



FOOD FOR  
ECONOMIC DEVELOPMENT:  
THE BOOST RECIPE



CALI,  
COLOMBIA







# PROGRAM AT A GLANCE



## MONDAY, MAY 2

- 09:30 Sugar Cane & Candy Factory Visits (optional)
- 10:00 Executive Committee Meeting
- 18:00 Cali City Center Tour (optional)
- 20:00 Dinner (optional)

## TUESDAY, MAY 3

- 08:30 Cali Recipe: Strategy for Sustainable Development
- 14:10 Délice Internal Meeting
- 16:00 Délice Strategy Evaluation
- 18:45 Welcome Cocktail & Dinner

## WEDNESDAY, MAY 4

- 08:30 Food for Economic Development: the Boost Recipe
- 14:00 Sharing Ingredients of the Boost Recipe
- 19:30 Dinner Experience

## THURSDAY, MAY 5

- 08:30 A Tribute to Women Chefs: Cooking Class
- 11:00 Alameda Market Presentation & Lunch
- 14:45 Délice Best Practice Session
- 19:40 Farewell Dinner

*The times indicated correspond to the departure times of the bus.*



# CALI

THE TASTE OF A GREAT FOOD CITY

MEMBER OF DÉLICE NETWORK



## TAMAL

Corn dough with vegetables and fish or meat, wrapped around a plantain leaf



## CHAMPÚS

Typical drink made of corn, bitter orange pineapple and lulo

### WHAT TO TASTE ?

1188



restaurants, cafes and other eateries



of the restaurants serve typical colombian dishes

70%

of the restaurants are sourcing their products locally



Grape, banana, lemon, bitter orange and melon

### DID YOU KNOW ?



Cali region is known for its huge variety of local and tasty fruits

### WHERE TO GO ?

GALERÍA ALAMEDA



One of Colombia most important markets, where you can find fruits, vegetables, and Pacific food

### ONLY IN... CALI

THE MACETAS



Unique candies given by godfathers during the godson and goddaughter day

## FOOD EVENTS

PETRONIO ALVAREZ  
August → 5 days

CALI COCINA  
September → 3 days



[www.calivallebureau.org](http://www.calivallebureau.org)

DÉLICE

[www.delice-network.com](http://www.delice-network.com)



# THE BOOST RECIPE

There are many layers to the food sector within a city's economy, from the food produced locally to the food distribution, the foodservice sector, and all the side sectors relying on these industries. The impact of this mega-sector can be monitored through figures such as employment or growth. It is how we have looked at the food sector for decades.

However, in 2021, our perception of food has drastically changed. The tons of potatoes produced are no longer the sole indicator. Food will always remain an important sector that will provide growth and jobs to citizens.

But today, economic monitoring is shifting to include sustainability, quality assessment, and any additional

added value that the activity can bring at the local level. More and more business models are reviewed with consumers willing to pay the fair price and entrepreneurs looking to reduce the intermediaries to reduce costs and control quality.

What are the keys to success for this Boost Recipe from Cali to Helsinki, Gaziantep, and Mérida? How can a city successfully activate the proper mechanisms to ensure that the local partners take ownership of the magic of circular economy in its holistic approach? How can the essential informal sector of food integrate this great city project?

Together, let's look into our local Food Economy and create the Boost Recipe.





# WELCOME TO CALI



Cali, the city where rhythms inspire, welcomes you with open arms. We are sure this experience of discovering our flavors, the salsa culture, the magic of the Pacific, and all our charming tourist offers will be a memorable and exciting journey.

Cali, also known as the Salsa Capital of the World and the Pacific Capital Region of Colombia, offers a fusion of cuisines that amaze thanks to its origin and cultural richness. Indigenous cuisine, for example, with its flavors of corn, potatoes, cassava, and fruits variety, has been mixed with afro Colombian cuisine, which, with its African roots, enriches the seasoning through dishes and native ingredients. Also, European flavors, which arrived with the Spanish colonizers and later merged with our native food, created new flavors and delicious gastronomic temptations that have become representatives of our culinary culture.

