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June 2023



ANNIVERSARY ISSUE

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ZEE PUBLICATIONS, INC. JUN-JUL-AUG 2023



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letter to the editor



HELLO FROM SINGAPORE!

Hi Eva & Team at EatZ Cebu,

We arrived in Cebu & came across your Magazine EatZ Cebu. The Magazine is well layed out & provided a good resource for us to understand the what Cebu City has to offer.

Keep up the good work!

—Lauretta A.

on the cover



June, the celebration of food in Cebu City! The month marks Cebu Business Month, an annual mid-year event featuring various activities organized around town. This year's celebration is in partnership with the Cebu Food and Wine Festival to offer this gastronomic event open to one and all. On our cover are some of the dishes to taste: taco salads, scallop ceviche and *litson manok*. Also on the cover are some of the prominent chefs coming to Cebu: Chefs Reggie Aspiras, Chele Gonzales and the trio of Sharwin Tee, Tatung Sarthou and Edward Bugia.

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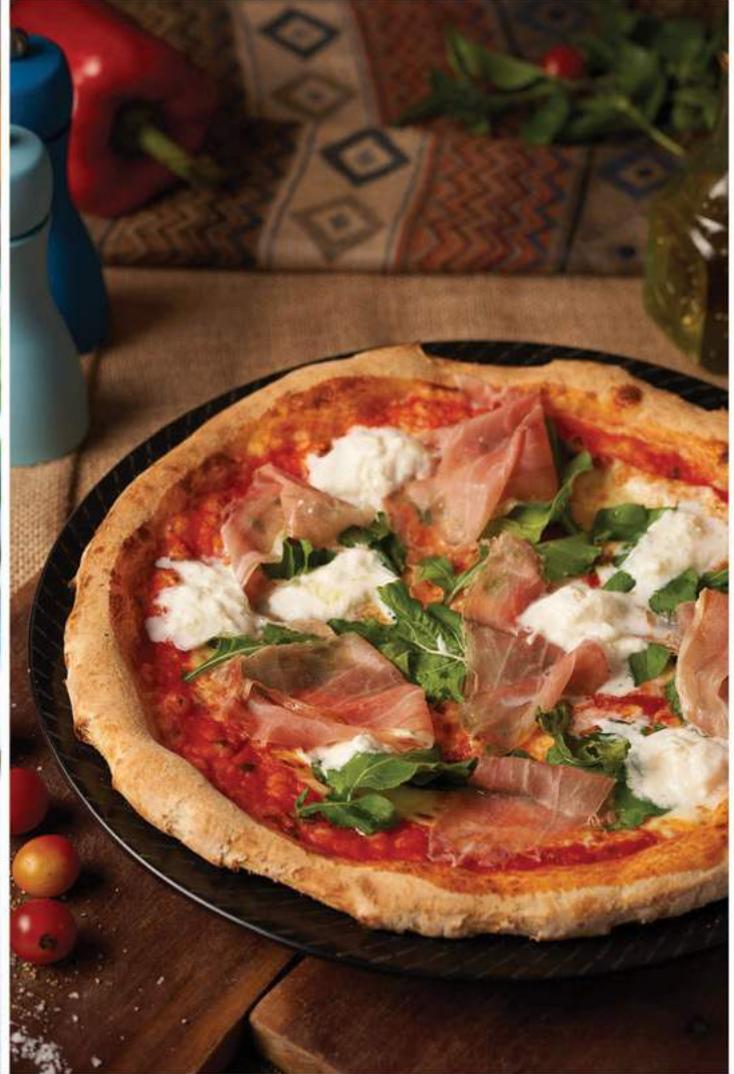
EATZ Cebu Quarterly Magazine is available as a room amenity in most major hotels, resorts and restaurants in Cebu. With a food-centric editorial voice, EATZ Cebu is the first publication to introduce readers to the current dining scene in the island of Cebu. Advertisers will appreciate its wide audience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

Cover price: P150.00



CENTRAL VISAYAS

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DREW SARMIENTO

businessman

DREW'S ESSENTIAL CEBU EATZ, page 18

BUSY WITH: My day job keeps me in our Manila office where we deal with hydro-electric power development, aggregate supply, and horizontal infrastructure development. At night, I dabble into DJing for the Sentral/Proof group.

TRAVEL MEMORIES: La Playa Estrella will always hold a special place in my heart because it was my first vacation destination during the Pandemic era when Cebu finally opened up. I love the peace and quiet, the staff treats you like family, the food is great, the prices relatively affordable and this place just makes me feel at home.



KARA MAE M. NOVEDA

lawyer

SWEET CEBU, page 38

BUSY WITH: Aside from legal work for a foreign consulate, for the last couple of months, weekends will find me in the beach learning to dive while trying to put off my thesis writing.

TRAVEL MEMORIES: Hanoi last November was my first overseas trip since the pandemic. Fresh from landing, I was welcomed by a satisfying bowl of roadside pho for breakfast on day one, and it felt like home.



JOVY TUANO

restaurateur

A CEBUANO FOOD ESSAY, page 56

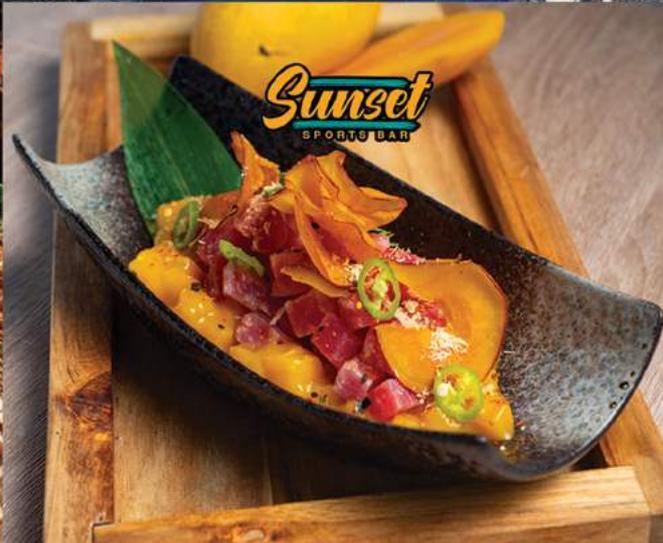
BUSY WITH: The upcoming Cebu Food and Wine Festival, where I sit as Food Development Director, in addition to my fulltime job which brings me around the world in search of premium meat products to serve our customers at La Carne, and to the service industry.

TRAVEL MEMORIES: Last March, we visited the Canterbury Cattle Farm in Christchurch, NZ, where Hereford and Angus's steers are fed with grass, clover, hickory, kale, and sugar beets. The biodiversity in this farm impressed me, and would serve as a reference to our efforts on farm to plate value chain here in the Philippines.

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A Celebration of Palates

THIS ISSUE CELEBRATES OUR Food Culture not only on a city scale but on a Philippine-wide scale. Time to *Savor our Culture*, the Cebu Food and Wine Festival (CFWF) battlecry, and the *Cebu ta Bai* celebration of our partner organization, the Cebu Chamber of Commerce, and their events arm – the Cebu Business Month (CBM).

CFWF was created to highlight regional produce and its accompanying cuisine. The aim is for people to not only taste food and experience wine pairings but also to savor the nuances behind the culture that made the food. This creates a socio-economic impact on the region, creating a sense of place.

Creating a food festival of this magnitude, with more than 20 prominent chefs from Luzon to Mindanao, is aligned with the National Tourism Development Plan. The Festival is the result of a private-public relationship fortified with one goal: to food stamp our cuisine, better known as *Tatak Pinoy*. The local tourism office and our organization hope to have 200 outputs of new dishes that will be developed under *Tatak Pinoy*.

With so much happening in June, we have made it easy for everyone to participate in this exciting endeavor. Meet the chefs who took time out to be in Cebu, most of them running top-rated

restaurants in Manila and beyond, in the following pages. We have also itemized the chef schedules for you to meet and dine with them in our city. The 15-day event spans multiple venues across Cebu, Mandaue and Mactan. It is a collection of pocket events: lunches and dinners by the chefs, wine seminars and tastings, boat tours, pop-up eateries, local markets, beach-side brunch, and cooking classes. The Festival travels to Manila in July, Ilocos in September, Davao in November, and Baguio in December.

In the meantime, we invite you to join us for a successful Festival. This is an opportunity not to be missed. Having this prestigious group of chefs together was not an easy feat. Still, the hard-working staff of CFWF, who you will meet at the Festival and in the succeeding pages, has made it possible for Cebu to have this opportunity to *Savor Our Culture!*

We are, after all, one big Filipino Food Community!

In hospitality,

KATE DYCHANGCO-ANZANI

Eatz Cebu Entertaining Editor

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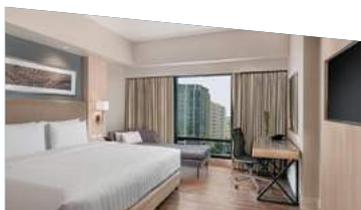
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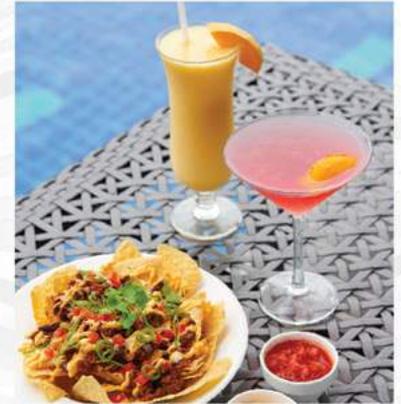
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CHRISTOPHER WHEELER

CHRIS ARRIVED IN CEBU IN 2016 WHEN he was assigned as General Manager by QIMA Philippines, a sportswear manufacturing company with a factory at MEPZA in Mactan Island. It was an easy transition, as he had lived in Asia for the last ten years, including six years in Phnom Penh, Cambodia. Chris hails from the UK and has resided mainly in London before becoming an expat.

Where is the ideal place to stay if you have to live in Cebu for over a month?

I like to live near Cebu Business Park. Access to the gym, grocery stores, malls, bars, and restaurants is excellent. Living in Cebu, it is easy to go away for a break at the beach or play a round of golf. Living here is convenient for sure.

Where can we find you on weekends or in your leisure time, and why?

You can find me on the golf course, usually on Sunday mornings. I like to play at Club Filipino in Danao. On Saturdays, you can find me in

a coffee shop having brunch or reading a book. I also go out of town whenever possible.

Do you have a favorite Filipino dish unavailable in your home country?

I like chicken and pork adobo. Simple and tastes great!

Do you do grocery shopping? If yes, what is on your staple list?

I eat a lot of salmon and chicken. In addition, I buy fresh vegetables, brown rice, bread, hummus, pasta, and coffee capsules. I like to cook with fresh ingredients. In terms of local delicacies, I like ube ice cream, and this is often on my shopping list.

What restaurant would you take a VIP guest to, and why?

I usually take visitors and colleagues to Asmara. Excellent outdoor location and I like the food and drinks. There is always a good vibe, even when it is quiet. If it's a special occasion, I may shell out at Mott 32 in NUSTAR. So far, I have only been once though.

What is your go-to restaurant, and why?

For long brunch, I like to go to Xin Tian Di in NUSTAR. I also like to go to Abaca Bakery and Café des Amis. ☺



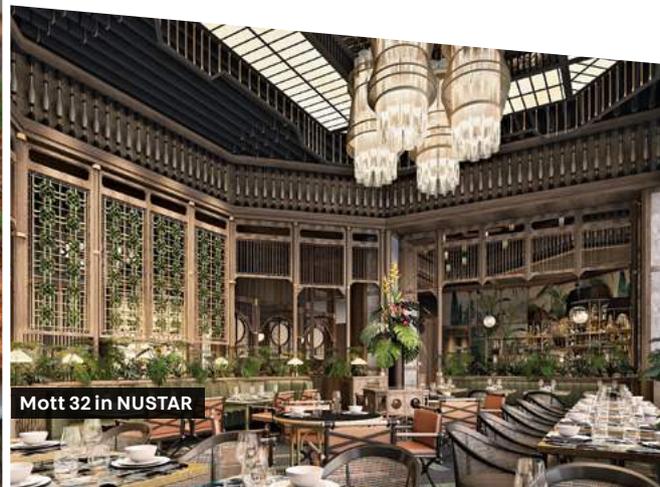
A party at Asmara Urban Resort & Lifestyle Village



Club Filipino golf course



Chicken pork adobo



Mott 32 in NUSTAR



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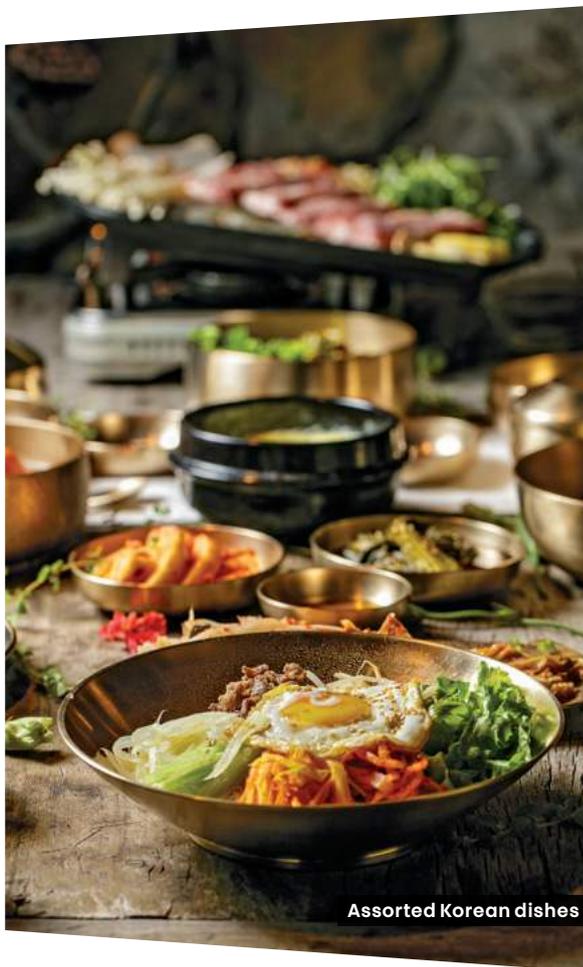
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TIRELESS TROTTER
by Butch Carungay



Nonki Japanese Restaurant



Assorted Korean dishes

Around the World WITH MY TUMMY

A globe-trotter's guide to the diverse cuisines of Cebu.

photography (on this page) **PABLO S. QUIZA**

CEBU'S CULINARY SCENE IS A melting pot of flavors, blending traditional Filipino dishes with international influences. From bustling street food markets to fine dining establishments, there is something to satisfy every palate. Join us as we embark on a gastronomic journey worldwide while our feet are firmly planted on this rock we call Cebu.

ASIAN FLAVORS AT YOUR FINGERTIPS

While exploring our island, you'll be transported to various corners of Asia through its diverse culinary offering. Head to the new Nonki Izakaya on A.S. Fortuna for a taste of Japan. This latest bastion of the fast-expanding Japanese chain of fine restaurants is undoubtedly more contemporary than its older sibling and features an updated menu and bar. Savor the rich flavors of Malaysia and Thailand at Oriental Spice Gourmet in Mactan, where you can enjoy dishes like Pad Thai, Beef Rendang, and Char Kway Teow. Don't forget that they also make Hainanese Chicken Rice every Wednesday and are closed on Mondays and Tuesdays. Fans of Indonesian fare should check out Cribs on North Escario, where they serve the best Chicken Satay, Mee Goreng, and Sambal Shrimp. Those in the mood for affordable but delectable Chinese food should check out EZ Eats on Ramos Street, which now boasts an expanded menu showcasing even more Cantonese specialties. Korean restaurants are practically on every corner of this town, but we've been frequenting Seoul Black and Chicken and Beer in Streetscapes for their no-fuss Kimchi fests.

MIDDLE EASTERN AND SOUTH ASIAN AROMAS
Middle Eastern and South Asian cuisines are renowned

for their skillful use of aromatic spices, creating a tapestry of flavors that is hard to resist. While not many, a few such restaurants and take-out places serve solid and tasty dishes. Anyone looking for a menu from the Indian Subcontinent should head out to Banilad/Talamban, where several restaurants serve the sizable Indian student population who study in the area. The best of the lot is Cherry's The Spice, which has also opened a new outlet at the Cebu Yacht Club in Mactan. Persian Kitchen, also in Banilad, serves some of the best hummus and babaganoush in town and offers various authentic Iranian plates on their menu. Lovers of Levantine cuisine should check out Papa V on Morales Street for their Lebanese Meat Stuffed Pitas and Hussam at Il Corso for some of the best char-grilled lambs on the island, finished off with some Syrian sweets.

EUROPEAN INDULGENCES

If you're yearning for European flavors, fret not! Cebu's culinary scene has you covered. Trattoria da Gianni in Crossroads, Giuseppe's on Maria Luisa Road, and Tavolata on A.S. Fortuna are the holy trifecta of Italian cuisine in town and serve up some mouth-watering pizzas, pasta, and mains. Café des Amis in Plaza Nouvelle makes the best croissants this side of Paris in addition to classic French bistro grub. Have some modern British cuisine and make your way to The Pig and Palm in Cebu

Business Park for their Beef Wellington, while those in the mood for Alpine cooking should head out to Luzern Steakhouse on St. Moritz Road. Those craving paella better proceed to El Chiringuito at the Gallery in Mabolo, where they also serve Iberian classics such as gambas, callos, and croquetas. Pukot Kitchen has also opened a new outlet at Vibo Place in Escario, serving crowd favorites like Herbed Pork Chops, St Helen's Rib Eye Steak, Pan Seared Salmon in Caper Sauce, and arguably the best Portuguese tarts in town.

A TASTE OF THE AMERICAS

From the United States to the Latino countries, Cebu's food landscape is dotted with eateries that pay homage to the flavors of the Americas. Sink your teeth into a wide array of burgers, poppers, and loaded fries at Better Burger on Salinas Drive. Taste Mexico's fiery spices and vibrant colors at Maya in Crossroads and Pueblo in BTC, where they have fajitas, enchiladas, and tacos galore. Those looking for Peruvian (with a dash of Japanese) should head out to Dip at the Sheraton Resort in Mactan, where they have a wide array of ceviches, bowls, and lomos for the discerning palate.

EMBRACING LOCAL DELICACIES

No culinary adventure in Cebu would be complete without exploring the local delicacies



Chicken Satay

that reflect the island's unique heritage, which takes us to Abli & Amigos on A. Morales Street in the old uptown district which is fast becoming Cebu's answer to Poblacion in Makati. Helmed by a chef trained in Manila's now-legendary (and one of the Top 50 Restos on the planet) Toyo Eatery, this new restaurant reimagines classic Cebuano fare with modern techniques, global influences, and elevated ingredients while retaining the essence and tastes of traditional dishes. The most successful manifestations were the Honey Glazed Ginabot, Fish Larang with Fried Tomato Paste, a Salted Egg Broth, and the 8-hour Slow Roasted Pork Belly. Paired with the dishes are fresh takes on local cocktails with the wittiest names that perfectly complement the deliciously savory dishes.

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Cebu is an experience that will delight your taste buds and feed your wanderlust without necessarily draining your wallet. From Asian delights, Middle Eastern aromas, European indulgences, American flavors, and fresh new takes on Cebuano cuisine, this vibrant island offers a culinary experience that can compete with much larger metropolises. 🍴



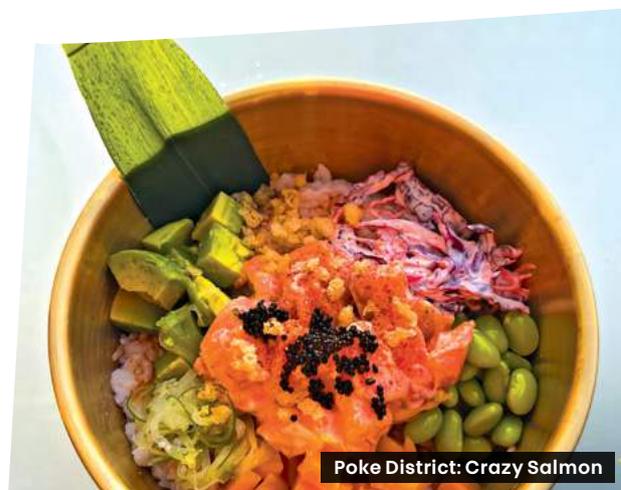
CHILD OF THE UNIVERSE
by Minerva BC Newman

The Green Journey

Writer **MINERVA BC NEWMAN** went from Mactan to Cebu in search of more greens.

VEGETARIANISM HAS gained popularity in recent years as more and more people have become aware of the benefits of a plant-based diet that excludes meat, poultry, fish, and other animal products. Instead, it focuses on fruits, vegetables, grains, legumes, nuts, and seeds. Several reasons come to mind, health being the most apparent as plants are rich in vitamins and minerals that improve one's overall personal well-being. Then there are ethical concerns, especially among animal lovers. Eating meat also has an extreme environmental impact as livestock produce harmful methane gas, and they are the leading causes of deforestation and water pollution in large-scale farming.

Another plus side is the economic effect, as most agricultural produce is cheaper and more readily accessible. In addition, many greens and fruits



Poke District: Crazy Salmon

are available in the market, some from as close as our backyard like *kamunggay* and papaya.

I continue my search for a good vegetarian meal, and for this issue, I visited three places where I can comfortably sate my appetite. I started in Mactan Island, going to the resort town of Punta Engaño to see if being a vegan is possible if you're on holiday.

My first stop was at **Dusit Thani Mactan Island Resort** where I quickly found a seat at the **Sunset Sports Bar** by the huge infinity pool

overlooking the Mactan Channel. Dusit's Executive Chef, Karthnik Ravi, and Sunset Sports Bar Chef de Cuisine Victor Leme are known to embrace the local food culture by sourcing ingredients from the island's various regional markets. I ordered The Beet Burger, a beetroot chickpea patty with feta cheese, garlic mayo, lettuce, and pickled cabbage, followed by their Sunset Signature Halo-Halo served in a fresh coconut shell with ripened jackfruit. They also have Jewels of Cebu,

a torched goat cheese with local honey.

The next stop is at the newly opened **Sheraton Mactan Island Resort**. This modern resort, with a luxury condo complex adjacent to the hotel, serves guests, residents, and locals who come for a meal. Their all-day-dining restaurant, called **5 Cien**, is derived from the Spanish word that means five hundred, a reference to the Philippines' celebration of 500 years of Christianity. This restaurant serves a vegetarian selection.



CLOCKWISE: The Sunset Signature Burger; Crispy Mac and Cheese; the Factory Nachos, strictly vegan.



Seafood Saturday Night at 5 Cien



Vegan Pesto Pasta

Here's my secret tip for vegetarians, order these dishes though Chef Marcel Ramos, Sheraton's Executive Sous Chef, as it is not on the menu: Purely Vegan Burger — the patty is made of garbanzo beans, sweet potato, and cucumber with roasted eggplant. "This burger creates nostalgia," Chef Marcel admits. He also makes an excellent Orzotto — barley grain prepared like risotto, and all ingredients are earthy; this is Chef Marcel's creation. The Quinoa Salad with fresh oregano is very light and acidic but full of crunch. Also not to be missed is the Genovese Pasta with pesto sauce, the classic toasted pinenuts, and herbs by the resort's executive chef,

Italian Chef Christian Frigo. Back in Cebu, I went to **Vegan Island Restaurant** at **IL Corso Lifestyle Mall**. As the name denotes, this small eatery is a haven for vegans situated in the mall's food park. Budget-friendly, there are several items on the menu worth ordering: Vegan Pesto Pasta, Vegan Mushroom Sisig, made with fresh and juicy mushrooms, onions, garlic, and a medley of spices, Fishless Sinigang, bursting with tangy tamarind flavor, fresh veggies, and a plant-based fish made of soybeans, Vegan Fried Mushrooms, the vegan version of *ginabot*, Vegan Chicken with Gravy made of unripe jackfruit that's simply delicious! 🍴



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Drew's Essential CEBU EATZ

Food makes the world go round, and even more so in the Queen City of the South. Cebuanos love our food. It is so deeply ingrained into our being that the Cebuano welcome greeting is *mangaon ta* meaning let's eat! If you are new to Cebu City, here are some tried and tested no-fail recommendations from a certified food lover.

by **DREW SARMIENTO**

1. TIGHTROPE CAFE

Tightrope Coffee's café game is indeed strong. The interiors are modern and classy. The expanse of steel on the bar/counter is the room's focal point that draws customers in. The whole place manages to exude the warmth of a neighborhood café while looking industrial. The founders have raised the bar for coffee shops in the city, from the design to the coffee selection to the food items on the menu.

My favorite is the matcha latte, guaranteed to make you go, I love you so! Corny, I know,

but it's that good, creamy, and not sweet. Also, this is important, especially for those who are lactose intolerant, like me, they offer alternative milk options such as oat milk, so you won't have to run off with your stomach fighting for its life. Among the savory food items, the Bagnet is to die for. Crispy pork belly on a bed of steaming rice with a head of braised garlic that melts and spreads over everything. Is that not mouthwatering, or what? Their breakfast items are heavenly for breakfast lovers, especially pancakes with candied bananas, walnuts, cream, and a

side of maple syrup.

Branches: F. Cabahug, Velez Medical Arts, One Paseo Banilad (My favorite)

2. BALAY SA BUSAY

From the creators of Hukad comes a restaurant that takes all-time Filipino favorites to another level - literally. Plus, the magnificent view of the city from the mountains of Busay makes everything taste better. If you want to impress your guests, this is a good place to bring them. My favorite is the crispy *dinuguan*, the *sisig* served on a shovel, the

baked scallops, and the Pochero Rice, the perfect marriage between an iconic Cebuano soup and rice that adds a belt size a few inches more, but oh so worth it. I would recommend something sour to cut through and cleanse the palate, like an iced cold tangy glass of green mango shake.

