

## *puso* or hanging rice



In the Philippines, *puso* or hanging rice is a Visayan thing if not a truly Cebuano thing. It's a pretty ingenious way of making rice portable. The lukay or young coconut leaves are weaved in such a way that it creates a little bag for the rice. When I was looking around online (aka wikipedia) there are apparently different shapes that are made for *puso*. I'm only familiar with the heart-shaped version which is the most common that can be seen. I imagine that the name *puso* came from the heart-shaped version because *puso* means heart in Filipino. The English term "hanging rice" pretty much comes from the fact that after it's cooked the individual bags of rice are tied and hung up for storage like this (although the shape in that picture is called *binaki* or frog-style).

I associate *puso* with the beach and street food. We always used to bring *puso* and bbq when we went to the beach. The coconut leaves give a wonderful fragrance to the rice which makes it a perfect pair with the smokiness of the pork bbq. Eating *puso* and bbq with wrinkled hands and salty taste buds after hours of playing in the water... If only I can go back to those wonderful childhood memories.

Manang Clarita (who sells foodstuffs for a living) taught The Girl and I how to make *puso*. Although, she was trying her hardest to slow down it's pretty much second nature for her so it's still really fast for a novice.

Ref.: <http://onefilipinodish.com/blog/2008/05/puso-hanging-rice/>