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# RE-QUALIFICATION OF THE HISTORIC CENTER OF CARACAS

–a cultural resurgence through an urban culinary passage–

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*... A mis padres ...*

*Sergio y Valaida*  
*Marre y Parre*

*Ustedes son las personas más importantes de mi vida.*  
*Estoy y estaré eternamente agradecida con ustedes,*  
*por su amor y educación.*

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# INTRODUCTION

## Context and motivation

This thesis develops an architectural project for the re-qualification of the Avenida Norte, one of the principal streets in the historic center of Caracas, the capital of Venezuela.

In order to understand the site, it is necessary to delve into the past of the city and its development through the years.

The history of the metropolis begins with the colonization of its indigenous population starting around the 1500s and ends with the covert dictatorship established in 1999 that still governs today. In all these years, the city has developed always in relation to the different economic activities practiced in the country, going from being

an agricultural nation to being a single-producer state. The consequences of growth due to the discovery of oil caused the development of different areas of the capital, almost in an uncontrolled way.

New centers were created that were far away, entirely disconnected from the first blocks with which the city was founded and baptized with the name of Santiago León de Caracas in 1578. That is why we address the issue of disconnection in terms of abandonment of the area.

However, it is a district only traveled by its inhabitants, daily workers and the people who must go since the vast majority of government buildings are located.

The significance of the city center is not only historical but also cultural since the country's National Library, the first churches and some museums are located.

Another problem to address is the lack of cultural appropriation due to how the population was raised and the different events in our history that made us forget about our culture and appreciate others more.

A clear example can be seen with the lack of appreciation of our culinary culture by the majority of Venezuelans. A gastronomic melange which is not valued or given imminent importance as part of our identity as Venezuelans.

The idea to address both problems -the abandonment of the historic center of Caracas and the disconnection with our gastronomy- is the effective integration of both through the creation of a culinary passage in the street that connects historically and culturally significant buildings from north to south, as the National Pantheon and the National Library (North) and Plaza Diego Ibarra, the Simón Bolívar Center and the Palace of Justice (South), passing through Plaza Bolívar in Caracas, the city's founding plaza.

## Objectives

- Analyze and understand how the development -mostly unplanned- of Caracas affects the connection of the different areas of the capital, generating as a consequence, the abandonment of the historic center of the city.

- Analyze the Historic Center of Caracas as the place where the project will be developed to understand its characteristics and the current problems in the area.

- Proposal of a re-qualification master plan for the zone, taking advantage of the opportunity to solve urban infrastructure and cultural identity problems at the same time.

- Design of the main building in which a previously designed program is developed, with the previous analysis of the different spaces to be proposed, related to the study of Venezuelan gastronomy to guarantee the understanding of the functionality of the building.

- On the other hand, the intention of the book is to echo Venezuelan gastronomy in the same way that the architectural project developed should promote it.



## Roadmap

**00 CONCEPTS** - Introduces the necessary concepts for understanding the importance of identity in human beings. How the site, society, and culture affect people, and how traditions and beliefs are passed from generation to generation, causing civilizations to develop culturally. Food as a major base of the culture and identity of a population.

**01 CARACAS** - Analyzes the history of the evolution and development of the city going through the different historical periods related to the economic activity that was practiced in each one and its impact on the growth of the metropolis. It illustrates the diversified historical plans and the few plans carried out for the organization of the development of the capital.

**03 PROJECT DEVELOPMENT** - Focuses on the development of the re-qualification of one of the most important streets in the historic center of Caracas, divided into three parts:

**SITE:** analyzes the historic center of Caracas as the place of the project, the importance of the buildings in the context, the mobility of the area, and the levels of security.

**MASTERPLAN:** analyzes the culinary scene of three different areas of Caracas with different income levels, including the historic center of Caracas. It illustrates a brief description of the area in urban terms with urban sections and an analysis of the flow of people. It describes the strategies for carrying out the master plan, highlighting the specific examination of five areas to be intervened and illustrating the possible intervention proposed for each sector.

**BUILDING:** shows a brief analysis of the current state of the parcel. Explains the detailed program to design the structure according to the requirements for the enrichment of the general master plan and the scope of the objectives of the project. Develops the criteria for the placement of the building in conjunction with the initial plans and section schemes. It illustrates the necessary planimetry of the development of the building and the views necessary for its understanding.

**APPENDIX A - FOOD AND SOCIETY** - unfolds the evolution -throughout human history- of the fundamental relationship between society and food, demonstrating man's ability to make a basic need part of his identity and culture. The change of perception from the first hominds to the present day.

**APPENDIX B - VENEZUELAN FOOD** - narrates the history of Venezuelan gastronomy and how each event in our history enriches our culinary culture. Describe our gastronomy in general lines, dishes, drinks, and typical desserts. It praises our world-renowned products and illustrates the current state of our gastronomy. It differentiates the various culinary traditions of each of the country's regions.

SITE  
SOCIETY  
CULTURE  
ROOTING  
IDENTITY  
TRADITION  
KNOWLEDGE  
CUSTOMS  
BELIEFS

**FOOD**  
CULINARY  
GASTRONOMY  
CUISINE

## SITE

The immediate space recognized from a name that identifies it. It can be located by means of geographical coordinates. A site is associated with the locality, the town, or the neighborhood where you live.

Source: <http://contenidosdigitales.ulp.edu.ar>

## SOCIETY

Group of individuals involved in persistent social interaction, sharing the same spatial or social territory, typically subject to the same political authority and dominant cultural expectations

Source: [www.wikipedia.org](http://www.wikipedia.org)

## CULTURE

Distinctive set of a society or social group on the spiritual, material, intellectual and emotional plane, comprising art and literature, life-styles, common ways of life, value systems, traditions and beliefs.

Source: [www. http://atalayagestioncultural.es](http://www.atalayagestioncultural.es)

## ROOTING

Sense of belonging, the feeling of identification of an individual with a group or with a specific place. From it, affective ties emerge that generate positive attitudes in the person towards the group and/or the place.

Source: [www.tdx.cat](http://www.tdx.cat)

## IDENTITY

Notion that a person has about himself. The definition of "I". An image that an individual builds of himself through a process of internalization. Set of characteristics of an individual or a community that characterize them compared to others.

Source: [www.tdx.cat](http://www.tdx.cat)

## TRADITION

Transmission of customs, behaviors, memories, symbols, beliefs, legends, from generation to generation of the people of a community that allow the continuity of a culture or a social system.

Source: [www.significados.com](http://www.significados.com)

# KNOWLEDGE

Facts or information acquired by a person through experience or education, theoretical or practical understanding of a matter related to reality.

Source: [www.wikipedia.org](http://www.wikipedia.org)

# CUSTOMS

Only one of the elements that make up the tradition, characterized by those things that are habitually practiced within a certain culture, and that represents a collective or community value.

Source: [www.significados.com](http://www.significados.com)

# BELIEFS

An idea that is considered true and which is given full credit as true. It can be considered a paradigm that is based on faith, since there is no absolute demonstration, rational foundation or empirical justification to verify it. Is often associated with religion.

Source: [www.definicion.de](http://www.definicion.de)

# HUMAN DYNAMICS

## Essential interactions

Human beings have four specific basic needs. We must have food, water, air, and shelter to survive. If we don't meet any one of these basic needs, then humans cannot survive.

Heretofore we don't have to worry so much about getting water and air since we live on planet earth. So we will focus on the other two.

Let's start with shelter. We find refuge in a site, place, or location that guarantees us food, water, protection and, security so we can settle and spend our lives. Each area has very distinguished characteristics that enriched us in many ways. After all, every place in the world is different, referring only to physical aspects such as location, geography and climate.

By this means place, changes the man. For example, the climate: can determine how we live, how we dress, what we can eat, the activities that we can carry out. On the other hand, the man also changes the place, in particular, with his constructive inventiveness and the realization of all the productive, commercial, recreational activities that we have to develop in our daily life.

Another essential aspect of being a human being was stated by the Greek philosopher *Aristotle (384-322, BC)* in one of his most known phrases:

*"Man is a social being by nature."*

He confirms that we are born with a social character and, we develop it throughout our lives as we need others to survive.

Socialization is the nature of man and, according to Aristotle: the family is the first community formed, which is necessary for social beings. However, the family is not enough to satisfy all the needs of the human being, so this naturally generates a society.

Intersubjectivity *-reciprocal process by which awareness and knowledge are shared from one person to another. The concept of intersubjectivity offers a perspective of justification and validation of the "other" that allows interpersonal synchrony-* structures the way of living of the human being.

He constitutes and is constituted by the others who are always: marking, forming, and defining: as real or imaginary interlocutors part of the society.

Despite this innate social characteristic, the human being also has his individual search. Self-exploration is related to identity by knowing your singular self.

From one's exploration, one seeks one's identity: feeling identified with what one is, where it comes from, and where it is going, one's purpose in life. The base is in the feeling of rootedness and belonging (in a healthy level) to the place where you were born, and, of course, all the attributes of the culture present in your daily life.

As a consequence of the creation of society, society creates its culture; that gives identity to itself.

The human being is a historically and culturally constructed being; the obvious today, he was not yesterday. Knowledge, theories, habits and, customs are built with the concepts and assumptions of the space-time in which they were validated.

One generation passes everything to the next generation. As time passes, all the development in every aspect of human life brings, as a consequence, the transformation of culture. The dynamic characteristic that lies in the term is undeniable.

In essence, humans are knowledge builders beings. Life experiences pass uninterruptedly and, human beings need to order and coherent them. This understanding of the world depends on the resources that that person has and, it will only allow him to know what his resources allow him.

In the end, Human beings live in a site in which we live in a society with a culture that roots us, identifies us, and is full of traditions, knowledge, customs, and beliefs.

Food is next...

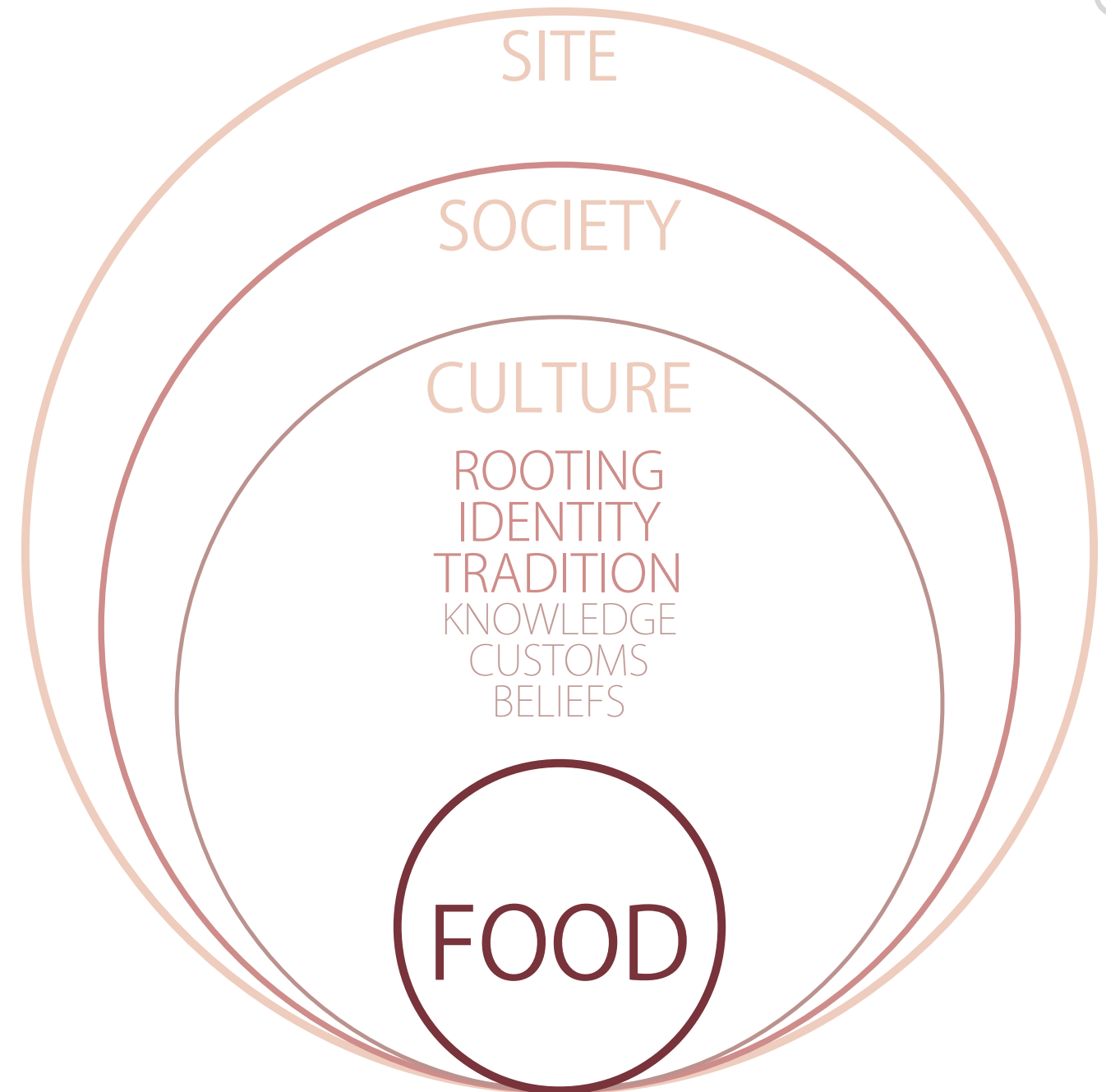


Fig. 01 Word relation diagram.  
Prepared by the author.

# FOOD

**Food is culture.  
Cooking is culture.  
Eating is culture.**

Food is known as the set of food substances that are plausible to be eaten and ingested by human beings in order to satisfy their hunger and contribute to their nutrition in this way to live and survive.

Generally, people eat several meals at different times of the day. The most common meals are breakfast (in the morning), lunch (at noon), snack (mid-afternoon) and dinner (in the evening, it is usually the last meal of the day). Their content and number will vary according to a series of social, cultural, seasonal, and geographical factors.

The act of eating is a natural action in any of the worlds of living beings and perhaps the most important activity that any living being can perform. We must point out that the human being is the only one who has managed to rationalize it and make it more than a simplistic organic action. Eating is, for the human being, also an opportunity to feel pleasure, to enjoy with loved ones, to try new and different sensations each time.

Food is a sign of identity for people and is linked to geographical, climatic, social, economic, religious, and ideological conditions. The cultural and economic factors

will give rise to specific food and gastronomic culture. Each country or region has typical foods and traditions.

Regardless of the location, human beings do not only use what it can be found in nature (as all other animal species do), but we also aspire to create our food. We choose what to eat based on our criteria connected to the symbolic value of food in our culture, although we could eat everything. Initially, what was produced in our native soil was selected. However, the different human communities were expanding and food exchange among them also began. The trade covered their food deficit and broke with the monotony of the daily diet. The communities in turn, developed links with the mediated outside world, nurturing the commercial exchange between the different communities.

We prepare our food, transforming natural chosen products through the implementation of fire and an elaborate technology that is expressed in the practice of cooking.

In the end, food is configured as a decisive element of the social and cultural identity of humans and as one of the most effective instruments to communicate it.

## CULINARY

An adjective related to the practice of cookery or the activity of cooking. Is based on the food, its preparation, its esthetician all depending on different cultures or locations where it develops.

Source: [www.gastronomywld.blogspot.com](http://www.gastronomywld.blogspot.com)

## GASTRONOMY

Is a noun referred to the study of the relationship between man, his food and the environment. A variety of studies centering behaviors of food on culture.

Source: [www.gastronomywld.blogspot.com](http://www.gastronomywld.blogspot.com)

## CUISINE

Style of cooking characterized by distinctive ingredients, techniques and dishes; associated with a specific culture or geographic region. Preparation traditions, customs and ingredients combined to create unique local dishes.

Source: [www.wikipedia.org](http://www.wikipedia.org)



## 01

# CARACAS

## Foundation and development

### Introductory description

The city of Caracas is officially named Santiago León de Caracas after the name of the patron saint of España, San Tiago; and León, the name of the governor at the time of the foundation of the Province of Venezuela. It has been the capital of the country since 1637, when still was part of the Spanish empire, until today, already being an independent nation. It is the largest city of Venezuela, being the main political, administrative, commercial, and cultural center of it.

It is located in the central part of the northern coastal zone occupying a fertile valley that extends from the skirts of *Cerro Ávila (Fig. 01)*; a beautiful mountain that is also one of the greatest natural icons of the

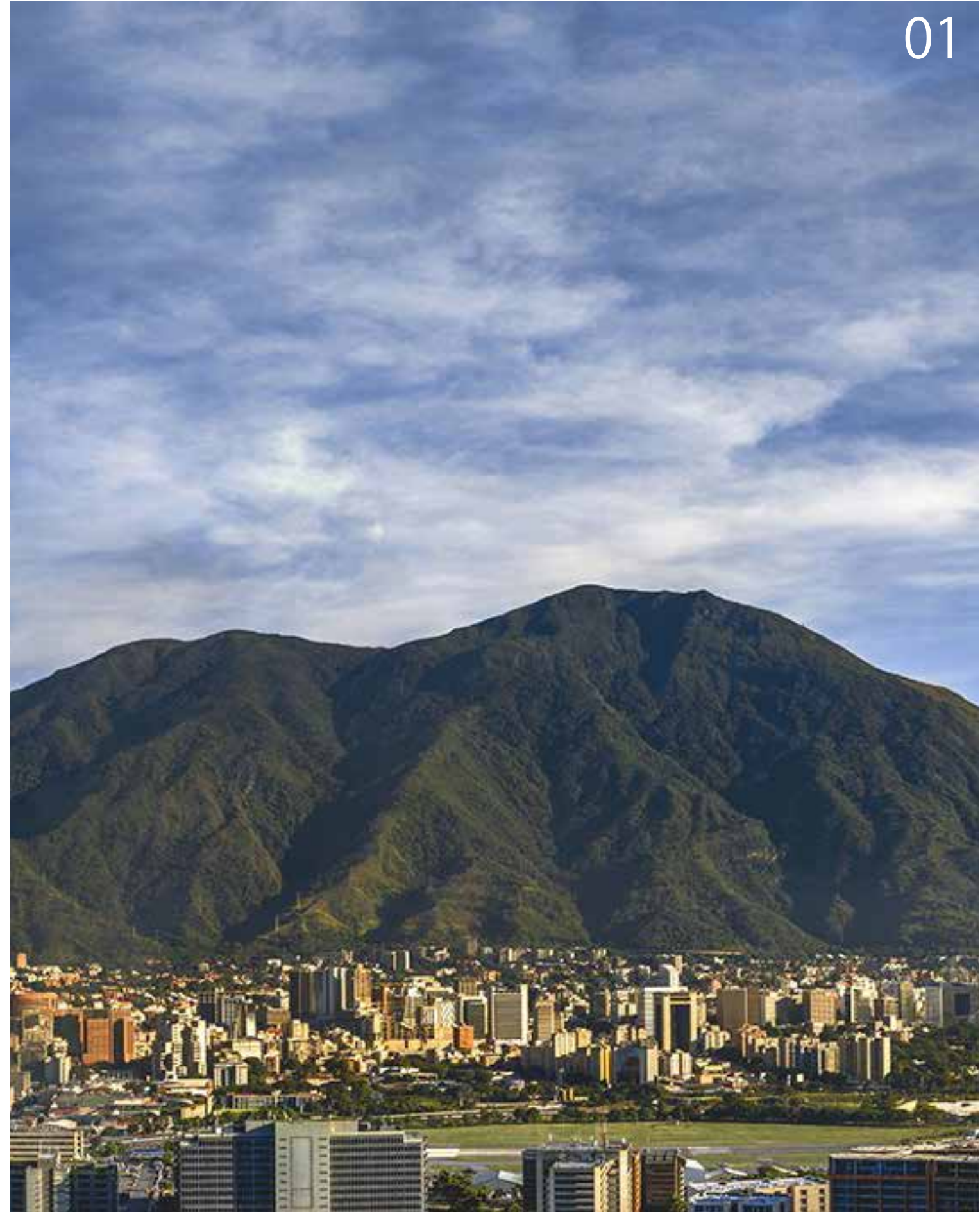


Fig. 02 MANTILLA, Jennifer (Photographer). El Ávila de Caracas. [digital image].  
Retrieved from: <https://www.misraiceslatinas.com>

city with 2,200 meters high, to the banks of El Guaire; the main body of water of the city which flows across Caracas in a west-east direction with a length around of 72 kilometers. The valley is separated about 17 kilometers from the Caribbean sea by *El Ávila National Park* and it is a relatively small and irregular basin with an area of approximately 850 kilometers and its altitude ranges from 850 to 1050 meters above sea level.

As Venezuela is a tropical country, the weather of Caracas, therefore, is a mix of tropical savanna climate with subtropical highland, according to the Köppen climate classification, always influenced by all the geographical characteristics previously explained by the position of the valley. The annual average temperature is approximately 23.8 °C. The coldest month is January with an average temperature of 22.8 °C and on the contrary, July, the warmest month has an average temperature of 25.0 °C.

On the other hand, the whole country has a projected population for 2020 of 32.219.521 inhabitants, based on the last census carried out by the National Statistical Institute (*INE*) in 2011, while

the capital has an estimated population of 4.505.463 inhabitants. In other words, almost 14% of the citizens of Venezuela live in the 5 municipalities of Caracas.

The political and administrative organization divides the capital of the country in the following districts: *Libertador, Chacao, Baruta, Sucre y El Hatillo*.

**1 Libertador:** *433 square kilometers of extension with 3.030.524 estimated of population. Density of 6.988 inhab./km²*

The Libertador municipality is located to the west of the Caracas Metropolitan Area and is the largest in the territory. It is densely populated, concentrating mainly the political power of the country since most of the ministries are located, and especially the administrative headquarters of the public powers, both administrative, political, judicial, and electoral. The Libertador municipality is characterized by starting its formation in the founding block of the city, from the year 1567, until today it has grown steadily over the years to encompass the vast territory that we know today.

**2 Chacao:** *13 square kilometers of extension with 119.005 estimated of population. Density of 9.154 inhab./km²*

The Chacao municipality, the smallest district of the Caracas Metropolitan Region in extension, is located in the north-center of Caracas. It concentrates a large part of the economic activity of the city and is generally inhabited by people with a high purchasing power. Unlike other municipalities that have extensive popular areas within its territory, in Chacao these types of areas are few and, in turn, are minimal, occupied by low-income populations.

**3 Baruta:** *86 square kilometers of extension with 377.558 estimated of population. Density of 439 inhab./km²*

The Baruta municipality is located in the south-center of Caracas. It is an extensive territory without being so densely populated. Its physical constitution is created mainly on mountains extending after the valley of the city. It is mostly a residential area for people from medium to high resources, however, it does not escape having a large region of popular areas, including the Barrio Santa Cruz del

Este. Within its territory, there are various urbanizations, each with a small economic center, capable of supplying what is necessary to its inhabitants. Because of the distance from the valley, it makes it more difficult for other inhabitants of the city to go there, unless they have a particular means of transportation.

**4 Sucre:** *164 square kilometers of extension with 1.187.081 estimated of population. Density of 7.238 inhab./km²*

The Sucre municipality is a district that is located to the northeast of the city of Caracas with a very high concentrated population, since Petare, a marginal district with a large group of neighborhoods, is positioned. Within Petare is located one of the largest slum in Latin America, called José Félix Rivas. However, the Sucre municipality also mixes other uses in addition to residential, such as industrial and commercial. It is a very busy municipality from an urban point of view, knowing that except for the colonial zone of Petare, where endless activities are carried out, together with La California and Dos Caminos, which have commercial centers with high traffic of people, overall, it does not have commercial importance.



**5 El Hatillo:** 81 square kilometers of extension with 93.970 estimated of population. Density of 1.160 inhab./km<sup>2</sup>

means of transport, contrasting with the population with low income living in small extensions of land where popular areas are located.

The El Hatillo municipality is located in the southeast of the city of Caracas and is a continuation of the Baruta municipality. It is placed in a mountainous area bringing difficulty for public access. The locality is quite limited in terms of commercial exchange with the rest of the city, however, it has a very active colonial area in terms of entertainment. Most of its inhabitants are people with high economic resources being able to have an individual

- 1 Libetador
- 2 Chacao
- 3 Baruta
- 4 Sucre
- 5 El Hatillo



Fig. 03 Political division of the municipalities of the Caracas Metropolitan Area.  
Prepared by the author.

# HISTORICAL PERIODS

and plans

In general lines, the development of the country its related to every historical context of each epoch throughout time. Economic and social developments directly affect the development of cities.

The history of Venezuela can be roughly summarized in 3 periods beginning with the period of the *Conquest*; the foundation cycles and the process of colonization, from 1492 with the discovery of America until the end of the 17th century.

A second period stands out, which is characterized by the export of agricultural products, *Agro-export*, where Venezuela continues to be a Spanish colony but

achieves its emancipation in 1810 in which the development of the country was moderate. This historical course is common to most countries in the region; but it continues, in the 20th century, a trajectory particularly differentiated from the rest of Latin America with the discovery of oil.

The last period *Petroleum* initiates around 1814 but its summit occurs in 1929 where Venezuela becomes an oil rentier country and the country's income allows its accelerated development until the last 22 years, where by an endless number of factors, Venezuela is going through a globally recognized political, economic and social crisis.

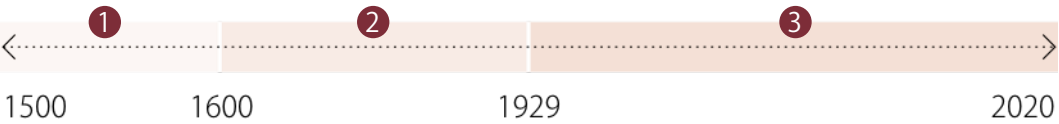


Fig. 04 General timeline (dates and periods)  
Prepared by the author.

1 CONQUEST  
Foundation cycle and settlement

2 AGRO-EXPORT  
From a Spanish colony to an independent country

3 PETROLEUM  
The ephemeral wealth of dependency

# 1 CONQUEST

1500-1600

## Foundation cycle and settlement

Before the start of the conquest process, the pre-Columbian indigenous population of Venezuela was fairly well distributed throughout the territory. Each group had an essentially self-sufficient economy and the remains were not enough to carry out any kind of exchange between them.

The foundation cycle consisted in the process of the occupation of the American territory conquered by the Spanish and Portuguese, which was one of the most important aspects for the urban development in Latin America. The great natural wealth and the favorable climatic conditions attracted the conquerors, who decided to found numerous cities in strategic territories with the purpose of establishing ports that would facilitate the connection between the different conquered lands and the land where they came from.

Not only a geographical conquest of the territory was made, but also an intellectual possession of it was also accomplished, a mentality process in which it was essential to carry the “good” of Christian Europe to these new territories, imposing its culture on the local inhabitants since they understood it as the only valid world.

In another hand, by exploiting the resources, the colonizers realized that one of the greatest sources of wealth was in the land, such as the plantation, the elaboration of sugar cane, the raising of cattle and the exploitation of mines; consequently, a process of submission to the aborigines began to be used as labor in the production of wealth.

At the beginning of this process, the European conquerors did not have a very clear idea of their objectives when taking unknown territories, but after discovering the true riches found in these lands, they chose to work in an organized way thanks to the prior planning of their actions to be carried out. The organization of the space of Venezuela during the sixteenth and seventeenth centuries was conditioned by aspects of material life: the slave trade, the violent and compulsive transformation of the indigenous population into slaves and servants, and by the poor development of the productive systems.

The Latin American city generally had its beginning as a fort, with walls that gathered a group of armed people waging war to occupy the territory and reach the riches that it hid, therefore they needed



Fig. 05 GARNELO, José. Primer Homenaje a Cristobal Colón [Oil on canvas]. Museo Naval (Madrid). Retrieved from: <https://www.lasegundaguerra.com>



the indigenous people as intermediaries, but as time went by, a certain function was established, some became ports, which became emporium cities that ensured the monopoly mechanism, others were exclusively dedicated to mining activity.

Additionally, some were only founded as a stage for the regrouping of people, ensuring their continuation of the march to other regions, as well as others that existed through the superimposition of an already existing indigenous city and the city already planned by the Europeans, some more retained the indigenous trace

than others, in some cases allowing the reorganized incorporation of its system. Finally, certain cities, due to greater permission with the Indians, originating thanks to religious missions, were transformed into base cities for hunting operations for Indians, and then selling them as slaves.

As the years passed, the cities appeared spontaneously without a previous external process, which was the result of the high development of the first populations.

In our case, the period of settlement in Venezuela began in 1500-1550 with the foundation of Cubagua, Cumaná, Coro (the first capital of the Province of Venezuela), Borburata and El Tocuyo. Between 1551 and 1600, some of the most important cities in Venezuela were founded. Some of them remain at the top of the urban hierarchy: Caracas (Fig. 04), Maracaibo, Valencia, San Cristóbal, Mérida, etc.

The first Spanish settlements were created along the Caribbean coast, in the Andes and in the North Center, near and at the sites of ancient indigenous settlements, which presented excellent geographical conditions for military activities and the development of agriculture and the trade.

At the beginning of the colonial period, the search for pearls led to the foundation of settlements such as Cubagua, Cumaná and La Asunción, on the country's eastern coast. Margarita Island, where this activity was most intense, became one of the most densely populated areas during the sixteenth century. As the pearl resources were depleted, at the end of the same century, some of the settlements, including Cubagua, gradually disappeared and the population migrated to other regions.

On the other hand, the exploitation of precious metals had a limited impact on the founding of cities in Venezuela. Many of the areas potentially rich in mining resources (Guyana, for example), were located far from the coast in areas of difficult access.

The cattle ranch played a special role in the settlement of the plains. Around the cattle ranches, some settlements were formed. Cocoa plantations, cultivated with slave labor, facilitated the development of settlements along the coast. The coffee plantations facilitated the settlement of some areas in hills.

The settlement process accelerated during the 17th century as a result of the development of new products for export. The expansion of European markets for tropical products and the expansion of the workforce facilitated this process. Most of the cities founded in the 16th and 17th centuries were located in the western half of the country in a corridor that runs from San Cristóbal to Caracas, and in a small corridor on the eastern coast.



Fig. 06 SALAS, Tito. Fundación de Caracas. [Oil on canvas]. Panteón Nacional (Caracas). Retrieved from: <https://es.wikipedia.org>

1578

130 HA\*  
2.000 P\*\*

FIRST PLAN OF CARACAS

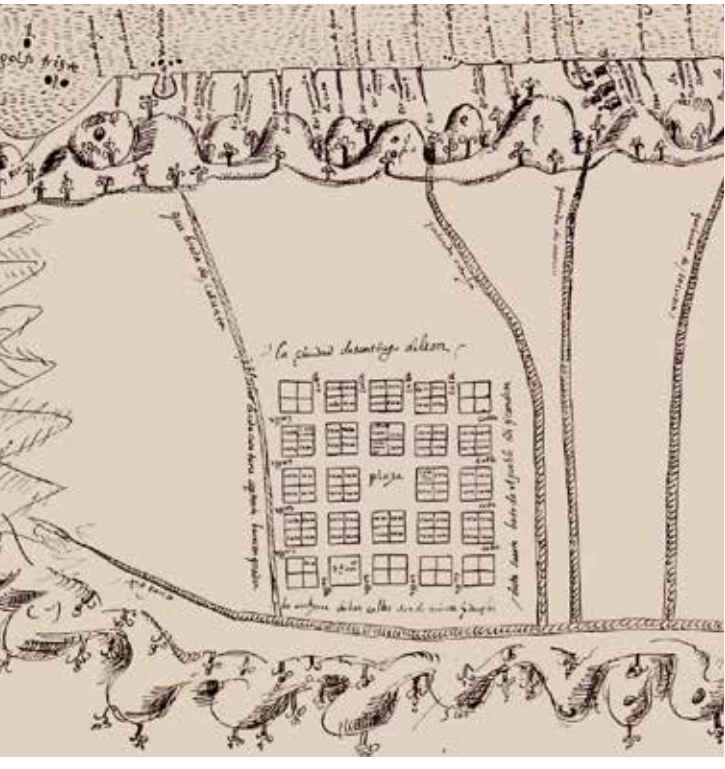


Fig. 07 PIMENTEL, Juan. (1578). First map of Caracas.

Diego de Losada, a spanish conquistator, laid the foundations of the city in 1567. The Caracas valley, chosen for the settlement of the town, met more than the basic factors considered by the ordinances of the "Laws of the Indies" (Leyes de Indias)<sup>(1)</sup>: the sanitary, the economic, the geographical and the social political, along with its climatic conditions, the fertility of its soils, the availability of water and, in general, the exceptional environmental conditions of the valley. Juan Pimentel, at eleven years of foundation, made the first plan of Caracas (Fig. 04). "It is the plan that defines the idea of the city in a grid, exactly the same as the one made in 1562 for the city of Mendoza, in Argentina, at the other end of the continent and, also valid for any place in Latin America" (GASPARINI, 1991) .

It is a 43 x 60 cm pen drawing which shows the first settlement in the area similar to a checkerboard (Fig. 04) . "The board and its pieces are present: the street, the house, the stable and the square" (GONZÁLEZ VISO, n.d). By the time, there were no more than three houses with tiles; but, at the same time, it was the plan for a prefigured and idealized city in a 25-blocks.

It can also be seen the disproportion between the scale of the urban fabric and the scale of the surrounding geography showing the meeting between the city and the geography. It was important for the author the rules of the settlement as well as its relationship with the mountains and rivers present.

"Note the precise formal expression of this plot, uniform, symmetrical, and also the multiple functions already outlined: church, square, house, street" (GONZÁLEZ VISO, n.d). It is fascinating as even today, those same blocks are still in place, with the same

shape and similar purposes, highlighting their permanence over time.

On the other hand, regarding on the subject of the political organization, in 1634, the Dutch occupied the Islands of Curaçao, Aruba and Bonaire, located in the Caribbean Sea. Due to the extreme proximity of these three islands to Coro (the first capital of Province of Venezuela), in the year 1637 it was decided to move the capital to Caracas.



Fig. 08 Urban development of Caracas in 1578. Prepared by the author.

\* Data recovered from: De Lisio, A. (2001). La evolución urbana de Caracas... Table 1. (p. 205).  
\*\* Data recovered from: <https://populationstat.com/venezuela/caracas>

(1) Legislation enacted by the Spanish monarchs to regulate the social, political, and economic life of the overseas American and Philippine territories of the Hispanic Monarchy.



## 2 AGRO-EXPORT

1600-1929

### From a Spanish colony to an independent country

The organized form of occupation of the Venezuelan territory was produced thanks to the modular activity of agro-export, based on the exploitation of slave labor on large plantations, that emerged in the late 16th century with the production of cocoa for commercial purposes that managed to consolidate in the 18th century.

At the beginning of the colonial period, Venezuela's economy was characterized by a series of limited regional economies, always linked to the Spanish Crown. At the time, there was no exchange system between the different regions due to the lack of transport networks and internal communications.

*"During the first three centuries, the Venezuelan colonial economy was organized on the basis of a group of small ports and trading posts along the Caribbean coast and Lake Maracaibo" (AMAYA, 1999). Since the predominant activity that satisfied the needs of European markets at the time was the extraction of raw materials, the development of port structures for the transfer was crucial. The main function of the ports was the shipment of profits from the colonial territories to Spain.*

In turn, *"The ports served as places of residence of the most prominent landowners (encomenderos), as exchange centers for artisan products, as transfer centers for the shipment of products to Spain, and as administrative and military centers. Few productive and cultural domestic activities were developed" (AMAYA, 1999)*

It should be noted that none of the ports in the area became the dominant in terms of exports or political or administrative functions, until in 1777 the General Captaincy of Venezuela was created in Caracas, where the political and administrative system was modified. *"The new organization allowed the new Venezuela to be formally structured" (AMAYA, 1999), the remaining provinces were under the subordination of Caracas.*

The central location of Caracas and its proximity to the port of La Guaira led to its political, social and economic expansion, becoming the most important city and port in the country at the end of the 18th century.

As time passed, the European demand for tropical products and raw materials grew. At the end of the 19th century,

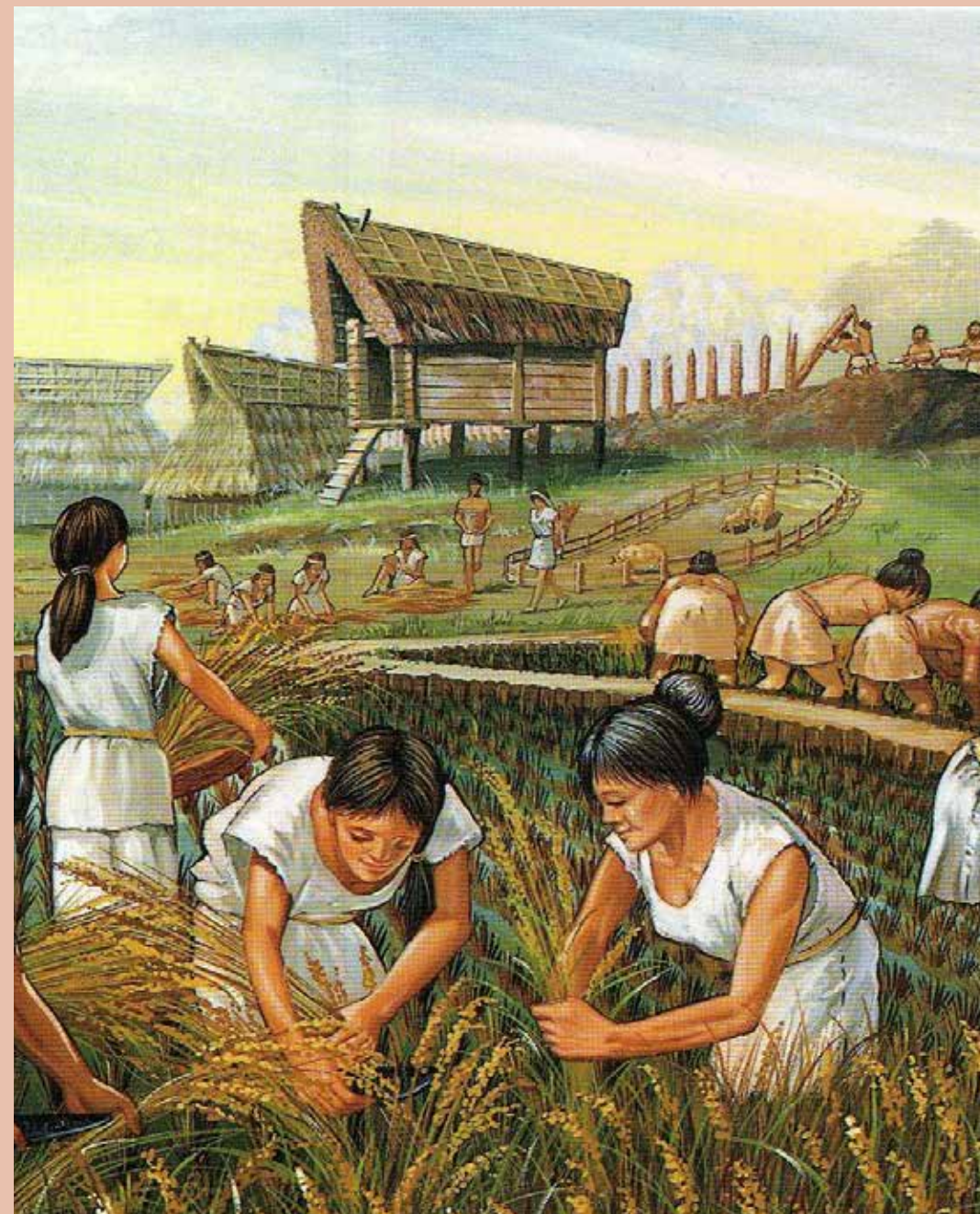


Fig. 09 Agrarian field. [digital image].  
Retrieved from: <http://rap527.blogspot.com>

coffee began to be in greater demand and became the main export product. This was a great time of growth and development thanks to the demand for the harvest.

*"The expansion of export agriculture reinforced the role of ports as the centers of greatest economic activity in Venezuela, but also stimulated the development of intermediate nodes, since the most productive areas were located far from the coast"*(AMAYA, 1999).

Later, with the declaration of independence in 1811, the previous political and administrative structure

was modified once again. Venezuela became an independent state. New provinces and new cities were created in the interior of the country. Since the transport and communication system was precarious, spatial integration was still very weak, making direct contact between them difficult. *"In the following years the development of transport lines, especially the railways, would depend on foreign investments, interested in the exploitation of raw materials (especially minerals) and in the trade of agricultural products, mainly coffee"*(AMAYA, 1999).



Fig. 10 Plaza Mayor (Bolívar) of Caracas with the market.  
Retrieved from: <https://www.pinterest.es>

The general situation at the beginning of the 20th century was characterized by semi-isolated regional economies of which the Caracas region continued to predominate due to the greater concentration of the population and a greater number of economic activities.

In the Plaza Mayor of Caracas was the market (Fig. 08) where the food exchange took place. Around it stood government buildings, such as the Town Hall Houses, the barracks, and the royal prison. There also stood the most symbolic temple of the time, the Cathedral.

On the other hand, the houses of the families at that time were built under the traditional scheme of the colonial house where all the edges of the plot are built, leaving a central void, where the patio takes place.

Several decades later, the activity of agro exportation became unsustainable due to the great fluctuation in prices in the international market, to which Venezuela did not integrate organically. At that time there were no major advances in production technology for these crops, which would allow them to be produced according to intensive techniques.

This technological backwardness led to low productivity, low living standards, extensive cultivation, poor development of the internal market, and very little production of surpluses. Therefore, the capital accumulation of the Venezuelan economy, during the predominance of this agro-export stage, was extremely low.



1775

2.460 HA\*  
18.669 P\*\*

PLAN OF THE CITY OF CARACAS WITH THE DIVISION OF ITS NEIGHBORHOODS

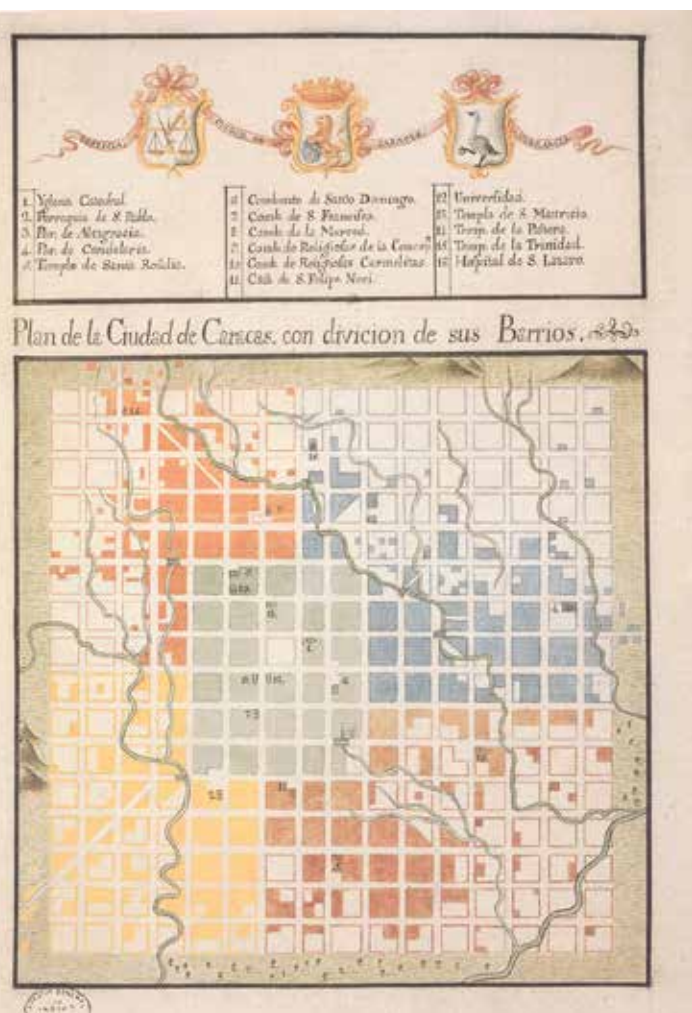


Fig. 11 DE AGUERO, Joseph Carlos. (1775).  
Plan de la ciudad de Caracas con division de sus Barrios

Half a century later, this plan was produced (Fig. 08), and illustrates the maximum development that reached by Caracas, now the capital, as a modest Spanish-American colonial city, inhabited by an agricultural society that had survived the plagues and devastation of a strong earthquake (1766). It includes the division by color of its neighborhoods; 5 districts which display, in comparison to the first map ever made, the total growth of the city presented in a perfect square of 16 x 16 blocks. The 256 blocks were developed according to the norm of the first plane: "In this way the whole town goes building".

*"The plot remains omnipotent and just as idealized. All the blocks on this plane are the same size and shape, when in reality they necessarily have size variations. Nature no longer has the same presence, we hardly see the ravines that seem to cross the checkerboard without affecting it, as if they did not occupy the same space, and some shy symbols of mountains to the north and west"* (VEGAS, 2017)

*"The perimeter of this checkerboard is already irregular, the growth begins to be defined by the topography and by the routes that enter and leave the city"* (GONZÁLEZ VISO, n.d).

The city neighborhoods were, and more or less continue to be by color: green in the center, for the Cathedral parish, orange for the Altagracia parish, blue for La Candelaria, San Pablo in yellow and Santa Rosalia in sepia. Each precinct has a center defined by a square and a church, always maintaining the same proportions, functions and growth laws as the rest of the plot. It can be seen at the top of the drawing, a legend that clearly defines with the signaling of numbers, the location of the different uses on the map. A greater variety of typologies appear such as temples, convents, a university and a

hospital, but always delimited and referring to the idea of a stable.

There is a homogeneity, a visible totality; but, at the same time, the citizen finds a neighborhood unit, of a smaller scale, to which to refer. The building does not exist as an autonomous entity, the omnipotent plot continues to be idealized: all the blocks are the same size and shape, when in reality they present variations, as it happens in all the Latin American territory.

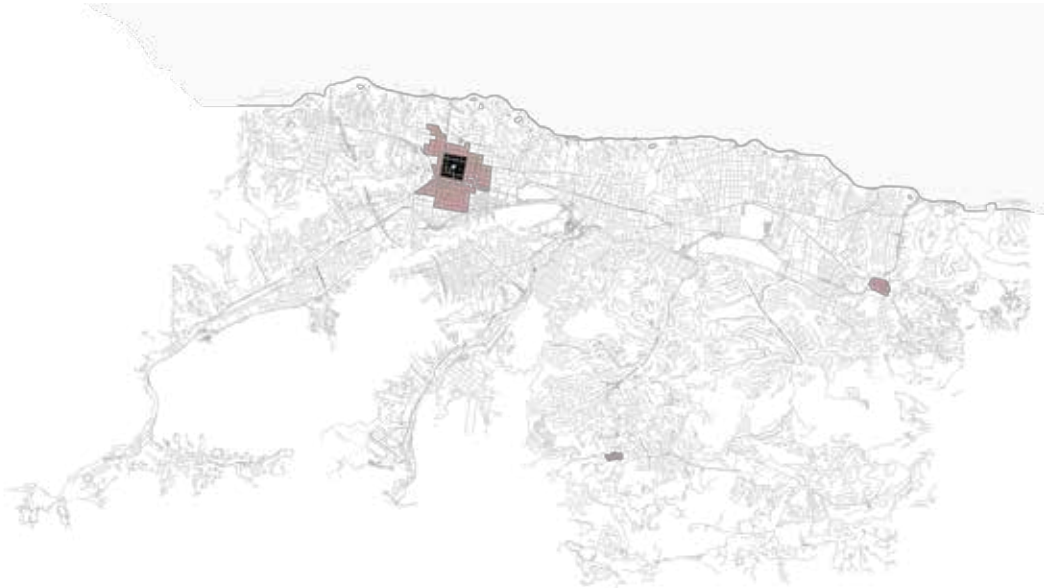


Fig. 12 Urban development of Caracas in 1775.  
Prepared by the author.

\* Data recovered from: De Liso, A. (2001). La evolución urbana de Caracas... Table 1. (p. 205).  
\*\* Data recovered from: <https://populationstat.com/venezuela/caracas>



1906

9.750 HA\*  
92.212 P\*\*

PLAN OF THE CITY OF CARACAS



Fig. 13 RAZETTI, Ricardo. (1906). Plano de Caracas.

An ideal plot of uniform blocks is no longer drawn, now a reliable topography is expressed, a real plot of blocks with true shapes and sizes, where the city will begin to look for its own style.

Ricardo Razetti, an engineer, drew on this plan of Caracas (Fig. 09) ; a city that extends its first arm to the south crossing the Guaire river and begins to extend beyond itself. In addition, he illustrates the first clues to the creation of urban models opposed to the colonial model. "By means of a bridge and a tram, an urbanization is created in the southwest of Caracas that announced a pretentious mirage: El Paraíso" (GONZÁLEZ VISO, n.d).

The house with a patio in the center was a microcosm of the city and its plaza, now the "Quinta"<sup>(2)</sup> represents a longing for the countryside and on the opposite, a denial of the urban. The lands of Caracas would be planted with this new species. "Over time, urban planning, contemporary architecture and urban legislation would increasingly celebrate this attitude of isolation" (GONZÁLEZ VISO, n.d).

As consequence, thanks to the conquer of different territory based on the possibilities offered by these new areas, city began to detach itself from its nucleus, "the most desirable thing will no longer be being close to Plaza Bolívar, now the goal will be to separate from the continuous urban fabric, isolate yourself from the neighbor and the street through gardens" (GONZÁLEZ VISO and VEGAS, 2017).

The new conditions and the stylistic variety of these houses in El Paraíso celebrate diversity and autonomy that later will be called "isolated single-family home".

This type of house would spread throughout the lands valleys of Caracas in the following years.

Another interesting change occurred in these decades, "the Plaza Bolívar will no longer be a public market, an open agora, it became a wooded park around the Bolívar statue, with the same function and shape as it is today" (GONZÁLEZ VISO, n.d).

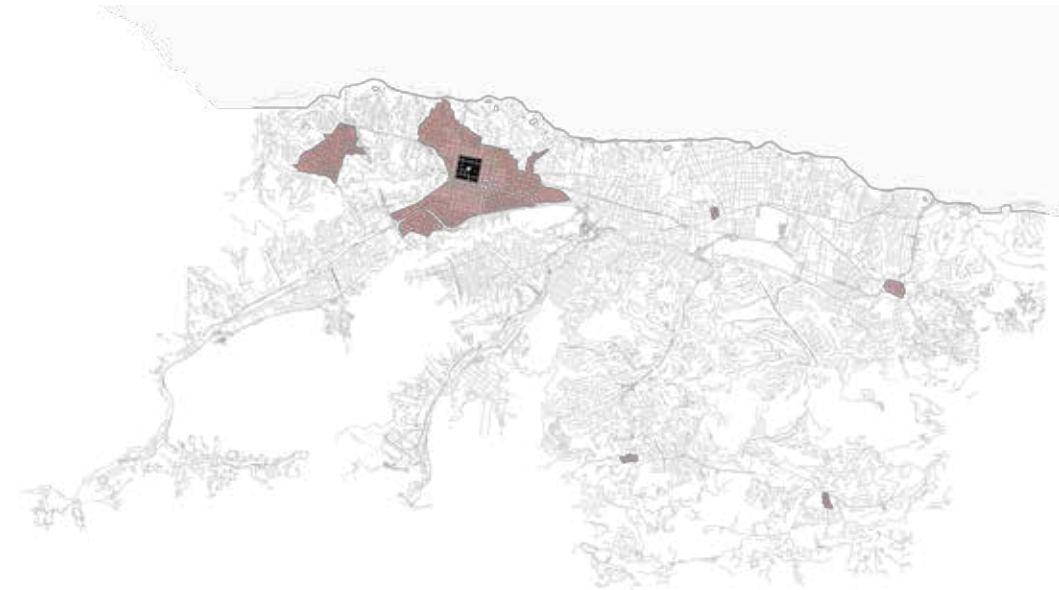


Fig. 14 Urban development of Caracas in 1906. Prepared by the author.

\* Data recovered from: De Liso, A. (2001). La evolución urbana de Caracas... Table 1. (p. 205).  
\*\* Data recovered from: <https://populationstat.com/venezuela/caracas>

<sup>(2)</sup> A usually large in size house with some level of luxury, patios and gardens. Commonly located outside the urban center of the city but which, in turn, is close to it.

# 3 PETROLEUM

## 1929-2020

### The ephemeral wealth of dependency

The history of oil in Venezuela began in 1914 when Zumaque, the first oil well in Zulia (a bordering state to the east with Colombia), was drilled. The oil production formally started in 1917 when the first shipment of Venezuelan oil was exported. Then, in 1922, the "OIL BOOM" began due to the blowout of the Barroso 2 well, also in Zulia, which caused foreign oil companies to want to acquire concessions in Venezuela. A year later, the Venezuelan Oil Company was created, and finally, in 1929, the income from oil exports exceed the income from agriculture, transforming the Venezuelan economy to oil rentier.

During the following years of economic boom and the beginning of democracy, surprisingly, the exodus of farmers to the city begins. This phenomenon of acceleration of the migration of the rural population to the oil fields and cities is called rural exodus.

Moreover, is added the arrival of a significant number of European immigrants -most of them: Spanish, Italian, and Portuguese- to Caracas, due to the misery and famine that it had left the postwar period on the old continent.

These migratory flows were conditioned by the new dynamic poles from the oil activity.

The urban population grows rapidly, speeding up the urban development process without any planning. The cities were not equipped with the necessary services, and marginality appeared since no occupation would provide the newcomers with sufficient income to be located in the few existing houses. They resorted to the manufacture ranches, where there were "acceptable" conditions such as water, electricity, transportation, health, employment, and education.

Agriculture was neglected and depressed by strong competition from Brazil and Colombia. One part of the population grew stronger in the cities and the oil fields, and the other part, the rural, fell behind.

*"Regarding the geographical distribution of economic activities, a spatial pattern strongly concentrated in the central-north-coastal region and the oil states was created, as opposed to a pattern dispersed in the rest of the country, composed mainly of areas with economic poorly developed: subsistence agriculture, extensive livestock, fishing, and grazing..."*



Fig. 15 Pumpjacks on the horizon. [digital image]. Retrieved from: <https://www.descifrado.com/2019/12/12>

*...Regarding the geographical distribution of the population, an unbalanced periphery or pattern was consolidated, based on the geographical distribution of economic activities, in which the highest population densities were found in the areas closest to the coast"*(GONZÁLEZ VISO, n.d).