Location: Cebu Tops Road

3. HOUSE OF LECHON

What's Cebu without *lechon*? Of course, not everyone can buy a whole *lechon* to satisfy their cravings. I would, but my doctor would disapprove. Luckily, House of Lechon serves up freshly roasted *lechon* by the kilo. They also have both regular and spicy options. It's super convenient, and you can have your *lechon* on the fly anytime. Order the spicy *lechon* with the "soup" and a side of garlicky, buttery squid balls. I highly recommend you make a reservation because this place is packed, whatever day of the week. Make sure to also try their *lechon sisig* for a sizzling twist to the classic, *sabaw ng mais og kinason* to start your meal the right way, and end with a pandan tapioca dessert to cap off a great meal with a fragrant and flavorful sweet twist.

Location: Tojong St.

It's not a complete Cebuano gastronomic experience without *lechon*. This one's freshly roasted and served by the kilo, regular or spicy, at House of Lechon.

4. ABACA BAKING COMPANY

The ABC chain's newest branch has a different menu that you need to try out today. Located on the 4th level of Ayala Center Cebu, you can enjoy fantastic comfort food with a great view of the Cebu Business Park. My personal favorite is the Turkish Eggs with slices of toasted sourdough bread, and for dessert, the Calamansi Tart, which is probably the best in Cebu - I used to hoard these back in the day. Try their campfire latte for an extra tasty caffeinated treat; it's sinfully good and just the right treat to cap a productive day in Cebu. Their servings are for sharing, which allows you to order more dishes to taste. Hot Tip: their pastries go on sale at night, so if you're up for a bargain, wait up and grab some to go. *Location: 4th lvl, Ayala Center Cebu*

5. CAFE GEORG

True Cebuanos will tell you that their secret comfort food comes from a culinary institution that has stood the test of time. Most of us grew up having Sunday brunches, lunches, and dinners here. Safe to say, that's why we all have our default favorite Cafe Georg dish. When I feel like going healthy, or it's meatless Mondays, I have their deliciously guilt-free Veggie Jambalaya. On most other days, I recommend starting your meal with their simple yet tasty chicken *quesadilla* and one of their generously large salads. Next, try their Mexican salad, which is not the healthiest option, but your



Carcar Lechon

palate with thank you. A never-fail-to-delight dish would be their Pork Chop with Garlic Herb Butter; when you're in an "I don't know what to eat" sort of mood - this is a guaranteed fix. My never-fail dish is their Singapore-Style fish fillet, deliciously seasoned fish wrapped in a banana leaf and seasoned to perfection - this, to me, is comfort on a plate. Finally, make sure to end your meal with a slice of cake because here you can have your cake and eat it too. *Locations: Banilad and Ayala Center Cebu*

6. MATIAS

This is where I take friends when someone says I'm craving barbecue. This unassuming, open-air spot in A.S. Fortuna, Mandaue, is almost always filled with patrons wanting some good ole Cebuano barbecue. I recommend coming here early as they run out of items fairly quickly; their food is that good! I recommend you start your meal with a generous serving of piping hot *Balbacua*; it's rich, sinful, yet flavorful - your cardiologist may disapprove,

but hey, we only live once, so go ahead and indulge. Don't forget to order their Chicken Barbecue, *paa* (drumstick) will always be the best part, as well as their consistently good Pork Barbecue. Matias' barbecue is slathered in a delicious red sauce with a mixture that goes perfectly with *pusô*. Then, if you still have extra space in your tummy, order their pork belly, chorizo de Cebu, and *atay batikon* and have that indulgently fabulous Cebuano feast. *Location: A.S. Fortuna St., Mandaue City* 📍

editor's choice



An'dale



Dong Juan



Cafe Elim



Papa Chalupa

Budget Dining WORTH THE LINE

If you only have P200 in your wallet, here are suggestions for where to eat in Cebu.

AN'DALE

A small kiosk that serves fast and easy rice meals in a box. Other meals options include sandwiches and Asian food like dumplings and noodles.

DISH TO TRY: Kawali with sweet sauce and spicy kare-kare — P195

LOCATION: Banilad Town Center, Gov M Cuenco Ave, Banilad Cebu City

DONG JUAN

A casual diner that serves burgers, pasta and some Filipino dishes. They have home-made recipes seasoned with different herbs, spices and healthy oils.

DISH TO TRY: Pork Sisig — P200

LOCATION: Lightsite Parc, A.S Fortuna St., Mandaue City

ELIM CENTRAL

An IG-worthy Korean cafe, they offer pasta, rice meals, yellow

toasts, desserts and coffee.

DISH TO TRY: Bulgogi Yellow Toast — P200

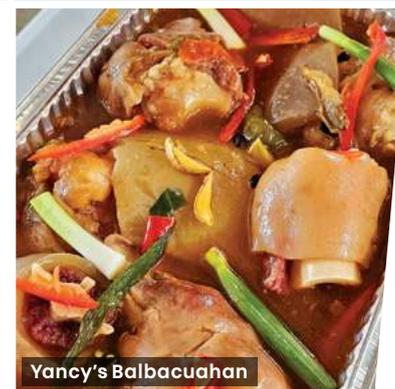
LOCATION: Corte Garden, Ayala Central Bloc, IT Park, Lahug

PAPA CHALUPA

This little nook serves Fil-Mex cuisine specializing in chalupe, similar to a taco but deep fried with a chicken or beef filling.

DISH TO TRY: Carne Chalupa — P160

LOCATION: 19 Jasmin St., El Dorado Subdivision, Banilad



Yancy's Balbacuahan

YANCY'S BALBACUAHAN

For the ultimate Cebuano food, try this no-frills cafeteria that serves balbacua pork hocks boiled for hours, lanciao, kalderata and callos. This place is always crowded with locals craving for their meat fix.

DISH TO TRY: Balbacua — P150

LOCATION: G Spot Food Park, Kaohsiung North Reclamation Area, Cebu City

nimo

OPEN EVERYDAY
10 AM - 9 PM

0917 656 8148
(032) 239 4126

Casanta-Soong Rd
Brgy. Mactan
Lapu-Lapu City



your brew.



editor's choice



ACQUA DINING

The wait is over, as Acqua once again opens its doors...

Acqua at Shangri-La Mactan, Cebu ticks many familiar Italian dining boxes: freshly made pasta; pizza with a perfectly toasted chewy crust; vongole; risotto; tiramisu; and yes, the Italian chef. In this case, Chef Luca D'amora, who hails

from Naples, the city that made pizza world-famous. So, don't miss all the curated selections that only a Napolitano can whip up in the restaurant's wood-fired oven, including the classic Margherita and Prosciutto di Parma.

But don't let us stop you with pizza. The new menu is filled with other mouth-watering selections to tempt you from lunch to dinner. Definitely try their Agnello in Due Cotture or grilled lamb rack, Ragu

Napoletano di Costine or rigatoni, and Tiramisu Classico or classic tiramisu.

Or try their platter of regional Italian cheeses if you're there between mealtimes. Either way, snacking or dining, Acqua has the perfect tropical view. While the outdoor seating is family-friendly, indoor seating is more for celebrations like birthdays and business meals, with a private room for up to 14 persons.



Ragù Napoletano di Costine



Bistecca di Manzo



Insalata Caprese

Long a favorite of regular guests and locals who trek up for a weekend lunch or dinner, Acqua had a long rest during the pandemic lockdown, but now it's back, and the lively restaurant is once again full of activity. Its location at the Ocean Wing poolside makes it the favorite perch to sightsee and dip in the pool between sips of Negroni. 🍷

Acqua is open daily:
Breakfast - 6:00am to 10:30am
Lunch - 12:00pm to 2:30pm
Dinner - 6:00pm to 10:00pm

For bookings and table reservations, contact (032) 2310288 or email fbacqua.mac@shangri-la.com



editor's choice

If Style is Just Your Style at ASMARA LIFESTYLE HOTEL

A hidden gem that's not so secret anymore...



One could safely say that Asmara Urban Resort is the leading design hotel in Cebu City. Nothing even comes close to being second. With just 15 rooms, it's hard to imagine the economics of a hotel that can't scale. But then, this is the passion project of Carlo Cordaro, the Italian proprietor who has made Cebu his home. It does make sense that he

can indulge his dreams. Owning a furniture factory and having access to many things Italian can make many things possible. "I wanted to design an architectural structure that can be integrated with the tropical beauty of the Philippines," Carlo explains.

When it opened quietly in 2021, during the lockdown, Asmara felt the

pinch like everyone else. Somehow, it managed to survive, mainly as a quarantine hotel, which became the perfect choice for those who lived around the area and those looking for safety and privacy. The spacious rooms even come with a balcony for that needed breath of fresh air for the three days one had to stay in seclusion.

The hotel is on the other side of the pool from the restaurant. And here, the clean aesthetics that made Carlo's Atelier A, and Cebu Fil Veneer known as suppliers to the top luxury hotel brands worldwide, are in full display. Built with sustainability in mind and in harmony with nature, the Asmara building is a first of its kind, constructed with Gluelam technology. Indigeneous materials like solehiya, capiz shells, abaca fabric, dried banana skin, and coconut bark were used throughout. From the front reception, up the flight of stairs, or through the elevators, the design element is consistent, bare

walls that denote wood grain as its main ornamentation. The wood accents continue inside the rooms, dark and light stains with straight and geometric lines, pointing to a quiet elegance, promising guests a serene stay. All furniture and furnishings were conceptualized by Carlo and made in his factory on Mactan Island.

Asmara is more than a hotel. It's a complex with many facets that can be summed up as your neighborhood country club, where everybody knows your name unless you landed on the island for the first time. There are several tennis courts, a huge swimming pool, a full restaurant, and a bar that can whip up the best Aperol or just a bottle of icy beer. Carlo has equipped the dining room kitchen with a wood-fired oven, so they offer several roasted meat and salmon, as well as pizza and calzone.

Location-wise, Asmara is a bit of a find unless you have Google Maps. It is just off the busy

Banilad Road, in a street that leads to one of the city's exclusive gated communities, past a narrow alley. It is worth finding if you want a good stay or just want to party. Carlo himself will be around somewhere on the tennis court, hitting a ball or by the bar, after office hours. Tess, his partner, who is also an artist, will be around to ensure things are where they should be. Then, there are the mainstays at the bar, locals and expats who like to talk about their life in Cebu and welcome everyone else. It feels just like coming home. 📍



Bring Home the SHEPARD GIFT BOX

Looking for a nice souvenir or gift idea that's local? Look no further than this premium brand's gift box containing a botanical sanitizer, solid shampoo, conditioner bar, and handwash.

Shepard is a sustainable personal care lifestyle brand based in Cebu. Founded in 2019, Shepard aims to provide lifestyle solutions that promote change and inspire the next generation to make choices that benefit the world and themselves.

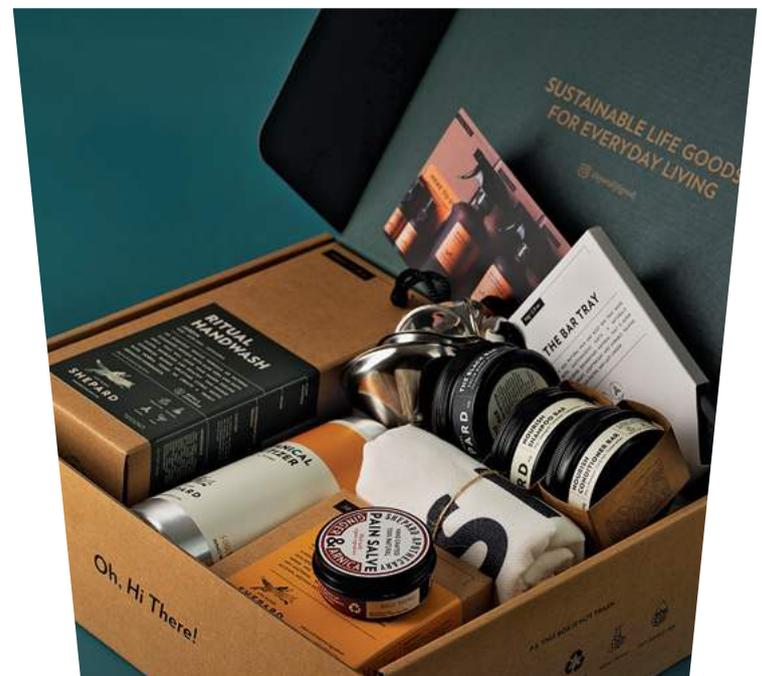
Shepard was founded by Hong Kong-born Filipino Artist Jewelle Yeung-Mugglestone, Creative Director and CEO, and her

husband Philip Mugglestone, Director of Operations. They share a love for the great outdoors and a passion for health and well-being.

Recognizing the alarming pollution problem building up across the Philippines, the young couple wanted to create a line of natural lifestyle products that would be part of the solution. As new parents they also recognized the importance of family care products that are both trustworthy and safe.

All Shepard products have been carefully considered, meticulously developed, and lovingly crafted to provide only the best for our families. 📍

www.shepardlifegoods.com
jewelle@shepardlifegoods.com



SHERATON CEBU MACTAN RESORT introduces Nikkei to Cebu

Making history as Marriott International's first resort in the Philippines, Sheraton Cebu Mactan Resort brings forth a world-class gastronomic experience that excites both the sight and palate.



LOCATED A SHORT 20-MINUTE ride from the international airport, the resort is an excellent start to a good holiday or a working trip.

Bliss comes as soon as you enter the hotel driveways, and as hotel attendants warmly welcomes guests with a big smile and cold towels. Then to a wide hallway leading to the main lobby where stunning views of the Hilutungan Channel open up behind the front desk. The Sheraton Mactan Island Resort greets its dear guests with a welcoming aura and a teasing view. It does not reveal itself easily but begs to be explored.

Sleek design elements, mostly wood and muted earth tones, belies an attention to details, purposely made to provide guests with comfort and relaxation.

The resort has four dining options: the Sa Sitio Bakery and Bar, just located at the main lobby for those looking for lighter fare or a coffee break in a rush; 5 Cien, named after the 500 years of Magellan's landing, is the resort's all-day dining outlet with breakfast, lunch, and dinner buffet in a bright glass-walled setting overlooking the stunning view of the beach; the online-famous Buhi Cave Bar serves Mediterranean bites and cocktails from wine to negroni late in the afternoon; and finally, the highlight of the gastronomic experience of the resort is DIP, the first ever signature Nikkei restaurant in Cebu, bringing forth the Peruvian-Japanese taste to the Cebuano palate.

DIP's Chef de Cuisine, Daniel De la Fuente, is a Native Peruvian who traveled all the way from Peru to Cebu, to introduce

the rich taste of Peruvian dishes curated in a Japanese lens. Borrowing chef De la Fuente's words, his dishes are inspired by the history of his country and a tribute to the Peruvian and Japanese relations. Featured are some of the signature dishes at DIP: Yellow Chili Tiradito, Acevichado, Potato Puree Pork Belly Chili-Lemongrass Reduction, and Spicy Crabmeat Causa. 🍴



For reservations for DIP, you may contact +63 917 627 7245 or email sh.cebsi.f&bsupervisors@sheraton.com. You may also visit their Facebook page or Instagram page @dipnikkeicuisine and join their Viber Community to learn more.

Sheraton Cebu boasts its state-of-the-art facilities, its world-class food and beverage outlets, and the breathtaking view of the hotel with most of its rooms facing the ocean.

Sheraton Cebu Mactan Resort is part of the Marriott Bonvoy group, the biggest hotel chain in the world, with special privileges for members. For active travelers, having a Bonvoy card is a plus. The Marriott Bonvoy membership is free when you download the app on your Android or IOS. For more information, visit www.sheratoncebumactan.com.



For reservations, email us at:
sh.cebsi.f&bsupervisors@sheraton.com

Facebook: DIP Nikkei Instagram: @dipnikkeicuisine
www.sheratoncebumactan.com

SHERATON
Cebu Mactan Resort



editor's choice

A Taste of Japan: NONKI IZAKAYA

Cebu has no shortage of Japanese restaurants, but Nonki stands out for its unique blend of traditional and modern Japanese taste. Its clean interiors are cozy and inviting, and the ingredients are high quality and served in generous portions.

photography **GPA ART AND PHOTOGRAPHY**



NONKI IZAKAYA, NOT TO BE CONFUSED with the original Nonki Restaurant along A.S. Fortuna, recently opened its door in response to growing demands. Management found an opportunity to make a bigger restaurant carrying their signature dishes with more seating. Nonki is noted for their sushi rolls and fresh quality sashimi. Other dishes to order are their ebi tempura cooked with just the right crunch and not too oily, and of course, izakaya staples of skewers of grilled chicken, beef or pork. The restaurant also serves ramen and soba noodles, gyoza, and bento box meals. The new izakaya branch also features a full bar, and more menu items including dessert and coffee.

Nonki Izakaya's interior is very much on brand with their other outlets, minimal and clean, in line with traditional Japanese design. The spaces are divided into sections, with the main dining area having low partitions. Try to score the private rooms with tatami seating overlooking a zen garden or the teppanyaki tables where a trained chef prepares and grills right in front of customers, for a truly Japanese experience. 🍣

*For delivery options, check out their website or call their number: www.nonki.ph | (+63) 917.651.1918
Open daily from 11:30AM - 11:30PM*



NONKI
Japanese Restaurant

CEBU • BOHOL • ILOILO • TACLOBAN • DAVAO

**Satisfy
your
authentic
Japanese
food
cravings.**



CEBU BRANCHES:

Main: 219 A.S. Fortuna St. Bakilid,
Mandaue City
(+63) 917.651.1981

SM City Cebu: Upper G/F, Fiesta Strip
(+63) 922.537.3736

Banawa: One Pavilion Mall, Duterte Street
(+63) 965.758.8307

Nonki Izakaya
881 A.S. Fortuna St., Mandaue City
(in front of Honda)
(+63) 917.580.0262

Mactan Tropics Center, Airport Rd.,
Lapu-Lapu City
(+63) 917.308.2593

J Park Island Resort, Maribago
(+63) 955.542.2938



@nonkiph
www.nonki.ph



Scan Me
For Nonki Bohol,
Iloilo & Davao

editor's choice



Street Food Haven with a View: **SUGBO MERCADO**

Satisfy your cravings at Sugbo Mercado's Latest Outpost at IL Corso.

THESE DAYS, STREET FOOD IS something that you can look forward to at most Asian cities for an immersive cultural experience. And Cebu is not left behind. There are several around town, from humble grouping of food carts to air-conditioned food halls. But for some authentic grassroots food stalls, head to Sugbo Mercado, which currently has five outposts: the original one at Cebu IT Park with 60 vendors; at Cebu Business Park with 20 stalls; at the roof deck of SM Seaside City Cebu, a food market with open-air cabanas set against a lush garden; and its newest at IL Corso at South Road Properties.

The SRP located one is a must-visit as it overlooks the third Mactan Bridge, making it one of the city's most scenic spots to dine within budget. Sugbo Mercado's IL Corso food stalls include Kape ni Inday Pobre offering iced blended coffee priced at P38/cup; Kuzina Guadalupe serving Cebu lechon, tuna panga, shrimp, chicken teriyaki, and ribs priced from P100 to P350; Ville Fruit with fresh fruits shakes priced from P70; Boy Tteokbokki dishing out Korean food including samgyupsal kit in a box priced at P298; Ally Mango with their refreshing mango shake priced from P125; SJ Wingstreet and their specialty chicken wings with rice at P129; Happy Dipping serving hotpots and laksa with prices starting at P25 to P250.

With its various food options, bustling atmosphere enhanced by the sea breeze, and affordable prices, the market is a must-visit for anyone visiting the city. So come hungry, bring cash, and get ready to satisfy your cravings at Sugbo Mercado! 🍴

Location and Hours of Operation:

- Garden Bloc at Cebu IT Park: 4PM - 12MN, from Wednesday to Sunday
- Cebu Business Park near Pig and Palm: 4PM - 11PM, Wednesday to Sunday
- Skypark at SM Seaside Rooftop beside Parc Park - 11AM - 9PM, Thursday & Sunday; 11AM - 10PM, Friday & Saturday
- IL Corso in front of Stellar Dancing Fountain: 4PM - 10PM, Friday to Sunday



editor's choice



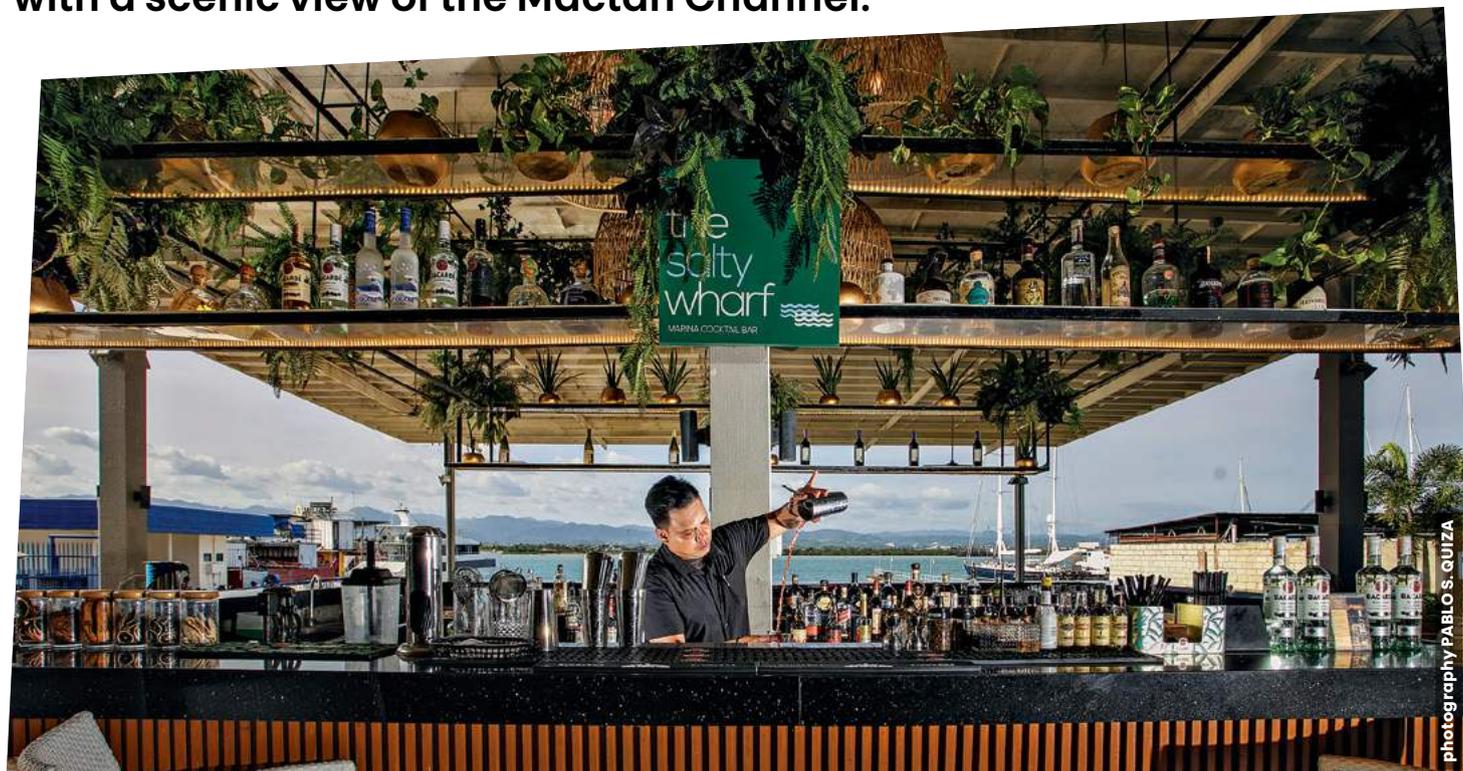
Surolitto Colada



Rosita's Pink Life

Sand, Sea and THE SALTY WHARF

For a truly Cebuano experience, visit this bar with a scenic view of the Mactan Channel.



photography PABLO S. QUIZA



Seafood Kare-kare



We transport you on a journey of the senses with every premium cocktail expertly crafted by our mixologists.



outdoor terrace of
 Marina Seaview Restaurant
 Mepz 1, Brgy. Ibo, Lapu-lapu City
 032-2631220 / 0917-134-0052
 marinaseaview2016@gmail.com
 Marina Seaview Restaurant
 Marina_Seaview
 #YourNewSaltyDestination

OUTDOOR SPACES are always a premium for most restaurants, more so if it overlooks the Mactan Channel. The long bar anchors this expansive space, while lounge areas and dining tables are scattered on the wood deck. The Salty Wharf is adjacent to the Marina Seaview restaurant, a loftier seafood eatery with a full menu specializing in local seafood like fresh caught sea bass and crabs.



Pinais na hipon sa gata at alligue

This outdoor bar serves a full beverage menu. Think cocktails by a mixologist, hard liquor, wine, and, of course, ice-cold beer. There is bite-size food to order as well. At nighttime, live music is played to entertain diners—DJ MYX from Monday to Wednesday and live acoustic bands from Thursday to Sunday.

Find the Salty Wharf inside the Marina Seaview Restaurant at the Mactan Yacht Club. 📍

Open Daily: 11:00 am to 10:00 pm
 Premium cocktails, beer, wines, spirits, liquor, and tapas.
 marinaseaview2016@gmail.com
 📱📷 The Salty Wharf

editor's choice



Fresh Oriental Goodness: AYAME JAPANESE RESTAURANT

Come for the view, one of the little-known spots overlooking the third Mactan Bridge, or come for one of the standout dishes at Ayame Japanese Restaurant.

photography GPA ART AND PHOTOGRAPHY





LOCATED AT THE IL CORSO LIFESTYLE Mall Esplanade, this Japanese restaurant has an extensive menu that offers modern and traditional Japanese dishes to satisfy your cravings.

The refreshing *lomilomi* salad with fresh greens and salmon slices sprinkled with mango or their *kaizen* salad with a mix of tuna and salmon sashimi in a bed of lettuce and Japanese mayo, are good starters. Or try the bento boxes for a complete meal — a choice of chicken, pork, or beef.