Therefore, I am sure you will live a unique experience tasting aphrodisiac flavors, singular textures, and extraordinary recipes that combine traditional and contemporary preparations. In addition, you will have

the opportunity to meet acclaimed chefs from the city, traditional cooks from the Pacific coast, and entrepreneurs who exalt all our cultural and gastronomic heritage to create amazing dishes, captivating tours, and successful businesses that have boosted economic development for the region.

Please enjoy every moment and every dish, let yourself be carried away by the explosion of flavors in the 'Alameda Market,' get inspired by our chefs and cooks who carry traditions, such as Viche and Maceta sweets, and give yourself the opportunity for learning about our gastronomic and Salsa culture. Our commitment is to ensure you the best time in this adventure, and for this purpose, we have been preparing every detail for your delight. We encourage you to live to the fullest every minute of this journey and fall in love with Cali through moments that will never be forgotten.

Welcome to the city that inspires life.

**Stefania DOGLIONI**  
**Secretary of Tourism,**  
**Santiago de Cali**





# WELCOME TO VALLE DEL CAUCA



Welcome to Valle del Cauca, a land full of opportunities, a region that always opens its doors to all visitors, a land that inspires to the point of becoming a song.

Welcome to multi-ethnic and multicultural Valle del Cauca, a region proudly known for having one of Colombia's greatest gastronomies. Here, different cultures influence add the most amazing diversity to our traditional dishes. You will find from the Pacific coast to the northern area of Valle del Cauca a great variety of recipes that imprint in their flavors the history of our people.

During your visit, I am sure you will fall in love with our land; you will understand why Cali is known as the world capital of salsa and why we are well known for our food; you will find yourselves hand in hand with the best chefs and traditional cooks of the region; you will be able to immerse in each of the sub-regions of our region, learn about its history, traditions, and the personal touch of our food given by

our seasoning, spices, and flavors that make us so unique in the world.

You will get to know amazing facts, such as the high-quality coffee we cultivate in 39 of the 42 municipalities of the department. You will have the opportunity to taste *Viche*, a liquor traditionally produced by women on the Pacific coast and recognized as part of Colombia's cultural and ancestral heritage.

But most importantly, you will be able to observe how our gastronomy is increasingly positioning itself in national and international scenes, thanks to our chefs looking at our origins for inspiration to bring authenticity to the preparations and elevate the quality of our cuisine.

So welcome once again to Valle del Cauca, welcome to my house, and welcome to your home.

**Julián FRANCO**  
**Secretary of Tourism,**  
**Valle del Cauca**





# DÉLICE IN CALI



Délice Network is gathering for the first time in South America. What an honor. Over the past years, South-American food culture has been brought to the top and shown to the world.

Cali is a fantastic example of this dynamic. Thanks to the work of the Region and City, the local food culture is protected and promoted. As a result, the food sector grows, with quality and care for sustainability. During the following days, we hope to smell, hear and taste the city's energy!

Through the Tribute to Women Chefs project, six women from our cities will be meeting, sharing, and learning from the local women chefs and participating in the transmission of Colombian food culture worldwide.

For our organization, this meeting is also a milestone.

For the 15th anniversary, a new board and management will take over, bringing new ideas and a new vision to the organization. In a time where food is more than ever a core issue for our cities, we are ready to commit collectively to making our food cities better, tastier, and in line with the global challenges, we are facing.

Our discussions in Cali will lead us to rethink how food can serve the economic development of our cities, considering the need for the protection of people and resources to be at the core of our strategies because sustainability needs to be the main lead to all of our actions.

I welcome the next 15 years of collaborations and learnings around Food & Gastronomy in our cities with Délice Network.

