



TYPES OF CUISINES IN GASTRONOMIC TOURISM AND ITS IMPORTANCE IN THE FIELD

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ABSTRACT

Gastronomy was always closely connected with tourism because visiting new places, people also paid much attention to the local culinary habits and traditions of the population. The situation has changed, and gastronomy became in focus as the main goal of tourists to visit certain countries and cities.

Keywords: Food and Beverage, Cook, tourists, Gastronomy tourism, Drinks.

Gastronomy is about much more than food. It reflects the culture, heritage, traditions and sense of community of different peoples. It is a way of promoting understanding among different cultures, and of bringing people and traditions closer together. Gastronomy tourism is also emerging as an important protector of cultural heritage, and the sector helps create opportunities, including jobs, most notably in rural destinations.

Nowadays, tourists leave their places to find new experiences and emotions while eating and cooking in Italy or Austria, and tourism operators are ready to provide them with a lot of different tours on the topic because the popularity of gastronomy tourism grows, and this segment becomes an important profitable sector of the industry.

The role of gastronomy is important for tourism development because experiences of eating the local food are traditionally associated with the places visited. Thus, focusing on food as ‘a cultural reference point’, it is possible to combine the efforts of producers and tour operators in order to contribute to the regional development and tourism progress at the territories. It is found that tourism is more developed in those cities where the role of restaurants is high and consumption is connected with the gastronomic tastes of tourists. In this case, the cities can become ‘gastronomic oases’ and contribute to tourism development.

From this point, the emphasis on restaurants as the destinations for tourists was typical for the industry’s development during the decades, but today this trend develops according to new approaches because not only restaurants are discussed as destinations but also the opportunity to learn more about the local gastronomy is



considered as the attractive perspective for tourists.

AFRICAN CUISINE

A tour all about flavors and spices. From Algeria to Zambia, from Cote d'Ivoire to Uganda, the African continent presents irresistible recipes of local dishes. Across Africa, gastronomy tourism can be used to drive economic growth and create jobs, including in rural communities, and help protect and promote cultural heritage. In Central Africa, a variety of crops are grown, including yams, cassava, bananas and plantains, sweet potatoes, and cocoyams. These crops have become staples in the diet of many people in Central Africa. [Fufu](#)-like starchy foods are usually made from fermented cassava roots, but they can also be made with plantain, corn maize and yam. Fufu is served buffet-style with grilled meat, fish, stews, greens and [piment](#). A variety of local ingredients are used while preparing other dishes, like [spinach](#) stew cooked with tomato, peppers, chilies, onions, and peanut butter. Eastern central Africa is also one of the few regions in Africa that uses potatoes as one of its main bases, since potatoes grow easily in the region.

AMERICAN CUISINE

Latin American and Caribbean combine refreshing bites with slow-cooked traditional dishes, offering a cuisine full of touches that never cease to surprise our taste buds. A major component of history, tradition and identity, gastronomy has also become a major motivation to visit this region. It is easy to define some countries' cuisines because the food and recipes are indigenous of the region, often derived out of necessity or a means for survival—the ingredients naturally coming from the local land or sea. However, since the U.S. is a country made up of cultures from many other countries and Indigenous peoples, it can be somewhat challenging to define its cuisine—what recipes are "American"?

The U.S. is a melting pot of cultures as a result of the many immigrants and enslaved people that came here from various other countries across the globe. A significant part of this equation, too, comes from the cultures of Indigenous peoples who lived on the land well before colonization. With this bountiful combination of culinary traditions, American cuisine has become greater than the sum of its parts and offers something unique. This country has established several dishes that many consider examples of an "American" food tradition.



ASIAN CUISINE

The largest continent in the world offers delicacies for all types of palates. Sweet, sour or spicy, a wide range of mouth-watering flavours is on the table. Gastronomy tourism has a unique ability to contribute to the growth of sustainable tourism in Asia and the Pacific. We can define Cuisine as a style of cooking and tradition associated with a specific culture. Asia is the largest continent in the world shelters many cultures and cuisines. Some of the major regional cuisines are East Asian, Southeast Asian, South Asian, Central Asian and Middle Eastern cuisines. Besides the difference, all of these varieties of Asian foods share some common features. Ingredients like Rice, Ginger, Garlic, Tofu, Chilies, Dried Onions, Soy and Sesame seeds are used in almost all Asian foods. Cooking practices like Steaming and Stir frying are common in every Asian restaurant.

Rice is a staple ingredient in every Asian food; Different varieties are popular in various regions. Basmati is a popular rice variety in subcontinents while long grain rice is popular in China and short grain in Japan and Korea. Curry dishes with its origin in South Asian countries are also common in Southern, Western and Southeastern regions. These are Yogurt based soup with meat or vegetables as optional ingredients. East Asian Cuisine

East Asian Cuisine Chinese, Japanese, Mongolian and Taiwanese Cuisines are collectively known as East Asian Cuisine. Being one of the most populated regions of the world East Asia has many regional cuisines. Rice, Noodles, Soybeans, and Seafood are some of the staple East Asian foods.

EUROPEAN CUISINE

From the best known Mediterranean dishes to the cuisine of Eastern Europe, the gastronomy of this region is blends together past and present, tradition and creativity. The diversity and cultural richness of European cuisine has become a leading element in attracting visitors, and gastronomy tourism is helping destinations diversify their sectors and promote rural development. The European cuisine includes a wide use of meat ranging from poultry to cattle, sheep, pork and varied game. There are an infinite number of dairy products such as yogurt, soft and hard cheeses.

In coastal areas, all kinds of fish are present because the European coasts are bathed by the main oceans and inland seas. There are several products derived from wheat and rye. There are many varieties of bread and each country has developed its own recipes and cooking methods. In Italy there is pasta. Rice, however cultivated is less used than potatoes, has become a staple food especially in the northernmost countries after being imported from the Americas.





The European cuisine subdivision is not clear, as is the geographical subdivision. Turkey is normally recognized as a country that is part of the Middle East by position and type of cuisine, but a part of it belongs to European territories, as well as Russia, part European and part Asian. Another culinary example is France, where in the south there is a Mediterranean cuisine, while in the north the cuisine is richer and more robust.

MIDDLE EASTERN CUISINE

From Egypt to Saudi Arabia, Middle Eastern cuisine represents tastes and textures of a mosaic heritage of identities. The union between gastronomy and tourism provides a platform to preserve tangible and intangible heritage, to empower communities and to enhance intercultural understanding. Middle Eastern food stems from a variety of cultures around the Mediterranean, Red, Arabian, and Caspian Seas. It includes Arab, Israeli, Moroccan, Syrian, and Turkish cuisines, just to name a few. In reality, a long list of countries and cultures are included.

While Middle Eastern food encompasses a variety of [cuisines](#), it's generally characterized by fragrant and copious spices, nuts, olive oil, and creamy elements. Mutton, lamb, and goat are traditional meats. Chicken, camel, beef, fish, and pork are also used, but less frequently.

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