whose name comes from the vernacular word for "friend", is the ideal place to stay. With over 600 spacious deluxe rooms and suites with upscale facilities, this contemporary hotel has seven stylish dining outlets to choose from making it a culinary destination within the metro. A steakhouse, a café with all-day buffet, a Japanese restaurant a rooftop bar with a stunning city and harbor view, and more. With a staff that's efficient, accommodating and friendly, you won't want to leave anymore. Located at the North Reclamation Area, there's a mall just across the street.

2. MASAREAL

If you haven't heard, much less tasted this local delicacy made of boiled peanuts made famously in Mandaue, then you're missing out as a nut lover! A bar of masareal is a favorite dessert or snack for Cebuanos. Since 1998, a family corporation under the helm of Jun Carbonilla has been creating this sugary concoction under the label, Mandaue's Nutricious, now packaging it in foil sachets. Their product line has expanded to include peanut butter, polvoron and a well-awarded malunggay pan de sal, a nutritious version of the popular Filipino bread, and a lot more. Their packaged products are available at most souvenir shops and major groceries. Or you can visit their factory located at San Antonio Street in Looc, Mandaue City by sending them a message at their FB page under Mandaue's Nutricious.

3. STREET FOOD

A good old-fashioned barbecue spot serving Cebuanos for 26 long years, Matias' Inato Foodhaus started with a little stall and is now almost an institution. Located along A.S. Fortuna Street, this is the go-to place for the tastiest hot-off-the-grill pork and chicken barbecue on skewers, pork belly and Cebu chorizo. Or try the balbacua-a rich, thick and delicious Filipino beef stew seasoned with different spices. Matias' also has outdoor seating which makes eating Cebuano street food a more pleasant experience.

4. SOUVENIR SHOPS

When going pasalubong shopping, places to check out in Mandaue are Mandaue's Nutricious, Profood Gallery Gift Shoppe and Parkmall Mall for local products.

5. CHOCOLATES

No, they are not made in Mandaue. But this shop called SMR Chocolates is worth visiting as they carry an extensive list of imported chocolates and candies, some at marked down prices. Perfect for filling up loot bags for your kids' birthday parties, or simply giving in to your sweet tooth cravings. Located at City Time Square 2, North Reclamation Area, Tipolo, Mandaue City

6. MOVING AROUND

There are several modes of public transportation in the form of jeepneys and buses in major thoroughfares of Mandaue, or the motorcabs plying the minor roads. But for those who prefer an easier drive, Cebu Easy Rent-A-Car is located at Salome's Pension Building on A.C. Cortes Avenue (FB: Cebu Easy Rent-A-Car Transport). They offer self-drive or car rental with a driver for their fleet of vans. SUV or sedans.

7. KARAOKE

Sing your hearts out and discover who's the best diva with a microphone. This family KTV has spacious private rooms for small gatherings and a big room for up to 30 people. Sing, dance and eat all night long with your family and friends. Located at City Time Square, Tipolo, Mandaue City, from 1:00 pm to 12 midnight on weekdays and until 2 am on Friday and Saturday.







WHAT'S IN MANDAUE

Neighborhoods and communities are in a constant uplift in Mandaue. Because of its central location, the city is getting a lot of attention from developers and investors.

LIVING

Mandaue City has several subdivisions, most notable of all is Northtown Homes with its tree-lined streets developed by AboitizLand in Cabancalan where prices currently run at P60,000 to P80,000 per sqm.

The city also has several high rise and mid-rise condominiums from the country's top developers like Ayala Land's Amaia Steps, Cebu Landmaster's Astra Centre and the master-planned community of Mandani Bay developed by Hong Kong Land in partnership with Taft Properties as the most prominent.

SHOPPING AND DINING

Mandaue boasts of several malls that's worth visiting. Pacific Mall with its flagship Metro Department Store, Park Mall and JCenter Mall, all with their own food courts and restaurants.