Another must-try dish is their Japanese noodles, their Tonkotsu Ramen, a rich and savory pork broth simmered for hours to achieve the perfect depth of flavor, or a lighter ramen, try the Tempura soba. The restaurant's interior is bright and airy, with an open kitchen that allows diners to watch the chefs at work, with expansive glass walls to view the outside coastal vista. And for those with pets, the outdoor seating area is an excellent option to enjoy a meal.

Whether you go for lunch, cocktails, or dinner, the view will not disappoint. And your stomach will not complain either!

Ayame has a new outlet with a modern Japanese café vibe, opening at Paseo Arcenas. 📍

• AYAME IT Park at eBloc Tower 1 (JP Morgan Bldg)
Monday-Sunday | 11:00am-10:00pm

• AYAME IL Corso Lifestyle Mall
Monday-Friday | 11:00am-9:00pm
Saturday-Sunday | 11:00am-10:00pm

• AYAME Paseo Arcenas, Banawa, Cebu City

📍📱 AYAME Japanese Restaurant | @ayamejapaneseresto



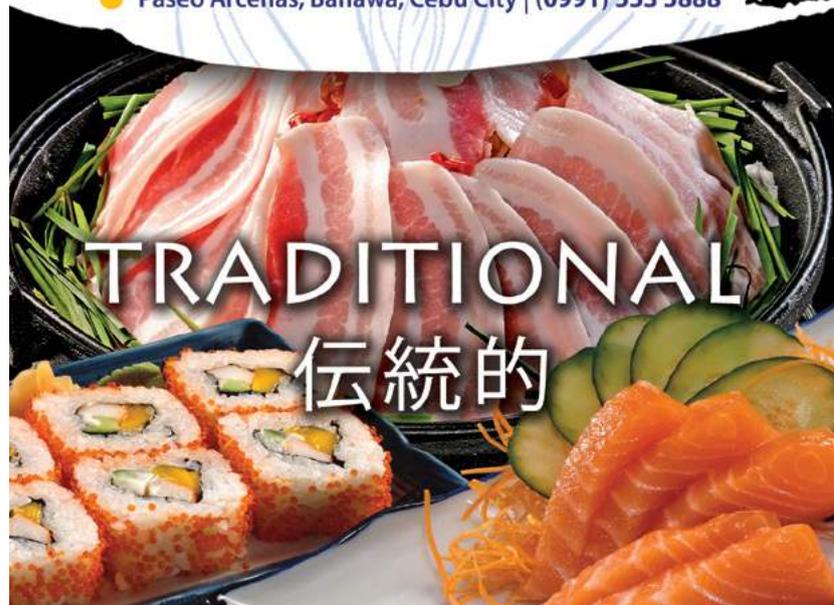
MODERN+
現代的



Ayame
JAPANESE RESTAURANT

Visit or call our branches:

- eBloc 1 Tower, Cebu IT Park, Apas, Cebu City | (0991) 452 5888
- IL Corso Lifemalls, SRP, Cebu City | (0991) 610 5888
- Paseo Arcenas, Banawa, Cebu City | (0991) 553 5888



TRADITIONAL
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NUSTAR Resort and Casino
South Road Properties, Cebu City
6332. 888 8282 | www.nustar.ph
Price: PPP | Decor: ★★★★★



MIRA
Club Serena Resort, White Beach, Brgy
Saavedra, Basdako, Moalboal, Cebu
63 917 872 6367 | @clubserenaresort
Price: PPPP | Decor: ★★★★★



COWRIE COVE
Shangri-La Mactan, Cebu
Punta Engaño, Lapu Lapu City
6332. 231 0288 | @shangrilamactan
Price: PPPP | Decor: ★★★★★



MISTO
Seda Central Bloc Cebu, Padriga Street,
Apas, Cebu IT Park | 6332. 410 88991
www.sedahotels.com
Price: PPP | Decor: ★★★



BENJARONG
Dusit Thani, Punta Engaño Road,
Mactan Island, Lapu-Lapu City
6332. 888 1388 | www.dusit.com
Price: PPP | Decor: ★★★



TWILIGHT ROOFDECK
bai Hotel Cebu, Ouano Ave. corner C.D.
Seno St. City, Mandaue City
6332. 342 8888 | www.baihotels.com
Price: PP | Decor: ★★★



TALES AND FEELINGS
F. Ramos St. & V. Ranudo St., Cebu City
63 995 895 5429 | @talesandfeelings
Price: PPP | Decor: ★★★★★



FERIA
Radisson Blu Hotel Cebu
Serging Osmeña Blvd, Cebu City
6332. 402 9900 / 505 1700
reservations.ceb@radisson.com
Price: PPP | Decor: ★★★



BLU BAR & GRILL
Marco Polo Plaza Cebu
Cebu Veterans Drive
6332. 253 1111
hospitality.ceb@marcopolohotels.com
Price: PPP | Decor: ★★★



THE PIG & PALM
MSY Tower, Pescadores Road, Cebu
Business Park, Cebu City
6332. 255 8249 | www.thepigandpalm.ph
Price: PPP | Decor: ★★★★★



BAR PINTXOS CEBU
Unit 1 101-B OITC-1 Oakridge Business
Park, A.S. Fortuna St. Mandaue City
63 927 364 3049 | @barpintxoscebu
Price: PP | Decor: ★★★★★



OAKRIDGE EXECUTIVE CLUB
12/F Oakridge I.T. Center 2, Oakridge
Bussiness Park, 880 A.S. Fortuna Street,
Banalad, Mandaue City
6332. 354 3732 | www.oakridge.com.ph
Price: PP | Decor: ★★★★★

RESTAURANT ROW



EZ EATS

80 F. Ramos St., Brgy. Santa Cruz,
Cebu City 6000 Philippines
63 917 318 8383 | @ezeatscebu
Price: PP | Decor:★★



BOCA

2 Albaño Subdivision, Mandaue City,
6014 Cebu Philippines
63 919 815 5977 | @bocacebu
Price: PPP | Decor:★★★★★



CHING HAI

Jpark Island Resort
Maribago, Lapu-Lapu City
6332. 494 5000 | @chinghairrestaurant
Price: PPP | Decor:★★★★★



AYAME SEASIDE TALES

IL Corso Lifemalls. South Road
Properties, Cebu City
63 991 452 5888
@Ayame Japanese Restaurant
Price: PP | Decor:★★★★★



NONKI

219 A.S. Fortuna St. Bakilid, Mandaue City
6332. 505 9858 | www.nonki.ph
Price: PP | Decor:★★★★



CAFE LAGUNA

Ayala Center Cebu, Cardinal Rosales
Avenue, CBP, Cebu City
63 917 590 3662 | www.lagunagroup.ph
Price: PP | Decor:★★★



NIMO BREW

Casanta-Soong Road, Casanta, Mactan,
Lapu-Lapu City | 6332 239 4126
@nimobrew | hello@nimobrew.com
Price: PP | Decor:★★★



THE COVE

Maribago Bluewaters Resort
Buyong, Maribago, Lapulapu City
6332. 263 4410 | @bluewater.maribago
Price: PPP | Decor:★★★



LUNA BAR + TAPAS

Costabella Tropical Beach Hotel
Mactan Island, Buyong Rd, Maribago,
Lapu-Lapu City
6332. 238 2700 | rsvn@costabellaresort.com
Price: PPP | Decor:★★★★★



PUKOT KITCHEN

10 Adelfa St, El Dorado Subdivision,
Banalad, Cebu City
63 905 231 9525 | @pukotkitchen
Price: PP | Decor:★★



TRADEMARK CEBU

88th Avenue, Gov. M. Cuenco,
Banalad, Cebu City, Philippines
63 917 123 7387 | @trademark_cebu
Price: PP | Decor:★★



ENVY COCKTAIL LOUNGE

The Gallery, Pope John II Ave.,
Mabolo, Cebu City
63 919 004 2473
@envycocktailbarlenuylounge
Price: PP | Decor:★★



X MARKS THE SPOT

HQ Hostel Rahmann St., Cebu
City 6000 Philippines
63 917 519 4989
@xmarksthespotcebu
Price: PP | Decor:★★



Sweet Cebu

Grabbing dessert? These ones take the cake.

KARA MAE M. NOVEDA lists down some local favorites.

▲ THIS PAGE Wallstreet Coffee+Bar's assorted donuts will surely satisfy the sweet tooth.



EVEN AFTER FEELING FULL from a meal, leave it to a sweet tooth to declare that there is always room for dessert or a second stomach for dessert. When you're away on holiday, you stop counting the calories, dine with gusto, and definitely, you don't neglect desserts.

Desserts are usually considered a happy conclusion to a complete meal; as such, they are regularly available in almost every restaurant or café you'll dine in. But

if you want a cut above the cookie-cutter choices, here is a list of Cebu restaurants with a sweet spot for desserts.

Wallstreet Coffee + Bar at bai Hotel Cebu
The Wallstreet Coffee + Bar, sitting across the lobby of the imposing bai Hotel Cebu in Mandaue City, attracts a steady crowd of calm and well-caffinated huddles who keep the café busy almost any time of day.

As soon as you enter the Wallstreet Coffee + Bar, your senses are

awakened by the aromatic smell of their coffee and the bustling sound of the open kitchen. The chiller display is always packed with the day's baked goodies, a selection that provides answers to the barista's perennial question: what would you like to have with your coffee? When asked this, I usually return the question to the barista and ask for recommendations. His suggestions? Chocolate meringue mousse cake and Oreo cheesecake as perfect pairings with cups of black coffee.

THIS PAGE CLOCKWISE FROM TOP Make time for another round of cuppa and desserts at the Wallstreet Coffee + Bar when you are by the bai Hotel in Mandaue City. ; Chocolate meringue mousse cake; Strawberry shortcake.



dining

Seda Ayala Center Cebu

The Cebu Business District is full of dining and shopping choices. One of them is Seda Ayala Center Cebu Hotel's coffeeshop, overlooking a lush garden, which toes the line between business and pleasure by providing a comfy sanctuary amid the mall bustle.

With Cebu's export-quality mangoes, Seda Ayala Center Cebu can boast of its mango cheesecake year-round. It is the taste of tropical summer with every bite—a balanced dessert with a refreshing combination of sweet and tangy flavors. Another bestseller is their version of the everyday Filipino snack of *turon*, filled with ripe banana slices wrapped in sugar-coated lumpia rolls and deep-fried in caramelized perfection. Seda Ayala Center Cebu's take is topped with ice cream and properly introduces this well-loved Filipino dessert. Enjoy these desserts while having some quiet time in the hotel's restaurant overlooking their pocket garden.

Seda Central Bloc

One of the sleepless sections of the city is the Cebu I.T. Park, where, as you may guess by now, companies run on 24-hour

operations. Nevertheless, business districts like this are still a go-to place for leisure travelers looking for seamless access to shopping, dining, and commuting stops, even late at night. That said, Seda Central Bloc is situated in the center, mere steps away from the mall and the popular night spots. It also offers a quick escape strategy from the ground-level excitement; up on the fifth floor is the hotel's common area, where they treat in-house and walk-in guests to a view of the city lights and an impressive food and beverage selection.

If you are going straight for the dessert section, look for the aptly-labeled "Sweet Endings" section on their menu, you

won't be disappointed. Think of your classic palate pleasers rendered in stylish and generous solo servings. You can order larger versions of the regular red velvet, salted caramel, and chocolate cakes if dining with a group. Seda Central Bloc stands out by having a dedicated dessert and pastry chef that can also cater to special orders.

The Lobby Bar (Radisson Blu Cebu)

The expanse of Radisson Blu Cebu's lobby is a cool spot in and by itself—it's decked with ample sectionals, full-service staff (quick on their feet at every new arrival), and live music. It is also one of the few places in Cebu that serves an afternoon tea set menu. You can share an elegant three-tier tray filled with dainty cakes, pastries, scones, and savory mini-sandwiches with a friend between 1 to 4 p.m.

The Lobby Bar offers dessert bites if you are up for lighter fare. This is perfect if you crave a quick nibble or want to sink your sweet tooth in more variety. Pick from any of their finger versions of éclairs, macarons, and doughnuts to whet your sugar appetite.

Sans Rival Cakes and Pastries

What started as a modest bakeshop in Dumaguete City in the province of Negros Oriental has now grown into a well-patronized full-service restaurant in neighboring Cebu. If one needs an introduction, Sans Rival is a chewy cake made with layers of buttercream, meringue, and roasted cashews—a French-influenced Filipino favorite. The restaurant also serves



◀ THIS PAGE CLOCKWISE FROM LEFT Don't leave the island without taking a bite of Cebu's mangoes! Seda Ayala Center Cebu serves them fresh on their signature cheesecake; Honoring the humble *turon*, the deep-fried snack is served hot off the pan and presented with ice cream on top; Seda Central Bloc Cebu's dessert game is not a piece of cake, both literally and figuratively. Pick any dessert and you'll find an assembly of elements on a platter.

the cookie counterpart of the Gateau Sans Rival called silvanas, crunchy meringue-wafer desserts filled with butter mousseline and dusted with cookie crumbs. So good are Sans Rival's silvanas that customers from out of town line up to get them in their original location in Dumaguete.

Last March, Sans Rival Cakes and Pastries opened a new branch at 8 Banawa Centrale, making three outlets in Cebu, including the one at Robinsons Galleria. The roomy family restaurant can cater to large groups, with dining areas extending to a wrap-around patio. Sans Rival sticks to its strengths by continuously developing its dessert range, adding new cakes to its classics: Campfire chocolate cake, Triple



chocolate mousse, and the blueberry coffee cake, to name a few. Worth mentioning is that while the original butter silvanas have remained the bestseller (since 1977), they also come in strawberry and chocolate flavors. For some punch of Southeast Asian flavors, try their ube (purple yam) and pandan (fragrant leaves with vanilla-like taste) varieties.

La Marea Pastry Shop

When you get that hankering for something sweet, there is no end to your choices in Cebu—scattered all over the city are international franchise cafes and neighborhood pastry shops ready to please your every sweet craving. Still, ask any local, and you'll find out how the La Marea Pastry Shop remains a top homegrown favorite. Over the years, La Marea's warm brownie cup has become a reliable comfort food for those craving dessert. After ordering, you'll only need a quick minute before your warm brownie cup comes out. It's nothing fancy, but it works—a simple combination of a warm fudgy chocolate brownie and vanilla ice cream makes an addicting contrast of sweet-with-bittersweet flavors. You should not leave Cebu without trying it! Each serving is a play of dense-gooey and smooth textures, a party in your mouth. Besides this signature dessert, you can rely on the pastry shop for its affordable array of cookies, mini and regular-sized cakes.



Café Merci

Samgyupsal joints may be omnipresent, but they're not the only visible Korean food import in Cebu. Korean patisseries, though not as many, are quickly catching on everybody's fancy. Café Merci in Streetscape Mall in Banilad has established itself as a place where you can get fresh Korean cream cakes anytime.

If you're not particularly in love with sugar, this Asian bakery staple is for you. Fresh cream desserts feature soft and fluffy layers of cake wrapped in light whipped cream frosting, then studded with plenty of fresh fruit. The airy frosting and cake mixed with the luscious flavor from fruits like strawberry and mango make these fresh cream cakes bestsellers. Else, you can go for Café Merci's ample selection of French macarons and tarts. ☺

◀ CLOCKWISE FROM TOP LEFT The cool minimalist interiors of Radisson Blu's The Lobby Bar is the right stage for their dessert selection: bento-bite-sized sweets like this fun trio of éclairs; Dumaguete's best in Cebu: Sans Rival Cakes & Pastries' silvanas, not just in original flavor but in red velvet, ube, pandan, chocolate, and raspberry; Cafe Merci's handmade macarons; La Marea's Hokkaido Milktea Cake.

Diving Confidential: A BEGINNER'S TALE

As a Cebuana, the writer took it upon herself to join the underwater club. And why not, when the sea beckons whenever there is spare time?

by **KARA MAE NOVEDA**
photography **PABLO S. QUIZA**

THE SHIMMERING shades of blue water surrounding the tropical island is something you can't miss as your plane prepares to land in Cebu. It's a postcard-pretty sight and all the invitation you need to take up diving and jump right in. As a way of introduction, swimming and snorkeling are great ways to discover the colorful marine life here while enjoying the warm shallow waters. But if you want to explore more underwater, then scuba diving is the way to go.

SCUBA stands for Self-Contained Underwater Breathing Apparatus, and scuba diving equipment allows you to breathe underwater and go to greater depths well beyond the limits of surface swimming even if just for a

limited time. However, scuba diving entails much training, practice and familiarization with equipment which make many vacationers think twice before they give diving a try.

Squeezing underwater diving on your holiday itinerary is doable in Cebu with its wide availability of dive instructors and centers. Mactan Island is a convenient place to start if you're staying for less than a week. It's the place you will find yourself in if you're flying to Cebu because the airport is located on this island. Moreover, diving is a serious business in Mactan which proudly has more than a dozen marine stations/dive sites, including protected marine areas.

But if you're staying longer in Cebu, consider venturing out of town to where





tourism

more exotic marine life can be found. The small coastal town of Moalboal south of Cebu is one of the best scuba diving locations in the country and home to a massive school of sardines. Its Sardine Run is a famous year-round natural attraction near the Panagsama Beach. On the northern tip of Cebu, Malapascua Island boasts of thresher sharks—said to be the only place in the world with daily sightings of this species is possible. This is unusual because thresher sharks are primarily pelagic species, and their habitat is the open ocean. But in Malapascua, they are considered residents, along with other noteworthy populations of the majestic white tip reef sharks and Mandarin fish.

It's easy to feel excited, but before you dive into your options, here are some things that you need to get sorted out.

Fitness Check

It's difficult to pinpoint an exact number on a largely unregulated industry, but worldwide estimates say there are between six to nine million active scuba divers out there. This large figure is somehow a testament to the popularity and safety of scuba diving. Still, the best person who can assess readiness for the sport is you.

As you are taken in for lessons, the dive instructor

runs down some health concerns which may stand in the way. For example, you must consult your doctor first if you have heart and breathing issues. I also found it interesting to note how the instructor asked if I had any fear of confined spaces, as the vast ocean can make you feel like being trapped as you go down deeper, as I would discover later. Honesty is vital to your diving comfort. Ensure that you're not dismissive when your instructor reviews your health questionnaire.

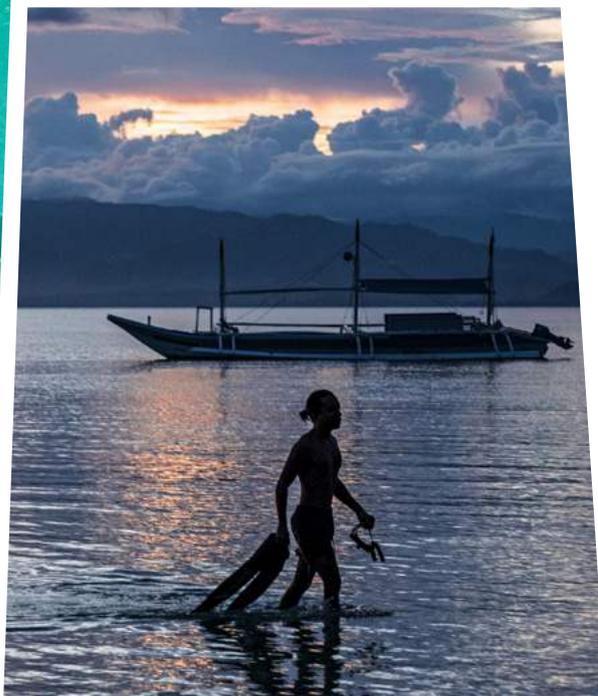
While you may be on holiday, an essential reminder is to keep off alcohol the night before your scheduled dive. You need to be alert and in good shape underwater.

Depth Check

Many people who signed up for diving certification courses started with less intent. For instance, island-hopping day tours can be cancelled for the day because of weather or current conditions. Recreational diving, however, is a viable option for tourists because beach entry dives are allowable even when it's rainy.

If you are curious about diving but are non-committal about taking formal instruction, try "fun dive" or "discovery dive" package tours—quick excursions that usually don't exceed 5 meters.





anyway. But if you intend to pursue diving, many divers are right to advise that you should invest in your own suit for hygiene purposes. Also, wetsuit sizing can vary from brand to brand, so try before you buy.

Wetsuit clothing technology has come a long way too. Today's designs fit your body like a second skin and come in standard dark colors and thicknesses. A suit that works well is tight around the body. It may feel uncomfortable to wear on land but once you're in the water, you'll appreciate the functionality of the snug design as your defense against water or air pockets. In addition, a good wetsuit keeps you buoyant and warm. Remember that no matter how scorching the ground temperature is, it is always cooler under the sea. In Cebu, you are guaranteed a comfortable temperature range between 26°C to 30°C (79° to 86°F). With this in mind, divers here usually pick suits with 1.5 to 3mm thickness.

Scuba divers traditionally wear a full wetsuit that covers their arms and legs to keep them insulated and as a shield against the stings from different aquatic organisms. As an unsuspecting diver only on my third dive, I surfaced with a swelling on my neck and face which subsided only

For first-timers, the experience should be a feast for the senses.

But if you're left wanting from the discovery dive experience, getting an open water license is the next step to proper immersion in diving. With this entry-level license, you can dive to a depth of 18 meters.

Apparel Check

Being very close to numerous protected marine areas makes Cebu a diver's paradise. Many dive schools and shops cater to a diverse profile of divers here and there is no shortage of choices for rentals in diving equipment and apparel.

It's OK to rent a wetsuit and equipment for a day's use as they usually come with intro dive packages



photos on this page by KARA MAE NOVEDA



after two weeks. I'm told this usually comes with the territory. But by my next dive, I made sure to don a hooded vest for an added layer of protection. More importantly, I had to keep reminding myself to avoid touching anything.

Buddy Check

No matter how advanced a diver is, diving should always be done in tandem. As a beginner, you master this safety rule being under close watch from your instructor.

It's fairly easy to get an open-water diving license as an entry level. You can get certified in under five dives, usually in less than three days. Once certified, you can independently make your dive plans. And when you do, remember to have a buddy with you and/or a local guide.

As a beginner, choose well the company you dive with. If you are still honing your underwater skills, it would be helpful to have the continued guidance of your scuba instructor on a one-on-one basis, at least until you're ready to take the proverbial training wheels off.

Diving in bigger packs is definitely the economical way to proceed with this hobby. Before you start accepting invitations to join a group dive, you'd want to be reasonably skilled first, not only for your own safety but so you could also be a competent dive buddy to another.

All of these checks are considered to ensure that you have a pleasant bottom time. But even if all does not go as planned, any seasoned diver instinctively reminds you to breathe and move slowly; do not panic. Wise words to go by, even on land. **E**



Cebu
FOOD & WINE
Festival

Cebu Food & Wine Festival is an 18-day event spanning multiple venues across Cebu and Mactan. With 15 hotels, 40 restaurants, 20 national chefs, and ten mixologists, this year's festival is a culinary celebration not to be missed. The Cebu Food and Wine Festival 2023 is supported by the Department of Tourism Central Visayas Office, Visit Central Visayas, Cebu Chamber of Commerce, and Industry & Cebu Business Month.





Kare-kare, a type of stew with simmered oxtail, vegetables and thick peanut-based sauce

on the table:

CEBU FOOD AND WINE FESTIVAL 2023

Cebu moves forward with this year's exciting line-up of the 3rd Annual CFWF.

by **KARA MAE NOVEDA**
photography **PABLO S. QUIZA**

THE CEBU FOOD AND Wine Festival could not have arrived at a more opportune time when it debuted in 2021. People were reeling to return to their wandering feet, and the tourism industry could not wait to break free from two years of leisure travel slump. The predicted wave of revenge travel and dining paved the path to what is now an annual fête, and this 2023, on its third run, the Cebu Food and Wine Festival is poised only to get bigger.

The Festival was drawn up when the country was slowly reopening borders to foreign tourists and domestic travel was re-energizing. Back then, the stage seemed ripe for what was deemed a recovery project with the full support of the local tourism office. Previous Tourism Regional Director Shalimar Tamano (now Undersecretary) rallied the critical hotel and restaurant industry players to come together and showcase local culinary and artisan skills in a singular event. Rather than ship off sought-after local talents once regular air travel

frequency resumed, the first Cebu Food and Wine Festival would serve as an occasion to spotlight what the local chefs and products had to offer. The result? On opening night, a 25-spread station of selected chef-driven dishes prepared and served by the beachfront—a clever way of highlighting both culinary creativity and the natural beauty of Cebu. And it worked! Festival attendance tripled in the second year. So effective was this formula that the design of the pioneering Cebu Food and Wine Festival is now being replicated in different provinces elsewhere in the Philippines, with Manila, Ilocos, and Davao unrolling their versions too within the next few months this year.

One of the founding organizers of the Cebu Food and Wine Festival board, restaurateur and Eatz Cebu Entertaining Editor Kate Dychangco-Anzani admits to feeling fulfilled knowing how the framework of the Festival has inspired similar initiatives in other parts of the country. But she is not one to stop. With decades

JUNE 2023 calendar of events

Get your forks and wine glasses ready, Cebu!

