

# A Brief History of Adobo

## The Philippine National Dish

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For those who've seen my First Day First Lesson, or Self Introduction, I told something about Adobo - the national dish of the Philippines. There were a number of questions that arose when I showed a picture of the dish. This article would answer more.

Here is a bit of the history of Adobo:

Putting vinegar to food is one way of preservation before refrigeration. Malay voyagers who originally landed in the Philippines used this and salt as a way of preserving food, keeping it edible for longer especially in a hot tropical climate on the islands.

When Chinese traders settled in the Philippines, they brought with them a number of ingredients that were quickly adopted by the locals, including soy sauce. Soy sauce replaced the use of salt in home kitchens, and became a key ingredient of a good adobo in most households.

When the Spaniards arrived, they saw how the Filipinos used vinegar to marinate their chicken, pork, and fish. The Spanish word 'adobar' refers to a marinade or pickling sauce. In his writings, Pedro de San Buenaventura labeled the Filipino version 'adobo de los naturales' – adobo of the natives. The name stuck.

Today, there are countless twists on adobo around the Philippines you'll find. Many different versions of it across the islands. Where seafood is plentiful, squid adobo with squid ink is popular. In Southern Luzon, where heat and coconut milk are popular ingredients, adobo with coconut milk and green finger chilies is rampant.

But it does not really have to be complicated in ingredients. Adobo is really a very simple dish and all you basically need is vinegar, soy sauce, laurel leaves, garlic and black peppercorns. You can do it with either pork or chicken.

Here is a link if you want to try:

<https://panlasangpinoy.com/pork-and-chicken-adobo/>

Enjoy!