
DÉlice

A Tribute to Women Chefs 3-5 May 2022 Cali, Colombia



WELCOME TO CALI!

Ask any Colombian what Cali is known for, and two things will immediately come to mind: **salsa music and amazing food**. From world-renowned specialty coffee, exotic fruit, and coconut-infused seafood stews to fried delicacies featuring corn and plantain-- Cali has something delicious for everyone to try.

Cali's gastronomy reflects its culture: a **three-million-strong melting pot of Afro-Colombian, Indigenous, and mestizo inhabitants**.

Within the different communities and from one generation to another, **women hold the secrets of traditional recipes and culinary skills**. There is even a term for it: in Cali, a female cook is not a "cocinera" (cook) but a "*portadora de tradición*" (bearer of tradition).

In the markets, in restaurant kitchens, and the informal sector, the culinary treats of Cali are prepared with care by the women of Cali, pleasing the growing number of visitors from around the world.

In the city and the countryside, in markets and fancy restaurants, in street food stalls and neighborhood cafés, try everything Cali has to offer while celebrating our women cooks' tenacity, creativity, and hospitality.



TUESDAY, MAY 3

This first day will be your introduction to Cali and your first discoveries. You will spend part of the day with the international delegates of the Délice Network gathering and be introduced to the Valle de Cauca Region and City. In the afternoon, enjoy a pleasant conversation with some of the most engaged women of the Cali food scene.

8:30 AM - 9:00 AM: BUS TRANSFER TO MUSEO LA TERTULIA

9:00 AM - 12:00 PM: INTRODUCTION TO THE CALI FOOD STRATEGY

Accompany the international delegations of The Délice Network gathering to this introductory session to Cali, the Food City. 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.



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 thriving dynamic of the food city and the ambition to turn Cali into a sustainable and global food capital.

12:00 PM - 12:30 PM: BUS TRANSFER

12:30 PM - 2:00 PM: LUNCH | EL RINGLETE

Restaurateur Martha Cecilia Jaramillo opened **Ringlete** almost twenty years ago to rescue Cali's cultural and culinary heritage and its surrounding Valle del Cauca region. We'll sample traditional dishes with a slightly modern twist, served in a relaxed ambiance. We'll understand how a restaurant can positively influence its community way beyond its employees and ingredient suppliers.

[El Ringlete Restaurant](#)



2:00 PM - 3:00 PM: COFFEE & CHOCOLATE EXPERIENCE AT SANTA TERESA



Most people have heard of **Colombia's "Eje Cafetero"** (Coffee Triangle). Still, few realize the official capital of Colombia's coffee-producing region is in Sevilla, Valle del Cauca, just a couple hours' drive north of Cali. The mountains and high-altitude wet rainforests surrounding the city are home to some of the most prized specialty coffee in the country. As a result, Cali has developed a small but passionate coffee culture in recent years, with **barista academies and small roasting plants** popping up around the city.

Meanwhile, at a lower altitude, closer to Colombia's Pacific Coast, some of the world's best "criollo" cocoa is harvested and turned into chocolate. Join us on a **coffee and chocolate tasting experience** to understand what makes Colombian coffee, from tree to cup, and cocoa, from tree to bar, so special.

3:00 PM - 5:00 PM: A TRIBUTE TO WOMEN CHEFS DISCUSSION

- What space do women have in the food industry around the world?
- What is their responsibility to pass on traditions and preserve food culture?
- What are the challenges faced by women chefs and what solutions exist?

Food expert Angélica Zamorano Casas and **5 local women restaurateurs** from the city's most acclaimed restaurants will join you at the coffee shop for a nice and cozy discussion about the future of businesswomen in the food and beverage industry.

5:00 PM - 6:00 PM BUS TRANSFER TO HOTEL & FREE TIME

7:00 PM - 7:30 PM BUS TRANSFER TO SAN FERNANDO

7:30 PM - 10:30 PM: WELCOME COCKTAIL & DINNER | LA COMITIVA

Enjoy your first evening in Cali, in the company of the international Délice Network delegates and local hosts, at **La Comitiva**. Located in a traditional house of the San Fernando neighborhood, this charming cocktail bar and restaurant invites you to receive the refreshing Cali breeze!