**Olivier MARETTE**  
**President of Délice Network**







# PROGRAM





# MONDAY, MAY 2

## FOR EXCOM MEMBERS

10:00

### TRANSFER

📍 *Hotel Spirito, Lobby*

10:30

### EXECUTIVE COMMITTEE MEETING (4H)

📍 *Cali Tourism Secretary Office*

The Executive Committee Members from Brussels, Barcelona, Lyon, Stavanger, Puebla, and Tuscon, are invited to gather for the last meeting of their mandate.

It will be the occasion to look back at three years of activities and challenges marked by the pandemic. Members will also assess the 2017-2022 Délice strategy and identify key learnings for the new Excom to be elected on June 21st, 2022.

12:30

### LUNCH

📍 *Cali Tourism Secretary Office*

16:00

### TRANSFER & FREE TIME

ExCom Members are invited to join Cali City Center Tour of the optional program.







## OPTIONAL PROGRAM

### 9:30 BUS TRANSFER (1H)

📍 *Hotel Spirito, Lobby*

### 10:30 SUGAR CANE FARM & CANDY FACTORY VISITS

📍 *Valle del Cauca*

Take a trip to the countryside of Cali, and discover the Valle del Cauca landscapes. The area is the leading sugar cane producer in Colombia. This guided visit will bring participants to a cane farm and a confectionery goods facility to learn about this vital sector of the local economy.

### 13:00 LUNCH

📍 *Sugarcane Museum*

Lunch will be served in this 18th-century colonial hacienda, where travelers can stroll through the lush gardens and learn about the milling and processing of sugarcane through exhibitions and other activities.

### 14:30 BUS TRANSFER (1H) & FREE TIME

### 18:00 BUS TRANSFER

📍 *Hotel Spirito, Lobby*

### 18:15 CALI CITY CENTER TOUR (1H30)

📍 *San Antonio, Cali*

Stroll through San Antonio, a neighborhood in western Cali well known for its colonial architecture and history. As a symbol of the culture of the city and Colombia, San Antonio includes theaters, libraries, and a variety of artistic groups.

### 20:00 DINNER IN CALI

📍 *Restaurant Platillos Voladores Norte (at own expense)*

Vicky ACOSTA CRUZ, owner and chef, focuses on traditional Colombian dishes, combining local and foreign ingredients. Working hand in hand with local and artisanal food producers, quality and proper handling of fresh ingredients is her priority to ensure a memorable gastronomic experience.



8:30

### BUS TRANSFER

📍 Hotel Spirito, Lobby

9:00

## CALI RECIPE: A STRATEGY FOR SUSTAINABLE DEVELOPMENT

📍 Tertulia Museum, Cinemateca

As the gastronomic epicenter of the Valle del Cauca region, Cali has one of the richest cuisines in Colombia. The multi-ethnic cultures converge to create an exceptional gastronomic scene. Food is now a key pillar of the city's marketing plan.

The Economic Development Secretariat of Valle de Cauca Region, the Tourism Secretariat of the City of Cali, and their guests will introduce you to the booming dynamic of the food city and the ambition to turn Cali into a sustainable and thriving global food capital.

#### → WELCOME SPEECHES

Catalina GARCIA, *Executive Director, Cali Valle Bureau*  
María Eugenia ORIANI, *Meeting Tourism Manager, ProColombia*  
Olivier MARETTE, *President, Délice Network*

