

BELO
HORIZONTE
CIDADE DA
GASTRONOMIA



BELO HORIZONTE
BRAZIL

2019

加入網絡年份

YEAR OF DESIGNATION

巴西

貝洛奧里藏特

城市介紹 | INTRODUCTION OF THE CITY

Belo Horizonte, the capital of Minas Gerais, Brazil, has earned international recognition as a **Creative City of Gastronomy by UNESCO**. This vibrant metropolis is known for its rich culinary heritage, deeply rooted in tradition while embracing innovation. What sets Belo Horizonte apart is its unique “**buteco**” culture—casual neighborhood bars where locals gather to enjoy delicious small plates, known as **tira-gostos**, paired with cold beer or the renowned Minas cachaça. These establishments foster social interaction and highlight the city’s commitment to hospitality and quality food. Beyond butecos, the city showcases an impressive variety of flavors, from traditional **Minas Gerais cuisine**, featuring dishes like **feijão tropeiro**, **frango com quiabo**, and the iconic **pão de queijo**, to contemporary gastronomic experiences led by innovative chefs. Belo Horizonte’s **farm-to-table philosophy** is another key feature, emphasizing locally sourced ingredients from family farms, ensuring freshness and sustainability. The city's culinary scene also thrives on cultural diversity, blending indigenous, African, and Portuguese influences into a unique gastronomic identity. With a dynamic food scene, a strong sense of community, and a deep respect for tradition, Belo Horizonte stands as a true capital of Brazilian gastronomy, offering a flavorful and unforgettable experience to all who visit.



Carolina Noé Dini

A portrait of Carolina Noé Dini, a woman with short, wavy brown hair and bangs. She is wearing a dark green button-down shirt under a dark blue apron. She has a nose ring and large, ornate earrings. She is looking slightly upwards and to the right with a gentle smile.

Carolina Dini is a chef, writer, and researcher with an approach that blends art, technique, and sensitivity. With a strong focus on plant-based cooking and a deep interest in fermentation, she creates dishes that balance tradition and innovation, always prioritizing flavor, hospitality, and human connection. Her work ranges from developing signature menus to training teams in diverse culinary settings, exploring natural ingredients through a contemporary and accessible lens. In addition to working as a consultant and curator of gastronomic experiences, Carolina leads classes and workshops that go beyond technique — they are invitations to enthusiasm and to perceiving the kitchen as a space for creative exploration. In everything she does, her mission is to share knowledge, spark curiosity, and create memorable moments around the table, with freedom and depth.

菜品 | DISHES

Chunky Peanut and Banana Farofa in Butter, with a Mix Of Spices

Farofa! Just saying this very Brazilian word makes my mouth water. When made with good quality flour, preferably organic, a good mix of seasonings, plenty of fat and texture, there's no one who can resist it.

Creole Corn Canjiquinha with Cheese And Herbs

Canjiquinha, also known as “corn grits”, is nothing more than corn that has been coarsely ground until it is completely crumbled. In Minas Gerais, it is a traditional and very common dish. When buying it, if possible, choose non-GMO corn that has been ground in a water mill: this makes all the difference.

