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Creative Cities Network

CREATIVE CITIES OF GASTRONOMY

August 2021

Culture and creativity are increasingly regarded as vital features of sustainable urban development. Cities are places where culture manifests itself, supporting the social, economic and environmental dimensions of sustainable development. Cities are hubs of innovation, creativity, and cultural dynamism and have become a vital force in accelerating local human development. They will be the places where most of the 17 Sustainable Development Goals will be achieved.

Utilizing culture and creativity in different facets of urban development and management is the driving force behind the UNESCO Creative Cities Network. Created in 2004, the Network has established itself as a strategic platform of exchange and collaboration, while promoting, demonstrating and reinforcing the role of culture and creativity as a catalyst for building more sustainable, resilient and inclusive cities, in line with Goal 11, "Building inclusive and resilient cities", of the 2030 Agenda for Sustainable Development. Stimulating collective and creative intelligence is one of the founding missions of the Network.

The importance of food and gastronomy within the 2030 Agenda is reflected by all the Sustainable Development Goals, in particular Goals 1, 2, 6, 12, 13, 14 and 15. To highlight their importance, the United Nations has also dedicated several international days and launched several initiatives related to food to raise public awareness of its contribution to sustainable development. Most notably, World Food Safety Day (7 June); Sustainable Gastronomy Day (18 June); and World Food Day (16 October), amongst others.

To commemorate these international days, Creative Cities of Gastronomy have undertaken various creative and innovative initiatives to not only promote these dedicated days but also encourage sustainable foodways, sharing and learnings, collaborations and partnerships, and to advocate for climate change action through food security. Today, there are 36 Creative Cities of Gastronomy, in 21 countries. The present e-pamphlet takes you on a journey to discover the various activities undertaken by Creative Cities of Gastronomy to further cement the role of food and gastronomy in sustainable development while providing a taste of some of the most iconic and authentic culinary specialities of these cities.



International calendar

- 7 June - **World food Safety Day**
- 18 June - **Sustainable Gastronomy Day**
- 16 October - **World Food Day**



BELO HORIZONTE

Brazil



1st International Food and Gastronomy Season



Feijão Tropeiro

Often called the 'Culinary Capital of Brazil', the city of Belo Horizonte has made a firm commitment to place gastronomy at the very heart of its urban economy. In commemoration of World Food Day and the designation of Belo Horizonte as a member of the UNESCO's Creative Cities Network, throughout the month of October, the city is currently preparing to organize its **1st International Food and Gastronomy Season**, a transversal action that aims to promote initiatives by the government and partners. The programme will include a series of international conferences on tourism, gastronomy and food, as well as, a cycle of best practices presented by several Creative Cities of Gastronomy. **The International Food and Gastronomy Season** seeks to contribute to the training and qualification of actors in the sector, in addition to the dissemination and promotion of initiatives aimed at food and gastronomy, becoming a point of reference on Belo Horizonte's annual calendar.

From the roads that led to the regions where Brazilian gold was mined in the 18th century, a wonderful combination emerged, which became an icon of Belo Horizonte, Minas Gerais and Brazilian cuisine: "**Feijão Tropeiro**" (or **Tropeiro Beans**). Sausage, bacon, pork cracklings, various meats, kale, manioc flour, eggs and, of course, beans created a dish that occupies a prominent place in the hearts and taste of residents and visitors. The delicacy is even the subject of competitions that mobilize restaurants in all regions of the city. In Belo Horizonte, the "feijão tropeiro" can be associated with football stadiums and with the city's passion for the sport, as it is sold during football matches. Due to its popularity, FIFA allowed the dish in both international tournaments based in Belo Horizonte, the 2013 FIFA Confederations Cup and the 2014 FIFA World Cup.

CHENGDU

China

© Jiao Hui, 2021

With over 5000 years of history, and a diverse and rich gastronomic heritage, cities across China have stepped up to celebrate their passion for local cuisine and its importance in supporting culture, creativity and sustainable urban living. In the wake of the pandemic the city of Chengdu placed gastronomy at the heart of its urban recovery policy, with a focus on the promotion of sustainable local cuisine.