#### → VALLE DEL CAUCA, THE GREATEST GASTRONOMY

Julián FRANCO, *Secretary of Tourism, Valle del Cauca Region*

#### → CALI GASTRONOMY STRATEGY

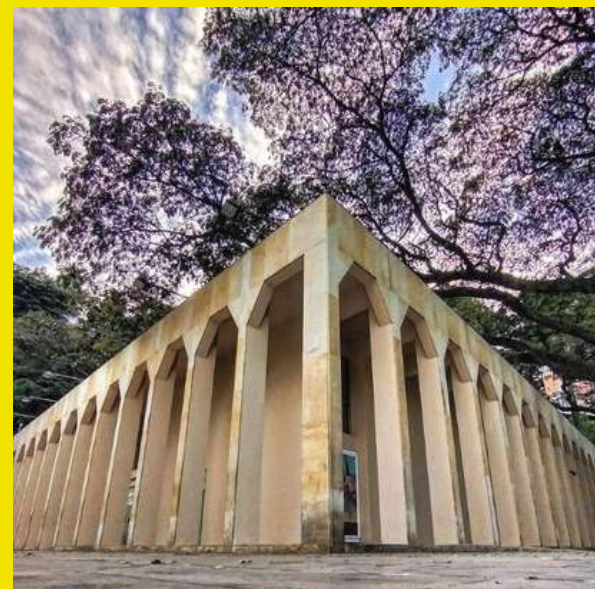
Stefania DOGLIONI, *Secretary of Tourism, Santiago de Cali*

**COFFEE BREAK** | *Asasijos del Valle del Cauca, typical pastries*

#### → CALI VALLE ASSETS FOR A THRIVING AND SUSTAINABLE FOOD CITY

**PANEL**

An interactive session moderated by Julián FRANCO and Stefania DOGLIONI to discuss Cali's boost recipe for economic development with their guests.







12:30

## LUNCH

📍 *Ringlete Restaurant*

Chef Martha JARAMILLO opened Ringlete almost 20 years ago to rescue Valle del Cauca's cultural and culinary heritage. She cooks traditional dishes with a slightly modern twist in a relaxed ambiance. Besides, she makes sure to positively impact the local community beyond its employees and ingredient suppliers.

14:10

## DÉLICE INTERNAL MEETING

📍 *Casa Obeso*

HYBRID  
SESSION

Délice Member City representatives will get an update on the life and ongoing activities of the organization. A specific focus will feature the launch of the new Executive Committee elections, including presentation of candidacies .

☕ COFFEE BREAK | *Dulces del Valle del Cauca, traditional sweets*

16:00

## DÉLICE STRATEGY EVALUATION

📍 *Casa Obeso*

During this workshop, Délice representatives will have a collective reflection on the 5-year strategy adopted in 2017, and prepare together the network's future.

17:00

## BUS TRANSFER & FREE TIME

18:45

## BUS TRANSFER (45')

📍 *Hotel Spirito, Lobby*

19:30

## WELCOME COCKTAIL & DINER

📍 *La Comitiva*

Located in a traditional house in the San Fernando area, La Comitiva is a charming cocktail bar and restaurant inviting you to receive the refreshing Cali breeze! First, a Welcome Cocktail will be proposed from the audacious cocktail menu. Then, enjoy the contemporary Colombian cuisine with a Pacific and fusion tendency.



8:30

### BUS TRANSFER

📍 Hotel Spirito, Lobby

9:00

### FOOD FOR ECONOMIC DEVELOPMENT: THE BOOST RECIPE

📍 Zoo de Cali, Auditorium

With the growing consideration for climate and the ongoing pandemic, many global cities are now refocusing their economic strategy to connect the local demand with the local offer.

How can a city successfully activate the proper mechanisms to ensure that the local partners take ownership of the magic of circular economy in its holistic approach? How can the crucial informal sector of Food integrate this great city project?

There is no one solution. Every city has its social-economic context. But a few ingredients can be shared for a city to prepare its Boost Recipe.

#### KEYNOTE

→ **REGENERATIVE FOOD ECONOMIES:  
VISIONING WHAT'S POSSIBLE IN A POST-COVID WORLD**  
Aine MORRIS, *Founder, Bristol Food Union*

→ **CIRCULAR DEVELOPMENT IN REGIONAL ECONOMIES**  
Elizabeth MOURA AFFONSO, *Regional Coordinator for Circular Development, ICLEI*

**COFFEE BREAK |** *Fritos del Valle del Cauca, fried food specialties*

#### PANEL

→ **LOCAL FOOD COMMUNITY, A BOOST RECIPE FOR CALI**  
Learn how city food actors play a crucial role in Cali's economic development through a discussion moderated by Aine MORRIS & Catalina GARCIA with local food entrepreneurs:

