



Abstract

The food culture of Cavite is less known and valued in today's generation because Philippine history is not very well documented. One of the reasons why authentic Caviteño food is ignored is that even local Cavite restaurants choose to serve westernized foods instead of authentic Caviteño food. In this study, five selected Caviteño families are selected to participate to determine how these selected Caviteño families communicate their traditional or modified recipe. This qualitative research also determined what are the information about the recipe that the selected Caviteño families communicate, how do they share it, what are the communication challenges they encountered and how they overcame these communication challenges. This research was guided by Cultural Performance Theory and Dual Inheritance Theory and used focus interviews and two expert interviews. The researchers used qualitative research design to obtain solid data. As the research have progressed, the researchers have concluded that the selected Caviteño families communicate the selected Cavite recipes by using food as a symbol to preserve the knowledge about the recipes from every generation to preserve their identity as a family who makes these selected Cavite recipes.

Keywords: Cavite, Culture, Food Culture, Recipes, Preservation, Generations, Families, Cultural Performance Theory, Dual Inheritance Theory, Communication challenges