In 2021, the city celebrated **World Food Safety Day** and **Sustainable Gastronomy Day**, with a series of collaborations both online and on site, with actors in the gourmet world including chefs, restaurants, and cultural ambassadors, as well as Chengdu inhabitants. These events such as the **Chengdu Famous Dishes Selection**, primarily took place between March and June 2021, and served as a showcase of Chengdu's famous gastronomy, inspiring both local and international interactions through a **Chengdu Gourmet Food Tasting Map**.

Amongst the city's vast plethora of gastronomic delicacies, **Traditional Chengdu Huo Guo** (hot pot or fire pot) is one of the most iconic and popular local flavours. A communal dish, bringing friends and family together, hot pot is normally a centrepiece to a heavily laden table, served in a heated bowl divided into several sections, filled with a variety of fragrant broths, redolent with Sichuanese spices, into which a diverse array of raw foods can be added such as meat, vegetables, tofu and noodles. The possibilities are endless. As the ingredients cook in the broth, adding their aromas into the air, the true scent of home and community is born.



**Chengdu
Famous Dishes
Selection**

**Chengdu
Gourmet Food
Tasting Map**



**Traditional
Chengdu Huo
Guo**

MACAO SAR

China

© Macao Government Tourism Office, 2021



Sustainable Gastronomy Day 2021 – Preserving Macanese Cuisine



Minchi

At the confluence of two distinct cultures, Macanese cuisine is a vibrant and dynamic fusion of East-meets-West. As a UNESCO Creative City of Gastronomy, Macao SAR is once again joining the rest of the world to celebrate **Sustainable Gastronomy Day**. This year, the Macao Government Tourism Office (MGTO) marked the date with the dissemination of a video to raise public awareness about what sustainable gastronomy entails, particularly in relation to preserving Macanese gastronomy, which was inscribed on the List of Macao's Intangible Cultural Heritage since 2012 and was added to the National List of Intangible Cultural Heritage in 2021. Titled "**Sustainable Gastronomy Day 2021 – Preserving Macanese Cuisine**", the video features students aspiring to become chefs, who share their views on sustainable gastronomy and their take on how to ensure that Macanese cuisine remains relevant for future generations. In partnership with Macao News, the city is also developing a series of videos and articles, sharing recipes, while preserving and celebrating the city's gastronomic heritage and creativity, which have been promoted both at local and global levels via social media.

For many decades, Macao was a key hub on the spice route trading network between Asia and Europe, creating a unique gastronomic culture unlike anything seen elsewhere. Renowned for its multi-cultural and Portuguese influence in its cooking, one of the most iconic Macanese dishes is **Minchi (minced meat)**. Minced pork or a mix of beef and pork being the key ingredient, the meat is seasoned with light and dark soy sauce and served with crispy cubed potatoes with a fried egg on top. This dish can be found on the menus of many restaurants in Macao.

PHUKET

Thailand



Crispy fried green vegetable with shrimp cracker. "Bue tord" Phuket food, Thailand © Tee11 / Shutterstock.com

Renowned across the world for its diverse and dynamic street food culture, Phuket chose to celebrate **World Food Safety Day** with an educational project aimed at providing street food vendors with extensive **UpToDate training** on the subject of food safety, from handling to preparation, and importantly sanitation. Easily accessible online via their mobile phones, vendors who participate and complete the necessary assessment will be given a local government certification. Furthermore, in an effort to ensure that food safety standards are maintained, the city is investing in spot check visits with appropriate certification also rewarded. This drive will benefit local vendors, inhabitants and tourists who flock to the city's street food market in search of Phuket's most celebrated delicacies.

If one leaves the tourist hubs, with their renowned street food, and goes in search of the true taste of Phuket, it won't be long before you stumble on a stall selling **Bue Tord**. For the locals, this is undoubtedly one of the city's most iconic dishes. Comprising battered shrimps, green vegetables and grasses, this dish is one rarely found in more touristic areas, but is beloved by the native inhabitants of Phuket. Served with spicy sauces and rice, this dish is resonant with the traditional Thai flavours and scents of home.