JUNE 01
THURSDAY

LA CARNE BUTCHERY & STEAK BAR
88th Avenue Park, Banilad, Cebu
Chef: *Edward Diñoso*
"Savor the Culture"
Premium steak & wine pairing | **6:00pm**
P2950+

JUNE 02
FRIDAY

CRIMSON RESORT & SPA MACTAN ENYE BY CHELE GONZALES
Chefs: *Tatung Sarthou, Chele Gonzalez*
THE CULINARY GREATS
4 Hand Dinner
A master level of finesse and execution of Food Complexity and balance with fine wines, 8 course | **7:00pm**
Contact Enye Restaurant for bookings
P4700 (dinner) | P7000 (dinner+wine)

JUNE 03
SATURDAY

CRIMSON RESORT & SPA MACTAN
Chefs: *Tatung Sarthou, Reggie Aspiras, John Buenaventura and Naoki Eguchi*
GRAND TASTING OPENING
INTRODUCING THE MASTERCHEFS
"Masters night with the culinary greats"
Experience Chele Gonzales, Tatung Sarthou, Reggie Aspiras, John Buenaventura, Andrew Simpson, Daniel Johnston & Naoki Eguchi take Centerstage. With 25 booths in the Crimson Resort and Spa. Expect unique new dishes, food tastings, upcoming liquor companies, liquid mixology and artisan cocktails | **4:00pm**
P3,500 per ticket entrance

JUNE 04
SUNDAY

DIP NIKKEI, SHERATON CEBU MACTAN
Chef: *Daniel dela Fuente*
"Off Menu"
Peruvian
Tastings | **12:00nn | P2,500**

ANZANI RESTAURANT, NIVEL HILLS, CEBU
Chef: *Reggie Aspiras*
Cooking with Salt Bake Crusts
An open demonstration and 5 course dinner
An experience with fine wines | **7:00pm**
Private Event

IL PRIMO ITALIAN STEAKHOUSE, NUSTAR RESORT & CASINO
Chef: *John Buenaventura*
Launching of Chef John's exclusive festival menu creation for IL PRIMO | **12:00nn**

MIMOSA: BRUCH & BEVVIES, OAKRIDGE MANDAUE
"Everything sparkling and fizzy"
A drink and wine pairing
7:00pm

SHERATON CEBU MACTAN
Chef: *Reggie Aspiras*
Cooking Classes: "Sutukil"
6 hands Culinary Demonstration | **4:30pm**
Private Event

SEDA AYALA CENTER CEBU
Chefs: *Maria Gemma Limot and Jaypee Briones*
"Pagtagbo"
Elevated Cebuano favourites from past to present | **10:00am-10:00pm**
P799 per person

*All event information are subject to change without prior notice. Please check CFW Festival Facebook page and visit www.ceburoodandwinefestival.com for latest updates, inquiries and bookings.

of industry experience, she knows firsthand how the business of eating and entertaining can be relentless. She presses on her advocacy for food diplomacy: “Cebu needs more events and experiential settings. The environment dictates behavior. We create dining experiences for every kind of diner where they are seen and heard.”

The drive to put Cebu on the map as a wine-and-dine destination is not exclusive to the hotel and food industry but is shared by the greater business community. It took little convincing for the Cebu Chamber of Commerce and Industry (CCCI), a 900-member local business membership organization, to get on board. Celebrating Cebu Business

Month every June, the Cebu Food and Wine Festival held in the same month is by no accident. The Festival has quickly turned into one of the CCCI’s highly anticipated event partnerships for its month-long celebration in terms of public engagement.

Getting the tourism industry to bounce back is everybody’s business, after all. The festival board knows too well the indispensability of local business players in the food sector. To create good food, fresh and quality produce is an all-too-important ingredient. So, this year’s Festival will continue to put out the best food and wine on the menu, emphasizing some local and sustainable elements. One of the admirable enterprises introduced in the Festival’s first year was the

farmer’s market; the Festival bridged the restaurants and hotels with local suppliers to ensure the harvest would be within arm’s length. With accredited farmers providing steady supplies, the industry has better access to serving quality fare from their kitchens.

This year, Dychangco-Anzani prefers to brand the Festival’s efforts as a solid mission

to “food stamp” regional dishes. She describes how they plan to execute this: master chefs from all over the Philippines will be flown in and tasked to recreate some of the classic local dishes with their signature panache. The Cebu Food and Wine Festival will run for 18 days, with participants spread all over Cebu, keeping curious diners on their feet as to what’s next. It sounds both exciting and grueling.

With a festival of this scale, the list of guest chefs is long, divided into three phases. As a taste of what’s to come, the kick-off phase will feature international and local luminaries, most of them multi-awarded, like Tatung Sarthou, host of *Simpol Kitchen*; Chele Gonzalez, chef-owner of Gallery by Chele; Reggie Aspiras, best-selling food author; John Buenaventura, Dubai’s Top Divergent Global Chef Ambassador of Emirates Culinary Guild (a chartered member of World Association of Chefs Society); Andrew Simpson, Crimson Executive Chef, Daniel Johnston, Chef de Cuisine of Azure Beach Club; and Naoki Eguchi, new Japanese Master Chef of Crimson. All of them will be keeping the opening crowd in good company. If you are a festival first-timer, the opening night on June 3 at the Crimson Resort and Spa Mactan will give you the consummate foodie experience. The chefs will be doing their rounds and will be happy to stop by for a chat. Best to begin with the mixologists’ cocktail specials before moving on to the tastings.

“The participation of these



CEBU FOOD & WINE FESTIVAL BOARD - 2023 ORGANIZING COMMITTEE

Co-Founder Kate Dychangco-Anzani (seated); (Standing L-R) Event Director Michael Sharpe, Food Development Director Jovy Tuaño, Co-Founders Chef Marco Anzani (Farmers Curation) and Brian Connelly, Opening Master of Ceremony Didier Belmonte and Public Relations Director Perl Jacalan (not in photo).



chefs will greatly contribute to the experience of a full-blown menu. Expect four-hands dinners, off-menu experiences, restaurant pop-ups with chefs exchanging techniques," Dychangco-Anzani adds.

* THE DRIVE TO PUT CEBU ON THE MAP AS A WINE-AND-DINE DESTINATION IS NOT EXCLUSIVE TO THE HOTEL AND FOOD INDUSTRY BUT IS SHARED BY THE GREATER BUSINESS COMMUNITY.

This year, the Festival will introduce a bangka boat cruise around the island of Mactan. This special event will be on June 14 and will depart from the Sheraton Mactan Resort in Punta Engaño, Mactan.

The second phase of the dining experience brings heavyweights like Chef Sau Del Rosario at NUSTAR Private Villa dining, Chef Happy Ongapangco-Tiu at Anzani, James Antolin and John Buenaventura at Shangri-La Mactan, Cebu. Chef John Buenaventura will also launch a festival menu at Il Primo, NUSTAR. The Belmont Hotel is also opening its brand, bringing in a star-rated chef under the Megaworld hotel group on June 13.

The final phase of the Festival is also not to be missed with the presence of celebrated chefs like, Andrew Malarky, chef of Wild Restaurant; Sharwin Tee, host of Let's Do Lunch and food columnist; Chef Ed Bugia, food columnist and TV personality; Marco Cicero Villareal from Baler; and Keith Curitana from Los Tacos Manila. The grand finale of the Cebu Food and Wine Festival will be held on June 17 at the JPark Island Resort and Waterpark.

Worry not if you can't squeeze in the opening and closing tasting events in your schedule because

**JUNE
05**

CEBU GRAND HOTEL
Escario St.,
Cebu
Chef:
May Perales
Savor the

Best of Cebu's Merienda
Cena: Philippine High Tea
3:00pm | P550 per person

SEDA AYALA CENTER CEBU
Chef: *Maria Gemma Limot and Jaypee Briones*
"Pagtagbo"
Elevated Cebuano favourites from past to present
10:00am-10:00pm
P799 per person

**JUNE
06
TUESDAY**

SEDA AYALA CENTER CEBU
Chef: *Maria Gemma Limot and Jaypee Briones*
"Pagtagbo"

Elevated Cebuano favourites from past to present | **10:00am-10:00pm**
P799 per person

**JUNE
07
WEDNESDAY**

MARCO POLO PLAZA CEBU
Chefs: *John Buenaventura*
"Savor the

Islands" - Selection of exotic and favorite island food of the south
7:00pm

D+B WINES & SPIRITS
Crossroads, Banilad

"Fly me to the moon"
Whisky flight and steak bites at the tasting room
6:00pm

SEDA AYALA CENTER CEBU
Chef: *Maria Gemma Limot and Jaypee Briones*
"Pagtagbo"
Elevated Cebuano favourites from past to present | **10:00am-10:00pm**
P799 per person

**JUNE
08
THURSDAY**

LOBOC RIVER BOHOL
Chef:
Andrew Malarky and Jyau

"Food and Fables" Fox and the Firefly Cottages A Special Enchanted Garden Dinner featuring the bounty of Bohol and Chefs Dre and Jyau.
5:00pm

THE PIG & PALM
Cebu Bunes Park
Chef: *Jamie Doe*
"Savor the Culture"

Tapas-style sharing dishes | **7:00pm**

P2000+
SEDA AYALA CENTER CEBU
Chef: *Maria Gemma Limot, Jaypee Briones*
"Pagtagbo"
Elevated Cebuano favourites from past to present | **10:00am-10:00pm**
P799 per person

PUEBLO
Banilad Town Center
Filipino x Mexican
Crossover: Spanish tradition through shared histories

**All event information are subject to change without prior notice. Please check CFW Festival Facebook page and visit www.ceburoodandwinefestival.com for latest updates, inquiries and bookings.*



the 15-day Festival offers much more variety. The Cebu Food and Wine Festival pocket events are held separately in participating restaurants across Metro Cebu, Mactan Island, Dumaguete & Bohol to drive food tourism traffic around Central Visayas, which has become the Island Food Central of the Philippines. As they say, when visiting a new place, the best way to get to know it is by eating local. And if you're lucky enough to be in Cebu in June, don't miss this annual Festival. 🍷

For updated information and prices, please visit :
www.cebufactandwinefestival.com
 or www.eatzcebu.ph
 📌 📷 /cebufactandwinefestival



**JUNE
09
FRIDAY**

**LA CARNE
BUTCHERY +
STEAK BAR**
88th Avenue
Park, Banilad,
Cebu City
Chefs:

*John Buenaventura &
Edward Diñoso*
"Taste Cebu's fine food
and wine"

A Siñeros grazing dinner
with a divergent Chef,
a Master Butcher and a
Wine Master | **6:00pm**

SEDA AYALA CENTER CEBU
Chef: *Maria Gemma Limot
and Jaypee Briones*
"Pagtagbo"
Elevated Cebuano

favourites from past to
present | **10:00am-10:00pm**
P799 per person

SEDA CENTRAL BLOC
Chef: *Crisanto Palang
and Edwin Infante*
"INASAL FESTIVAL"
Highlighting authentic
Chicken Inasal and Crispy
Lechon

P849 net per person
Lunch Buffet
12:00pm-2:30pm daily
P999 net per person
Dinner Buffet
6:00pm-10:00pm | Fri & Sat

1521 BEVERAGE CORP
Night of Mixology 9pm

**JUNE
10
SATURDAY**

**SEDA
CENTRAL
BLOC**
Chef:
*Crisanto
Palang
and Edwin
Infante*

"INASAL FESTIVAL"
Highlighting authentic
Chicken Inasal and
Crispy Lechon

P849 net per person
Lunch Buffet
12:00pm-2:30pm daily
P999 net per person
Dinner Buffet
6:00pm-10:00pm
Fri & Sat

**ACQUA ITALIAN, SHANGRI-
LA MACTAN CEBU**
Chefs: *John
Buenaventura, Luca
D'Amora*
4-hand degustation
dinner | **7:00pm**

SEDA AYALA CENTER CEBU
Chef: *Maria Gemma
Limot and Jaypee Briones*
"Pagtagbo"
Elevated Cebuano
favourites from past to
present | **10:00am-10:00pm**
P799 per person

BOCA , AS FORTUNA
A Spanish Filipino cuisine
with a contemporary
twist | **7:00pm**

HENRY HOTEL DUMAGUETE
Kinilaw Community
Showdown featuring the
best of local Dumaguete
Chefs Community | **2:00pm**

**JUNE
11
SUNDAY**

**SEDA AYALA
CENTER CEBU**
Chef: *Maria
Gemma
Limot and
Jaypee
Briones*
"Pagtagbo"

Elevated Cebuano
favourites from past to
present | **10:00am-10:00pm**
P799 per person

SEDA CENTRAL BLOC
Chef: *Crisanto Palang and
Edwin Infante*
"INASAL FESTIVAL"
Highlighting authentic
Chicken Inasal and
Crispy Lechon | **P849 net
per person Lunch Buffet**
12:00pm-2:30pm daily

**COWRIE COVE, SHANGRI-LA
MACTAN, CEBU**
Chefs: *James Antolin,
Marvin Ampoloquio*
4-hand seaside dinner
7:00pm

ANZANI RESTAURANT
Chefs: *Happy Ongpauco-Tiu,
Marco Anzani, Miko Aspiras*
A Food story on
sustainability, kitchens, best
practices, and new trends.
6 Hand dinner | **7:00pm**

SOUL SIERRA
"Highlands of Cebu"
A wholesome and holistic
ceremony with wellness
and vegetarian pairing
variations | **6:00pm**

*All event information are subject to change without
prior notice. Please check CFW Festival Facebook page
and visit www.cbufoodandwinefestival.com for latest
updates, inquiries and bookings.



▲ FROM LEFT CBM 2023 Creative Entertainment Co-Chairman MR. BRYAN YAP, CBM 2023 Publicity & Promotions Chairperson MS. JAJA CHIONGBIAN, CBM 2023 Tourism Co-Chairman MR. BOBOI COSTAS, CBM 2023 Entrepreneurship Chairperson MS. GRETCHEN CHOA, CCCI President MR. CHARLES KENNETCH CO, CBM 2023 Overall Chairman, MR. JOHN PAUL "JP" CHIONGBIAN, CBM 2023 Technology Co-Chairperson, MS. APRIL ONG VANO, CBM 2023 Technology Co-Chairman, MR. RYAN RAYMOND YU, CBM 2023 Publicity & Promotions Co-Chairperson, MS. DANNA BACOLOD, CBM 2023 Technology Chairman, MR. RYAN TAN YU, and CBM 2023 Tourism Co-Chairman, MR. ALLEN ANDRE SUAREZ.

networking, and business support services. The chamber has members from various industries, including manufacturing, tourism, construction, and finance.

Leading the chamber is its president, Charles Kenneth Co of the Cebu Steel Corporation. He is the 50th president of the 120-year-old business organization. Joining Co are the other elected officers and trustees: Melita Ramons was elected as vice president for finance and administrative services; Alice Queblatin, as vice president for external affairs and relations/business advocacy and policy; Tomas Riveral, as vice president for membership development/chamber growth; Jay Yuvallos, as vice president for business development; Aaron Jeremy Que, as the chamber's vice president for Cebu business mobilization; Ma. Aleta dela Calzada, as board secretary; and Joyce So, as the chamber's treasurer.

Knowing how important it is for entrepreneurs to stay on top of things, the CCCI keeps its network informed by maintaining a calendar of events and conferences throughout the year. One of its flagship events is Cebu Business Month, celebrated every June. What started as a week-long conference in 1996 has expanded into a month-long series of activities, including awarding ceremonies to inspirational figures, business matching sessions, and rewarding forums that

CEBU BUSINESS MONTH

The longest-running biz festival in the country by the Cebu Chamber of Commerce and Industry.

BEING THE OLDEST CITY IN THE PHILIPPINES and the country's first capital, Cebu City has long established a tight-knit business community. It is hardly surprising that one of the country's oldest local business service organizations also hails from Cebu. Founded in 1903, the Cebu Chamber of Commerce and Industry (CCCI) is a non-stock, non-profit organization of entrepreneurs and business professionals. Its mission is to promote and develop the business sector in Cebu through advocacy,



CEBU BUSINESS MONTH 2023 calendar of events

JUNE
GRAND OPENING SALVO

CEBU FOOD & WINE FESTIVAL
June 2-17 (Fri-Sat)

JULY
TOURISM SUMMIT
July 20-21 (Thurs-Fri)

AUGUST
TECHNOLOGY SUMMIT
Aug. 17-19 (Thurs-Sat)

ENTREPRENEURS' SUMMIT
Aug. 30 - Sept. 1 (Wed-Fri)

SEPTEMBER
CREATIVE BUSINESS TALK
Sept. 13 (Wed)

CEBU FOOD CONGRESS
Sept. 28-30 (Thurs-Sat)

THE GREAT CEBU SAFARI RACE
2nd week of September

OCTOBER
SEE CEBU
Oct. 13-14 (Fri-Sat)

ANIME CEBU
Oct. 21 (Sat)

BAICON
Oct. 28 (Sat)

NOVEMBER
GOLF TOURNAMENT
Nov. 10 (Fri)

CBM 2023 CONCERT

DECEMBER
CBM 2023
THANKSGIVING PARTY

provide opportunities for business owners, entrepreneurs, and professionals to connect, learn and collaborate.

Insightful forums on gainful trends and technologies keep entrepreneurs on their toes. With close to over a thousand member organizations, CCCI programs are guaranteed to be well-attended. As such, they make good opportunities to network and share ideas. This is in keeping with CCCI's vision to promote Cebu as a premier business destination in the Philippines and showcase the city's economic growth and potential. Having survived the pandemic-brought economic standstill, the organization's mission resonates as local business owners rally their sectors into high gear. Not an easy feat, but the community has seen the results: National Economic and Development Authority (NEDA), the country's

premier socioeconomic planning body, reports how the region's economy, valued at PHP1.2 trillion, has remained the fourth largest in the country.

The theme for Cebu Business Month 2023 is "Collaborate, Innovate, and Sustain." The objective is to encourage innovation and promote sustainability among businesses. It reflects the current economic landscape in Cebu, where companies face challenges such as climate change, digital transformation, and economic recovery. ☎

www.cebuchamber.org
3rd Floor Cebu Chamber Centre, Cor. Commerce and Industry Sts., Barangay Tejero, North Reclamation Area, Cebu City 6000
(032) 232 1421 | info@cebuchamber.org



▲ The Cebu Chamber of Commerce and Industry's Cebu Business Month 2023 Working team conducted a four-day roadshow to Manila, where they paid courtesy visits to partners from government and private entities. The objective of the roadshow was to showcase CBM's plans and initiatives for the year and generate buzz for the upcoming activities and events for Cebu Business Month 2023 with the theme "Cebu ta Bai." In addition, the roadshow aimed to establish relationships with potential partners, foster trust and credibility, and create opportunities for collaboration.

JUNE 12 MONDAY

CAFÉ bai, bai HOTEL
 Chef: Bien Chavez
 "Savor the Culture of the Philippines"
 An Independence Day Fiesta

Food Tourism Writing, and Photographer Workshop
9:00am-5:00pm

by Clang Garcia (Phil. Culinary Heritage Explorer, Chronicle, Curator and TV Host) with Pablo S. Quiza (photographer)

Fiesta Lunch
12:00nn-2:30pm
Fiesta Dinner
6:00pm-10:00pm

SEDA CENTRAL BLOC
 Chef: *Crisanto Palang and Edwin Infante*
 "INASAL FESTIVAL"
 Highlighting authentic Chicken Inasal and Crispy Lechon | **P849 net per person Lunch Buffet 12:00pm-2:30pm daily**

SAVOY HOTEL MACTAN, THE MACTAN NEWTOWN
 "Fiesta Filipinas"
 Featuring 12 Chefs from 12 hotels of Megaworld Hotels & Resorts in authentic, elevated fiesta experience. (go to CFCW festival website for more details) **6:30pm**

IL PRIMO ITALIAN STEAK HOUSE, THE STRIP, NUSTAR Resort & Casino
 Chef: *Sau del Rosario*
 7-course wine pairing dinner | **7:30pm**

INITO TOWER
 Chef: *Happy Ongpauco-Tiu*
 "An ode to the woman"
 Women's circle with Quest Hotel Conference Center Cebu **7:00pm**

SEDA AYALA CENTER CEBU
 Chef: *Maria Gemma Limot and Jaypee Briones*
 "Pagtagbo"
 Elevated Cebuano favourites from past to present | **10:00am-10:00pm P799 per person**

JUNE 13 TUESDAY

BELMONT HOTEL MACTAN-GRAND OPENING
 Chefs: *Johanne Sily, and Paolo Aviso*

"La Meza de Cebu" The Modern Filipino Table Featuring Megaworld Hotels & Resorts signature Filipino degustation with the 12 Brand Chefs and special guest chef. **6:30pm**

SEDA AYALA CENTER CEBU
 Chef: *Maria Gemma Limot and Jaypee Briones*
 "Pagtagbo"
 Elevated Cebuano favourites from past to present | **10:00am-10:00pm P799 per person**

SEDA CENTRAL BLOC
 Chef: *Crisanto Palang and Edwin Infante*
 "INASAL FESTIVAL"
 Highlighting authentic Chicken Inasal and Crispy Lechon | **P849 net per person Lunch Buffet 12:00pm-2:30pm daily**

JUNE 14 WEDNESDAY

SHERATON CEBU MACTAN | JPKARK ISLAND RESORT & WATERPARK
 Chefs: *Keith Curitana, and Marco Villareal*

Mactan Wine Cruise 2023 Showcasing Mactan Island's beautiful beaches, clear waters and luxurious resorts' gastronomy from America to Europe
 Boarding Time **10:30am** at Sheraton Cebu Mactan cruising onward to Shangri-La Mactan Cebu, Crimson Resort and Spa Mactan ending at Jpark Island Resort & Waterpark
 Attire: White and Blue stripe shirt | **P4,500 per person**

"Butcher's Circle Cebu"
 Attend a steak cooking class ending with a dinner with wine | **5:00pm**

ABASERIA DELI & CAFÉ, 32 Pres Quirino St, Cebu
 "Savor Classic Home Cooking" by Cebuana Lalay Jurado-Lava | **6:00pm**

SEDA AYALA CENTER CEBU
 Chef: *Maria Gemma Limot and Jaypee Briones*
 "Pagtagbo"
 Elevated Cebuano favourites from past to present | **10:00am-10:00pm P799 per person**

SEDA CENTRAL BLOC
 Chef: *Crisanto Palang and Edwin Infante*
 "INASAL FESTIVAL"
 Highlighting authentic Chicken Inasal and Crispy Lechon | Lunch at **P849 net per person**

LA CARNE BUTCHERY + STEAK BAR
 88th Avenue Park, Banilad
 Chef: Edward Dinoso

*All event information are subject to change without prior notice. Please check CFW Festival Facebook page and visit www.cebufoodandwinefestival.com for latest updates, inquiries and bookings.

a cebuano food essay

Food Business Developer JOVY TUAÑO dips his pen on the current Cebu dining scene. As Director of Food Development, he is heavily involved with the Cebu Food and Wine Festival this year.

photography PABLO S. QUIZA



SAVORY SEAFOOD
Fresh scallops, fish
kinilaw and grilled squid.

▶ **Humba or boiled pork hocks with banana blossoms,**

MY FAMILY MOVED TO CEBU over 50 years ago with parents who brought along their native food culture. From Pampanga, it was the likes of *sisig na puso ng saging*, *adobong pugo*, and *tamales* or *bobotu*, a savory stuffed soft rice dough snack wrapped in banana leaves; while from Lanao del Norte, *pinakurat na baboy sulop*. A graduate of Home Economics and a caterer, my late mother, Themy Badelles Tuaño cooked and curated Filipino



regional and international dishes and baked cakes from classic recipes for her family, friends and eventually customers from Iligan to Manila. At a young age, I frequently went with her on buying trips to Cebu's Carbon market and the Ramos public market. Those visits gave me a sound education on the food ecosystem and exposure to an inclusive community of butchers, farmers, and fishmongers.

Having lived abroad and having traveled to many countries, as well as to several regions of the Philippines has taught me to appreciate the positive impact of culinary exchanges among many cultures. I have observed a conscious

◀ **Pasyotes, an herb famous in Carcar City, Cebu and is a critical ingredient in lechon stuffing, which imparts a unique flavor.**



JUNE 15 THURSDAY

SEDA AYALA CENTER CEBU
Chefs: *Maria Gemma Limot, Jaypee Briones*
"Pagtagbo"

Elevated Cebuano favourites from past to present
10:00am-10:00pm
P799 per person

FERIA, RADISSON BLU HOTEL CEBU
Chef: *Reggie Aspiras*
"The Grand Philippine Buffet" | **6:00pm**

CHING HAI, JPARK ISLAND RESORT, MACTAN
Chefs: *Sharwin Tee*
"A Taste of China" featuring two well-known Chefs from Manila who specialize in Chinese Cuisine | **6:00pm**

BENJARONG THAI RESTAURANT, DUSIT THANI MACTAN CEBU
Chef: *Thanaphon Jeenphuaad*

"Savor the Culture at Dusit" 4-Hands on a 5-course dinner experience
6:00pm to 10pm
P1950++ per person

SEDA CENTRAL BLOC
Chef: *Crisanto Palang and Edwin Infante*
"INASAL FESTIVAL"
Highlighting authentic Chicken Inasal and Crispy Lechon | Lunch at **P849 net per person**

CUR8
Banilad Town Center
Chef: *Keith Curitana and Christian Tan*
"A curated dining experience" Dine at Cebu's first progressive dining concept | **6:00pm**

LLULA, Apas Cebu
Special Surprise Bar Takeover

EL CHIRINGUITO
The Gallery, Cebu
Savor Spanish Filipino Culture

JUNE 16 FRIDAY

D+B WINE TASTING ROOM,
Crossroads Banilad
"Spirits of New Cebu" -

Taste local and imported Spirits and cheese plus Australian Lechon Back Carvings by La Carne Butchers | **6:00pm**

SEDA AYALA CENTER CEBU
Chef: *Maria Gemma Limot and Jaypee Briones*
"Pagtagbo"
Elevated Cebuano favourites from past to present
10:00am-10:00pm
P799 per person

CAVA, CIRCA 1900
Chefs: *Andrew Malarky and Christian Tan*
Transport through time as you enjoy a 4-hands dinner & drinks in a 100 year old heritage house
4-Hand Dinner | **5:30pm**

TRADEWINDS, DUSIT THANI MACTAN CEBU
Chefs: Executive Chef Karthik Ravi, Chef Victor Oliviera, Chef de Cuisine Sunset Sports Bar, Brazilian Corner Chef Remie, Malicy, Chef de Cuisine, Tradewinds Chef Ramie and Pastry Chef Jennifer
"Seafood Night + Pool Party"
A one night food flares featuring local favorites and international cuisines led by Dusit Executive Chef Ravi.
6:00pm to 11:00pm
P2300++ per person

PIRATE BAR, JPARK ISLAND RESORT & WATERPARK
Chef: *Ed Bugia*
"Beach, Beer and Barbeque" Enjoy a beach BBQ at Jpark's Pirate Bar located right on our 100 meter sand beach. Bring your suit and enjoy a dip while you sip and savor delicious BBQ with the best in local draft and bottled beer, beach casual | **5:30pm**
P1,500 nett per person

*All event information are subject to change without prior notice. Please check CFW Festival Facebook page and visit www.cebufoodandwinefestival.com for latest updates, inquiries and bookings.