For a more subdued lifestyle

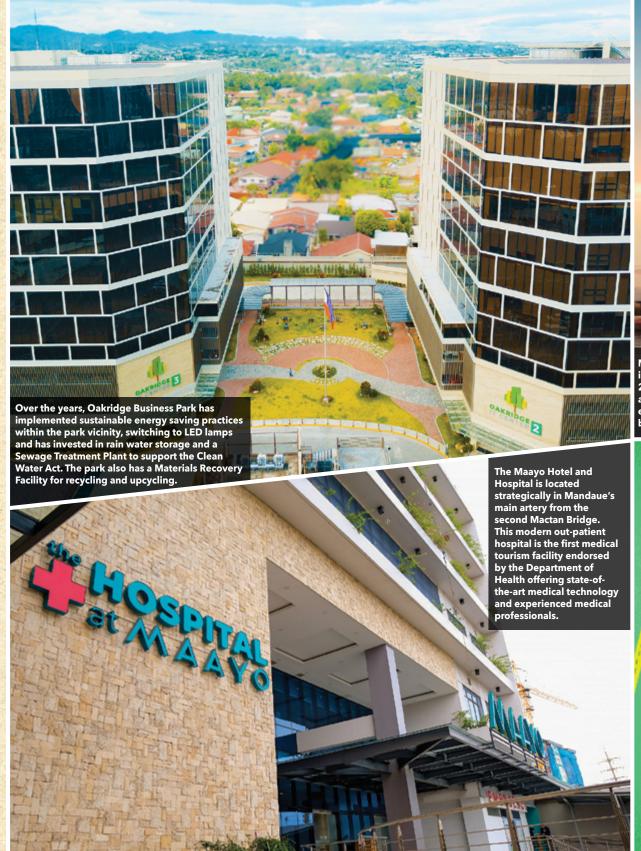
experience, head to Oakridge Business Park in A.S. Fortuna Street with its open spaces, diverse dining options. The four-hectare development is home to numerous PEZA-registered IT centers, an events venue and several good restaurants including the popular tapas bar Pintxos.

LIFESTYLE

In a nod to medical tourism, Maayo Clinic and Hospital offers modern healthcare for diagnostics, therapeutics and wellness. Best of all, there is an adjoining hotel, Maayo Hotel that patients and their families can use for recovery or simply visit. The hotel also has an excellent rooftop restaurant, Ani, overlooking Mactan Channel.

For more serious ailments and medical requirements, Mandaue offers two world class hospitals, Chong Hua and UC Medical Center.

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EATZ CEBU | DEC•JAN•FEB 2022







HOLE IN THE WALL

Two of our choices for this issue are not necessarily small dingy places, but they do have a Hole-inthe-Wall sense for being in an obscure location, and unexpectedly luxe!



TALES AND FEELING

Located in the corner of the busy thoroughfare beside Velez Hospital and above a ngohiong joint, this restaurant with only 18-seats offers a surprising cocktail menu with gastronomic list offerings, think foie gras and truffle pasta. One of our Top 6 restaurants in a previous issue, they have been known to offer a 7-course meal with wine pairing (P2500 to P5000pp). Definitely worth finding! Reservations are highly advised, DM them on IG/FB talesandfeelings.

LLULA

For the ultimate insider, this lounge is supposed to be in a secret location inside a residential area, and accessible only by passcode given through referral! But since its opening a few years ago, it has become a favorite haunt for party people who appreciate the exclusivity and clubby ambiance with good drinks and food menu. Try the Buffalo chicken wings. To get there, ask one of your in-the-know friends.





LUMPIA NI SENYANG

This literal shack sells some of the best fried vegetable lumpia, priced at P25 a piece and served with truly spicy sauce. Located around the neighborhood of the Birhen sa Regala church in Mactan and very near St. Alphonsus Catholic School, Senyang has been cooking since 1973. Having stayed open this long, it sure has got the locals' stamp of approval.

9 Sorry 0 don't understand

Pasayloa ko

Wa ko kasabot

I don't know Ambot / ambot lang

Bathroom Banyo

圆

Expensive Mahal

Spicy Halang / hang

Stop here, please

Lugar lang

I'm lost Nawala ko

> Unsa ni? What's this?

Good noon

Maayong udto

Take care

Amping

I'm waiting

Naghuwat ko



Car Rental .500/day, self-drive



GrabCar 120-150 (Sto. Niño to SM Seaside)



P100 to 150

(Sto. Niño to SM Seaside) Habal-habal

MyBus

Free ride BDO Fuente to SM Seaside vice versa, 8:20am to 10:00pm (check their for more updates)

BARGAIN HUNTING, CEBU-STYLE!