A Welcome Cocktail will be proposed from the audacious cocktail menu.

Then, enjoy the contemporary Colombian cuisine with a marked Pacific and fusion tendency.

WEDNESDAY, MAY 4

For this second day, off to the countryside to discover some of the most iconic aspects of the local food culture and taste the most authentic local food. Discover the preparation of a few emblematic local dishes before making your way back to the city. A unique foodie tour will allow you to discover even more savors and cooking methods in the evening.

8:00 AM - 9:30 AM: BUS TRANSFER

10:00 AM - 11:30 AM: SUGAR CANE MUSEUM TOUR

The most planted crop in the Valle del Cauca region surrounding Cali, by a long shot, is **sugar cane**. Therefore, it is no surprise that many of Cali's most famous desserts like **cholados**, **champús**, and **manjar blanco** feature sugar or raw cane sugar prominently.



Step back three hundred years to a colonial-era farm and understand the impact of sugar cane production on the area. Throughout the large compound, there are authentic mechanisms for processing sugar cane, chronicling the evolution of the sugar-manufacturing process over the centuries. But it's the vibrant, verdant gardens full of rare trees, lily ponds, colorful flowers, as well as untouched buildings from the early 18th century that are the sweetest part of this gorgeous place.

11:30 AM - 12:00 PM: BUS TRANSFER TO GINEBRA

12:00 PM - 2:00 PM: DISCOVER SANCOCHO AT LOS GUADUALES RESTAURANT

Sancocho de Gallina, or Hen Soup, is probably Cali's most popular dish. It consists of a thick soup made with potatoes, plantain, and yuca, cooked over natural wood, giving it a distinctive smoky flavor. Additionally, it is made with older pasture-raised hens instead of young industrially-raised chickens, imbuing the soup with a fabulous taste.



Ginebra is a town located less than an hour away from Cali, to which many of the city's families flock on weekends just to eat this soup! First, you'll step into the kitchen of Los Guadales'

colonial home to see how it is made the traditional way, then step onto the house's large patio to experience a large bowl of steaming *sancocho* with avocado, rice, and fried plantains.

2:00 PM - 3:30 PM: COW'S LEG JELLY EXPERIENCE

Ginebra's neighboring town, Andalucía, is known as **the "Jelly Capital" of Colombia**. Yes, the colorful jiggly jelly that one ate as a child. But no, jelly in Andalucía is not cooked from some industrial package. Instead, this sweet delicacy is made naturally with the gelatin that remains after prolonged cooking of the cow's leg. Then, raw cane sugar, milk, cinnamon, and vanilla are added to this collagen-filled broth, shaken vigorously, and allowed to curdle.



You'll speak to women entrepreneurs who sell roadside **"Gelatina de Pata"** and learn the tips and tricks to forming a fluffy jelly, handed down from generation to generation.

3:30 PM - 5:00 PM: BUS TRANSFER TO HOTEL & FREE TIME

5:30 PM - 6:00 PM: BUS TRANSFER TO SAN ANTONIO

6:00 PM - 9:30 PM: SAN ANTONIO WALKING FOOD TOUR



A short bus ride from the hotel will take you to San Antonio, where you will enjoy a tasty walking tour for the evening. **San Antonio is Cali's oldest neighborhood**. At the top of a small hill intertwined with steep, narrow streets lays the San Antonio Cathedral, from which one can catch uninterrupted panoramic views of the city. It is also the city's hipster cultural hub, where artists, artisans, writers, and musicians live.

Walk San Antonio alongside our guide, Cristina, while tasting local artisanal beer and fried street food, enjoying the myths and legends surrounding Cali's founding as a city.

9:30 PM: BUS TRANSFER TO HOTEL

THURSDAY, MAY 5

This day, time to roll up your sleeves! In preparation for the next day's contest, discover all the available products at the local market and get some tips while cooking lunch with some women "*Portadoras de tradición*" in the market. Once your menu is determined for the contest, time to shop!