- Oriana GARCÉS, *Communication Director, Asocaña, Agroindustrial Sugarcane Sector*
- Johana VILLADA CAMELO, *Designer for Artesanías de Colombia*
- Cristina NÚÑEZ, *CEO Gastrotours*
- Martha JARAMILLO, *Chef & Restaurant Owner*







**12:15 WALK TRANSFER THROUGH THE ZOO**

**12:45 LUNCH**

📍 *Hacienda del Bosque*

Located on the banks of the Cali River within the Municipal Forest, the Hacienda del Bosque is a time-keeper of its ancestors and exhibits contemporary good taste. The restaurant's different atmospheres combine both the city's heritage and modern touch.

**14:00 SHARING INGREDIENTS OF THE BOOST RECIPE**

📍 *Hacienda del Bosque*

Following the morning's inspiration and discussion, participants will be invited to participate in a world café workshop animated by Aine MORRIS to discuss the food sector's challenges and opportunities to develop the local economy. The exchanges will highlight the different ingredients a city can use to boost a virtuous economic food sector and inspire all Délice members.

**AFTER WORK |** *Viche tasting, traditional alcohol made from sugar cane*

**17:15 BUS TRANSFER & FREE TIME**

**19:30 BUS TRANSFER**

📍 *Hotel Spirito, Lobby*

**20:00 DINER EXPERIENCE**

📍 *Sensorium Restaurant*

Enjoy an incredible gastro show using 5 senses in 6 gastronomic acts.





# THURSDAY, MAY 5

INDIGENOUS  
GASTRONOMY

8:30

## BUS TRANSFER

📍 Hotel Spirito, Lobby

9:00

## A TRIBUTE TO WOMEN CHEFS: COOKING CLASS

📍 Galerìa Alameda

Let's dive into the varied flavors and aromas of Colombian gastronomy in the Galerìa Alameda. Learn from local food actors about Cali's go-to-market history and current daily operation.

Then roll up your sleeves to prepare the traditional *Tamales Valluno* in the heart of the Galerìa Alameda, instructed by an Afro-Colombian *portadora de tradición*, a bearer of tradition, and culinary students from the local university.

11:50

## ALAMEDA MARKET PRESENTATION & LUNCH

📍 Galerìa Alameda

After class, recess time! Explore the market's numerous food stalls, vibrant with color and owned mainly by women. Taste exotic fruits, local vegetables, and seafood brought from Buenaventura, the country's largest port located just 2 hours west of the city.

Once the meal is cooked, time to enjoy the traditional recipes during a lunch shared with the Délice guest women chefs.

14:00

## BUS TRANSFER





14:45

## DÉLICE BEST PRACTICE SESSION

📍 *Tertullia Museum*

All member cities are invited to share recent innovative projects with the network. Projects will first be pitched and discussed in small groups to ensure fruitful exchanges and takeaways.

- **Birmingham:** Developing a citizen-owned city food strategy
- **Brussels:** Food labeling & contest
- **Gaziantep:** Agriculture school for women
- **Helsinki:** Helsinki's future food culture strategy
- **Mérida:** The restaurant labeling of good practices
- **Montréal:** The Montreal Office of Gastronomy
- **Puebla:** Puebla's gastronomic strategy
- **Tucson:** Public relations & media to enhance food tourism

**AFTER WORK |** *A taste of Gaziantep*

17:15

## BUS TRANSFER & FREE TIME

18:20

## SALSA CLASS (OPTIONAL)

📍 *Hotel Spirito, Lobby*

Expert Andres LERMA will teach the basics of Salsa during a 30-minutes class at the hotel to prepare for your evening of dancing!

19:45

## BUS TRANSFER

📍 *Hotel Spirito, Lobby*

20:00

## FAREWELL DINNER

📍 *Waunana*

Goodbyes are never fun but easier while sharing a dinner and dancing salsa! Chef Ricardo TORRES IZQUIERDO will surprise Délice guests for their last evening in Cali with his creativity and unexpected pairings of ingredients. Enjoy his author's cuisine made of 100% local and seasonal products.