WAYS TO ENJOY CEBUANO OR VISAYAN FOOD

- Patronize home-cooking at roadside eateries and bakeries found along the main highways from North to South Cebu and several hidden gems in barangays
- Eat at hotels, resorts, and specialty restaurants in the city, nearby islands, and town centers
- Get invited by the friendly locals to their family home or go to Abaseria Deli for some heirloom recipes of Lalay Jurado Lava located at 32 President Quirino Avenue in the Mabolo neighborhood
- Visit the neighborhood *punko-punko* eateries or street food markets like Sugbo Mercado



▲ **Balbacua**, a sticky and rich stew from the Visayas made from ox skin that's simmered until soft and tender in a seasoned broth.

▼
CLOCKWISE FROM TOP
LEFT Lato or seagrapes;
grilled Pompano
fish with lemons;
paklay; pochero;
pork
barbecue with puso
(hanging rice).



validation and appreciation of local produce, the farm to table eating.

Good practices in food consumption need to be preserved, restored, and refined. Specific gaps in food security and safety, skills development and the final step, delivery. The growing demand for nutrient-dense healthy food and beverages open up many opportunities for culinary designers, food entrepreneurs, and other industry players. Many chefs today still rely heavily on imported produce due to its consistency, scale, and competitive pricing. Regenerative practices are essential to ensure the survival of our nutritious food culture along with livelihood, be it marine or agricultural resources, amidst the influx of instant fast foods, processed foods, and foreign food trends.

DEFINING CEBUANO FOOD CULTURE

Our culture is the collective habits and rituals passed through generations. Filipinos have a high-context culture, generally interacting in a non-verbal and unwritten language. We tend to use our facial expressions combined with hand gestures to communicate in a language that does away with excessive information or words. This is also reflected in our consumption of food. A perfect example is the SuTuKil meal, the conventional way of cooking seafood since pre-colonial times. *Sugba* or grilled, *tuwa* or broth, and *kilaw* or ceviche-style, where seafood is soaked with vinegar. This feast celebrates the main ingredient, mostly fish with firm meat, just taken from the sea.

That is why Cebu also attracts many visitors from high-context cultures from Asia, like Korea, Japan, and China. The inherent cultural characteristic of the Philippines, and other Southeast Asian countries in general is found to be fascinating by visitors from low-context cultures like North Americans and Western Europeans who are used to communicating food information in direct, explicit, and precise ways. Thankfully, most Filipino servers can ably explain the menu in English. 🇵🇭



**JUNE
17
SATURDAY**

CORAL RESTAURANT, JPARK ISLAND RESTORT & WATERPARK

Chefs: *Andrew Malarky, Ed Bugia, Sharwin Tee, Keith Curitana, Marco Villareal*

Kick off the evening with a Gin and Tonic from our Gin Bar.

Featuring Berry Brothers assorted Gins with unique flavors. Follow-up with a gourmet dinner featuring the finest in international dishes with local ingredients.

Each course is curated with a wine specially selected to complement the food. Live entertainment | **6:00pm - Reception | 6:30pm - Dinner | Php 4,700 nett per person.** Limited seats only.

For reservations for your selected CFWF event please call mobile number **+63 977 792 0234** or email **richie.ababan@jparkislandresort.com**

SEDA AYALA CENTER CEBU

Chef: *Maria Gemma Limot, Jaypee Briones*
"Pagtagbo" Elevated Cebuano favourites from past to present | **10:00am-10:00pm**
P799 per person

**JUNE
18
SUNDAY**

HAVANA RESTAURANT, JPARK ISLAND RESTORT & WATERPARK

Chef: *Nestor Cabradilla*
Rose Sunday Brunch
11:30am-2:30pm

Start your Brunch with a selection of Rose wines from around the world. Family style array of starters, salads and main course to please everyone. Dessert highlighting Cebu Mangoes.

Attire: Resort casual

Php 2,500 nett per person

Limited seats only.

For reservations for your selected CFWF event please call mobile number **+63 977 792 0234** or email **richie.ababan@jparkislandresort.com**

JARDIN DE LAKEVIEW X BOM VINOS

Experience the newest craze in the wine world through Bom Vinos carefully curated selection of organic wine, overlooking some of Cebu's best kept secret views.

**All event information are subject to change without prior notice. Please check CFW Festival Facebook page and visit www.cebufoodandwinefestival.com for latest updates, inquiries and bookings.*

◀ **Bibingka de Cebu; Trio of sweet mango, puto maya and sikwate.**

CEBUANO CUISINE

More straightforward than complex, the local Cebuano palate generally enjoys plain food - uncomplicated and easy on the taste buds, moderately salty, gingery, slightly sweet and not spicy. Balancing acid or souring agent is used as a sauce dip or dressing while eating. Natural seasonings are used moderately just enough to bring out the natural flavor and aroma of the protein or vegetable as the main ingredient. Fresh fish and seafood may be grilled with or without stuffing or simply boiled with ginger. *Lechon*, or roasted pig, is eaten with plain coconut vinegar. *Lato* seagrapes are just washed and dipped in vinegar like *kinilaw*. *Utan bisaya* is a clear soup of vegetables harvested from the backyard.

SEAFOOD

Being an island, Cebuanos enjoy the bounties of the sea. Common fish varieties in wet markets or supermarkets are *kitong* or rabbit fish and *molmol* or parrot fish. They are cooked traditionally in *SuTukil*, *sugba* or grill, *tuwa* or broth using the fish head, and *kilaw* or marinated in vinegar. Produced mainly in Bantayan Island, *labtingaw* are semi-dried fish, while its close cousin, *danggit* is a straightforward dried fish, both of which are popular breakfast fares. *Ginamos* are fermented tiny anchovies commonly used as condiment or



▲ *Ginamos and saba na saging.*

sauce; *bolinao* fish are simmered as *inun-unan* or fried; *lato* and *guso* are edible seaweeds; *saang* and *kinason* are local shellfish; *tuyum* or *swaki* are local sea urchin; *nokos* or squid cooked in vinegar and ginger or turned into squid flakes.

MEAT

Meat dishes are mostly grilled, a throwback to when there was still no electricity for cooking. They include *inasal na baboy* or *lechon*, a whole pig roasted over an open pit, and *inasal na manok*, the native chicken version of *lechon*. Both are considered celebratory dishes for special events like fiestas and birthdays. There's also the street food of pork BBQ with *puso* that are a must-try when in Cebu.

For ordinary meals, Cebuanos loved stews. *Humba* or boiled pork hocks with banana blossoms; *balbacua* or slow-cooked beef skin or ox tail thickened with their own collagen; *pochero* are beef shanks cooked with fresh veggies; *paklay* or sautéed offals or innards of beef, pork or goat; *kalderetang kanding* or goat meat stew. In addition, deep-fried pork skin or *chicharon*, as well as *ginabot*, deep-fried pork intestine, are pretty common.

Local palates are also partial to vegetables, fruits, and tubers. They include the famous golden Cebu sweet mango varietal, which is mostly fiberless; *alugbati* and *kamunggay* that are planted everywhere; mung beans cooked with coconut milk; tubers like *gabi*, *camote* or sweet potatoes, cassava, and the seasonal ube or purple yam.

OTHER DISHES

Noodles are also very much enjoyed at home. Called *pancit*, the local pride is called *bam-i*, which uses two kinds of noodles - *pancit canton* and *sotanghon* seasoned with Chinese chorizo and a dried black fungus called *tenga ng daga*. Another version is the birthday *pancit*, popularized by home-grown Filipino-Chinese restaurants in Cebu; it is a saucy noodle dish garnished with quail

eggs and veggies believed to give you long life.

Then there are the *sari-sari*, meaning mixed-up dishes. The most popular pairing is the *SuTukil*, as mentioned earlier, served in most seaside *carenderias*. *Budbod-manga-sikwate*, a combination of rice cake wrapped in banana leaves, a slice of sweet mango and native chocolate, is also a popular breakfast treat eaten together, while the common *utan bisaya* is a mixed-up vegetables like *kamunggay*, *okra*, *kalabasa*, or whatever vegetables are available.

SNACKS & DESSERTS

Desserts are also very much present at every meal. They include *bibingka* Mandaue; *budbod kabog* using *dawa* millet; *rosquillos*; *galletas*; *otap*; *torta* Cebuana; *puto maya*; *masi*; *binangkal*; and *binignit*.

CEBUANO STAPLES

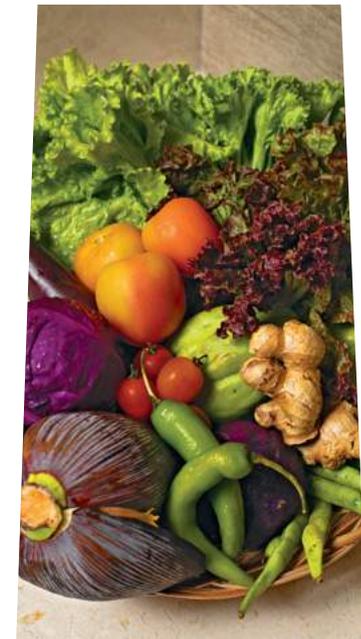
These spices and condiments, together with pickled and fermented produce, are staples in the kitchen. Soy sauce; Five Spice or *Ngo Hiong* Powder, *sili* or small local pepper; *hibi* or dried small shrimps; *kalamansi* or local lime; *suka tuba* or coconut vinegar; *iba*, tamarind or green mangoes used as a souring agent; *atsara* or pickled green papaya; *ginamos* or fermented fish; *uyap* or fermented tiny shrimps.

BEVERAGES

Workers, farmers, and fisherfolks in villages and rural regions enjoy traditional drinks after work, such as San Miguel beer brewed in Mandaue, *tubâ* or sap of coconut palm, *bahalina* or fermented or aged coconut red wine derived from *tubâ*, *kinutil*, *kutir* or *tubâ* mixed with raw egg and chocolate *tabliya*, *sioktong* Chinese herbal wine (medicinal tonic made of angelica root, Chinese cinnamon, dried dates, chrysanthemum flowers, fennel seeds, and cloves).

In urban centers like Metro Cebu, bars and restaurants are slowly introducing locally fermented Kombucha Tea, Botanical Gin, Cebu Mango Rum,

Coffee Liqueur, Ginger Liqueur and Ale, Craft Beers, and Coffee Bean drinks for the enjoyment of the community and tourists. Cebu Food and Wine Festival aims to bridge the gap between local drinks and global wines and spirits by encouraging mixologists and bartenders to create and develop inclusive beverage menus.

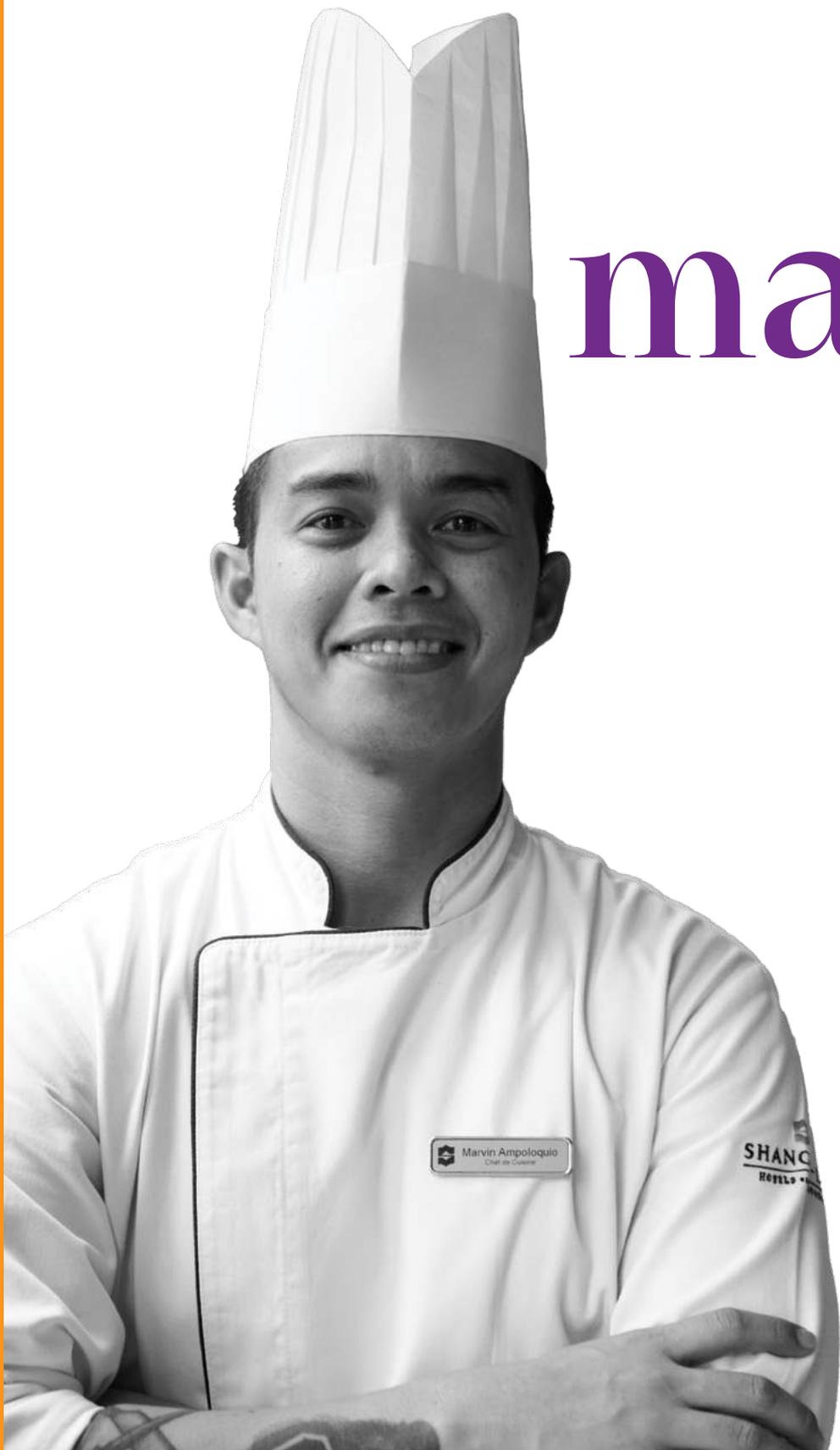


▲ *Labtingaw* (semi-dried fish); *Puso sa Saging* (banana blossoms) with mixed vegetables and local herbs

meet the chefs!

A rare get together of the country's top chefs in Cebu happens from June 1 to 18. Catch them by checking the schedule at www.ceburoodandwinefestival.com.





marvin ampoloquio

COWRIE COVE
at SHANGRI-LA MACTAN, CEBU

PERFECT MEAL COMPANION?

“My inspiration for cooking and the people I want to dine with would be my family, especially my kids. They are the source of my strength and fuel my passion. Being a chef is not easy. Most of my time is spent at work, so I use my family as my motivation when I am whipping up different dishes in the kitchen.”

WHEN HE WAS VERY YOUNG, CHEF Marvin Ampoloquio discovered his love for baking and cooking. He pursued his culinary education in Gerardo's School of Culinary Arts before working as Chef de Partie at Marco Polo Plaza Cebu. Chef Marvin's stint as a young chef allowed him to work at hotels like Atmosphere Kanifushi Maldives and Movenpick Resort Mactan. In addition, it enabled him to discover new techniques, fusions, and flavors. Now, as Shangri-La Mactan, Cebu's Chef de Cuisine, he brings exciting and contemporary flavors to discerning diners of Cowrie Cove, one of Cebu's most sought-after seaside restaurants.

CATCH HIM:
JUNE 11 at Cowrie Cove, Shangri-La Mactan, Cebu



Cowrie Cove at Shangri-La Mactan, Cebu



Ingredients

- Grouper fish, fillet 200 grams
- Olive Oil - 30ml
- Garlic - 15 grams
- Shallots - 30 grams
- Galangal - 15 grams
- Ginger - 15 grams

RUBBED GROUPE FISH FILLET WITH CEBU GREEN MANGO, LIME AND CILANTRO SAUCE

- Lemongrass - 10 grams
- Fresh Turmeric - 10 grams
- Green Mango - 100 grams
- Fresh Cilantro - 15 grams
- Lime Fruit - 1 pc
- Spring Onion - 15 grams
- Vietnamese Mint - 10 grams
- Cherry Tomato - 30 grams
- French Beans - 40 grams
- Potato - 120 grams
- Salt - 5 grams
- White Pepper - 1 gram
- Fish Sauce - 20ml
- Fish Stock - 100ml
- Palm Sugar - 5 grams

How to Cook

Wash the grouper fish and fillet into 200 grams, skin off and boneless. Mix the

garlic, shallots, galangal, ginger, lemongrass, cilantro roots, fresh turmeric, and olive oil until it becomes smooth paste. Marinate the paste with the grouper fillet then add salt and pepper. Sauté the shallots, garlic and cilantro roots over medium heat until it becomes light brown then add green mango. Continue to sauté around 1 minute, add fish stock and bring to boil and simmer. Season with fish sauce, palm sugar and squeezed lime fruit. Using a blender, mix the green mango sauce until it becomes smooth then strain the sauce.

Grill the marinated grouper fillet over high heat, turn both sides until cooked. Wash the cherry tomato, French beans, peeled and thinly sliced potato, peeled garlic and shallots, then add olive oil as you season with salt and pepper. Bake into the oven - set at 170 degrees Celsius. 3 minutes for cherry tomato and 7 minutes for other vegetables until it becomes tender. Final plating of the green mango cilantro sauce, grilled grouper fish and baked vegetables. Garnish with fresh cilantro, mint leaves, and micro greens

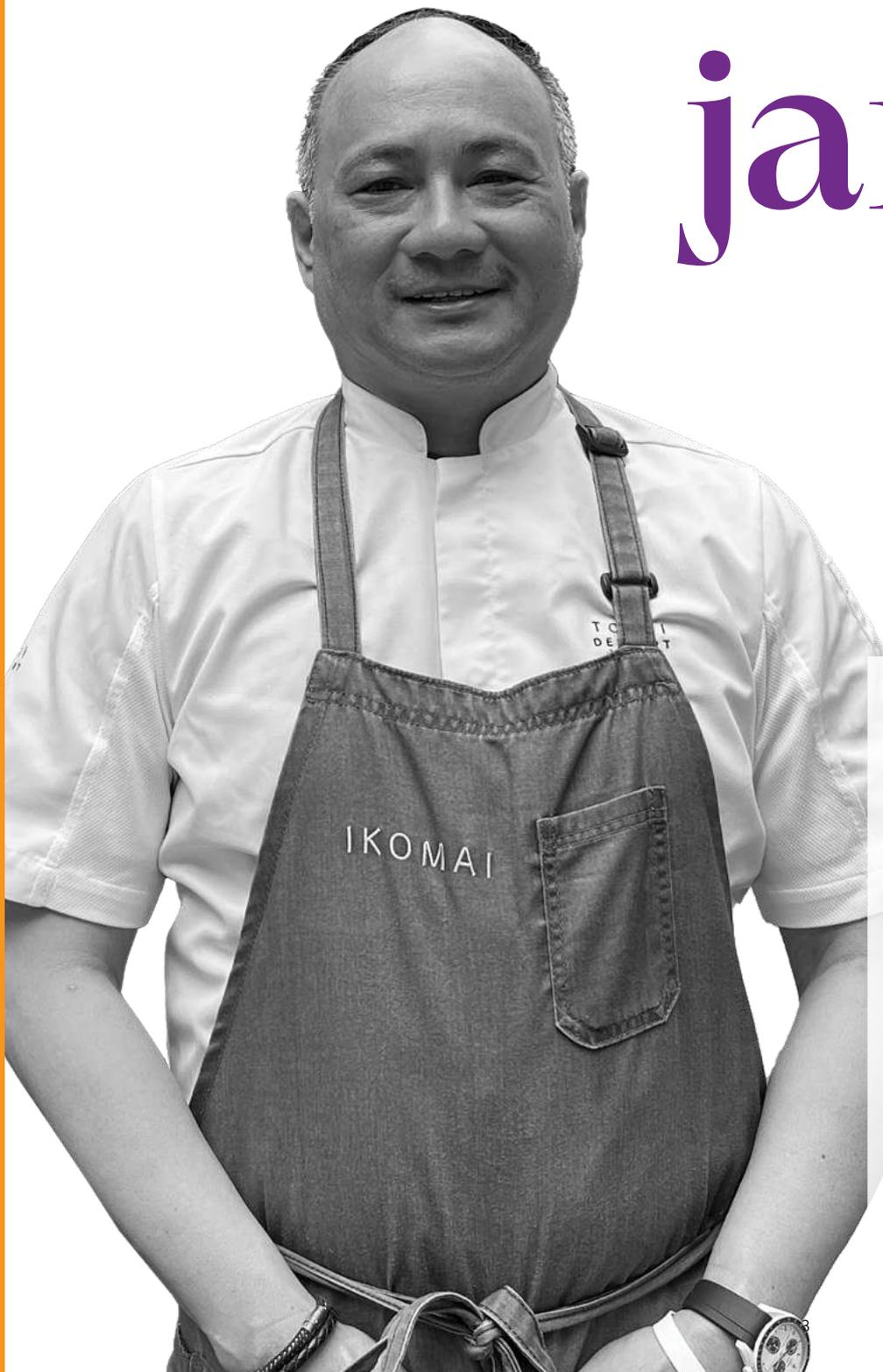
james antolin

IKOMAI AND TOCHI DESSERTS

at 147 ACI Group Building
HV dela Costa, Salcedo Village, Makati

PERFECT MEAL COMPANION?

“My favorite dinner companion would be my mom Violeta Antolin who passed away last February. I still have a lot of things to ask her. But closer to reality, my dream dinner companion would be Chef Thomas Keller. I followed his career from his first stint as executive chef at Checkers in LA in 1995 to the renowned French Laundry in Napa.”



CHEF JAMES ANTOLIN'S FAMILY moved to the US when he was just ten years old. They opened a restaurant in Los Angeles called Spoon and Fork, a Fil-Chinese eatery serving Filipino delicacies like dinuguan called chocolate soup and chicharon bulaklak called Raffle Fat.

He is a graduate of the California Culinary Academy, San Francisco. After graduating, he joined the fine dining restaurant, Patina in Los Angeles, California, working under celebrity Michelin and Zagat chefs Joachim Splichal, Josiah Citrin, and Walter Manzke. From Patina, he joined the Four Seasons Hotel, Newport Beach, California, under pastry chef Sheldon Millet and chef Derek Piorier. He is the past president of the LTB Philippines Chefs Association, the premier professional chef association in the country, and a member of the World Association of Chefs Societies (WORLDCHIEFS).

CATCH HIM:
JUNE 11 at Cowrie Cove, Shangri-La Cebu Mactan



KUSHIKATSU OR KUSHIAGE

Serves 6 to 8

Ingredients

Pork tenderloin about 2 kilos
 Brown onion
 Japanese green pepper
 Renkon Lotus root
 Shiitake mushroom
 Tonkatsu sauce

Batter

240ml milk
 192g All Purpose Flour
 2 eggs
 30g oil
 Fine breadcrumbs

Slice the tenderloin into bite-size pieces. Cut the brown onion into small wedges. Cut the stems off the shiitake, peel the lotus root, and slice it into 1.5cm / 0.5in pieces. Skewer all the ingredients.

Whisk together flour, eggs, milk, and oil in a medium bowl. Dip the meat and vegetables in the batter, then dip in the bread crumbs. Deep-fry at 180C / 350F until golden brown.



marco anzani

ANZANI RESTAURANT
at Nivel Hills, Cebu City

PERFECT MEAL COMPANION?

“A good dinner companion would be my friend Bryan Luoma, a globetrotter. He is curious about food and culture, and his palate is epicure. There are no boundaries in the conversation about food. It excites me to share my ideas and the possibilities I hope to create in this country. The Philippines is my home and has given me love. It is time to give back.”



CHEF MARCO ANZANI HAS worked with many Michelin-starred restaurants, including at the multi-awarded Chefs in Istanbul, where he was a partner/chef, and at the Shangri-La hotels in Asia. He pioneered the New Mediterranean Cuisine in Cebu at his eponymous restaurant, Anzani. With over 35 years in the food industry working in 18 countries and 30 cities, Chef Marco has made his 12-year-old restaurant a must-visit in many guidebooks. He is a driving force on restaurant concepts and build-out.

CATCH HIM:
JUNE 11 at Anzani Restaurant



Ingredients

150 g Chilean sea bass
1 piece ripe Roma tomato
20 ml olive oil
2 tsp basil leaves
2 tsp lemon zest
3 tsp finely chopped garlic
1 tsp finely chopped thyme
½ l vegetable oil (for frying)
2 tsp finely chopped parsley

SEA BASS WRAPPED IN PURPLE AND WHITE SWEET POTATO, WILD ARUGULA LEAVES, AND SLOW-ROASTED CHORIZO TOMATOES

1 pinch of sea salt
¼ tsp white pepper
50 g sweet potato
25 g Spanish chorizo
20 g wild arugula leaves
5 g butter
2 pieces lemon

Procedure

Cut sea bass fillet with skin 1 inch thick and 3.5 inches long; marinate fish with olive oil, basil, garlic, and lemon zest with salt and pepper to taste. Peel and string the sweet potato into a stringer machine; wrap the sea bass with string sweet potatoes, and set aside. Saute chorizo in a

pan with onion, garlic, fresh parsley, and thyme until it renders the fat. Deseed the tomatoes and stuff with the sauteed chorizo mix, and bake in a low-temperature oven (approximately 120°C).