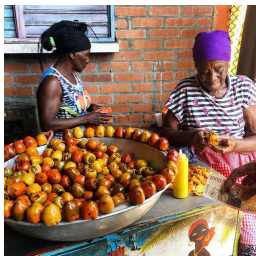
8:30 AM - 9:00 AM: BUS TRANSFER TO LA ALAMEDA FOOD MARKET

9:00 AM - 10:00 AM: WELCOME TO GALERÍA ALAMEDA -

Along with the Délice Network delegates, you will be greeting in Cali's food sanctuary! After an introduction to this venue, you will get the explanation of the activities for the day

10:15 AM - 11:00 AM: GET TO KNOW THE TRADITION AND PURCHASE INGREDIENTS

You'll meet our two **Afro-Colombian "*portadoras de tradición*"** (bearers of tradition), Basilia Murillo and Analí Carabalí, with whom you'll cook two traditional dishes later on in the morning. But first, you'll walk around the stalls to buy the necessary ingredients for the cooking session!



11:00 AM - 1:00 PM: AFRO-COLOMBIAN COOKING WORKSHOP

Then international chefs and guests will be divided into two groups, each preparing local dishes accompanied by **a local Afro-Colombian "*portadora de tradición*"** (bearer of tradition). Half the group will prepare a seafood-based dish, and the other half a pork-based dish.

1:00 PM - 2:00 PM: SHARED LUNCH AT ALAMEDA MARKET

Once the meal is cooked, time to enjoy the meal. Along with the delegates of the Délice Network gathering, share the morning preparations directly in the market canteen.

2:00 PM - 2:20 PM JAVERIANA UNIVERSITY STUDENT'S PRESENTATION

In Cali we have tradition, and also a bright future to the culinary scene. Meet with the Javeriana University Students who will assist you in the definition and preparation of your meal for the contest.

2:20 PM - 2:50 PM GALERÍA ALAMEDA FOOD TOUR

The Alameda Market is Cali's go-to market for exotic fruits, local vegetables, and seafood, brought from Buenaventura, the country's largest port located just 2 hours west of the city. Its many food stalls are vibrant with color and owned mainly by women.

You'll hear from a local guide how the **Alameda Market** was founded in what used to be a railway station.

2:50 PM - 4:00 PM: MENU PREPARATION & INGREDIENT SHOPPING FOR AUTHENTIC CALEÑO FLAVOR CONTEST



On Friday, all visiting chefs will compete in an event organized by the city's Secretary of Tourism to cook local dishes with their own twist. After three full days of eating and cooking in Cali, **time to decide on the menu: a dish and a dessert.**

While at the market, take a moment to scroll around the different products available, assisted by a local English-speaking culinary student. Discuss further with the local chefs and use your creativity to decide your menu. Once the menu is chosen, time to shop! Pick out your ingredients with the support of the student who will help you haggle the Cali way and carry your bags!

4:00 PM - 6:00 PM: *BUS TRANSFER TO HOTEL & FREE TIME*

6:00 PM - 7:30 PM: VICHE TASTING AT SPIWAK HOTEL

Viche is a raw-cane-sugar distilled liquor similar to Brazil's *cachaça*. But in Cali's heavily Afro-Colombian population, it's so much more than artisanal liquor. It's an entire heritage distilled in a bottle. Colombia's black population from the Pacific Coast considers it an "ancestral" beverage. Its curative properties are many and mystical. *Viche* and its myriad derivatives are used as remedies for anything from stomach pain and headaches to snake bites; it's part of the fertility and child-bearing process, instilling the drinker with virility, energy, and sexual prowess.

Nationally renowned bartender Carlos Gaitán and yet another Afro-Colombian "portadora de tradición" (bearer of tradition) will guide you through a viche tasting, recounting local myths and legends along the way. Afro-Colombian music will accompany the experience.

