

# BURAYDAH SAUDI ARABIA



بريدة  
مدينة الطهي  
Buraydah  
City of Gastronomy



unesco

Member of  
the Creative Cities Network

## 2021

加入網絡年份

## YEAR OF DESIGNATION

# 沙特阿拉伯 布賴代

## 城市介紹 | INTRODUCTION OF THE CITY

Buraydah, one of the oldest cities in Saudi Arabia with a history dating back to the 14th century AD, is located in the Qassim region, often called the "food basket" of the country. The city's name is derived from the abundance and coolness of its water, which has sustained generations over time.

Its strategic location, ideal climate, and fertile land, nourished by groundwater, turned it into an agricultural powerhouse known for the cultivation and trade of dates, wheat, fruits, vegetables, and fish farming. Beyond its climate and agriculture, Buraydah's culinary legacy was shaped by the AlOqilat traders, a group of local families who exchanged local produce and culinary traditions with far-off lands, creating a diverse and vibrant gastronomy that defines the city today.

Buraydah is a city where tradition meets vision. With its roots deeply embedded in centuries of agriculture and trade, it's a place where the past continues to inspire the future. As the first Gulf city named a UNESCO Creative City of Gastronomy, it embraces sustainability and creativity to revive its rich legacy. Modern techniques blended with time-honored practices, while the city's vibrant culinary scene evolves, celebrating both its heritage and the creative spirit of today.







# Abdulaziz Alhofaiti

With a specialization in traditional cuisine since 2011, I have gained extensive experience by working with numerous renowned restaurants. In 2019, I transitioned into training and mentoring culinary teams across various establishments, helping to elevate their culinary standards.

Throughout my career, I have actively participated in several national festivals across different regions of Saudi Arabia, showcasing the rich diversity of Saudi gastronomy.

In 2023, I had the honor of being selected as the official representative of the Kingdom of Saudi Arabia to the UNESCO World Organization in France. This opportunity was part of the celebration of Buraydah's recognition as one of the world's creative cities in the field of gastronomy.



## 菜品 | DISHES

Matazeez, a traditional dish from Buraydah, is deeply rooted in the city's rich culinary heritage. Traditionally prepared with simple yet flavorful ingredients like meat, wheat, and spices, agricultural resources that characterize the city of Buraydah. Over the years, Matazeez has become a symbol of warmth and hospitality, often served during special occasions, especially in the winter months, offering comfort during colder days. Today, Matazeez continues to be a beloved dish in Buraydah and throughout Saudi Arabia, offering a delicious taste of both history and culture.



### Matazeez

### Tawah



Tawah is one of the beloved traditional sweets in the city of Buraydah, and it symbolizes the warm gatherings of family and friends. Made from simple, local ingredients like flour, sugar, and ghee, it is flavored with cinnamon and nuts to give it a distinctive taste. The ingredients are well-kneaded and then shaped into small circles before being baked until golden and crispy.

The sweet of Tawah reflects the rich heritage of Buraydah and its roots go deep into the history of the city, where it has been prepared for decades as part of social celebrations and holidays. It has become a symbol and an ideal choice for family and friend gatherings. This sweet reflects the rich heritage of Buraydah.