Pan fry the sea bass wrapped on the sweet potato string in hot oil. On a plate, assemble the dish, first the slow-roasted chorizo tomato in the middle, then balance on top with the sea bass. Arrange around the plate wild arugula dressed with lemon juice reduced and whipped with butter sauce.



reggie aspiras

Instructor in the Culinary Arts,
Food Consultant, Best-selling
author, newspaper columnist,
TV personality

PERFECT MEAL COMPANION?

“I would like to dine with my father, Joe Aspiras, again. I miss him so much. Dad’s radiant smile and cheery disposition earned him the name Sunshine. What I’d do to bask in his presence and light, even for one last time.”

CHEF REGGIE ASPIRAS IS A BEST-SELLING author who has honed her culinary skills under the tutelage of internationally renowned chefs. She has written several books, including the highly successful *Kitchen Rescue* series, with excerpts from her newspaper writings. She wrote the cookbook *Notes from My Kitchen 1* in December of 2019, followed by *The K-Drama Cookbook*, which she co-authored with Korean Chef Lily Min, and *Notes from My Kitchen 2*. Her latest book is *PinakBest, Recipes from the North*, in collaboration with Senator Imee Marcos. She is working on another book with Chef Suzuki, the chef of Japanese Ambassador Kazuhiro, and a culinary heritage cookbook with Senator Loren Legarda.

Chef Reggie is a long-time columnist for the *Philippine Daily Inquirer* and a celebrity chef endorser for Purefoods Blue Label Corned Beef, Sky Broadband, Magnolia Butter, and Glad Non-Stick Foil. She is the first tri-media culinary personality with a presence on radio, print, and TV. She was given several awards through the years, including Bravo Awardee for Empowered Women by Security Bank and Zonta Makati in 2018; WWF Philippines 25th Year Special Awardee for her work on biodiversity and sustainability. In addition, her book *Notes from My Kitchen 2* won the Gourmand World Cookbook in 2023.

Chef Reggie is a staunch advocate of culinary tourism. It is her way of paying tribute to her father, former Tourism Secretary Joe Aspiras. Together with Aileen Clemente of Rajah Travel Corporation, she developed the *Kitchens of the World* and *Kitchens of the World Philippines*. This personalized culinary travel program focuses on learning closely guarded traditional Filipino recipes from the masters, set in their private kitchens. The culinary stopovers were designed by Chef Reggie to introduce foreign tourists and food enthusiasts to a one-of-a-kind dining and cultural experience featuring Philippine cuisine and food heritage, showcasing the widely known Philippine hospitality that only Filipinos can do and deliver.

CATCH HER:

JUNE 3 at **Crimson Resort & Spa Mactan**
JUNE 4 at **Sheraton Cebu Mactan, Anzani Restaurant**
JUNE 15 at **Feria, Radisson Blu Cebu**



LECHON DE LECHE STUFFED WITH IGADO

Igado

- 2 kilos pork liempo, sliced into strips (size of our pinky finger)
- 1/2 kilo pork liver, sliced into strips
- 1/3 cup sukang Iloko and 1/2 cup vinegar
- 1/2 cup soy sauce
- 1 tsp. salt, 1 tsp. pepper and 1 tsp. vetsin
- 1/2 kilo chicharon bulaklak, sliced or 1/4 kilo tampalin
- 1 1/2 cups chopped white onions and 1/2 cup pounded garlic
- 1 bay leaf and 1 tsp. peppercorn
- 3 pcs. siling pangsigang and dark soy sauce
- 1 to 2 cups pork stock
- 2 tps. salt and 1/2 tsp. pepper

Combine pork liempo, pork liver, sukang Iloko, vinegar, soy sauce, 1 tsp. salt, 1 tsp. pepper, and vetsin. Marinate overnight. Heat wok with 2 tbsps. oil. Cook chicharon bulaklak or tampalin until golden. If a lot of oil is extracted from bulaklak or tampalin, remove all but 1/4 cup. Add in onions, garlic, bay leaf, peppercorn, and chili. Sauté for 10 minutes to develop

flavor. Add meats together with the marinade. Cook until meats change color. Add in 1 cup pork stock to ensure there is enough liquid to blend with the rice for stuffing into the piglet. Simmer until meat is tender. Add in dark soy for color. Season with salt and pepper. Reduce sauce by half, until oil starts to surface. For igado to be used as stuffing for piglet, it should be seasoned more than usual, to flavor the rice. The meat should not be too tender because it will undergo further cooking inside the piglet.

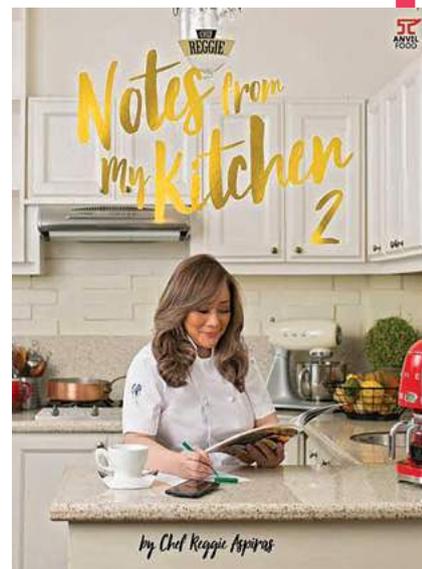
Igado Rice

- 8 to 10 cups cooked rice, cooked like pasta and bay leaf
- 3/4 of the igado
- 2 tbsps. Chef Reggie's Philippine Coconut Oil
- Salt and pepper

Add bay leaf to rice, 3/4 of the igado with sauce and oil, plus 2 tbsps. Oil. Season with salt and pepper lightly, since the cavity of the pig is also salted.

TO ASSEMBLE:

- 1 piglet around 10 kilos weight, boiling water, enough to fill cavity of piglet
- Salt, pepper and Chef Reggie's



Aromatic Seasoning Wine

Pour boiling water in cavity of piglet. Pat dry. Rub cavity with salt and pepper. Drizzle with wine. Stuff piglet with igado rice. Sew up opening. Rub the skin of piglet with more salt. Be generous with the salt. Cover ears and tail with foil. Roast in a 350°F oven for approximately 2 1/2 hours or until piglet is golden brown and skin is crisp. Serve with remaining igado sauce and lakatan salsa.

Lakatan Salsa

- 3 to 4 cups lacatan banana, diced
- 1/2 cup chopped tomatoes, seed removed
- 1/2 medium white onion, chopped
- 1/3 cup wansuy (cilantro), chopped
- 1 jalapeño pepper, seeds and ribs removed
- juice of 1/2 lemon or lime (the former was used in class)
- 1 clove garlic, minced
- 1/2 tsp. salt
- 1/4 tsp. pepper
- 2 tps. white sugar
- 2 Tbsps. Wesson vegetable oil
- 2 tps. vinegar

Combine all of the ingredients. Add salt and sugar, to taste. Serve alongside the lechon.



michael aspiras

Executive Pastry Chef and Partner:
VISUM VENTURES at Unit 205-206, O
Square 1 Building, San Juan, Metro Manila

Owner/Executive Pastry Chef
DON'T DOUGHNUTS at 324 Victoria
Street, Sydney, NSW, Australia

PERFECT MEAL COMPANION?

“My Lola Mila and my husband, JV, are my past, present, and future. They have inspired me in every aspect of my life. “



Don't Doughnuts Australia



NOTED PASTRY CHEF MIKO Aspiras finished his Culinary Arts degree from La Salle St. Benilde College in 2007 and received a Certificate of Completion, California Milk and Dairy Immersion from the Culinary Institute of America in Napa Valley. He has worked at many top-notch hotels in Manila, like Fairmont/ Raffles and Maxims Hotel, and as consulting pastry chef for Philippine Airlines from 2016 to 2019. He was a featured speaker at Madrid Fusion 2016. The multi-awarded chef was included in the prestigious 30 Under 30 Most Influential List by Forbes Magazine in 2018.

He also did some stints in Australia, where he worked for and led the pastry team of one of the biggest hotels in the city, the Hilton Sydney, catering to over 500 people a day. In 2019, he published *A Piece of Cake, A Guide to New Classics, and Modern Desserts for Home Bakers and Pastry Chefs*.

CATCH HIM:
JUNE 11 at Anzani Restaurant



CALAMANSI MALUNGAY AND PILI POLVORON

Calamansi-Pili nut (Green)
75g Pili nut butter
25g Cow's butter
30g dehydrated/pulverized Malungay (Moringa) leaves
20g dehydrated/pulverized calamansi juice
50g Toasted wheat flour
50g milk powder
30g muscovado sugar
10g caster sugar

Melt the butter and place all dry ingredients in a bowl. Fold in the melted butter, and clump together all the ingredients with your hands until lightly crumbly. Press mixture onto the mold, let set in the chiller, remove from mold, and decorate.

paolo aviso

Executive Chef
at BELMONT HOTEL MACTAN

PERFECT MEAL COMPANION?

“I would love to dine with the late Chef Anthony Bourdain if given a chance. He may not be the best chef of his time, but what he sees in the culinary world is different. He did not focus on the food alone but on how it was created, its culture, and how it became today. I admire his unconventional, striking approach toward food; he features the good and bad sides.”

photography **PABLO S. QUIZA**





Belmont Hotel Mactan

CHEF PAO AVISO STARTED HIS journey as a line cook at Marco Polo Plaza Hotel after he graduated from a culinary arts school, then as Chef at Marble + Grain at bai Hotel. He also gained experience working for a cruise line and as a Magsaysay Center for Hospitality and Culinary Arts instructor. He worked at other hotels, such as the Marriott Hotel and Yello Hotel, where he became their Executive Chef and F and B Head.

As Executive Chef at Belmont Mactan Hotel, part of the vast Megaworld Hotels and Resorts, he creates signature dishes promoting modern Filipino fusion cuisine. Being a Philippines-based business, MHR aims to encourage dishes with local and heritage roots.

CATCH HIM:
JUNE 13 at Belmont Hotel Mactan



CALLOS DE CEBU

Ox Tripe & Skin, Spanish Chorizo, Cebu Chorizo, Garbanzos, Olives

Ingredients

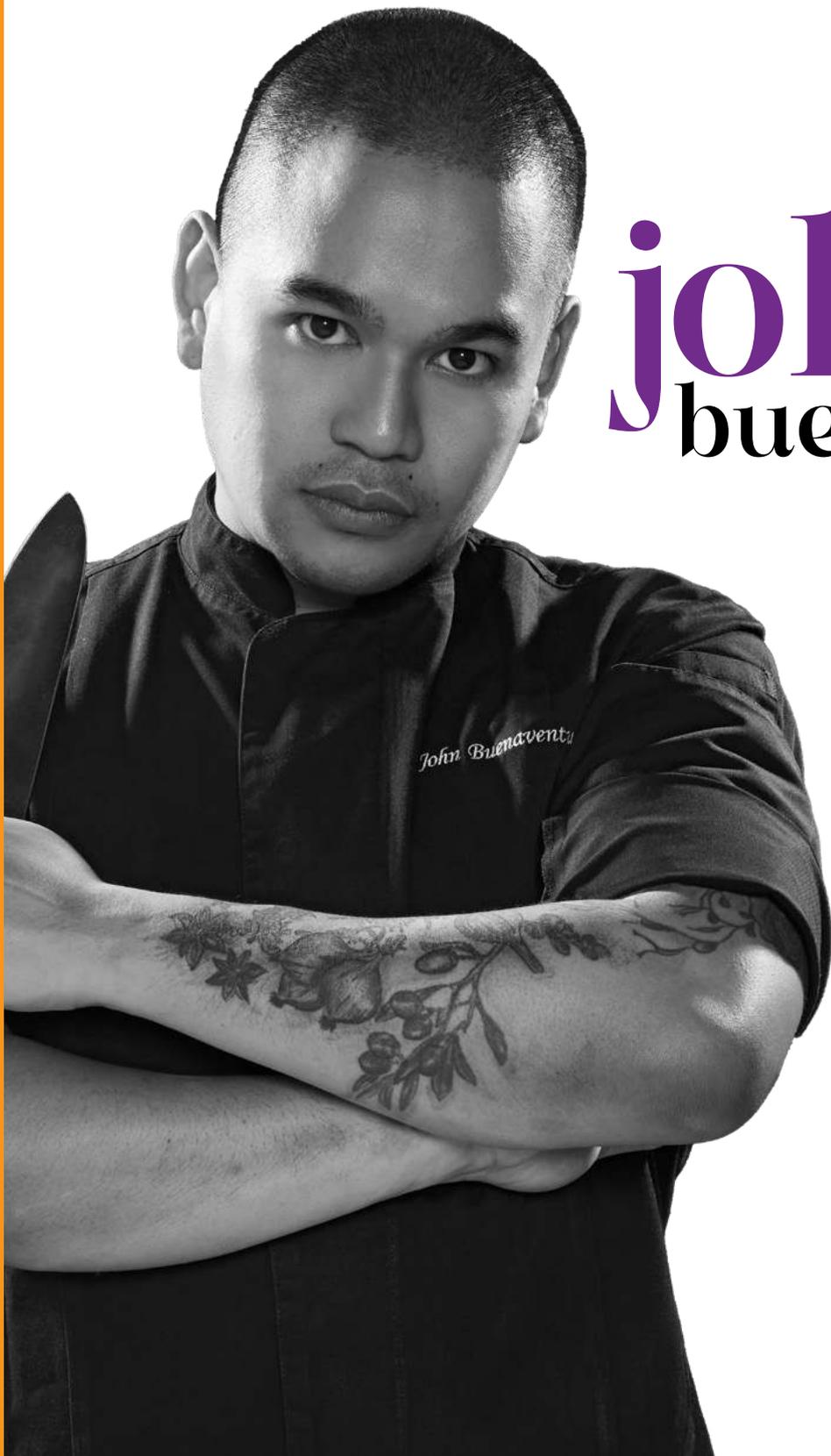
350 grams Beef Tripe
350 grams Beef Skin
100 grams Spanish Chorizo
100 grams Cebu Chorizo
1 medium red onion and 1 bulb garlic
2 red bell peppers and 2 green bell peppers
2 large bay leaves and 6 to

10 black peppercorns
50 grams black olives
3 tablespoons olive oil
1 tablespoon Spanish paprika
4 - 6 cups water
1 can garbanzo beans
1 cup tomato sauce
½ cup white vinegar
10 grams parsley
10 grams Parmesan cheese

Clean the tripe well under cold running water. Set in a bowl of cold water mixed with the vinegar for 20 minutes, then rinse thoroughly. Cut the tripe into pieces approximately 3-inches square. Set aside. Coarsely chop 1 onion. Set aside. Remove and peel garlic. Set aside. In a large heavy-bottomed pot, place the tripe pieces and beef skin. Cover with water and bring to a boil. Allow to boil for 1 minute. Drain into a colander and rinse the froth from the meat. Return the tripe and skin to the

cooking pot and add 4 to 6 cups of water, or enough to cover. Put chopped onion, red & green bell pepper and all but 3 peeled cloves of garlic, bay leaves, and peppercorns in the pot. Bring to a boil, then reduce heat. Simmer for 3 hours. Finely chop the remaining onion and 3 cloves of garlic. Slice the Spanish chorizo into rounds. Cut the Cebu Chorizo into small squares. In a skillet, heat the olive oil and sauté the chopped onion, garlic and both chorizo for 5 minutes, or until onions are translucent. Remove from heat and stir in tomato sauce and paprika. Add the mixture to the pot with the tripe. Add garbanzo beans, and simmer for 15 to 20 minutes. Serve hot and garnish with parsley and Parmesan cheese.





john buenaventura

Executive Chef
at EMIRATES AIRLINES

PERFECT MEAL COMPANION?

“I would love to have Massimo Bottura, the Michelin star chef, as a dinner companion. He has a different view of life and sees food as the main essence of bringing people together. I like his philosophy about food as the simplest form of sustenance for the body and soul.”

RECENTLY APPOINTED AS THE Executive Chef at Emirates Flight Catering—handling the VIP Flights, Private Jets, and Presidential Planes Division, John’s meteoric rise to the top of a prestigious airline’s catering is a testament to his hard work.

He stirred his passion for food to venture into the global front of the culinary business and has continued to influence many aspiring Filipino chefs in the Gulf region. Aside from being highly regarded in the Food and Beverage community in the UAE, Chef John also represented the country in various global engagements, he was one of the speakers at the World Chef’s Congress 2022 and was the official competitor representing the UAE at the Global Culinary Challenge last May 2023.

He has worked for some of the world’s most prestigious hotels like the Raffles Hotel, the Fairmont, the Palm Jumeirah, the Intercontinental, and the Hilton, all in Dubai, rising from a sous chef to chef de cuisine and ultimately as executive chef. Being in this food industry since he started as a chef instructor in 2005 at the Center of Culinary Arts in Manila, his prominence has kept him grounded with more long-term goals as he continues to carry out his other entrepreneurial ventures, including cloud kitchens, professional culinary consultancy, and a food-driven e-commerce platform.

CATCH HIM:

- JUNE 3** at Crimson Resort and Spa Mactan, Cebu
- JUNE 4** at Il Primo, NUSTAR Resort & Casino
- JUNE 7** at Marco Polo Plaza Cebu
- JUNE 9** at La Carner Butchery + Steak Bar
- JUNE 10** at Acqua, Shangri-la Mactan Cebu



Pop up events in Manila and abroad



CIDER BRAISED AUSTRALIAN BEEF CHEEKS

Beef Cheeks

- 300g Australian Wagyu beef cheeks, trimmed and cleaned
- 5g smoked sea salt; 2g toasted black pepper powder
- 40ml corn oil; 40ml olive oil
- 40g red onions, diced; 10g garlic, crushed
- 30ml red wine vinegar; 1L beef stock; 1L cider
- 30g dried morels; 30ml molasses

Marinate the beef cheeks in corn oil, smoked sea salt, and black pepper for 1 hour in the fridge. Heat a cast iron pot and slowly sear the beef cheeks on

both sides; add olive oil and red onions. Saute the onions until it becomes translucent, and add the garlic. Deglaze the beef cheeks with red wine vinegar and simmer until the vinegar almost evaporates. Add in the cider, beef stock, dried morels, and molasses. Bring to a simmer and place it in the oven for braising at 150C for 1 hour or until meat is tender. Remove from pot, and set aside. Strain the remaining braising liquid into another pot and reduce until it thickens. Place back the beef cheeks in the liquid and finish it off with a generous dollop of butter.

Celeriac Purée

- 500g Celery Root or Celeriac; 1L Full Cream Milk
 - 200ml Cooking Cream; 50g Butter; 10g Salt; 2g White Pepper
- Slice the celeriac and cook with milk. Simmer until soft, then pour into a

blender and slowly purée. Strain the purée and finish off by adding cream, butter and season with salt and white pepper

Garlic Mushrooms

- 80g White Button Mushrooms; 30ml Olive Oil; 10g garlic, crushed
- Saute the mushrooms in a pan without oil on high heat until it gets golden brown, then drizzle olive oil and garlic. Cook for a few seconds or until garlic is slightly toasted, and season with salt and pepper.

Plating

Scoop a big spoonful of celeriac puree into a bowl, slowly add the beef cheeks on top, and add some thick sauce. Add the sautéed garlic mushrooms and sprinkle some optional crispy onions for garnish.



edward bugia

MIMI & BROS. at Crossroads Bldg.,
32nd St., BGC, Taguig

BEAN & YOLK at Westgate Center,
Alabang

PERFECT MEAL COMPANION?

“I would love to have dinner with my late grandmother. She was my first culinary instructor and taught me to cook Filipino food from the heart and soul. She didn’t count calories. Her food stuck to your insides and gave you a warm and fuzzy feeling after having repeated servings. I miss her dearly and want to share what I’ve accomplished with her.”

photography **PABLO S. QUIZA**





Mimi & Bros.

CHEF EDWARD BUGIA HAS NEARLY two decades of culinary experience in the local F&B industry, formerly head chef and part owner of several restaurants across the metro, namely, The PINO Group of Concepts in the Maginhawa area and Backyard Kitchen + Brew. He has also consulted for brands such as Magnum Cafe, Ippudo Ramen, and Nonna's by Mama Lou's.

Chef Edward is also a partner in a quaint little coffee shop in Alabang called Bean & Yolk in the Westgate area and Mimi & Bros in the heart of BGC.

You can find Chef Ed on social media as @chefedward or watch his straightforward kitchen tutorials on his YouTube channel - Kumusta Media.

CATCH HIM:
JUNE 16 & 17 at Coral Restaurant, Jpark Island Resort & Waterpark



KARE-KARE BAGNET

Serves 4-6 people

TIP:

Local peanut butter is best!

Essential tools:

Ladle and lotted pans for the pouring of oil on pork

Ingredients:

½ kg frozen bagnet (crispy pork belly)
 1-2 eggplants sliced
 1 bunch bokchoy
 15-20 pcs sitaw, braided

1.5 cup peanut butter
 .5 cup ground toasted peanuts
 2.5 cups pork stock
 ½ cup unsalted butter
 3 tbsps fish sauce
 3 tbsps toasted rice flour diluted in 2 tbsps water
 4 tbsps brown sugar
 3 tbsps annatto oil
 2 L boiling canola oil
 Rice and Bagoong (Barrio Fiesta style) for garnish

Cook the frozen bagnet in an air fryer or hot oil until crispy. Blanch all the vegetables in salted boiling water for 15-20 seconds and place them in ice water to cool down. Mix the remaining ingredients in a saucepan to make the sauce and simmer. Arrange your serving dish with hot steamed rice and bagoong on the side.



keith curitana

LOS TACOS MNL

Pop-up Address at 3/F Oakridge Plaza,
Paseo de Magallanes, Makati City

PERFECT MEAL COMPANION?

“Victor Arguinzoniz of Asador Etxabarri. I’m most amazed by Victor because despite being a recluse with no social media presence and rare digital features, his food creations transcend today’s standard of loud and constant marketing. He might be oblivious to the media limelight, but everyone in the scene knows about him. That fascinates me. I want to dine in his restaurant with him, talk about his food philosophy, and get to know him. I geek out that all his dishes are touched by fire. To dine with a chef of that caliber would be a privilege and a dream come true.”



Los Tacos MNL

FUELED BY CURIOSITY AND passion, Keith started his adventures in the kitchen of BlackSheep, headed by Chef Pat Go, as a graduating student in training. His experience in modern Asian cuisine opened the opportunity to run the kitchen of DULO MNL, where his creativity and leadership were placed in a trial by fire. Cooling off to gain more experience and knowledge, he joined the HAPAG team as chef de partie. The pandemic lockdowns birthed Los Tacos, a then home-based birria concept. Today Los Tacos found a halfway home in Magallanes Bistro as a Mexican pop-up specializing in house-made masa, tortillas from scratch, house salsa, and charcoal grilled dishes.

CATCH HIM:

JUNE 14 at Mactan Wine Cruise 2023

JUNE 15 at CUR8, Banilad Town Center

JUNE 17 at Coral Restaurant, Jpark Island Resort & Waterpark



CHARRED CABBAGE TACO

Ingredients

- 1pc House Tortilla
- 1 tbsp spicy peanut butter
- 80g charred cabbage
- 30g chopped lettuce
- 5 thin slices of avocado
- 1 tbsp salsa macha

Procedure

Reheat the tortilla until warm, spread 1 tbsp of spicy peanut butter, put charred cabbage in the center, top with chopped lettuce, top with avocado slices, then finish with Salsa Macha.



luca d'amora

ACQUA at SHANGRI-LA MACTAN, CEBU

PERFECT MEAL COMPANION?

“My favorite dinner companion does not have to be a single person. As a family-oriented person, I would choose to dine with my family. I find this quite nostalgic because, growing up, my family would gather to have lunch together. This is where I got my love for cooking authentic Italian dishes. The recipes I learned growing up are all precious heirlooms.

CHEF LUCA D'AMORA GREW UP IN Ercolano, Naples, where his home was a stone's throw from the beach. Because of this, he feels quite at home in Cebu where the beach is just steps away from his workplace at the kitchen at Acqua, Shangri-La Mactan, Cebu's renowned Italian restaurant, which recently reopened its doors. With 15 years of experience in Italian Cuisine, Chef Luca first gained experience in 5-star hotels and Michelin-starred outlets like renowned restaurants Gualtiero Pierino Penati and Marchesi, located in Italy. He has also worked with world-class teams in Soho House Hotel India and Amsterdam, Long Beach Resort Mauritius, Baglioni Hotel London, and Pizza Massilia in Thailand as their Head Chef.

CATCH HIM:
JUNE 10 at ACQUA, Shangri-La Mactan, Cebu



Acqua Italian Restaurant



PROSCIUTTO DI PARMA

Pizza Dough

Flour 1 kg; water 600g; yeast 1g; salt 20g

Dissolve the yeast in the flour. Pour the water a little at a time and add the salt. Knead until the dough is smooth and homogeneous.

Topping

Peeled tomatoes 1 kg; Extra virgin olive oil 100g; salt 15g; basil; Mozzarella (for di latte)

Combine all the ingredients, leave to rest for at least 2 hours.

Toppings

Parma Ham, rocket, or arugula; Stracciatella or burrata

Put the pizza dough on the surface and form a circle in a circular motion. Add the tomato sauce on top, followed by the mozzarella and basil. Bake it in the oven until thoroughly cooked. Top the pizza with Parma Ham, arugula and burrata.



sau del rosario

CAFE FLEUR

SAW SAW RESTAURANT

25 SEED at Dycaico Ancestral House,
Barangay Sto. Rosario, Angeles City

PERFECT MEAL COMPANION?

“I have two favorite dinner companions: my mom and my father. My mom told me once: bring out your fond memories when you cook, and food will unfold all your beautiful stories! My dad happened to be my role model and mentor. He had worked for 42 years as a chef, and in his last few years, we dined together, and I will never forget those moments with him.”

