



# Gastronomy and cultural heritage guidebook





# Protection of the "food legacy" by the EU







# Contents

## Protection of the "food legacy" by the EU

<u>Gastronomy as UNESCO intangible heritage of humanity</u>	81
<u>EU measures for protection of gastronomic heritage</u>	86
<u>Practical examples</u>	88
<u>Bibliography</u>	91



Co-funded by  
the European Union

Funded by the European Union. Views and opinions expressed are however those of the author(s) only and do not necessarily reflect those of the European Union or the European Education and Culture Executive Agency (EACEA). Neither the European Union nor EACEA can be held responsible for them.



# Gastronomy as UNESCO intangible heritage of humanity

Intangible cultural heritage includes living practices and expressions inherited from our ancestors and transmitted to our descendants, such as oral traditions, performing arts, social practices, rituals, festive events, knowledge and practices concerning nature and the universe, and knowledge and skills linked to traditional craftsmanship.



Photo - [link](#)

The Convention for the Safeguarding of the Intangible Cultural Heritage, adopted by the General Conference of the Organisation at its 32nd session in October 2003 and which entered into force on 20 April 2006, opened a new phase in the protection of this heritage. Among its objectives are:

1. The safeguarding of intangible cultural heritage
2. Respect for the intangible cultural heritage of communities, groups and individuals.
3. Raising awareness at local, national and international levels of intangible cultural heritage
4. Mutual recognition of intangible cultural heritage among countries and international cooperation and assistance.

The Convention recognises as elements of Intangible Cultural Heritage:

1. Oral traditions and expressions, including language as a vehicle of tangible cultural heritage
2. Performing arts
3. Social practices, rituals and festive events
4. Knowledge and practices relating to nature and the universe.
5. Traditional craft techniques



## CHAPTER 5

# Gastronomy as UNESCO intangible heritage of humanity

For greater visibility to intangible cultural heritage, the Convention establishes a system of two lists:

- **Representative List of the Intangible Cultural Heritage of Humanity:** is composed of expressions that illustrate the diversity of intangible heritage and contribute to a greater awareness of its importance and is considered the equivalent of the World Heritage List.
- **List of Intangible Cultural Heritage in Need of Urgent Safeguarding:** consists of elements of intangible cultural heritage that communities and States Parties consider in need of urgent safeguarding measures to ensure their transmission. Inscriptions on this List help to mobilise international cooperation and assistance to enable the actors concerned to take appropriate safeguarding measures.

It also provides for the periodic selection and promotion of national, sub-regional or regional programmes, projects and activities for the safeguarding of heritage that best reflect the principles and objectives of the Convention. There are currently 192 elements inscribed on the Representative List, 35 on the Urgent Safeguarding List and 11 programmes, projects and activities for the safeguarding of Intangible Cultural Heritage.

There are currently 6 gastronomic elements on the Intangible Heritage of Humanity list:

- **Mediterranean diet.** This type of diet is widespread in several countries and cultures such as Greece, Italy, Spain, Croatia, Cyprus, Morocco and Portugal. Known worldwide as a healthy and longevity-friendly option, this type of diet is based on a set of traditions that are related to the preparation and production, as well as the sharing of food, since eating together (family, friends...) is a basic component of the cultural identity of Mediterranean countries. As well as for its fresh and quality ingredients such as fresh fish, olive oil or traditional cheeses.



• Photo - [link](#)



## CHAPTER 5

# Gastronomy as UNESCO intangible heritage of humanity

- **French gastronomy.** UNESCO indicates that French gastronomy is a social practice to celebrate important moments in the lives of individuals and groups, and highlighted the importance of cohesion around a table on special occasions. The concept of repas gastronomique refers to the careful selection of pairings and recipes, the best French wines, the decorations, the setting... much more than the delicious and distinct flavours that exist within this fantastic gastronomy. (photo – [link](#))



- **Mexican food** Michoacán style. These traditional Mexican dishes have made the list because they are considered an integral cultural model that encompasses aspects such as traditional agriculture, ancestral community customs and ritual practices. These dishes not only stand out for their best-known ingredients such as chilli, beans or corn, but also for their cultivation methods such as milpas (fields dedicated to the cultivation of corn and other seeds), their chinampas (artificial cultivation system in water areas) or nixtamalisation, which is the processing method by which the nutritional value of the corn is increased. (photo – [link](#))