An abundance of currencies of an extraordinary income joined with the arrival of foreign capital, and the reinvestment of oil income implied, the strengthening of some activities through indirect effects. These activities were carried out by both the State and the private sector. The participation of the

State was felt through an intense program of public works, mainly roads and urban works for the most important cities in the country.

*"The boom in imports also made the development of transport networks necessary for the redistribution of these imports to the interior of the country. In this way, a more complex transport network was configured, oriented both towards the exterior and the interior of the country, and which, in turn, favored the massive use of automotive transport, both for the flow of goods and for the flow of passengers"*(GONZÁLEZ VISO, n.d).

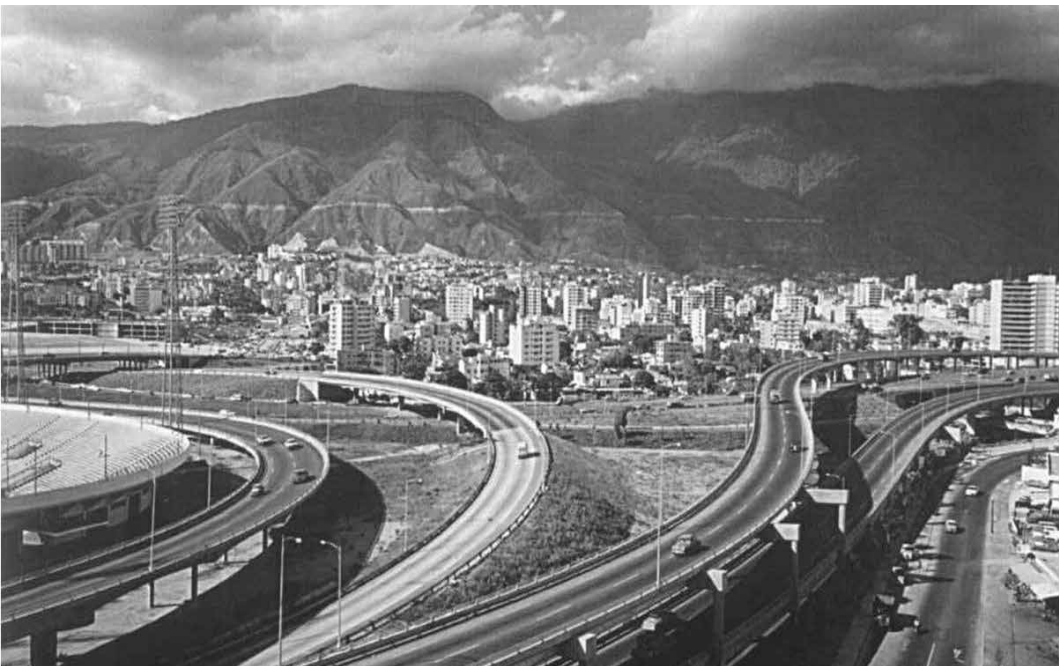


Fig. 16 East highway in the 50's. Caracas, Venezuela. [digital image]. Retrieved from: <https://www.pinterest.es>

Along came the improvement of the medical and healthcare system to which the State also dedicated great resources.

Over the years, the diversification of the Venezuelan productive apparatus did not occur, which is why the dependence of the economy on oil grew even more. It is evident that if the economy depended on fluctuating oil prices (*high prices = high income; low prices = economic crisis*), it is an activity that is not sustainable over time.

There were several attempts to diversify the economy, but none of them were successful. The development of the oil industry was sought to supply internal and external demand, diversifying the input, derivatives, and petrochemical industries. Another attempt was made in the development of heavy industry (iron, bauxite, aluminum, steel) to promote the mechanical industry.

All developments are linked to technological development and the ability to add value to the economic process or also generate transformation processes that diversify the industries, which, as said before, did not occur. In both cases, the interests of both external and internal

dominant sectors benefited from the political decisions, such as the exchange policy.

It is necessary to clarify that exchange policy is a mechanism that was used and is still being used to appropriate oil revenues and has always favored the importation of products. It has never guaranteed the protection of national production, which leads to a structural imbalance in the underdeveloped economy, since in the end, only raw materials were exported and, absolutely everything had to be imported.

In the last 10 years, *1.3 trillion dollars\** had entered the country, generating the possibility to have the capacity to import any type of necessary articles. With this great income capacity, it was even more comfortable to import than to produce domestically.

The waste of the enormous resources received, the destruction of the domestic productive capacity that has fueled inflation, and, consequently, has increased our dependence on oil income and foreign suppliers, put us in the actual situation of extreme crisis, which Venezuela is going through nowadays.

(\*) According to the pronouncement of the National Academy of Economic Sciences regarding the country's situation in 2015.



1929

13.723 HA\*  
135.253 P\*\*

THE CITY OF NEW PLOTS

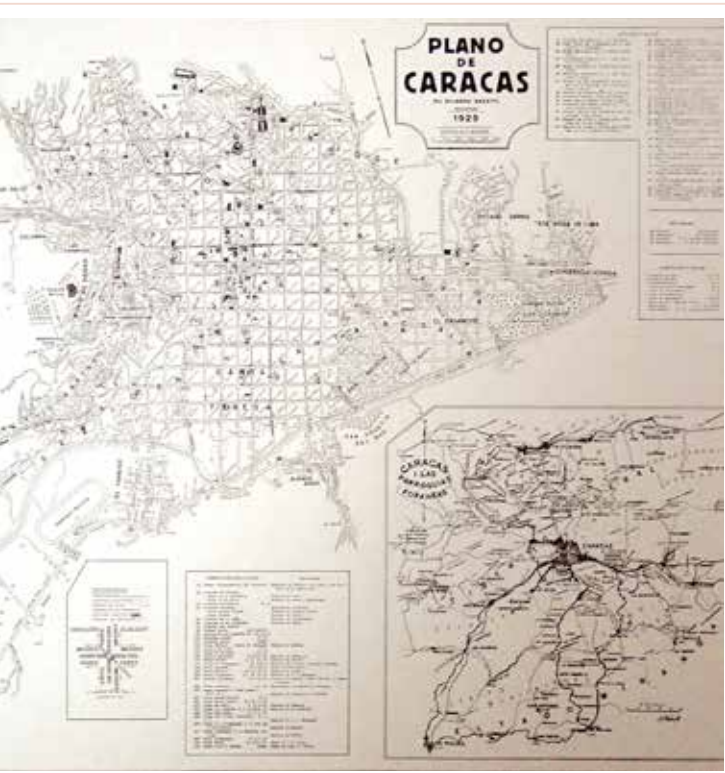


Fig. 17 RAZETTI, Ricardo. (1929). Plano de Caracas: ciudad de nuevas tramas.

The last graphic representation of Caracas by Ricardo Razetti (Fig. 12), who since 1879 was in charge of protaying the evolution of the city.

The urban legislation was still related to the city of the checkerboard due to the urban police ordinances of 1926 whcih promoted an orderly reading of the city's fabric by for example, forcing the construction of a continuous front that formed the buildings, guaranteeing the given importance it previously received to the street and the block as fundamental urban units.

*"Razetti shows a Cartesian nomenclature for the streets, starting from axes south and north, east and west that start at Plaza Bolívar that reinforces the plot. This system, far from the traditional nomenclature with the names of the corners, pointed to the possibility of extending the system to the entire valley; a fact that never happened"* (GONZÁLEZ VISO, n.d).

It is necessary to emphasize that one of the factors that contributes to the disorganization of Caracas is given by the lack of order when naming the streets. On this plane an attempt was made without achiving it.

Moreover, a series of urban variants appear, but these will end up occupying a greater extension than the recipe proposed by the original colonial plot.

Within the plan, the Nueva Caracas urbanization stands out, with an extension equivalent to 80 of the blocks of the traditional center, destined for the working class. *"Due to its scale and novelty, it is, proportionally, the most important intervention in the history of Caracas. It comes to constitute a model of satellite city"* (GONZÁLEZ VISO and VEGAS, 2017).

*"Zoning and disintegration criteria were beginning to manifest...Now the growth will not occur by blocks around squares, but urbanizations around parks"* (GONZÁLEZ VISO and VEGAS, 2017).

Razetti presents the system of Caracas and its neighboring towns, those that throughout the 20th century will be encompassed by the metropolis, many of them also based on checkers: Chacao, Petare, Antímano, El Valle, La Vega , Baruta, El Hatillo, Los Teques to the south. To the north and on the coast are Maiquetía, La Guaira, Macuto and Caraballeda.

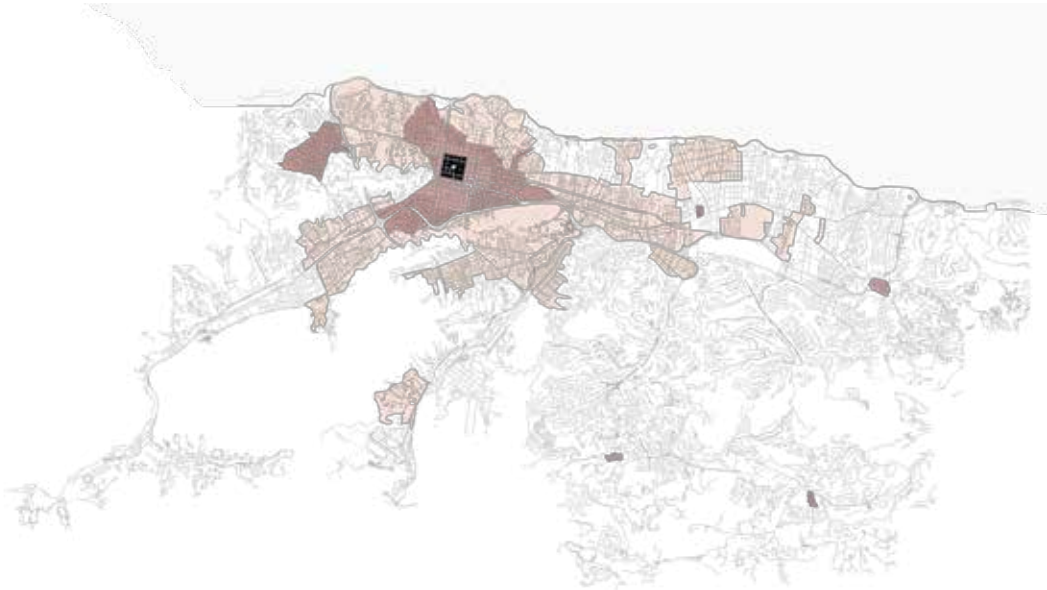


Fig. 18 Urban development of Caracas in 1929. Prepared by the author.

\* Data recovered from: De Lisio, A. (2001). La evolución urbana de Caracas... Table 1. (p. 205).  
\*\* Data recovered from: <https://populationstat.com/venezuela/caracas>

# 1939

## MONUMENTAL PLAN OF CARACAS



Fig. 19 Occupied land of the Plan Rotival. (1939). Caracas, Venezuela.  
Retrieved from: <https://oscartenreiro.com>

In January 1936, Luis Lander, Minister of Public Works (MOP), promoted the hiring of Maurice Rotival -an architect and urban planner graduated at École Centrale des Arts et Manufactures in Paris- to join as advisor to the National Commission for Urban Planning (CNU). The idea was for Rotival to draw a planned guide for the future development of the city, that at the end was done along with Jacques Lambert, another french achitect.

Due to the limited fiscal and economic budget of the time, the plan presented in 1939, seemed almost a utopian project, although no resources were needed to carry it out, there was a desire to create an ideal plan for the future of the city. A formalistic system of networks of streets and avenues, dominated and defined by a large central avenue that would be the axis of future urban life and the heart of the city.

The plan aspired to rescue the sense of totality of the city, which had been blurred by its abrupt demographic growth through an improvement in the connection between its parts. The road network structured the entire proposal and superimposed elements such as

the French boulevard, diagonal streets and large corridors such as Bolívar Avenue, transforming the foundational checkerboard with a grid, where centrality was emphasized and new rules were imposed on the growth of the capital.

In fact, *"with his proposal he reaffirms the importance that roads acquire between a modernized central area and the new urban peripheries that are added and that are suggested as opposed to the density and intensity of metropolitan use in the center"* (GONZÁLEZ VISO, VEGAS in collaboration with DEMBO and VERA, 2017).

*"The plan does not contemplate the continuation of the city through the extension*

*of the grid, but the creation of a new urban center inscribed in the foundational layout and whose extension will be carried out through road infrastructure operations that make it possible to connect said urban center with the new developments on the outskirts"* (GONZÁLEZ VISO, VEGAS in collaboration with DEMBO and VERA, 2017).

In the end, the plan was partially approved in 1941. It began its execution in 1945 with the construction of the main street, which was completed in 1949.

However, since the plan was a monumental political stance, it was not carried out due to the change of government and political visions.

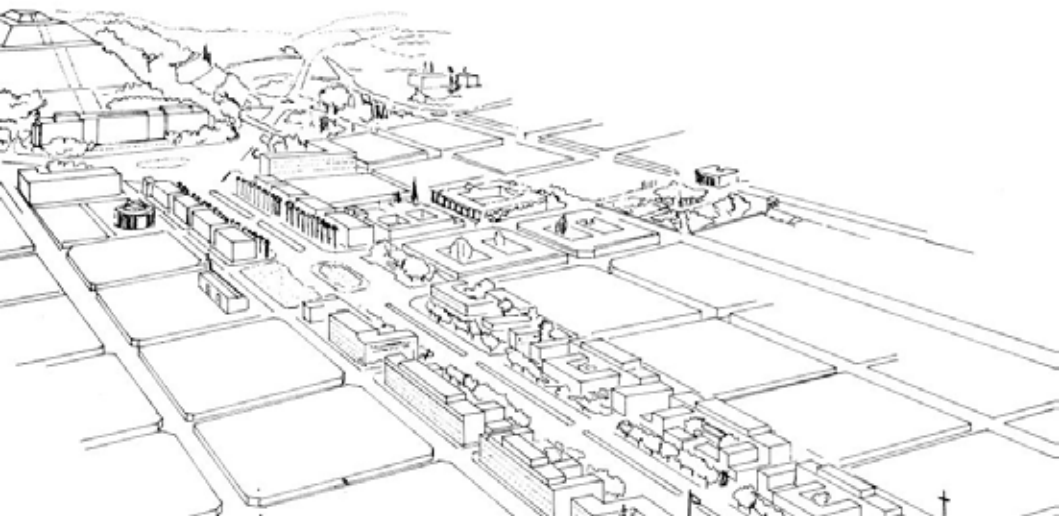


Fig. 20 Plan Rotival from the East, in the background the Congress. (1939). Caracas, Venezuela.  
Retrieved from: <https://oscartenreiro.com>



1941

46.620 HA\*  
561.415 P\*\*

CARACAS AND ITS SURROUNDINGS



Fig. 21 Plano de Caracas y sus alrededores. (1941). Venezuela.

As the name of this plan says, it shows a collection of new urbanizations expressed exclusively based on their roads: Los Chorros, La Castellana, Altamira, Los Palos Grandes, Plaza Morelos, Los Chaguaramos, San Agustín, Ciudad Universitaria, Los Caobos, El Paraíso, Las Mercedes, Nueva Caracas, San Bernardino.

*"This proliferation of forms has several implications. First, a definitive celebration of the unique, autonomous urban form; and secondly, the confirmation that the roads will determine the urban forms. We can also say that the history of the original plot of the city has been definitively abandoned, to make way for urban planning that will have more to do with our geography than with our history"*(GONZÁLEZ VISO, VEGAS in collaboration with DEMBO and VERA, 2017).

As said before, the model of " isolated single-family home", now, connected to the city by automobile becomes the primary goal of the Caracas citizen with the most resources.

*"These new proposals for new urbanizations are drawn with some axes of symmetry and some principles of composition. In the coming decades, this desire to propose urban*

*planning with formal values will be lost and only the desire to urbanize with commercial efficiency will prevail"*(GONZÁLEZ VISO, VEGAS in collaboration with DEMBO and VERA, 2017).

On the other side, projects with a renovating vision are proposed, such as the redevelopment of El Silencio, completed in 1945. This project is the counterpart of the urbanizations of the Quintas of the east of the city.

The proposal was a set of multi-family homes and shops organized in blocks of continuous façade, a type of intervention that would change the sense of the city.

*"These buildings adapt to the urban fabric of the traditional city, have large arcades on their perimeter and leave a large common courtyard in the center"*(GONZÁLEZ VISO, VEGAS in collaboration with DEMBO and VERA, 2017).

Carlos Raúl Villanueva, the architect, *"manages to adapt the fabric of the plot of our most important urban heritage to the proposals of the modern city. This direction is abandoned just when one of the most notable examples in the history of Caracas urban planning is achieved"*(GONZÁLEZ VISO, VEGAS in collaboration with DEMBO and VERA, 2017).  
Sed molum acea coria nienti nobissi rem et voluptat occulpa dis si dolo te volo dionse

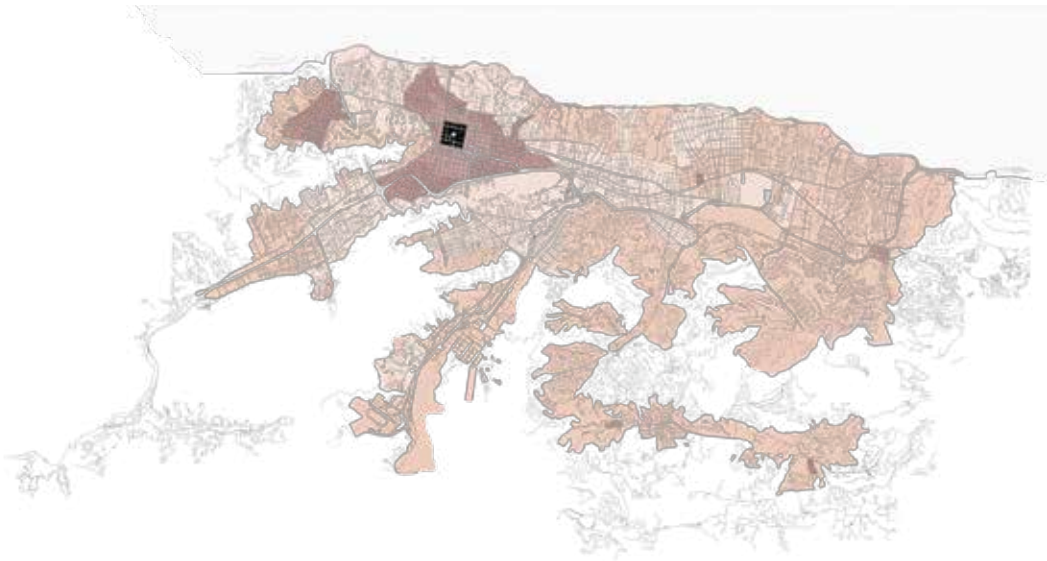


Fig. 22 Urban development of Caracas in 1941. Prepared by the author.

\* Data recovered from: De Lisio, A. (2001). La evolución urbana de Caracas... Table 1. (p. 205).  
\*\* Data recovered from: <https://populationstat.com/venezuela/caracas>

# 1951

## CARACAS REGULATORY PLAN



The "Caracas Regulatory Plan" was produced, prepared by Francis Violich, Maurice Rotival and José Luis Sert, as part of the management of the National Urban Planning Commission.

*"The word "regulator" is important, since it is not about reflecting, designing or imagining, what is intended is to set the rules that determine a destination. It was the first time that the urban problem was faced with this vision, more aware of quantities and zoning than of formal and aesthetic criteria" (GONZÁLEZ VISO, VEGAS in collaboration with DEMBO and VERA, 2017).*

As the boundaries between municipalities, parishes and urbanizations are also included in the plan, the structure of the city no longer obeys a single criterion. There are several structures that overlap without coinciding; one thing is the parish, another the municipality and another the urbanization. *"This separation will weaken the citizen's notion about the parts and the whole, and will confuse his notion of participation and belonging" (GONZÁLEZ VISO, VEGAS in collaboration with DEMBO and VERA, 2017).*

Fig. 23 Urbanization "2 de diciembre" in Caracas. (1957). Venezuela. Retrieved from: <https://www.plataformaarquitectura.cl>

This representation is mainly oriented to the east with an urban structure of linear growth and suburban development of the city. *"With this new proposal, Rotival accepts the configuration of an urban structure organized from a main center and new nuclei that are located in the valley and are linked to it by a system of future highways" (GONZÁLEZ VISO, VEGAS in collaboration with DEMBO and VERA, 2017).*

The evolution of land use was studied to try to propose a future for the city. This apparent scientific attitude concealed very firm notions about what a city should be, but only with principles of modern urbanism that had little to do with the Caracas urban tradition.

The proposals and laws that emerged from this study constitute a definitive episode in its evolution. The city of the plot, the block, the courtyard and the integrated activities will be replaced, by means of urban legislation based on zoned and isolated buildings by lateral retreats.

*"These new urban laws practically make our urban heritage impossible, and even persecute. Today, half a century later, they continue to govern the destiny of our city" (GONZÁLEZ VISO, VEGAS in collaboration with DEMBO and VERA, 2017).*

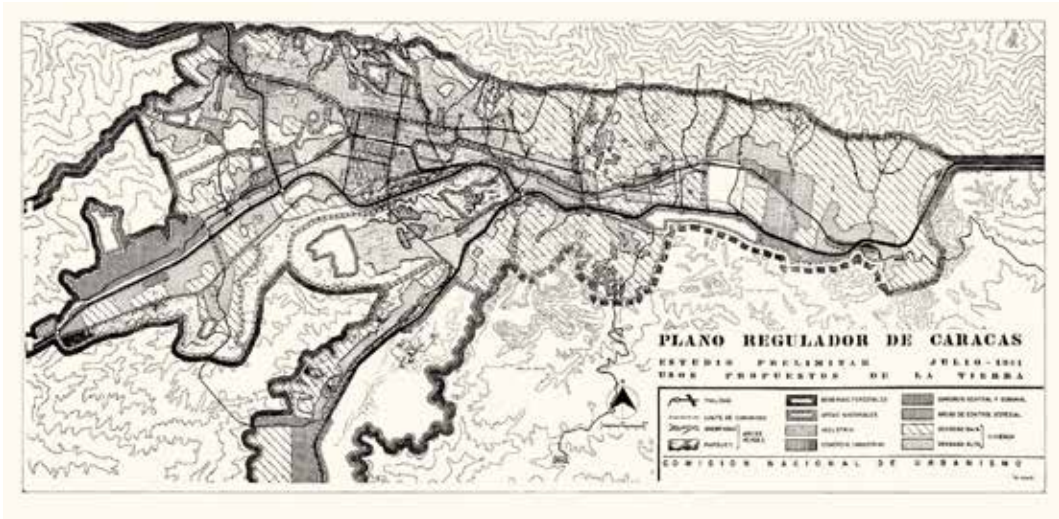


Fig. 24 Proposed land uses. Plano Regulador de Caracas. (1951). Venezuela. Retrieved from: <http://guiaccs.com>



1970

393.825 HA\*  
2.060.000 P\*\*

PLAN OF THE CITY OF CARACAS



Fig. 25 Plano de la ciudad de Caracas. (1970). Venezuela.

The modernization process of the city occurred between the half of the 50's and the 60's, under the leadership of President Marcos Pérez Jiménez. It manifested the expansion of the urban structure and the change of scale, guided by major road works, which favored mobility, supported by advances in engineering.

*"This phenomenon explains how the intention to incorporate the suburban city was distorted by modifying the plots that would allow the new prototypes of the modern city and the new urban sub-centers to be connected, which produced a polycentric structure" (GONZÁLEZ VISO, VEGAS in collaboration with DEMBO and VERA, 2017).*

The modern spirit was the search for a new scale, isolated urban prototypes (cities within the city) that will be mastering the geography. These new modern city schemes are established with their own order, not conceived to integrate with the rest of the city and form an integral part of its texture, rather they form autonomous infrastructures interconnected by highways.

\* Data recovered from: De Lisio, A. (2001). La evolución urbana de Caracas... Table 1. (p. 205).

\*\* Data recovered from: <https://populationstat.com/venezuela/caracas>

The exploration of the ideal city with external functionalism and anonymous styling is how new urban models will conquer the periphery.

Later on, from the last quarter of the 20th century, it is impossible to identify a vision or a speech on the planes of Caracas. The strength of urban proposals diminished, and the city dedicated itself to growth without a true spirit of renewal.

However, some elements of the development of the city by the time, can be identified: "the metro system, the

*highway network, the commercial "mall", the tendency to growth polyperimetral of the city, the new communication networks, or marginality, will break into the city with their own forms, aesthetics and laws, modifying the plots and limiting them, without order and ignoring the legislation, reaching in the case of spontaneous developments, not be reflected in the plans configuring a true multiform network, with rapid growth in the following decades" (GONZÁLEZ VISO, VEGAS in collaboration with DEMBO and VERA, 2017).*

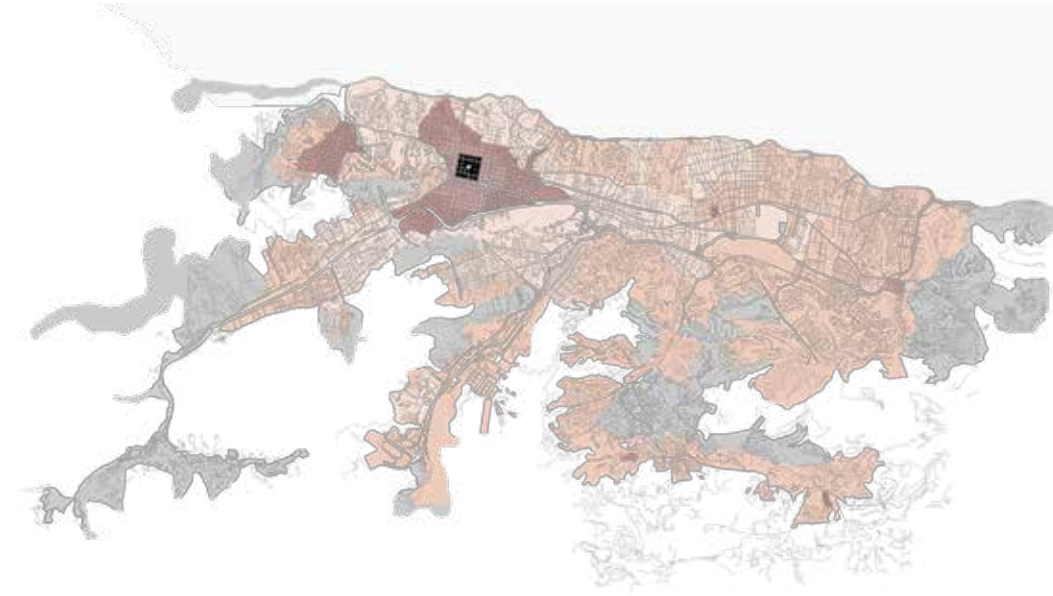


Fig. 26 Urban development of Caracas in 1970. Prepared by the author.



# 1984

## JOSÉ MARÍA VARGAS PASSAGE

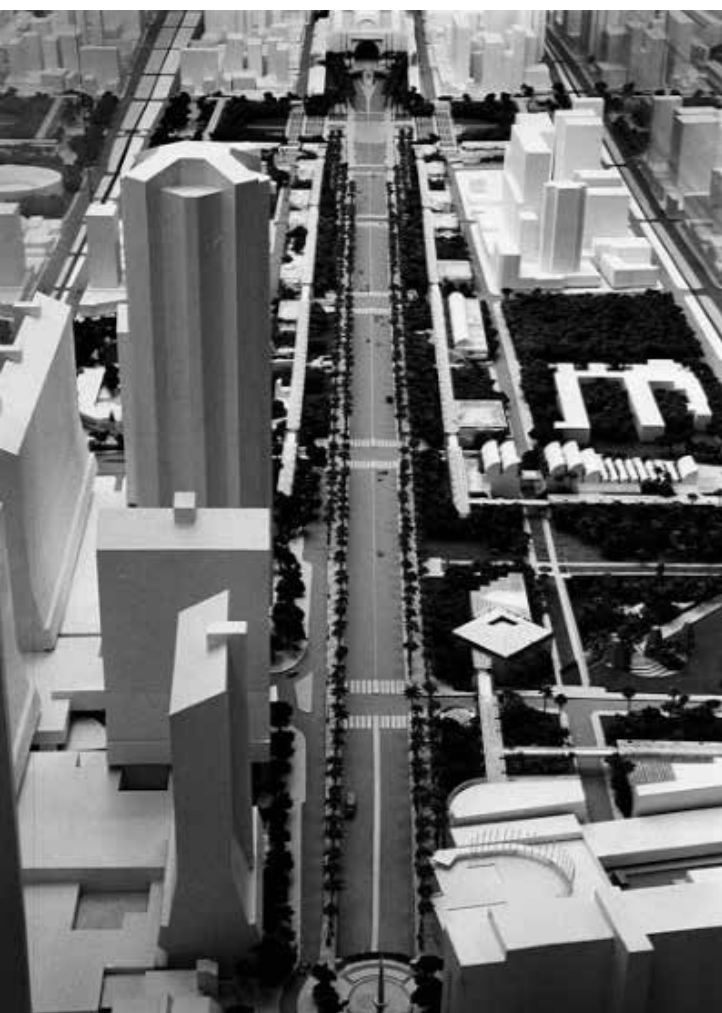


Fig. 27 Model of Parque José María Vargas. (1985). Caracas, Venezuela.  
Retrieved from: <http://hanniagomez.blogspot.com>

It is not until years later that some actions in this matter have decided to put an end to this period of improvisation and start thinking about a whole city. One of the projects with great importance, commissioned to the architect, Carlos Gómez de Llarena, was the visual finishing of the Bolívar avenue; the proposal for the Caracas Palace of Justice, would take place there.

This connection as a planner gave him the opportunity to propose schemes designed to give shape to the idea of the avenue as a civic axis. By becoming the project director of the so called José María Vargas Park, with the regenerating role of the city through its civic cultural axis in Avenida Bolívar.

The Vargas Park project, unfortunately, did not have much luck because its construction was partial. It consisted of topographically lowering the level of the Avenue by a few points, providing wide sidewalks dotted with details of "Chaguaramos" (a type of tropical palm) trying to establish connections with the images of the 1939 Rotival plan.

In addition to the north side, the National Art Gallery was inserted, and further west the Cristóbal Rojas School of Plastic Arts.

However, during his participation, Gómez de Llarena, also tried to cover the northern sector of the center of Caracas, which corresponds to the nine blocks of the of the foundational grid, the Plaza Bolívar and the eight surrounding blocks. To this end, he comes up with the urban proposal of a "t", which consisted in transforming the four streets that delimit Bolívar square into pedestrians only, giving these nine blocks the character of the urban civic space,

with the aim of preserving character, soul and creator personality of the city and prevent the typical modern urban and architectural developments responsible for the destruction of the civil landscape of the old historic center.

Once again the project does not completely materialize and remained on paper.



Fig. 28 Parque José María Vargas. (1990). Caracas, Venezuela.  
Retrieved from: <http://hanniagomez.blogspot.com>

# 2008

## 2020 METROPOLITAN CARACAS PLAN



Fig. 29 Parque Verde Metropolitano La Carlota. (2012).Caracas, Venezuela  
OPUS proposal - Oficina de Proyectos Urbanos, Colombia  
Retrieved from: <https://www.plataformaarquitectura.cl>

The 2020 Caracas Metropolitan Strategic Plan (PECM2020) is the result of urban and environmental planning and arrangement, civil architecture and social housing that corresponds to the Mayor of the Caracas Metropolitan Area (AMC) as a construction of a “city pact” that invites all the municipalities that are part of the AMC (Baruta, Chacao, El Hatillo, Libertador and Sucre).

With the creation in 2006 of the Caracas Metropolitan Institute of Urban Planning Workshop (IMUTC), the options for formulating and executing the Strategic Metropolitan Urban Development Plan (PEDUM) materialize, and, in some way, came to fill an immense void of more twenty-five years in which the city of Caracas did not have a serious and sustainable urban plan.

The construction of the PECM2020 had four methodological phases:

1. Diagnosis of the situation in Caracas.
2. The shared vision of the city as a result of technical consultations with community leaders.
3. The development of a series of strategic lines as ordering axes of the specific objectives and actions of the plan.

4. The consolidation phase of a catalog of strategic projects and major topics for discussion.

Its strategic lines, for the transformation of the city were the following: accessibility and movement, security and integration for public space and living, environmental sustainability in resources and waste, production and entrepreneurship, governance; a stable institutional framework and finally, citizen, regarding education and culture in all aspects.

The most important premise was defined

as "the right to the city", giving priority to public space, investment in public goods and the promotion of citizen culture. The recovery of the cities necessarily goes through the rescue and later maintenance of the public space.

Unfortunately, due to political games carried out by the state to remove power from the opposition mayor at the time, they arbitrarily created a position of greater political weight (undemocratic) to divert the corresponding funds from the elected mayor's office and, therefore, this plan could not be carried out.

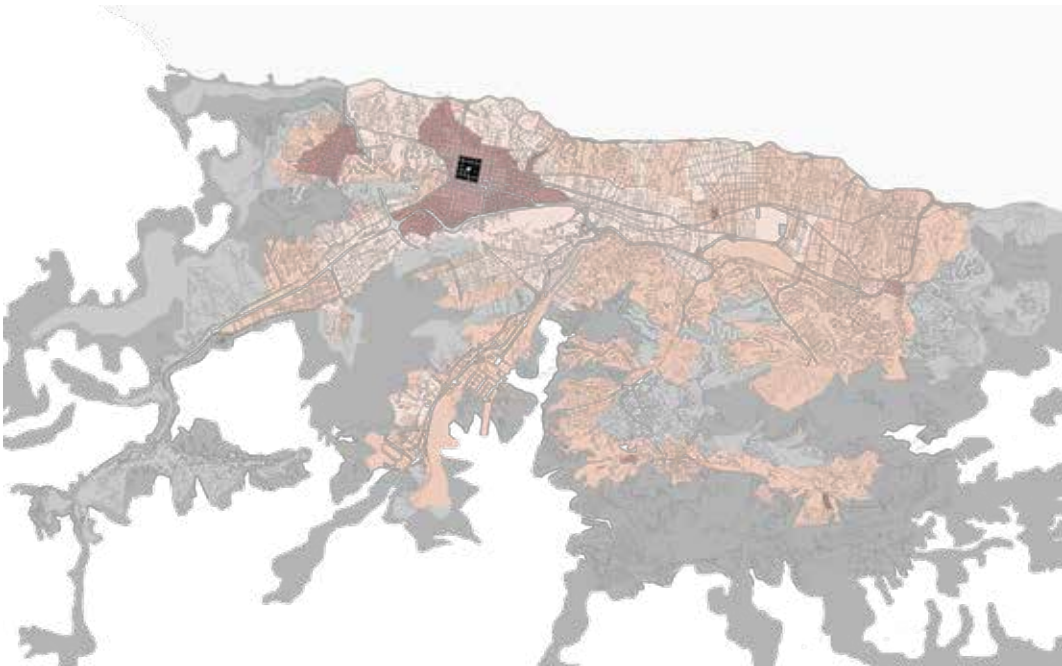


Fig. 30 Urban development of Caracas in 2008.  
Prepared by the author.



CARACAS TODAY



Fig. 31 La toma de Caracas, (1 de septiembre 2016).  
Avenida Libertador, Caracas Venezuela.  
Retrieved from: <https://www.infobae.com>

The panorama of the current situation in Caracas is quite critical because Venezuela, in its entirety, is going through one of the worst crises in its entire history, due to the collapse of all the political, economical and social aspects of the country:

*Politically;* the crisis of traditional Venezuelan democracy present in the hijacking of democratic institutions by political power, resulting in the imbalance of powers and the absolute absence of the counterweight that democracy must guarantee. The Supreme Court of Justice (TSJ), the National Electoral Council (CNE), and the Attorney General of the Republic, like many other institutions, respond accordingly to the government and its ideology.

All these factors have generated in the population a great discontent for which, the Venezuelan people have repeatedly expressed their social disagreement peacefully, carrying out mass marches against the government (Fig. 26). To guarantee its sustainability in power, it has responded with violent attacks to the protesters using the state security members, violating their human rights on more than one occasion, thereby violating

the country's current constitution and leaving indelible traces for history. In other words, the state has militarized and judicialized all kinds of protests against it.

*Economically;* the political guideline strengthened and deepened over the years the mono producer economic model, turning the country into an oil rentier (quite the contrary to the postulate of Uslar Pietri who acclaimed "oil sowing" to achieve independence and the sovereignty). The Venezuelan economy has always been highly dependent on this item and everything related to external technology used in the oil industry. As international oil prices fell, as has been happening for approximately the last 5 years, the economy of the country fell dramatically.

On the other hand, the politicization of the industry and its lack of maintenance resulted in the absolute detriment of its fundamental function, due to which, the oil production dropped extremely from 3,850,000 barrels, that were produced by the year 1998, to 300,000 barrels that are produced today, this has had a significant impact on the Venezuelan economy.

It is also important to mention the high levels of corruption that have been growing in the last 20 years, which added to the economic mismanagement of the government, has led its inhabitants to live in a state of hyperinflation since the fourth quarter of 2017.



Fig. 32 PDVSA political act led by Nicolas Maduro in 2018.  
Retrieved from: <http://www.horafinanciera.com>



Fig. 33 PDVSA tank with the writing "Homeland, Socialism or Death".  
Retrieved from: <http://www.fondazionecdf.it>



And finally, in the social aspect, taking into account the last ENCOVI survey (Survey of living conditions) carried out in 2019-2020, where to compare Venezuela with the international context, they used an exchange rate that allows comparison between countries, in order to establish the extreme poverty line, where those who live with an average per capita income of less than \$ 1.9 per day are located. The results showed that 96.2% of Venezuelans are poor, of which 79.3% are submerged in extreme poverty. As the director of the UCAB Poverty Project affirms, sociologist Luis Pedro Spain:

*"Venezuela is the poorest country and the second most unequal in Latin America."*

Another result of corruption and the clear diversion of resources is reflected in the significant deterioration in the quality of the educational system, which leads to the decline in values of the entire society. On the other hand, the degradation of the health system is profoundly noticeable, since without further ado, Venezuelan hospitals suffer from a dramatic shortage of basic supplies. Every industry or public service platform is in the worst possible state, affecting everyone's daily life.



Fig. 34 Portrait of a Venezuelan family in extreme poverty. Retrieved from: <https://www.eluniversal.com>

It is evident that as a consequence, Venezuelans are the ones who suffer day by day the product of such erroneous and corrupt government decisions. The entire Venezuelan society was stripped of the income that allowed them to support their satisfaction of needs. A humanitarian crisis was triggered due to the high cost of living, where, for example, basic elements such as food and medicine are not found or are excessively expensive. Furthermore, the state does not guarantee even basic services, such as water, electricity, and gas.

This crisis has led a large number of Venezuelans to have no choice but to leave their country, either by land, walking to the neighboring countries of Latin America, by land transport, to those countries at a certain distance or by air to escape to other continents.

It is estimated that the Venezuelan exodus could exceed 6 million in 2020, according to studies carried out by the "United Nations High Commissioner for Refugees" (UNHCR). The migration crisis in Venezuela is a situation that is affecting not only the Latin American region but also other countries in the world that are hosting Venezuelan refugees.



Fig. 35 Venezuelan exodus across the border with Colombia. Retrieved from: <https://edition.cnn.com>



Fig. 36 Collapse of the roofed corridor. (June, 2020).  
Universidad Central de Venezuela (UCV).  
World, Cultural and Natural Heritage of Humanity by UNESCO in 2000.

Thanks to this wave of emigration, a flow of internal mobilization has been unleashed. Many people from the interior of the country, who do not have sufficient resources to leave Venezuela, find the solution moving to the capital, always looking for better living conditions and greater opportunities. Therefore, Caracas continues to be the most important city in Venezuela.

Despite this flow, the capital in general, seems to be in going through a period of stagnation due to the crisis.

As for urban planning, there is no urban plan in the city that is being carried out or being proposed, as said before the only one that was proposed was in 2008 (Caracas 2020) and was not even started. Its completion should have been scheduled for this year.

The deterioration of the city is highly noticeable and it is unheard of that there is no plan for the requalification of at least some sectors of the city where it is really necessary.

At the same time, the situation in popular areas is much more critical, the precarious living conditions, in which these people live, are truly inhumane.

The characteristics can be generally summarized in a significant aggravation in the shortage of basic services as water, electricity, and gas. The deterioration of the public transport system related to the shortage of gasoline and the lack of maintenance, and finally, the considerable increase in extreme poverty, as previously said, in addition to the significant increment of the insecurity.

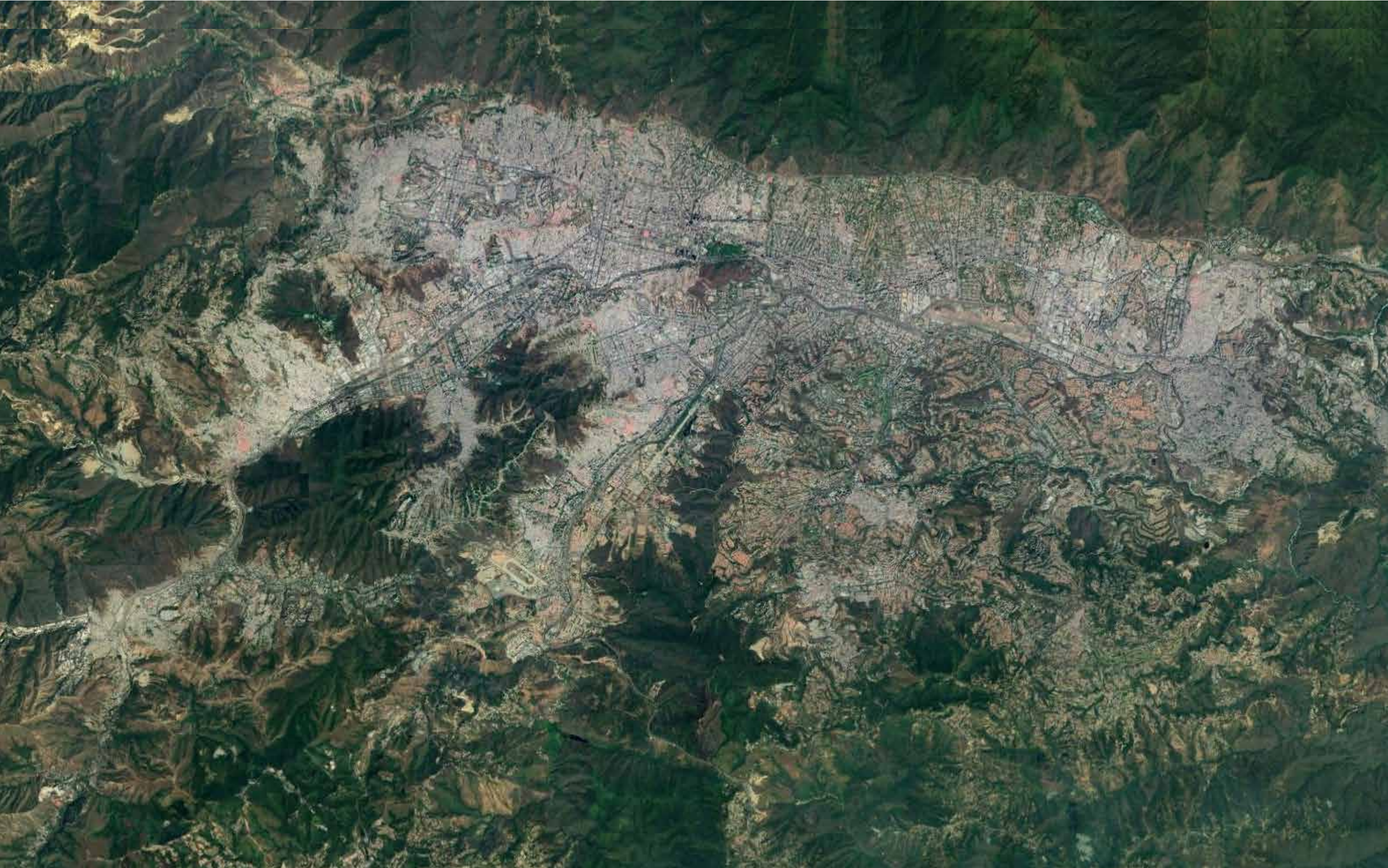
The city is adrift from what may be happening in it, where sadly, carelessness and indolence reign.

Logically, the Venezuelan population is going through a period so calamitous that the city's carrying inevitably disappeared.



Fig. 37 Venezuelans line up with cans and tanks to collect water Monday in Petare, the largest slum in Caracas.  
PARRA, Federico (Photographer). [digital image]. Retrieved from: <https://www.infobae.com>

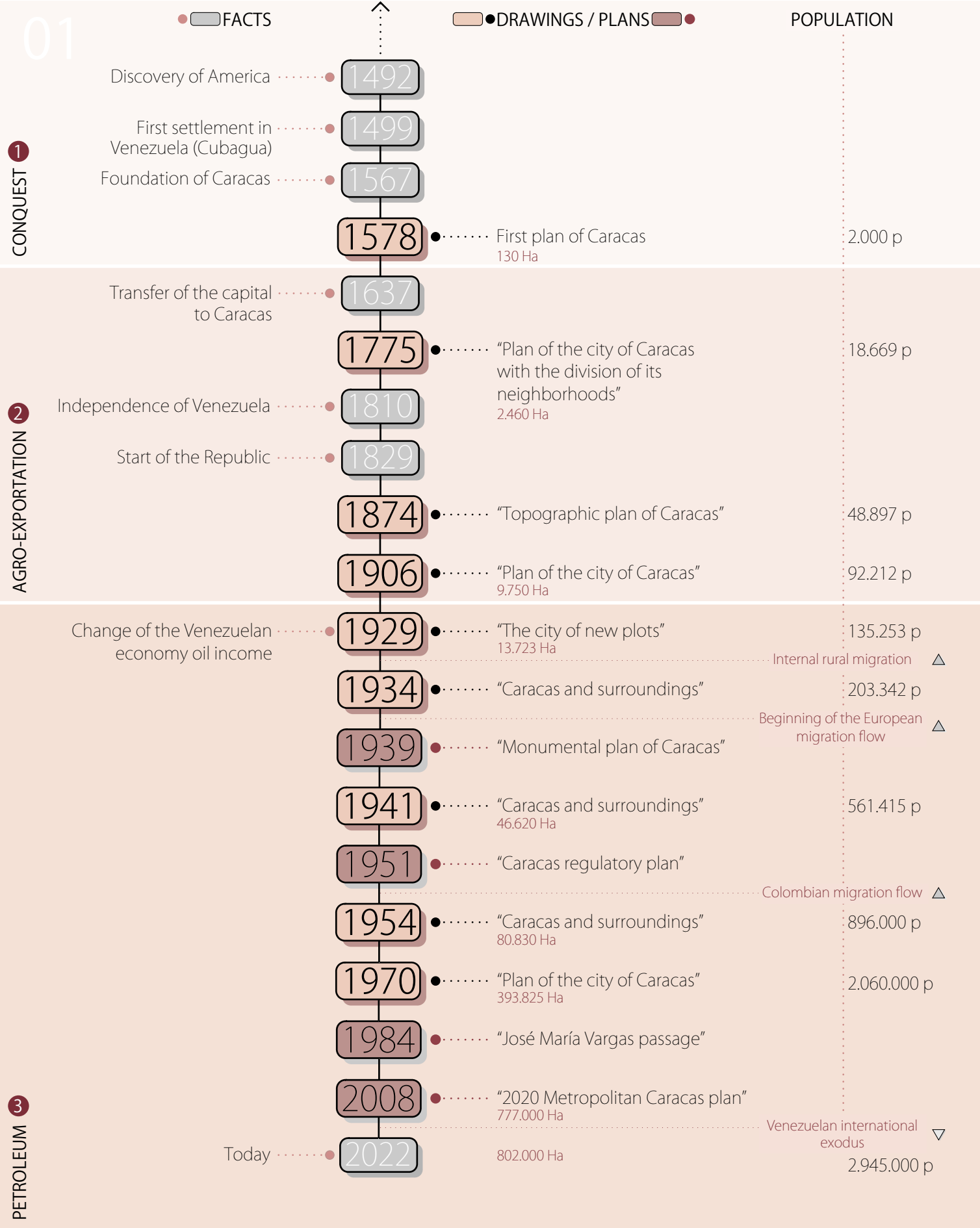




# SUMMARY

Fig. 38 Aerial photo of Caracas. (2016).  
Retrieved from: Google Earth.





# 01

## CARACAS

### Foundation and development

With the discovery of America by Spanish explorers at the end of the 15th century, the history of European settlement begins in the large expanse of territory, mostly virgin, which represented the "new world" despite being inhabited by indigenous people, being these its original inhabitants.

The foundation of cities in Latin America, including Caracas, was characterized by the choice of the most favorable site and the subsequent implantation of reticles in all directions. This regulatory operation was the one that gave a precise order for the successive construction of buildings.

The history in general of the urban development of Venezuela started with its first settlements, as we already know, linked to the extraction of raw

materials to carry all the collections to the Spanish Crown, with ports having great importance.

As time went by, the Spaniards were entering the territory, thus founding the city of Caracas in 1567, after several failed attempts, due to the fierce fight that the indigenous people who occupied the territory gave. The beginning was set with a fairly organized foundational grid where "La Plaza Mayor", the main square in the center with the Cathedral of Caracas, the government buildings and the colonial houses around it stood out.

The city grew gradually with the expansion and creation of new sectors in the agro-export period and, due to its geographical location and political reason, Caracas became the capital of the country in 1637. As the centuries passed, in 1810, after an intense struggle, Venezuela managed to finally become independent from the Spanish yoke and began to be a Republic 19 years later, from the year 1829.

Since then, the growth of Caracas was moderate, proportional to the economic development undertaken at that time, until the discovery of oil in our territory.

Fig. 39 General timeline (facts, drawings, plans and population)  
Prepared by the author.

Thanks to the dependence of the human being on this hydrocarbon, our country, and even more the capital, began to develop remarkably.

Venezuelans that previously lived from planting and harvesting began to seek a better life both in the capital and in the cities where oil was found. In consequence, people from the countryside began to move to the city, generating a resounding internal migration.

In turn, at the end of the 1930s, there was a notable entry of Europeans to our country, who escaped their continent, looking to survive from the horrors created by other human beings with the start of the Second World War.

An internal war between the Colombian government and the paramilitaries lead numerous Colombians in the 1950s to seek better living conditions in Venezuela, triggering, in consequence, a significant migration between border countries.

The number of humans who transferred specifically to Caracas in search of growth opportunities, together with the development of the health system that

significantly increased the life expectancy of the inhabitants, resulted in the drastic elevation of the population in the city.

The expansion of the populated centers did not go hand in hand with the vertiginous growth of the country's population.

