



# 2026澳門國際美食之都 嘉年華

## INTERNATIONAL CITIES OF GASTRONOMY FEST MACAO

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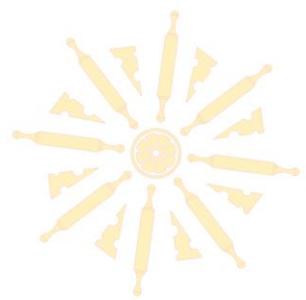
Thessaloniki  
City of  
Gastronomy



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Member of  
the Creative Cities Network

**Thessaloniki, Greece**  
**Year of Designation: 2021**



# 城市介紹 | INTRODUCTION OF THE CITY

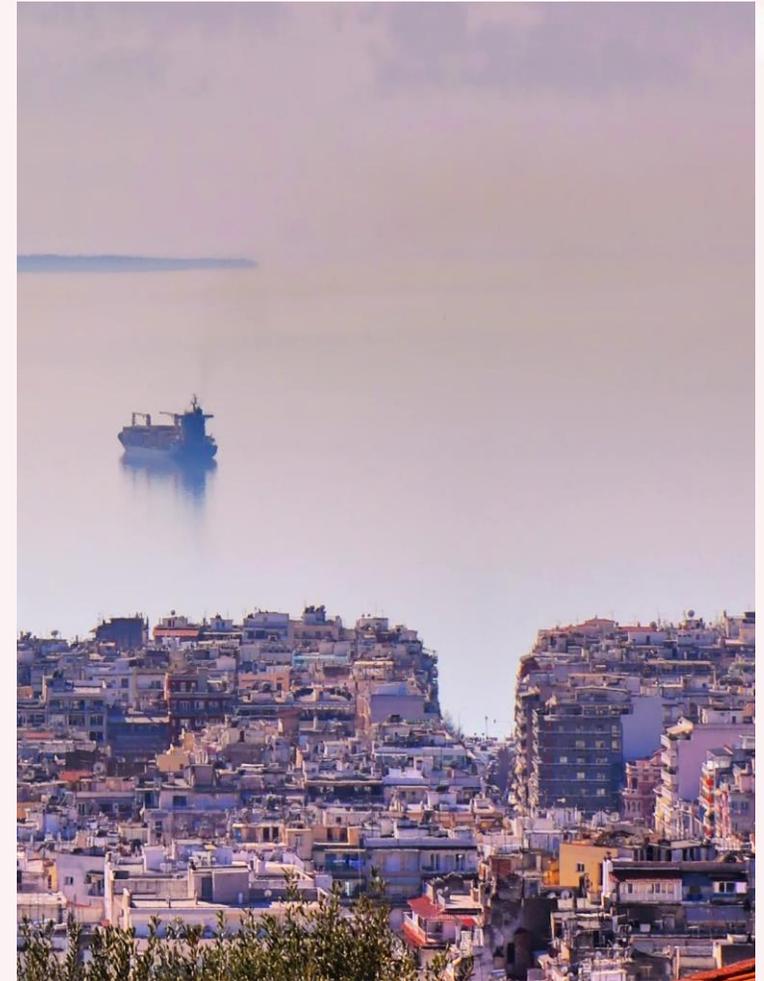
Thessaloniki is located in the **northern part of Greece**, nestled at the head of the **Thermaic Gulf** on the Aegean Sea.

As the second-largest city in Greece and the capital of the region of Central Macedonia, it serves as a strategic crossroads between the Balkans and the Aegean. Its unique location—cascading down from the slopes of Mount Chortiatis to the waterfront—gives it that iconic amphitheater-like layout, perfect for those famous sunsets by the White Tower. It stands there since 315BC—founded by Cassander, who named it after his wife and Alexander's the Great sister. Historically one of Europe's oldest and most multiethnic cities, widely considered as the cultural capital of Greece, is truly unique in the sense that it intricately marries its thousands-year-old multicultural heritage and the architectural marvels with the Roman, Byzantine, Ottoman and Sephardic Jew history.

Thessaloniki was the **First UNESCO City of Gastronomy in Greece**. It earned this prestigious distinction as a true "crossroads of flavors." Its inclusion in the network is a tribute to its multicultural heritage—Byzantine, Ottoman, Jewish, and Asia Minor influences—combined with exceptional local ingredients and a dynamic culinary scene that seamlessly bridges tradition with innovation. The city's identity is tasted in its iconic street food and slow-cooked classics. From the world-famous koulouri and the creamy bougatsa to the syrup-soaked trigona panoramatos, Thessaloniki's traditional recipes reflect a history of artisanal excellence and communal joy.

The region is a treasure trove of high-quality raw materials. Fresh seafood from the Thermaic Gulf, PDO cheeses, olives, and premium wines from nearby vineyards form the backbone of a sustainable food ecosystem that prioritizes "farm-to-table" authenticity.

Many of the city's most profound flavors are rooted history and tradition. Thessaloniki's gastronomy is deeply connected to its past and the diverse cultures that have called it home. Because of this long-standing heritage of plant-based diet and the creative use of Mediterranean legumes, grains, and vegetables, the city has evolved into a modern-day **vegan paradise**. Visitors can enjoy a seamless blend of centuries-old culinary wisdom and contemporary plant-based innovation.



# 主廚介紹 | CHEF INTRODUCTION

## Sofia Teftsi | Head Chef & Culinary Educator

She is the **Head Chef** at the renowned "**Miami**" restaurant in Kalamaria, Thessaloniki, where she translates technical precision into vibrant, modern gastronomic experiences. A multi-award-winning chef, Sofia has been recognized as a "**Rising Star**" by the prestigious **Flag Awards** and holds a **Silver Medal** from the **8th World Culinary Competition of Southern Europe**.

Her culinary identity is defined by an international journey—spanning from the Greek islands of Crete and Kefalonia to Bucharest—giving her a sophisticated mastery of Mediterranean and European flavors. Beyond the pass, Sofia is a dedicated mentor, shaping the future of the industry as an instructor at the **Ministry of Tourism's Experimental SAEC** and **New York College**.

A specialist in **Modern Greek Cuisine** and professional bakery, Sofia Teftsi seamlessly bridges the gap between culinary heritage and creative innovation. She remains a prominent and influential figure in the Greek culinary community, committed to excellence in every dish and every classroom.

# 菜式介紹 | DISH INTRODUCTION

## Stuffed Zucchini with Seafood and Egg-lemon Sauce

Stuffed zucchini with egg-lemon sauce is a sophisticated yet comforting dish that embodies the heart of Greek culinary heritage. This classic recipe combines tender summer squashes with a savory herb-infused filling, topped with the iconic Avgolemono—a silky sauce made from eggs and fresh lemon juice.

The dish is a nutritional powerhouse, balancing lean proteins with the vitamins of fresh vegetables and the antioxidant properties of lemon. Symbolizing the transition of seasons and the warmth of a Sunday family table, it showcases the Mediterranean mastery of turning simple, earthy ingredients into a gourmet experience. Its preparation reflects a commitment to fresh, seasonal eating and sustainable cooking, making it a timeless favorite for those who appreciate delicate textures and the vibrant, citrusy notes of authentic Greek soul food.