# Gastronomy as UNESCO intangible heritage of humanity

- **Kimchi.** This is possibly Korea's most popular cabbage recipe. UNESCO has considered both the South and North Korean preparations, which are very similar, but have some differences, with the northern preparation being less spicy and whiter in colour. The reason for this recipe's inclusion on the list is its preparation, as it mixes different traditions: it is made in summer as a community in order to save as many provisions as possible for the long Korean winters.

Photo - [link](#)



- **Turkish coffee.** This dish is included not so much for its taste as for the way it is prepared. In order to make it, different maceration and steeping techniques are used, which are considered a ritual. It is prepared in copper pots on a cooker and the result is a thick, frothy, sweet coffee served in small cups. The ritual is a symbol of hospitality and friendship, making it a unique ceremonial element.

Photo - [link](#)



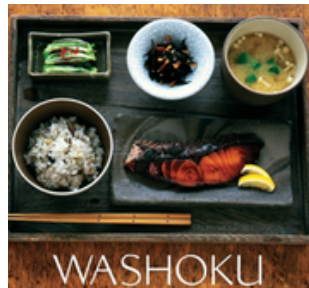




# Gastronomy as UNESCO intangible heritage of humanity

- **Washoku.** The term translates as Japanese cuisine, and UNESCO highlighted its essential spirit of respect for nature, which is closely related to the sustainable use of natural resources. Traditional Japanese cuisine is based on local ingredients such as rice, fish, vegetables and edible plants typical of the different Japanese regions.

Photo – [link](#)



Inscribing food on the UNESCO World Heritage List is a great step towards a brighter future. The method of preparing dishes carries a lot of information about a culture, its values and history. As humans, we also strongly emotionally attach to traditional meals. They are symbols of you childhood, families and homeland. Therefore, it is extremely important to cultivate culinary traditions and not forget about them among the new trends in gastronomy

.UNESCO also keeps a **Register of Good Safeguarding Practices** that allows States Parties, communities and other stakeholders to share successful safeguarding experiences and examples of how they surmounted challenges faced in the transmission of their living heritage, its practice and knowledge to the future generation. These methods and approaches should be useful as lessons and models that can be adapted to other circumstances, including those in developing countries.

In case you are interested to browse the Lists of Intangible Cultural Heritage and the Register of good safeguarding practices, you can do it through this [link](#)

While **UNESCO doesn't have specific regulations or labels** for food products, its focus on community-based safeguarding empowers local communities to take an active role in preserving their gastronomic heritage for future generations. However, UNESCO organises **workshops and training programs** to help communities document their intangible cultural heritage, including their gastronomic heritage. This empowers communities to take ownership of their heritage and develop effective safeguarding plans.

UNESCO also works to **raise public awareness** about the importance of intangible cultural heritage, including the significance of gastronomic traditions. This encourages appreciation for cultural diversity and promotes respect for traditional gastronomy.



## CHAPTER 5

# EU measures for protection of gastronomic heritage

The European intangible heritage of food is an expression of our cultural identity and diversity. Gastronomic heritage continuously inspires human creativity and innovation, which in turn can drive policy change and tackle key societal questions, such as climate change and social inclusion.

The diversity of food constitutes a unique and precious heritage: genetic diversity, but also cultural, social, and economic. It will be a key asset for Europe's socio-economic recovery and resilience as it contributes to protecting biodiversity, sustainable local development, sustainable cultural tourism, social cohesion, and inclusion. The gastronomic heritage should be seen as:

- key for preserving biodiversity and fighting climate change;
- Key for sustainable local development;
- key for sustainable cultural tourism;
- key for social cohesion and inclusion.

EU quality schemes help protect the heritage of Europe's agricultural sector and enhance consumer recognition of quality products all over the world.

**Geographical indications** apply to various foodstuffs, agricultural products, wines and spirit drinks produced in identified regions. They protect the reputation of specific product names, the regional and traditional production processes, or other essential elements (such as local breeds or plant varieties) that shape culinary heritage throughout Europe.



