



PARMA!
*City of
Gastronomy*

**PARMA
ITALY**

2015

加入網絡年份

YEAR OF DESIGNATION

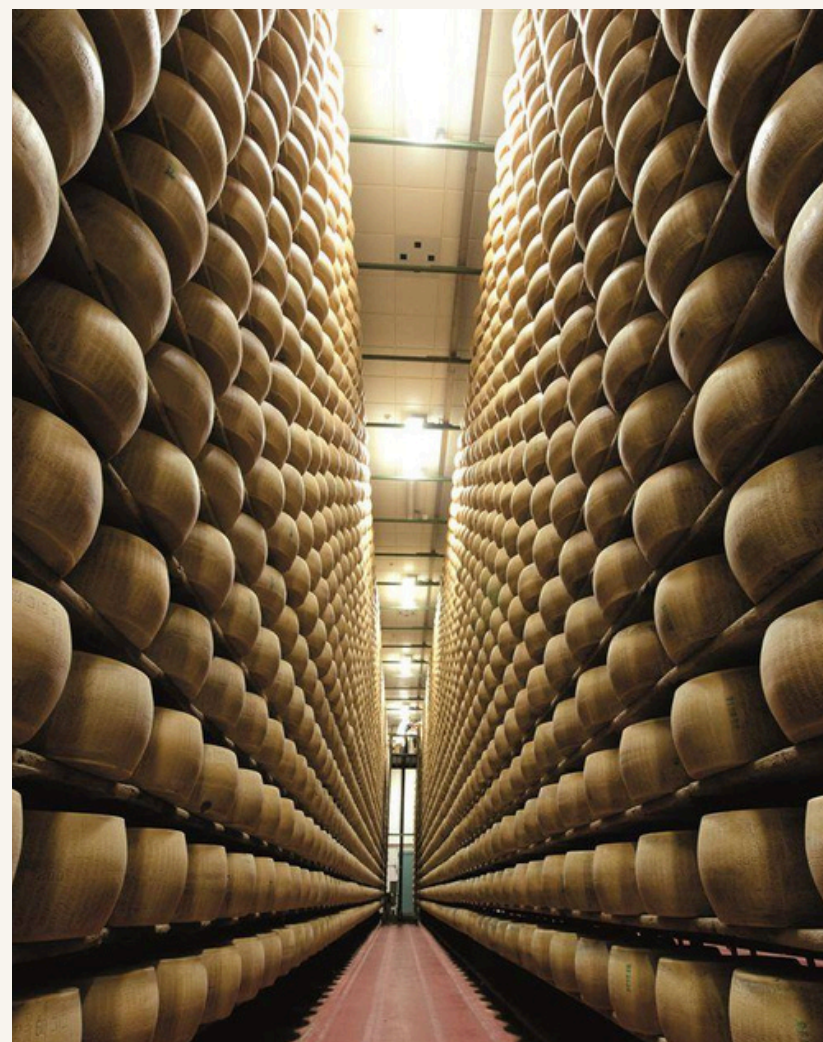
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城市介紹 | INTRODUCTION OF THE CITY

Having joined the UNESCO Creative Cities network in 2015, Parma aims to be a place where individuals, communities, businesses and institutions have the opportunity, the will and the attitude to invent and implement new ways of operating, becoming a place where to develop ideas for change. Parma and its territory are universally known for their ability to preserve an unrivaled gastronomic heritage that delivers worldwide products such as Parmigiano Reggiano and Parma Ham. The territorial and cultural concomitance have allowed over the centuries not only the elaboration of excellent typical products, but also of an industrial knowledge and of technologies for the preservation of food. A real culture of food.

In Parma, the food sector is represented through the whole food chain: typical products, their protection Consortia, renowned and starred restaurants and chefs, Italian cuisine teachers, food museums, research and food safety, food industries, cultural projects and educational events, exhibitions and fair events.

A strong cultural component has always been associated with the food tradition. The succession of European dynasties favored the culinary and cultural attitudes of opening towards influences and innovations from abroad, transforming Parma, over time, into an integrated and synergistic system of food, culture, art and music.



廚師介紹 | CHEF INFORMATION

Enrico Bergonzi

My name is Enrico Bergonzi, and I was born in 1969 in Colorno, near Parma, into a family of restaurateurs that has been in the business for over five generations. In 1983, I enrolled at the State Institute for Catering and Hospitality in Gardone Riviera, where I earned my degree in Hospitality.

After a period of work experience in Germany, I returned to Colorno to join the family business. Throughout my career, I've taken part in various internships in both Italian and French restaurants, and I've had the opportunity to showcase Parmesan cuisine across Europe, often collaborating with other chefs. I've also taught in several Italian culinary institutes.

My main focus, however, has always been and continues to be the family business, where I serve as the head chef of Ristorante Al Vedel. Here, I lead a young and passionate kitchen team, creating seasonal menus that blend traditional recipes with more creative dishes featuring both land and sea ingredients.

Alongside the restaurant, we also run Podere Cadassa—an artisanal charcuterie and natural aging cellar specializing in the typical cured meats, first and foremost the renowned Culatello di Zibello DOP. I am currently the president of the Parma Quality Restaurants consortium.



菜品 | DISHES

Ravioli With Apple, Potato, Aged Parmigiano Reggiano Cheese, Thyme, Mint, And Black Summer Truffle

Stuffed pasta has ancient roots, with early versions dating back to the 12th century. It likely emerged from the practical need to reuse leftovers, combining sweet and savory elements in a single bite. During the Renaissance, these recipes were enriched with spices like nutmeg and pepper, marking the beginning of their transformation into refined dishes. The term tortelli is derived from "torta," a medieval dish enclosed in a dough shell.

One of the most iconic versions, Tortelli d'Erbetta (filled with Swiss chards), is a culinary symbol of Parma, traditionally prepared for St. John's Eve, June 24. Its ingredients reflect the early summer bounty: fresh flour from new wheat, post-brooding eggs, dairy from Parmigiano producers, and young chard leaves.

For the Macao Cooking Show, this heritage dish has been reimagined with a modern twist: vibrant vegetable purées, new herbal infusions, and delicate spices create a bridge between history and innovation—celebrating Italian tradition through a contemporary, global lens.



Candied Tomato Raviolini With Parmigiano Reggiano And Turmeric Fondue, And Vegetable Giardiniera