It is necessary to emphasize that many of these people did not have the economic capacity to afford to live in the capital. In some way or another, they managed to gradually self-built their homes in territories that were empty and closer as possible to the centers of activities. The reason why these territories were not previously developed is that the land had and still has the highest risk and, therefore, were not endowed with the necessary services or equipment for people to live. The outcome of all this process was the creation of the famous Barrios, the marginal areas in Caracas. (Fig. 40)

On the other hand, regarding the planning of the urban growth of the city, the few projects that were proposed for the development of Caracas were never fully carried out for political reasons, revealing that the city all along grew by itself without

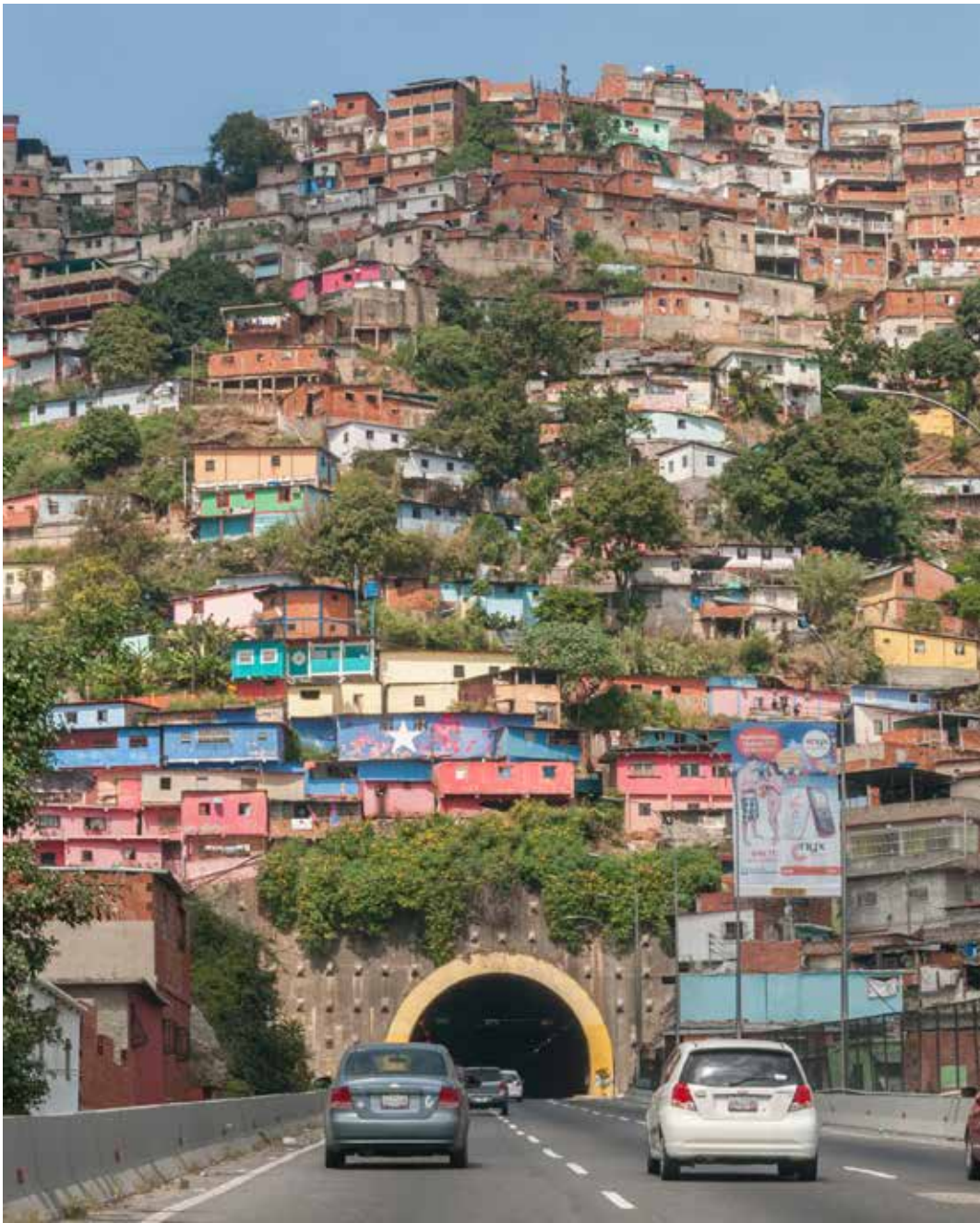
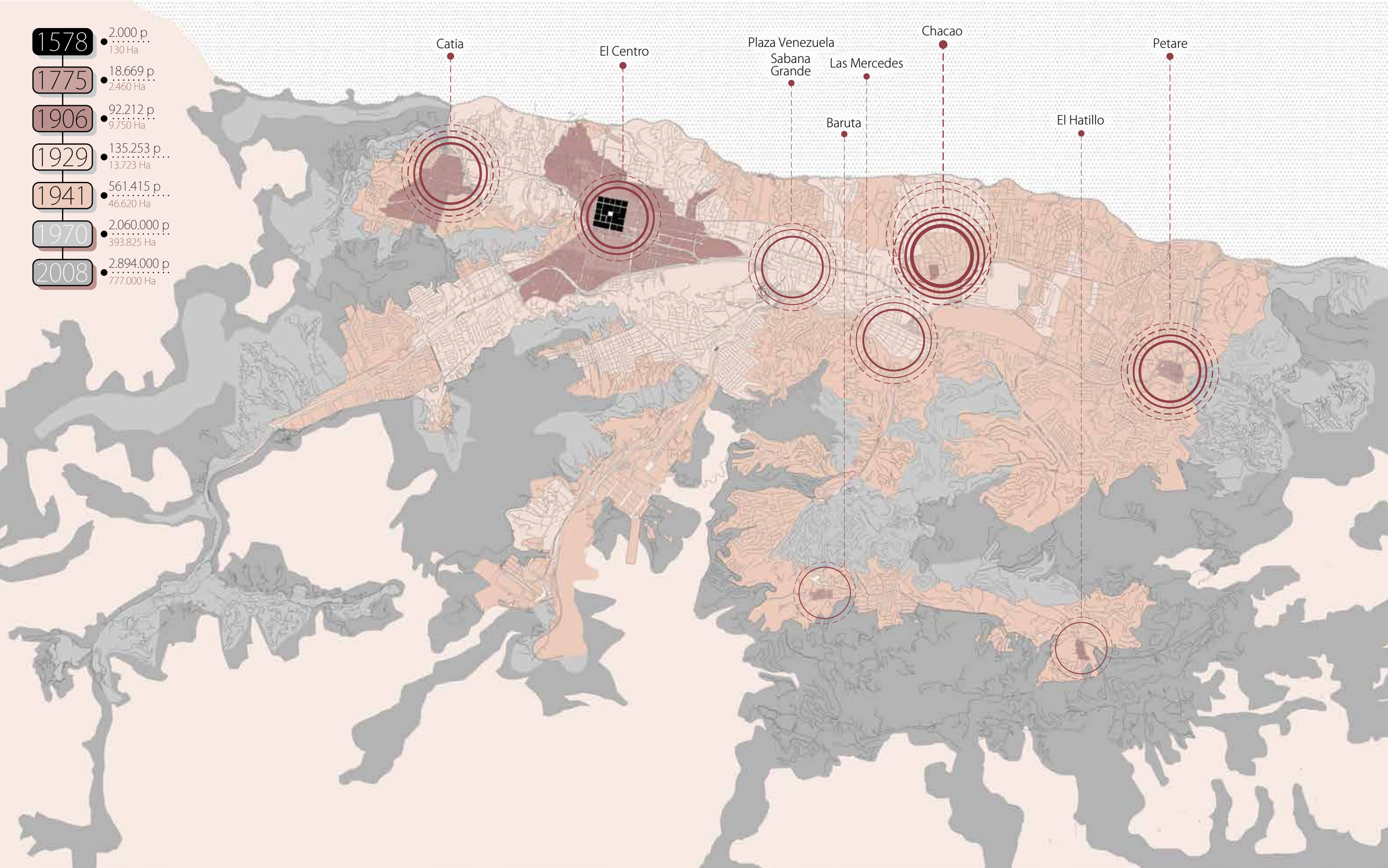


Fig. 40 Makeshift homes as a result of the peasant arrival to Caracas. RODRÍGUEZ, Wilfredo (Photographer). [digital image]. Retrieved from: <https://diff.wikimedia.org>





any control or planning. As a result, the development arises disaggregated and another reason was a change of thought, in Venezuelans thinking. Before, in the colonial era, it was important to be in the center of the city but later, the ideal, ended up changing to wanting to be on the outskirts of the city, considering it was related to economic prosperity and high social level, for which the satellite cities were developed, with what we previously called isolated single-family home.

The preference to the populated peripheries than to the populated centers had a direct impact on our culture since it was disintegrated in the urban peripheries. Years go by and Caracas continued to expand with great rapidity, like an oil slick, to all corners of the valley, without order and defined principles. It is no longer properly a city, is made up of different molecules; it is the dislocation of the urban center, the colonial city exploded in a short time.

This type of development of different sectors detached from the center brought as a consequence the abandonment of our colonial past, and with it, a rootedness to our culture that in the first place, was

not fostered from the beginning and although territorially these urban poles were integrated by the future of urban development in a great metropolis, the historic center of Caracas ceased to be the main reference.

Today there are at least other seven significant areas in Caracas (Fig. 41).

In Chacao the density is not that high yet it brings together a large number of economically important buildings where the commercial sector is developed. Due to how well connected it is in terms of location and presence of means of public transportation, it becomes accessible to all types of people with any economic level or social stratum. It is the most relevant area in terms of developing activities throughout the day.

With very high density are Catia, located at the west end of the city, and Petare, positioned at the opposite end, east of the capital. Both areas with similar characteristics since, because they have marginal areas, they congregate a large number of people and automatically become with great prominence poles of attraction for citizens.

Fig. 41 Urban development of Caracas highlighting the most important areas. Prepared by the author.



In the central zone, there are three relatively close zones, Plaza Venezuela, Sabana Grande, and Las Mercedes, where many essential commercial activities take place with a medium flow of people.

La Trinidad and El Hatillo, although they are far from what it would be the geographic center of the city, develop a certain amount of activities in the southeastern part of Caracas, which is why they become centers of attraction for people who live in the surroundings of these areas and also for people who have the possibility of having their means of transportation since with public transport are not well connected to the city.

Although the historic center lost its relevance in cultural importance, it is still congregating important political and economic public buildings and, that is why a particular dynamic happens in the Center of Caracas. There is a regular flow of citizens but only of who live and work in the area. However, everything related to the culture and history of the nucleus of our capital does not have the same importance and relevance, even though it is well connected by public transport and available and reachable to everyone.

Caracas became a great contradictory city of modern buildings, urban planning housing, marginal areas, class media urbanizations, commercial and industrial centers, flanked by areas or some urban poles as satellite cities to the capital, autonomous and dissociated from the history of Caracas.

Over time, the colonial forms blurred and the few that remain were imprisoned between some memorable corners of the grid that for centuries framed aromas of stoves, poetry, loves, earthquakes, plagues, farewells, and libertarian ideas, to mention some elements of the cultural wealth of that time, the historic center succumbs, it is not supported, it becomes disconnected, diluted, and lost with modernity. Concrete, asphalt, and electricity weakened the local cultural heritage, historical roots, customs, traditions, and values.

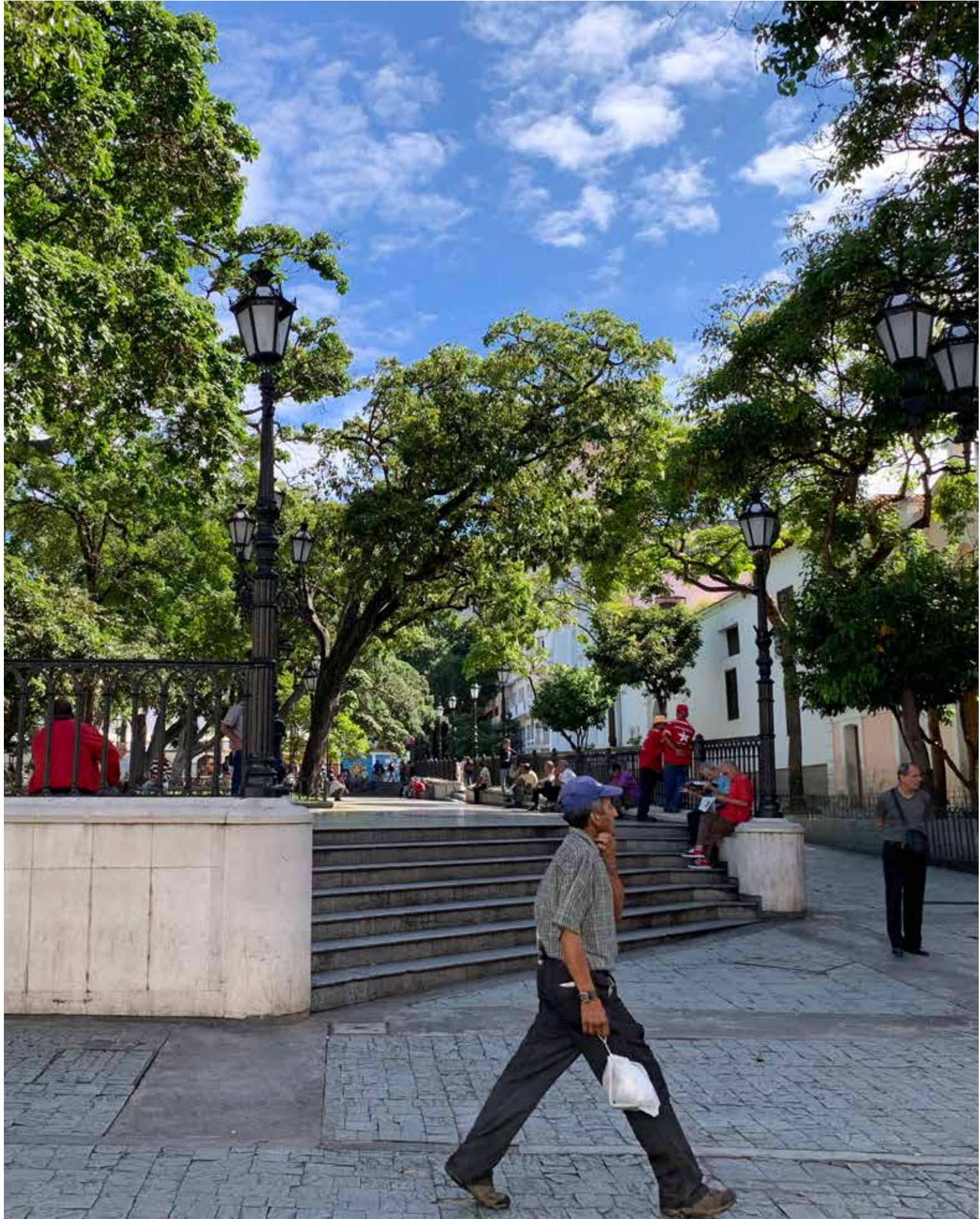


Fig. 42 Southeast corner of Plaza Bolívar, Historic Center of Caracas. [digital image]. Taken by the author. (2019).



02

# **PROJECT DEVELOPMENT**

SITE  
SITE  
SITE  
SITE  
SITE  
SITE  
SITE

## **HISTORIC CENTER OF CARACAS**



The historic center of Caracas is located to the west of the complete form of the capital, curious since it does not coincide with the geometric center of the shape. The most central area of the city would be the areas of Sabana Grande and Plaza Venezuela, with even greater connectivity with the rest of the metropolis.

The foundation of this territory was in 1576 by Diego de Losada -who, due to the excellent conditions of the valley- decided to place the new village in the basin. With the foreground made by the governor Juan Pimentel in 1578, the foundation of one more city of the Spanish colony in the first province of Venezuela was decreed.

Years later, it gained importance and became the capital in 1637. Being the oldest part of the city (its creation, history, and heritage) makes it effectively the historical center of the city.

This 25-block checkerboard dating from 1567 is the birth of the testimony of the beginning of our past as a city. It is possible to recognize, until today, the permanence of the principles and norms that prevailed in the colonial era, its organization, and buildings.

In this plot, the Bolivar Square stands out as the center of the grid as a place of recreation and occurrence of historical events. Together with all the government buildings overall, including the cathedral as the highest religious building.

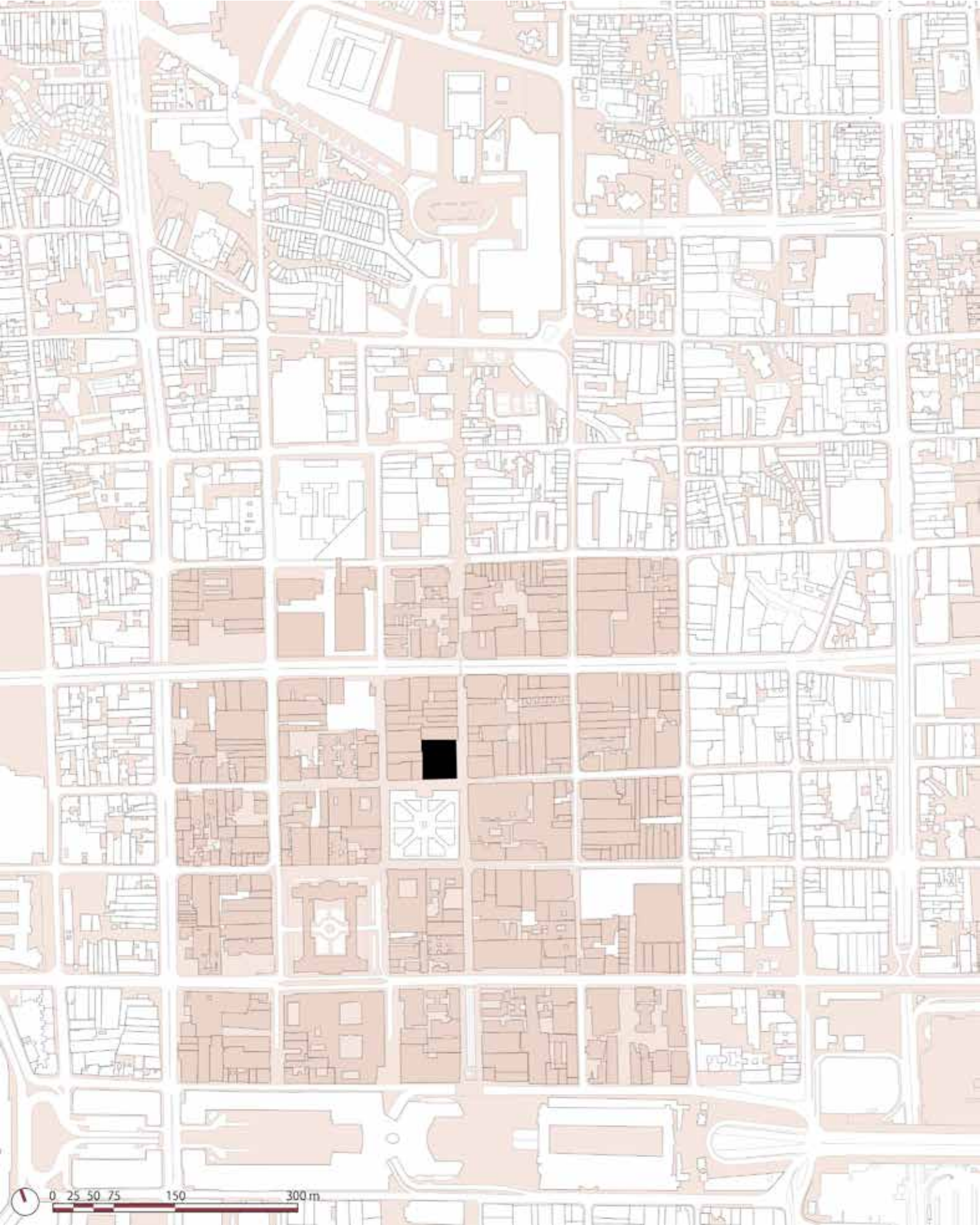
ARÍSTIDES ROJAS, in his Chronicle of Caracas, describes the historical importance of this urban space. *"The Plaza Bolívar can be considered as the center of the historic ring and nowhere in Caracas are events agglomerated like in this enclosure; in which each of the buildings that surround it brings to memory scenes of joyful pain, gloomy episodes, cries of life or death (...).*

*From the Constituent Assembly of 1811 to Miranda and Bolívar with all their lieutenants, representatives of the Venezuelan emancipation. All have stepped on this famous place, and all have given pages to the history of America."*

However, with the passing of the years, the unplanned growth of Caracas and an endless number of other factors such as crime and insecurity, lack of maintenance of the public space and public infrastructure, resulted in: *the collective contempt of the legacy of our ancestors, since voluntarily or involuntarily due to our carelessness and abandonment,*

Fig. 43 Area of the historic center of Caracas, highlighting the foundational blocks.  
Prepared by the author.





*the destruction of most of these buildings, few that remain and rare those that have been restored or properly preserved" explains Carlos Raul Villanueva in Caracas in three times.*

Colonial houses and architectural monuments go unnoticed by many, despite the fact that they are places that are steeped in history and symbolism.

On the other hand, *Mariano Picón Salas*, in the same book, explains: *"...that Venezuelan phenomenon of the man who believes that history begins with him and that his criteria should serve as a canon even in what he ignores..."*

*"We deny the past; we forget that this is an experienced experience; assimilation of man to an environment and an ancestral type of life."*

Today, the modest foundational grid goes unnoticed within the chaos of an almost megalopolis of 4 million inhabitants. A typically Latin American and third world urban phenomenon; a mixture of contrasts and incongruities, highways, overcrowding, misplaced planning.

*"There are paths that, despite having been founded with perfect orthogonal regularity, could not be preserved in the later stages of*

*growth. Today, almost all of the cities founded in the colony; only conserve the grid in the old part, that is, the founding nucleus of the so-called historic center."*

These testimonies suggest a total detachment of Caracas from its past, our core, our founding center, our history.

However, our historic center is undoubtedly, up to this time, rich in history, culture, traditions, and heritage.

A small example is a simple tradition that has managed to prevail through the years: the famous use of the famous names of the corners of our founding grid; beyond using street names for organization and better location in the center. This tradition is so ingrained that it was adopted in areas far beyond these 25 blocks over the years.

To put it into context, the city was small and concentrated in the old grid. The population was not educated or developed in its first decades. Therefore, the easiest way to memorize the various streets was to name each corner associated with the circumstances, legends, or events in each one of them, making memory by association.

Fig. 44 Foundational blocks of Caracas, Venezuela.  
Prepared by the author.



The result was a significant disorder. There was no accurate agreement in the nomenclature for the addresses in this area. There was no consensus between the name of the streets -unfamiliar- and the name of the corners -much more popular-.

This fact has its sociological explanation. It is a cultural question of a form of organization, the resolution of a problem of identification of the streets. It was easier to adopt the names of the corners.

In the stories of *"La ciudad de los techos rojos"*, the author, *Enrique Bernardo Nuñez*, explains that the names refer to peculiar and even surprising stories, many hundreds of years old. *"The life of the city leaves its mark."*

The names happen to be geographical points of great popularity, emblematic buildings, civil or government, also commercial establishments that went down in history, such as grocery stores, drugstores, bakeries, sheds, among other things. For example:

**CHORRO:** from the Agustín Pérez brothers' business, that prepared the best pineapple and papelón drinks. They had a unique dispensing system; because when they heard the sound

of the penny falling from the door into a piggy bank, they dispensed the juice through a stream without opening the door.

**GRADILLAS:** from the racks or stands located to go up into the Plaza Bolívar.

**MERCADERES:** there is no record of its origin. It has always been called that way, perhaps because there were people placed in that area offering various products.

**MONJAS:** there was a wealthy widow who dedicated her life and fortune to the church. They claim that both; the widow and her four daughters, three nieces, and two young men took their vows as nuns.

**PAJARITOS:** from the Franciscan Fathers' garden, there were basins from which the little birds would drink water, and with their song, they made the whole block happy.

**TRAPOSOS:** from a family who had to dedicate themselves to selling old clothes.

**VEROES:** from the place where the Basque brothers Francisco and Pedro "the Verois" had their home in the days of the Guipuzcoana. Company.

Fig. 45 Foundational blocks of Caracas with the traditional names of the corners.  
Prepared by the author.



# IMPORTANT BUILDINGS

When speaking of the founding district of Caracas, it is logical to find buildings whose historical importance reminds us in the present of the value of preserving forms of the past to reveal a bit of our identity.

In these old blocks, it can still be found ancient vestiges from back in the day, as well as modern buildings that show our progress as a society.

Many of them are considered cultural heritage, for example:

**The Simón Bolívar Center Complex:** an urban complex, which includes the Torres de El Silencio; the Caracas, Miranda, Diego Ibarra and O'Leary squares, and El Silencio Urbanization.

**The National Pantheon:** the mausoleum of the homeland where the remains of the Liberator Simón Bolívar and more than 140 heroes rest.

**Simón Bolívar's Birthplace:** the colonial house where the Liberator of the country was born in 1783.

**The Federal Legislative Palace:** the National Capitol, a neoclassical building with an elliptical dome of gilded bronze, where the Act of Independence of Venezuela is kept.

**The Municipal Palace of Caracas:** an imposing neoclassical building. Currently the seat of the Mayor's Office of the Libertador Municipality.

**Bolivarian Museum:** located next to the Birthplace of Simón Bolívar and, in its spaces, the personal objects of the Liberator are exhibited.

**"Casa Amarilla":** an imposing neoclassical structure dating from the seventeenth century. It was initially the headquarters of the Captaincy General and Royal Prison. It is currently the headquarters of the Ministry of Popular Power for Foreign Relations.

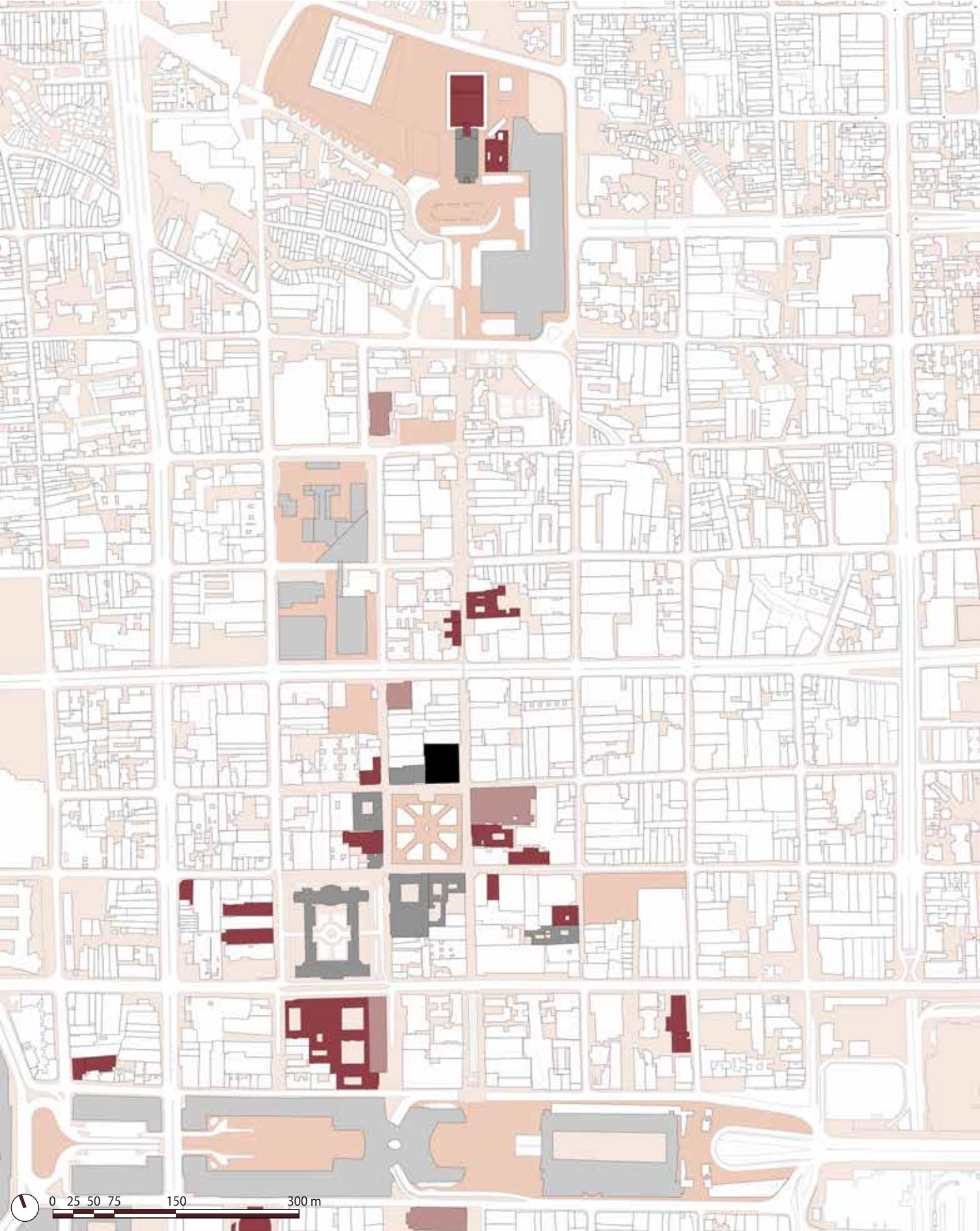
**"Casa del Vínculo y del Retorno":** a building from the mid-18th century linked to the process of Independence of Venezuela.

Some buildings have undergone various modifications over time. However, in recent years, the ministry of popular power for culture has made an attempt to rescue our history through the restoration of many of the buildings in this sector.

Beyond the historical character, the buildings can be grouped into five categories: for their historical value, for their architectural relevance, religious nature, cultural aspect, and finally, as open public spaces (squares).

Fig. 46 [Next pages]. Important buildings in the historic center of Caracas, Venezuela  
Prepared by the author.





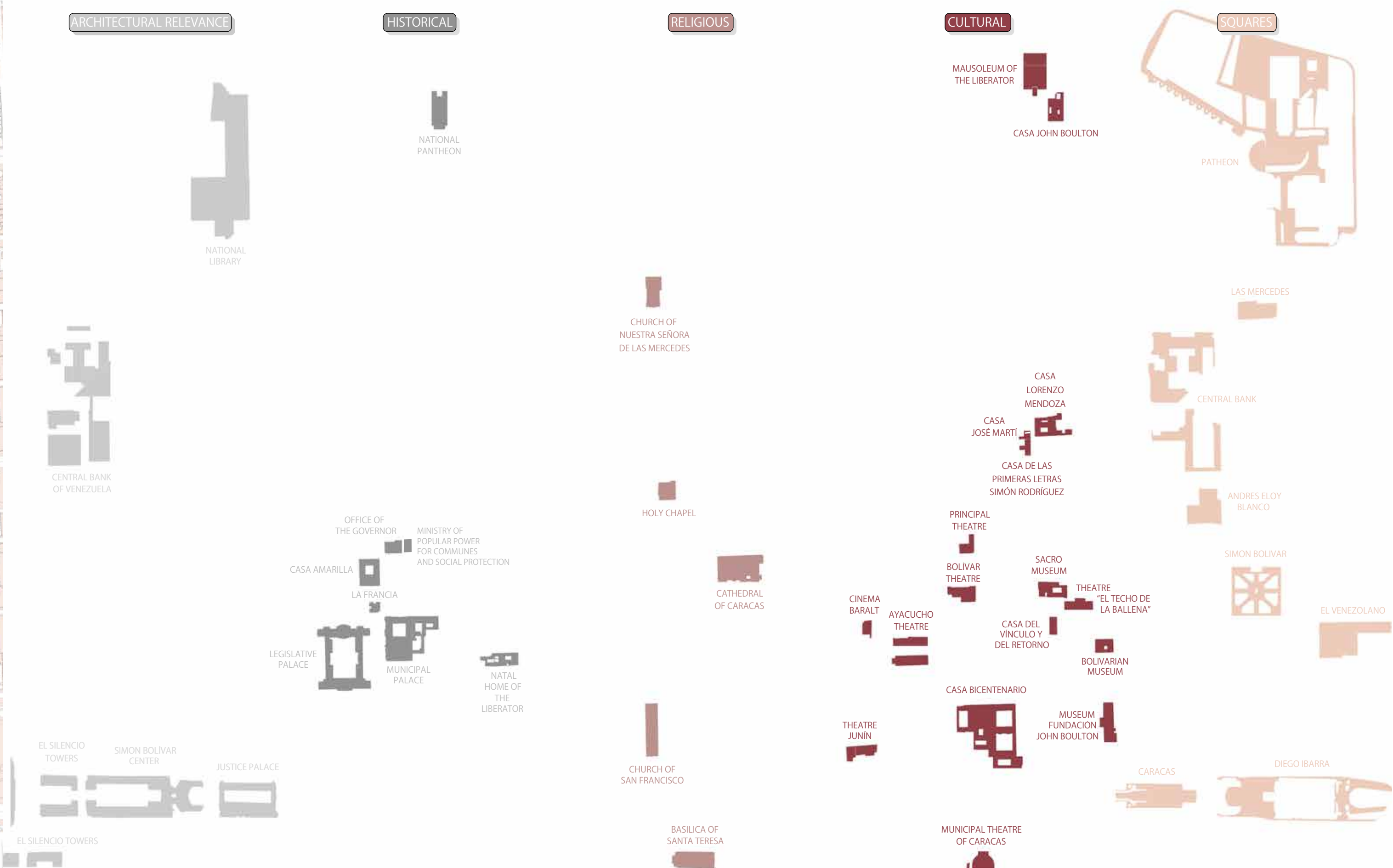
ARCHITECTURAL RELEVANCE

HISTORICAL

RELIGIOUS

CULTURAL

SQUARES



NATIONAL  
LIBRARY

NATIONAL  
PANTHEON

CHURCH OF  
NUESTRA SEÑORA  
DE LAS MERCEDES

HOLY CHAPEL

CATHEDRAL  
OF CARACAS

CHURCH OF  
SAN FRANCISCO

BASILICA OF  
SANTA TERESA

OFFICE OF  
THE GOVERNOR

MINISTRY OF  
POPULAR POWER  
FOR COMMUNES  
AND SOCIAL PROTECTION

CASA AMARILLA

LA FRANCIA

LEGISLATIVE  
PALACE

MUNICIPAL  
PALACE

NATAL  
HOME OF  
THE  
LIBERATOR

EL SILENCIO  
TOWERS

SIMON BOLIVAR  
CENTER

JUSTICE PALACE

EL SILENCIO TOWERS

MAUSOLEUM OF  
THE LIBERATOR

CASA JOHN BOULTON

PATHEON

LAS MERCEDES

CENTRAL BANK

ANDRÉS ELOY  
BLANCO

SIMON BOLIVAR

EL VENEZOLANO

DIEGO IBARRA

CARACAS

CASA  
LORENZO  
MENDOZA

CASA  
JOSÉ MARTÍ

CASA DE LAS  
PRIMERAS LETRAS  
SIMÓN RODRÍGUEZ

PRINCIPAL  
THEATRE

BOLIVAR  
THEATRE

SACRO  
MUSEUM

THEATRE  
"EL TECHO DE  
LA BALLENA"

CASA DEL  
VÍNCULO Y  
DEL RETORNO

BOLIVARIAN  
MUSEUM

CASA BICENTENARIO

MUSEUM  
FUNDACION  
JOHN BOULTON

MUNICIPAL THEATRE  
OF CARACAS

CINEMA  
BARALT

AYACUCHO  
THEATRE

THEATRE  
JUNIN



# PLAZA BOLÍVAR

## SQUARE

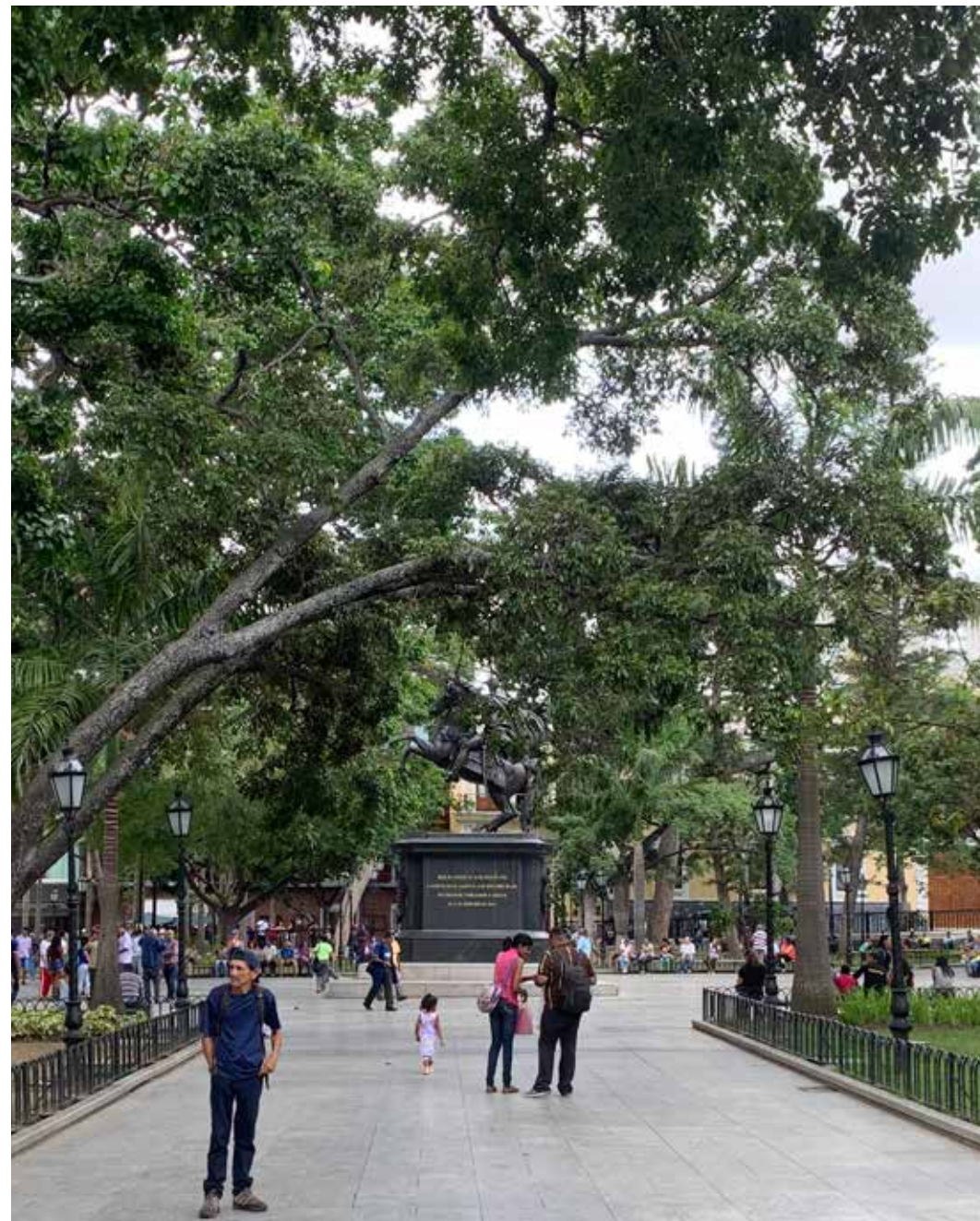


Fig. 47 Plaza Bolívar, Historic Center of Caracas. [digital image].  
Taken by the author. (2019).

It was founded with the name of Plaza Mayor in 1567 with the creation of the city of Santiago León de Caracas. In the beginning, it was destined to be the commercial center of the town. However, over time, numerous modifications were made, both physical and in use and even name.

One of the most relevant physical modifications was the construction of arcades that surrounded the square, ordered by Governor Felipe Ricardos in 1754.

During the colonial years, the execution and shooting of political enemies and conspirators against the Spanish colonial government prevailed.

It was also where Venezuela achieved the first step towards independence, sparking a popular rebellion against the Spanish crown on April 19, 1810. After independence, the square was renamed Plaza de Armas and later Plaza del Mercado (for the operation of a free market known as "Canastilleros").

The use of the square was constantly changing: market, a must for gatherings, welcome the new year, celebrate popular and patron saint festivals, among others.

The famous arcades were demolished by order of General Antonio Guzmán Blanco in 1865, who also decided to remove the vendors from the market.

In 1872 the process of renovating the square in the French style began. On November 18 of the same year, he ordered the installation of a statue in honor of Simón Bolívar. Later in 1874, he finally baptized it as Plaza Bolívar with the inauguration of the equestrian statue of the Liberator, a replica work of the Italian sculptor Escipión Tadolini (son of Adamo Tadolini, sculptor of the original work in Lima, Perú).

The renovation included the construction of planters, the planting of trees, and recreation in the corners of the four seasons of the year - spring, summer, fall, and winter with four ornamental iron fountains-. At the same time, the installation of around 100 iron posts with different decorations and the decision to surround the square with a metal baluster. The small stairs to the southeast of the plaza gave their name to that corner known as "Gradillas".

The Plaza Bolívar in Caracas is one of the most important public spaces in Venezuela. It has always been a silent witness to many historical and traditional events.





Fig. 48 Bolívar square's statue. [digital image].  
Retrieved from: Duarte y Gasparini, 1989, p. 191.

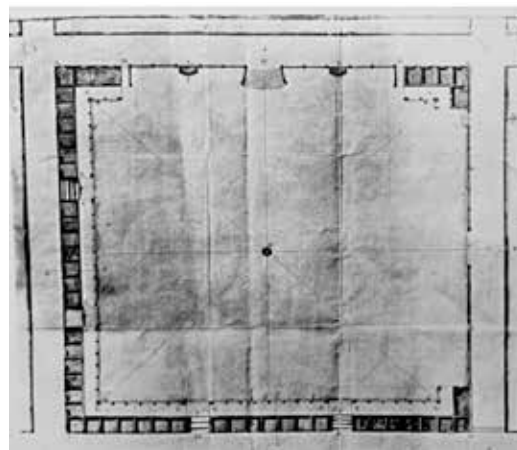


Fig. 49 Drawing of Plaza Bolívar. [digital image].  
Retrieved from: Gasparini y Posani, 1998, p. 77.



Fig. 50 Market shops in Plaza Bolívar. [digital image].  
Retrieved from: Gasparini y Posani, 1998, p. 79.

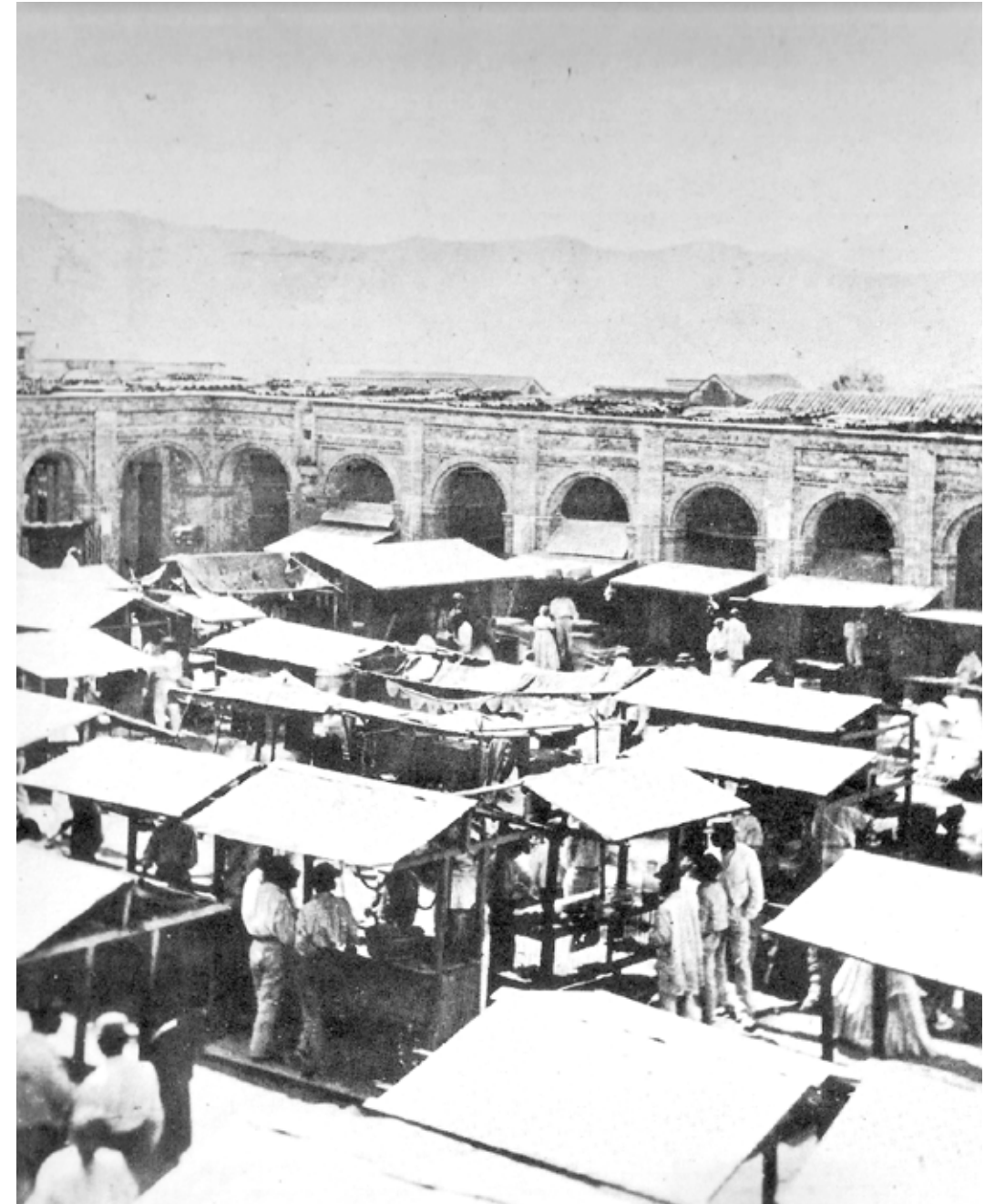


Fig. 51 Plaza Bolívar in 1865 showing the arcades and shops built in 1775. [digital image].  
Retrieved from: Gasparini y Posani, 1998, p. 78.

# CATHEDRAL OF CARACAS

## RELIGIOUS



Fig. 52 Cathedral of Caracas, Historic Center of Caracas. [digital image].  
Retrieved from: <https://es.wikipedia.org>

The official name is the Metropolitan Cathedral of Santa Ana, dedicated to the mother of the Virgin Mary. It is the main temple due to its history and location in the city of Caracas. It was declared a National Monument on September 23, 1957.

Since the foundation of Caracas in 1567, there was the Parish Temple in honor of the Apostle Santiago, where the Cathedral of Caracas is today.

An earthquake destroyed this temple in 1641. In substitution, the construction of the currently standing church began in 1665, directed by the cabinetmaker, carver, and builder, Juan de Medina; completed in 1674. It was built with an elementary approach due to the poverty of the country at that time.

In 1766 and 1812, two earthquakes occurred. The second was so strong that it almost destroyed the cathedral. By 1867, the re-construction was complete.

Since then, the cathedral has been modified and restored several times. But despite the modifications, the original colonial façade has always been preserved.

Currently, the church plant is rectangular in shape. It has five naves, which arches supported by a series of columns separate them. Its facade is symmetrical in composition. It has three ornate bodies with neoclassical pilasters and cornices, the upper body of which ends in a lobed pediment.

Inside, it can be admired an architectural beauty, with the Mudejar influence through the octagonal pillars and the alfarge ceiling -replaced in 1932 by false vaults to give the sensation of greater height-.

The baroque style can be seen in the main altar, made with more than 300 pounds of gold, while the side chapels marvel at its fantastic altarpieces, such as that of Nuestra Señora del Pilar and the Virgen del Pópulo.

The Cathedral of Santa Ana has a bell tower. This tower has four floors. On the facade, it can be seen a balcony on the third floor. In addition, on the third floor is the bell tower.

In this cathedral, the Liberator was baptized in 1783, and the baptismal font used at that time is currently in the first courtyard of Simón Bolívar's Birthplace.





Fig. 53 Main altar of the Cathedral of Caracas.[digital image].  
Retrieved from: Duarte y Gasparini, 1989, p. 193.



Fig. 54 Tower of Cathedral of Caracas. [digital image].  
Retrieved from: Duarte y Gasparini, 1989, p. 191.



Fig. 55 Early year of the Cathedral of Caracas. [digital image].  
Retrieved from: Duarte y Gasparini, 1989, p. 182.



# GOVERNOR'S PALACE

## HISTORICAL



Fig. 56 Governance of Caracas, Historic Center of Caracas. [digital image].  
Taken by the author. (2019).

In 1933 a decree was issued for the construction of the Palace of the Government of Caracas along the entire north facade of Plaza Bolívar. The precept established the guidelines for the first intervention in the historic center of the city -restoring the governmental use that this urban space had planned since the colony-.

The project presented by Wallis (in collaboration with Lahalle and Levard, French architects) contemplated a set of three continuous bodies to cover the entire north façade of Plaza Bolívar -to coherently harmonize an urban context still to be built-. The monumental proposal suggested the clear intention of the construction of a city on the scale of the new dimensions required by the modernizing process.

However, from the initial proposal, only the building facing the corner of the Principal Theater was completed, the first body located in the northeast corner of Plaza Bolívar, the place of the old post office building used to be.

The original proposal consisted of three bodies accented by a higher central body. The height of its cornice and its accentuated axuality indicated the presence of a

tripartite portal and a close relationship with the central axis of Plaza Bolívar.

The only purpose of the Palace of the Government of Caracas was to house offices for collecting funds, rents, and taxes. All of which were located on the ground floor of the building. In Venezuelan architecture arose a public space and a governmental civic building. The presence of the bodies destined for the ticket offices combined in turn a banking and modernizing image.

The building itself dignified the civic-administrative function that it housed thanks to the sincere use of materials and careful construction details, typical of rationality that to a large extent was accompanied by the decorative desire that came from art deco.

As the two missing bodies of the initial proposal, the central and the right, were not built, the rest of the block was impregnated with an indefiniteness and orphanhood that is still possible to perceive today.

Through the years, it has slightly changed function but always within the governmental sphere. Today it is only the capital district governor's office.



Fig. 57 Caracas Governor's palace. [digital image].  
Retrieved from: Wallis, Domínguez y Guinand, 1998, p. 99.



Fig. 59 Caracas Governor's palace. [digital image].  
Retrieved from: Wallis, Domínguez y Guinand, 1998, p. 95.

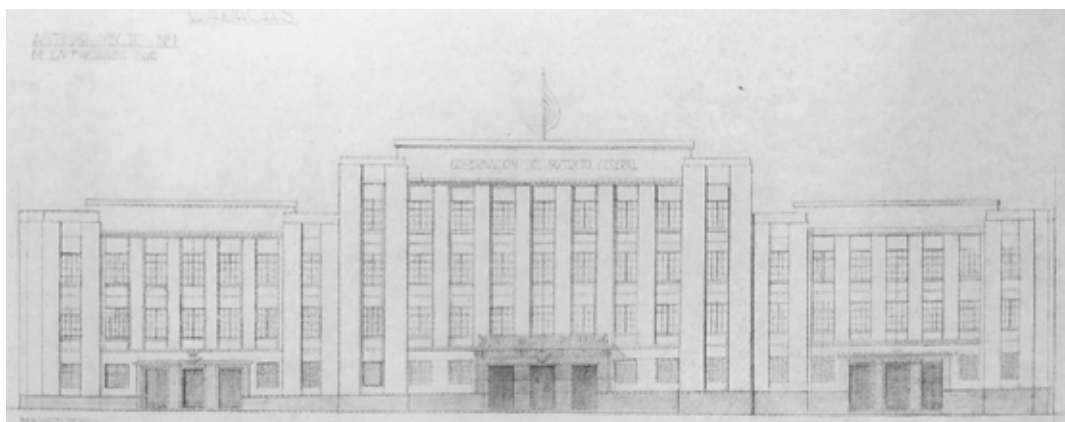


Fig. 58 Caracas Governor's palace. [digital image].  
Retrieved from: Wallis, Domínguez y Guinand, 1998, p. 94.



# MINISTRY FOR COMMUNES

## HISTORICAL



Fig. 60 Governance of Caracas, Historic Center of Caracas. [digital image].  
Taken by the author. (2019).

The building is located on the plot established for the function of Casas del Cabildo from the initial plan of the construction of the first blocks of Caracas. Later, in 1579 the building was renamed Casas Reales, housing three important civil institutions: town hall, prison, and residence of the governors of the province, functions that were carried out until 1749 due to the deterioration of the building.

Later, in 1818, the Spanish José María Sampoyano built a two-story building used as a warehouse and housing, which led to the division of said plot, a situation that continues to this day.

The current building was projected and built-in 1900, designed by the Venezuelan architect Alejandro Chataing. Initially, the building was intended for a cultural function: the Natural History Museum. In the same year, an earthquake that occurred in the capital caused the building to have different uses. Finally, in approximately 1903, the building was suitable to house the National Library.

In 1911 the Bolivian Museum was installed (now called the Bolivarian Museum), moved in 1936 to another headquarters.

The building becomes a property incorporated into the Government of the Capital District, giving space to the Prefecture.

Regarding the design of the building, the architectural composition reflects the formal canons of French academicism, a paradigm adopted at the Academy of Fine Arts in Caracas, where the designer of the building, Alejandro Chataing, was trained as an architect. The character of the building is structured through ornamental and allegorical elements that evoke its use. The architect introduced innovative technical and spatial elements such as glass roofs with metallic structures typical of 19th-century European architecture and double-height exhibition halls.

Over the years, the building was intervened repeatedly. The most remarkable intervention involved the introduction of the mansard roof and the modification of the floor plan by eliminating the side patios and the double height of the main hall around 1937.

Currently, the building is the headquarters of the Ministry of Popular Power for Communes and Social Protection created in 2009.





Fig. 61 The building as headquarters of the Bolivian museum in 1930.  
Retrieved from: Gasparini y Posani, 1998, p. 280.



Fig. 62 Prefectural's facade in 1969.  
Retrieved from: Gasparini y Posani, 1998, p. 280.



Fig. 63 Brisa del Mar (Photographer). Chataing's building. [digital image].  
Retrieved from: <https://www.flickr.com>

# DIVERSE MOBILITY

Starting with public transport, in this area, there are different types of it.

Mainly the metro stands out for its connectivity and speed. Followed by the Caracas bus line, a transport created relatively recently for which the status of the units is still good. Finally, the ordinary buses that take different routes formally connect the center with the diverse most relevant areas of the capital.

Unfortunately, the service provided by each of these typologies is precarious. There is no schedule with the specific hours of each lane and, the condition of the units is not adequate to provide a good service.

With the crisis, the number of units has been significantly reduced due to the difficulty of their maintenance. Ticket prices are not accessible to all strata of the population either, since being a daily expense, at the end of the month, it ends up being a figure that a person with a minimum salary cannot afford. However, the metro is currently free, making it impossible to raise funds for its maintenance, so its condition is even worst.

At least there are three typologies to reach this area.

Both the metro and the Caracas bus have specific stops, while the ordinary buses are much more informal; they follow a route and, you can stop them at any point along the way. The bus stops exist, but nobody pays attention to them.

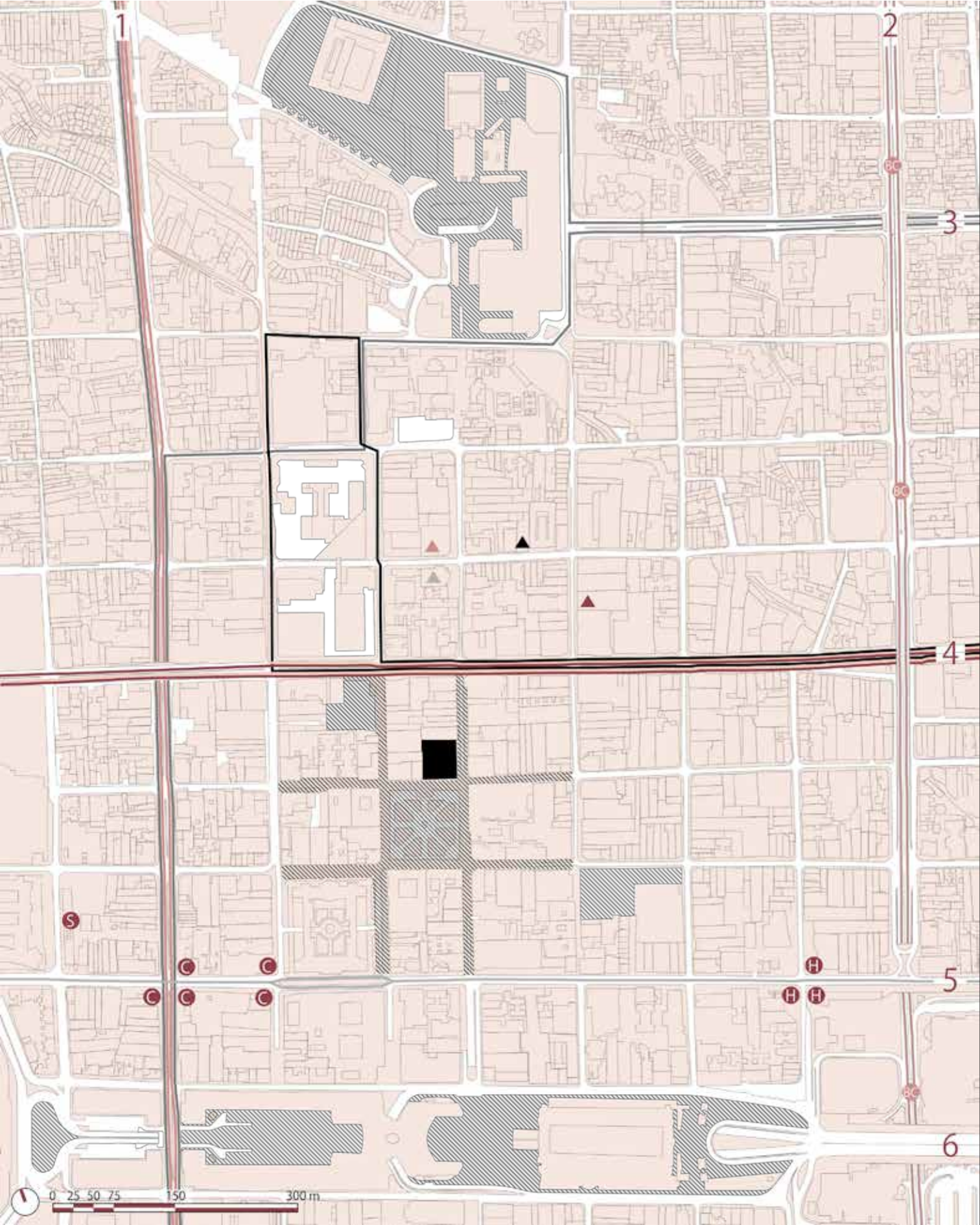
After all, in the composition of the grid are developed both vertical and horizontal streets, even though horizontal connectivity predominates due to the importance of the roads in this sense.