Photo - [link](#)



# EU measures for protection of gastronomic heritage

Agri-food products and wines can be protected as Protected Designation of Origin (PDO) and Protected Geographical Indication (PGI), and spirit drinks as Geographical Indications (GI). EU symbols have been established to publicise these products. These symbols appear on product packaging, making it easier to identify these products on the market. They guarantee that an EU product is authentic, not an imitation or counterfeit, and serve to reinforce its national and international recognition. More information on PDO, PGI & GI can be found in Module 8 of the training course.

More detailed information on the PDO, PGI & GI can also be found her: [Geographical indications for foods and drinks](#) (online article, 2023)

European Union has also introduced the “Traditional Specialities Guaranteed” label (TSG). The TSGs are names of products, registered and protected across the EU to safeguard traditional methods of production and recipes.

eAmbrosia is a legal register of the names of agricultural products and foodstuffs, wine, and spirit drinks that are registered and protected across the EU. It provides a direct access to information on all registered geographical indications, including the legal instruments of protection and product specifications. It also displays key dates and links for applications and publications before the geographical indications are registered.



The search engine for protected products eAmbrosia is available [here](#).

European Union also provides financial aid to projects that promote and protect gastronomic heritage. This can include initiatives for documenting traditional recipes, supporting educational programs about food culture, and promoting local food markets.

EU also encourages and funds research into traditional food production methods and ingredients. This knowledge can be used to safeguard endangered food traditions and develop sustainable practices for the future.



## CHAPTER 5

# Practical examples

### Italy, an example of the registration on the UNESCO Intangible Cultural Heritage of Humanity list

Italy exemplifies how gastronomy can benefit local communities. In 2017, the art of Neapolitan-style pizza making, known as the Neapolitan Pizzaiolo, was inscribed on the UNESCO Intangible Cultural Heritage of Humanity list. This was not the only time Italian food has caught UNESCO's attention. The Italian government has officially nominated the nation's cuisine for inclusion on the UNESCO Intangible Cultural Heritage list. This nomination reflects the authorities' recognition of the importance of gastronomy and its impact on local communities. Such recognition can benefit local communities by preserving culinary traditions and boosting tourism.

The nomination dossier emphasizes the significant role Italian cuisine has played in shaping the country's biocultural diversity. Italian cuisine is described as "a set of social practices, rites, and gestures based on the many local knowledge that, without hierarchies, identify and connote it." This definition highlights the integral connection between local traditions and the overall culinary landscape of Italy, underscoring the importance of regional diversity in the nation's food culture.

Many areas in Italy are famous for their local recipes or ingredients. For example, Tuscany's vineyards and olive groves are emblematic of its identity. Local communities strengthen their social bonds by using products like wine and olive oil to celebrate food festivals, such as the Chianti Wine Festival and the Sagra del Tartufo (truffle festival), together with visitors.

See the "Tuscany Travel Guide": <https://untolditaly.com/tuscany-travel-guide/>

### The Pumpkin Festival in Bulgaria

The "Pumpkin Festival" is held in the city of Sevlievo every year in the month of October. The first "pumpkin festival" was held in 2006. Since then, the festival has been traditional for the city. The reason for its origin is that the region of Sevlievo is famous for the production of pumpkins, and even the town is jokingly called PumpkinVille by the local population. Every year in Sevlievo, a pumpkin festival is held – a culinary festival of local traditional feasts, delicacies and crafts, created in the pumpkin capital – Sevlievo.

In the square in front of the House of Culture, various competitions for attractive pumpkins are held, in which local producers participate with their products. There are competitions for the heaviest pumpkin, the longest pumpkin, the smallest pumpkin, the most unusual pumpkin, the most beautifully decorated pumpkin, etc.





## CHAPTER 5

# Practical examples

Another event during the festival is the culinary exhibition "Pumpkin delights", where various pumpkin specialties are presented – stuffed pumpkin with meat, baked pumpkin boats with minced meat, pumpkin desserts, etc. It has become a tradition to prepare and eat the biggest pumpkin square pie (in Bulgarian language called tukvenik) every year. This traditional pumpkin square pie is made to be over 200 meters long.