Capacity building project on food safety, preparation and sanitation



Bue Tord

SAN ANTONIO

United States of America

© Michael Cirlos / City of San Antonio, 2020



Sustainable food systems and food access social media campaign



Barbacoa and Big Red

As a part of the celebration of the various food and gastronomy related days such as **Sustainable Gastronomy Day**, **World Food Day** and **World Food Safety Day**, the city of San Antonio has been organizing various activities such as a social media campaign about sustainable food systems and food access. This campaign aims to raise public awareness of the necessity for sustainable food production, engage the community and bring together local producers and distributors, and let the residents of San Antonio know that food and gastronomy are more than just buzzwords. Through in-person events and social media engagement using hashtags and encouraging residents to post photos, the aim is for people to learn more about the important role that gastronomy and food play in our everyday lives.

Nothing says 'San Antonio' more than one of its iconic gastronomical duos – **barbacoa and Big Red**. There's even an annual festival dedicated to this unlikely food combination that mixes the traditional with the modern and captivates young and old, alike. This tender, slow-cooked meat dish, deriving from Mexico, is served in warm, fresh tortillas and doused with cilantro and onions – and an array of other personally selected toppings such as salsa or avocado slices. When paired with the locally-produced red cream soda, it brings together the community to celebrate cultural unity through a gastronomic fusion unlike any other.

SHUNDE

China

顺德蒸鱼

桑叶鱼饼

顺德鱼生

拆鱼羹

家乡

© Shunde Tourism Office, 2021

As a city nestled on the banks on the Pearl River Delta, Shunde is blessed with a rich, aquatic culinary culture. In November 2021, Shunde will host a **Week of Gastronomy**, dedicated to Shunde's vivacious food and culture. As part of the city's post-pandemic recovery process, through a series of both online and onsite events, in partnership with local actors from the catering industry, held over three weekends, this festival aims to shine a light on the importance of culinary tourism, gastronomic creativity and the integration of the internet within the industry. Furthermore, by harnessing the unifying potential of food, as part of their **Sustainable Gastronomy Day** awareness activities, in June 2021 Shunde held the Private Kitchen Cooking Competitions, where Shunde's budding chefs sent in videos of themselves making their signature dishes.

As early as the 16th century, the people of Shunde began to build the earliest eco-agricultural system, Mulberry Dike fish ponds, which realized the integration of the planting of mulberry trees with the raising of silkworms and fish. Due to the abundant production of fish, over the years, the people of Shunde have learned to cook fish in around 200 different ways, so as to fully enjoy its 'Xian' (pure fresh flavour) by using almost all parts of freshly caught fish like fish meat, fish head, skin and intestines, without any waste. Shundese chefs are considered to be masters of cooking fish. Therefore, fervent foodies escape to Shunde to taste its iconic **fish dishes** such as steamed fish, sashimi salad, fish skin appetizer, fish cake, fish soup with mixed vegetables and flowers, fish congee, fish dumpling, fish noodles and various kinds of vegetables stuffed with fish paste.



Week of
Gastronomy

Private Kitchen
Cooking
Competitions



Fish dishes

TSURUOKA

Japan



© Dewa Sanzan Shrine, 2015



Sustainable
Gastronomy
day exhibition

2nd Food Hub
Kitchen



Dewa sanzan
shōjin ryōri

The inextricable link between Tsuruoka's culture and its passion for gastronomy dates back centuries. To celebrate **Sustainable Gastronomy Day**, the city created an exhibition on 'Gastronomy and its activities that are close to citizens could be a clue to solving various food problems that are occurring in the world'. This exhibition aimed to engage with the city's residents, allowing them to reflect on some of the most important issues of the day: sustainable production and consumption, and how they can contribute to these global concerns. The exhibition also highlighted the UCCN and the 2030 Agenda for Sustainable Development. Tsuruoka is also launching the **2nd Food Hub Kitchen**. This project brings together key links in the food supply chain, from farmers and fishermen to chefs, who will give participants the chance to be up close and personal with their food, from nature to plate. By seeing the food production process first-hand, participants will gain an appreciation for the necessity for sustainable gastronomy, avoiding food waste and protecting the environment. This potential long-term project aims to bring food awareness to all of Tsuruoka's inhabitants, crossing generational and economic borders.

