

Hello, everyone! I'm back! 😊 This is Miya Sensei, back again!

Let's talk a little bit about Filipino food culture today!

Did you know that Filipino cuisine has a really strong tradition of making use of the whole animal?

One perfect example of this is how we eat chicken.

### The "No-Waste" Tradition

Historically, wasting edible food just wasn't practical. So in the Philippines, if you walk into a wet market, you'll see a chicken being broken down into almost every part imaginable. We use the liver, feet, intestines, gizzard, neck, and even the blood!

### A Taste of Home

When I had my short vacation back home recently, this was one of the very first sights and smells that greeted me. Seeing people grilling chicken barbecue instantly brought back so many childhood memories.



In my regional dialect, we have some really fun and unique names for these BBQ street foods:

- Tinae / Isaw — Chicken intestines
- Adidas — Chicken feet
- Betamax — Chicken blood cubes
- Batikon — Gizzard (Sunagimo)
- Atay — Liver (Reba)
- Ulo / Helmet — Chicken head



*What makes it even more special is how we enjoy them. We usually eat these BBQ sticks with "puso" (hanging rice wrapped in coconut leaves)—which is kind of like a Filipino version of Onigiri—and yes, we eat everything with our bare hands!*



### The Connection to Japan

This might sound a bit adventurous at first, but it is actually very similar to Japan's love for *Yakitori*! While chicken feet or "helmets" might be rare here, things like gizzard, liver, and skin are items you probably already order at your local izakaya.

For me, seeing this street food BBQ isn't just about the meal itself. *It's a little piece of my childhood and a whole lot of nostalgia.*

If you ever have the chance to visit the Philippines and want to experience the true local vibe, I highly recommend checking out our street food scene.

So, tell me... would you be brave enough to try a bite of Adidas or Betamax? 😊