

Cocho
City of gastronomy

COCHABAMBA
BOLIVIA

2017

加入網絡年份

YEAR OF DESIGNATION

**玻利維亞
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城市介紹 | INTRODUCTION OF THE CITY

Bolivia has two deeply rooted cultures, Aymara and Quechua. The heritage we have in relation to Aymara culture includes tubers such as oca, ulluco, and 150 varieties of potatoes. Thanks to the wisdom of our ancestors, we have chuño, which is the result of freeze-drying potatoes.

The Quechua culture leaves us a living heritage in the culinary field, such as a variety of corn, cañahua, amaranth, peanuts, and quinoa. We also have a variety of chilies like ulupica, locoto, and pod chilies, as well as an aromatic herb called quilquiña, which is used in a sauce called llajwa, a signature element of Cochabamba's culinary identity.

Cochabamba and its gastronomy are characterized by a wide range of high-quality ingredients, both native and those brought from different regions, which allowed for the evolution of a diverse culinary richness. The use of pre-Columbian techniques, such as salting meat (llama charque), dehydrating it, and cooking it in earth ovens, is still present. Today, the city offers the most diverse and complete gastronomic offering in the country, which is why it was recognized as the Gastronomic Capital of the Country by Law No. 217 of 2011, acknowledging the culinary diversity unique to its regions, provinces, and municipalities.