CHEF SAU DEL ROSARIO IS A NATIVE of Pampanga, one of the Philippine culinary centers and a region that boasts of prominent families in the restaurant and cuisine-inclined circles. He belongs to four generations of chefs in his family, which includes Sau's grandfather and his father, whose academic background includes studies at the Culinary Institute of America.

Chef Sau attended the University of the Philippines for a bachelor's degree in Hotel and Restaurant Administration. After that, he trained in the South of France and Paris and pursued his dream of working with Michelin restaurants like Le Chantecler in Hotel Negresco, Restaurant l'Universe, and Restaurant Divellec. Thereafter, he had stints in Shanghai, Singapore at Equinox of the Raffles Hotel and Resorts, and Thailand.

Chef Sau is a big advocate of Philippine Cuisine and was invited to different international food festivals like the Foro Mundial de Gastronomía in Mexico, the Flavors of the World by the Culinary Institute of America in Napa, California, Melbourne Food and Wine Festival, and the prestigious San Sebastián Gastronomika.

Chef Sau is the President of Disciples Escoffier Philippine Chapter and also the President of Culinarya Pampanga.

CATCH HIM:
JUNE 11-12 at Fili Hotel Villa 2,
 NUSTAR Resort & Casino



LAMB SHANK CALDERETA

Serves 4

Ingredients

1 kilo lamb shank
 Salt and pepper to taste
 Olive Oil
 1/2 head garlic, chopped
 2 medium-sized onions, chopped
 1/4 cup soy sauce
 1 cup tomato sauce or 5 tablespoons tomato paste
 1/2 cup liver spread
 2 cups chicken stock or water
 10 peppercorns, crushed, and 3 bay leaves
 1 medium carrot, sliced thinly
 1 can button mushroom, cut into halves
 3 red chilis, chopped
 1/4 cup grated Parmesan Cheese
 2 medium red bell peppers, sliced thinly

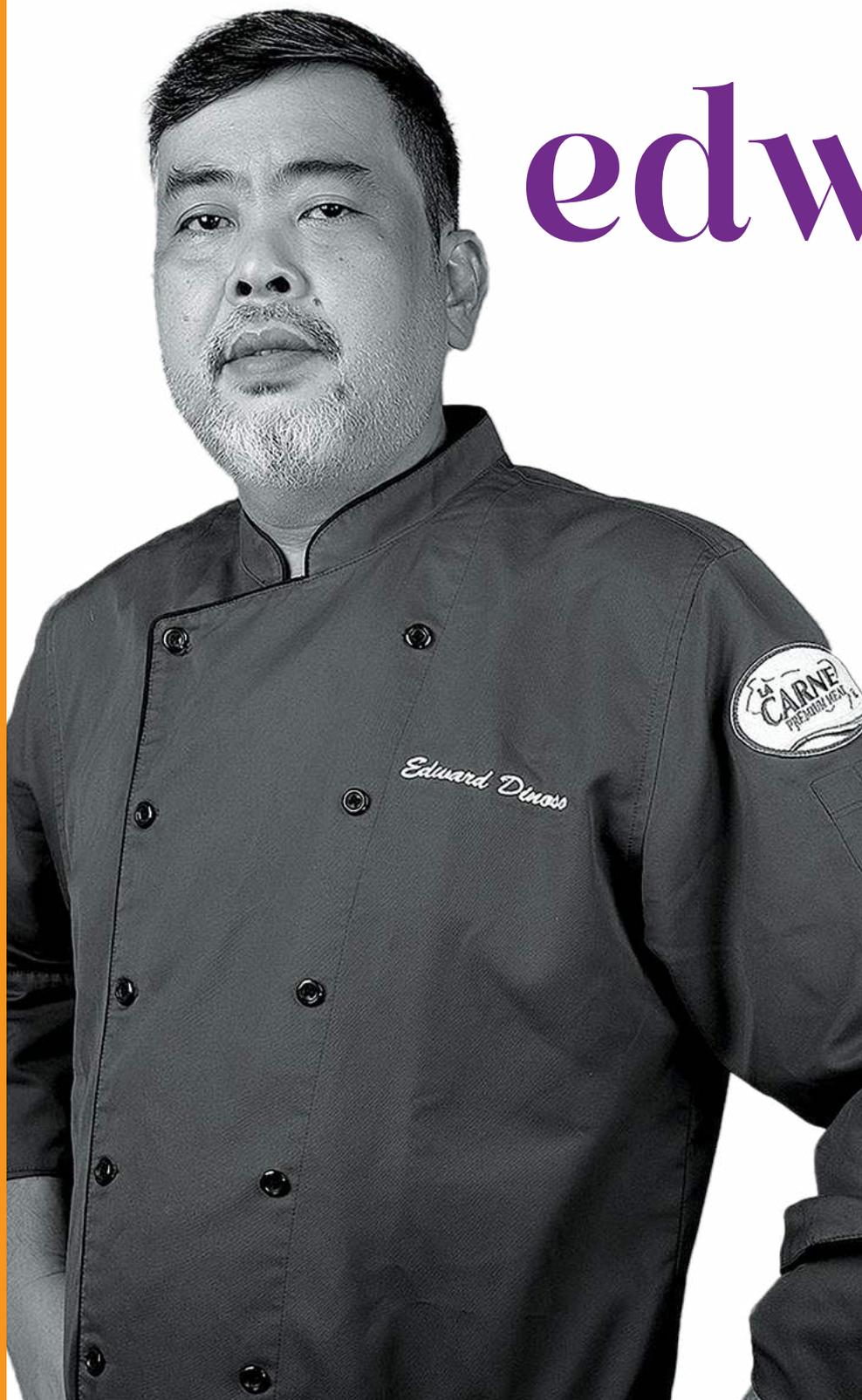


4 slices kesong puti
 1 can button mushroom, cut into halves
 3 red chilis, chopped
 1/4 cup grated Parmesan Cheese
 2 medium red bell peppers, sliced thinly
 4 slices *kesong puti*

Season the lamb shank with salt and pepper. Sear meat in a hot skillet with oil until all sides are light brown. Set aside. Heat olive oil in a casserole. Sauté the garlic and onions. Add meat and cook for 2 to 3 minutes. Mix in the soy sauce, tomato

sauce, and liver spread. Add chicken stock, peppercorns, and bay leaves. Simmer for 30 minutes or until meat is tender. Add more chicken stock if necessary. Add carrots, mushrooms, and red chilis. Simmer further until the vegetables are cooked and the sauce thickens. Add parmesan cheese and bell peppers. Season with salt and pepper as needed. Garnish with kesong puti.





edward dinoso

LA CARNE BUTCHERY + STEAK BAR,
at 88th Avenue, Gov. M. Cuenco Ave.,
Cebu City

PERFECT MEAL COMPANION?

“If he returns to life, having dinner with the late Anthony Bourdain will be a pleasure. I enjoyed reading about Bourdain’s culinary adventures in his book *Kitchen Confidential*. I used to follow his culinary travel documentaries on TV. I would love to hear his stories about food, people, and the challenges he went through in his life.”



MASTER CHEF BUTCHER AT AG Foodtech's La Carne, Cebu's first premium butchery and steak bar chef Edward Diñoso is a member of the Emirates Culinary Guild UAE, an accredited body of the World Association of Chefs Societies (WACS). He trained at the Meat and Livestock Australia and the US Beef Association. He is also trained under Wagyu Master Chef Ryuji Higashiyama of the Japanese Wagyu Association.

He was a featured chef during Philippine National Day Celebrations at Emirates Palace Hotel and Dusit Thani Abu Dhabi, showcasing Spanish Paella and Philippine cuisine and being a guest chef at the Philippine ambassador's residence. Before Abu Dhabi, he boasts ten years of experience in hotel, restaurant, catering, and central kitchen operations in the Philippines.

CATCH HIM:

JUNE 1, 9 & 14 at La Carne Butchery + Steak Bar



AUSSIE LECHON BAKA

Serves 4-6 people

Ingredients

3kgs. whole La Carne Premium Australian Beef - ribeye cut, beef rump, or chuck

Marinade

200grams lemongrass, chopped
100g epazote leaves, chopped (optional)
10 cloves garlic

1 Tbsp ginger, chopped
4 Tbsp brown sugar
½ cup soy sauce
¼ cup calamansi juice
½ cup oil
1 ½ cups water
2 Tbsp cracked black pepper

Mix all marinade ingredients in a blender. Put the meat in a large bag or container. Pour the marinade on the beef and seal the bag or container. Refrigerate overnight while turning the meat from time to time. Remove the beef from the marinade and place it in a wire rack to drain excess liquid—preheat oven to 150C/300F. Place the ribeye in a roasting pan, then put it in the oven and cook for 1 ½ hours.

Increase oven temperature to 220C/425F and cook further for 30mins. Remove from the oven and let it rest for 15mins while making the sauce, saving the drippings.

Sauce

Meat drippings
2 cups beef stock
1 cup water
2 Tbsp soy sauce
3 tsp cornstarch
¼ cup oyster sauce
3 Tbsp brown sugar
½ tsp ground pepper
2 tsp chili sauce

Mix all sauce ingredients in a saucepan and cook, mixing till thick. Adjust to taste with salt and pepper.





jamie doe

THE PIG & PALM at MSY Tower,
Pescadores Rd., Cebu Business Park

PERFECT MEAL COMPANION?

“My favorite dinner companion is my fiancée. As a chef, we do not have much time to spend together, so every moment is special.”

STARTING HIS CULINARY TRAINING in his hometown of Reading in the UK at 16, Jamie began his career at The Millennium Madejski Hotel, home of Reading Football Club. After progressing through the ranks, he moved to London to work at celebrated chef Andre Garretts 1 Michelin star Galvin at Windows in Mayfair. Completing three successful years there, Jamie joined him at his new venture within the prestigious Cliveden House Hotel, voted the country's best newcomer in the Good Food Guide 2015.

In 2016, Jamie secured his first position with 3-Michelin star and his chef patron, restaurateur Jason Atherton, at Marina Social Dubai, winning best new Dubai Restaurant that same year. The continued relationship with Jason has spanned four restaurants in three countries for nine years.

Jamie has been Executive Chef at The Pig and Palm in Cebu City for five years. Jason and Jamie have developed a modern menu consisting of small plate-sharing dishes, interpreted using the best Filipino produce. As suggested by the restaurant's name, dishes celebrate Cebu's reputation as a pork destination, focusing on pig-based plates sourced from local farms in Cebu. In addition, a brunch menu is served on Sundays from 10 am to 4 pm, with a range of inventive egg-based dishes.

CATCH HIM:
JUNE 8 at The Pig & Palm



The Pig and Palm



PAN SEARED RED GROUPEL WITH SEMI DRIED TOMATOES, CAPERS, LEMON & OLIVE OIL POMME PURÉE

Ingredients:

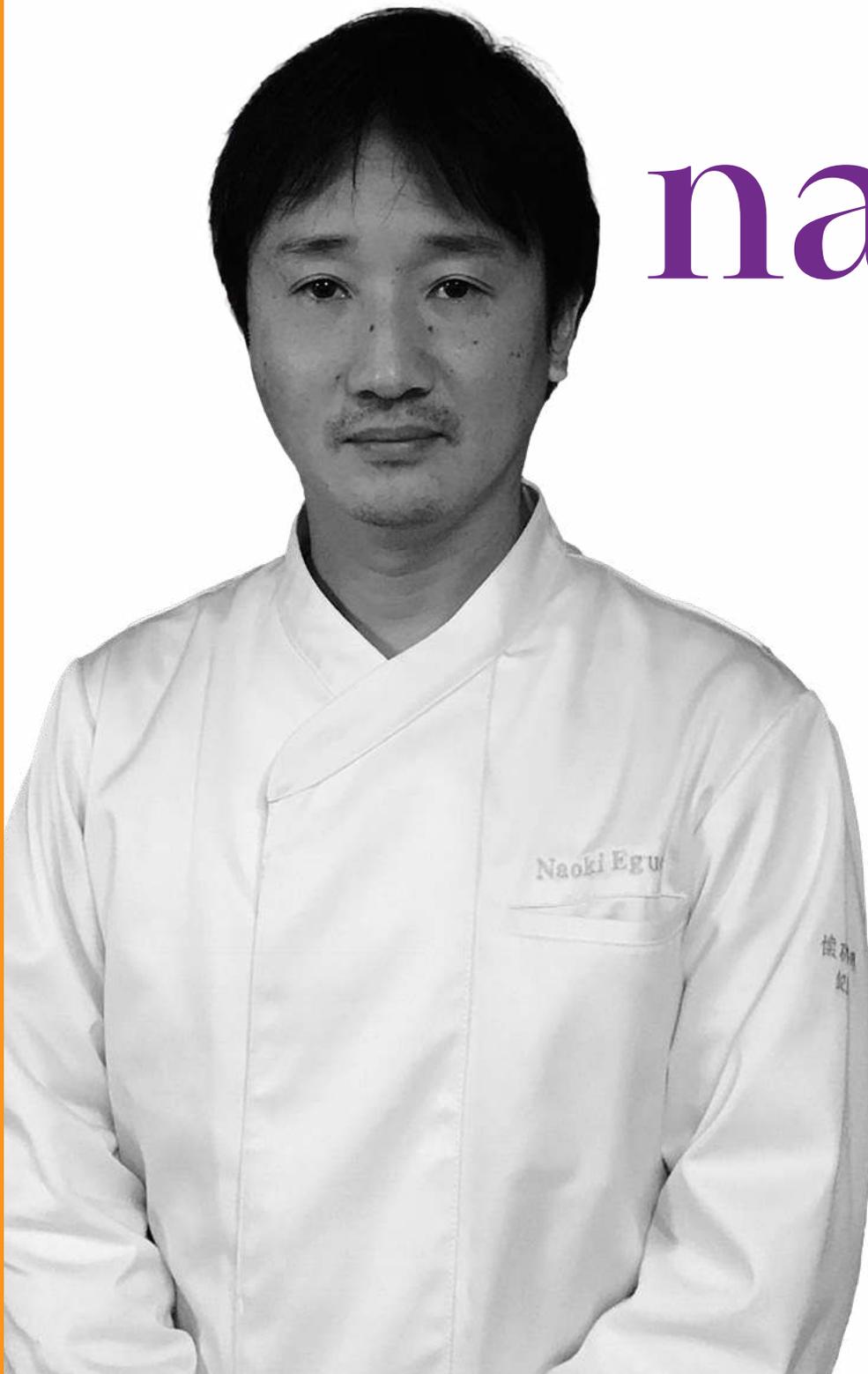
Grouper Portioned
Capers
Lemon Zest
Lemon Segments
Semi dried tomatoes
Parsley
Brioche Croutons
Butter
Potatoes
Milk

Make a beurre noisette with butter and lemon juice. Fry the capers until crispy, and add all the

ingredients into the beurre noisette. This becomes the topping for the fish.

Bake the potatoes and pass them through a fine drum sieve.

Beat butter and little milk to produce a rich, creamy mashed potato. Pass again. Sear the grouper and finish in the oven; top with the grenoblaise mix and place on top of the mashed potato; serve immediately.



naomi eguchi

AKA JAPANESE RESTAURANT
at CRIMSON RESORT AND SPA, MACTAN

PERFECT MEAL COMPANION?

“It has been proven that when you eat with someone you like – family, lover, friends, and colleagues at work – you will secrete oxytocin, called the happiness hormone. So eating with people who think it’s fun to spend time together is always a good idea.”



An artist's rendering of Aka Japanese Restaurant

CHEF NAOMI EGUCHI GRADUATED in 2003 from Ecole Tsuji, a top culinary institute in Tokyo. Shortly after, he trained at a traditional Japanese restaurant, Gion Maruyama in Kyoto, where he learned to master a Japanese course menu. He moved to Tokyo to be the master chef of Kaiseki Kisen restaurant for more than five years. From there, he became the Executive Chef of the Japanese ambassador in Slovakia where he served many events, including a banquet for Their Imperial Highnesses Prince and Princess Akishino. In addition, he promoted Japanese cuisine in Slovakia through food demonstrations and workshops organized by the Embassy of Japan. Chef Naomi has worked at several Japanese restaurants in the Maldives and Tokyo.

CATCH HIM:

JUNE 3 at Crimson Resort and Spa Mactan, Cebu



CHARCOAL GRILLED SNOWCRAB

Ingredients

- Water
- Salt
- Snowcrab (female)
- Ice water
- Eggs
- 8 Bonito soup stock
- 0.5 Usukuchi soy sauce
- 0.5 Koikuchi soy sauce
- 1 Mirin

- Kudzu powder
- Crab shell

Procedure

Boil water with salt in a large pot. Add the snow crab, and boil it for 20 minutes. After boiling, soak in ice water to cool—separate crab meat. In this order, fill the crab shell with

eggs, body crab meat, and leg crab meat.

In a small pot, add Bonito soup stock, Usukuchi soy sauce, and Koikuchi soy sauce. Add Mirin and outside crab eggs and bring to a boil. Dissolve kudzu powder in water and thicken it in the seasoned pot. Grill the crab shell on the charcoal stove and pour the crab egg sauce over the top.



chele gonzalez

ENYE BY CHELE GONZALEZ at CRIMSON
RESORT AND SPA MACTAN, CEBU

GALLERY BY CHELE AND ADVICHE, 5/F
Clipp Centre Building, 39th Street Corner
11th Avenue, BGC, Taguig City, Philippines

DELI BY CHELE, Power Plant Mall, Makati,
Metro Manila

PERFECT MEAL COMPANION?

“There are many, if I can include all my amazing chef friends! But I can name my friend Fernando. I want to have a good time enjoying good food and wine with good people. Those are simple yet profound joys for me.”

BORN IN TORRELAVEGA, SPAIN, he received his culinary degree from Arxanda in Bilbao. He worked at some of the world's most renowned restaurants—including some 3-Michelin stars and some of the World's 50 Best Restaurants such as Nerua, El Bulli, Arzak, Mugaritz, and El Cellar de Can Roca, to name a few. These experiences have honed his approach to cooking into an entire philosophy. This philosophy revolves around his passion for discoveries and his deep and enduring respect for local culture, produce, flavors, and cooking techniques. Over the years, Chele has developed many different restaurant concepts in major cities in the country – varying from fine dining to casual with cuisines from Spanish, modern-European, and more. Beyond the kitchen's daily operations, Chele is well immersed in menu development in his test kitchen, Studio Lab, with his culinary partner, Carlos Villaflor. Having worked together in many restaurants, they continue to push the boundaries of gastronomic experience. He is also the culinary and creative director of one of the most reputable F&B consultancies in the country, Adviche Inc.

Chele first came to the Philippines on a whim and served in the kitchens of some of the country's top hotels, such as Shangri-La Hotels & Resorts and Sofitel. Eventually, he decided to put his distinct approach to cooking to the test and set up Gallery Vask, now named Gallery by Chele, which became one of the Philippines' most acclaimed restaurants, garnering two back-to-back accolades in Asia's 50 Best Restaurants annual list.

Outside of the kitchen, Chele maintains his spirit of adventure. He roams around the world, constantly searching, learning, and discovering. Ever the explorer, he aims to bring the collaborative spirit from the four walls of his restaurants into the world.

CATCH HIM:

JUNE 2 at **Enye by Chele Gonzalez, Crimson Resort & Spa Mactan, Cebu**



Enye by Chele Gonzalez



CACAO CEVICHE

Ceviche Mixture

Yield: 1 portion
 50 g Narrow - barred mackerel or tanguenge
 10 g lime juice
 1/4 pc lime zest
 15 g mucilage of cacao
 5 g Cacao nib preserves

Mix all ingredients and season with salt and extra virgin olive oil. This should be done ala minute.

Smoked Coconut Milk
 1 kg grated coconut
 200 g water
 Sampaloc or tamarind, wood

Smoke the grated coconut with sampaloc or tamarind wood twice. Then squeeze the coconut to extract pure coconut cream. Add water to the coconut and press again to extract milk. Combine coconut cream and milk.

Smoked Coconut Tiger Milk
 800 g smoked coconut milk
 20 g red onion brunoise
 8 g ginger brunoise
 2 pcs kalamansi zest
 10 ml kalamansi to taste
 2 pcs red chili

Combine smoked coconut milk, red onion, ginger, and red chili in a container. Let it sit in the chiller for 3 hours to allow flavors to infuse. Strain out the vegetables. Add the calamansi juice and zest to the tiger's milk—season with salt.

Cilantro Oil
 300 g Cilantro
 100 g Canola Oil

Blanch the cilantro for about 10 sec and shock directly in ice water. Once cold, remove it from the water and squeeze until all the water is out. Blend with the oil for about a minute until it fully incorporates. Leave it overnight and pass it through a fine strainer.



daniel johnston

Chef de Cuisine, AZURE BEACH CLUB
CRIMSON RESORT & SPA, MACTAN

PERFECT MEAL COMPANION?

“My favorite dinner companion would be Anthony Bourdain. He was the hardened chef, a badass rock and roll icon in the culinary industry that rubbed shoulders with all types of celebrities and politicians. He worked his way from the hot kitchen line for many years to some of New York’s top restaurants as a chef, a best-selling book, and eventually a TV star.”

HIS FAVORITE PLACE IN THE WORLD was Vietnam, which I, as a chef, can relate so much to with my South East Asian experiences and passion for Asian cuisine. So to dine with him and talk about the old and new culinary trends and cuisine of different countries would be beyond enjoyable.

Originally from Cornwall, England, Chef Daniel Johnston is a private chef with experience working at 4 and 5-star resorts alongside some of the best Executive Chefs from the United Kingdom, Victoria Coast of Australia, and South East Asia. He learned to cook at Blue Bell Boutique Hotel in the UK and has since expressed his creativity through tasty food with produce he grows on his farm. Chef Daniel's 15 years in hospitality and fine dining honed him to be a private chef. His strengths lay in modern continental and Asian cuisine, combining Asian flavors with modern European methods. He caters his skills to large open buffets and functions, fine dining menu planning, and management control within any team environment.

CATCH HIM:
JUNE 3 at Crimson Resort and Spa Mactan, Cebu



The new Azure Beach Club



Ingredients

100g Tiger Prawns, 1pc wooden skewer
100g noodles vermicelli
40g cucumber; 40g bean sprouts
1 portion of Laksa sauce
1 portion of crispy onions
1 portion Red Sambal
5g Edible flowers
¼pc lime; 10g chili powder
10g coriander

PRAWN LAKSA

Skewer tiger prawns and place them on the grill. Heat the Laksa sauce, and add a little cornstarch to thicken. Cook noodles in hot water until soft. In a bowl, add bean sprouts on top of the noodles. Garnish with cucumber, crispy onion flowers, coriander, and lime wedges dusted in chili powder. Place grilled prawns beside the noodles and add the laksa sauce. Serve red sambal paste on the side.

Laksa Sauce

10 portions of Prawn Stock;

500ml water
20ml pomace oil; 10g garlic; 10g ginger; 100g lemongrass
5g chili birds eye; 175g laksa paste
400ml coconut milk; 1 portion of chili sauce
10ml fish sauce

In a large pot, medium heat, add oil, ginger, garlic, chili, and lemongrass; saute until aromatic, then add laksa paste and stir (2min) until fragrant. Add prawn stock, water, coconut milk, fish sauce, chili sauce, and reduce. Simmer for 10 minutes.



andrew malarky

WILD RESTAURANT in Siargao

PERFECT MEAL COMPANION?

“Anthony Bourdain, David Chang, and Julia Child at an after-hours Chinese restaurant. Cold beer and MSG, the stories shared, would be legendary.”



Wild Restaurant

ANDREW MALARKY HAS BEEN cooking professionally for over 20 years, both in the Philippines and abroad. He graduated from the George Brown Culinary Academy and started his career in various restaurants in Toronto, Canada. After discovering his roots in Boracay, he helmed the kitchen of Dos Mestizos for 13 years while traveling the world and working in kitchens in New York, Melbourne, and Montreal. Andrew now resides in Siargao, excited for the relaunch of Wild Restaurant in the coming months where he will be applying global techniques using local ingredients and helping mentor a new generation of young chefs.

CATCH HIM:

JUNE 8 at Food & Fables, Loboc River, Bohol

JUNE 10 at Henry Hotel, Dumaguete City

JUNE 16 at Cava Cebu

JUNE 17 at Coral Restaurant, Jpark Island Resort & Waterpark



SINANGLAY NA BANGUS

Turmeric Sambal

Ginger, peeled 20g; garlic, peeled 20g
Turmeric fresh, peeled 20g
Sili Haba Red 40g;
Lemongrass, chopped 20g
Bagoong 20g; Brown Sugar 1tsp; Patis 1tsp
Rendered Pork Fat 250mL
Roughly chop all ingredients. Heat the pork lard in a pan, add bagoong, and fry. Add garlic, ginger, turmeric, lemongrass, sili, and sweat for 5 minutes;

add brown sugar. Deglaze with patis. Let cool and pound to a paste in a mortar and pestle. Set aside overnight for best results

Bangus whole 700g
Pechay leaves; lemongrass Greens
Tomato, diced 100g; brown sugar 10g
Coconut milk 250mL
Patis; achuete oil; lemon wedge

Butterfly and debone the bangus, head on if desired. Rinse well and pat dry. Rub the inside of the bangus with sambal mixture, brown sugar, and patis, and add diced tomatoes. Blanche pechay leaves in water and shock in ice bath. Lay pechay leaves on a cutting

board, fold over bangus and gently wrap bangus in pechay leaves. Tie bangus together with lemongrass fronds to hold them in place.

In a wok, add coconut milk, brown sugar, patis, whole sili, and a bouquet of lemongrass. Bring to a simmer and gently add bangus. Simmer and cover for 15 minutes or until bangus is fully cooked.

