

GEOG 271

3.4.20

THE ART

With a side of rice

OF

Created by Nicole Lorenzo

PINAKBET

"Shrunk" or "Shriveled"



AUTHOR'S NOTE

aloha.

Filipino food is meant to be both resourceful and delicious. Pinakbet is a mix of meat or seafood with staple vegetables from the Ilocos Province in the Philippines, including kalabasa, bitter melon, okra, and Chinese eggplant. The dish incorporates signature Filipino flavors like patis (fish sauce) and seafood.

Farmers markets and veggie stands are the go to when it comes to sourcing THE BEST ingredients (according to my grandmas). You get the best bang for your buck and #SupportLocal.

Honestly, it has been really hard living in the U-District and trying to find all of the ingredients without breaking my wallet. Going to the limited amounts of Filipino restaurants in Seattle, the portions are so small and not worth the price/commute in my opinion.

Family and culture is something I always carry with me, no matter where I am. Our food and language is a representation. I am a representation.

This zine will acknowledge the history and background of pinakbet and the personal cultural impact while highlighting:

- Commodity and incorporation of other cultures (Carney)
- The meaning of authenticity (Manalansan)
- The concept of "trash food" and undermining culture representation (Offutt)

p.s.

I use a bunch of Hawaiian pidgin in this bc I feel it wouldn't be "authentic" without it.

Mahalo Nui Loa,
Nicole

PINAKBET!

[PEE-KNOCK-BET]



Nana Virgie Lorenzo

- A bad ass bitch
- COOKS pinakbet with pork belly (lightly browned) because that's the way my dad likes it.



Both of my grandmas moved to Honokaa because my grandpas were working in the sugar plantations #GOALS

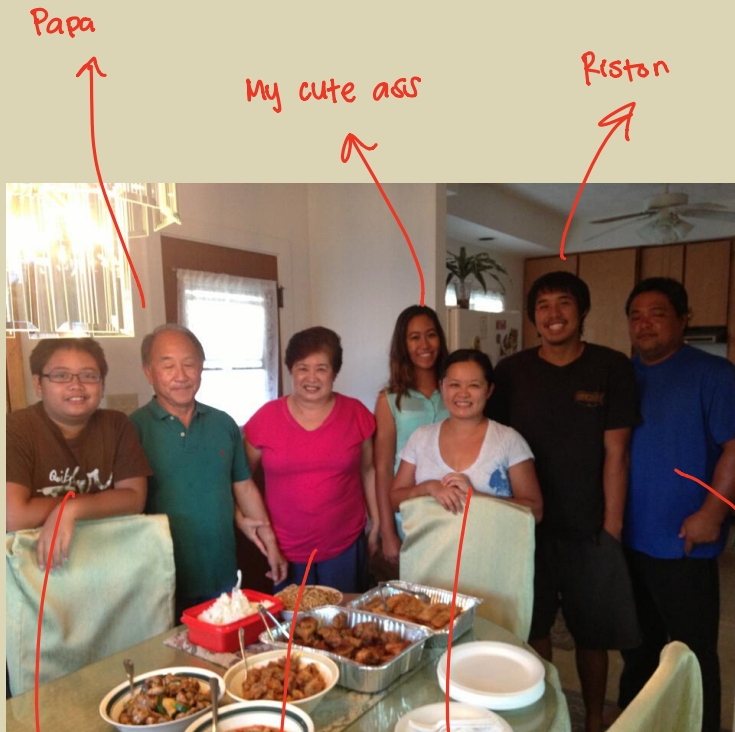
- An actual queen!
- sometimes she makes pinakbet without meat, but it still tastes good

she's legit making pinakbet!



Grandma Leonora Tsubota

Pinakbet? Why tho?



So this is some of my FAMILY!

* We eat pinakbet because it's what my grandma made growing up. Eat what's on the table... or starve

→ Uncle Roland

→ Royce

→ Grandma Leonora

→ Aunty Jo

This family time and vibrant space with people I love all contribute to what makes Filipino food #AUTHENTIC

Even though I have never been to the Philippines, my grandmas' cooking has been a link to the motherland ♡

Pinakbet consists of ingredients home to Ilocos. Getting fresh produce back in their provinces is what gave the dish such a unique flavor.

My grandmas express that the ingredients, like the veggies, were easy to access where they lived in the PI. They would either grow their own produce in their gardens, or get them for cheap at farmers markets.

