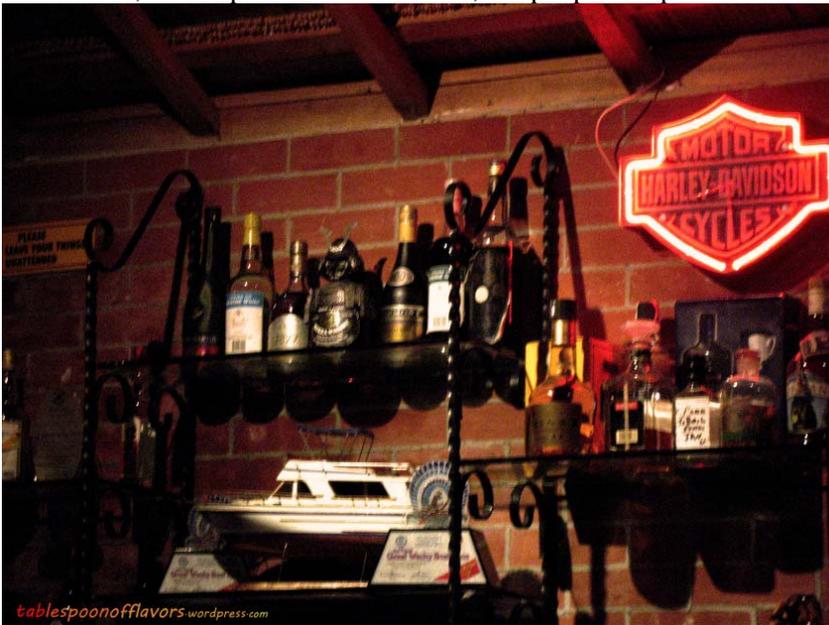


Tamilok Kinabuch

Being surrounded by the rich wonders of the ocean, Filipinos love to eat fish of different sizes and kinds from the sea. In various way possible, the sea foods are cooked with such techniques that catch the Filipino taste. The Philippine cuisine is often labeled as bland and mild or suitable for those with sedate and sensitive taste buds. However, with a different kind of appetite, most prefer their fish and other seafood such as crabs, shrimps and shellfish to be as fresh as possible. The freshness of the seafood is often complemented by sauces and spices like the local coconut milk which is usually used in exotic dishes.

In fact, seafood is appreciated when grilled, steamed, or stuffed with spices and covered in banana leaf. But, mostly when left uncooked in vinegar producing a half-cooked type sea foods called *kinilaw* with a combination of sour, spicy and tangy taste that would guarantee to splash you with ocean experience.

Meanwhile, on the province of Palawan, the people are proud to have an exotic food



named *tamilok*. It is a kind of mollusk served on a small plate/cup with a dip on side made from a mix of onions, vinegar and chili.



This *tamilok* is known to be served in Kinabuch. One of the top famous bar and grill around the city of Puerto Princesa. They serve it in two ways: one is the “breaded style” while the other is fresh or *kinilaw*. It is good to know that they freshly serve it where some end up getting addicted while some pair it with beer as a *pulutan* or beer match finger foods.

But only few of these costumers who have such guts dare to have a taste of this exotic food.

WHY?!

Facts:

WOODWORM

Teredo Navalis – Local: Tamilok

Although it is often called shipworm or woodworm, the teredo is a mollusk related to the clam. It lives in salt water. This common species reaches a length of one or two feet. The front end of the body is ringed with two very small shells used for boring into the wood.

Inside the ring of the shell is a muscle that extend to the interior of the body. The rear end has two small siphon tubes. One brings in water and food particles; the other discharges wastes.

The tree swimming larvae settles on submerged timbers where it changes into sea bearing clam. It tunnels head first into the wood, but the siphons on the rear end remain in contact with the sea.

Teredo do millions of dollars or pesos worth of damage every year to wooden ships and wharf pilings.

Tamilok belongs to the bivalve group of mollusk known as Pelecypods.

The Story?

Let Mr. Ike A. Venturillo tell you..

TAMILOK – To a Palaweno

“The mere mention of the name will whet the appetite of a listener who eats or is a connoisseur of this delicacy. How it was discovered to be edible is history in itself. One story runs this way:

During the second World War, two American prisoners of war successfully bolted from a Japanese concentration camp. In their hunger, one of them happened to extract by accident a worm like creature from a fallen *bakawan* tree . In his excitement to have found something to eat, he called to his comrade, exclaiming, “Tommy, look!” Tommy happened to be the nickname of the other American prisoner.

A native who chanced to be nearby looking for edible shells heard the exclamation and peered through the thick foliage where he saw the worm like thing dangling from the *bakawan* trunk. From that time on, Teredo was called Tamilok by the Palawenos.



Tamilok is said to contain protein , calcium, iodine. Others claim it is a cure for a stomach ulcer if eaten regularly. To the natives, it is the main menu when cereal is scarce during the lean season.

Customary to Palawenos in remote rural places where there are no markets from which to purchase food stuffs needed in the preparation of food on certain special occasions, tamilok gathering is a welcomed activity. As long as one can handle an axe or hatchet and select the right fallen log of the *bakawan* tree where tamilok abounds, there are no other requirements. The catch serves as *pulutan* for the never absent *tuba* offered to guests during “ponson” or social gatherings.

To the neophytes, observing how it is eaten raw and direct from the bakawan trunk without extracting the mud from the inside meat is nauseating. Why? Tamilok looks like the umbilical chord of a new born infant.

To the more adventurous who have heard about this delicious and nutritious stuff, tasting is believing. The taste, if appreciated positively, will be the beginning of a demand for more, especially so if the taster dips his tamilok in sour coconut vinegar spiced with wild pepper.

Have you tasted tamilok? Try it and chances are that you will like it and crave for more.”

Mouth-watering to see what it looks like?



Ref.: <http://tablespoonofflavors.wordpress.com/pa-lao-yu-express/tamilok-kinabuch/>

Look also here: www.Recipes.FilipinoFood.ph