The condition of these roads is also precarious; you can find potholes, streets without traffic signals, and even traffic lights that do not work all the time, which results in a bit of chaos.

There are also few parking spaces for people who have personal vehicles to transport themselves into the area.

At the same time, a pedestrian part stands out on the internal streets of the union of nine blocks with the Plaza Bolívar in the center.





PUBLIC TRANSPORT

### METRO

- S** EL SILENCIO LINE 2 / CONNECTION WITH LINE 1
- C** CAPITOLIO LINE 1
- H** LA HOYADA LINE 1

### BUS

- EL PARAÍSO - PUERTA CARACAS**
- EL PARAÍSO - SAN BERNARDINO**
- CEMENTERIO - CARMELITAS**
- PETARE - LA PASTORA**
- GATO NEGRO - CHACAITO**
- AVENIDA UNIVERSIDAD**
- SAN JOSÉ - AVENIDA VICTORIA - CÍRCULO MILITAR**

### BUS CARACAS

- AVENIDA PANTEÓN**
- SOCORRO**
- LA HOYADA**

PRIVATE TRANSPORT

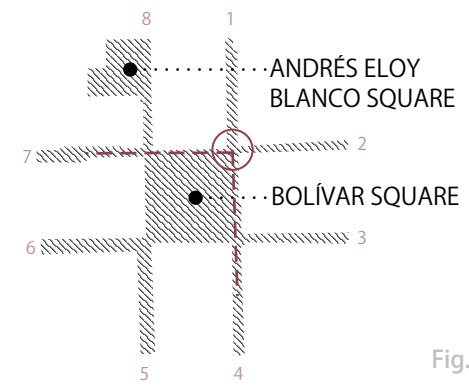
### MAIN STREETS

- VERTICAL
- 1** BARALT AVENUE
  - 2** FUERZAS ARMADAS AVENUE
- HORIZONTAL
- 3** PANTEÓN AVENUE
  - 4** URDANETA AVENUE
  - 5** UNIVERSIDAD AVENUE
  - 6** BOLÍVAR AVENUE

### PARKING LOTS

- ▲ CAPACITY 30-40 CARS**
- ▲ CAPACITY 20-30 CARS**
- ▲ CAPACITY 15-20 CARS**
- ▲ CAPACITY 30-40 CARS**

PEDESTRIAN



### PASEO VARGAS

- 1** NORTH AVENUE
- 2** EAST 0 AVENUE
- 3** EAST 2 AVENUE
- 4** SOUTH AVENUE
- 5** SOUTH 2 AVENUE
- 6** WEST 0 AVENUE
- 7** WEST 2 AVENUE
- 8** NORTH 2 AVENUE

Fig. 64 Diverse mobility in the historic center of Caracas, Venezuela  
Prepared by the author.



# LEVELS OF SECURITY

Unfortunately, the situation in the country, including notably the capital, is alarming.

Caracas ranked sixth in the most violent cities, carried out by the Citizen Council for public safety and criminal justice, a Mexican NGO. Around 2,134 murders were estimated in 2019, with a homicide rate of 74.6 per 100,000 inhabitants. Even for 2020, homicides fell by 50% as a result of emigration.

Nevertheless, 2021 is the first time since at least 2013 that Caracas is not among the three most dangerous cities in the world.

In Caracas, you can find high-risk areas such as the favela Petare, Cota 905, Santa Cruz del Este, El Valle, as well as: other areas with lower risk, such as Valle Arriba, Colinas de Bello Monte, Colinas de los Campitos, Santa Fé, among others.

Regarding the levels of insecurity precisely in this area, due to the existence of so many buildings and government institutions, the presence of police forces and security surveillance is considerably high. These circumstances create a kind of bubble in a certain way that abstracts people from reality.

However, if you go a little further, you would already be in high-risk areas. The leading modality is robbery. Either with knives or a pistol, while on foot, in ordinary buses, on a motorcycle, or in a car. Also, large thieveries in stores, homes, and finally, the modality of express kidnappings.

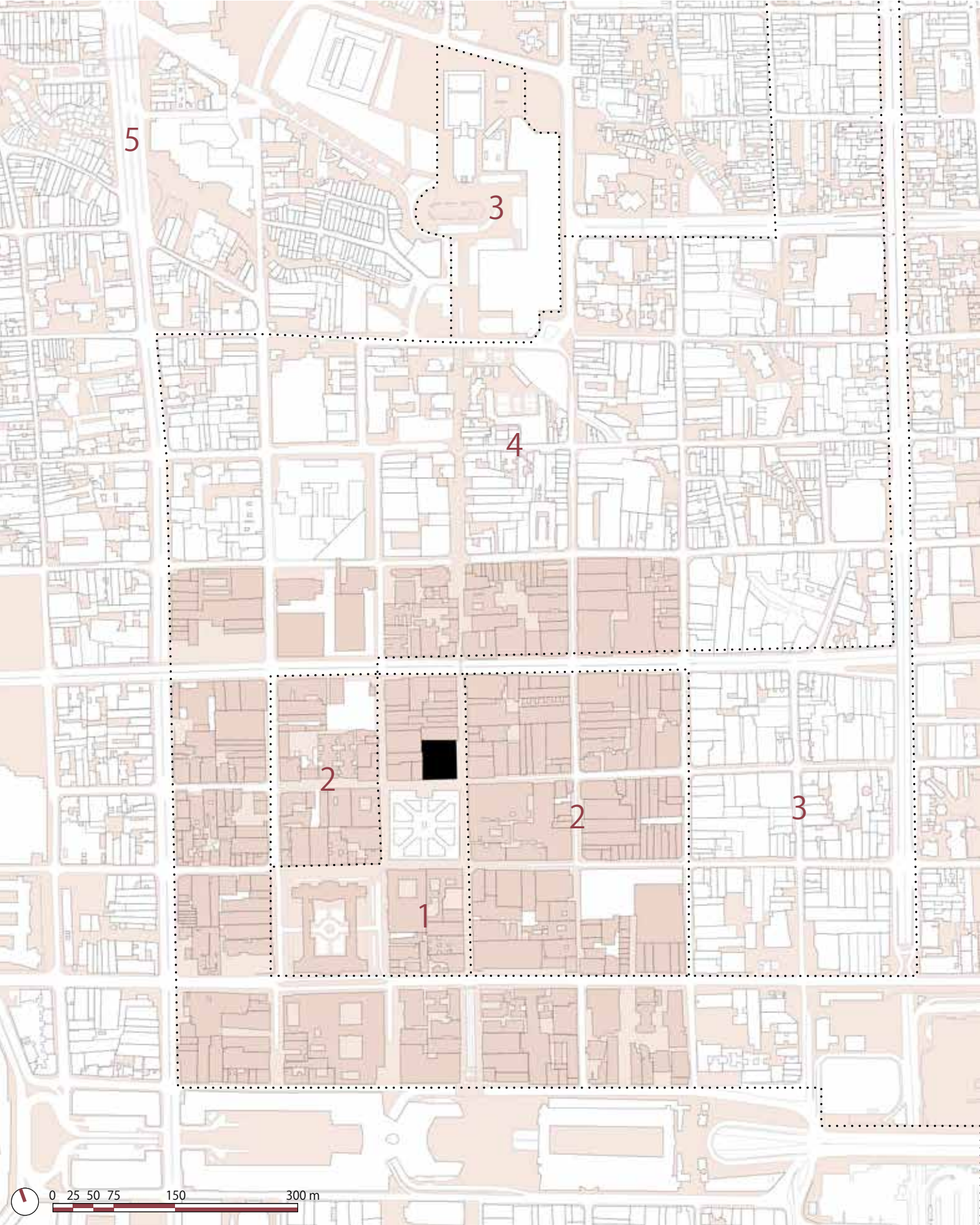
It has become normality to go out without valuable clothing, be it shoes or eye-catching accessories, and you certainly can't have your cell phone in sight.

Due to these conditions, the Caraqueños live in a continuous alert when they go out, wary of any situation.

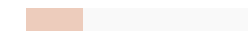
In the end, it is an eminently serious situation that for; the inhabitants of the city has become a normal situation. It should be noted that it is not that if you go out, something is going to happen to you, but you learn to recognize possible dangerous situations more quickly.

The important thing is to avoid or expose yourself as little as possible to these types of situations.

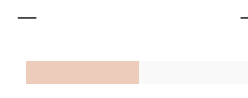
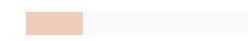
It is worth noting that the lack of justice makes the situation much more frustrating.



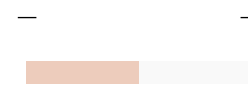
1

MORNING  
MEDIUM  
SECURITYMIDDAY  
MEDIUM  
SECURITYNIGHT  
MEDIUM  
INSECURITY

2

MORNING  
MEDIUM  
INSECURITYMIDDAY  
MEDIUM  
SECURITYNIGHT  
HIGH  
INSECURITY

3

MORNING  
MEDIUM  
INSECURITYMIDDAY  
MEDIUM  
INSECURITYNIGHT  
HIGH  
INSECURITY

4

MORNING  
HIGH  
INSECURITYMIDDAY  
MEDIUM  
INSECURITYNIGHT  
HIGH  
INSECURITY

5

MORNING  
HIGH  
INSECURITYMIDDAY  
HIGH  
INSECURITYNIGHT  
HIGH  
INSECURITY

## ZONE 1 • GENERAL LEVEL SAFE

It includes the Plaza Bolívar, the area of the legislative palace and the block of the governance, where the black rectangle is the place to intervene. There is no greater risk but it is important to be aware mostly when the night falls.

## ZONE 2 • GENERAL LEVEL MEDIUM SAFE

There are two, the north-west zone where the Andrés Bello square is located, the block of "la casa Amarilla" and the east zone, with the blocks of the Cathedral of Caracas, the natal home of the liberator and "El Venezolano" square. The risk increases a bit and in the same way, it is always important be aware.

## ZONE 3 • GENERAL LEVEL SLIGHTLY NOT SAFE

The risk increases, it includes an area to the west that covers a segment of the "Urdaneta" Avenue and the whole of the "Fuerzas Armadas" avenue with six blocks attached to the previous mentioned. To the north, the whole of the National Pantheon and the Mausoleum being this a dangerous area but since national guards are watching the space, the danger decreases. The risk is intermediate.

## ZONE 4 • GENERAL LEVEL NOT SAFE

Most of the parishes are in this category. The less crowded areas and the proximity to roads that grant a rapid escape route for thieves, in this case, "Baralt" Avenue, causes the risk to increase to an already considerably high figure

## ZONE 5 • GENERAL LEVEL RISKY

The rest of the area is part of the highest category in which the risk is remarkably high and it is preferable only to be at daylight hours and willingly accompanied. There are areas such as the Cotiza and Sabana del Blanco neighborhoods.

Fig. 65 Levels of security in the historic center of Caracas, Venezuela.  
Prepared by the author.



MASTERPLAN  
MASTERPLAN  
MASTERPLAN  
MASTERPLAN  
MASTERPLAN  
MASTERPLAN  
MASTERPLAN

**A CULINARY PASSAGE  
IN CARACAS**

# CULINARY SCENE IN CARACAS

**A new era?**

The culinary scene in Caracas is recently waking up. The gastronomic offer is growing speedy.

The unprecedented crisis that the country is going through created a resounding difference between the upper class -people linked to the government or business people who managed to dollarize their business- and the lower class -the part of the population that lives day by day that in the extreme of cases can only afford one meal a day-.

The upper class has created a bubble where gastronomic development is making its way between current Caracas fashions.

Currently, there is a nice amount of proposals that vary from -by now- typical Italian to the most recent -by popularity- Poke.

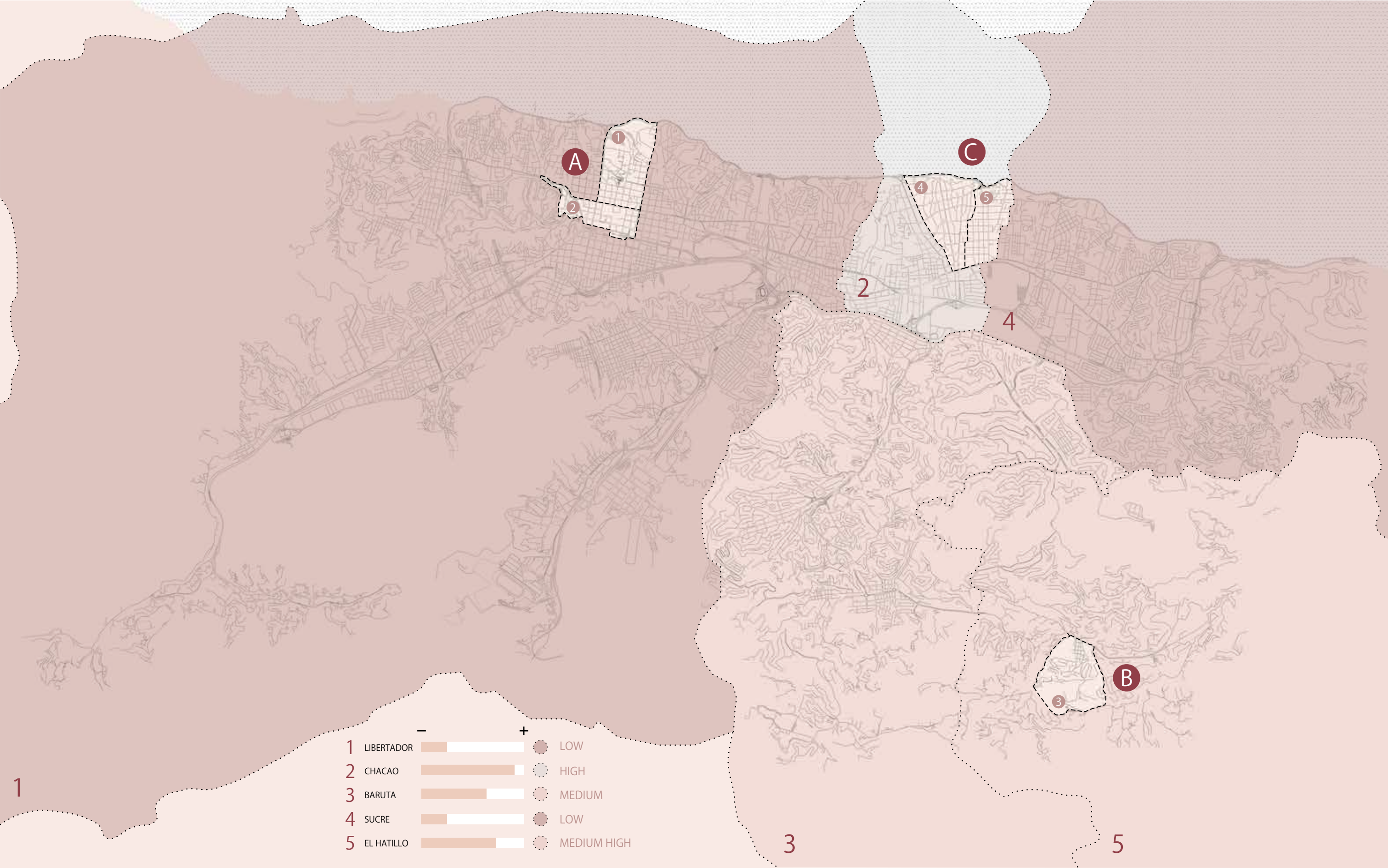
Caracas is always governed by what is trendy. We have always seen that these trends never enhance our gastronomic culture. They are always external culinary cultures that, in the best-case scenario, maybe one or two business seek to innovate with proposals where these influences mix with our culinary culture.

The actual problem is how to **make our culinary culture trendy?**

Logically other problems sum up. For example, these new proposals, in reality, are only for a minute part of the population due to the radical division between the economic levels of the inhabitants of Caracas.

Therefore, the culinary scene in Caracas also varies depending on the location of the locals and the income level of the population around them. Next, the different income levels of five municipalities of Caracas will be classified.





Income level of the municipalities

As we already know, Caracas is divided into five municipalities:

- 1 Libertador
- 2 Chacao
- 3 Baruta
- 4 Sucre
- 5 El Hatillo

Each area has its characteristics, physical and environmental, and at a general level, different tendencies of the population.

Therefore, in each municipality, it can be identified different types of culinary movements. -Beyond the origin of the food proposed- the modalities become entirely different depending on the level of security, accessibility, the amount and quality of proposals, and the economic class of the attendance.

In some areas it is possible to walk on the street, in others access is by car and in other cases, public transportation may be an option.

It should be noted that there is also a difference depending on the timetable.

In terms of insecurity, it can be said that it is constant at all hours.

However, in the morning, it could be said that in lesser amount. At night, the increase in crime is notorious.

On the other hand, public transport is scarcely constant around the day, taking into account not only the strikes that may affect its function. When the sun gets down the shortage of means of transport is also notorious.

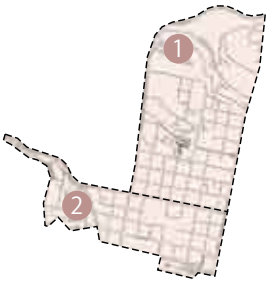
Both aspects are restrictive during the day but more crucial at night.

Examples of three areas located in different municipalities will be presented below. Each case point is placed in a parish with a different economic level to guarantee a reading of the general movement of the culinary scene in Caracas in terms of: population, area, density, level of income, level of security, type and quantity of proposals, a timeline of daily activity and most importantly, the dynamic.

Fig. 66 Level income of the five municipalities of Caracas, highlighting three examples for comparison. Prepared by the author.

# DIFFERENT SCENARIOS

comparison between 3 municipalities



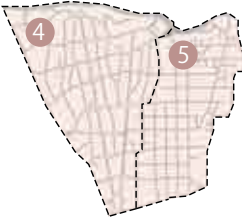
A

CATEDRAL 1  
/ ALTAGRACIA 2



B

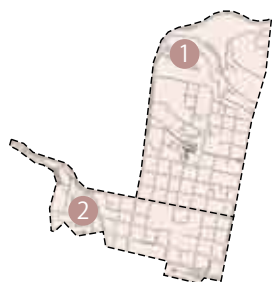
LAS MARIAS 3  
/ EL HATILLO



C

ALTAMIRA 4  
/ LOS PALOS GRANDRES 5





A

## CATEDRAL 1 / ALTAGRACIA 2

One of the most important parishes regarding the history of Caracas since in them the founding grid of the current capital of the country is located. With the passing of the years, as the city grew, it went from being a location of remarkable value for being the political, economic and cultural center to only being the political center since there are still the country's ministries and public powers leaving the cultural aspect aside. The best way to go around the area is by foot or by public transport (whose infrastructure is precarious) since the streets are narrow and there are no public parking lots. The social stratum that currently lives in the area is of a low economic level, which added to the dynamics of the area, makes insecurity much more noticeable. Despite this, the area is quite busy in the morning, noon and early afternoon, people who are going to do errands and who work in the site can be spotted easily on the streets but when the night falls, the life of the place goes away, either due to lack of activities with slightly longer schedules, lack of urban equipment, as simple as street lights, insecurity is what makes life at night.



PREMIUM RESTAURANT "BISTRÓ DEL LIBERTADOR" Fig. 67



BAKERY WITHOUT NAME Fig. 70



RESTAURANT "VRINDA VEG" Fig. 68



BAKERY WITHOUT NAME Fig. 71

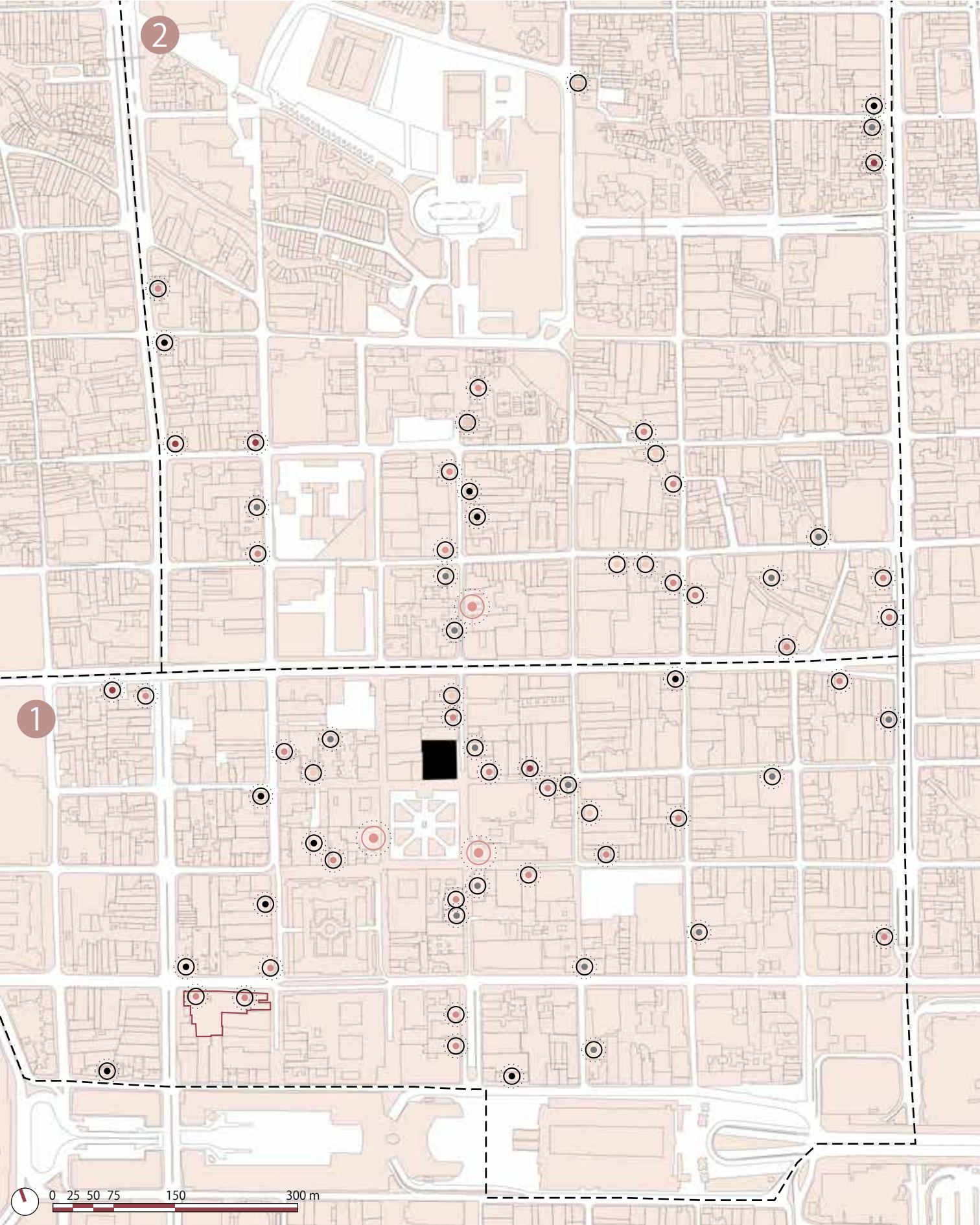


RESTAURANT "EL ARTESANO" Fig. 69



COFFEE SHOP "LAS VEGAS" Fig. 72





# A CATEDRAL 1 / ALTAGRACIA 2

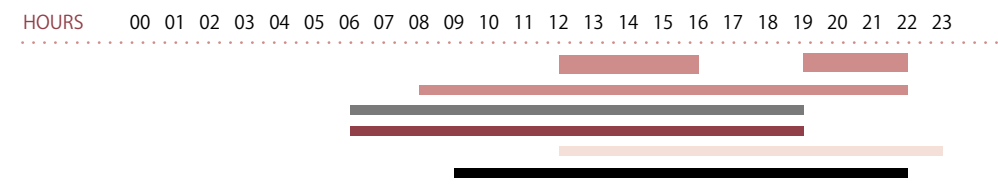
- MUNICIPALITY **LIBERTADOR**
- LEVEL OF INCOME **LOW** [1]
- LEVEL OF SECURITY **LOW** [2]
- POPULATION **58.900 p** [3]
- AREA **4,9 km<sup>2</sup>** [4]
- DENSITY **12.020,5 p/km<sup>2</sup>** [5]

## ● DAILY ACTIVITY TIMELINE BY TYPE / QUANTITY

- PREMIUM RESTAURANT (3)
- RESTAURANT (29)
- COFFE SHOP (16)
- BAKERY (5)
- BAR (8)
- FAST FOOD (10)

TOTAL  
(71)

SHOPPING MALL (1)  
METRO CENTER



## ● DYNAMIC

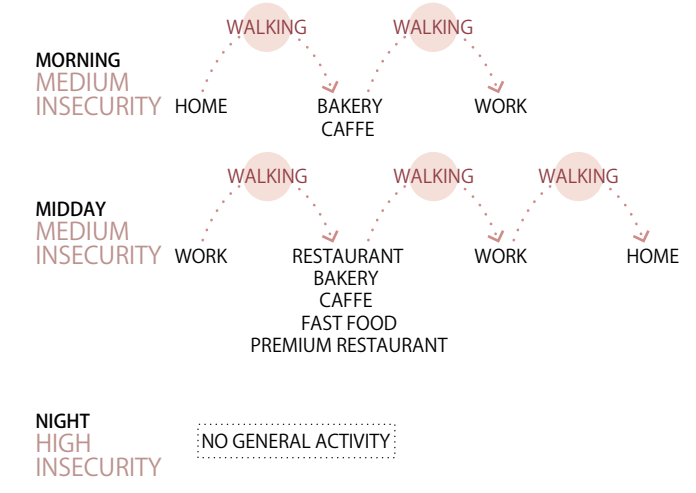


Fig. 73 Diversity of the types of business in Catedral and Altagracia parishes. Libertador, Caracas.  
Prepared by the author.

[1] INE (Instituto Nacional de Estadística (Venezuela). "Censo de población y vivienda 2011" - Distrito Capital. Pobreza y pobreza extrema según parroquia" (Excel).

[2] Residents of the area (2019, November). Personal interview.

[3] INE (Instituto Nacional de Estadística (Venezuela). "Censo de población y vivienda 2011- Proyección de la población según entidad federa, municipios, parroquias" (Excel). Relacionado con proyección ACNUR del éxodo venezolano.

[4] INE (Instituto Nacional de Estadística (Venezuela). "Censo de población y vivienda 2011- Distrito Capital. Densidad poblacional según entidad federal, municipios y parroquias" (Excel).

[5] INE (Instituto Nacional de Estadística (Venezuela). "Censo de población y vivienda 2011- Distrito Capital. Densidad poblacional según entidad federal, municipios y parroquias" (Excel).





## B LAS MARIAS / EL HATILLO 3

Founded in 1784, it began to be a settlement away from the city that became part of the capital in the mid-twentieth century. Being a relatively isolated area, the average social stratum has a medium-high economic level and the type of housing is the house with a garden. However, the town of El Hatillo, thanks to its continuous evolution, has become a valuable place for the recreation of Caracas citizens. Morphologically it has similar characteristics to the center since it can be marked a traditional grid with the square in the center and narrow streets, which makes people who go to the village, park the car in the parking lot of the community and walk the place by foot. It should be remarked that one of the most notable differences is the isolation of the area, so it must be reached with some means of transport, whether personal or public (small quantity) but the same dynamics of the center can be staged. Of course, the area remains active many more hours at night due to the presence of activities, places and equipment in relatively good condition.



RESTAURANT "LA GORDA"

Fig. 74



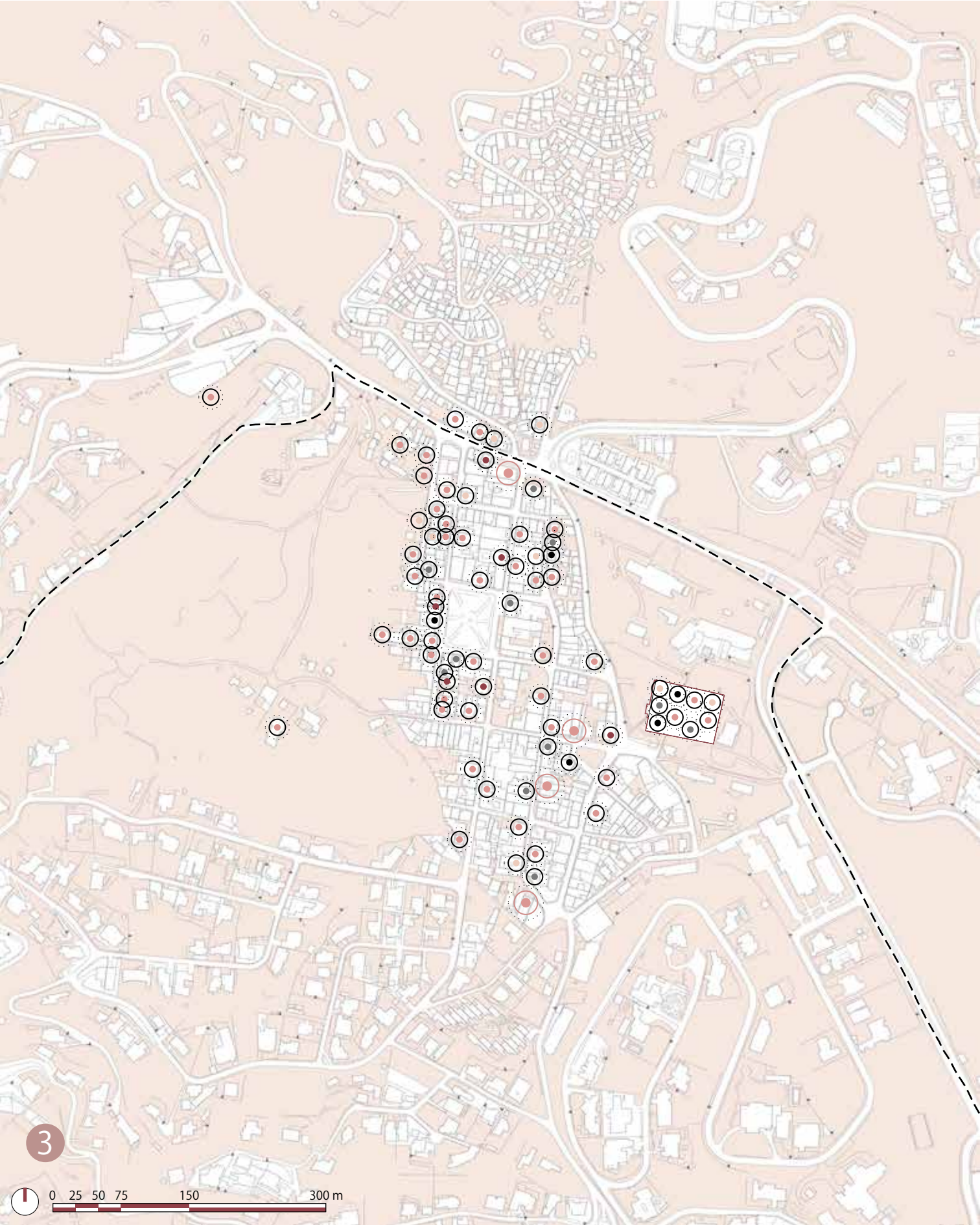
COFFEE SHOP "CARRITO DE CHICHA DE EL HATILLO" Fig. 75



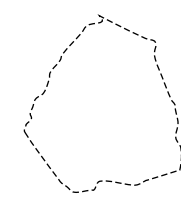
RESTAURANT "EL RINCÓN DE EL HATILLO"

Fig. 76





# B LAS MARIAS / EL HATILLO 3



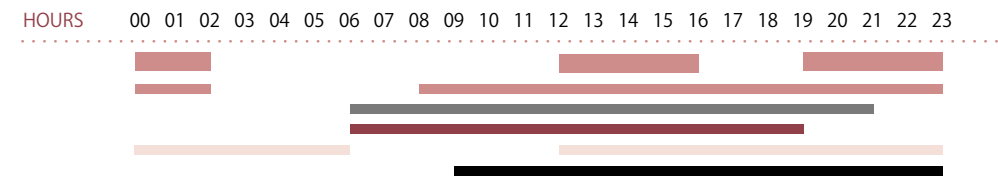
● MUNICIPALITY EL HATILLO	● POPULATION 75.237 p [3]
● LEVEL OF INCOME MEDIUM HIGH [1]	● AREA 81km <sup>2</sup> [4]
● LEVEL OF SECURITY MEDIUM [2]	● DENSITY 928,8 p/km <sup>2</sup> [5]

● DAILY ACTIVITY TIMELINE BY TYPE / QUANTITY

- PREMIUM RESTAURANT (4)
- RESTAURANT (44)
- COFFE SHOP (11)
- BAKERY (6)
- BAR (9)
- FAST FOOD (5)

SHOPPING MALL (1)  
CENTRO COMERCIAL PASEO EL HATILLO

TOTAL  
(79)



● DYNAMIC

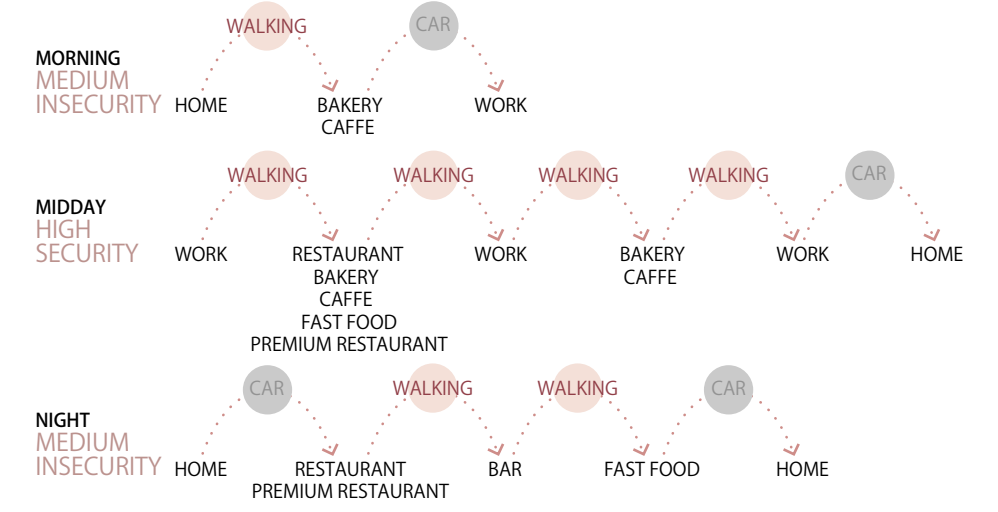


Fig. 77 Diversity of the types of business in Las Marias parish. El Hatillo, Caracas.  
Prepared by the author.

[1] INE (Instituto Nacional de Estadística (Venezuela). "Censo de población y vivienda 2011" - Distrito Capital. Pobreza y pobreza extrema según parroquia" (Excel).

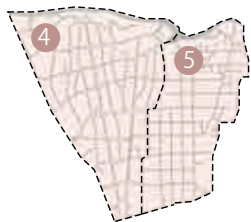
[2] Residents of the area (2019, November). Personal interview.

[3] INE (Instituto Nacional de Estadística (Venezuela). "Censo de población y vivienda 2011 - Proyección de la población según entidad federa, municipios, parroquias" (Excel). Relacionado con proyección ACNUR del éxodo venezolano.

[4] INE (Instituto Nacional de Estadística (Venezuela). "Censo de población y vivienda 2011- Distrito Capital. Densidad poblacional según entidad federal, municipios y parroquias" (Excel).

[5] INE (Instituto Nacional de Estadística (Venezuela). "Censo de población y vivienda 2011- Distrito Capital. Densidad poblacional según entidad federal, municipios y parroquias" (Excel).





## ALTAMIRA <sup>4</sup> / LOS PALOS GRANDRES <sup>5</sup>

One of the areas of Caracas with more activity both day and night. It can be said that it is one of the current centers of the capital since different types of uses converge, both residential a little further north, as well as economic, cultural and recreational. Although the population residing in the districts is part of the social stratum with the highest economic level in the city, it can be detected all kinds of people in the area. It is very well connected, has subway stations and municipal and interurban transport. Despite not having an evident relation with the city center in population or dynamics, it is an area that manages to function in the adversities that Venezuela is going through. It works because the dynamics change throughout the day where at times where the attendance is greater, less insecurity is perceived and people walk on the streets, contrary to what happens at night, where insecurity rises, but the area can still be easily active until the wee hours of the morning because people move in by cars to feel more secure.



RESTAURANT "SE7TE PIZZA"

Fig. 78



COFFEE SHOP "POKE 212"

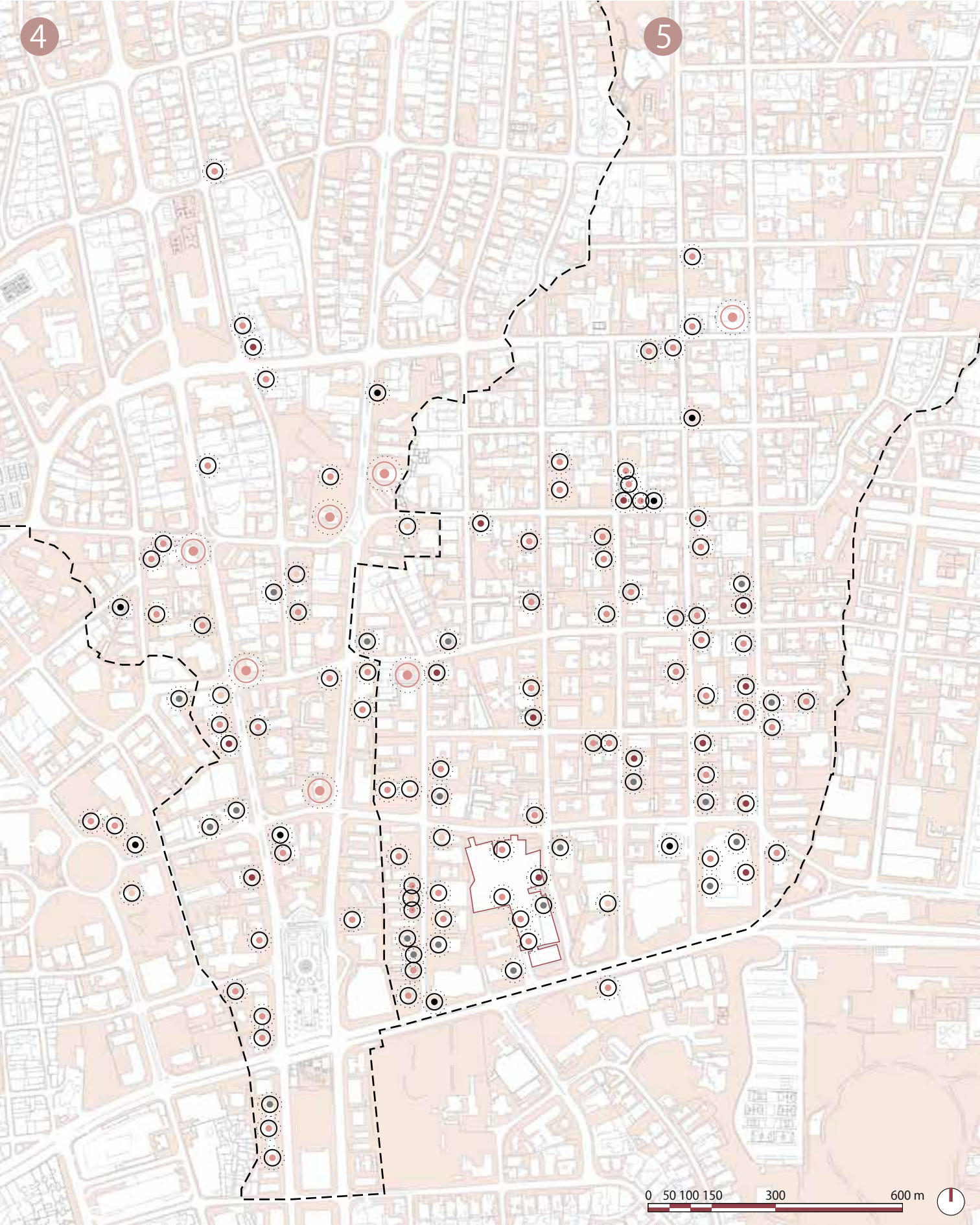
Fig. 79



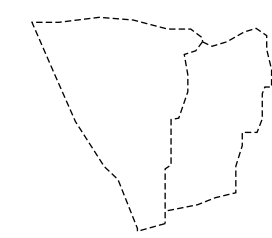
RESTAURANT "MAMMA NOSTRA"

Fig. 80





# C ALTAMIRA 4 / LOS PALOS GRANDES 5



- MUNICIPALITY **CHACAO**
- LEVEL OF INCOME **HIGH** [1]
- LEVEL OF SECURITY **MEDIUM** [2]

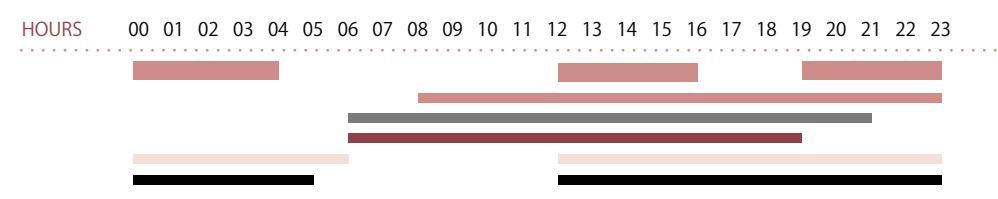
- POPULATION **64.061 p** [3]
- AREA **13 km<sup>2</sup>** [4]
- DENSITY **4.927,7 p/km<sup>2</sup>** [5]

● DAILY ACTIVITY TIMELINE BY TYPE / QUANTITY

- PREMIUM RESTAURANT (7)
- RESTAURANT (72)
- COFFE SHOP (20)
- BAKERY (14)
- BAR (8)
- FAST FOOD (8)

TOTAL  
(129)

SHOPPING MALL (2)  
CENTRO COMERCIAL PLAZA



● DYNAMIC

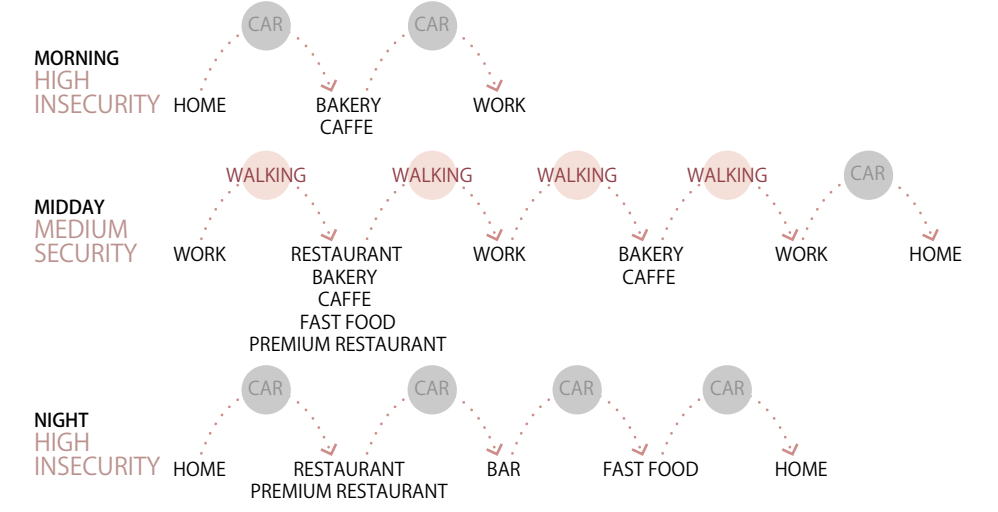


Fig. 81 Diversity of the types of business in Altamira and Los Palos Grandes parishes. Chacao, Caracas.  
Prepared by the author.

[1] INE (Instituto Nacional de Estadística (Venezuela). "Censo de población y vivienda 2011" - Distrito Capital. Pobreza y pobreza extrema según parroquia" (Excel).

[2] Residents of the area (2019, November). Personal interview.

[3] INE (Instituto Nacional de Estadística. (Venezuela). "Censo de población y vivienda 2011- Proyección de la población según entidad federa, municipios, parroquias" (Excel). Relacionado con proyección ACNUR del éxodo venezolano.

[4] INE (Instituto Nacional de Estadística. (Venezuela). "Censo de población y vivienda 2011- Distrito Capital. Densidad poblacional según entidad federal, municipios y parroquias" (Excel).

[5] INE (Instituto Nacional de Estadística. (Venezuela). "Censo de población y vivienda 2011- Distrito Capital. Densidad poblacional según entidad federal, municipios y parroquias" (Excel).

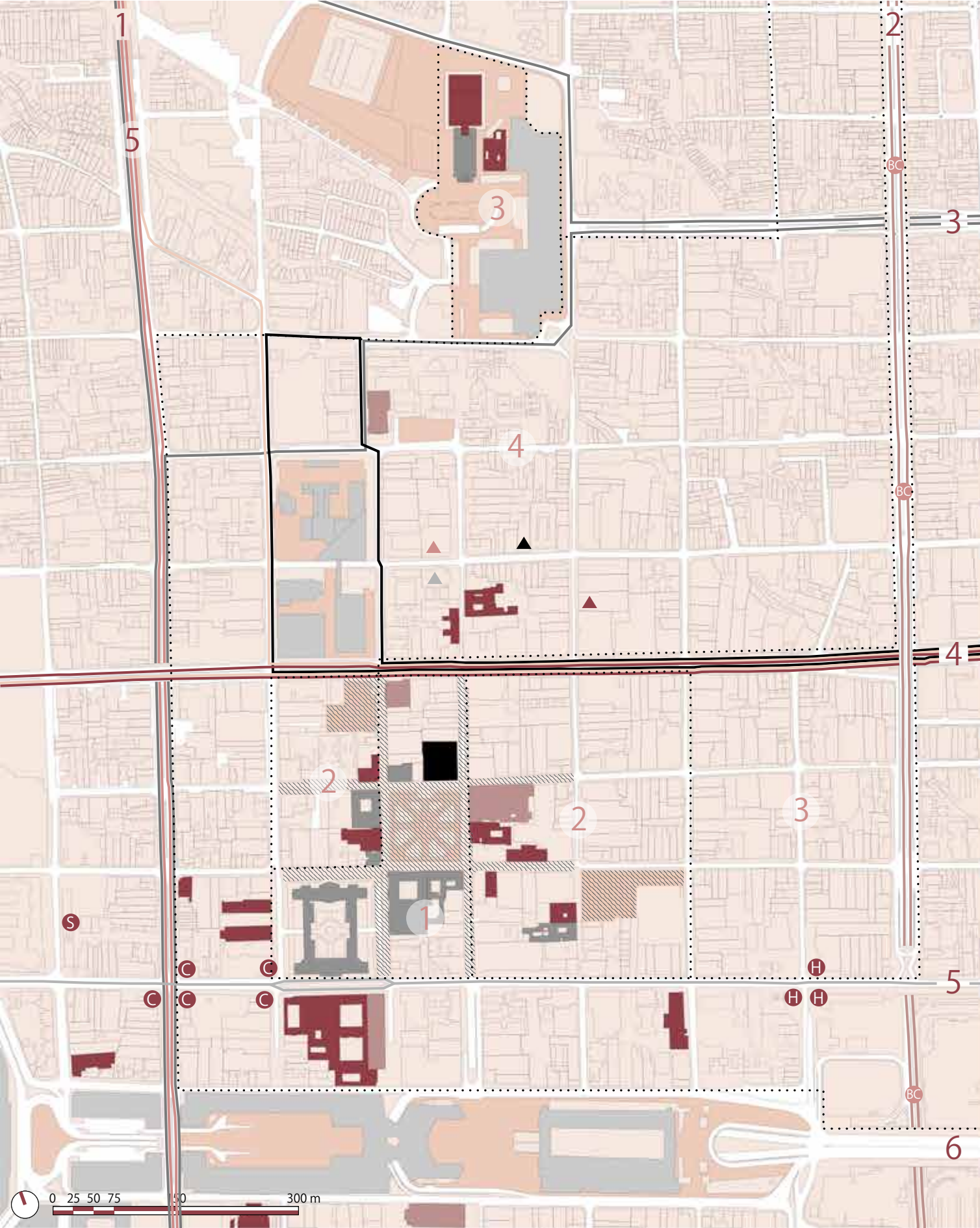


# AREA DESCRIPTION



Fig. 82 Historic Center of Caracas, Venezuela. [digital image].  
Taken by the author. (2019).





All around the area, the solids and voids are distinguished. It is an area that started from the foundational grid and was extended following the orthogonal lines of the initial plan. The blocks and streets can be read perfectly, giving order to the area.

However, it is a very complex zone, where endless activities of all kinds take place.

The significant historical load is remarkable, either because the founding grid of the capital took place or because of all the historical buildings, and the number of museums. In the end, there are the vestiges of the area that was born to be a casual city and then became the capital of the country.

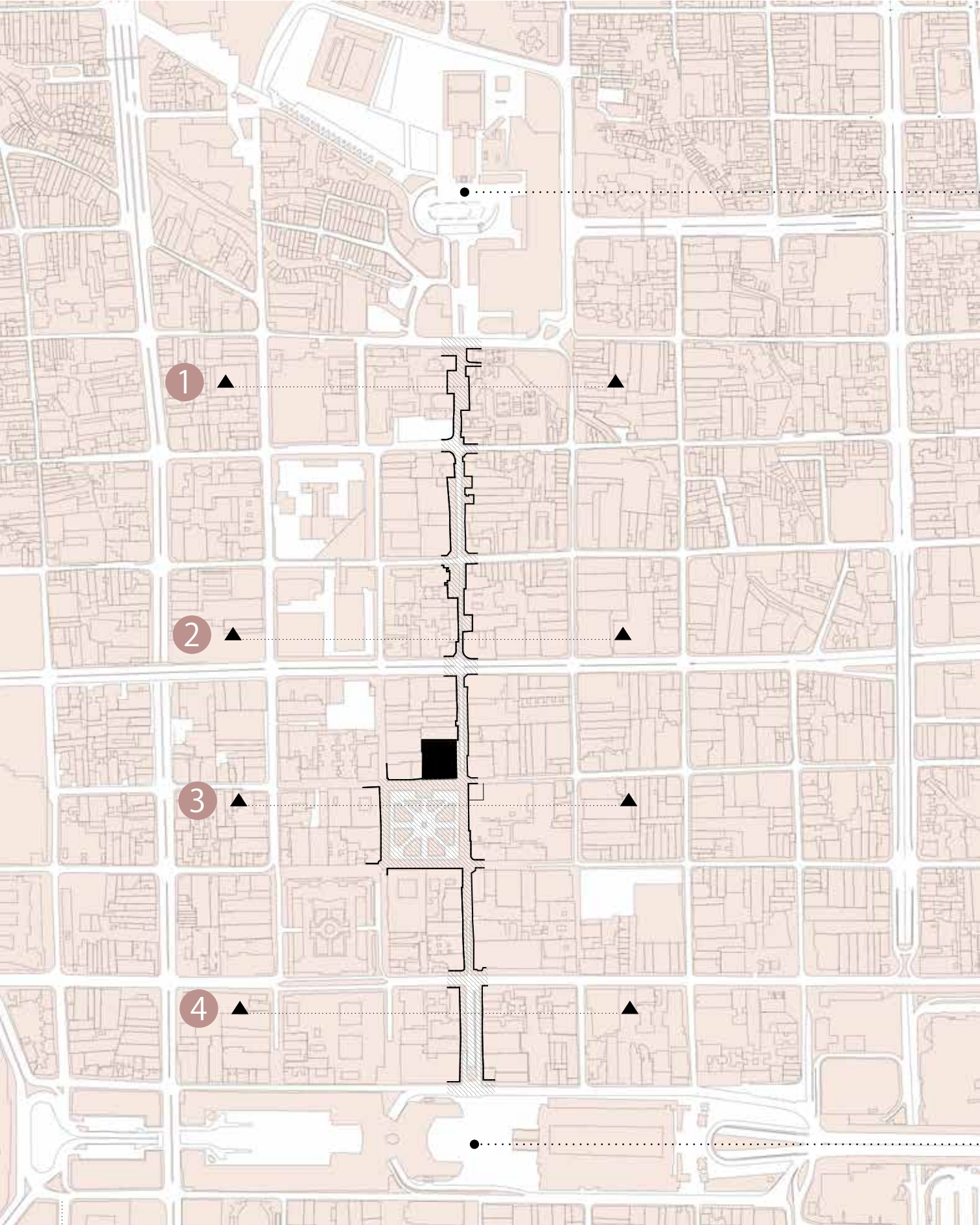
It is an area in which the buildings that house the different ministries of the country were centrally located, and on the other hand, important buildings were designed at an architectural level.

Regarding mobility, two large north-south axes are observed that border the area and, in an east-west direction; only one can be seen. These streets have a precarious public bus system. It has also two metro stations available in the area.