21:30

## BUS TRANSFER TO THE CABARET

Possibility of returning at the hotel by bus rather than going to the cabaret.

22:00

## SALSA DANCING SHOW

📍 *Mulato Cabaret*

Besides its gastronomy, Cali is the World Capital of Salsa. The Mulato Cabaret, the first Latin Cabaret of Colombia, pays tribute to the great dance stars, offering a sensory experience to all its visitors. After the show, time to dance!





# SPEAKERS



## JULIÁN FRANCO

**Secretary of Tourism, Valle del Cauca**

Born in Cali, Julián is in love with Valle del Cauca, the Pacific, the Magical Towns of the Valley, and salsa. Graduated as an Industrial Engineer, he completed a diploma in Marketing and Sales Management at the Universidad de Los Andes and is a specialist in municipal public management at the Eafit University.

He worked at Colgate Palmolive, Cadbury Adams, Kraft Foods, and developed various gastronomic ventures. Since he assumed responsibility for the Departmental Tourism Secretariat for Dilian Francisca TORO TORRES government (2016-2019) and that of the current Governor Clara Luz ROLDAN (2020-2023), Julián has focused on promoting and strengthening Valle del Cauca Tourism at the municipal, departmental, national, and international.



## STEFANIA DOGLIONI

**Secretary of Tourism, Santiago de Cali**

Administrator of Tourism from the Externado University of Colombia, Stefania has more than 12 years of experience working in the tourism sector. She is an expert in Destination Marketing.

Since 2014, she has worked at the Greater Bogotá Convention Bureau. In 2018, she assumed the sub-directorate of the Cali Valle Bureau. A year later, she was appointed Executive Director. Among her achievements, the promotion and strengthening of the meeting tourism industry, the attraction of the destination, financial sustainability, and the positioning of the city at a national and international level stand out.

In June 2021, the Mayor of Cali, Jorge Iván OSPINA, appointed her Secretary of Tourism. With large projects such as Turismo al Barrio and Parque Turístico Cristo Rey, she continues to position the city at a national and international level.



## AINE MORRIS

**Founding Director, Bristol Food Union**

Aine Morris is Managing Director of the Bristol Food Union, a new social enterprise born out of the Covid-19 crisis when a group of independent restaurants and food businesses came together to help keep Bristol fed. Aine also heads up brand partnerships and food programming for Yeo Valley's annual music and food festival, Valley Fest. Before the crisis, Aine was Chief Executive of the Abergavenny Food Festival and was previously Director of Communications at the Sustainable Food Trust.

With an undergraduate degree from Slow Food's University of Gastronomic Sciences, Aine is passionate about how to build an inclusive, participatory UK food system that's resilient enough to withstand the future impacts of the climate crisis.





## ELIZABETH MOURA AFFONSO

**Regional Coordinator for Circular Development, ICLEI South America**

Graduated in Tourism and Government & Public Administration, Elizabeth is a Ph.D. student in Political Sciences & International Relations. From 2015 to 2021, she was the Coordinator for International Affairs of São Paulo City, Brazil. Previously, she worked for 12 years as an adviser for international projects in the City of Guarulhos. Elizabeth gained experience managing global projects, coordinating city network actions, and developing municipal strategic plans. During her 18-year career, she worked, among others, on projects in solid waste management, food security, human rights, culture, urban mobility, smart cities, and urban planning.



## ORIANA GARCES

**Communication Director, ASOCAÑA, Agroindustrial Sugarcane Sector**

Social communicator and journalist from the Universidad del Valle, Oriana has an extensive experience in strategic communications in entities such as the Ministry of Foreign Affairs, the Ministry of Defense, and the Presidential Council for National Security. In addition, she worked with media such as W Radio and El País de Cali and won 2013 the Simón Bolívar Award in the category Scholarships for young Journalism-Press.



