

Native Kakanins (Filipino Dessert)

We Filipinos Love Our Native Desserts

The Philippines is not only known for its beautiful scenery and friendly people, it is also known for its delicious food. Among these foods are what we call the “kakanins”, native delicacies that are served as desserts. No party or celebration is complete without these Filipino desserts (we are known for our sweet tooth, too). What’s more interesting about them is that they (or their ingredients) tend to vary by region or by place. Another interesting fact is that a lot of Filipinos who are classified as “senior citizens” know how to make these desserts as they have already become part of the Philippine traditions.

Featured below are some of these “kakanins” that are always a hit to Filipinos within and outside of the Philippines. Just a caveat, I don't really know how to make any of these but I love to learn. I love it more if I'm the one eating them LOL. =) Enjoy the hub!



Colorful Puto

Puto – these are rice cakes that are made from rice flour, evaporated milk (or coconut milk) and sugar (among others). They come in various colors (see picture). They can even come in bite-sizes or they can just fill up a whole plate. Puto is best served with hot chocolate or dinuguan (as a replacement for rice). It is best eaten freshly baked and right out of the steamer.

Kutsinta – A brown rice cake, the kutsinta can go hand-in-hand with puto or they can be eaten all on their own (with freshly shaved coconut). They are also made from rice flour.

Bibingka – Another rice cake, this time made from malagkit rice (glutinous rice), coconut milk and brown sugar. Some variations of this will include bibingkang galapong (made from rice flour, coconut milk, baking powder and margarine), bibingka cassava (made from cassava, coconut milk and cream and margarine) and pineapple cassava bibingka.

Suman – Another steamed rice cake, this time, wrapped mummy-like in leaves before they are cooked. This can be served with sugar, grated coconut or “latik” – milk solids from coconut that are formed when fresh coconut milk is boiled.

Palitaw – Made also from glutinous rice and sugar, these are also cooked with sesame seeds and topped with grated coconut. They’re very soft and easy to chew and are best served cold.

Sapin-Sapin (“layers”)– A native colorful layered dessert, made from coconut milk, corn kernels, sugar, gelatin, whipped cream, ube (yam) powder and grated coconut.

Pastillas de leche (milk candies) – this is a milk-based pastry that comes in bite-sized pieces (great for snacking while you're traveling). It is literally made for those with a sweet-tooth because it is made from granulated white sugar and condensed milk. When cooked, it is formed into balls or logs and wrapped with cellophane paper.

Maja Blanca – Otherwise known as coconut cake, this is another all-time favorite Filipino dessert. It is made from coconut milk, sugar, cornstarch and/or corn kernels.

There are lots of Filipino desserts or delicacies out there. They can be very sweet and they are always favorites for the young and old alike. A lot of them show the Spanish influence in my country (as evidenced by their Spanish names). But one thing is for sure, we, Filipinos, love our desserts. In fact, wherever you go in the Philippines, you will surely encounter these kakanins. So if and when you decide to visit my wonderful country, be sure to try out our native desserts. You'll surely love them!

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Look MUCH more here: www.Dessert.FilipinoFood.ph