

You Are What You Eat, Right? - MabuhayRadio

Written by Ms. Lourdes Ceballos
Wednesday, 22 September 2010 23:31 -

To all, Not only Chinese siopao or fried rice, but also other dishes with little bits of meat can be suspected of containing not only left over tiny meats but also animal flesh of astonishing sources. It is the culture of the cooks and their customers that is reflected in what and how they eat. There's the saying, you are what you eat. Meow or moo moo? For instance, American foods usually are served in big enough sizes of meat that clearly show what kind of meat it is--beef, pork, chicken, lamb, etc. In contrast, Chinese and other nationalities chop their meats to little bite dimensions, then mix them up with veggies (usually cooked to kingdom come and wilted) plus whatever else. You see these swim in delicious but dark sauce concocted from irritants like spices. Nutrition is about health. But I see oodles of popular recipes that, honestly, are deceptively savory, pretty, sweet, and even patriotic! Food technology is more than that, it deals with conserving the vitamins, freshness of live food for better living !But of course, loving the Philippines shows when one loves its Filipino cuisine. Lourdes [Joomla SEO powered by JoomSEF](#)