Children also take part in the festival by giving a poetry recital with poems and songs dedicated to the pumpkin and participate in competitive exhibitions with their drawings.



### Homemade Cheese Festival in Bulgaria

Homemade Cheese Festival in the village of Cherni Vit in Teteven is organized in the end of September. Homemade cheeses from different regions of Bulgaria, cheeses from small dairies, bread, honey, wine will be presented at the Festival. There are demonstrations, presentations, tastings and meeting interesting people. The presentation of scientific research on traditional products and innovative approaches is particularly valuable.

The organizers of the Festival are Teteven Municipality and Cherni Vit City Hall.





## CHAPTER 5

# Practical examples

The event is intended for people who want to get to know Bulgarian traditional cheeses!

**Protected Designation of Origin for Bulgarsko byalo salamureno sirene (Българско бяло саламурено сирене)**



You can check the info on the product in eAmbrosia here:

<https://ec.europa.eu/agriculture/eambrosia/geographical-indications-register/details/EUGI00000017826>

You can check the Official Journal of the European Union on entering a name in the register of protected designations of origin and protected geographical indications here:

<https://eur-lex.europa.eu/legal-content/EN/TXT/HTML/?uri=CELEX:32023R1571#d1e106-11-1>

You can check the Official Journal of the European Union on Publication of an application for registration of a name pursuant to Article 50(2)(a) of Regulation (EU) No 1151/2012 here:

[https://eur-lex.europa.eu/legal-content/EN/TXT/HTML/?uri=CELEX:52023XCO413\(04\)](https://eur-lex.europa.eu/legal-content/EN/TXT/HTML/?uri=CELEX:52023XCO413(04))

## CHAPTER 5

# Bibliography

- Aulia, O., (2023) Culinary Traditions as Cultural Heritage: Maintaining and Developing Them in the Modern Era, online article, available: <https://medium.com/@oniaulia/culinary-traditions-as-cultural-heritage-maintaining-and-developing-them-in-the-modern-era-787f5aea0433>, last accessed on 09/05/2024
- Barska, A.; Wojciechowska-Solis, J. (n.d.) Traditional and regional food as seen by consumers—research results: The case of Poland. *Br. Food, J.* 2018, 120, 1994–2004
- Kalenjuk Pivarski B. et al., (n.d.) The Sustainability of Gastronomic Heritage and Its Significance for Regional Tourism Development. *Heritage.* 2023; 6(4):3402–3417, <https://doi.org/10.3390/heritage6040180>, last accessed on 09/05/2024
- İl.May, Şener A. (n.d.) From Hearth to Haute Cuisine: The Fascinating Evolution of European Gastronomy, *EuropeLifestyle*, online article: <https://www.smartinvestmentfund.com/fund-blog/the-fascinating-evolution-of-european-gastronomy>, last accessed on 09/05/2024
- Manon R. and Coste M. (2020) Food is Culture, online article: [https://multimediar.k.slowfood.com/wp-content/uploads/2020/10/1\\_Policy\\_Brief.pdf](https://multimediar.k.slowfood.com/wp-content/uploads/2020/10/1_Policy_Brief.pdf), last accessed on 09/05/2024
- Directorate-General for Agriculture and Rural Development (2023) Protecting local food and drinks: 3 500 geographical indications registered, online article: [https://agriculture.ec.europa.eu/news/protecting-local-food-and-drinks-3-500-geographical-indications-registered-2023-02-23\\_en](https://agriculture.ec.europa.eu/news/protecting-local-food-and-drinks-3-500-geographical-indications-registered-2023-02-23_en), last accessed on 09/05/2024
- The Pumpkin Festival (n.d): <https://fest-bg.com/event/%D0%BF%D1%80%D0%B0%D0%B7%D0%BD%D0%B8%D0%BA-%D0%BD%D0%B0-%D1%82%D0%B8%D0%BA%D0%B2%D0%B0%D1%82%D0%B0/>, last accessed on 09/05/2024
- UNWTO (n.d.) Gastronomy. <https://www.unwto.org/gastronomy>.

