

Documenting the Origins of Popular Soups in Iloilo City: A Historical Analysis

A Research Paper

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Abstract

This study aimed to acquire a comprehensive knowledge and understanding of the origins of popular soups in Iloilo City, Philippines, such as La Paz Batchoy, Pancit Molo, and Nilaga. With a sample size of eight participants, the study employed qualitative research methods, including interviews, and archival research to explore the cultural significance, culinary evolution, and socio-economic contexts surrounding these soups. Social Constructionism was employed through historical analysis to understand the multifaceted and dynamic nature of uncovering the historical roots of Ilonggo soups. The research was conducted in two phases to investigate the history of the three popular soups in Iloilo City: The first phase involved a comprehensive literature review, while the second phase entailed obtaining primary data through in-depth interviews with local restaurant owners in Iloilo City. Through examining recipes, ingredients, and preparation techniques associated with each soup, the study reveals narratives embedded within Iloilo's culinary heritage. These soups reflected diverse flavors crafted through unique ingredients, preparation methods, and cooking techniques. Guided by familial legacies and commercial adaptability, these soups evolved, with restaurants adjusting recipes to honor tradition amid changing preferences. Pancit Molo, La Paz Batchoy, and Nilaga evolved with time, blending tradition and innovation to attract tourists and create jobs, showcasing Iloilo's dynamic cuisine and entrepreneurial spirit.

Keywords: Pancit Molo, Nilaga, La Paz Batchoy, Popular Soups, Historical roots, Iloilo City, Cultural Significance, Culinary Identity