1. FREEDOM PARK

You can find all manner of local crafts, native products, and even flowers in the trade shops that line Freedom Park. Navigate the stalls that spill over onto Cebu's downtown streets to find the cheapest bargains.

2. ISLAND SOUVENIRS

If you want to hand out presents in style, Island Souvenirs offers premium-quality retail products. From handicrafts, ref magnets, food items, to their "I heart" tees, everything comes in dainty packages.

3. TABOAN PUBLIC MARKET

This is the place for getting those ohso-delicious bundles of dried fish, dried mangoes, and other local food products. If the telltale smell doesn't entice you, the eager hawkers and vendors absolutely will.

4.138 MALL

Get things wholesale and at bargain prices within this lively downtown mall. If you don't have a specific quarry in mind, you just might find something fit for pasalubong within.

5. UNITOP

Unitop is a bargain hunter's dream. This mall's shelves are chock-full of products on the cheap, making you add more and more into your shopping bag without even denting your wallet.

6. CARBON MARKET

The granddaddy of groceries. This sprawling open-air market right in the middle of downtown Cebu has a wide, as in very wide, variety of fresh produce, seafood, and dried goods on sale.











Taboan Market

If you're hunting down that last item in your pasalubong shopping list, why not take a gander at Cebu's local shops, markets, and bargain bins? When in downtown, these places are right up your alley. Drop by and see and what's on offer.

COLON STREET 138 Mall

Island Souvenirs

Freedom Park

photography PABLO QUIZA

Carbon Market







CHEAP EATZ UNDER P200

We searched the city for bites that fit the budget of P200 or less. There's actually so much more than this list, but this should set your wandering taste buds to a good start!

by **CINDY CABALLES**

PAPA V's GOOD FOOD

Wraps, salads, and rice meals which can also be ordered in platters.

 $\begin{tabular}{ll} \textbf{DISH TO TRY} & \textbf{Regular size Chicken or Beef} \\ \textbf{Shawarma}, \textbf{P150} \\ \end{tabular}$

LOCATION They have 3 outlets: Talamban Times Square Mall, Gov. M. Cuenco, Talamban; A.S. Fortuna St. at Harley Davidson Dealership Mandaue; Escario St. behind Harolds Hotel

CITY WOK FOOD HOUSE

Chinese dishes and dim sum is what's cooking at City Wok Food House. Their menu also includes family and set meals, food trays and their cute and Instagramworthy steamed buns.

DISH TO TRY Rice combo with orange chicken and siomai, Pl95

LOCATION They have 2 outlets: Providence St, Peace Valley, Capitol Site and at HVG Arcade, Subangdaku in Mandaue

GOOD DAY CROFFLES

A Korean street food trend, a croffle is a croissant and waffle in one. Good Day Croffles makes these buttery, crisp and flaky pastries fresh in 9 different flavors.

DISH TO TRY Strawberry and Oreo Toppings, box of 2 minis for Pl30

LOCATION They have 2 outlets: OTD 2, Oakridge Business Park and Sugbo Mercado at Garden Bloc, IT Park

PARES PARES

The house specialty of this roadside diner is braised beef stew. The name means pairing and most of their meals is a paring like the savory dish of beef chunks paired with a serving of rice with bowl of soup on the side. Sizzlers and *silog* meals are also available. DISH TO TRY Original Beef Pares, Pl25, additional P25 for unli rice LOCATION They have 2 outlets: Cebu Escario Bldg. beside Parklane Hotel, and at Ford's Inn, A.S Fortuna St.

BETTER BURGER

This burger joint uses 100% premium beef grilled on an open fire. Aside from the original, they also have triple cheese, shrimp, vegetarian and chicken burgers. DISH TO TRY Better burger, P199 LOCATION SSY Business Center, Salinas Drive in Lahug

DO YOUR PART ONE BOTTLE AT A TIME...





bring your own cup

Instead of ordering bottled water in restaurants, ask for service filtered water. Or carry your own water jug.



















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