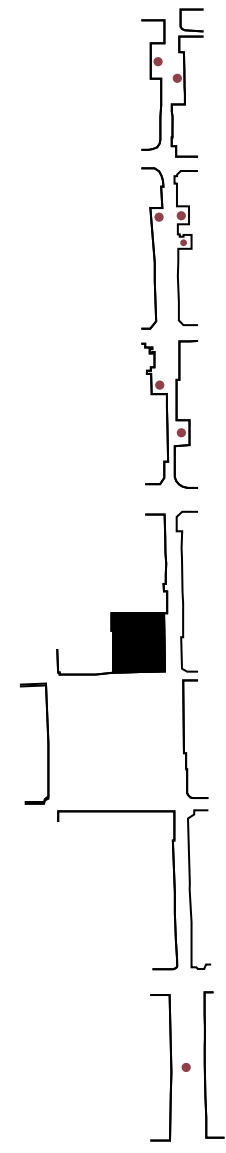
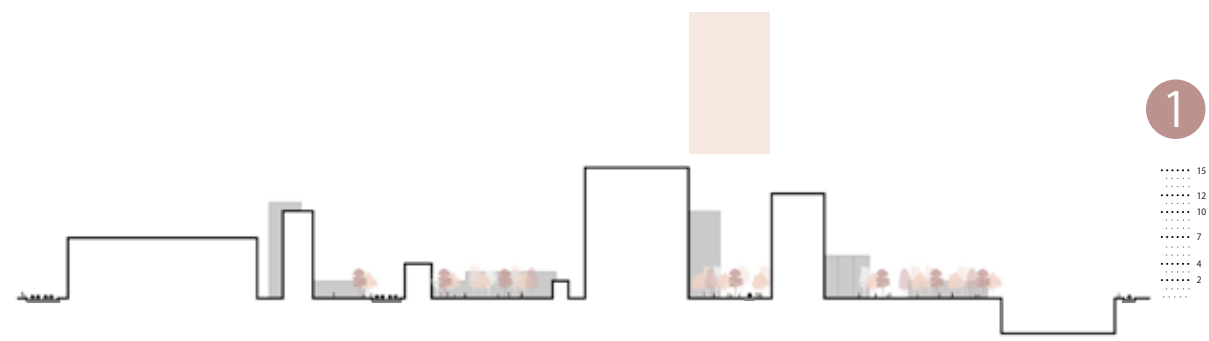
In general, it is an area with a low level of security, except for the areas around the Plaza Bolívar, where high-level people in the government live, since the buildings related to the government and the ministry of the communes are located.

Fig. 83 Final analysis plan of the historic center of Caracas, Venezuela.  
Prepared by the author.

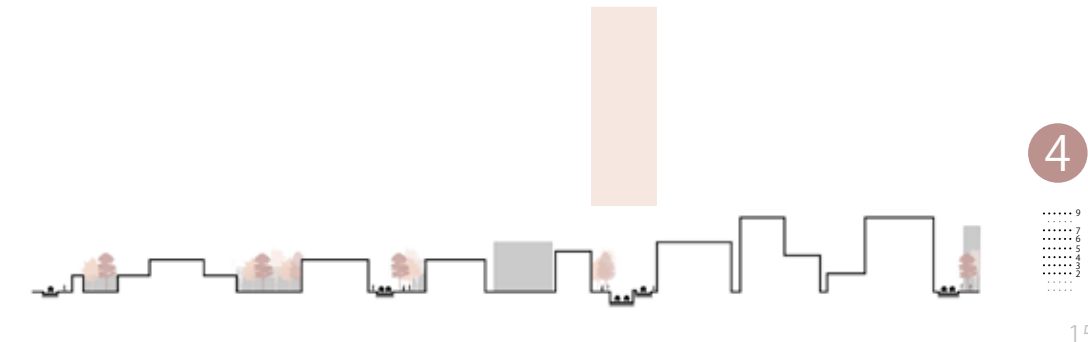
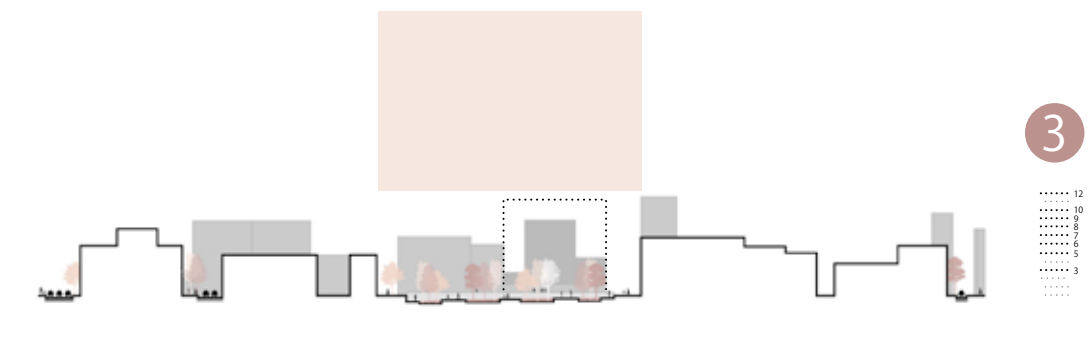
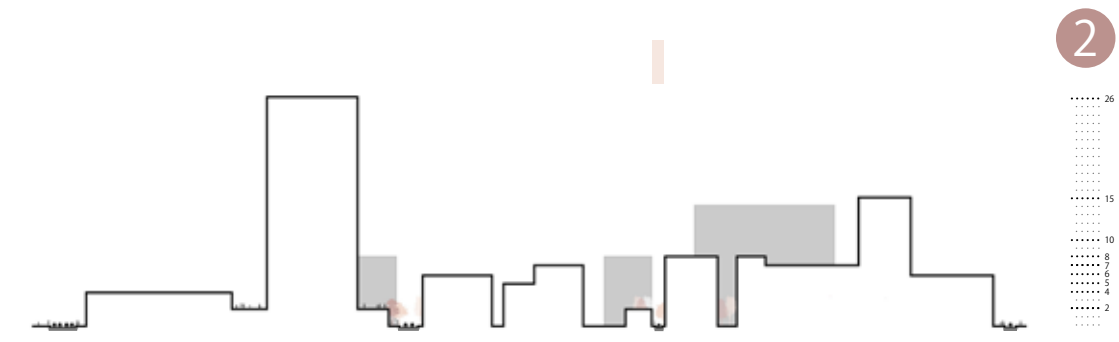




A



B





# DAILY INFLUX ANALYSIS



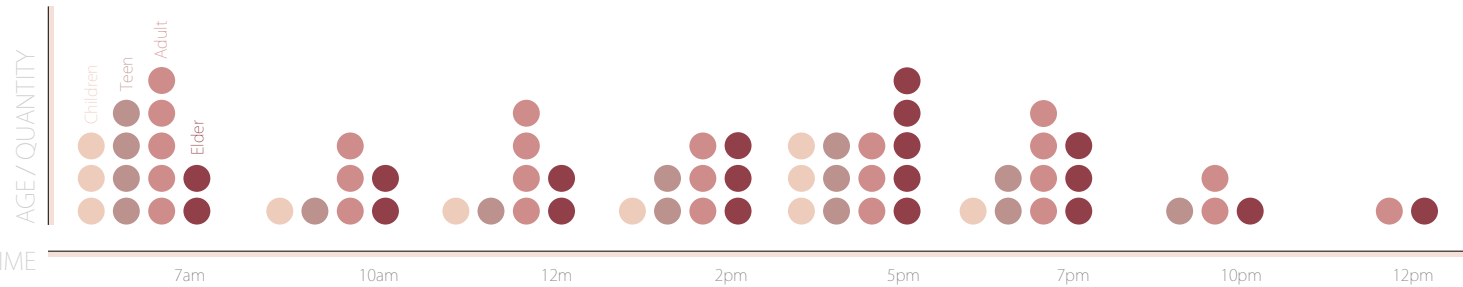
Fig. 84 Historic Center of Caracas, Venezuela. [digital image].  
Taken by the author. (2019).



CURRENT SITUATION

SUBJECT'S IDENTIFICATION

① ON THE WEEK [\*]



② ON THE WEEKEND [\*]

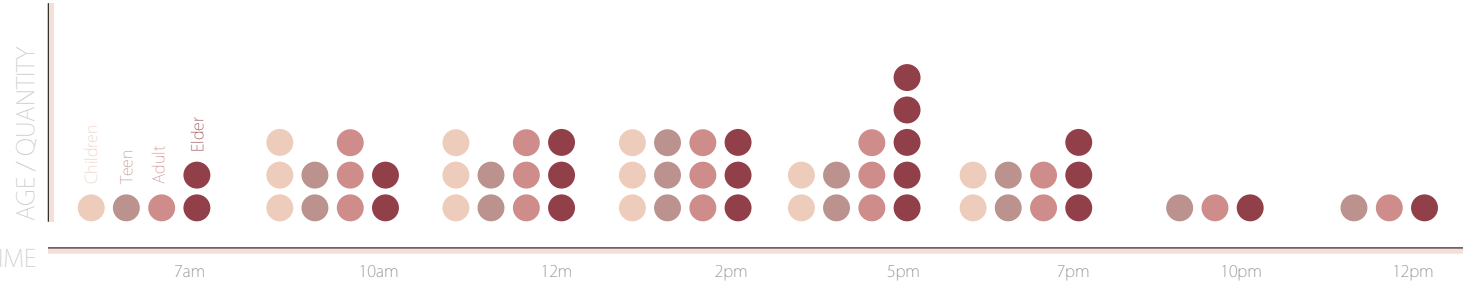


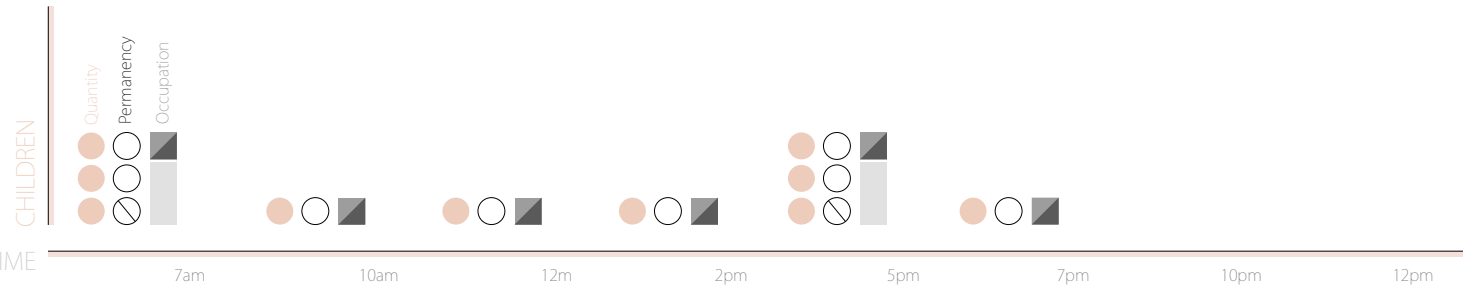
Fig. 85 Historic Center of Caracas, Venezuela. [digital image].  
Taken by the author. (2019).

[\*] All the information was provided from residents of the area (2020, January). Personal interview.

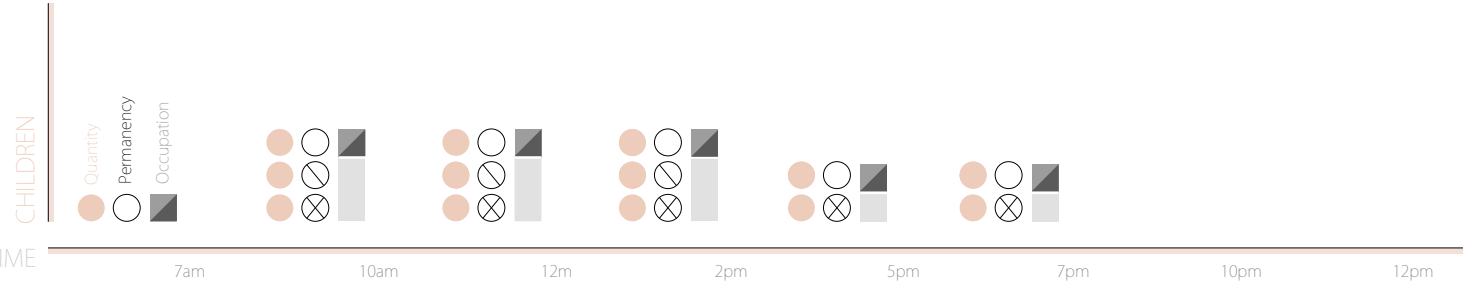
# CURRENT SITUATION

SUBJECT'S IDENTIFICATION

① ON THE WEEK [\*]



② ON THE WEEKEND [\*]



Permanency

Sporadic

Transient

Permanent

X

X

Occupation

Student

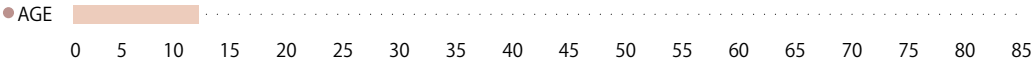
Worker

Informal worker

Jobless

[\*] All the information was provided from residents of the area (2020, January). Personal interview.

# CHILDREN



① ON THE WEEK

● IDENTIFICATION

- CHILDREN  
Permanent informal worker / jobless (homeless)

e.g. Going everyday to the area to informally sale products on a small scale or any homeless kid who lives there.
- CHILDREN  
Permanent student

e.g. Everyday child who studies in the area.
- X

CHILDREN  
Transient student

e.g. Everyday child who has to pass the area to go to school.

② ON THE WEEKEND

● IDENTIFICATION

- CHILDREN  
Permanent informal worker / jobless (homeless)

e.g. Going everyday to the area to informally sale products on a small scale or any homeless kid who lives there.
- X

CHILDREN  
Transient student

e.g. Temporal child who has to pass the area to go to another place.
- X

CHILDREN  
Sporadic student

e.g. Occasional children who go to visit any cultural building, square or shop, in the sector.

①

● CONCLUSION

- Existence of many children that, first of all, live in terrible conditions locally on the street who, unfortunately, in many cases are forced to work from an early age.
- The student group, either permanent or transient is only present in the morning before entering to class or in the afternoon after they finish lessons.
- Around 6pm, when the sun goes down, the number of children in the area decreases markedly.
- In general the influx of children is moderately low.

②

● CONCLUSION

- Existence of many children that, first of all, live in terrible conditions locally on the street who, unfortunately, in many cases are forced to work from an early age.
- The student group, transient or sporadic, come to the area from late morning until it gets dark. It can be seen more children than in the week.
- Around 6pm, when the sun goes down, the number of children in the area again, decreases markedly.
- In general the influx of children is moderately low.

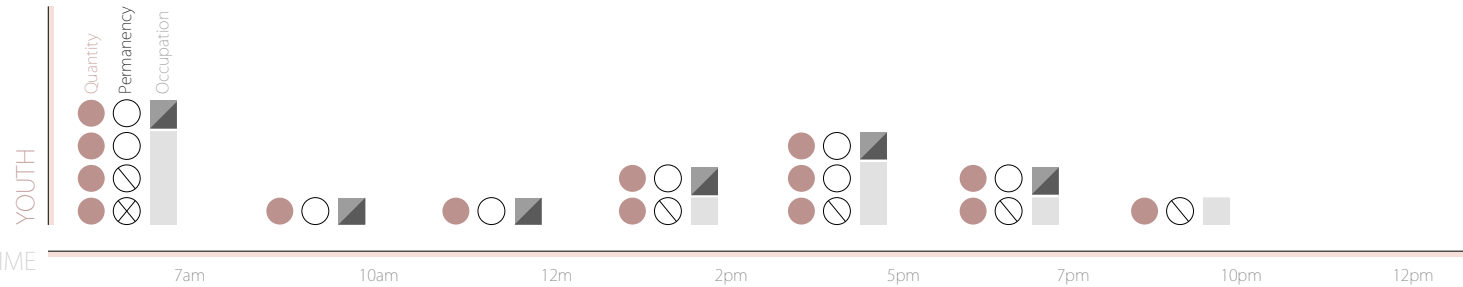
- HOW CAN BE INCREASED THE INFLUX OF CHILDREN ?
- WHAT KIND OF ACTIVITIES CAN BE PROPOSED ?
- IN WHICH HOURS ?



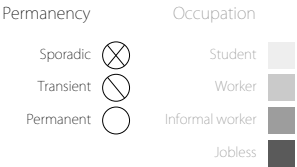
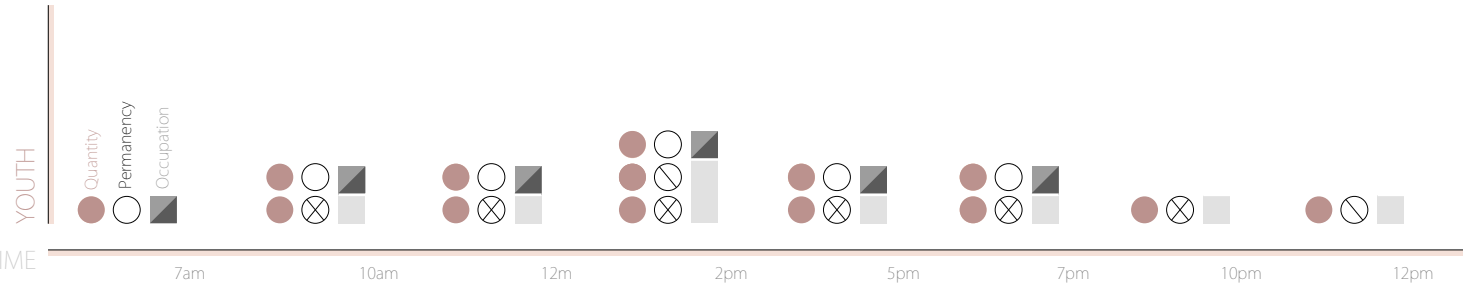
# CURRENT SITUATION

SUBJECT'S IDENTIFICATION

① ON THE WEEK [\*]



② ON THE WEEKEND [\*]



[\*] All the information was provided from residents of the area (2020, January). Personal interview.

# YOUTH



① ON THE WEEK

● IDENTIFICATION

- ○ ■ YOUTH Permanent informal worker / jobless (homeless)  
e.g. Going everyday to the area to informally sale products on a small scale or any homeless juvenile who lives there.
- ○ ■ YOUTH Permanent student  
e.g. Everyday youth who studies in the area.
- ○ ■ YOUTH Transient student  
e.g. Everyday youth who has to pass the area to go to school.
- ○ ■ YOUTH Sporadic student  
e.g. Occasional visit by a juvenile, to do any diligence that must be done in the area.

② ON THE WEEKEND

● IDENTIFICATION

- ○ ■ YOUTH Permanent informal worker / jobless (homeless)  
e.g. Going everyday to the area to informally sale products on a small scale or any homeless juvenile who lives there.
- ○ ■ YOUTH Transient student  
e.g. Temporal youth who has to pass the area to go to another place.
- ○ ■ YOUTH Sporadic student  
e.g. Occasional juvenile who go to visit any cultural building, square or shop, in the sector.

①

● CONCLUSION

- Existence of many young people that, first of all, live in terrible conditions locally on the street who, unfortunately, in many cases are forced to work from an early age.
- The student group, either permanent or transient is only present in the morning before entering to class or in the afternoon around 2-8pm after they finish lessons.
- There is a new kind of group that sporadically have to come to the area to solve errands.
- Around 8pm, the number of young people in the area decreases markedly.
- In general the influx of young people is moderately low.

②

● CONCLUSION

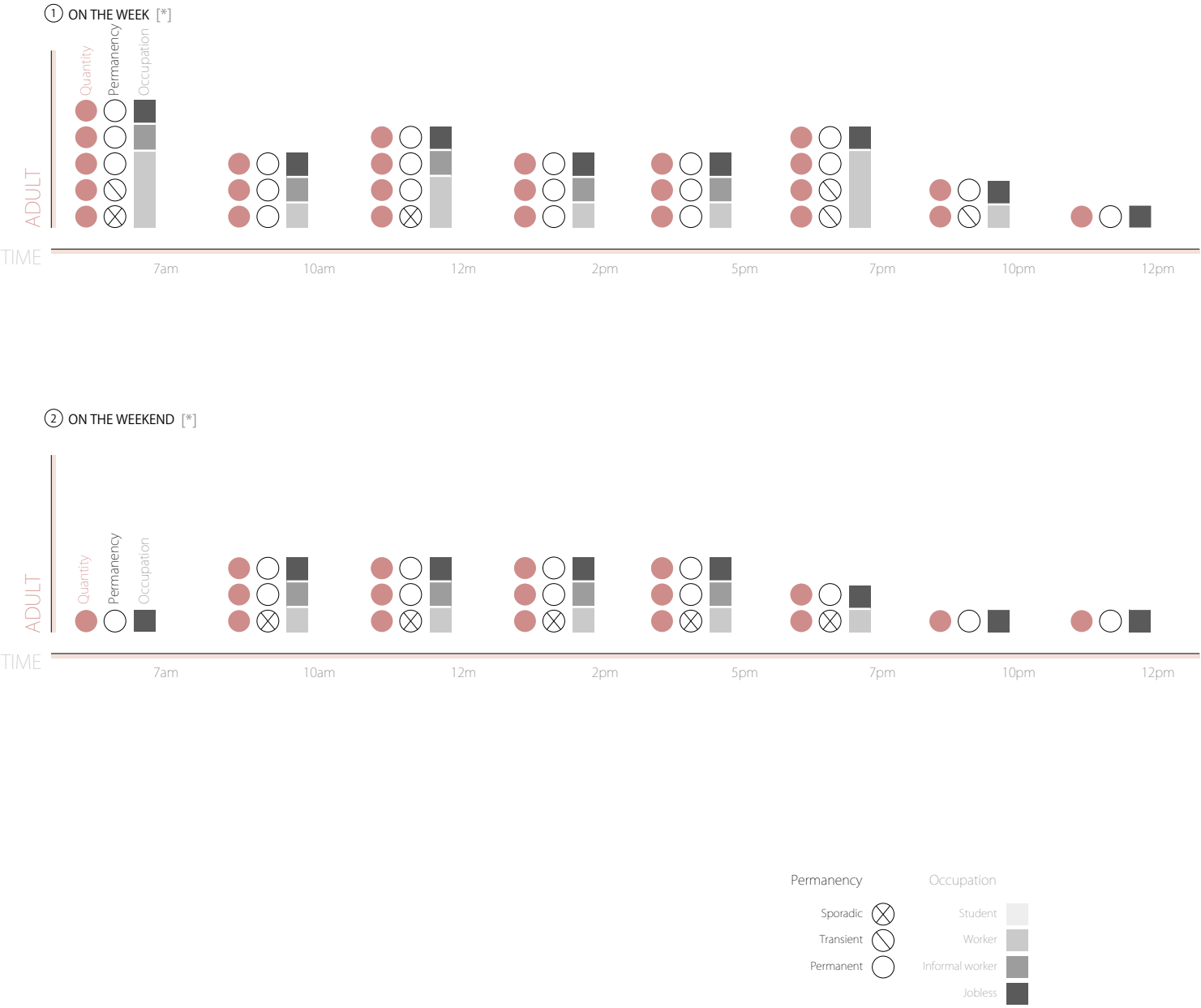
- Existence of many young people that, first of all, live in terrible conditions locally on the street who, unfortunately, in many cases are forced to work from an early age.
- The student group, transient or sporadic, come to the area from late morning until it gets dark but a few of them remain even past hours. It can be seen more young people than in the week.
- Around 8pm, the number of young people in the area again, decreases markedly.
- In general the influx of juveniles is moderately low.

● WHAT KIND OF ACTIVITIES CAN BE PROPOSED AFTER SCHOOL ?

● HOW CAN BE INCREASED THE INFLUX OF YOUNG PEOPLE ON THE WEEKENDS ?

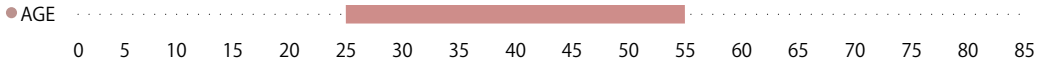
# CURRENT SITUATION

SUBJECT'S IDENTIFICATION



[\*] All the information was provided from residents of the area (2020, January). Personal interview.

# ADULT



① ON THE WEEK

● IDENTIFICATION

- ○ ■ ADULT Permanent jobless (homeless)  
e.g. Any homeless adult who lives locally in the zone.
- ○ ■ ADULT Permanent informal worker  
e.g. Everyday adult who informally sales products on a small scale everyday in the area.
- ○ ■ ADULT Permanent worker  
e.g. Everyday adult who works in the area.
- / ■ ADULT Transient worker  
e.g. Everyday adult who has to pass the area to go to work.
- X ■ ADULT Sporadic worker  
e.g. Occasional visit by a adult, to do any diligence that must be done in the area.

② ON THE WEEKEND

● IDENTIFICATION

- ○ ■ ADULT Permanent jobless (homeless)  
e.g. Any homeless adult who lives locally in the zone.
- ○ ■ ADULT Permanent informal worker  
e.g. Everyday adult who informally sales products on a small scale everyday in the area.
- X ■ ADULT Sporadic worker  
e.g. Occasional adult who go to visit any cultural building, square or shop, in the sector.

①

● CONCLUSION

- Existence of many adults that, first of all, live in terrible conditions locally on the street.
- Existence of a number of informal workers.
- The worker's group is divided by permanent, transient and sporadic workers. In all three cases, the influx is higher before the beginning of the work hour, then at the common lunch break that offices usually have, and again when the working day ends.
- Around 8pm, the number of adults in the area decreases markedly.
- In general the influx of adults is medium.

②

● CONCLUSION

- Existence of many adults that, first of all, live in terrible conditions locally on the street who, in many cases have to informally work.
- The worker's group, in this case are only those who sporadically visit the center during daylight hours.
- Around 6pm, the number of adults in the area again, decreases.
- In general the influx of adults is moderately low.

● HOW TO PROLONG THE STAY OF ADULTS AFTER WORK ?

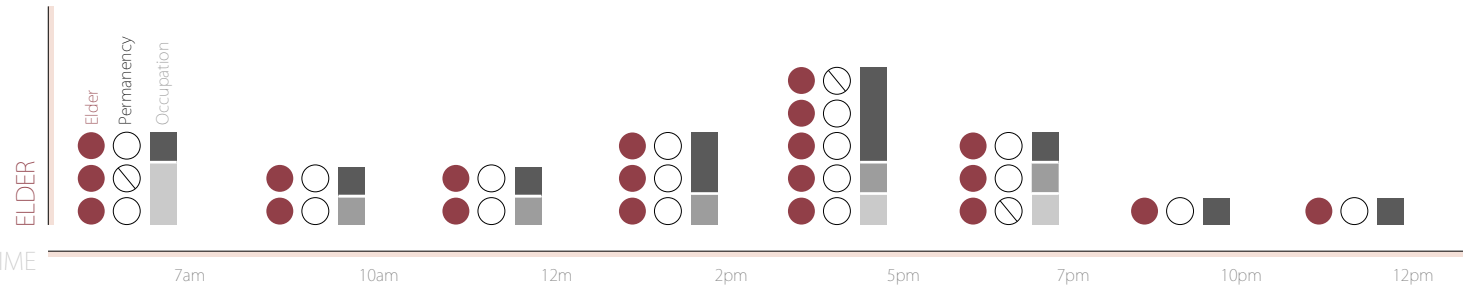
● WHICH ACTIVITIES CAN ATTRACT ADULTS ON THE WEEKENDS ?



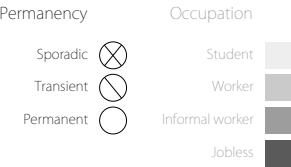
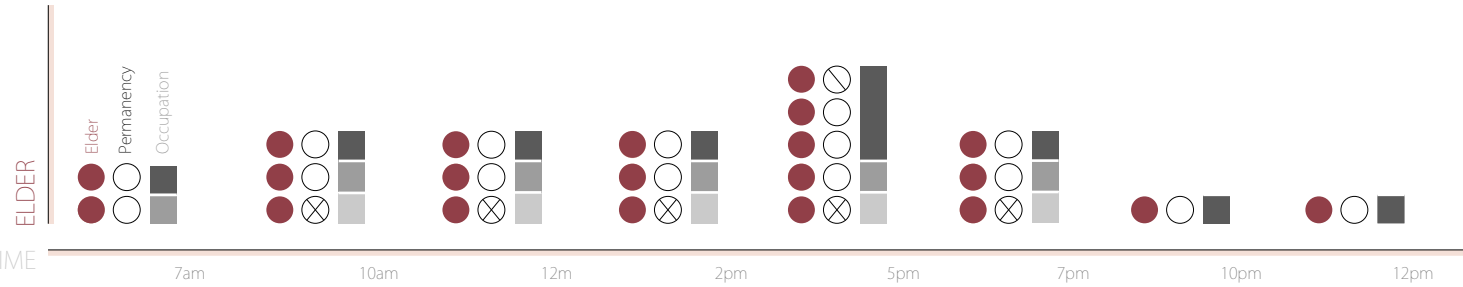
# CURRENT SITUATION

SUBJECT'S IDENTIFICATION

① ON THE WEEK [\*]

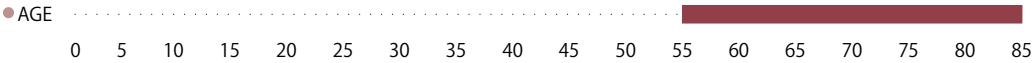


② ON THE WEEKEND [\*]



[\*] All the information was provided from residents of the area (2020, January). Personal interview.

## ELDER



① ON THE WEEK

### IDENTIFICATION

- ELDER Permanent retired / homeless  
e.g. Any retired aged who like to spent the afternoon in the square or also homeless elders who live locally.
- ELDER Transient retired / homeless  
e.g. Any retired aged who has to pass the area to go somewhere else.
- ELDER Permanent informal worker  
e.g. Everyday elder who informally sales products on a small scale everyday in the area.

- ELDER Permanent worker  
e.g. Everyday elder who works in the area.
- ELDER Transient worker  
e.g. Everyday aged who has to pass the area to go to work.

② ON THE WEEKEND

### IDENTIFICATION

- ELDER Permanent retired / homeless  
e.g. Any retired aged who like to spent the afternoon in the square or also homeless elders who live locally.
- ELDER Transient retired / homeless  
e.g. Any retired aged who has to pass the area to go somewhere else.
- ELDER Permanent informal worker  
e.g. Everyday elder who informally sales products on a small scale everyday in the area.
- ELDER Sporadic worker  
e.g. Occasional aged who go to visit any cultural building, square or shop, in the sector.

①

### CONCLUSION

- Existence of many elders that, first of all, live in terrible conditions locally on the street.
- Existence of a number of informal workers.
- There is a new group of elders that are the retired ones.
- The worker's group is divided by permanent and transient workers, having the same schedule as the working adults.
- There is a high influx starting around 3pm until 6pm.
- Around 8pm, the number of elders in the area decreases markedly.
- In general the influx of adults is moderately low.

②

### CONCLUSION

- Existence of many elders that, first of all, live in terrible conditions locally on the street.
- Existence of a number of informal workers.
- There is a new group of elders that are the retired ones.
- There is a high influx starting around 3pm until 6pm.
- Around 8pm, the number of elders in the area decreases markedly.
- In general the influx of elders is medium.

### HOW CAN BE REGULARIZE THE INFLUX OF ELDERS?

#### WHAT KIND OF ACTIVITIES CAN BE PROPOSED?

#### IN WHICH HOURS?

DIAGNOSIS

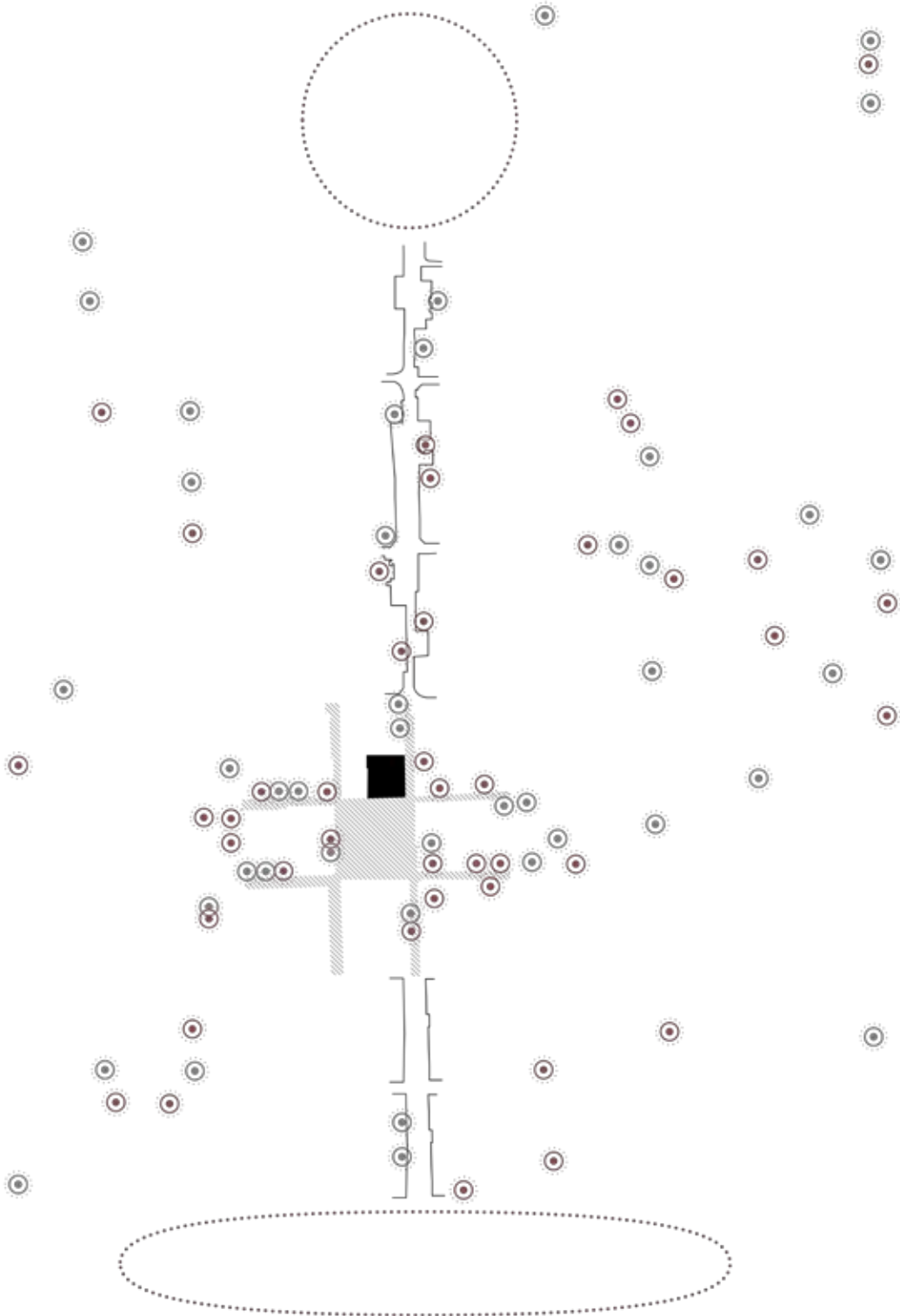
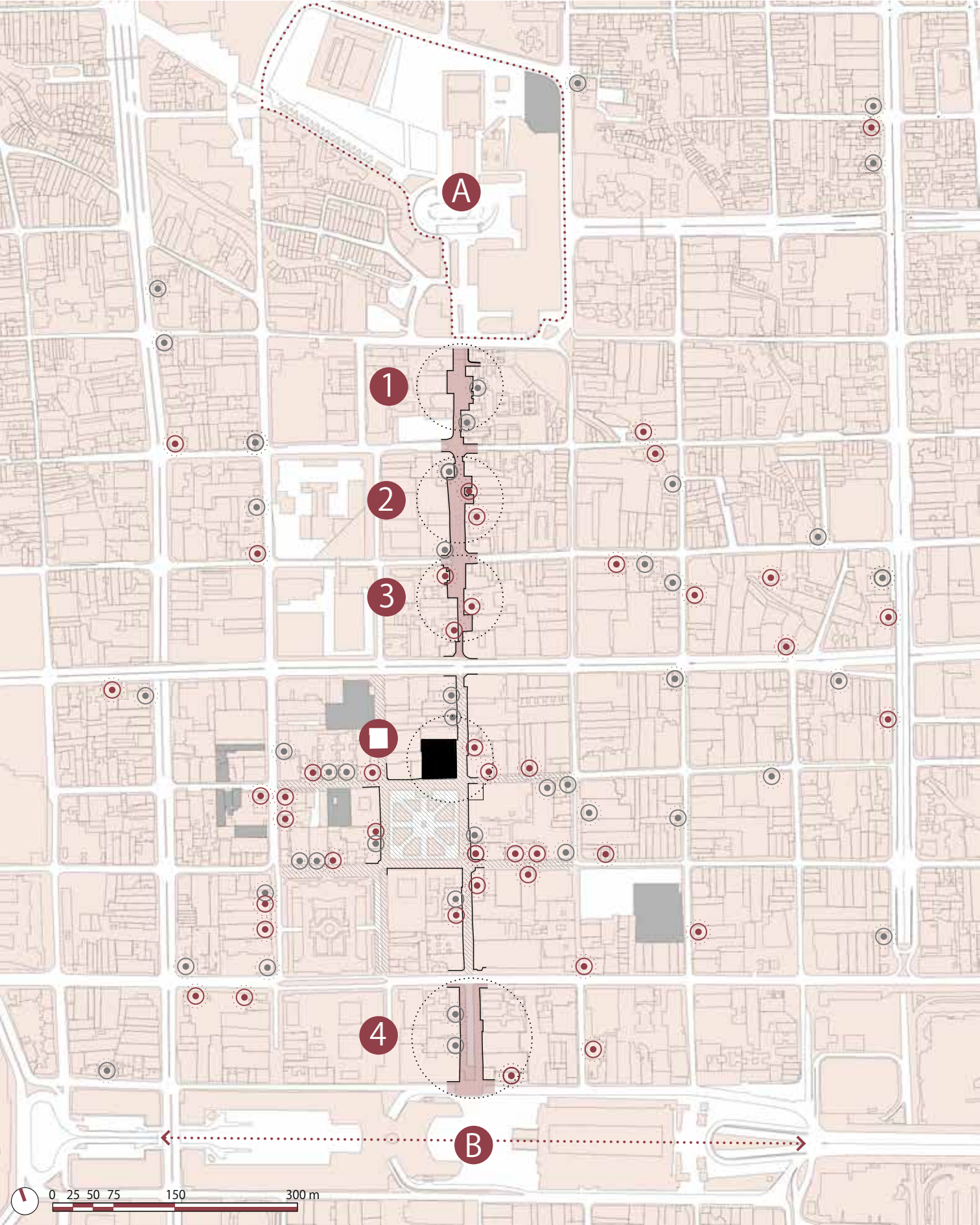


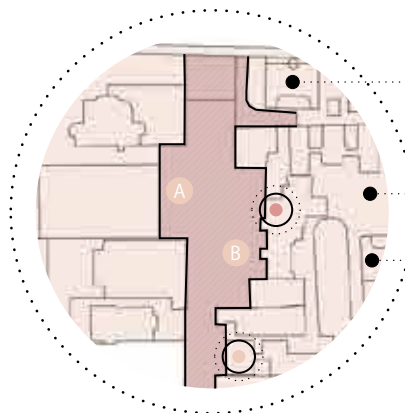
Fig. 86 Diagnosis diagram.  
Prepared by the author.





● MAIN POINTS    ● POSSIBLE FUTURE INTERVENTIONS    ● ACTIVE FOOD PLACES    ● RARELY ACTIVE FOOD PLACES

1

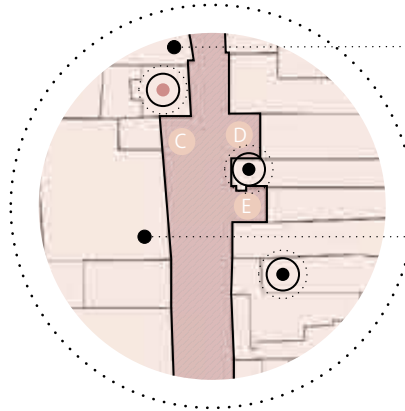


PUBLIC COURTS  
HIGH SCHOOL  
HIGH SCHOOL'S COURTS

● RESTAURANT (1)

● BAR (1)

2

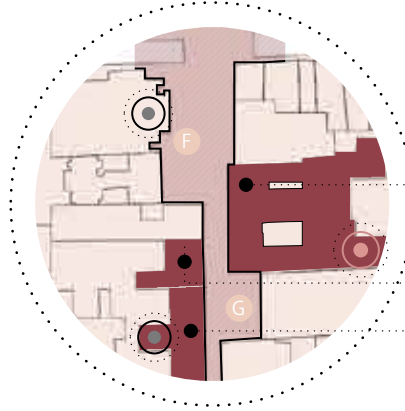


LABOR INSPECTORATE  
PUBLIC DEFENSE INSTITUTION

● RESTAURANT (1)

● FAST FOOD (2)

3

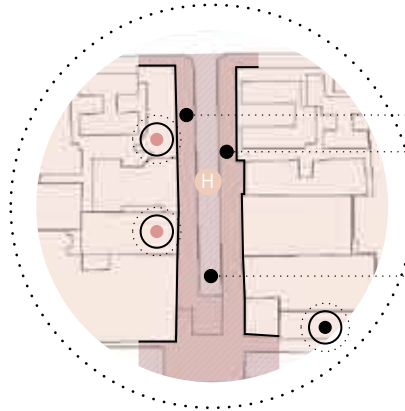


MUSEUM "CASA LORENZO MENDOZA"  
MUSEUM "CASA JOSÉ MARTÍ"  
MUSEUM "CASA DE LAS PRIMERAS LETRAS SIMÓN RODRÍGUEZ"

● PREMIUM RESTAURANT (1)

● CAFFE (2)

4



PASSAGE  
STREET CAR

● RESTAURANT (2)

● FAST FOOD (1)

# MASTERPLAN'S STRATEGIES

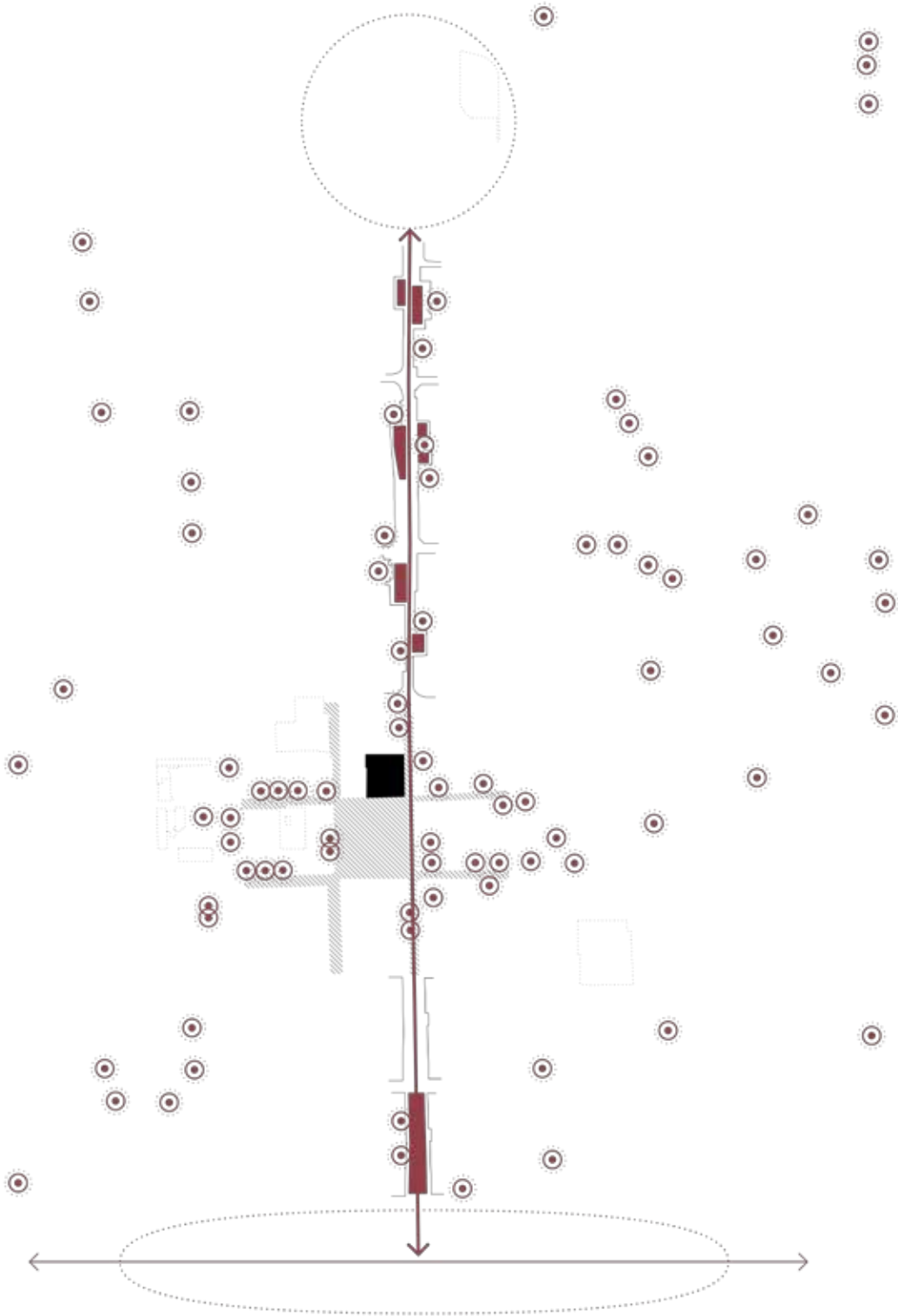


Fig. 87 Strategies diagram.  
Prepared by the author.



# IDENTITY

After the analysis of the area, a partial abandonment of some food-related businesses was perceived.

Many of these food establishments lack an identity. They are places that need an image and infrastructure necessary for the business' success.

The precarious situation of these locals affects the general perception of the area, giving an image of abandonment and neglect to the foundational grid of the capital.

However, on the other hand, some locals have been improved by the government.

The criteria for the intervention of these businesses are not known, but a considerable difference is marked between both types of business.

The identity strategy diagram (Fig. 188) shows the mix of different types of food businesses, the red ones functioning and the gray ones in precarious conditions of abandonment.

The idea of intervening locals in poor conditions -following this criterion- is to give an image, an identity, and a general harmony to the area without the differentiation in the selection of the locals to intervene.

By making these places develop their own identity and providing them with the necessary infrastructure for their growth, a principal part of the re-qualification of the area is achieved, changing, as consequence, the general perception of the zone.

In this case, the area of the master plan is not limited to Norte and Sur Avenida but willingly extends to the entire parish.

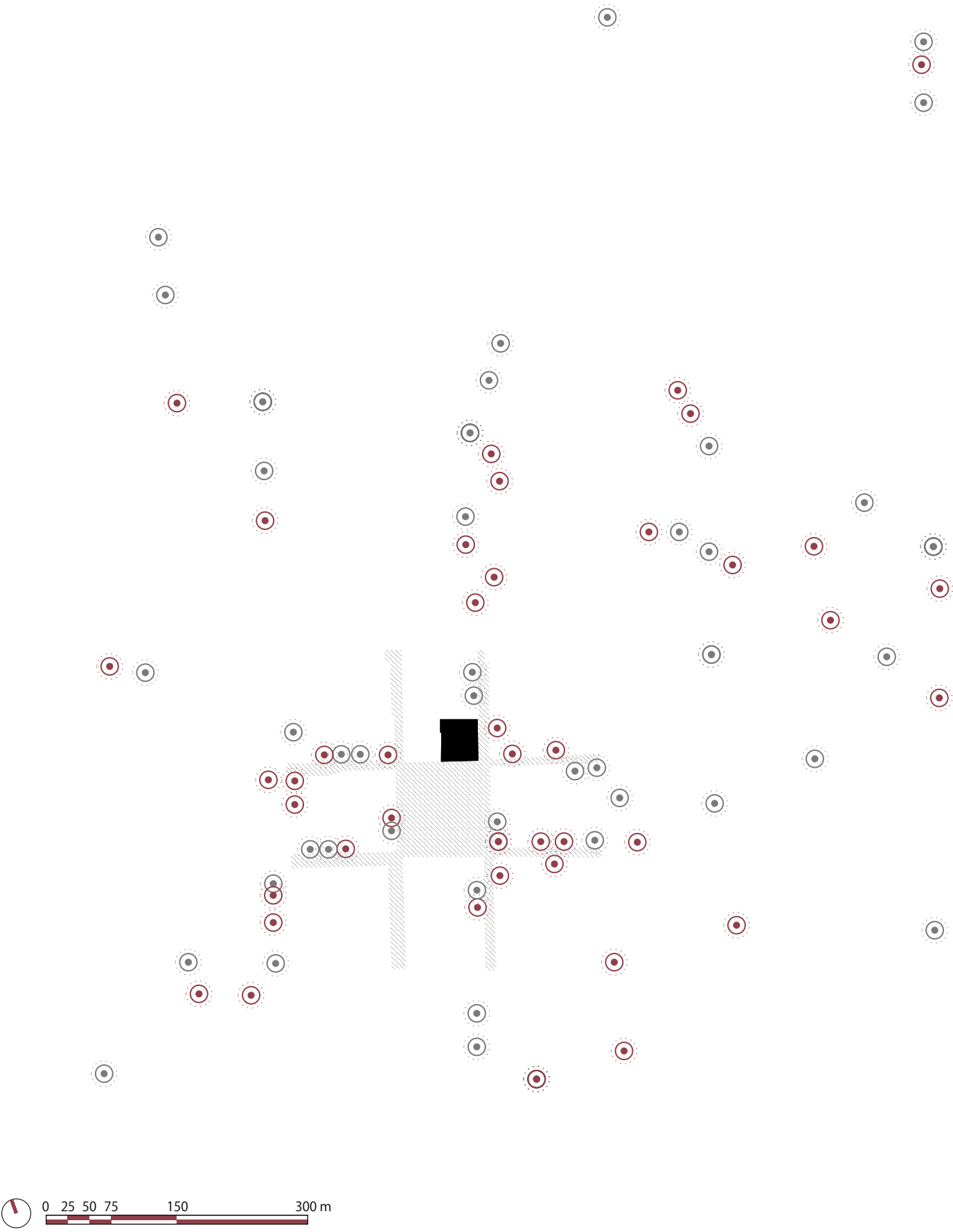


Fig. 88 Identity strategy diagram.  
Prepared by the author.

# ACTIVITIES

The proposal of activities for creation of the culinary passage -that connects the National Pantheon and the National Library (North) and Plaza Diego Ibarra, the Simón Bolívar Center and the Palace of Justice (South), passing through Plaza Bolívar in Caracas, the city's founding plaza- develops in the nooks and crannies along Avenida Norte and Avenida Sur.

Each of these factors: A, B, or C, can be combined with the food-related proposal of activities, creating a thread that not only takes into account the already present context but enriches it to make it collide with the new activities proposed for the avenue.

The criteria for the proposal of the activities are strictly related to the area of the intervention and are designed after the analysis of the current situation of the particular zone.

The proposal of the activities is completely linked to the sum or mix of four important factors (*Fig. 189*) that were developed throughout the investigation of the area in which the project will be carried out.

The factors are:

- The needs of the groups of people who currently frequent the area (A).
- The needs of the groups of people who want to be attracted to the area (B).
- Recognition of activities that take place spontaneously (C).
- And finally, different activities linked to the creation of the culinary passage for the promotion of the Venezuelan gastronomic culture.

● OPTIONS FOR THE PROPOSAL OF THE ACTIVITIES

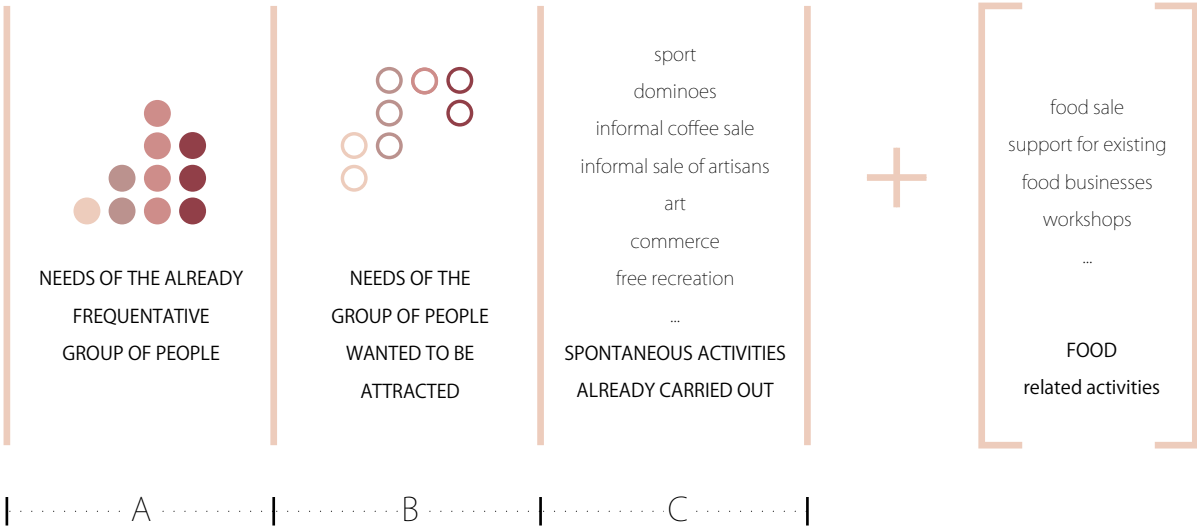


Fig. 89 Activities strategy diagram.  
Prepared by the author.