## JOHANA VILLADA CAMELO

**Designer, Artesanias de Colombia**

Industrial Designer, a specialist in Design Management, trained in Bogota and Barcelona. Johana has been involved as a designer for Artesanias de Colombia for over ten years, supporting local artisans in developing their skills. For nine years, she has participated in different interdisciplinary teams of Artesanías de Colombia in programs such as the "Hecho a mano" Quality Seal. From 2020 to date, she has been the liaison for the Innovation and Design Laboratory for Valle del Cauca, supporting specific projects to increase the supply of local restaurants from the artisans of the Region for all needs of pottery and cutlery.



## CRISTINA NÚÑEZ

**Founder & CEO, GastroTours**

Cristina is an enterprising, creative and restless woman with a great passion for traveling. Engaged food entrepreneur, she created in 2019 GastroTours to offer food tours in Cali, highlighting the local food culture through the different communities. Through the conception of her tours, Cristina managed to create solid links and a positive dynamic within the different neighborhoods. The tours celebrate the diversity of the population of Cali, each with its own food culture.



## MARTHA JARAMILLO

**Chef & Restaurant Owner, El Ringlete Restaurant**

Chef and owner of restaurant El Ringlete, Martha, is committed to using her talents to highlight local products, preserve the ancient food culture, and support small-scale producers.

She is committed to various projects involving youth and the protection of the Colombian forest. Her acclaimed work has placed her as one of the leading female chefs in the region.



# A TRIBUTE TO WOMEN CHEFS

Women, as "*Portadora de Tradición*", Bearer of Tradition, hold the secrets of traditional recipes and culinary skills within the different communities and from one generation to another.

In the markets, restaurant kitchens, and informal sector, the culinary treats of Cali are prepared with care by the women of Cali, pleasing a growing number of visitors from around the world. But many of the secrets of Cali's cuisine remains secret, well held by women in their households. The local institutions have set up different initiatives to value this know-how and support women in turning their culinary skills into an income-generating activity.

## INVITATION TO DÉLICE CHEFS

Therefore, Cali Valle Bureau and ProColombia have decided to honor women chefs and celebrate the transmission of culinary talents. Six women chefs from Délice Network cities have been invited to Cali for an exceptional 4-day journey.

They will discover the typical products and learn the ancient culinary techniques with local women chefs. Through visits to farmers and producers, exchanges with their peers, and meeting with key actors of Cali's food scene, the Délice Chefs will have the great opportunity to understand the complexity of the local food culture. [Check out the chefs' journey program.](#)

## "EL AUTÉNTICO SABOR CALEÑO" CONTEST

The Tourism Secretariat of Cali organizes the culinary contest "The Authentic Taste of Cali" for professional and amateur chefs to identify and list the authentic recipes of Cali, to preserve better and promote them.

The competition allows chefs to compete under three different categories: Street Food | Traditional Cooking | Migrant Cuisine. Participants are to send a video, a recipe, and the story of their dish. The selected finalists will prepare and present their course to a local jury on May 6, 2022.

Délice guest Chefs will participate in this cooking contest under a special Délice Network category, with the support of a local chef. They will present their version of iconic local dishes through a unique twist from their culinary tradition.





# MEET THE DÉLICE GUEST CHEFS

## AMARANTA FLORES SALAMANCA



**Chef &  
Restaurant  
Owner**

**PUEBLA,  
MEXICO**

*"I have already discovered the Colombian gastronomic scene through a trip to Bogota. But it will be my first in Valle de Cauca and Cali! I am eager to discover the colorful and multicultural gastronomic richness of the city! I decided to become a chef because I had the ambition to make a positive social and environmental impact through my work. Also, I have great pride in my culture and country. I look forward to this project for a gastronomic enrichment and to network with other chefs from Cali and around the world."*