Hou brah, how come you talk lydat?

SO... I grew up in Honoka'a and Waiimea (Big Island). Here, pidgin strives and food from our cultures are even served for lunch. → FACT! I spent a big chunk of my life surrounded by people that looked like me and this created comfort. I was so used to the island lifestyle and way of thinking.



↓
▶▶ FAST FORWARD ▶▶
↓

ME @ HS grad
↑ ... yes those are leis
... No, I can't breath



OK we in highschool now...
Hawai'i Preparatory Academy
(yes. its private)
I felt hella small
↳ started changing the way I talk, the food I brought to lunch, and the way I acted
↓
There were different periods throught HS where I felt embarrassed of my culture and the of the town I came from. Despite the negative stereotypes about my town, even I began to believe them
↳ Now im in college and realize how much culture and family is important to me and my identity. Conforming is dumb.

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DA GRINDS

An influence of the different cultures that came to work in the sugar plantations

- Malasada: Portuguese donut
- Katsu: Japanese style of preparing meat with panko
- Kalbi: Korean style short ribs
- Huli-Huli Chicken: Hawaiian rotisserie chicken
- Poi: Hawaiian staple (mashed taro root)
- Loco Moco: rice, hamburger, eggs, gravy
- Spam Musubi: you already know what this is

My
→PAVE

2

EH, NO BE ONE STUPID HAOLE

How fo act if you like come Hawaii:

- Pick up whachu leave at da beach. No make anykine.
- Neva turn ya back to da ocean. She going buss you up.
- Its SLIPPAHS not flip flops
- Take yo shoes off before you come my house.

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THE ALOHA SPIRIT

Some may say that Hawai'i is a melting pot. That is seen in the food, language, and customs. The "Aloha spirit" is a feeling, action, and radiance that the island and it's people gives off. Since coming to Seattle, this sense of home has been missing for a long time. #homesick Cooking good food or hanging out with my friends gives me a sense of home and a reminder that there is no need to conform.

My grandma and her bomb squad

HOW FO SPEAK PIDGIN

You like try fit in wit da locals, you have fo speak like one local...but you still neva going be one local

BUMBAI (Bum -Bye)

Later on
"Bumbai you come my house we go kaukau"

KAUKAU (cow-cow)

Food, or to eat
"Hou my mada (mother) just made da grindz, we go kaukau!"

GRINDZ

Good ass food!
"Da grindz was so ono!"

ONO

Delisious!



"So you like make pinakbet? I going show you how fo' make em"

WHAT YOU NEED:

- Pork belly - cut that into small strips
- Chinese eggplant - like, 1 or 2
- Bitter melon - a handful
(I hate bitter melon)
- Okra - about a handful
- water
- garlic
- onion
- Ginger
- long beans
- salt
- patis (fish sauce)

HOW:

STEP #1: Get the rice cooking so everything is ready at the same time

STEP #2: Brown the meat and set aside

STEP #3: cook the garlic, onions, and ginger until it looks and smells good.

STEP #4: Add the meat back in & cook for a few mins

STEP #5: Add the eggplant first, then the rest of the veggies

STEP #6: Put some water in that pot until you got enough
#SAUCE

STEP #7: Season that bad boy w/ a splash of patis and some salt.

HOW TO PLATE:

Get a plate (duh) and put a pile of rice, then next to/on top spoon on that Pinakbet. Ugh im hungry.



There Ain't Nothing in This World

LIKE A FILIPINA GIRL

Dear Nana,

Pinakbet is one of my favorite dishes you make. It will never taste the same. You have a special touch that can never be duplicated.

- 2 splashes of the Pacific ocean that you crossed to come to America.
- A dash of backbreaking laborious days you spent working in the macadamia nut farm.
- A sprinkle of sweat you broke when preparing dishes for the whole family.
- 5 posts of "like for Jesus scroll for the devil" on Facebook.
- 3 teaspoons of that Filipina attitude that forced us to behave (kinda).
- 1/2 cup of Filipino soap operas you watched all day.
- 2 scoops of dramatic Filipino songs you used to play in the middle of the night.
- 7 nights of prayers that you would ask for our health and good fortune.
- 2 days a week where I would get to visit you .
- 71 years of wisdom and jokes .
- An eternity amount of how much I miss you .

The Art of Pinakbet.