Nestled between mountains, fertile plains and the sea of north-eastern Japan, Tsuruoka's traditional cuisine is one of simplicity, purity and nature. **Dewa sanzan shōjin ryōri**, a traditional Shugendō (Japanese mountain asceticism) cuisine, is served at one of the many temples along the foot of Mt. Haguro. This cuisine celebrates and reflects what nature has to offer by serving seasonal ingredients foraged from the mountains and harvested from the fields, making it a must for any visitor in Tsuruoka City. From the rich nutty taste of handmade sesame tofu to fresh seasonal tempura, it is sure to nourish both your body and soul, and deepen your appreciation for nature's blessings.

YANGZHOU

China



© Shi Jian, 2019

Gastronomy has been firmly placed as one of Yangzhou's drivers of development. As part of its **World Food Day celebrations**, in October 2021 Yangzhou will host the **1st China International Creative Gastronomy Expo**, as well as the 3rd China Morning Tea Festival. Under the title 'Nice City, Nice Food, Nice Idea', the Expo, comprising of both online and offline events, including themed exhibitions, summits and more, will bring together actors from across the gastronomic spectrum to share the best industrial practices and innovations in the culinary world, serving as a platform for cross industry assistance and communication. At the heart of this Expo is an important message pertaining to food security. By advocating for 'practicing strict economy and combating waste', Yangzhou hopes to enhance the city's image as not only a city of gastronomy but a city with a vision for long term, sustainable gastronomic consumption.

Eponymous with the city, known in different countries around the world: '**Yangzhou stir-fried rice**' is the most representative dish of the city. It is also called 'egg fried rice', as eggs plays an important role in combining all its ingredients (ham, shrimp, cucumber, carrots, corn, pea, etc). For the most authentic ones, every single piece of rice is covered with egg wash during the process of stir-frying. For this reason, Emperor Yang of Sui (AD 569 – 618) gave this dish another name: "'bits of gold' rice". It originated as a dish made from leftovers; if there was any rice left after a meal, people would keep it for a night to let the rice cool down and harden, and then stir-fry it again the next day.



**1st China
International
Creative
Gastronomy Expo**



**Yangzhou stir-
fried rice**

ZAHLÉ

Lebanon

© Zahle Creative City of Gastronomy, 2021



Lebanese Arak Festival

Weekly Business-
to-Consumer event
to promote local
cuisine



Keshek

Kebbeh meatballs
filled with Awarma

In Zahlé the celebrations of **Sustainable Gastronomy Day**, in June 2021, were a city-wide affair, bringing together the key figures in the city's gastronomy industry, local producers, and restaurateurs, but also the citizens themselves. This year, the city's municipal park rang with the sound of diners enjoying the city's rich local cuisine, imbibing the local beverage Arak as part of the Lebanese Arak Festival, whilst being serenaded by participants in the partnered International Music Festival. It promised to be an unforgettable celebration of all of the pleasures of life, especially poignant after the COVID-19 pandemic. The city's municipal government will also be working with local producers to keep Zahlé's markets bustling by hosting a **weekly Business-to-Consumer event**, which will promote local cuisine, benefit small producers and increase awareness of Zahlé's decadent gastronomic heritage.

As summer comes to an end, Lebanon's villages come alive with the preparation of **Keshek**, a traditional Lebanese soup, consisting of fermented bulgur, milk and potato. Throughout the winter, this dish becomes a popular staple, served with **Kebbeh** meatballs filled with **Awarma** (a sort of lamb confit). Nutritionally rich, perfect to keep the winter's chill at bay, and a powerful invocation of home, family and community, this dish can be considered as one of the great tastes of Zahlé.