

Though the Philippines is the second largest coconut producer and one of the earliest coconut suppliers in the world, 60% of Filipino coconut farmers live below the poverty line.

Source: <https://koko.ph/facts-virgin-coconut-oil-industry-philippines/>

Located in the South, Mindanao is the Philippines' second largest island, whose religions and culinary influences stem from contact with Malaysia and Indonesia. Mindanao is the Muslim outpost of the predominantly Roman Catholic Philippines.

Source: <https://www.marimari.com/content/philippines/food/regional.html>

Popular Malay/Javanese-influenced ingredients include coconut milk (gata), fish sauce (patis), and shrimp paste (bagoong).

Source: Wikipedia

## Soba

1. Sea urchin and bottarga are the most popular toppings for cold soba
2. Soba noodles is made out of buckwheat flour which has more nutrients such as vitamins B1 (strength), B2 (good for skins), and E (anti-aging) compared to normal wheat flour
3. The correct way to eat soba is to slurp soba noodles noisily and eat quickly.

Source:

<http://www.foodrepublic.com/2014/04/21/we-support-soba-everything-you-need-to-know-about-japans-most-underrated-noodle/>

## Kare-Raisu (Curry)

1. Typical Japanese curry is mild and sweet
2. Japanese curry is a staple for the Japanese armed forces.
3. Besides rice and curry, other curry dishes include curry with udon, curry with soba, and curry paste in deep-fried, breaded dough

<https://asianinspirations.com.au/asian-culture/10-totally-unknown-facts-about-japanese-curry/>

## Okonomiyaki

1. Okonomi means “anything you like” and yaki means fried/grilled; Okonomiyakis are commonly made with whatever ingredients you like!
2. Common descriptions include ‘Japanese pizza’ and ‘Osaka soul food’
3. Okonomiyaki is typically served at izakaya (Japanese ‘tapas style’ bars) at festival stalls and tourist spots - \*this was copied verbatim from below

<https://www.spinjapan.net/obvious-facts-about-okonomiyaki-every-japanese-knows/>

## Udon

1. Udon is the thickest Japanese noodle.
2. There are up to 15 different ways to prepare Udon noodles when served as a hot noodle soup

3. Udon noodles have a low glycemic index making it a popular and healthy choice for people with Type 2 diabetes

<http://infomory.com/facts/interesting-facts-about-udon/>

### Tonkotsu Ramen

1. Tonkotsu ramen was originally prepared as an affordable & easily prepared fast food for laborers at fish markets - \*this was copied verbatim
2. Ippuddo is often considered the most famous tonkotsu ramen shop in Japan
3. Tonkotsu ramen originated in Fukuoka, Japan.

[https://en.wikipedia.org/wiki/Tonkotsu\\_ramen](https://en.wikipedia.org/wiki/Tonkotsu_ramen)

## INGREDIENTS

- 3 pounds pig trotters, split lengthwise
- or cut crosswise into 1-inch disks
- 2 pounds chicken backs and carcasses, skin and excess fat removed
- 2 tablespoons vegetable oil
- 1 large onion, skin on, roughly chopped
- 12 garlic cloves
- One 3-inch knob ginger, roughly chopped
- 2 whole leeks, washed and roughly chopped
- 2 dozen scallions, white parts only
- 6 ounces whole mushrooms or mushroom scraps
- 1 pound slab pork fat back