Tyabidak is a native Mansaka food cooked especially for its revitalizing and nourishing effects on the body. It is a cooked mixture of rice, the native tuber gabi, native tomatoes, native spring onion, tanglad, karawag leaf, pandan leaf, ginger, and hot chili.

This soup-like food helps keep the Mansaka warm at night especially in their mountain and forest communities.

Ingredients

1-1/2 chupaks (cups) rice
One (1) litre water
¼ kg native tomatoe
Gabi tops (10 pieces)

Karamonaynay (babayna)

5 pcs. chili

Three (3) stalks spring onions

Grated ginger

Pandan leaf

Two (2) tanglad stalks with leaves

Karawag leaf of turmeric plant

Utensils

Ref.: http://tyagang.multiply.com/journal/item/5