# MASTERPLAN

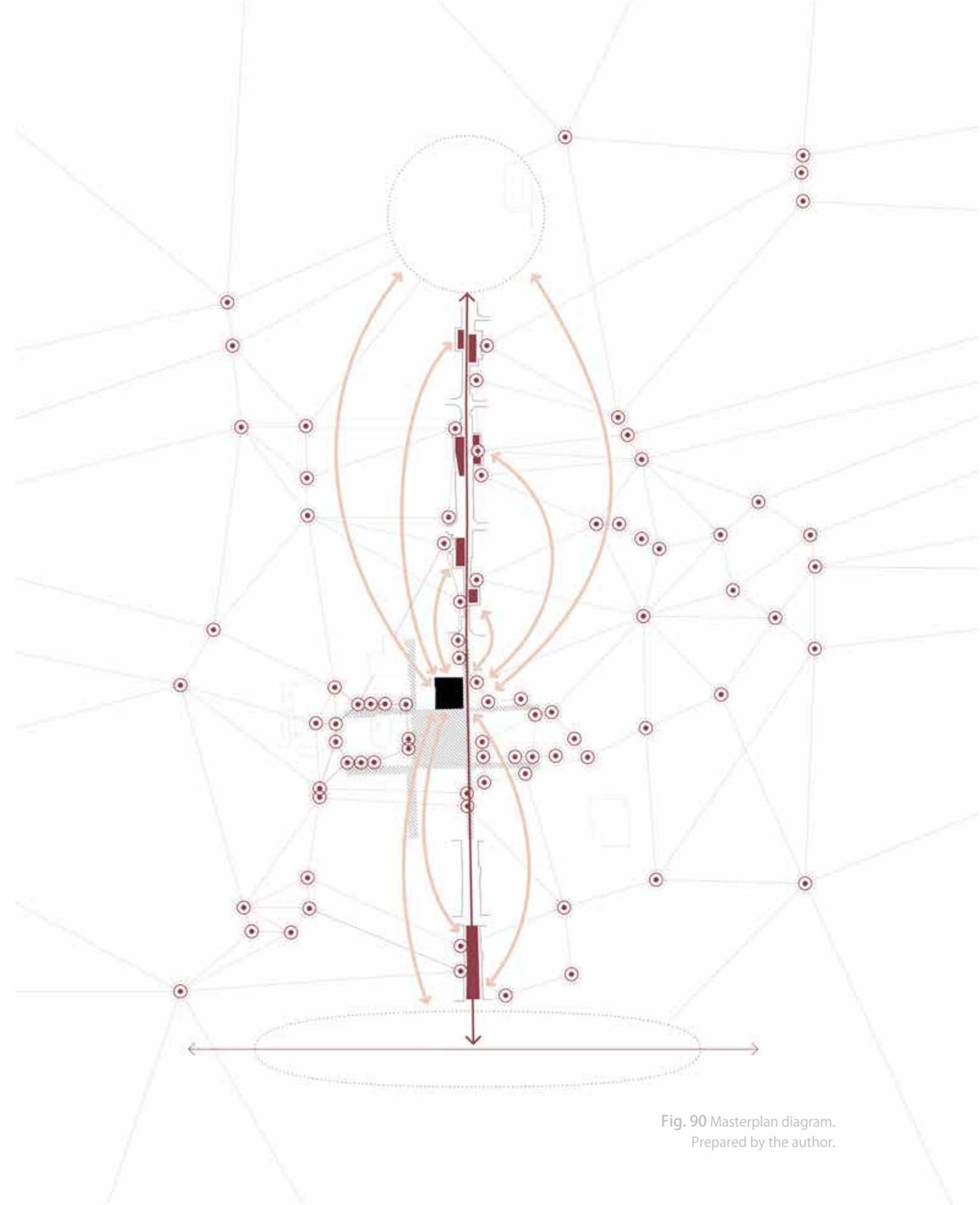
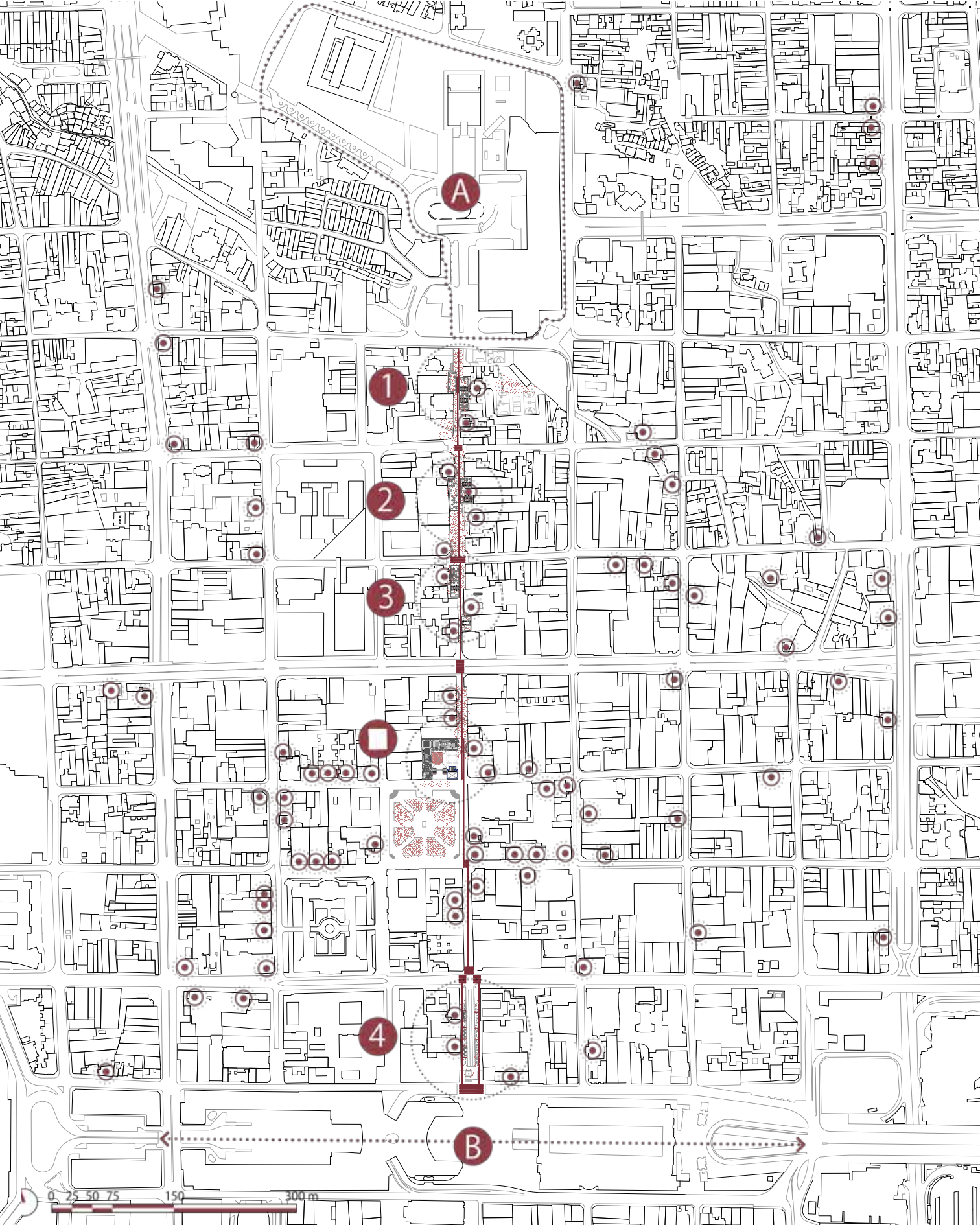


Fig. 90 Masterplan diagram.  
Prepared by the author.



The diagnosis of the area evidenced the need for a connection between area A (Area of the National Palace, and the National Library, among others) and area B (Plaza Diego Ibarra, the Simón Bolívar Center, and the Palace of Justice).

Therefore, the master plan aims to connect, through a -completely pedestrianized- culinary passageway, zone A and zone B.

When analyzing the north and south avenues (avenues in which the passage will be developed), different spaces created by the misalignment of the buildings can be seen.

These spaces are called nooks. Instead of seeing them as the problem that prevents the continuity of the street profile, they are taken as the solution that will allow activation in different areas.

After analyzing these avenues, different zones were identified. Zones 1,2,3,■ and 4. Each one with distinct characteristics.

Therefore, diverse activities are proposed in each zone, taking into account the strategy for the proposal of activities after the individual analysis of each of these zones.

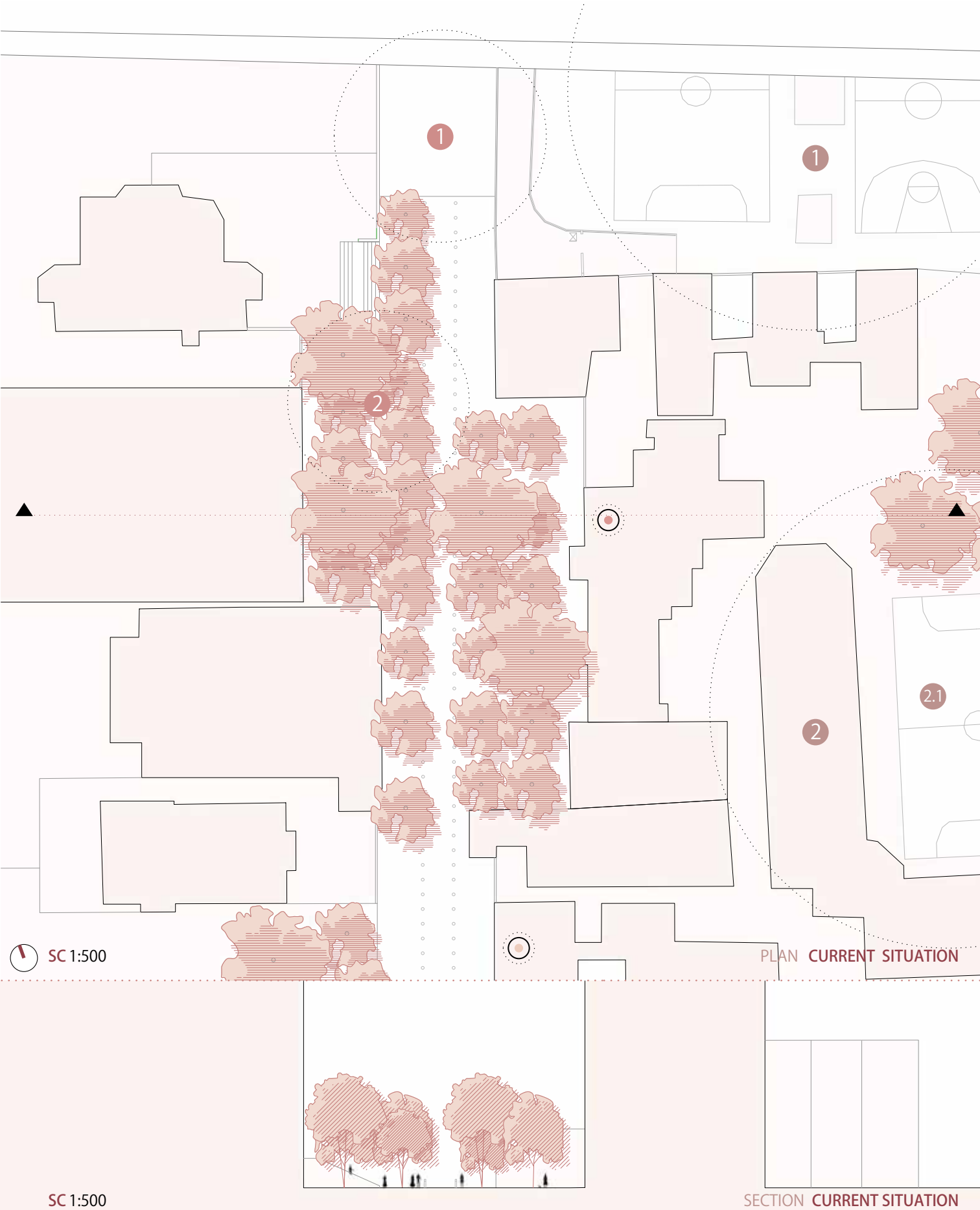
In each intervention, different modules are proposed. Helping the general theme of the culinary passage and: in some cases supporting the activities that are currently developed in each area.

In the analysis of the zones, zone ■ stands out since the existence of an informal parking lot in one of the plots that face the founding square of the capital is inconceivable. Therefore, a building is proposed. It is the structure that gives even more strength to the culinary passage since it will house different uses for the promotion of Venezuelan gastronomic culture.

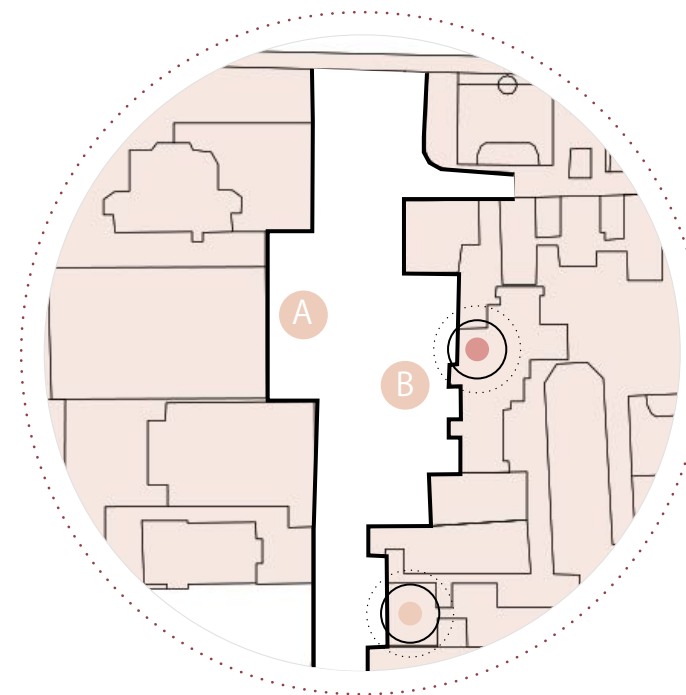
It is interesting to highlight the opportunity of the possible intervention of food-related businesses that lack identity, giving in itself a noticeable improvement to the perception of the area.

On the other hand, it is expected that the project will not end by itself but rather be the beginning of a network that celebrates the culinary culture and also be developed to such an extent that it becomes a tourist attraction and, at the same time, echoes internationally.





1



## CURRENT SITUATION

## • CURRENT USES

- 1 PUBLIC COURTS
- 2 PUBLIC HIGH SCHOOL
- 2.1 PUBLIC HIGH SCHOOL'S COURTS

## • FOOD PLACES

- RESTAURANT
- BAR

## • SPONTANEOUS ACTIVITIES

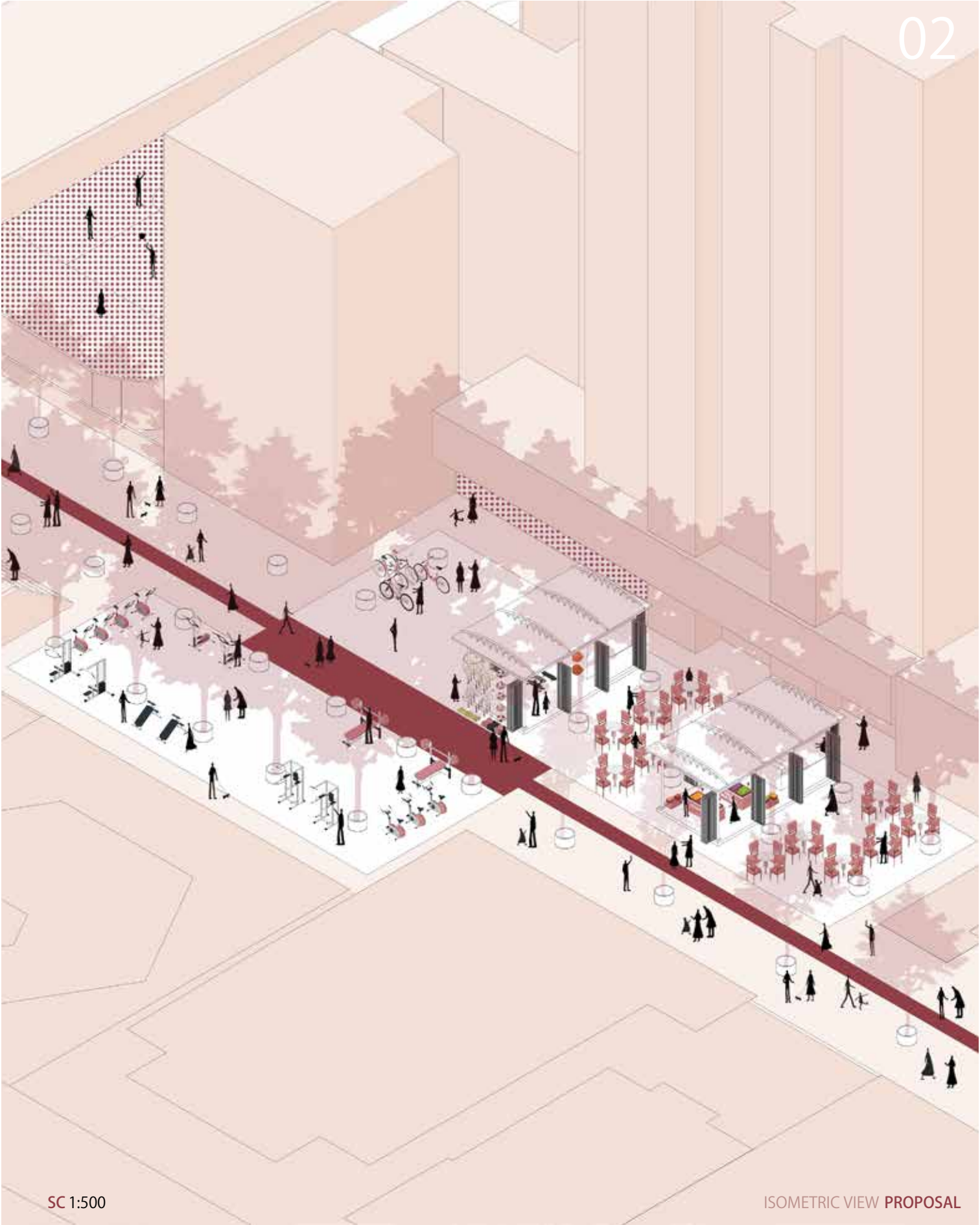
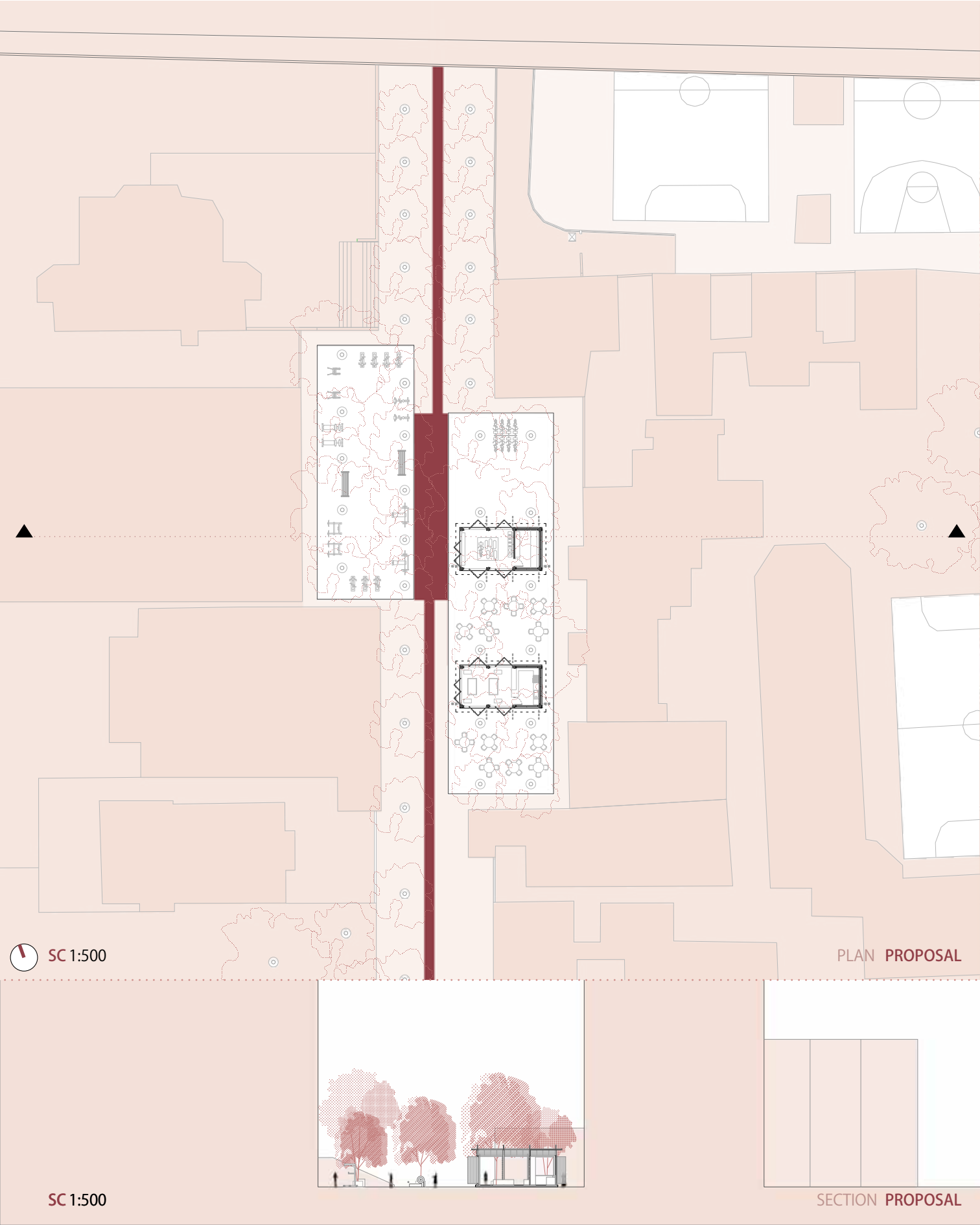
- 1 PARKING
- 2 GATHERING

## POSSIBILITIES

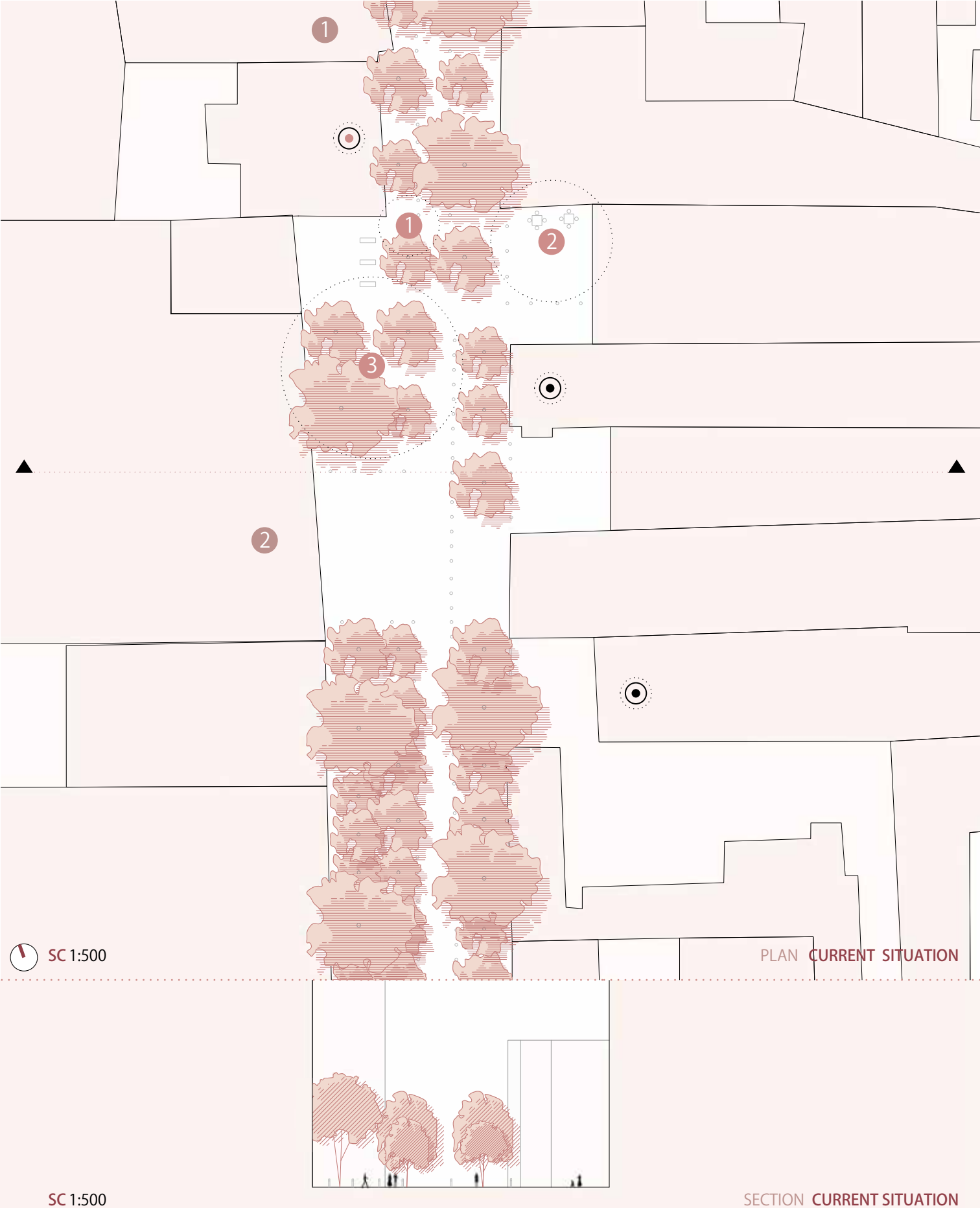
GATHERING  
RECREATION  
WORK OUT  
**URBAN GYM**

SPORT SHOP  
SPORTS EQUIPMENT RENTAL  
BIKE CITY CENTER POINT  
**SPORT MODULE**

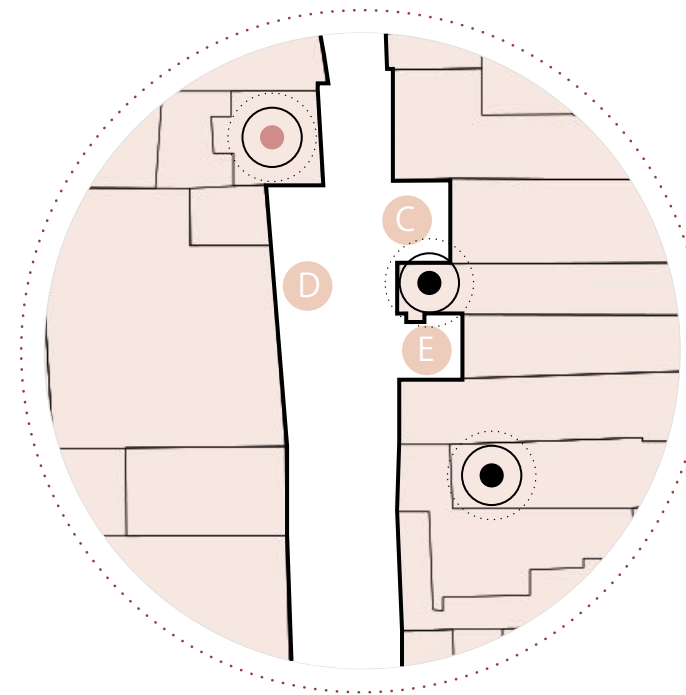
NATIVE VENEZUELAN FRUIT SHOP  
SMOOTHIE AND PROTEIN STAND  
FITNESS FOOD  
**HEALTHY FOOD MODULE**







2



## CURRENT SITUATION

## POSSIBILITIES

## • CURRENT USES

1 LABOR INSPECTORATE

2 PUBLIC DEFENSE INSTITUTION

## • FOOD PLACES

• RESTAURANT

• FAST FOOD

## • SPONTANEOUS ACTIVITIES

1 COFFE SELLING

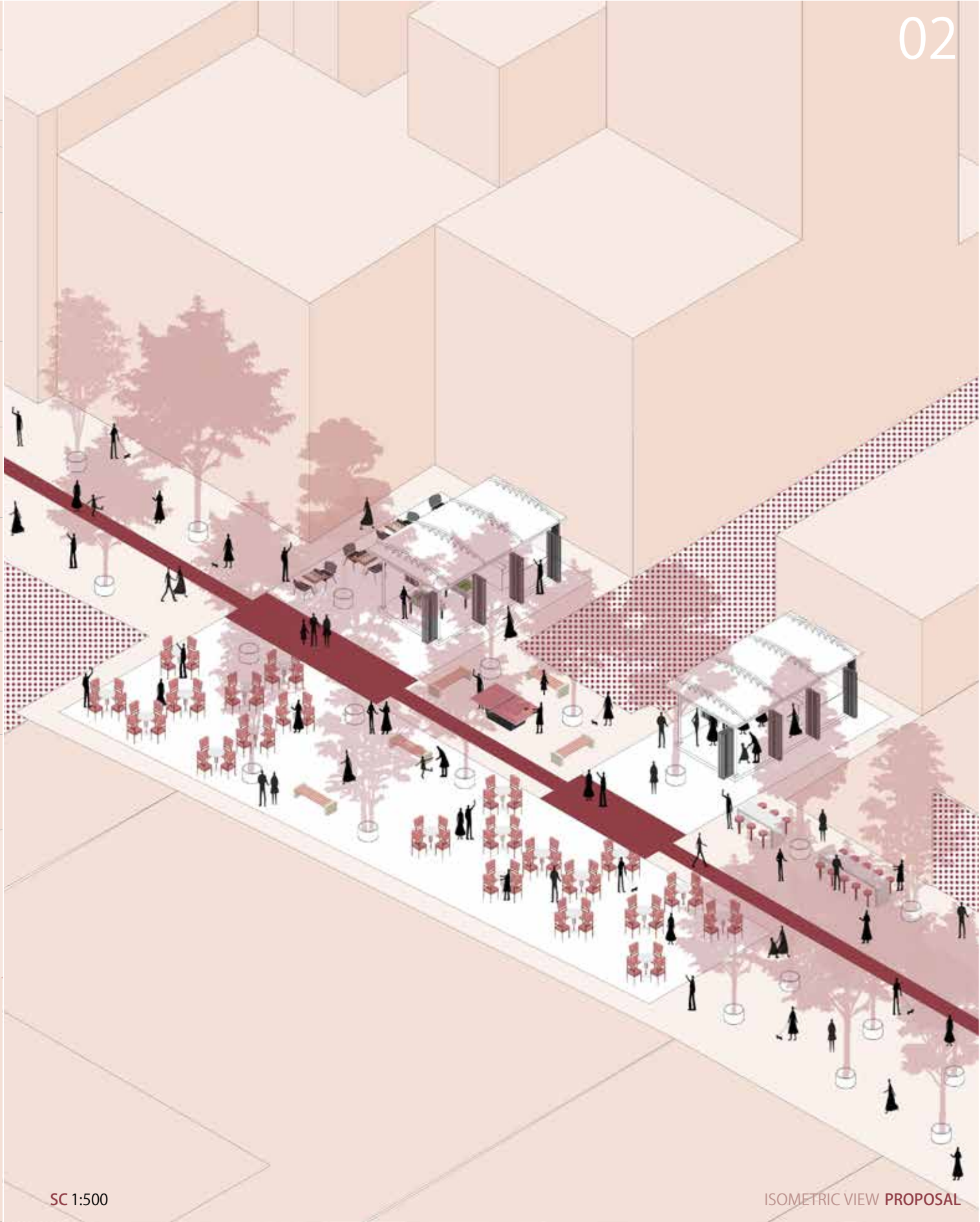
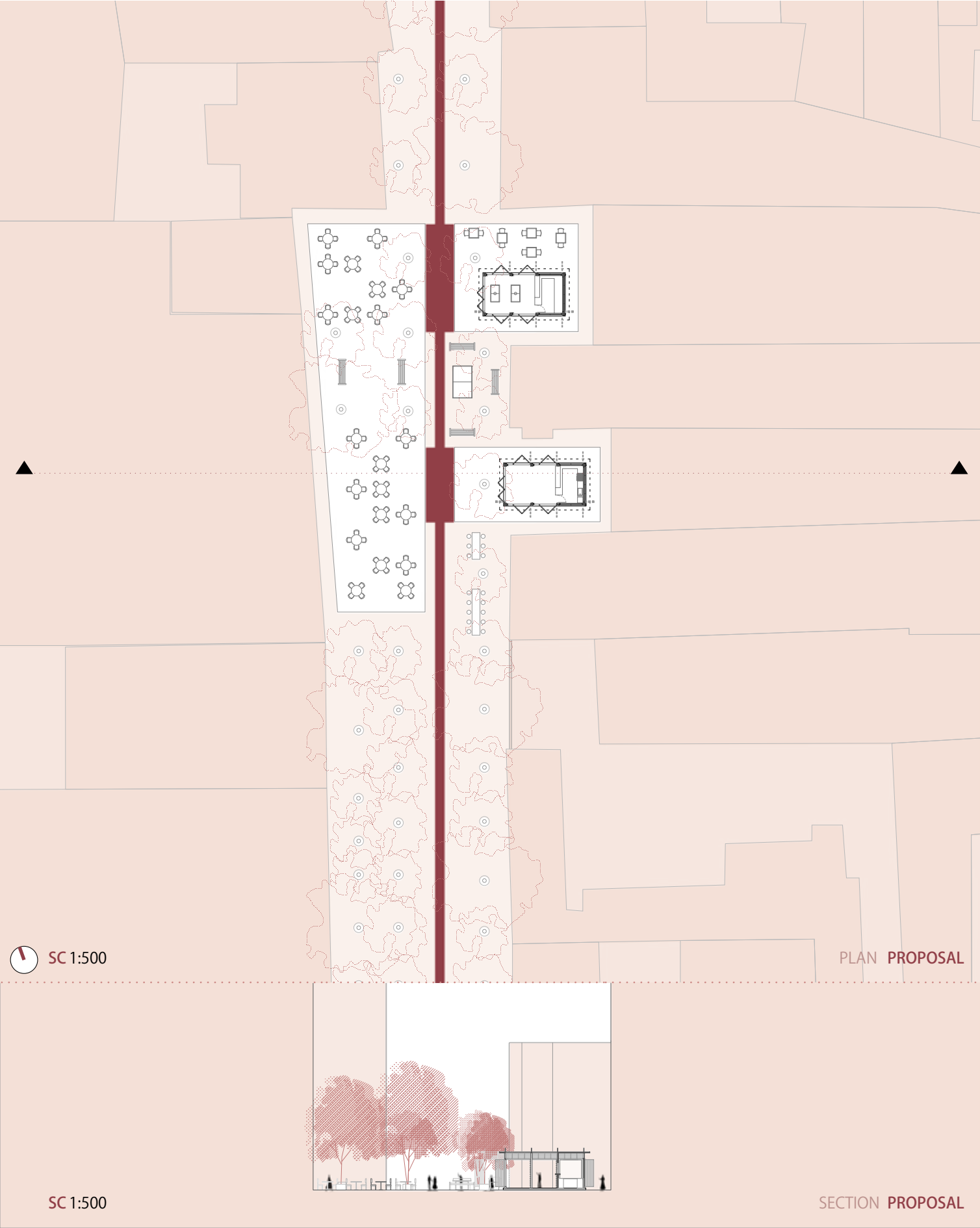
2 DOMINOES TABLES

3 GATHERING

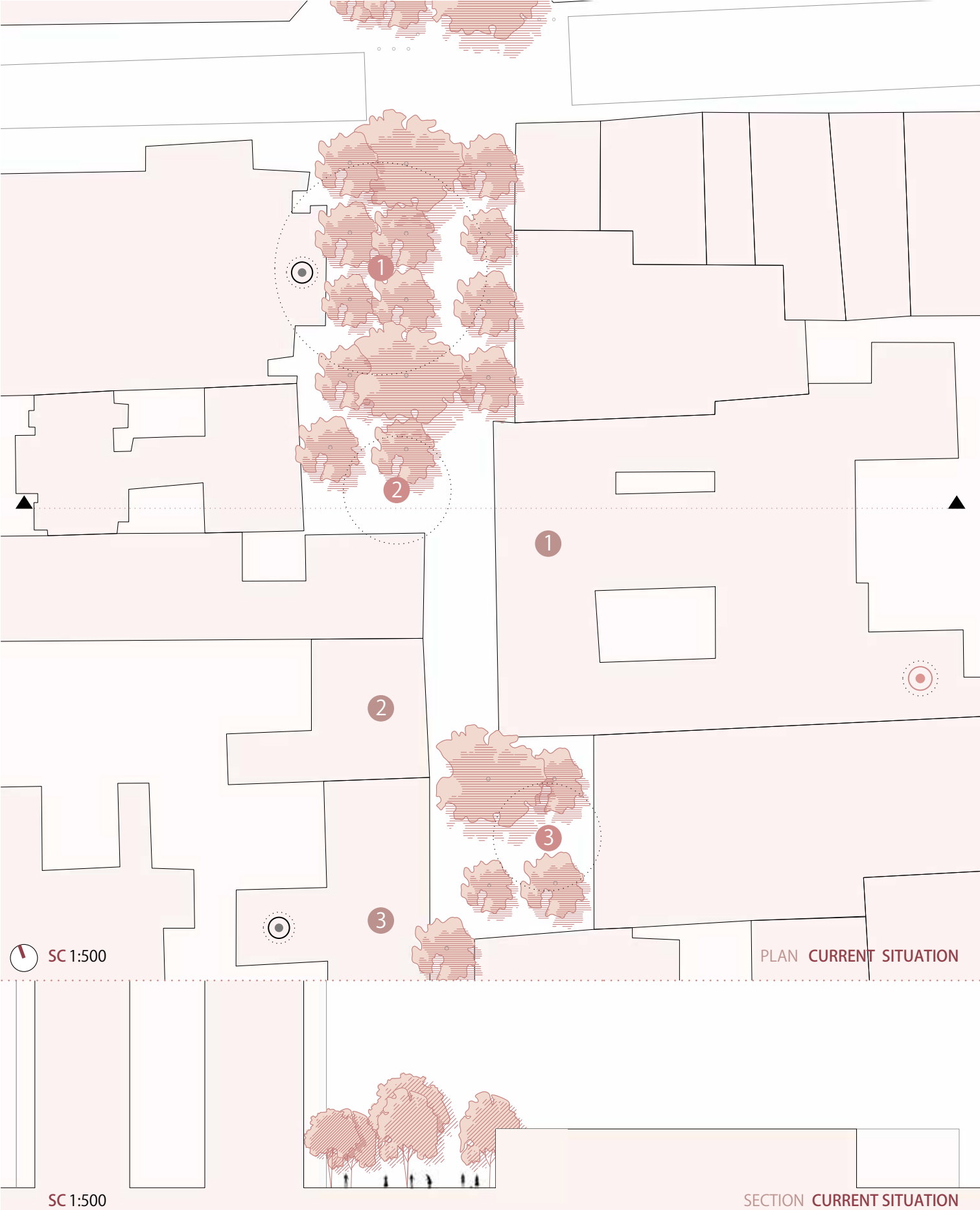
RECREATION  
GATHERING  
**TABLE GAMES AREA**

RECREATION  
GATHERING  
**EATING POINT**

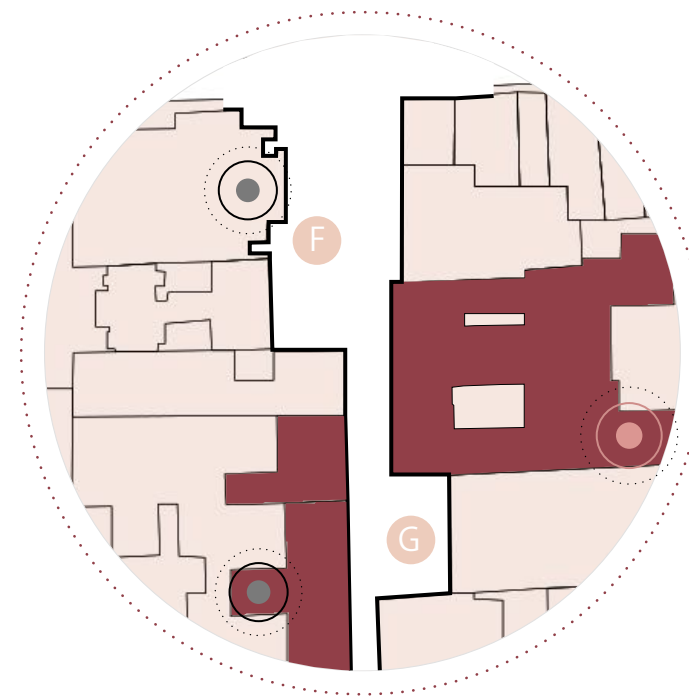
GATHERING  
FAST FOOD TRUCK  
**VENEZUELAN FAST FOOD  
MODULE**







3



## CURRENT SITUATION

## POSSIBILITIES

## • CURRENT USES

- 1 MUSEUM "CASA LORENZO MENDOZA"
- 2 MUSEUM "CASA JOSÉ MARTÍ"
- 3 MUSEUM "CASA DE LAS PRIMERAS LETRAS SIMÓN RODRÍGUEZ"

## • FOOD PLACES

• PREMIUM RESTAURANT

• CAFFE

## • SPONTANEOUS ACTIVITIES

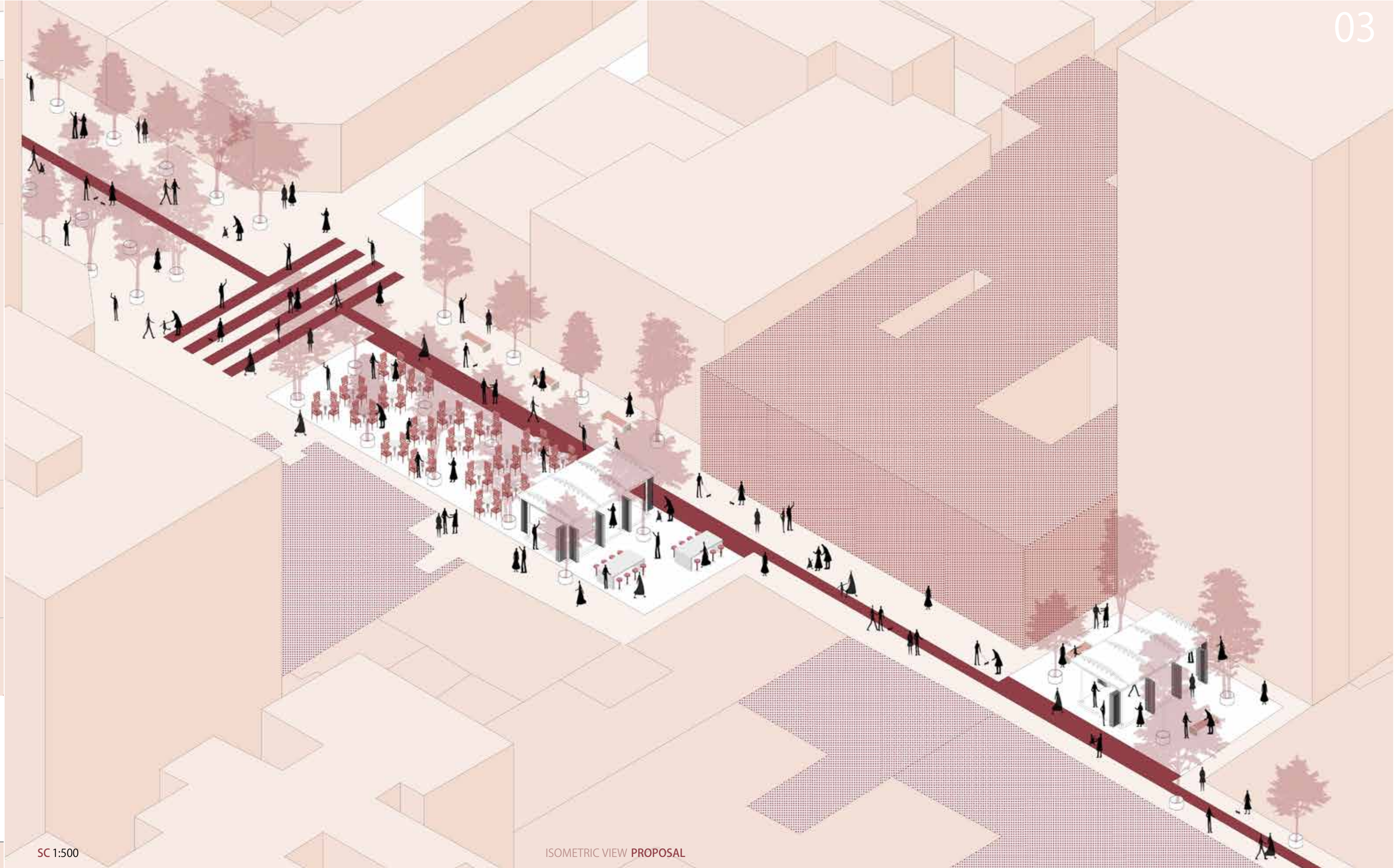
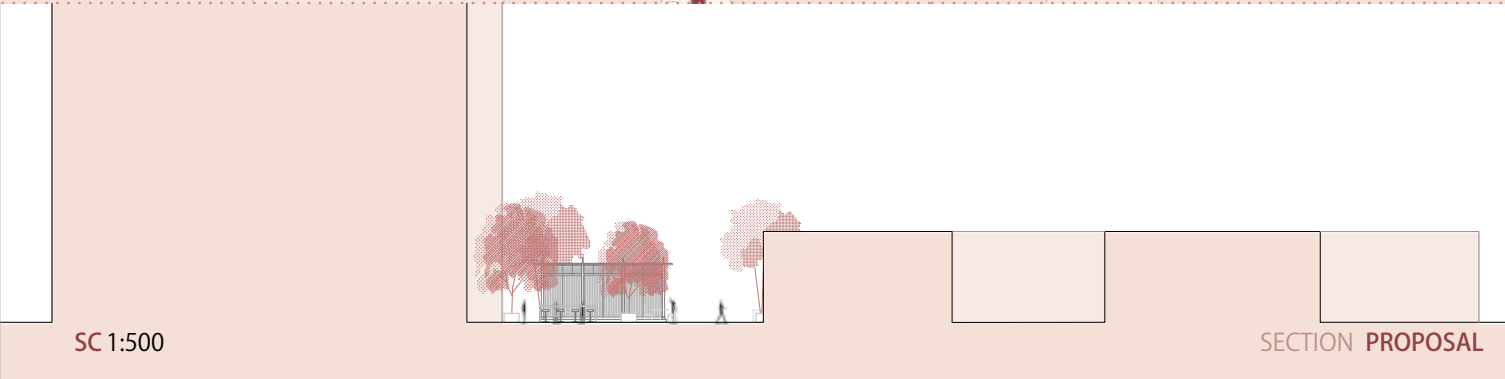
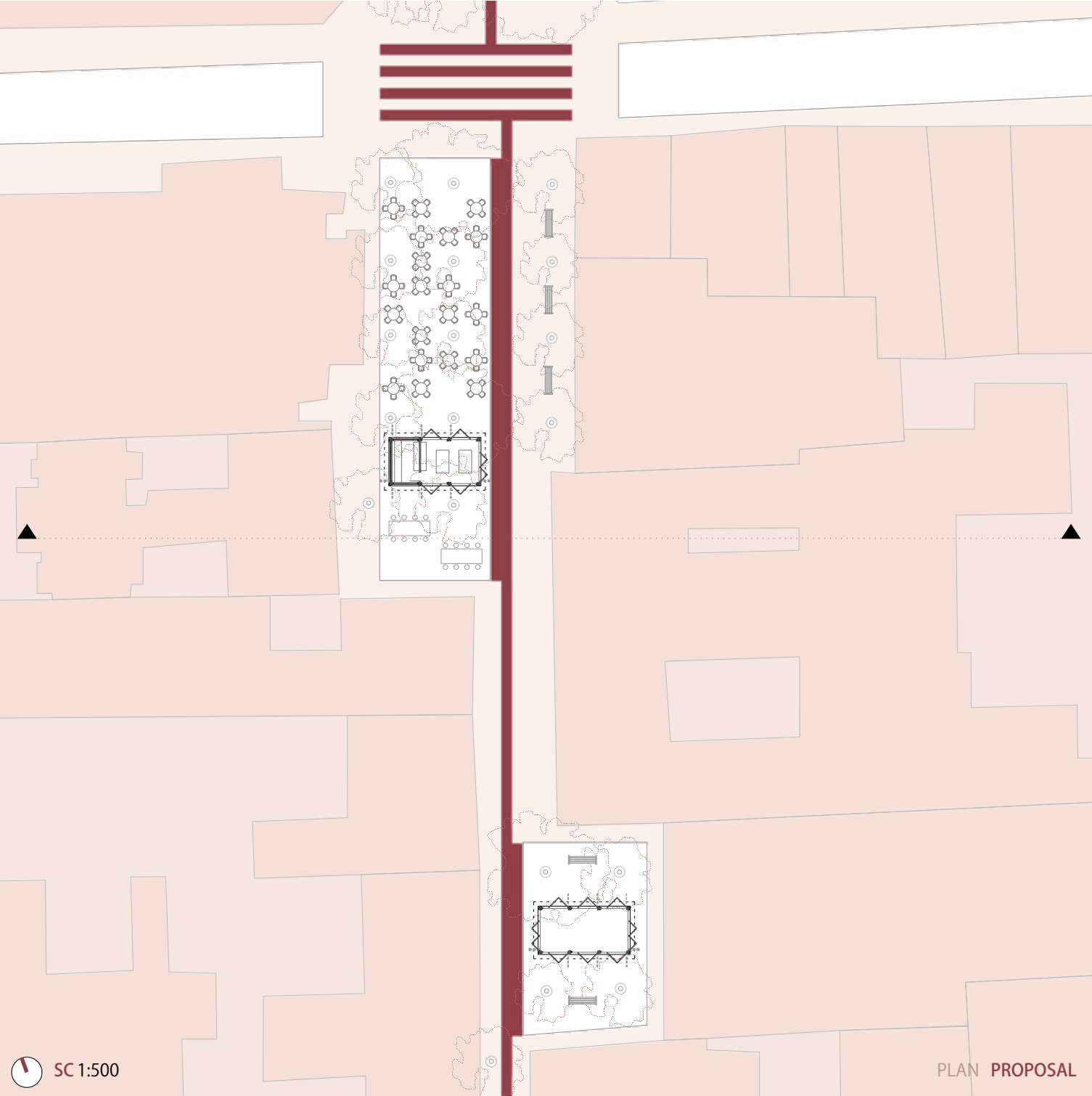
- 1 GATHERING
- 2 ARTISAN MARKET
- 3 MOTORCYCLE'S PARKING

RECREATION  
GATHERING  
EATING POINT

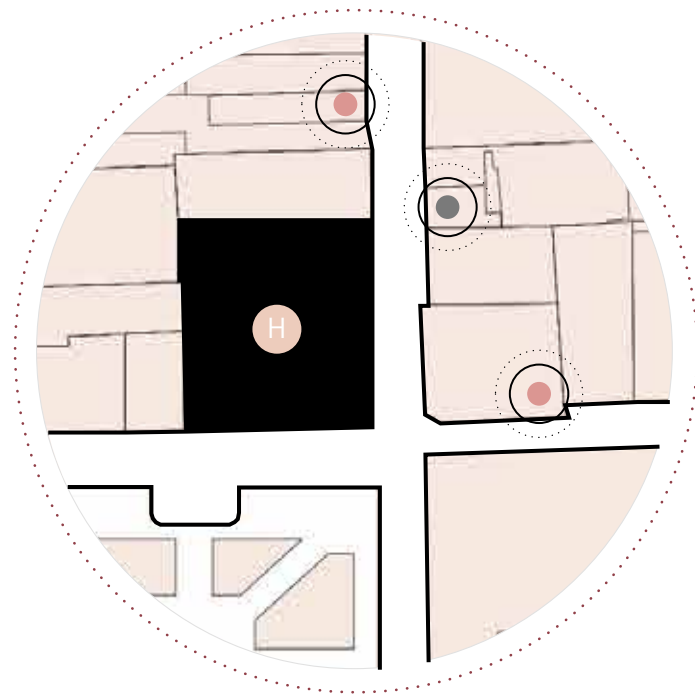
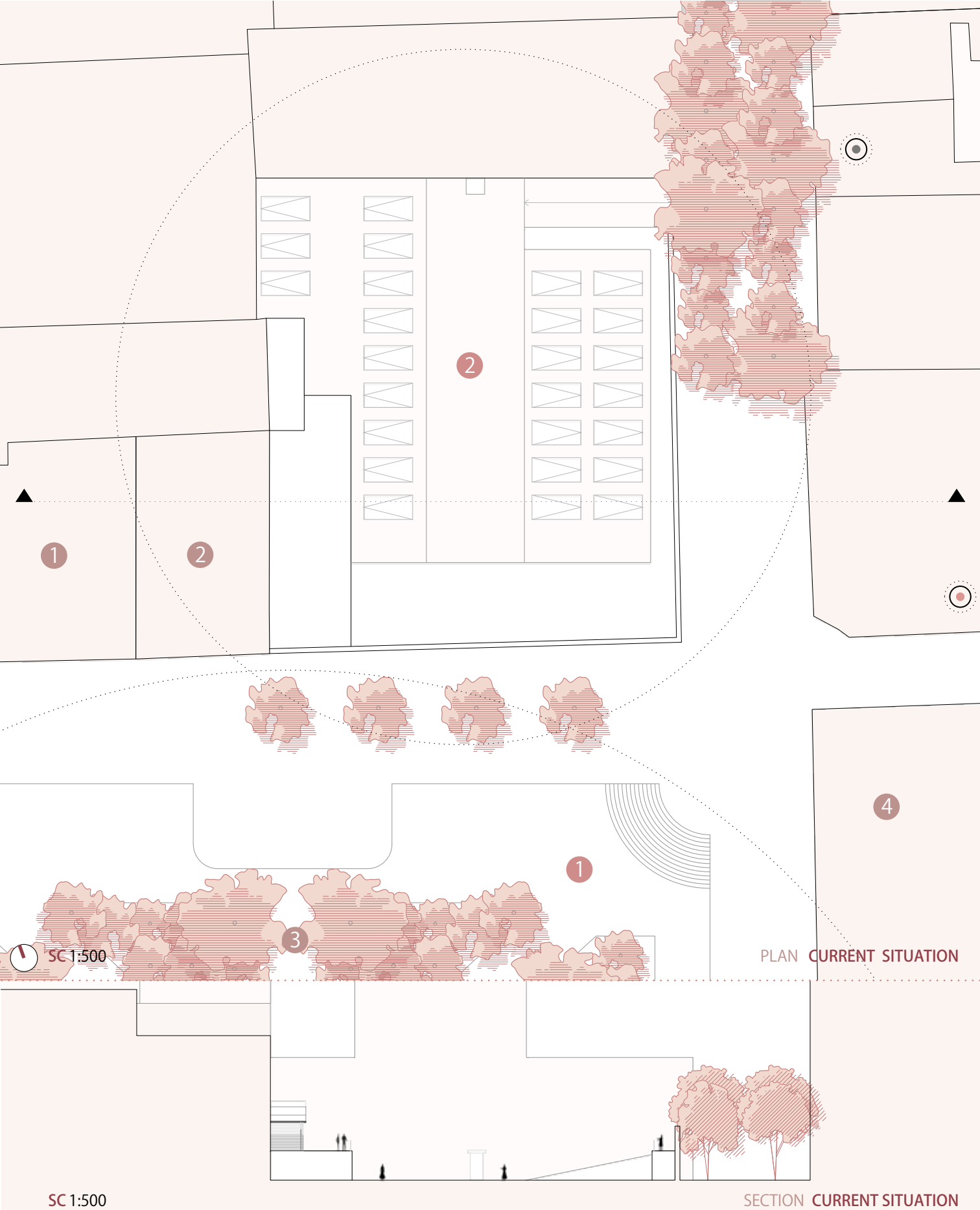
SHOPPING  
RECREATION  
GATHERING  
ARTISAN MARKET