## CLARA FREITAS



**Chef  
La Cave à Manger  
Winery**

**BRUSSELS,  
BELGIUM**

*"I am originally from Brazil and starting my culinary journey through pastry. After arriving in Brussels, I trained to become a chef following the Belgian-French culinary practices. In Cali, I hope to discover a new and rich food culture. I expect to meet good people and learn from local chefs through this project. I imagine that the food in Colombia is very diversified and specific from one region to the other. I am also interested in seeing the different influences: Spanish, African, Arabic, but also Indigenous, through the corn culture."*

## LINNEA VIHONEN



**Chef &  
Food Designer**

**HELSINKI,  
FINLAND**

*"My love for great ingredients and creating unique experiences for people through food and hospitality, made me become a chef. My main advice for any woman looking to train as a chef is just to push through. You will fail, you will succeed and there will always be people thinking they know better who you are. Just focus on your own doing and be proud of who you are. You most certainly can do it!"*

## NITISHA PATEL



**Chef &  
Food Consultant**

**BIRMINGHAM,  
UK**

*"When I was 3, I thought cooking was magic. I'd watch my mother and grandmother take simple ingredients and turn them into the most spectacular dishes. Working in the food industry is extremely difficult. This industry can take you to the highest highs and then to the lowest lows in a matter of days. For any woman looking to train as a chef, remember who YOU are and exactly what you are capable of."*

## RAEGAN STEINBERG



**Chef &  
Restaurant Owner**

**MONTREAL,  
CANADA**

*"Arepas, corn soup, braised meat, plantains, fish, rice... that comes to mind when I think of Colombian cuisine. But as I have never visited the country, I have yet so much to discover. My love for food and feeding others made me want to become a chef. Through this project and trip to Colombia, I hope to bring home new recipes, new flavors, and new cooking techniques to my kitchen."*

## VANESA SOSA



**Chef &  
Restaurant Owner**

**MÉRIDA,  
MEXICO**

*"Potato, fruit, corn, white rice, and coffee, that is what my mind sees when thinking of food in Colombia. Through this project, I hope to discover different ingredients, cooking techniques, and flavors. Cooking is definitely passed on from generations in my family. My grandmother used to cook very well. Her dad was Chinese, and her mom was Mexican. They cooked with mixing techniques and ingredients from both countries. My dad learned from her and then inspired me to learn."*

# PRACTICAL INFORMATION



## ACCOMMODATION

### HOTEL SPIWAK SPIRITO

All delegates will be staying at the Spiwak Spirito Hotel, just across the street from the twin Hotel Spiwak Chipichape. Délice rate for 1 pax room from 99 USD, including breakfast.

**Web:** [www.spiwak.com](http://www.spiwak.com) / **Mail:** [reservas@spiwak.com](mailto:reservas@spiwak.com)

**Tel:** +57 (2) 395 9949

**Address:** Av. 6D 18 Centro Comercial Chipichape, Cali, Colombia

### TAXI TRANSFER FROM AIRPORT TO HOTEL

You must take the airport cab service, called ASOTABA. The average cost of the trip is \$ 56.000 (USD 14.84), for about 40 min.

## TRAVEL TO CALI

### DIRECT FLIGHTS TO CALI

From Bogotá, Cancùn, Madrid, Mexico, Miami, New York

### ENTRY FORMALITIES

International travelers who enter Colombia must have a complete COVID-19 vaccination. Ensure you have your vaccination certificate from your own country for boarding and fill in the [Check-Mig registration](#) 24 hours before your flight.

You can check updates on entry formalities [HERE](#).

## FAST FACTS ABOUT CALI

**Official Name:** Santiago de Cali

**Region:** Valle del Cauca

**Country:** Colombia

**1 188 gastronomic establishments**

80.5% serve typical Colombian dishes

69.9% use local food

**Inhabitants:** 2 075 380 Caleño in 2005

3rd biggest City of Colombia

**Currency:** Colombian Peso (COP / \$)

1 000 COP = 0.25 USD = 0.22 EUR

Cali's Flag



Cali's Blazon









# CONTACT DETAILS

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