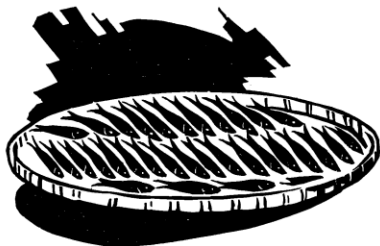


IS there anybody who is not acquainted with the popular *tamban*, *tunsoy*, *lapad*, or *silinias*?

They come to you in cans as "sardines", of which the Spanish sardines are the best liked in the Philippines. People who live near the sea can have the fresh fish almost any time during the year. Those who live far from the sea eat the fish either smoked, salted, or dried. The smoked fish is called *tinapa*, the salted, *balbakua*, and the dried, *tuyo*. Another name given to the sardines is herring. About twelve kinds of the herring family are found in the Philippines, but the best known are those named above. They are all small, silvery fishes usually about a decimeter long, or a span.

The fishes of the herring family are suitable for canning because the bones soften readily. Go to a grocery or an ordinary *sarisari* store. Find out in what different forms the herring can be obtained. Where do they come from? What kinds come from the United States? From Spain? Have you tried a can of "tinapa sardines"? How does your mother prepare it?




The Sardines

or


Herring

Aunt Julia's True Stories

Many people do not want it said that they eat "tinapa" and "tuyo". "Tinapa" and "tuyo" are considered poor man's food. While they are cheap, they are rich in food value. Of course, they should not be eaten alone with rice. Tomato sauce and vegetables should go with the humble dish of "tinapa" or "tuyo". Have you tried *tinapa* with tomato and pickled or "red" egg? *Tinapa* is served, not only as a dish by itself, but flaked *tinapa* is used in garnishing "fansit" and different kinds of salad. It is also used in preparing various vegetable dishes when shrimps are not available.



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