Unit 49

Hand-out 6:

preparing nomination files for the RL (2)

These all relate to some form of culinary tradition and are mostly taken from Section 1 on ‘Identification of the Element’.

**(a) *Traditional Mexican Cuisine***

‘Traditional Mexican cuisine is a comprehensive cultural model comprising farming, ritual practices, age-old skills, culinary techniques and ancestral community customs and manners, whose deeply embedded roots continue to be vital in the 21st century. The system has put food on the Mexican table for thousands of years and continues retaining authenticity –a desire not to falsify the roots–meaning that communities still prepare food using the time-tested methods. This is made possible by collective participation–illustrated here by the female cooks in the Michoacán project– in the entire traditional food chain: from planting and harvesting to cooking and eating…’

And at Section 4.b. on ‘Free, prior and informed consent to the nomination’, the form notes

‘…This tangibly effective preservation of culinary heritage and sustainable community development has been realized by a coalition of forces, *including most prominently the women of the communities*, state government agencies and food and gastronomy experts and professionals.’ [Emphasis added]

**(b) *The* *Gastronomic Meal of the French***

‘The gastronomic meal is a customary social practice to which the French are very attached. They regard it as part of their heritage. In 2009, the annual survey on the eating habits of the French revealed that 95.2% of French people considered the gastronomic meal to be an element of their cultural heritage and identity, 98.7% of them wishing to safeguard it and transmit it to future generations… It is a festive meal that brings together a group of family, friends, association members or even an entire village for a time of shared pleasure. The meal takes place at home or sometimes in a public place such as a restaurant or community centre…The gastronomic meal is a homogeneous social practice in the whole community…’

**(c) *The* *Mediterranean Diet***

‘In our communities, the richness of the cultural expressions of the Mediterranean Diet, which is still alive and dynamic today, stems from the power of its human vectors. These women and men of all ages and conditions, the true bearers and practitioners of this element, are found within the family, the brotherhood, the association, the corporation and the population as a whole. Local institutions, by virtue of their proximity, play a vital role in creating a framework propitious to protecting the element and supporting community initiatives.

*One category deserves to be highlighted: women, who* *always play an increasingly important role in* transmitting know-how and knowledge, in recreating rituals, traditional gestures and celebrations, in safeguarding techniques, in respecting seasonal rhythms and calendar holidays and in including all the cultural, social and environmental values of the element as they educate the new generations…’ [Emphasis added]