To plate, gently remove cooked bangus and set aside; reduce ginataan sauce to desired consistency. Place the bangus on a platter of your choice and pour over the concentrated sauce. Garnish with diced tomato, sili haba, and achuete oil.



happy ongpauco-tiu

PAMANA, TSOKOLATERIA, LE CHON, I
LOVE BACKYARD BBQ GRILL, BENTO BOX,
and HAWAIIAN BBQ

PERFECT MEAL COMPANION?

“My favorite eating companion would be my kids. Creating memories around the dining table is my most treasured memories with my parents, and I’m hoping to build the same kind of beautiful memories with my children as well.”

HAPPY ONGPAUCO-TIU GREW UP IN their family-run Filipino restaurants; namely Barrio Fiesta, Bakahan at Manukan, Singing Cooks and Waiters Atbp, and Isdaan. She studied to become a chef at the Culinary Institute of America. Instead of working for the family business after graduation, she opted to venture on her own. She built different concept restaurants and a catering company, now under the Happy Concept Group.

Today, there are 14 restaurant branches under its umbrella with brands like Pamana, Tsokolateria, Le Chon, I Love Backyard BBQ Grill, Bento Box, Hawaiian BBQ, a manufacturing company called MOM Made Frozen Ready to Cook, Inc., and Private Dining by Happy Concept Group, a bespoke catering company.

When the pandemic hit, restaurants had to close, and catering was put to a halt. In her desire to keep her staff employed, My Happy Home was born. It is a lifestyle retail store that sells plates, homeware, and tablescape accessories. Now, My Happy Home has become the go-to store for customers who, like Happy, enjoy making each dining experience memorable and unique.

CATCH HER:
JUNE 10 at INito Tower (Private Event)
JUNE 11 at Anzani Restaurant



Tsokolateria



PARMESAN-CRUSTED SALMON

Serves 6 to 10

Ingredients:

1.5 kg salmon fillet with skin
 60 g Panko breadcrumbs
 2 tbsp grated Parmesan cheese
 20 g curly parsley, finely chopped
 10g garlic powder
 Mayonnaise
 Olive oil
 Wax or parchment paper
 Salt and pepper to taste

In a baking pan, brush olive oil to set wax or parchment paper lining.

Place Salmon Fillet skin down. Preheat oven to 350F, and season salmon with salt and pepper. Spread mayonnaise on top of the salmon. Sprinkle and spread garlic powder, grated parmesan cheese, panko breadcrumbs, and parsley mix. Broil in oven for 20 minutes or until crust is blonde brown. Slide off salmon onto a serving platter, and garnish with blistered cherry tomatoes, grilled asparagus, and fresh basil.



karthik ravi

Executive Chef
at DUSITTHANI MACTAN CEBU RESORT

PERFECT MEAL COMPANION?

“Chef Nobu Matsuhisa, the Japanese celebrity chef. His journey is incredibly captivating, and it would be amazing to dine with him. He shared his success through unwavering determination amidst challenges. And, of course, lots of natural talent.”

WITH A CAREER SPANNING OVER 17 years in the culinary industry in destinations like Dubai, UAE; Doha, Qatar; India and Fiji, Chef Ravi embarks on his new post at Dusit Thani Mactan Cebu Resort as Executive Chef.

He began his career in India as a young chef. From there, he has been involved in various pre-opening projects, including working at Atlantis, the Palm Dubai, and collaborating with a Michelin Star chef for Dalchini Restaurant at Centara West Bay, Doha. He worked for Chef Marco Pierre White at the his Grill in Conrad Hotel, Dubai. In addition, he has worked in other luxury property brands such as Sheraton, Westin, and Radisson Royal Hotel. For his recipe, he shares his favorite Tuna Bhel Chaat. *Chaat* or *chat* is a family of savory snacks originating in India, typically served as hors d'oeuvre or at roadside tracks from stalls or food carts across South Asia, in India, Pakistan, Nepal, and Bangladesh. His version is a fusion of *chaat* with tuna ceviche, or *kinilaw*.

CATCH HIM:

JUNE 16 at Sunset Bar, Dusit Thani Mactan Cebu



Benjarong at Dusit Thani Mactan



TUNA BHEL

(serves 4-6)

Ingredients

500 g tuna (sashimi grade), cut into ½ inch dice
 ½ Red onion, cut into small dice
 1-inch fresh ginger stem chopped fine
 1 green chili, de-seeded and chopped fine
 1 bunch coriander (stem only), cut into small dice
 2 lemons, juice only

4 tbsp olive oil
 sea salt, freshly ground
 black peppercorns, freshly ground
 2 tbsp roasted peanuts
 ¼ tsp chili powder
 ¼ tsp dry mango powder
 1 tbsp date & tamarind chutney
 1 packet watercress, washed and drained
 60 ml watermelon juice
 1 bunch coriander (leaves only), chopped fine
 400 g Puffed rice

Method

Use sashimi-quality tuna, dice, and refrigerate while preparing the remaining ingredients. In a medium bowl, combine the onion, ginger, green chili, and coriander stem; refrigerate. Whisk the lemon juice, olive oil, salt, and pepper in a

second bowl, and set aside. Mix the roasted peanuts, chili powder, dry mango powder, and date & tamarind chutney in a third bowl. Set aside.

To finish

Add the tuna to the bowl with onions, ginger, green chili, and coriander stem; toss gently. Stir in the lemon juice and olive oil mix and set aside for a minute.

To plate

Place the watercress into old-fashioned glasses, spoon a layer of the tuna halfway up the glass, and pour the watermelon juice over. Add the puffed rice to the bowl with the peanut, date, tamarind chutney, and coriander leaves, and spoon the 'bhel' over the tuna. Serve straight away.



tatung sarthou

Book author and food influencer

PERFECT MEAL COMPANION?

“I would love to have dinner with the Dalai Lama and ask him questions about the human mind and how I could learn to become more compassionate.”

photography **PABLO S. QUIZA**

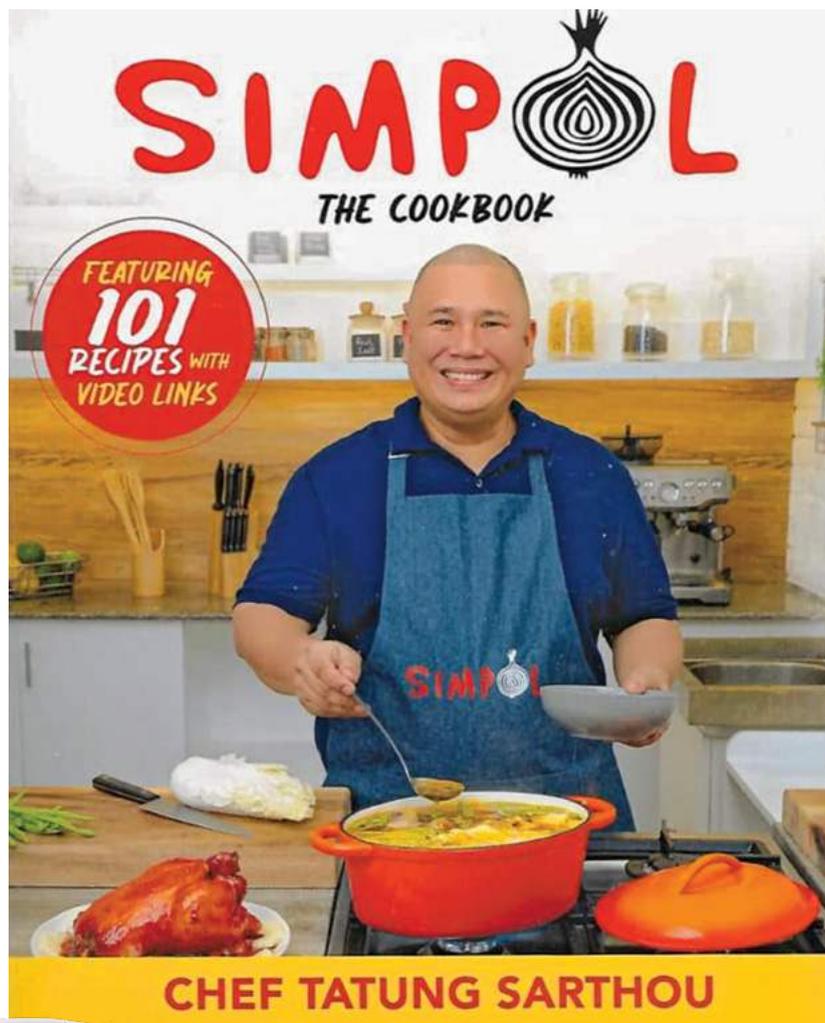
IF POPULAR YOUTUBER CHEF TATUNG Sarthou were to single out one word that drives his culinary journey, that would be *simpol*. Chef Tatung, after all, has spawned a huge fan base of home cooks who all share his creed, *Kahit sino kayang magluto, basta simpol*, which translates to: anyone can cook as long as it's simple. From this success, he spawned a best-selling trilogy of cookbooks: *Simpol the Cookbook*, *Simpol Kitchen Secrets*, and the latest *Baking Simpol* – all bestsellers. The first of the series was awarded two prizes at the World Gourmand Awards in Paris last November 2022. His first book *Philippine Cookery, From Heart To Platter*, also won the World Gourmand Awards in 2017. He headlined the Philippine delegation at the 2017 Madrid Fusion Congress in Spain, where he spoke at length about the undiscovered cuisine of Mindanao and cooked at Michelin-starred restaurants in the Spanish capital. One might also recognize him from the popular Netflix series *Street Food* for which he was handpicked as a resource speaker to discuss the evolution of street food in Cebu. With more than a million followers on Facebook, subscribers on YouTube, and millions of views of his over 600 recipe videos, Chef Tatung Sarthou could be today's Online Culinary Ambassador for Pinoy Food. He has captured the minds, hearts, and palates of home cooks in the Philippines and worldwide.

Chef Tatung's career in food started in 2010 in a quiet neighborhood restaurant in Quezon City. He gained a steady clientele and a laudable reputation for serving tasting menus before it was hip in the metro. He continues this tradition at his home in Antipolo, where he does food and wine pairings for a discerning clientele.

CATCH HIM:

JUNE 2 at Enye by Chele Gonzalez, Crimson Resort & Spa Mactan, Cebu

JUNE 3 at Crimson Resort & Spa Mactan



BALBACUA

Set A

- 1 ½ kilograms beef shortribs;
- 3 cups water
- 2 cups pineapple juice; 1 tablespoon salt
- ¼ cup annatto oil; 6 star anise
- 4 slices ginger; 1 cinnamon stick

Set B

- 4 tbsps flour; 4 tbsps oil
- 1 head of garlic, minced
- 2 pieces onions, chopped
- 4 tablespoons black beans
- ¾ cup Tomato Sauce

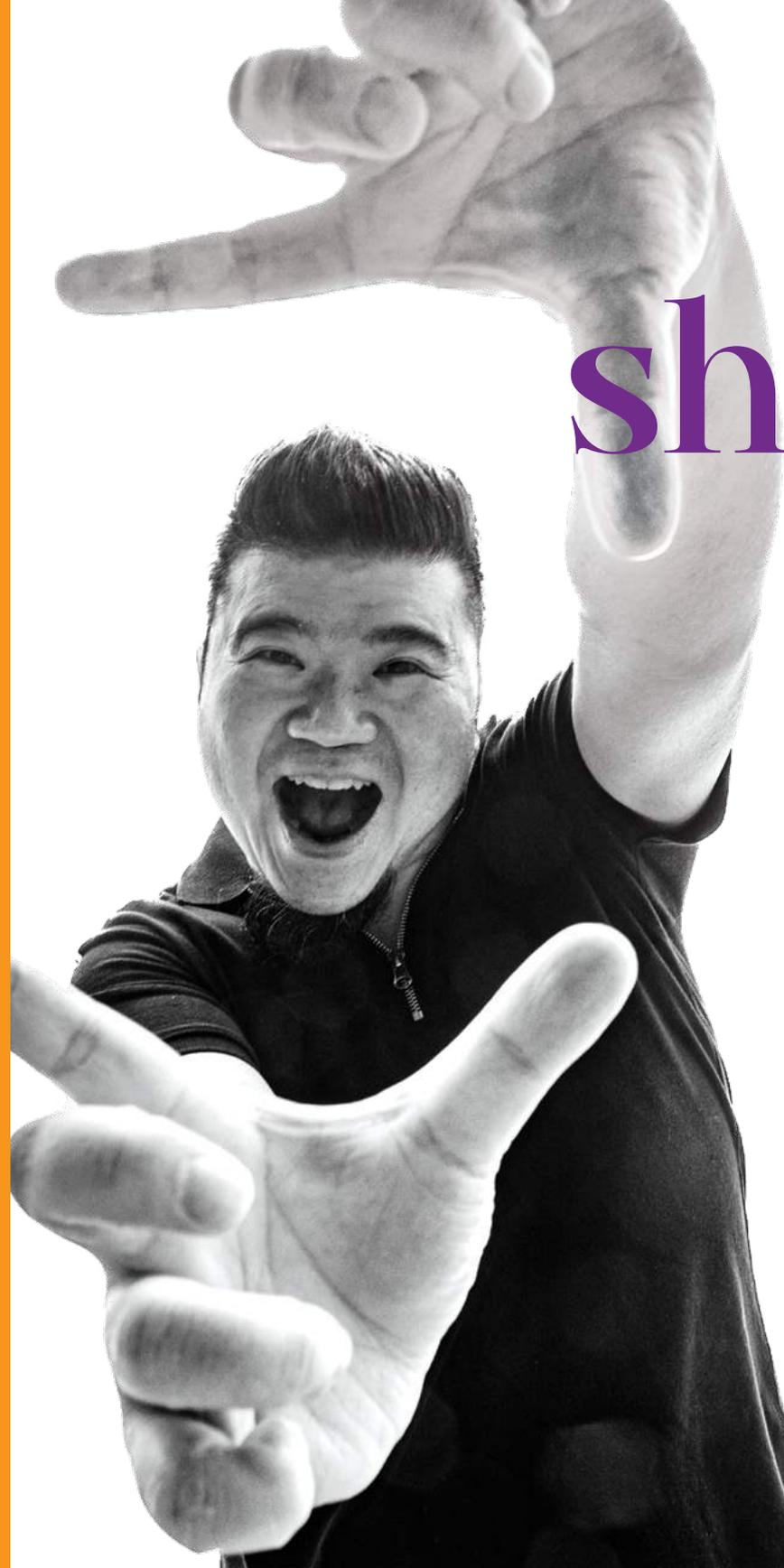
Set C

- 1/2 cup peanut butter
- 2 pieces red bell peppers, cut into strips
- 1 bunch of leeks, cut into 1-inch lengths, leave the green part for later
- 4 pieces finger chilies, cut diagonally
- fish sauce to taste

In a pot with water, cook the beef until tender,

around 2 to 3 hours. When fork tender, remove the meat from the pot and set aside. Do not discard the broth. In another pot, saute aromatics in some oil before adding the beef, then saute the remaining ingredients from Set B. Add the stock and bring to a simmer for 10 to 15 minutes. Next, add ingredients in Set C to the pot. Cook for another 15 minutes. Add green leeks last.





sharwin tee

LITTLE GRACE POP-UP

food writer and TV host

PERFECT MEAL COMPANION?

“My favorite dinner companion would have been Anthony Bourdain. We’ve lived parallel lives, his on a much grander scale, of course, and we share a fascination for meats in tube form, an unwritten rule to try every dish served to us, and a passion for telling stories. I imagine our dinners would be deliciously diverse, the booze alarmingly free-flowing, and our conversations endlessly passionate.”

photography **PABLO S. QUIZA**

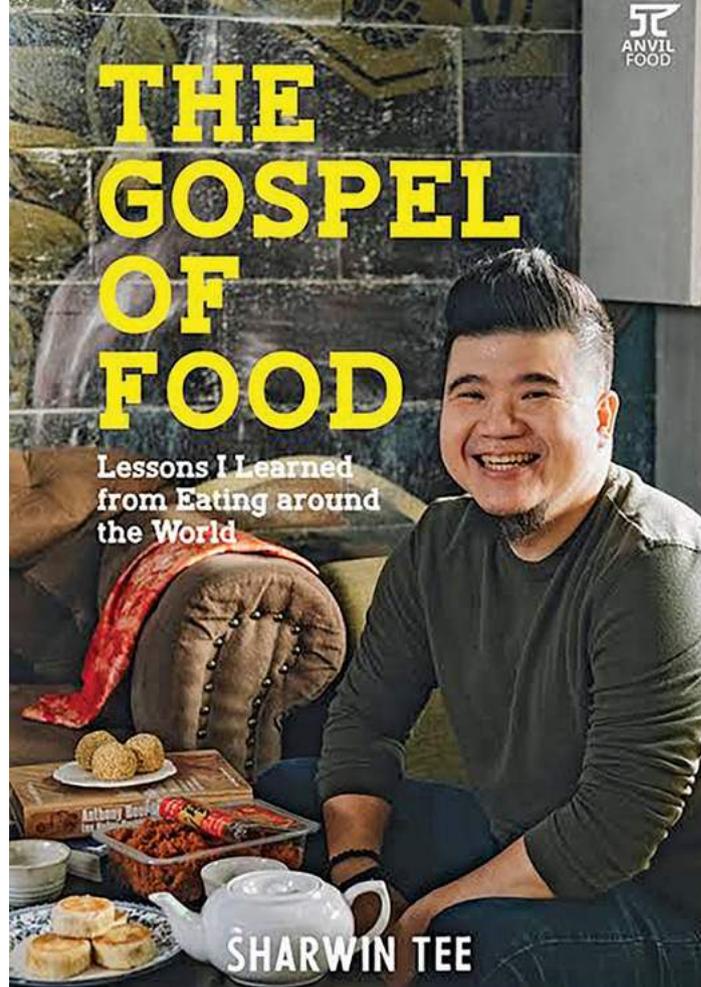
CHEF SHARWIN TEE HAS HAD MANY ROLES featuring the gastronomic world of Filipino taste, from hosting the Let's Do Lunch cooking show on GMA News TV to groundbreaking explorations of food and travel on his Curiosity Got the Chef show. He authored several books, one titled *The Gospel of Food*, which positioned him as a finalist in the National Book Awards 2023. His other books include *Curiosity Got the Chef: The Cookbook* and *So, You Want to be a Chef?* His column in the Food and Leisure section of the *Philippines Star*, *The Baconman Cometh*, also features his culinary travels.

While his restaurant Little Grace is still currently a pop-up with no permanent address, he has remarkably held over 40 successful pop-up dinners around the Philippines and abroad, including sold-out stops in San Francisco, Detroit, St. Louis, Seattle, and Chicago, the Kultura Festival in Chicago from 2016-2018. He was also a TedX speaker for TedX Xavier 2016 and TedX UERM in 2019.

CATCH HIM:

JUNE 15 at Ching Hai, Jpark Island Resort & Waterpark

JUNE 17 at Coral Restaurant, Jpark Island Resort & Waterpark



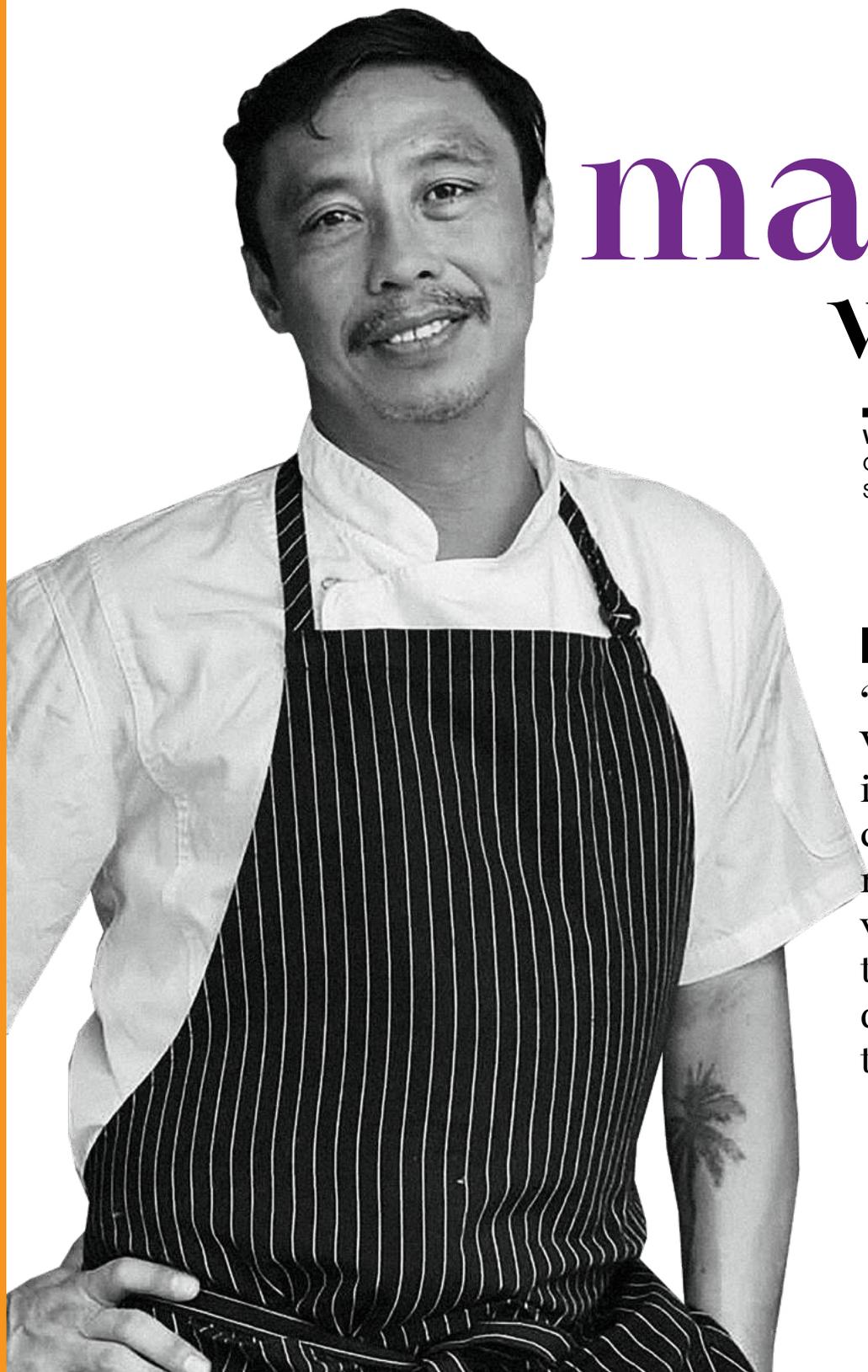
SPICY CHICKEN MUSHROOM RICE

Ingredients

3 links chorizo macau
 400 g chicken breast fillets, cut into thin strips
 6 shitake mushrooms, sliced thinly and stems removed
 2 cups uncooked Japanese rice
 3 tbsps Chinese chili and garlic sauce
 1/2 cup soy sauce
 3 cups water
 2 tbsps vegetable oil
 4 stalks of bokchoy, sliced in half lengthwise
 salt and pepper to taste

medium to low heat for 2 minutes. Turn up the heat and add in mushrooms and chicken breast. Season with salt and pepper. After a minute, add in the chili garlic sauce. Cook for 1 more minute. Add the rice and the soy sauce. Stir everything well and then pour in the water. Bring to a boil and then simmer for 15 minutes. At the 15-minute mark, add in the bokchoy, cover the pot again and steam for 2 more minutes or until rice is fully cooked. Serve the dish immediately.

In a pot, saute the chorizo in the vegetable oil over



marco villareal

WARUNGLOKAL at Seanymp
Compound, McArthur Hiway, Urbiztondo,
San Juan, La Union

PERFECT MEAL COMPANION?

“My mom - Erlinda Villareal, was my inspiration for all my cooking. She taught me how to cook. I want her to taste the evolution of the dishes that we used to make at home.”



AFTER TAKING A SHORT COURSE at Enderun, Chef Marco Villareal honed his cooking in several restaurants in Makati and Ortigas – Fiamma, Il Ponticello, Le Cafe Curieux, and Borough. His passion for surfing and traveling likely drove him to learn and experience different Asian cuisine. He attended short courses at Hotel Tugu in Bali and Blue Elephant in Bangkok. In addition, he has done pop-ups with Sri Lankan cuisine in Indonesia and Canada, as well as in Siargao, Leyte, Baler, and La Union.

CATCH HIM:

JUNE 14 at Mactan Wine Cruise 2023

JUNE 17 at Coral Restaurant, Jpark Island Resort & Waterpark



NASI GORENG WITH SATE AYAM

Nasi Goreng (fried rice)

White rice (buhaghag)
Salt, pepper, onions, garlic, spring onion
yellow sweet corn, sitaw, carrots
sweet soy sauce (kecap manis) and fish sauce (patis)
sambal (hot sauce)
fried egg

cucumber, peanuts – roasted, kropek
thai basil
oil for frying

Sauté onion and garlic in oil over medium heat, add sitaw, corn, and carrots and cook until tender. Add rice and season with fish sauce, pepper and sweet soy sauce. Adjust seasoning of salt when necessary. Add spring onions last. In a separate pan, fry the egg then fry the kropek. To plate, put fried rice over the plate, add egg on top, and garnish with chilled cucumber slices, kropek, cooked peanuts, basil and drizzle with sweet

soy sauce, add sambal on the side or can mix with fried rice.

SATE AYAM (grilled chicken in peanut sauce)

Marinate chicken breast and skin in a mixture of lemongrass puree, calamansi juice, oyster sauce, patis, pepper, salt. Make the peanut sauce by blending the cooked peanuts with water and add chicken bouillon. Grill the chicken until cooked through, brush with peanut sauce and drizzle with sweet soy sauce. Garnish with cucumber slices, basil leaves, roasted peanuts and sambal.



SM CITY CEBU

I.T. PARK AYALA CENTRAL BLOC

P. GULLAS ST., CEBU

COLON ST., CEBU

LAPU LAPU, CEBU

ATRIA AYALA MALL, ILOILO

SM LANANG PREMIER, DAVAO



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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.





Let's

g



yachting



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