

2017 澳門國際美食之都 26 澳門嘉年華

INTERNATIONAL CITIES OF
GASTRONOMY FEST
MACAO



PARATY
CIDADE CRIATIVA
DA GASTRONOMIA

Paraty, Brazil

Year of Designation: 2017



城市介紹 | INTRODUCTION OF THE CITY

Paraty is recognized by UNESCO as a World Heritage Mixed Site (Culture and Biodiversity) since 2019 and is a member of the UNESCO Creative Cities Network as a Creative City of Gastronomy since 2017.

This historic city, where sea, forests, and mountains converge, is famous for its festivals and the living culture of indigenous, caiçara, and quilombola communities.

Formerly a key trading post on the Gold Path, Paraty is a world-renowned tourist destination offering authentic experiences through its tangible and intangible heritage: colonial architecture, cuisine, music, community-based tourism, pristine beaches, waterfalls, islands, and stunning natural landscapes.

Paraty has a centuries-old tradition of cachaça production, alongside shrimp, seafood, artisanal flour, juçara (açai-like berries), and signature dishes such as manuê (sugarcane syrup cake) and peixe azul-marinho (fish and banana stew). These elements drive the local creative economy, supported by numerous restaurants and regional products.

Almost its entire territory is protected by Conservation Units, preserving the second-largest remnant of Atlantic Forest in Brazil and a bay dotted with islands surrounded by calm, crystal-clear waters.

The city hosts traditional and contemporary festivals, including the Festa do Divino (Brazilian Intangible Cultural Heritage), the FLIP (International Literary Festival of Paraty), and the Cachaça, Culture & Flavors Festival.



主廚介紹 | CHEF INTRODUCTION

Marcella Castro

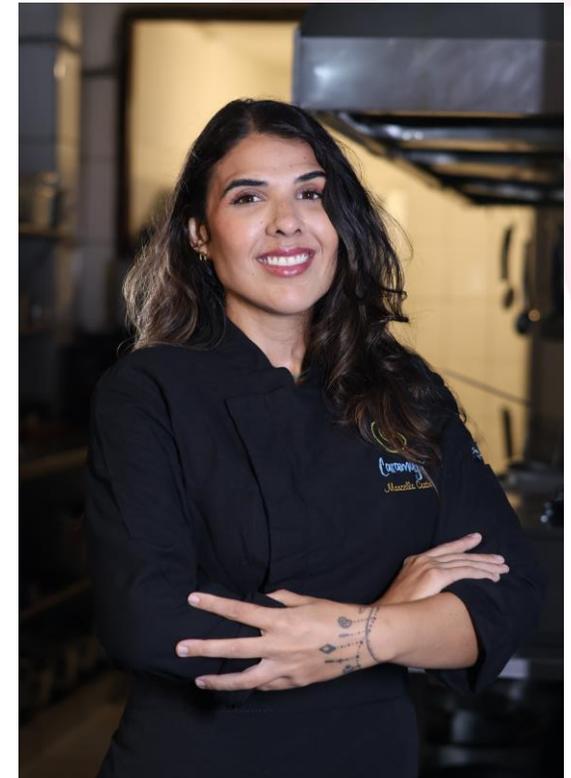
Marcella Castro is a third-generation Paraty chef who grew up immersed in the traditions of a family restaurant with more than six decades of history. Surrounded by the rhythms of a working kitchen from an early age, she developed a deep respect for the cultural and emotional power of food.

She later refined her skills at the prestigious Senac Águas de São Pedro, and later gained international experience in Australia and Ireland. These journeys broadened her culinary perspective while strengthening her commitment to her Brazilian roots.

Back in Paraty, Marcella upholds her family's legacy while infusing contemporary creativity into traditional Caiçara cuisine. She celebrates local ingredients and traditions, reinterpreting classic dishes with refined technique and elegant presentation—always preserving their authentic soul.

Marcella has represented Brazilian gastronomy in Gaziantep, Turkiye and regularly teaches Caiçara cooking classes in Paraty, sharing the flavors, stories, and coastal heritage of Brazil.

"Cooking is an act of connection—an expression of love through flavor that transforms traditions into meaningful culinary experiences."



菜式介紹 | DISH INTRODUCTION

Peixe Bola

A signature dish created at Restaurante Caramujo in Paraty. The dish features a fresh fish fillet, stuffed with a creamy, lightly spiced shrimp mixture, shaped and coated in breadcrumbs before being carefully fried until golden and crisp.

Rooted in the flavors of Caiçara cuisine, the recipe highlights fresh seafood and simple techniques, resulting in a dish that is both crispy on the outside and rich and delicate on the inside.

