

CNMI FOOD

	Traditional	Contemporary
What are some favorite local dishes?	<ul style="list-style-type: none"> • Taro, yam, tapioca, breadfruit, • <i>Titiyas mais</i> (corn tortillas), • <i>Elotes</i> (corn soup), • <i>Charakiles</i> (cream of rice soup), • <i>Alaguan</i> (rice porridge), <i>biringenas</i> (eggplant), • <i>Finadenne</i> (spicy sauce of chili peppers, local onion, vinegar, or lemon) • <i>Bistek</i> (beef steak), • <i>Kelaguin</i> <i>Månnuk/binadu/guihan/katne</i> (cooked chicken/venison/fish/ beef mixed with salt, red pepper, green onions and lemon juice) • <i>Estufao</i> (chicken stewed with tomatoes and onions), • <i>Tininu guihan</i> (grilled fish) • <i>Tinala katne/guihan</i> (dried beef/fish) • <i>Saibok</i> (bananas in coconut milk), • <i>Lantiyas</i> (custard and sponge cake dessert with cinnamon), • <i>Pastit</i> (papaya turnover), • <i>Potu</i> (steamed rice cake), • <i>Bibinka</i> (fried rice cake), and • <i>Bukayo</i> (coconut candy) • <i>Hineksa'</i> (rice grown in the Marianas since ancient times), <i>Apigigi'</i> (young coconut & tapioca starch grilled on banana leaf) • <i>Kåddun Pâtas Guaka</i> (beef feet soup) • <i>Mutsiyas</i> (stuffed neck of chicken) • <i>Fritâda</i> (beef or pork cooked in blood) • <i>Tamâlis Gisu</i> (made of corn meal and <i>mâsa harina</i> but each half flavored differently. Orange half is colored by <i>achoti</i> (annatto) and flavored with meat e.g.bacon or chicken. The white half represents the “starch” portion of the <i>tamâlis</i> and has no distinctive meat-flavor. <i>Tamâlis Mendioka</i> (ground tapioca, coconut milk, sugar – wrapped in banana leaf), <i>Tamâlis Suni</i> (taro wrapped in banana leaf) 	<ul style="list-style-type: none"> • Same as traditional plus • <i>Atmagosu</i> (Bittermelon), • <i>Bistek Chamorro</i> (meat cooked with salt), • <i>Insalâda</i> (cucumber salad) • <i>Sukiyaki</i> (pork cooked with vegetables and noodles; mild sweet taste)

What are some favorite local dishes?	<ul style="list-style-type: none"> • <i>Gollai Hagun Suni</i> (fresh local taro leaves cooked in coconut milk, tumeric and local lemon juice) • <i>Asnin Tukun/Anistukun</i> (pickled fish, small fish soaked in water and salt) • <i>Kåddun To'lang/Sangkaron</i> (soup made with the boney parts of an animal such as chicken wings, back, etc. meat scraps—of fish or meat) • <i>Paksiu</i> (type of food – pork or fish cooked in lard, water, and vinegar plus additional seasoning) • <i>Katdiyu</i> (meat cooked with coconut milk) • <i>Ayuyu</i> (coconut crab – usually cooked in coconut milk) • <i>Hagåhaf</i> (crab – generally found on rocks by the ocean), • <i>Fanihi</i> (fruit bat), • <i>Umang</i> (hermit crab), • <i>Aliling</i> (trochus shell), • <i>Tapun</i> (oyster/clam), • <i>Salang</i> (type of mollusk – land slug) • <i>Essuk</i> (baked/dried slices of breadfruit; considered to be typhoon food) • <i>Pån Tosta</i> (toasted bread) • <i>Åhu</i> (ground young coconut mixed with tapioca starch, sugar and water) • <i>Buñuelus Månglu'</i> (deep fried doughnut made from flour), <i>Buñuelus Aga'</i> (banana doughnut), <i>Buñuelus Dagu</i> (Yam doughnut), <i>Buñuelus Lemmai</i> (breadfruit doughnut), <i>Buñuelus Kamuti</i> (sweet potato doughnut) 	
What foods are eaten from other countries or Pacific Islands?	<ul style="list-style-type: none"> • <i>Balensiåna</i> (red rice) • Pork, octopus, and <i>iskabetchi</i> (fried fish mixed with local vegetables cooked in turmeric and vinegar) 	<ul style="list-style-type: none"> • American fast foods such as cheese-burgers, tacos, & pizza • Asian foods (sukiyaki, soba, lumpia, and various Chinese dishes) • Canned goods - Spam, Corn beef, Vienna sausage, etc.

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What are the taboos associated with food?	<ul style="list-style-type: none"> • Pregnant women and nursing mothers avoid spicy, hot food (baby's face would develop rash) and octopus/squid (baby would be bald) • Anyone who had an operation should avoid eggplant/octopus/fish (wound would worsen) • Eating too much watermelon will cause headaches, bed wetting, boils, and nose bleeds • Harvested fish are shared (not sold); applies only to 1st catch of season • <i>Maipi</i> (hot) foods: watermelon, guava, ginger, hot pepper, chocolate, coffee, soda, 'cigarette', cold water, <i>mātsun/mānhan biha</i> – eating these foods may result in certain symptoms/ailments such as headaches, rashes, and nosebleeds; pregnant women should avoid these foods • <i>Fresku</i> (fresh) foods: all fruits except watermelon, warm water, vegetables, <i>patnitus</i> (heart of coconut palm), <i>mansanita</i> (small cherry like fruit with many seeds); eating these foods are not harmful to the body taken in any quantity, instead has a 'refreshing' effect • Don't jump, dance, engage in hard labor right after eating (may cause appendicitis, hernia, etc.) • Don't overeat - <i>Digula</i> (stuffed – from overeating) • Eating too much hot pepper will burn going in and coming out 	<ul style="list-style-type: none"> • Same as traditional except nowadays most harvested fish are sold

