

# PARATY BRAZIL

## 2017

加入網絡年份

YEAR OF DESIGNATION

## 巴西·帕拉蒂

### 城市介紹 | INTRODUCTION OF THE CITY

Recognized by UNESCO as World Heritage Mixed Site—Culture & Biodiversity, as well as member of the Creative Cities Network due to its singular Gastronomy, Paraty is a historic, world-renowned tourist destination where sea, islands, forests and mountains meet. It is a territory where indigenous, african and portuguese heritage present their living culture to the world.

Carrying enormous national tradition due to its cachaça, Paraty also stands out for the production of shrimp and seafood, artisanal flour, juçara (açaí) and its typical dishes, such as "manuê" (sugarcane syrup cake) and the "blue marine fish" (fish / plantains stew). These elements, as well as their application in the creative economy, wide offer of restaurants and local produce, were recognized by UNESCO in 2017.

Presenting exceptional universal value due to its nature and culture, as well as the interaction between them, Paraty was designated World Heritage Mixed Site in 2019. With near the entirety of its territory under Conservation Units, the city has the second largest conserved remnant of Atlantic Forest in the country and a bay full of islands surrounded by calm and crystalline waters.

It is also the scene of multiple festivities, of national and international projection, with emphasis on literature, photography, music and of course, gastronomy.





## 廚師介紹 | CHEF INFORMATION

# Bernardo Arthuzo Mendes

Bernardo Arthuzo Mendes, born in the state of Minas Gerais, Brazil, has dedicated his life to gastronomy for the past two decades. Formally graduated in gastronomy from Hofmann School in Barcelona in 2011, Bernardo gained experience in renowned restaurants in both Barcelona and Rotterdam, deepening his knowledge of Asian, Mediterranean, fusion and contemporary cuisines. His cooking skills are marked by a strong visual presence, creativity, and a deep respect for the ingredients. The sea, allied with a blend of Brazilian, Japanese and South Asian techniques, as well as the love for comfort food, also compose his signature.

After returning to Brazil, Bernardo chose Paraty as his home and creative base. Currently the chef and co-owner of Pupu's Panc Party, a restaurant where he blends his global perspective with the richness of local flavors, the space also reflects his philosophy: an authentic, relaxed cuisine rooted in the coastal “caiçara” fishing culture and committed to honoring local people and its traditional knowledge.

More than just serving food, Bernardo aims to create meaningful culinary experiences. He believes each dish can tell a story — one full of soul, purpose, and flavor.





## Fisherman's Seafood Stew

This dish represents one of the major elements in Paraty's cuisine and territory: the sea. Home to the Caiçara traditional community, a cultural reference and a staple in Paraty's World Heritage site, it blends different types of seafood, from shrimps and fishes, to squids, octopuses and mussels. It also uses multiple kinds of local produce, mainly from familiar farming, such as tomatoes, peppers, a variety of herbs and seasonings, highlighting the flavors and bringing potency to the dish as a whole. A rich stew, to allow for the fisherman and the whole community to enjoy and celebrate life!



## Banana Split with Jorge Amado

Jorge Amado, a famous Brazilian novelist, poet and writer, was an inspiration to many in Brazil. Not only in literature, but also in gastronomy, as the name of the famous drink created in Paraty suggests. Using Gabriela (both a protagonist in his novels and also a liquor made with the infusion of cachaça, clove & cinnamon) as a base, then mixing lime and passion fruit with ice, it is a wonderful twist on the legendary caipirinha, of worldwide renown.

Banana, one of the main local products of Paraty, enriches the flavors while also brings creativity to this beautiful mix in a dessert that is both refreshing and tasteful.