7:45 PM - 8:15 PM: BUS TRANSFER TO RESTAURANT WAUNANA

8:30 PM - 10:30 PM: DINNER | WAUNANA

The **Chef Ricardo Torres Izquierdo** will welcome Délice guests with his signature cuisine. Prepare to be surprised by the Chef's creativity with unexpected pairings of local ingredients. Enjoy a unique experience with 100% local, fresh, and seasonal products.



10:30 PM: BUS TRANSFER TO HOTEL

FRIDAY, MAY 6

Now that you have discovered all the layers of the local food culture, time to show your talents and represent your city in the local contest organized by the Municipality of Cali. This whole day will be dedicated to preparing and participating in the local contest, always supported by your local guides and culinary students.



AUTHENTIC CALEÑO FLAVOR CONTEST

The Authentic *Caleño* Flavor Contest, organized by the city's Secretary of Tourism, aims to revitalize and stimulate the city's food scene through the transmission of culinary knowledge in the format of a cook-off. Hundreds of contestants will compete in one of three categories: Urban Cuisine, Traditional Cuisine, and Migrant Cuisine. Finalists will cook publicly on Friday, May 6th, for the final judges, and a winner will be declared for each category.

Délice visiting chefs will compete in a league of their own!

They must cook one dish and one dessert, inspired by the local food culture but with a twist of your city and food culture. The dishes will be prepared for the three judges of the contest. That is, six preparations will need to be served.

9:00 AM - 12:00 PM: MISE-EN-PLACE

Friday morning will be dedicated to preparing your dishes. Kitchens at the Spiwak Hotel will be made available, and two local English-speaking culinary students from Javeriana University will be at your disposal to help each of you with prep work.

12:00 PM - 2:00 PM: LUNCH | SPIWAK HOTEL

Our final lunch will be cooked by Idalia, the Spiwak Hotel's very own "*portadora de tradición*" (bearer of tradition). Having worked with the company for nearly ten years, she is a treasure trove of kitchen confidential.

2:00 PM - 2:45 PM: BUS TRANSFER TO CITY CENTER

3:00 PM - 6:00 PM: AUTHENTIC CALEÑO FLAVOR CONTEST

The contest will be held in the City Center, close to Cali's colonial heritage buildings. Small, tented, propane-fueled kitchens will be made available in a public square. After attending to the other categories to see the preparations, visiting chefs will arrive with their mise-en-place and cook on the spot during a one-hour limited time.

The list of available material will be shared in advance. The culinary students will be present to assist you in the preparation of your plates.

After the jury tastes your preparation, a winner will be declared amongst Délice visiting chefs!

6:00 PM - 6:45 PM: BUS TRANSFER TO HOTEL & FREE TIME

8:30 PM: BUS TRANSFER TO LA TOPA TOLONDRÁ

9:00 PM-1:00 AM: SALSA DANCING AT LA TOPA TOLONDRÁ (OPTIONAL)

After a last street food meal nearby, time to experience another key aspect of Cali's culture...Salsa! La Topa Tolondra is Cali's largest and most well-renowned salsa club.

Salsa music runs through Cali's veins. Introduced in New York in the 1960s, salsa took root in Cali to the point that the city is nowadays considered the Salsa Capital of the World. There are not only salsa clubs and shows. There are salsa music listening clubs, hundreds of salsa dancing schools, a plethora of orchestras based out of the city, and an entire clothing industry dedicated to fabricating the sequin dresses and patent leather shoes donned by the city's thousands of professional dancers.



Accompany us for an adrenaline-filled night out. You'll first learn the basic steps to salsa dancing thanks to a private instructor, just for you! Then enjoy the spectacle of hundreds of well-heeled dancers sweatily dancing the night away, fuelled by aguardiente and rum.

CALI

THE TASTE OF A GREAT FOOD CITY

MEMBER OF DÉLICE NETWORK



JAMAL

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



80% of the restaurants serve typical Colombian dishes

70%

of the restaurants are sourcing their products locally



Grape, banana, lemon, bitter orange and melon

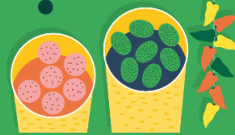
DID YOU KNOW ?



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



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



www.delice-network.com