RECREATION  
GATHERING  
EXHIBITION AREA  
CULTURAL MODULE









## CURRENT SITUATION

## POSSIBILITIES

### • CURRENT USES

- 1 GOVERNOR'S PALACE
- 2 MINISTRY FOR COMMUNES
- 3 PLAZA BOLÍVAR
- 4 CATHEDRAL OF CARACAS

### • FOOD PLACES

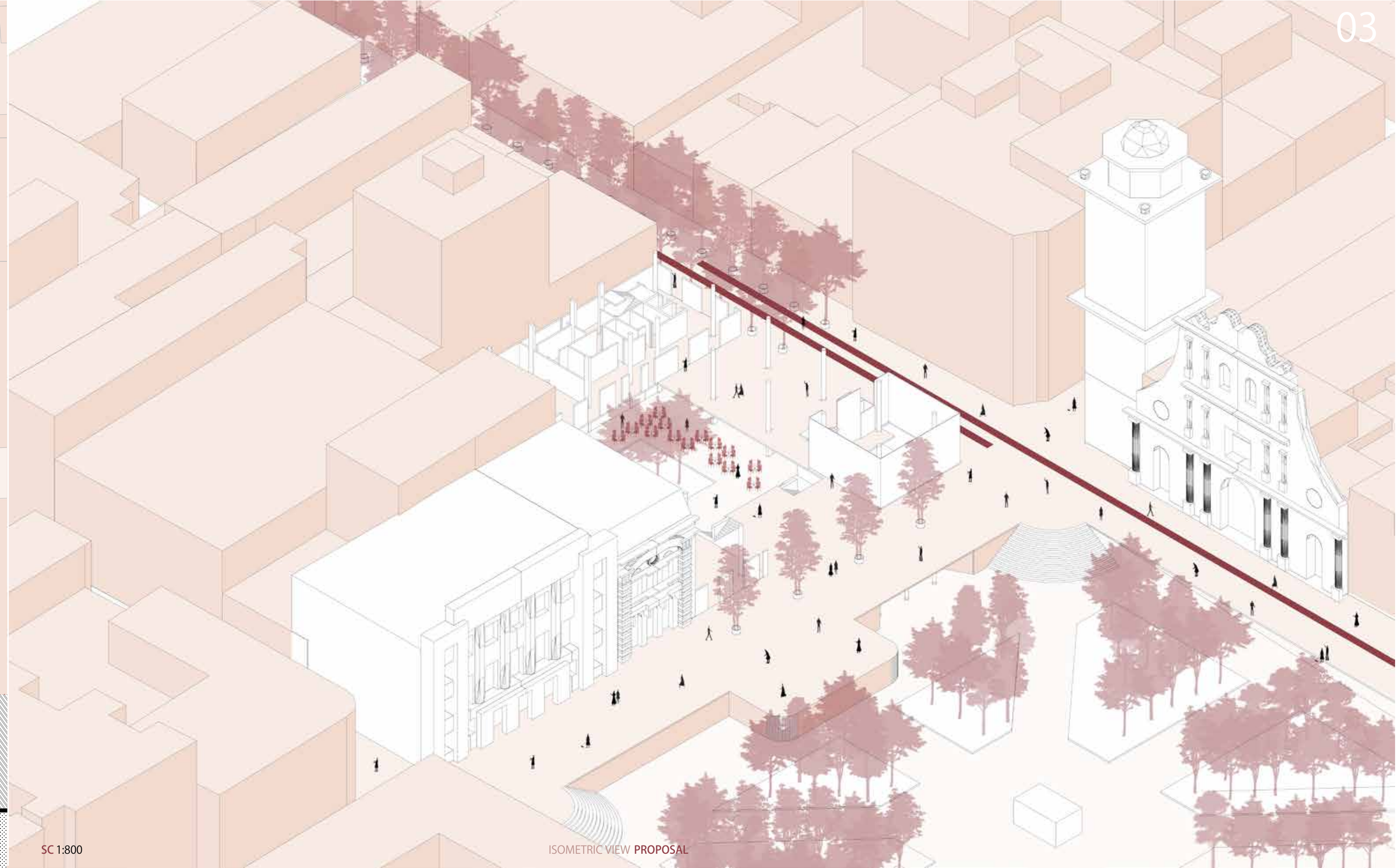
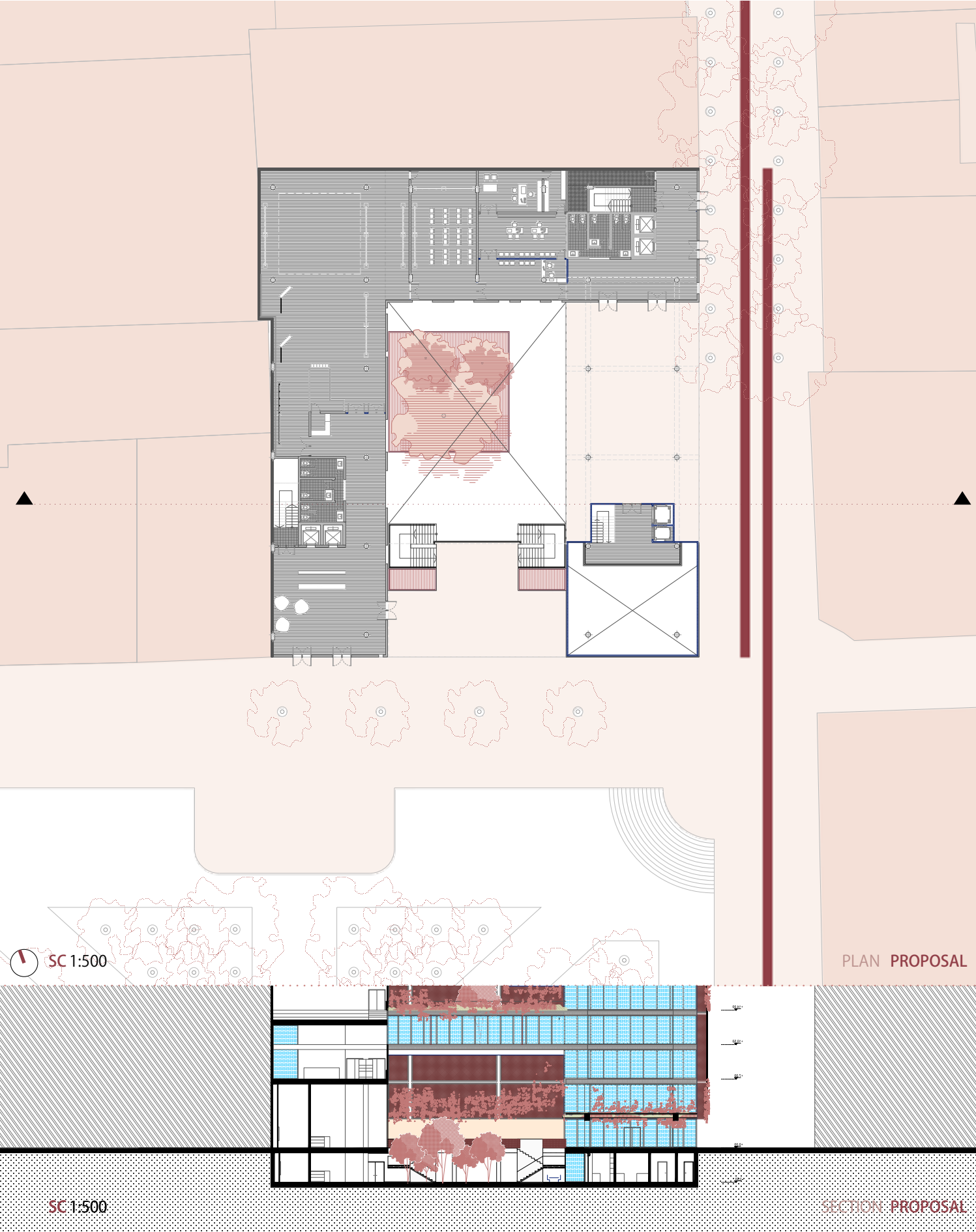
- RESTAURANT
- CAFE

### • SPONTANEOUS ACTIVITIES

- 1 GATHERING
- 2 PARKING

UNION  
MEETING  
RELAXATION  
FUN  
SHOPPING  
GATHERING  
RECREATION  
ENTREAINMENT  
COMMUNITY CENTER  
PRODUCTION  
URBAN FARMING  
EDUCATION  
CULINARY INSTITUTE  
EATING AREA  
COMMERCIALIZATION  
FOOD FAIR

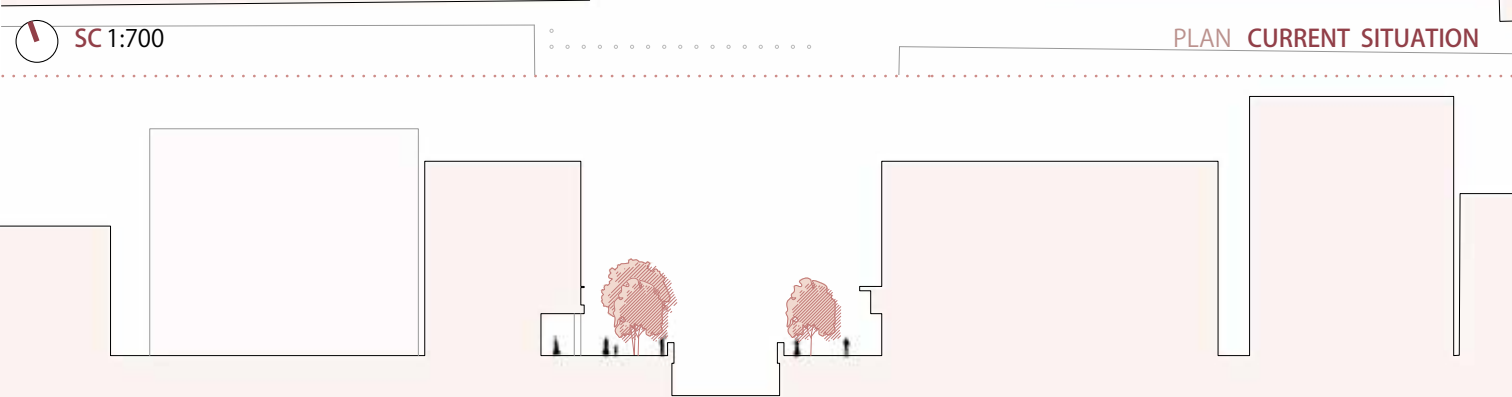
VENEZUELAN  
GASTRONOMIC CENTER  
BUILDING





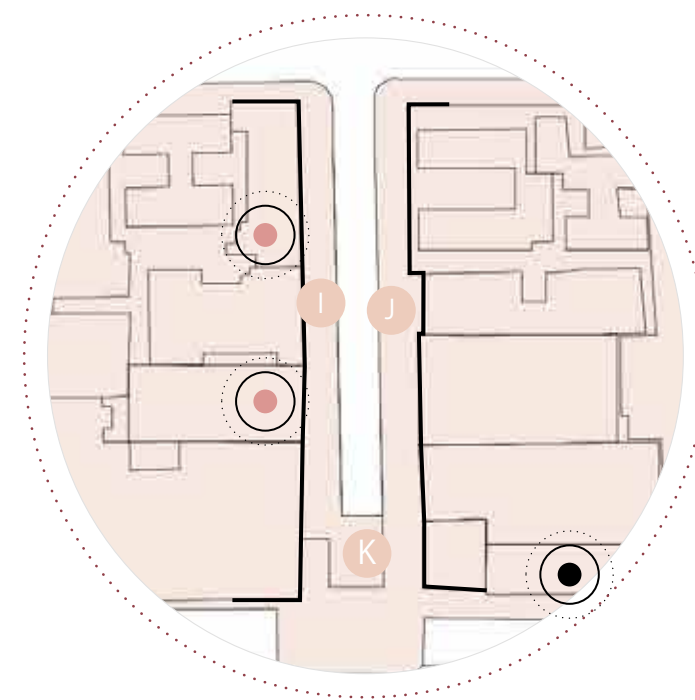


PLAN CURRENT SITUATION



SECTION CURRENT SITUATION

4



CURRENT SITUATION

POSSIBILITIES

• CURRENT USES

1 NATIONAL ASSEMBLY'S ADMINISTRATIVE HEADQUARTERS

• FOOD PLACES

• RESTAURANT

• FAST FOOD

• SPONTANEOUS ACTIVITIES

1 PEDESTRIAN CROSSING

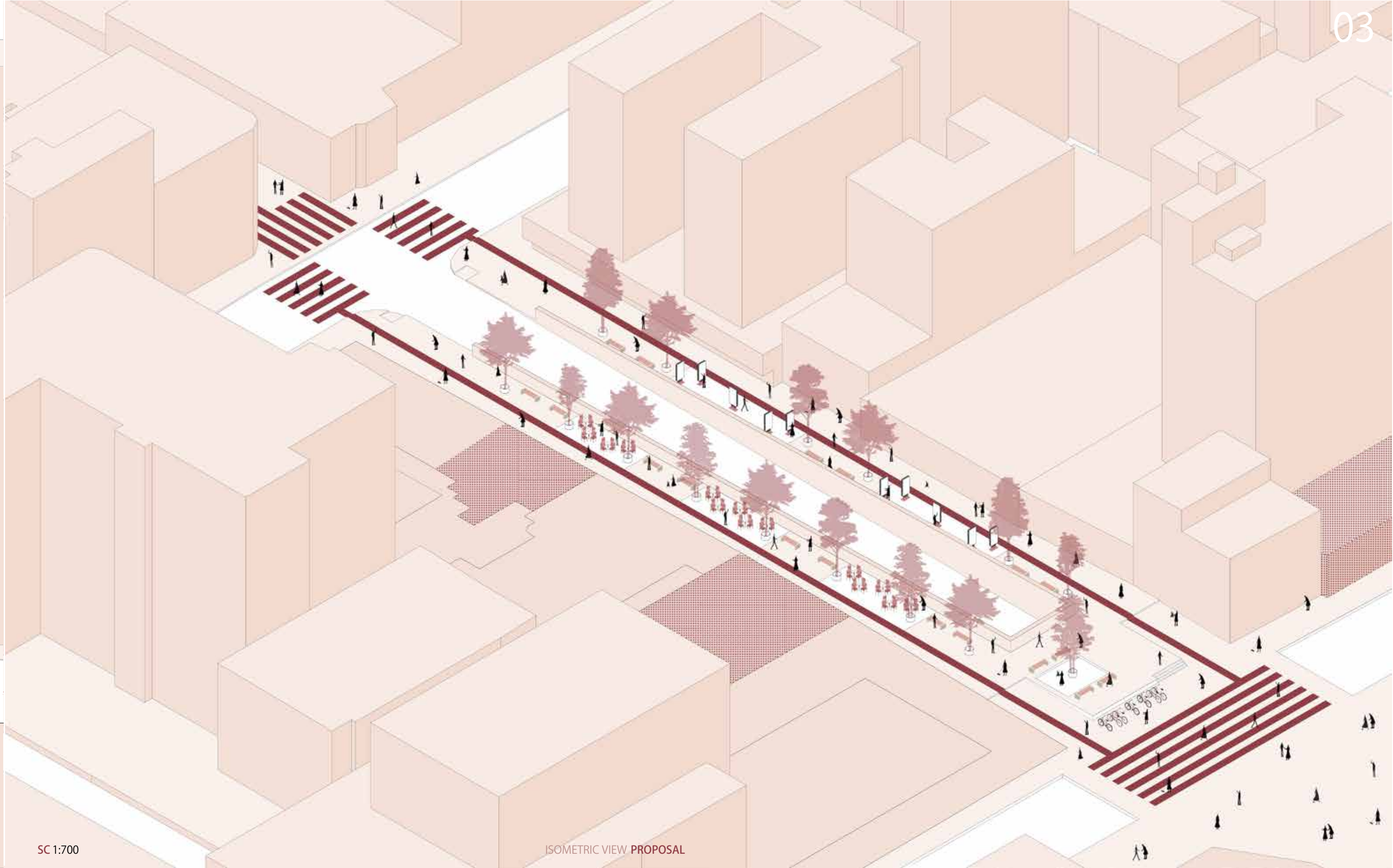
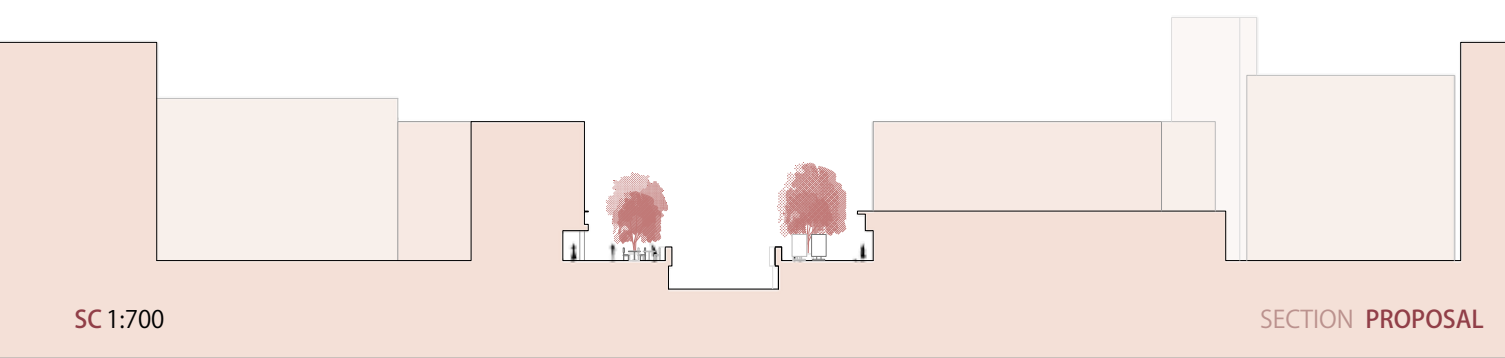
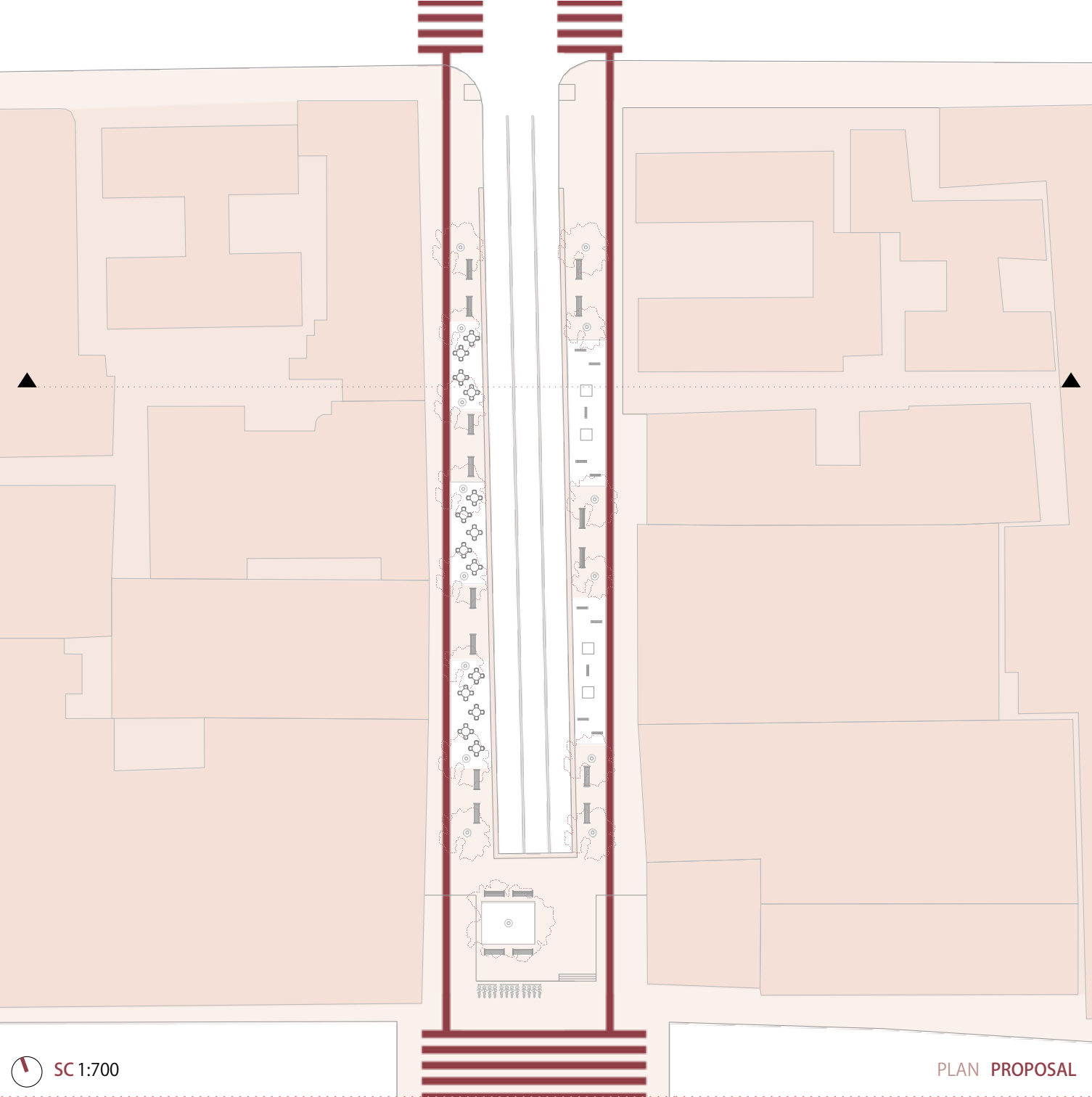
2 GATHERING

3 PARKING

RECREATION GATHERING  
EATING POINT

RECREATION GATHERING  
OPEN EXPOSITION AREA

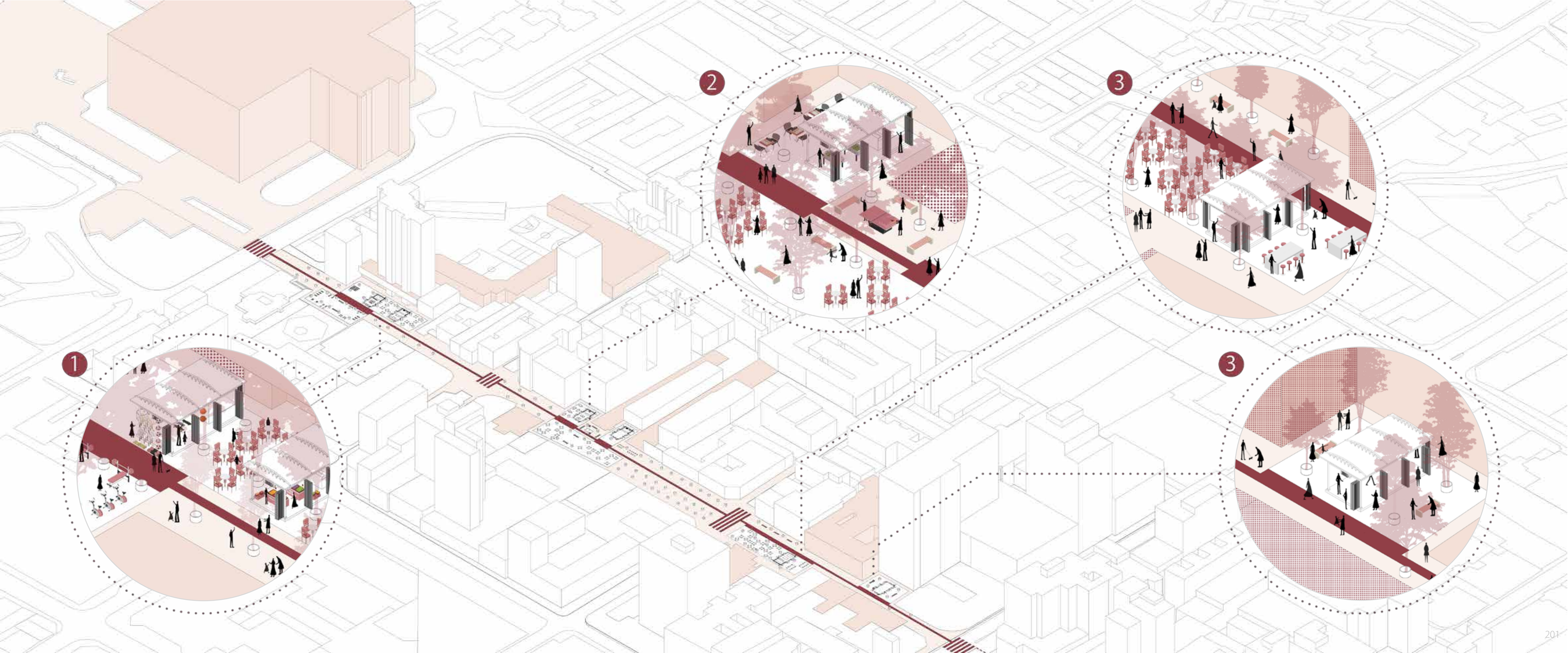
BIKE CITY CENTER POINT  
BIKE STATION





# ISOMETRIC PROPOSAL





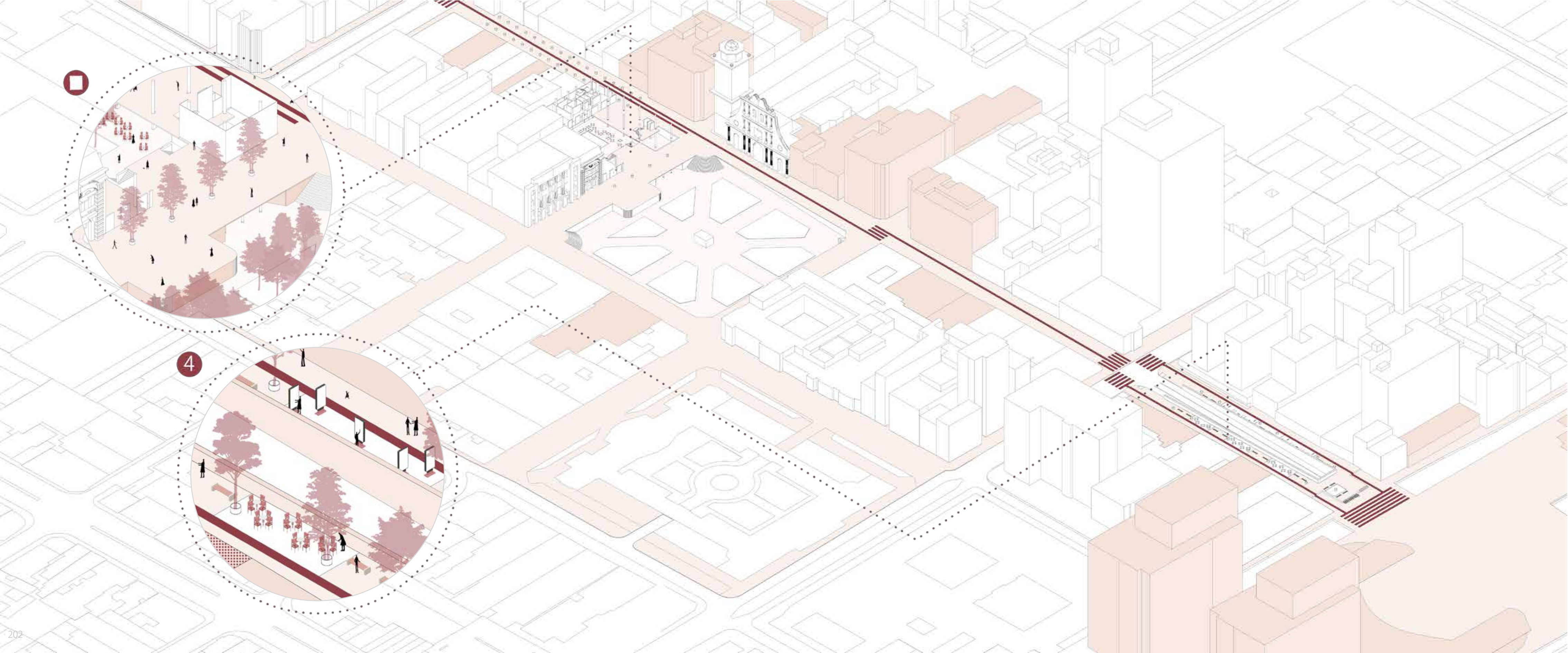
2

3

1

3







BUILDING  
BUILDING  
BUILDING  
BUILDING  
BUILDING  
BUILDING  
BUILDING

**VENEZUELAN  
GASTRONOMIC  
CENTER**



## CURRENT STATE OF THE PLOT

It is incredible to think that today, a quarter of one of the first blocks ever built in Caracas, such as the north block of the Plaza Bolívar –where the governor's of Caracas office and the Ministry of Communes are located–, has a void in the lower east part; which does not allow the continuity of facades that delimit the space of the Plaza Bolívar.

In other words, the piece of land in front of –nothing more and nothing less than– the founding square of Caracas does not have any building.

As absurd as the idea sounds, it is the reality. Sadly, nowadays, the space is private parking lot (*Fig. 01*) for a small group of people of a "high hierarchical level" who work for the government. Although by mandate of the same government, they established that the initial checkboard of the capital would be a pedestrian zone.

This parking lot (*Fig. 02*) has a capacity of 30-40 cars. It works only during working hours.

Now this situation can be seen as an opportunity. After all, it could be a valuable point of the project.

Let's not forget that four hundred and forty-four years after its foundation, Caracas still has the chance to design and build a building in 2022 in the most meaningful part of its historic center.

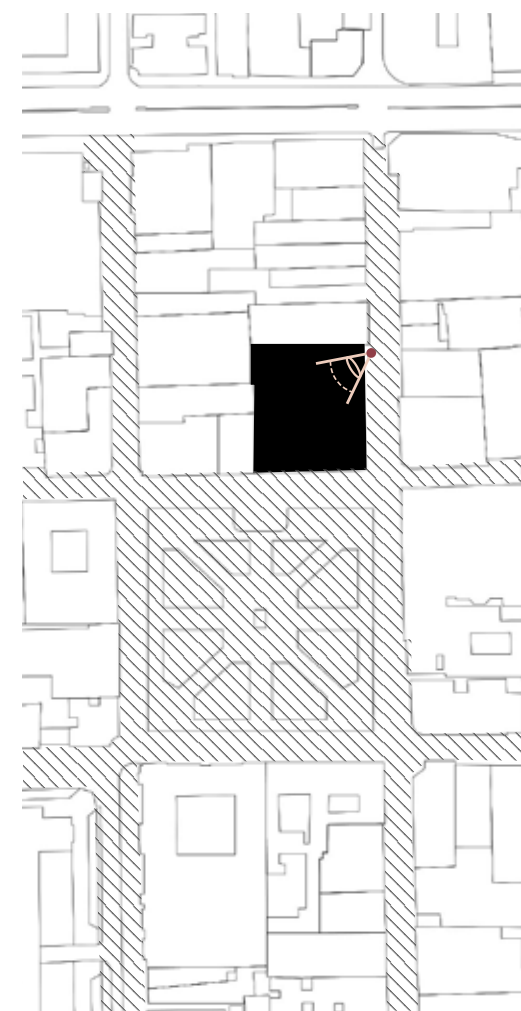


Fig. 91 Private parking lot area.  
Prepared by the author.



Fig. 92 Panoramic view of the private parking lot. [digital image].  
Taken by the author. (2019).



# PROGRAM



A problem was identified in the appreciation and knowledge of our culinary culture by a substantial part of Venezuelans.

It is necessary to propose a program to re-establish and promote the foundations of our culinary culture.

The truth is that this change of thought must start from us in our country by teaching and involving as many people as possible. What a better place to do it than in the historic center of Caracas, right in front of Plaza Bolivar, where our roots as Venezuelans are founded.

Therefore, due to the excellent location of the plot –situated in a context-rich in history and culture of the country– the main point focus of the project will be based there.

The proposal for this main structure is a building that will create a synergy on a complex of activities that aim to generate a socio-cultural return.

For the suggestion of the program, the topic of food was divided into three prime aspects. The first is food production; how can we produce what we have to eat? The

second is commercialization; how can we sell what we generate? And the third is education; how can we teach and spread the knowledge and value of our gastronomy?

Clearly, multidirectional relationships are created with all aspects since each one is capable of nurturing the others, giving strength to the choice of the program per se.

Food **Production** can be through space for the development of all activities for an urban farming.

**Commercialization** through a food fair, exhibiting each of the culinary cultures of each region of our country.

**Education** through a culinary institute with a pensum that exalts our culinary culture and gastronomy and a museum with the same principles.

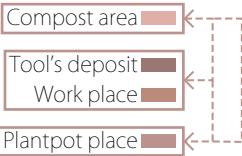
On the other hand, setting a relationship with the community can be established with a headquarters of a **Community center** -including spaces for entertainment and recreation of the inhabitants and visitors of the area-.

Fig. 93 General program diagram.  
Prepared by the author.



# URBAN FARMING

PRODUCTION

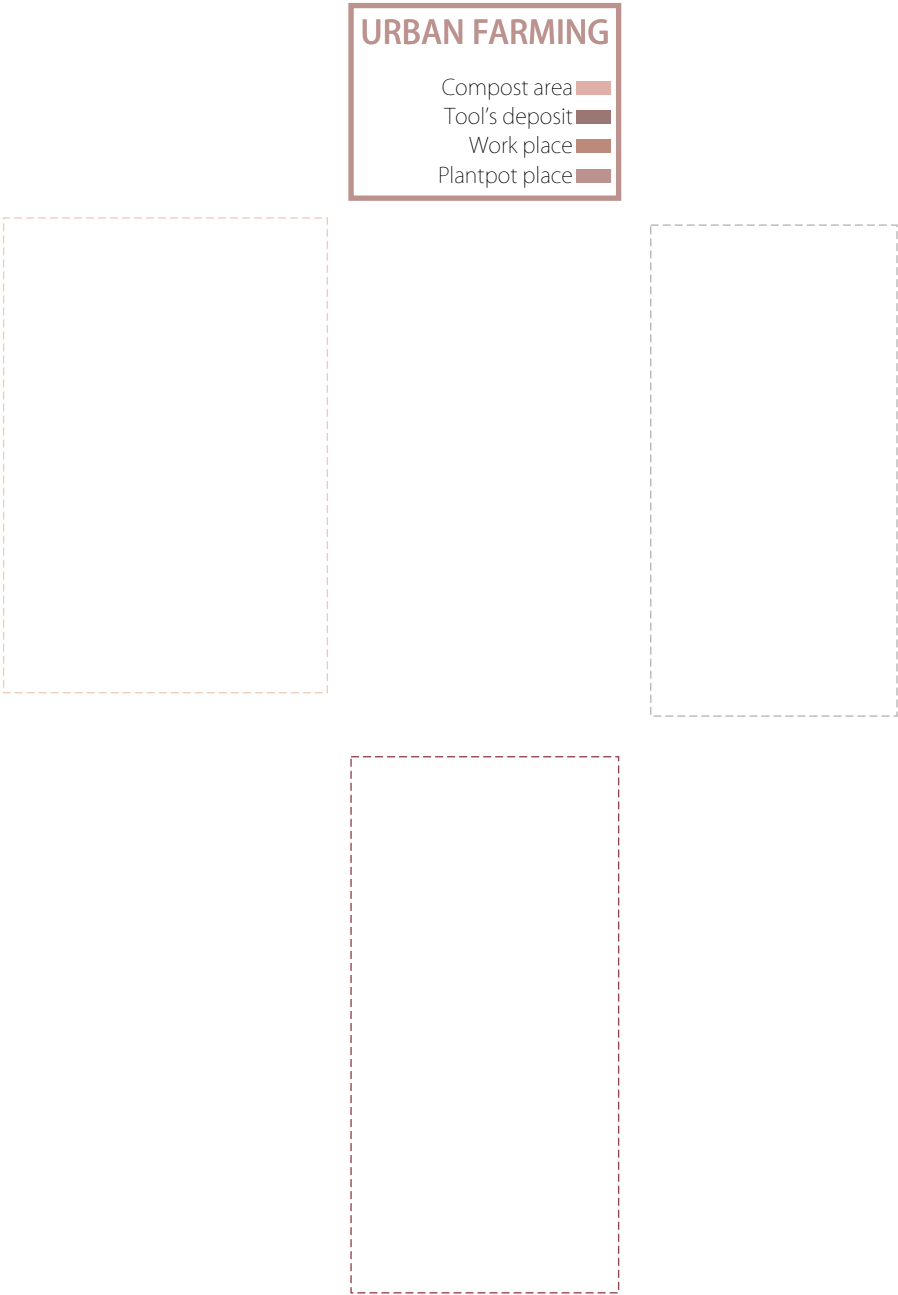


Since the building is located in an urban area, the way to produce food in the city is through urban farming. The concept was introduced in Mesopotamia, where some of the first evidence of urban agriculture emerged. In those times, the farmers set aside small plots of land for farming within the city's walls. They started cultivating and distributing food in urban areas.

The food production in the city is usually developed in small spaces. The people involved use composting (decomposed plant and food waste and recycled organic materials) to fertilize and improve the soil, and the generated food products are consumed in the same community. All these aspects make it a sustainable activity over time.

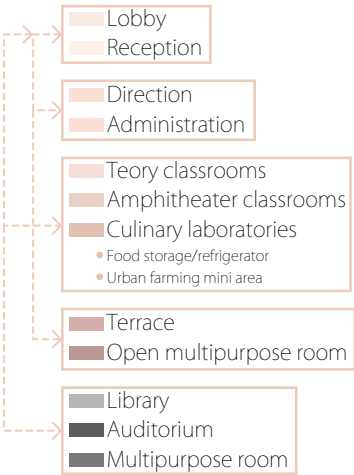
For the proper functioning of urban farming, it is necessary to have different spaces available, such as the control box where the germinations are in their first days. The plant pot space where the plants grow. A work area to pot and cultivate, and a tool's deposit to store all the necessary tools.

Urban farming's spaces have to be connected to the culinary institute, to the complex's restaurants and to the community as supportthe access to zero km food.



# CULINARY INSTITUTE

EDUCATION



The proposal of a culinary institute where Venezuelan cuisine is not just a lesson but rather the basis for teaching and developing the curriculum strengthens the idea of promoting culinary culture in the country.

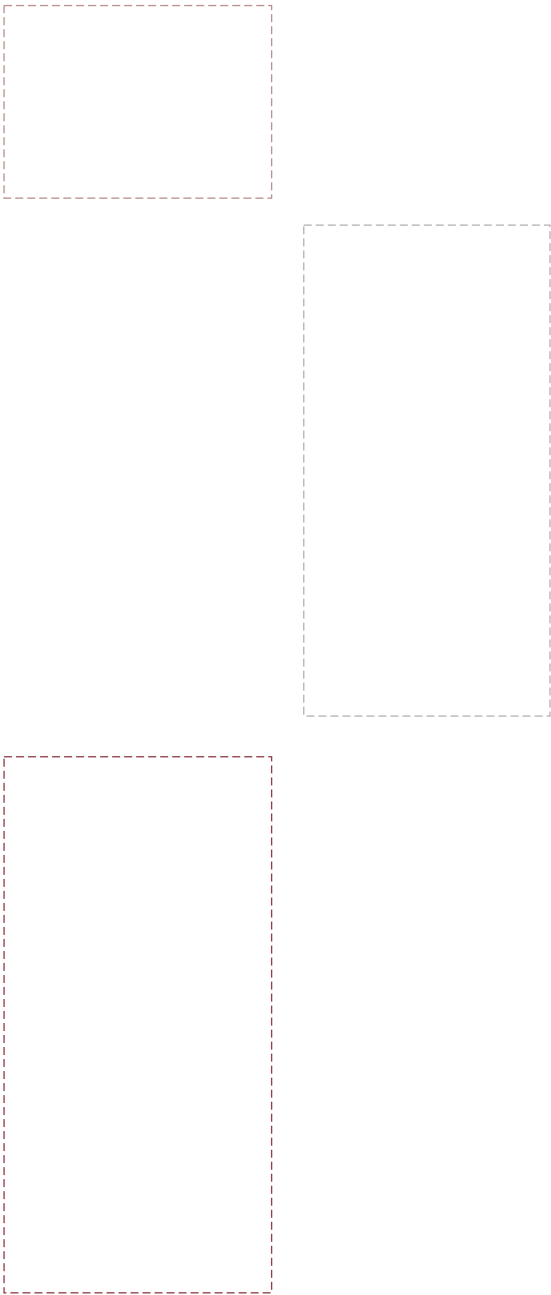
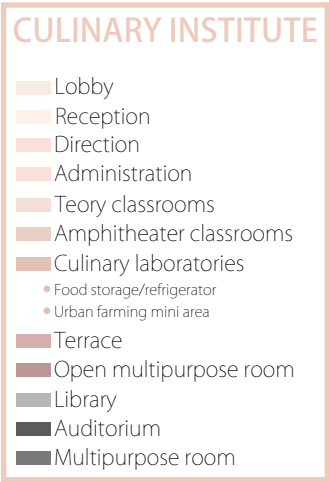
For such a program, spaces dedicated to teaching the theoretical part and others for the practical part of the profession are necessary. There are theory rooms, amphitheaters, and culinary laboratories.

Instead, for the management of the institute, a place for the administration and its direction are important.

Additionally, different spaces are proposed for the meeting of students, such as terraces and specially an open multipurpose room.

Concerning the connection with the general program, the institute is enriched with the spaces of urban farming -to address a current theme in the culinary development of a city- and with all the spaces related to the food fair, that can be part of the stage program of the culinary institute.

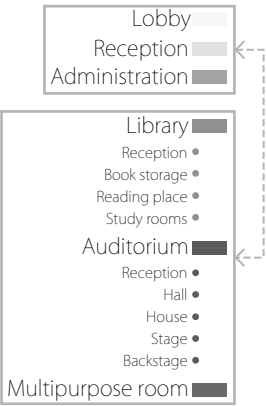
On the other hand, it is also nourished by the spaces of the community center such as the library, the auditorium, and the different multipurpose rooms.





# COMMUNITY CENTER

ENTERTAINMENT AND RECREATION



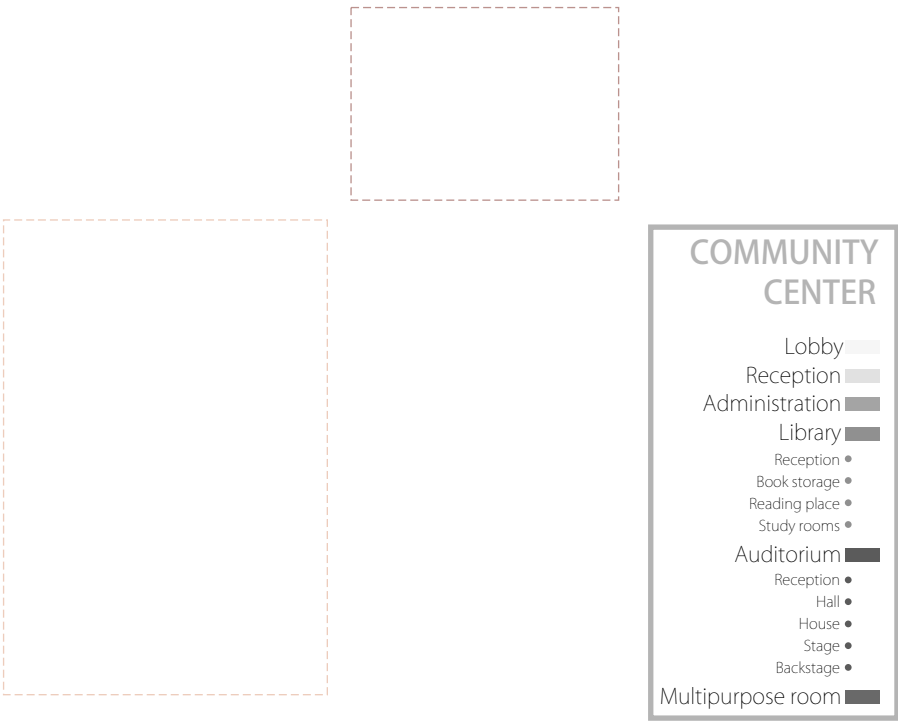
To enhance the link between the building and the community. Spaces are proposed, in which the population can develop activities at ease for entertainment and recreation.

However, it is necessary for the management of the activities in the community center a place for the administration and its direction.

The proposal of a library provides the community with a meeting place, communication, and participation. It is a free and voluntary access to reading, research, and creativity. On the other hand, the library complements the program of the culinary institute.

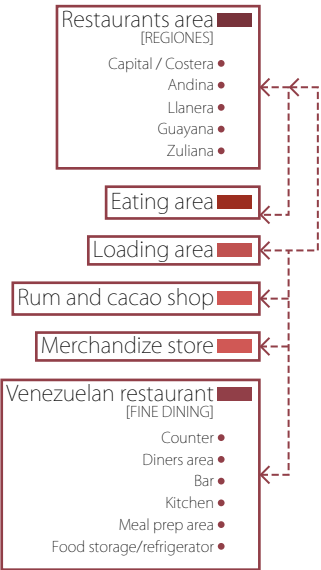
An auditorium is proposed to give the community a space to hold meetings, concerts, and other events of a civic and cultural nature that can benefit as well the program of the culinary institute.

And lastly, different proposals of multipurpose rooms for the development of cultural activities, events, or meetings that invite to generate links and union between members of the same community, and at the same time create the channel that transmits beliefs, customs, traditions, and knowledge from generation to generation.



# FOOD FAIR

COMMERCIALIZATION



The proposal of a food fair to promote Venezuelan gastronomy (Appendix B), where each region of the country (Appendix B) has its local for the recognition of the different culinary traditions developed in each area (Appendix B).

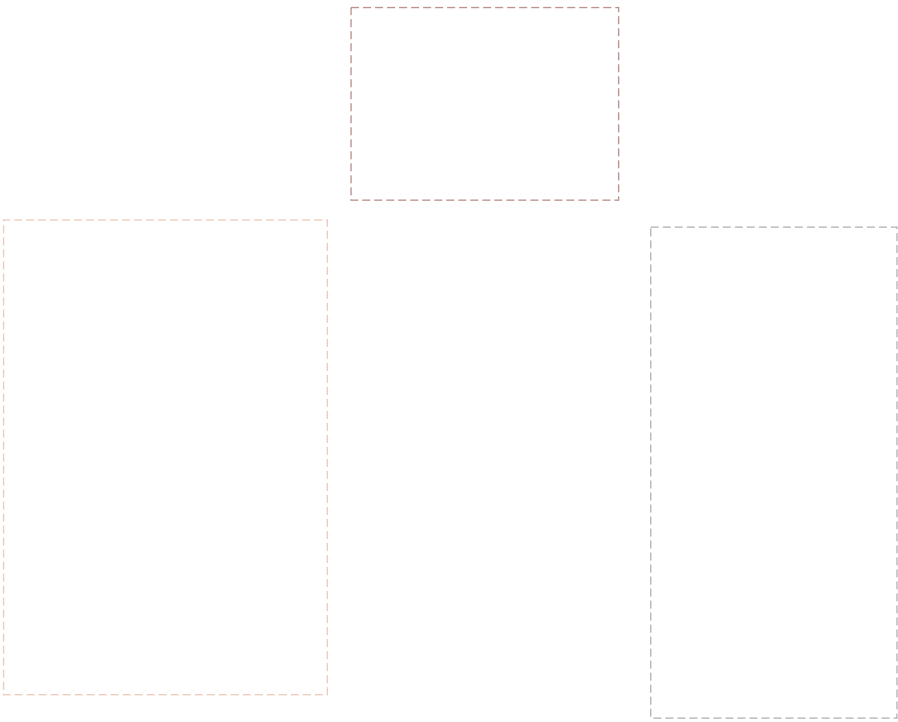
Each local has access to the loading area where the necessary products will arrive to carry out the different preparations.

On the other hand, a space dedicated to the sale and promotion of national products with greater worldwide recognition, such as cacao and rum (Appendix B), is suggested, for which a store for these two types of products is dev.

Regarding food, the complex will opt for a merchandize store in which ready-made food preparations and other types of merchandise related to the promotion of Venezuelan culinary culture will be sold.

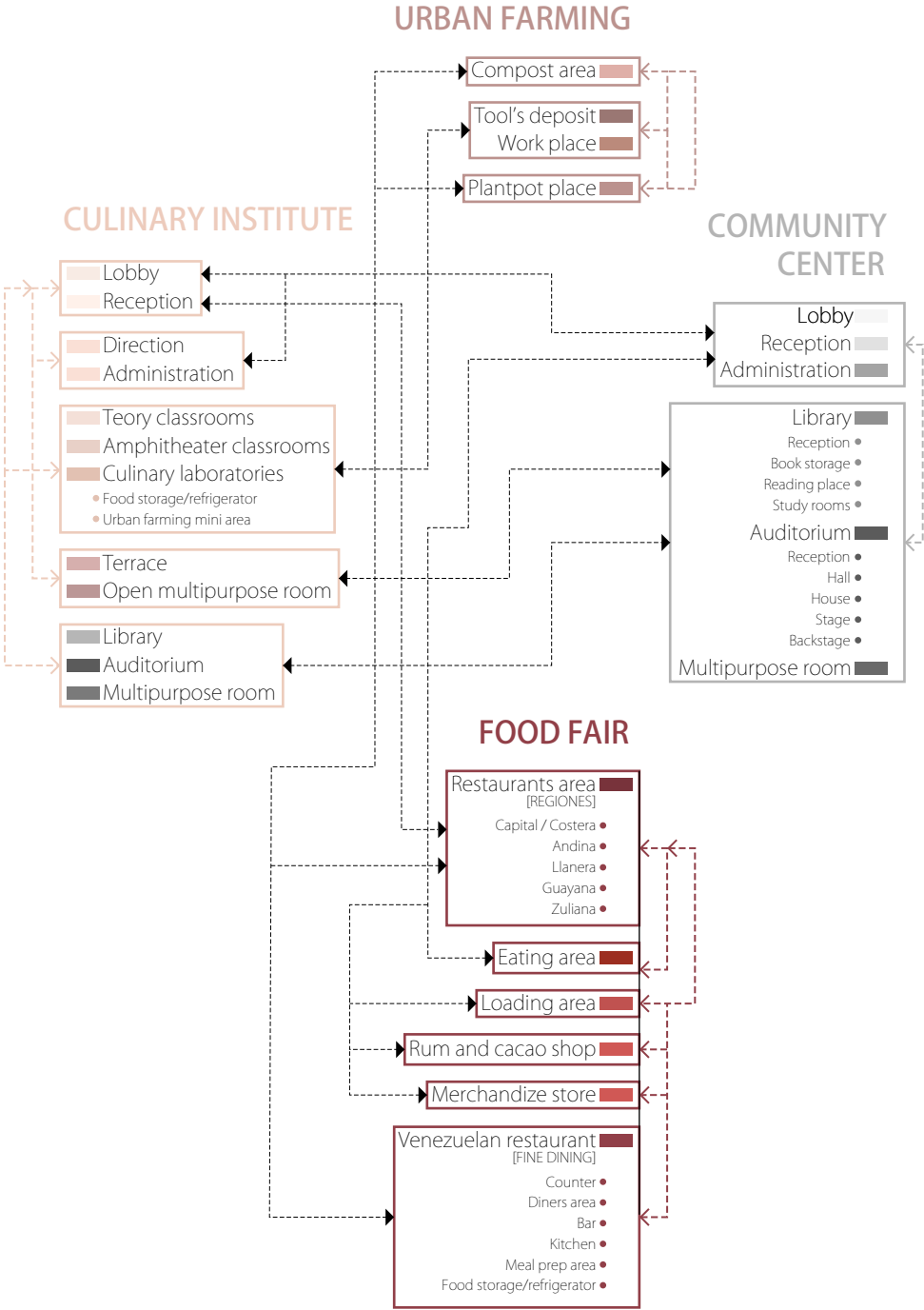
Everything related to the present and the current innovation of our gastronomy (Appendix B) will come to life in the complex's fine dining restaurant.

All the spaces planned can support the stage program of the culinary institute.

