

Rainforest to Table, the culinary movement to save the Amazon

A group of conservationists and Latino cooks the Forum address the Aspen Ideas Festival to present an initiative for the preservation of the Amazon rainforest.

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<http://www.univision.com/estilo-de-vida/chefs-latinos/rainforest-to-table-el-movimiento-culinario-que-busca-salvar-el-amazonas?cmpid=444222>

Some Latin American chefs will participate in the 2016 Festival of Ideas Aspen, on the 24th and 25th of June, to cook and discuss the movement, Rainforest to Table (From the jungle to the table), focused on emphasizing the importance of Amazonian products and support indigenous communities from the kitchen.

Participants in this initiative teamed up with specialized organizations in environmental conservation and Forest Trends and Canopy Bridge to explore the range of local products and traditional cuisine in the Amazon rainforest.

The objective of this project is to empower local communities, mostly indigenous people living in remote and inaccessible areas, to improve their income and support them with tools so they can implement local products that are healthier and more nutritious in their diets.

Some of the participating chefs like Alex Atala (DOM in Brazil), Pedro Miguel Shiaffino (of Malabar and Amaz restaurants in Peru) , Nelson Mendez (of Venezuela) or Virgilio Martinez (Central restaurant, also in Peru) have already incorporated Amazonian ingredients and cooking techniques to see their quality and potential.

For the Ideas Forum Aspen they will prepare a sample of dishes with these ingredients and will engage in a conversation to discuss initiatives focused on public health issues, community development and protection of the Amazon, threatened by the growth of land intended intensive agriculture.

The Amazon covers 7 million square kilometers touching nine countries in Latin America. In this area there are at least 3,000 types of fish and an equivalent number of varieties of fruits. Some, such as Brazilian nuts, are commonly used. Others, such as camu camu and acai have begun to gain popularity and incorporated into the diets around the world.

For these chefs, the forest provides an opportunity to experiment with new flavors and textures in the urban context of its restaurants, they can make their customers more aware of the origin of their products.