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What are the practices and beliefs about food giving, preparation, and handling?	<ul style="list-style-type: none"> • Eating food left over from a pregnant woman will make you sleepy or cause nausea-type symptoms • “Special food” often prepared for pregnant women to accommodate the cravings (it is said that if cravings not satisfied a pregnant woman might miscarry) • Meals are always given or prepared for visitors • Families help by making all parties potlucks; accepted as <i>chinchul’</i> (gift), favor to be returned – people will give what they can; these gifts lessen the burden on the hosting family especially for funerals and weddings • Family and friends help the host family with preparation (particularly food) for parties or funerals • Largest part of beef/pork leg (animal slaughtered for last day of event) is given to the rosary/novena orator • At parties, food must be blessed before eating • The kitchen is the main room of the house. Families are big on associating food & drinks with hospitality 	<ul style="list-style-type: none"> • Same as traditional • <i>Balutan</i> (wrapping food to take home)
What are the rules associated with meals within the family?	<ul style="list-style-type: none"> • Children are fed first • Food is finished before drinking • Family members ate together; if family members are missing, their meals were set aside • No talking while eating (eating was like praying) • Men/boys must wear a shirt while eating their meals • Hats must be removed before eating • Only take what you can eat • Finish food before you leaving dinner table • Leave some food for those who have not yet eaten • For big events, such as fiestas, food placed in a certain order on the table (starches - meats - vegetables, and a separate area for desserts) 	<ul style="list-style-type: none"> • Same as traditional

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What food/dishes are related to good health?	<ul style="list-style-type: none"> • <i>Alâguan</i> (water with rice) and <i>atuli</i> (<i>gâb gab</i>/Polynesian arrow root with water), is said to refresh the body • Chamorro culture has a comprehensive collection of herbal and traditional medicine for healing, particularly to counter the effects of harmful foods • Raw egg over hot rice with soy sauce – quick nutritious meal • <i>Mânha</i> (young green coconut juice) for stomach aches, Urinary Tract infections (UTI) and kidney stones and guava for diarrhea • Ripe papaya to treat constipation • Fresh-squeezed lemonade sweetened with honey to ease sore throat • Gargling very warm water with salt (as salty as ocean water) • Fresh food is always best, compared to processed foods. • Chicken soup made from freshly killed chicken is good for flu • Drink carnation milk & beer (<i>flamenko</i>) or eat a raw egg for energy when weak or tired 	<ul style="list-style-type: none"> • Same as traditional • Orange juice and vitamin C pills • Food recommended to be nutritionally and dietetically beneficial
What are the rituals, stories, and proverbs associated with food?	<ul style="list-style-type: none"> • Blessing of food before eating • Story of why banana trees die after bearing fruit and coconut trees bear nuts all year • Legend of how the face appeared on the coconut • During their menstrual cycle, women should not pick from any plant (fruit, vegetables, flowers) as it will kill the tree/plant • The partner of a pregnant woman should not kill animals while the woman/wife is pregnant • Riddle: <i>Hâfa guella, hâfa gumupu, hâfa ma'omu ya matutu?</i> (What flies, what is eaten and what is pounded?) <i>Fâ'i</i> (Rice) • 	<ul style="list-style-type: none"> • Same as traditional

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What methods are used for gathering/ acquiring food?	<ul style="list-style-type: none"> Fishing methods included <i>chinchulu</i> (drag net), <i>talâya</i> (cast net); boats with spear gun and fishing net Groups fished for family consumption or for a special occasion Coconut crab hunting (for family consumption or parties), deer and goat hunting Vegetables and fruits grown, pigs, chickens and cows raised for family consumption Fruit bats/birds hunted for family meals Gathering of clams on shore Subsistence farming and fishing (only gather, hunt and fish what you need for your family) Large families are traditionally practical for more helping hands 	<ul style="list-style-type: none"> Same as traditional Today families aren't so big, so friends and neighbors fill in the void, and are rewarded for their share of the harvest, catch, etc.
Which seasons or times of year are associated with farming, hunting, and fishing?	<ul style="list-style-type: none"> March to April: fruit bat season October to November: coconut crab, deer, and turtle hunting season Fishing all year; but certain fish are more abundant at certain times/months 	<ul style="list-style-type: none"> Same as traditional Coconut, deer and goat hunting may begin as early as August to prepare for Rota's fiesta
How important is food in social activity?	<ul style="list-style-type: none"> Very important and unique in social activities – food is used as a means to bring people together to build and strengthen relationships Offering food to visitors is shows hospitality At day-long events, food is always provided for people to eat at the site of work, not go off to eat on their own Used as means of contribution, exchange, and gifts Chamorros are always proud to donate, help prepare food, and share their culture during social activities Locals use food as their main method of hospitality At parties or gatherings family and guests are encouraged to take food home after everyone has eaten. 	<ul style="list-style-type: none"> Same as traditional