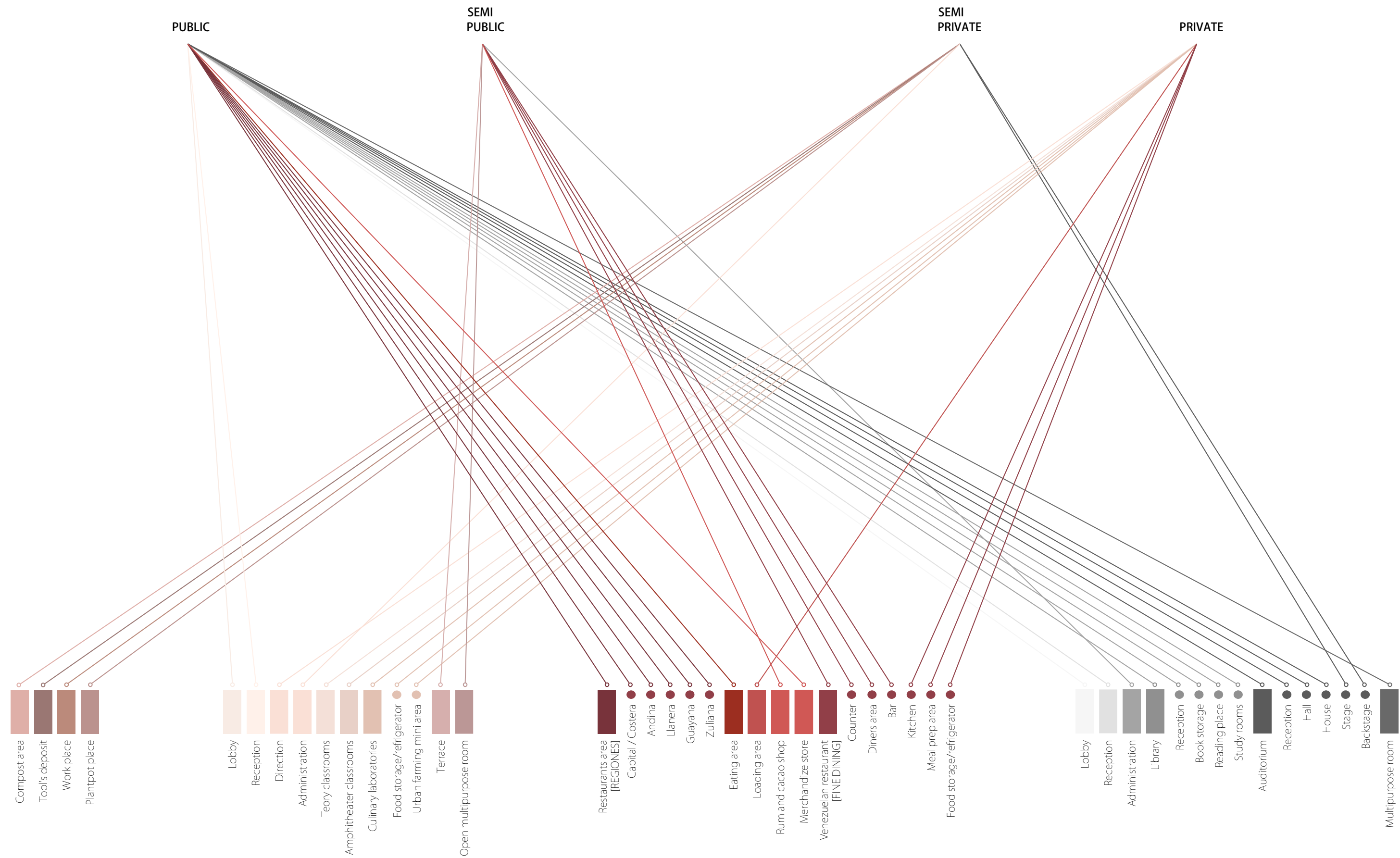




# GROUP RELATIONS

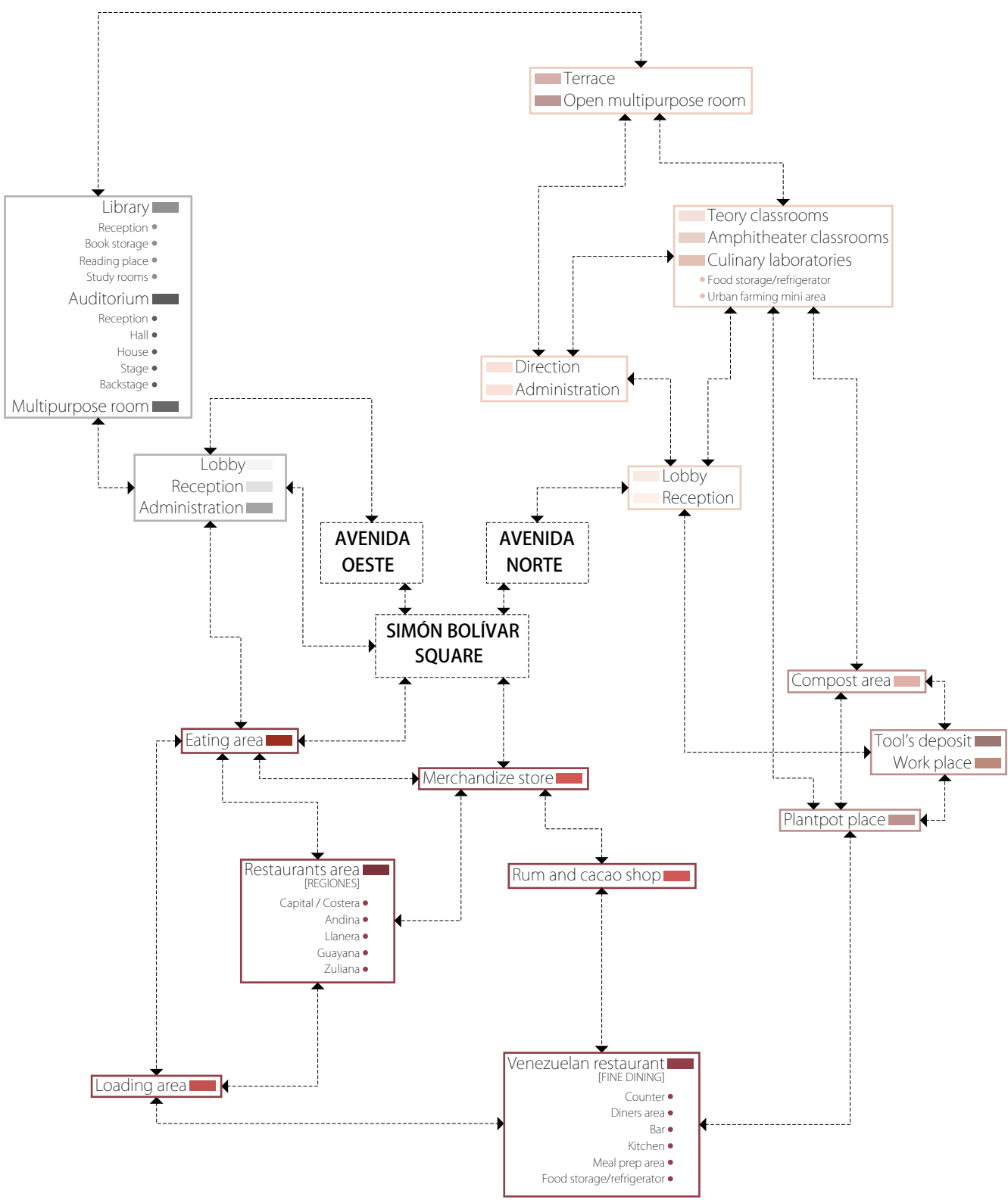


## LEVELS OF PRIVACY

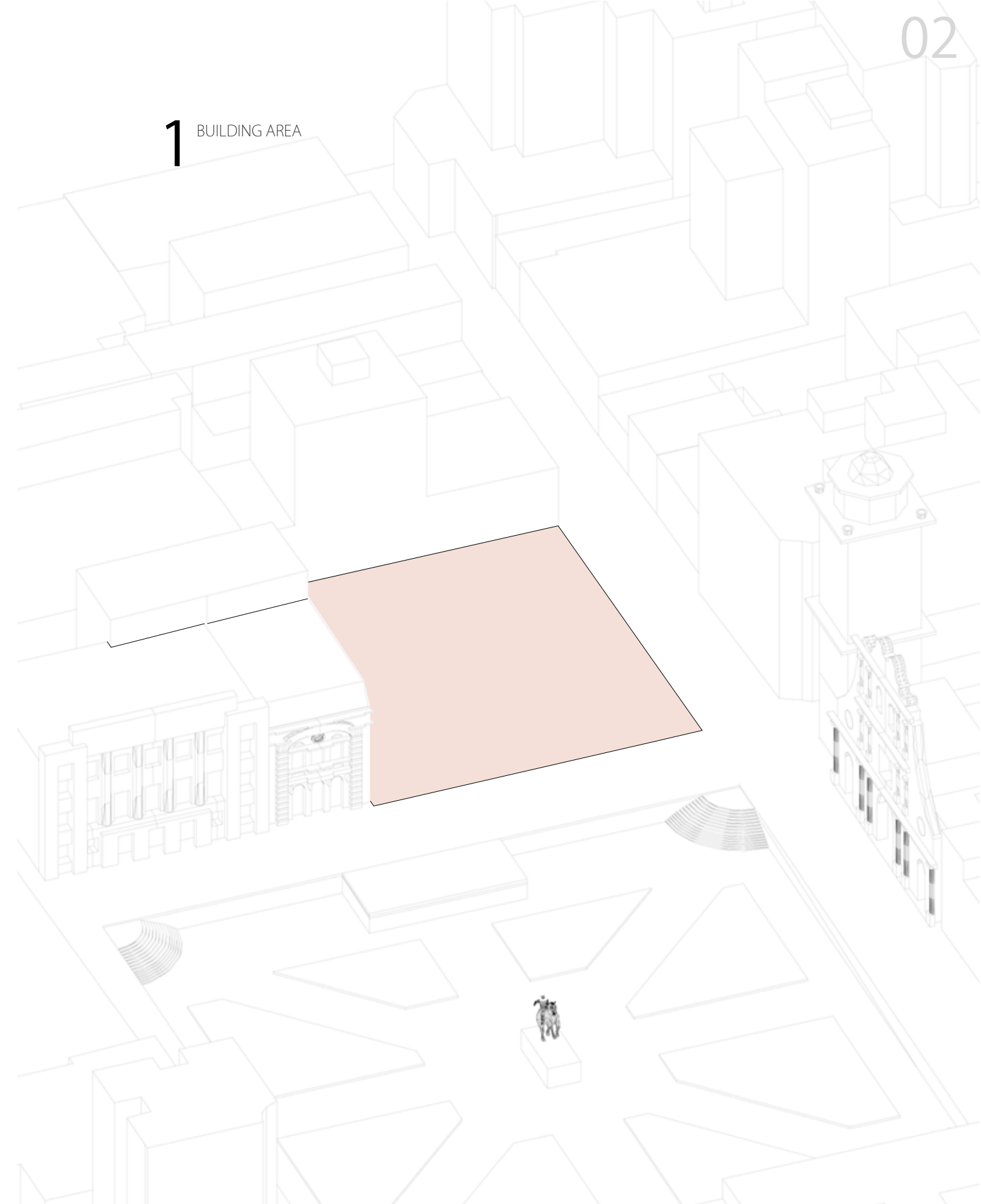




# INITIAL RELATIONSHIP SCHEME

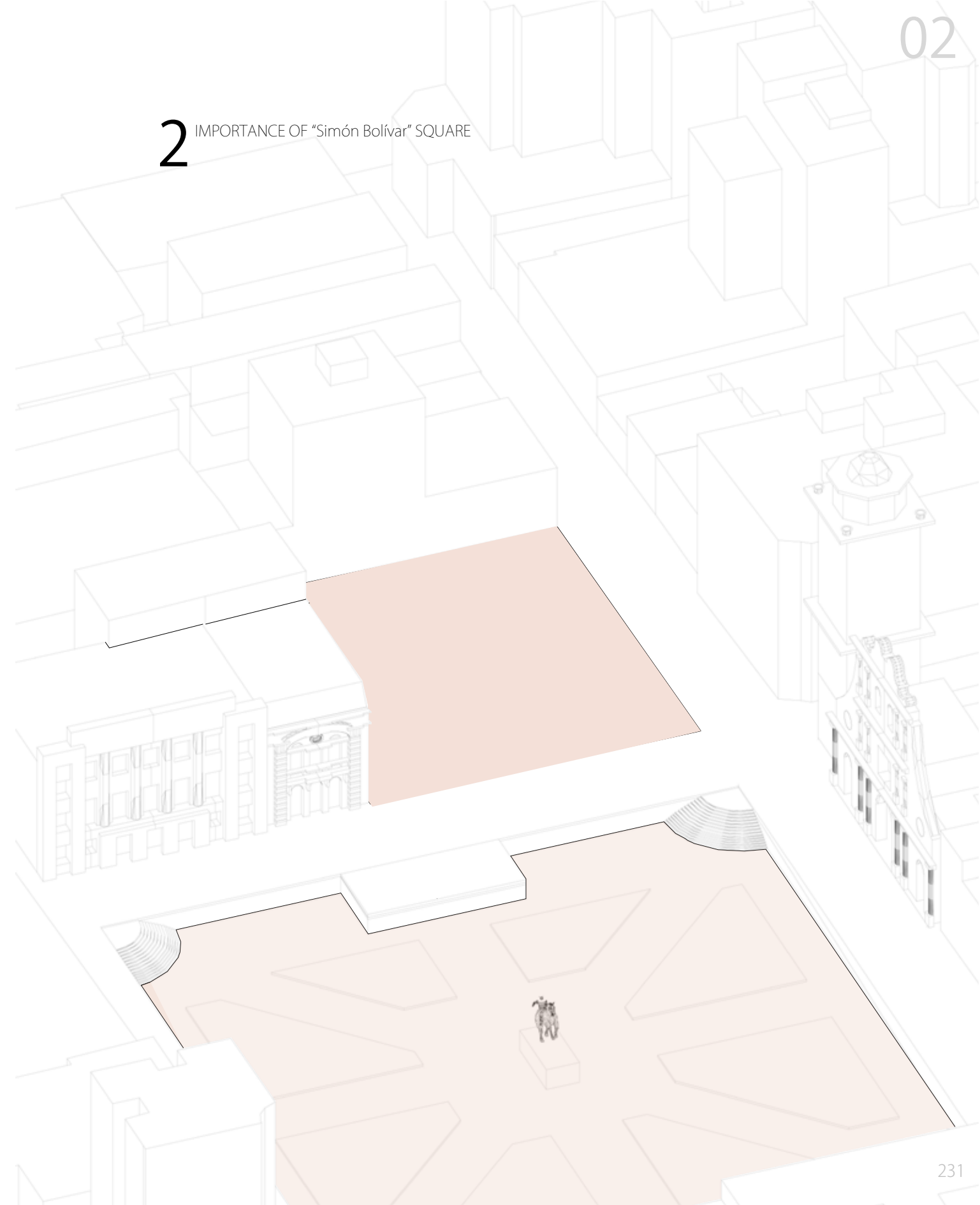


# PLACEMENT



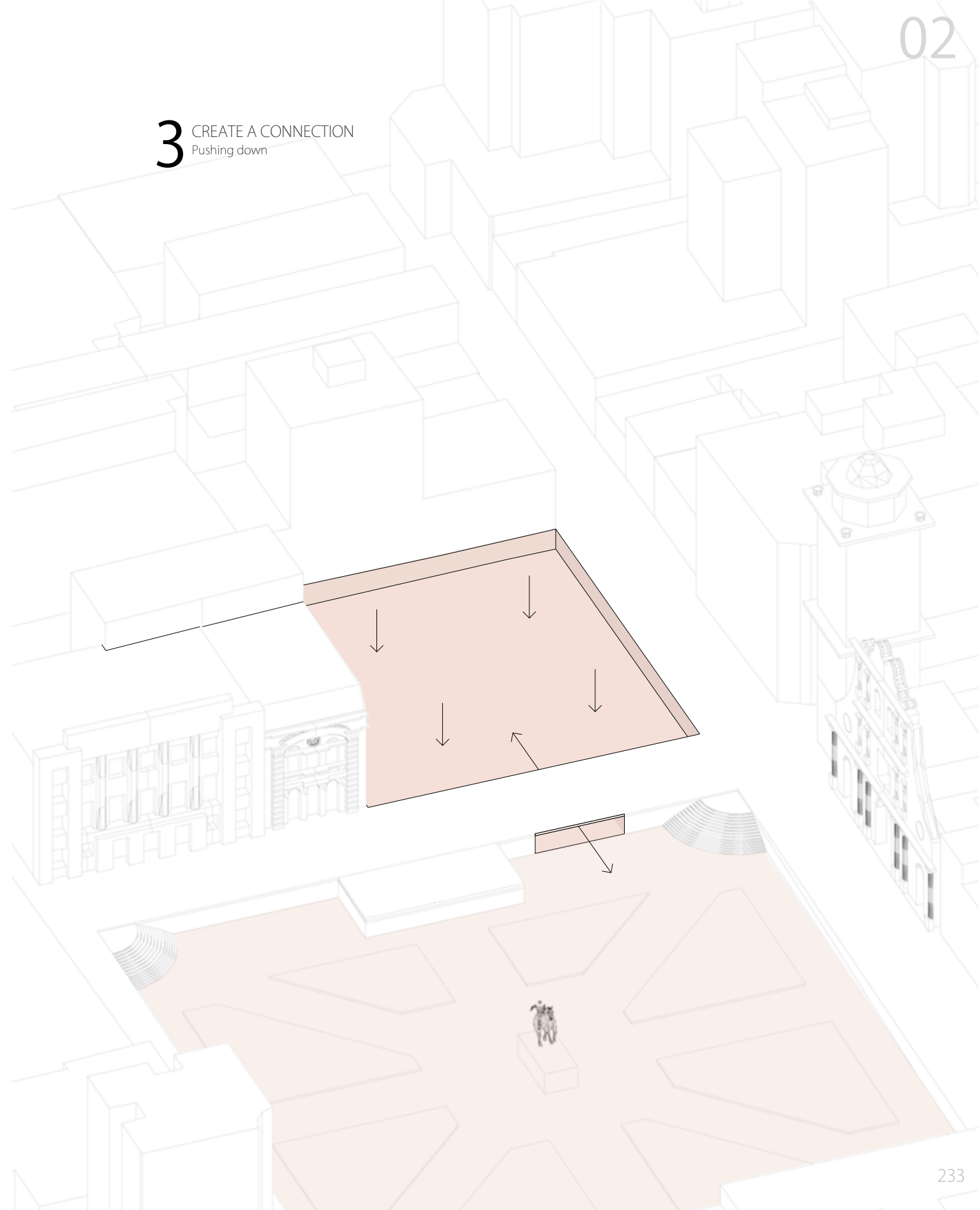


## 2 IMPORTANCE OF "Simón Bolívar" SQUARE



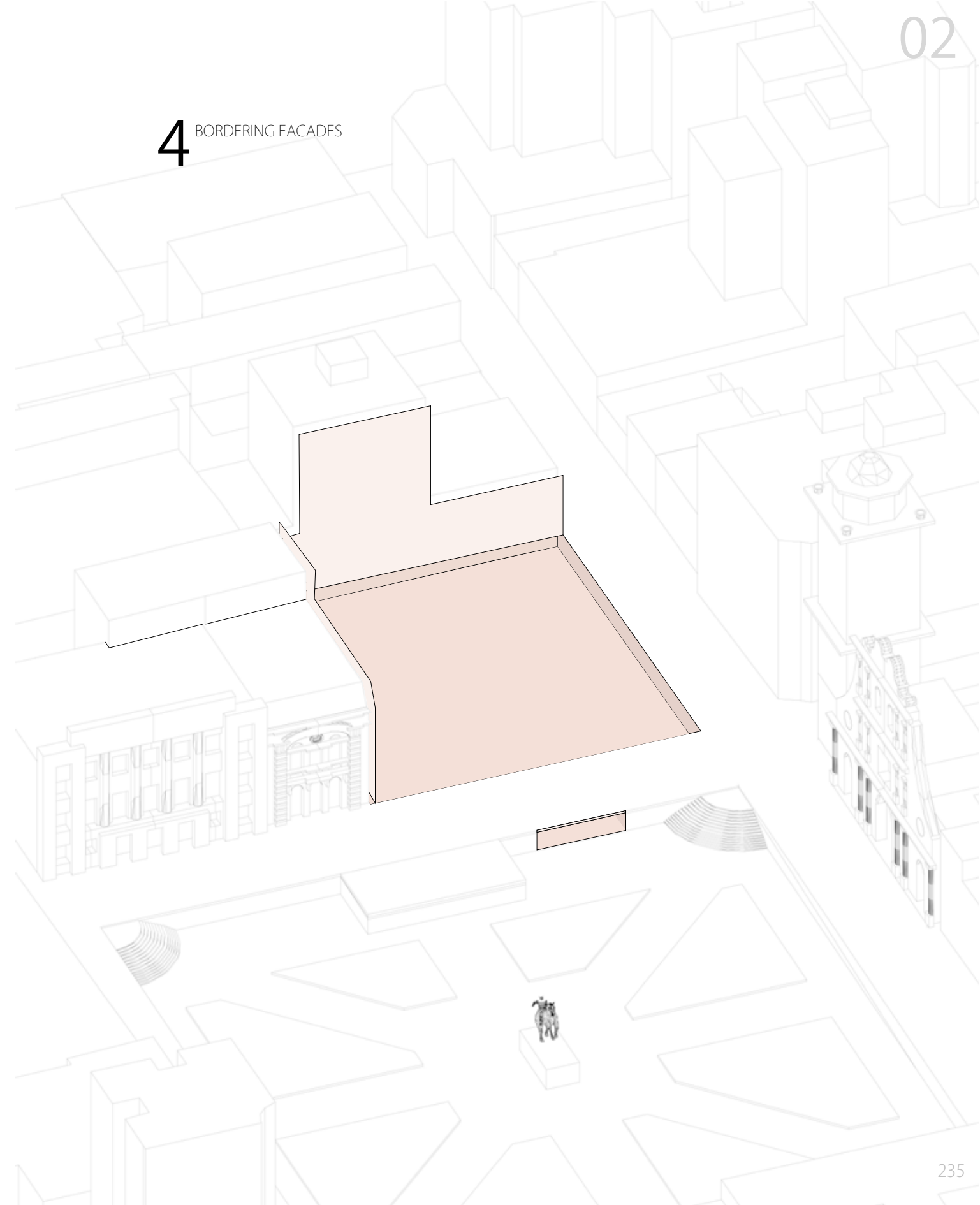
### 3 CREATE A CONNECTION

Pushing down



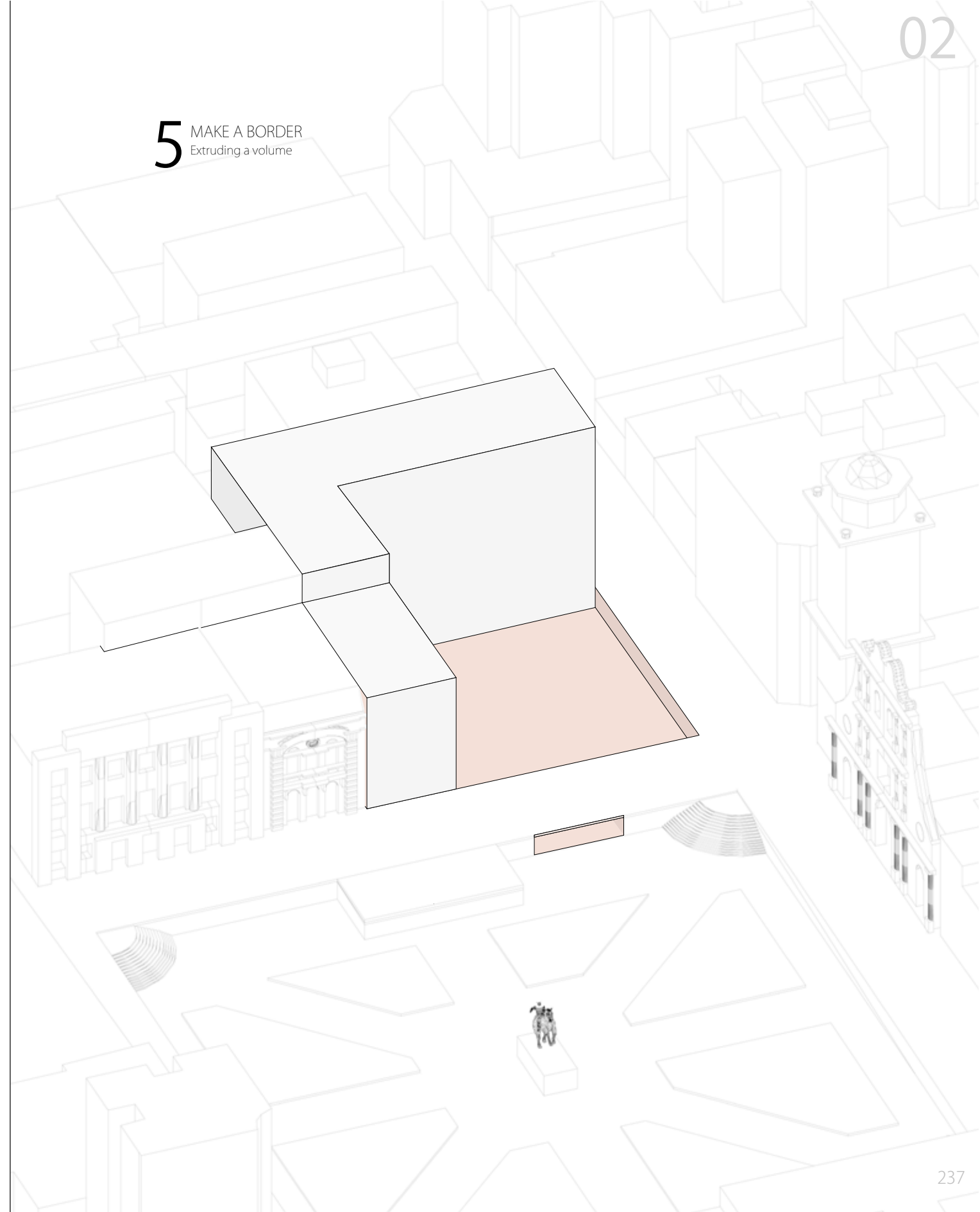


# 4 BORDERING FACADES



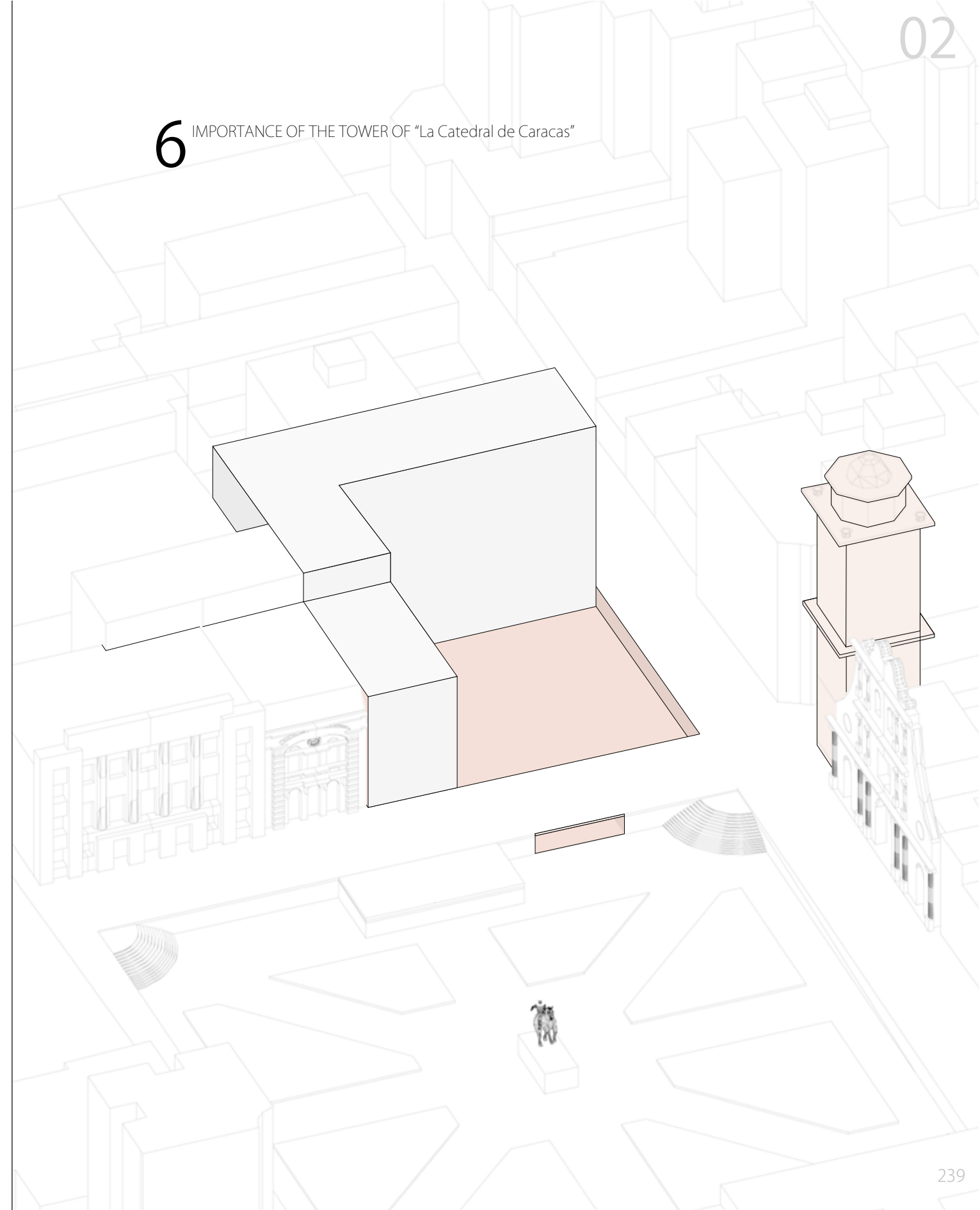
# 5 MAKE A BORDER

Extruding a volume



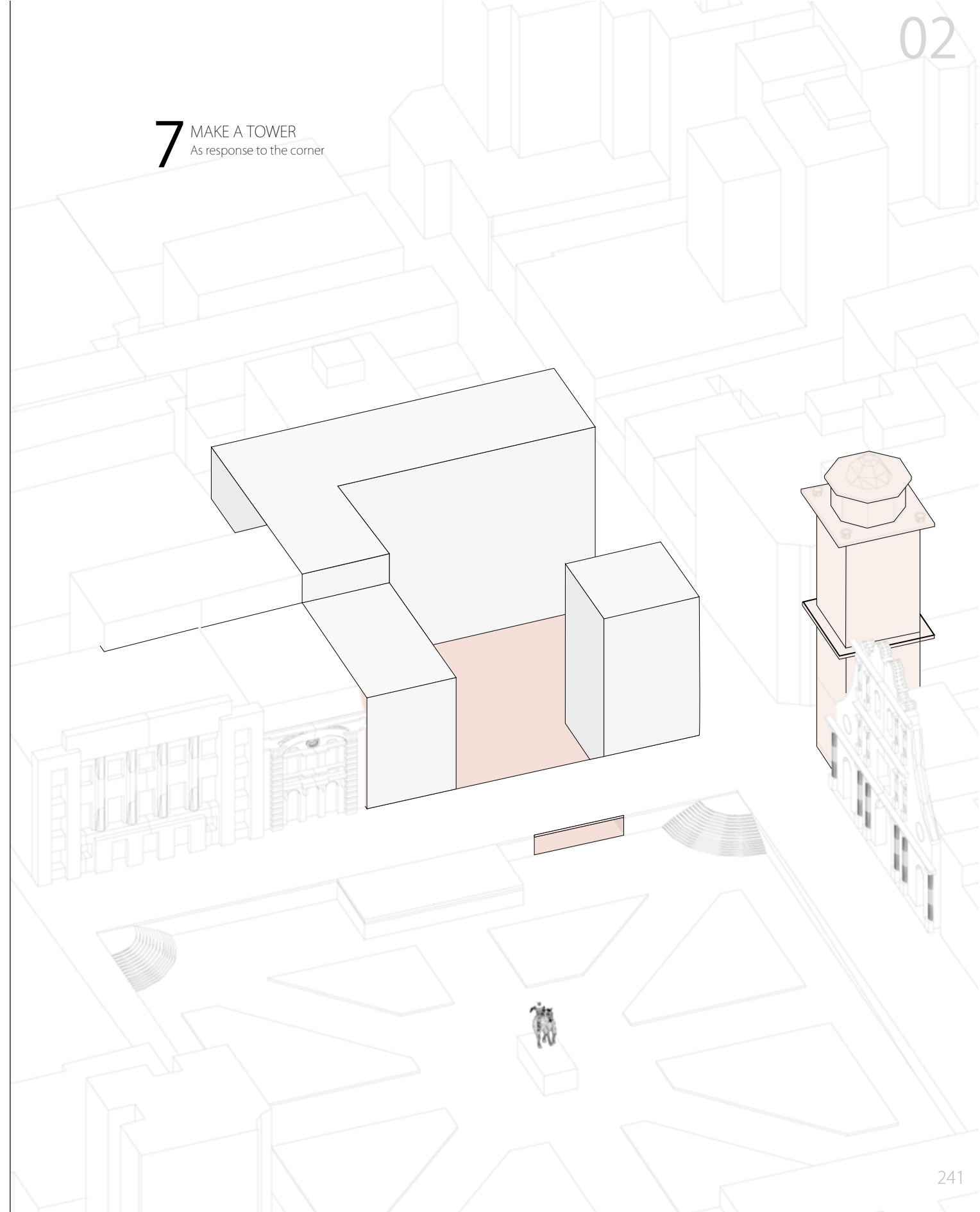


## 6 IMPORTANCE OF THE TOWER OF "La Catedral de Caracas"



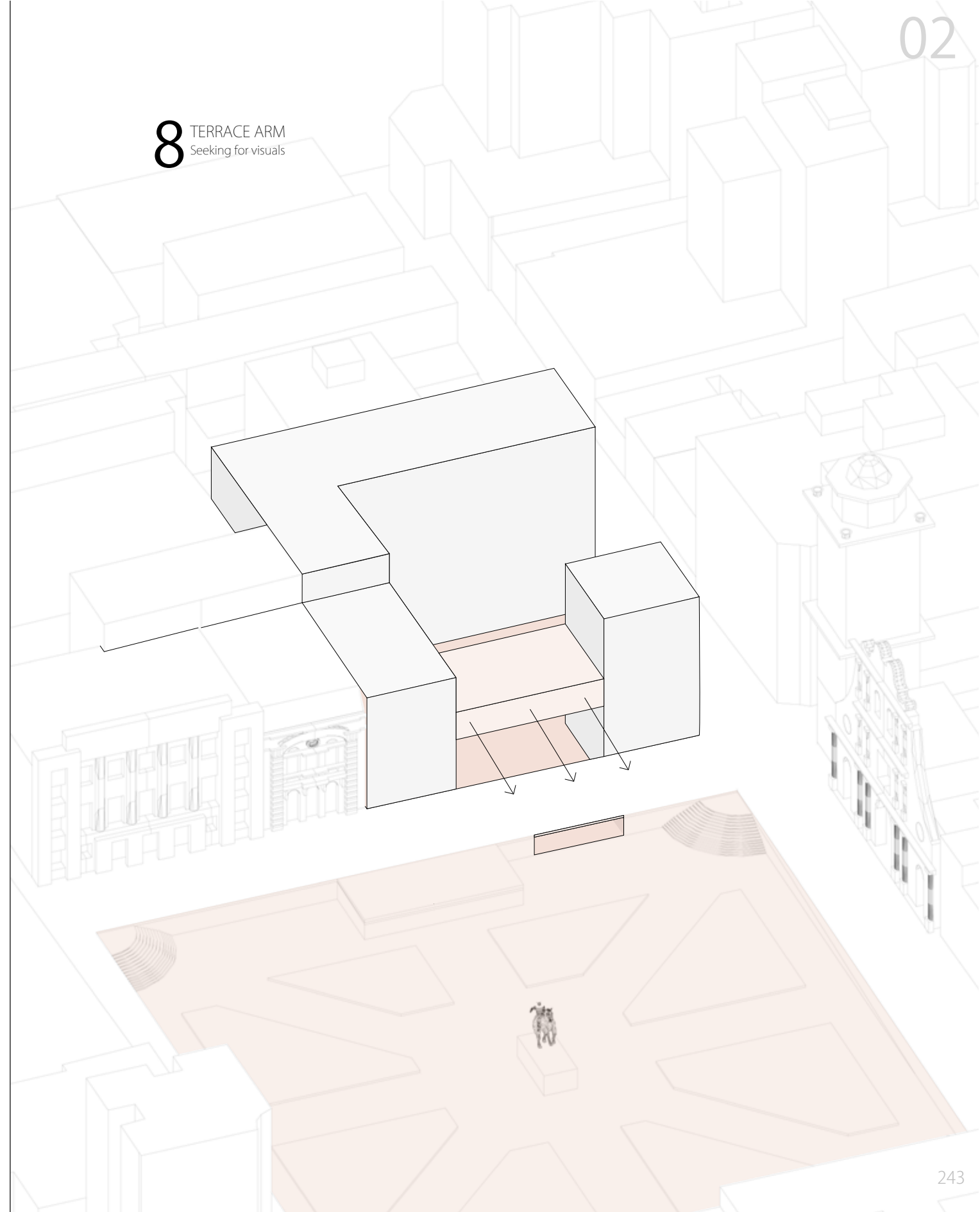
## 7 MAKE A TOWER

As response to the corner



## 8 TERRACE ARM

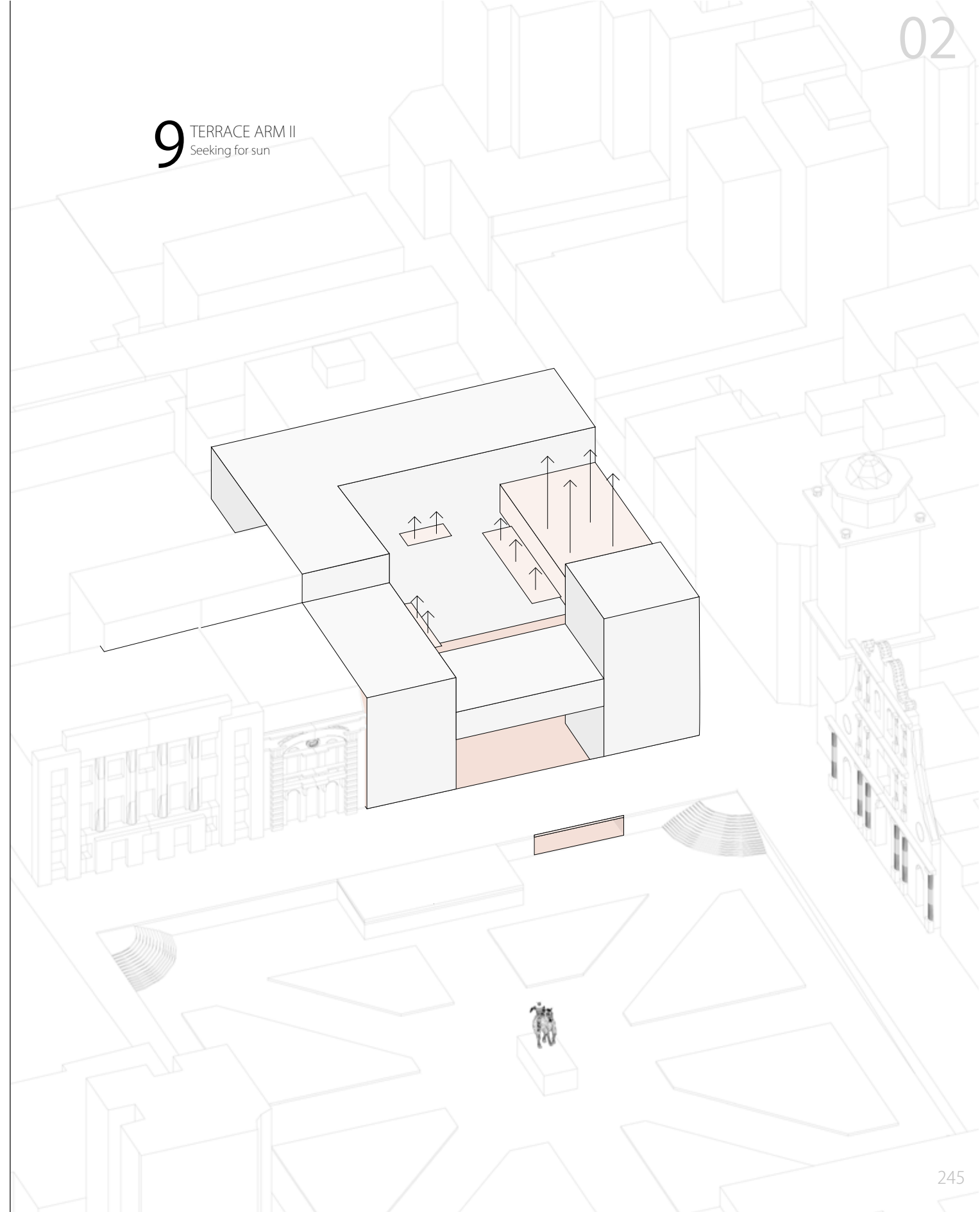
Seeking for visuals





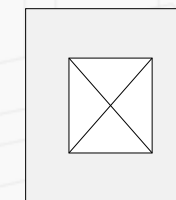
## 9 TERRACE ARM II

Seeking for sun

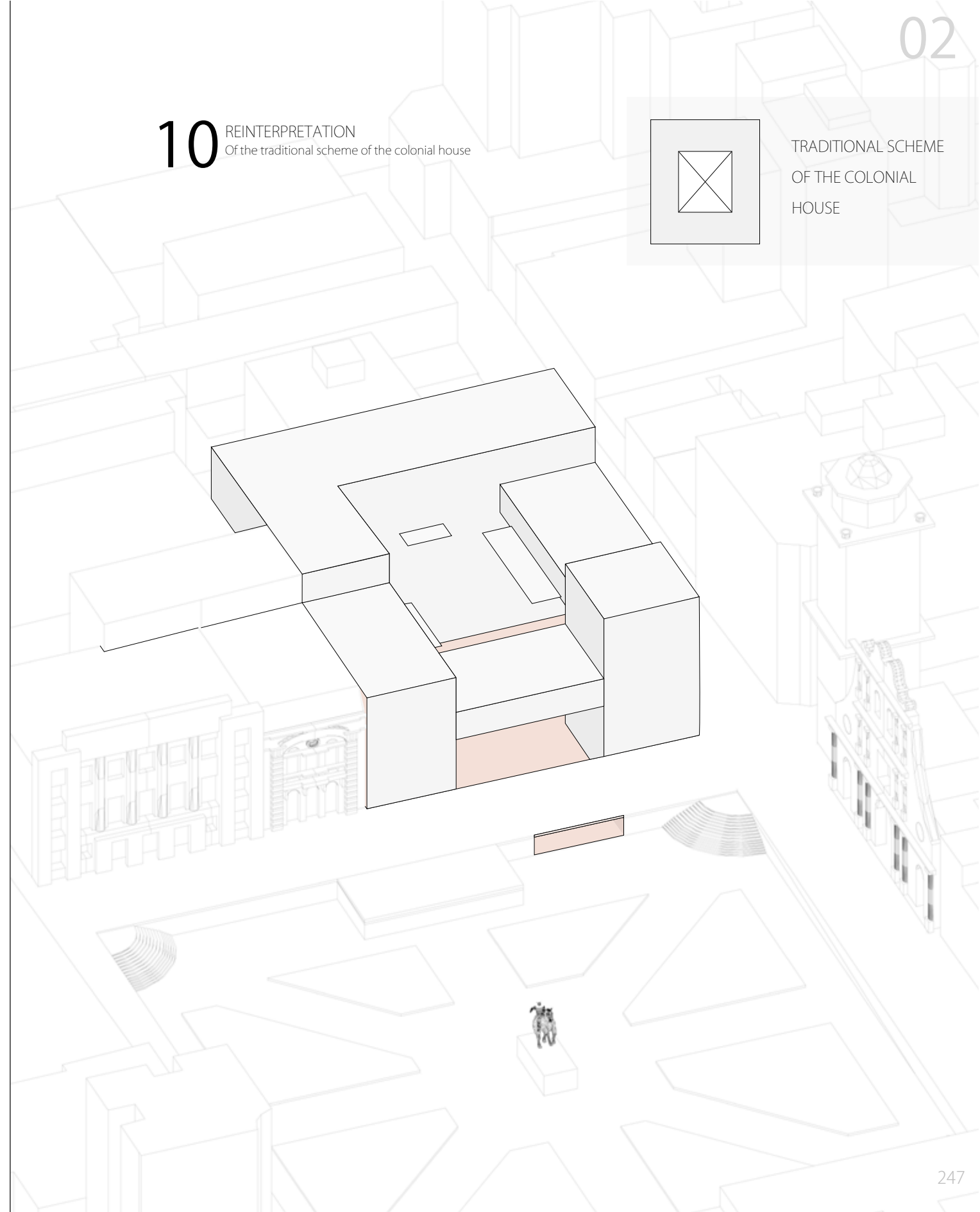


# 10

REINTERPRETATION  
Of the traditional scheme of the colonial house

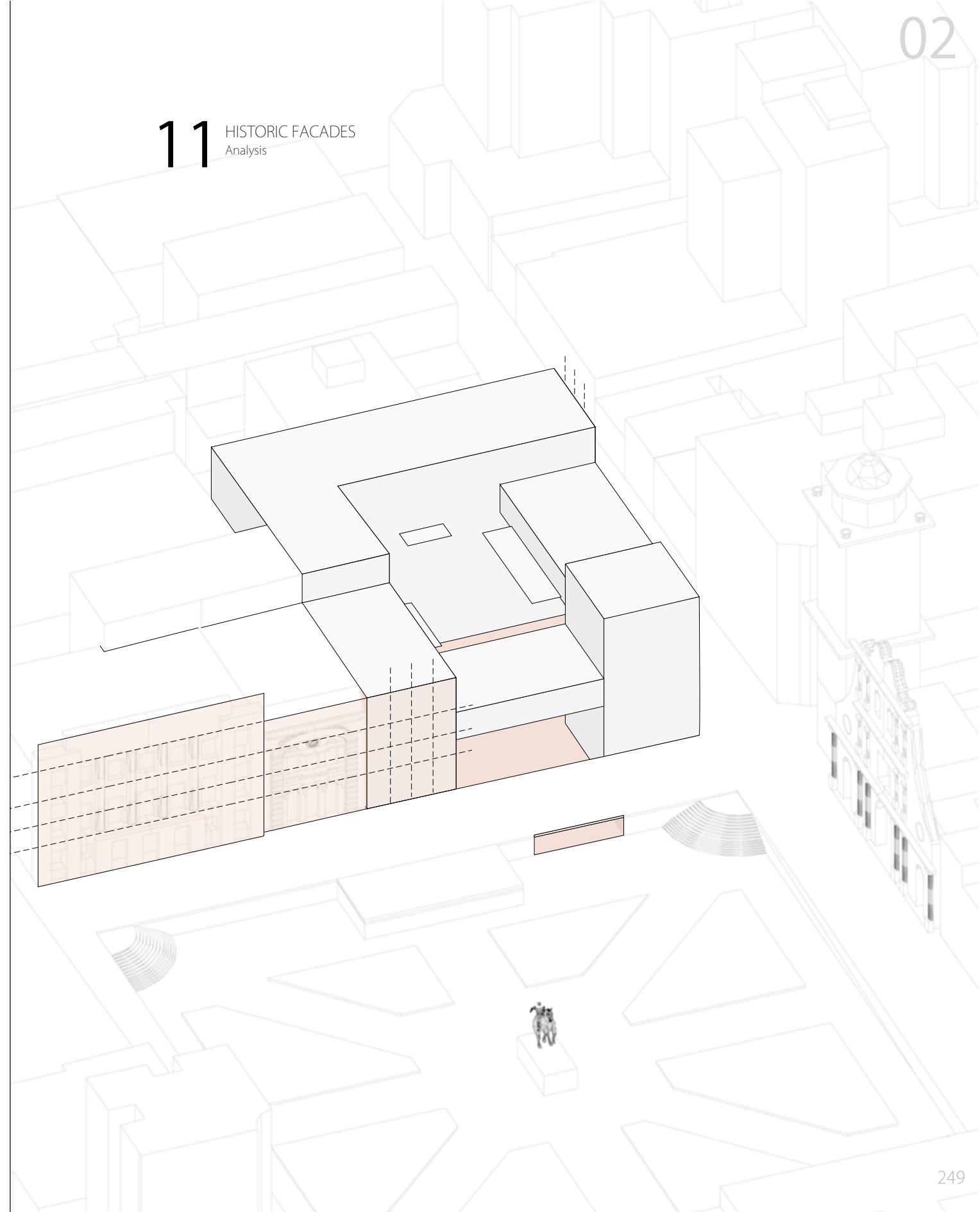


TRADITIONAL SCHEME  
OF THE COLONIAL  
HOUSE



# 11

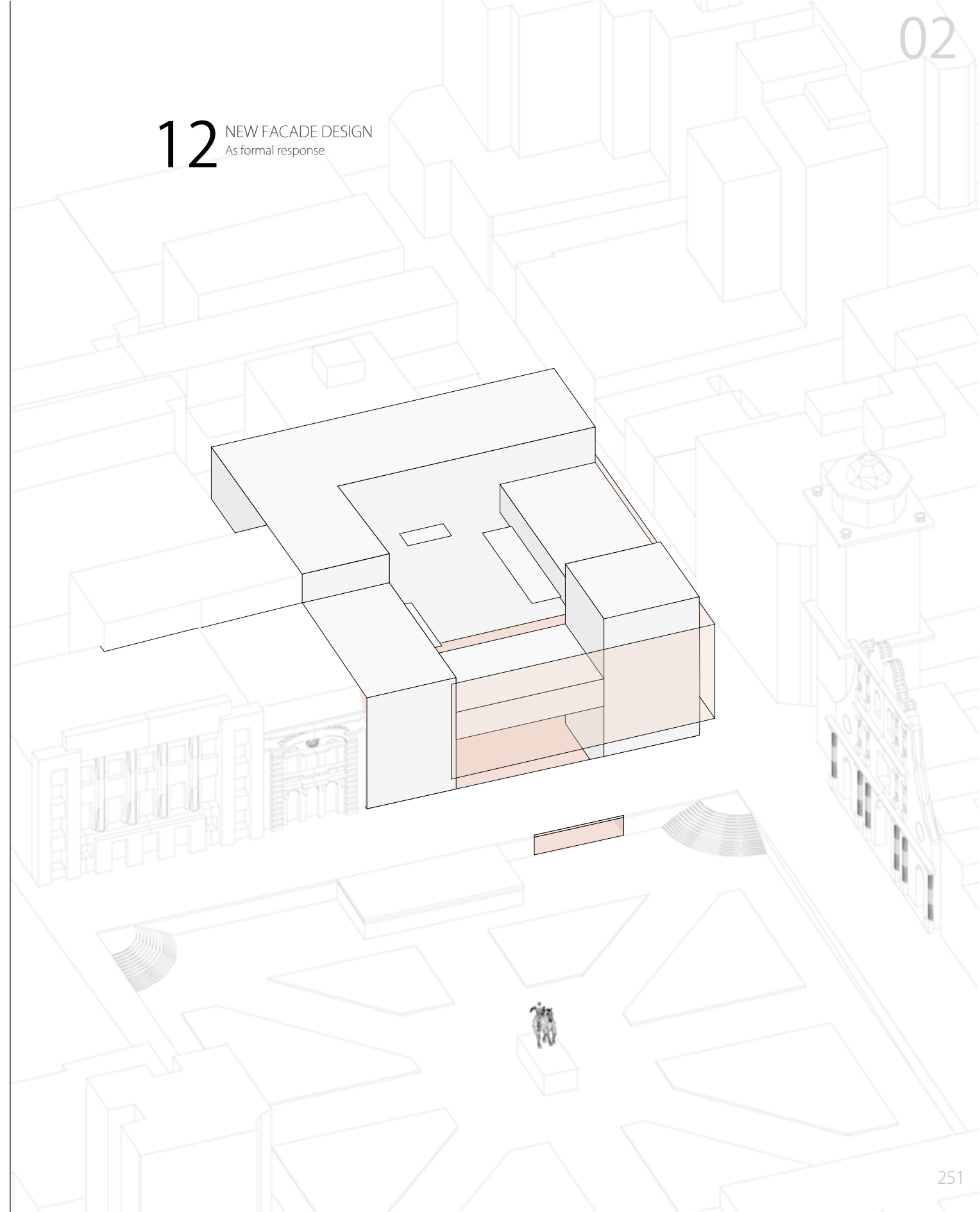
HISTORIC FACADES  
Analysis





# 12

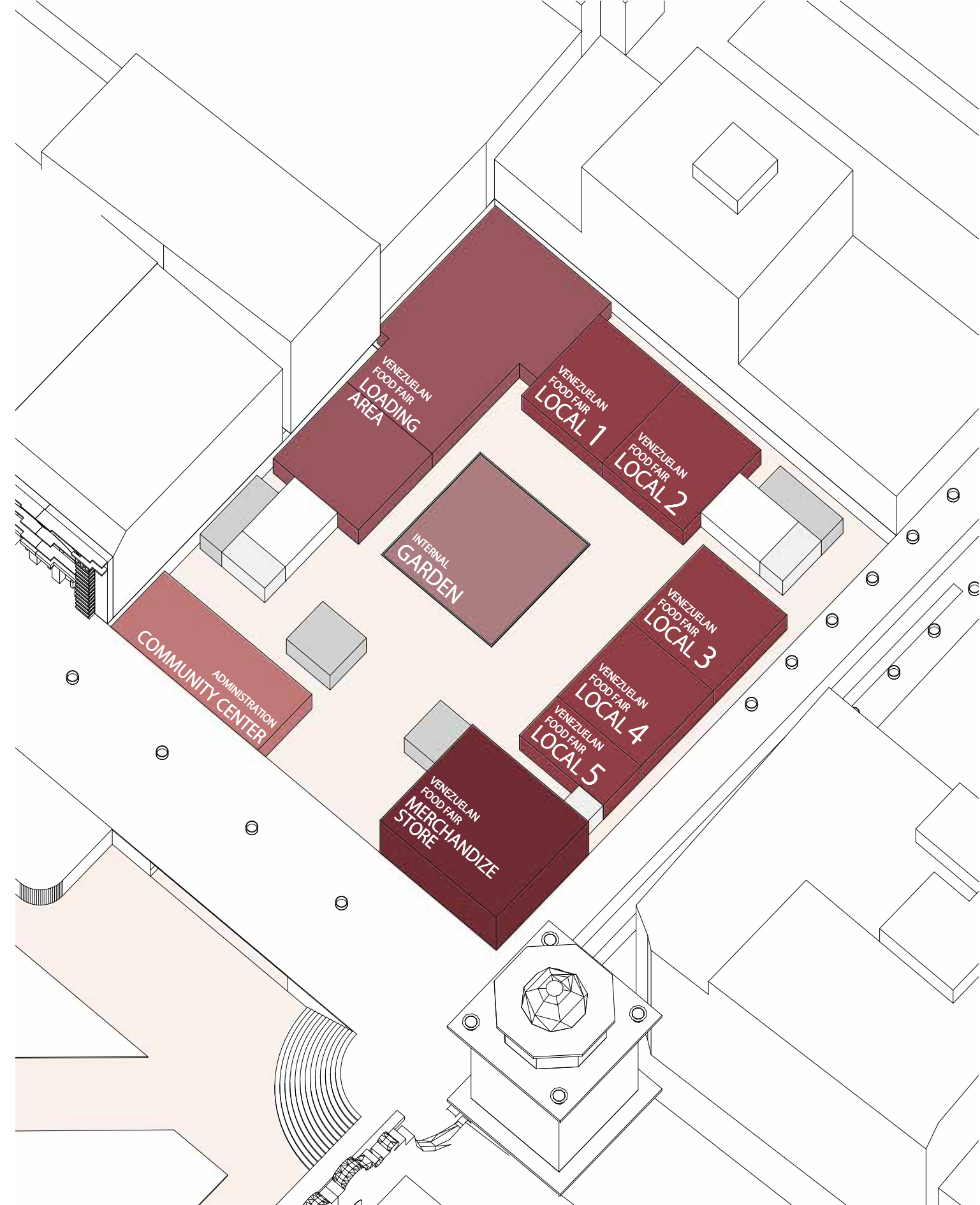
NEW FACADE DESIGN  
As formal response



# VOLUMETRIC SCHEME

# UNDERGROUND FLOOR

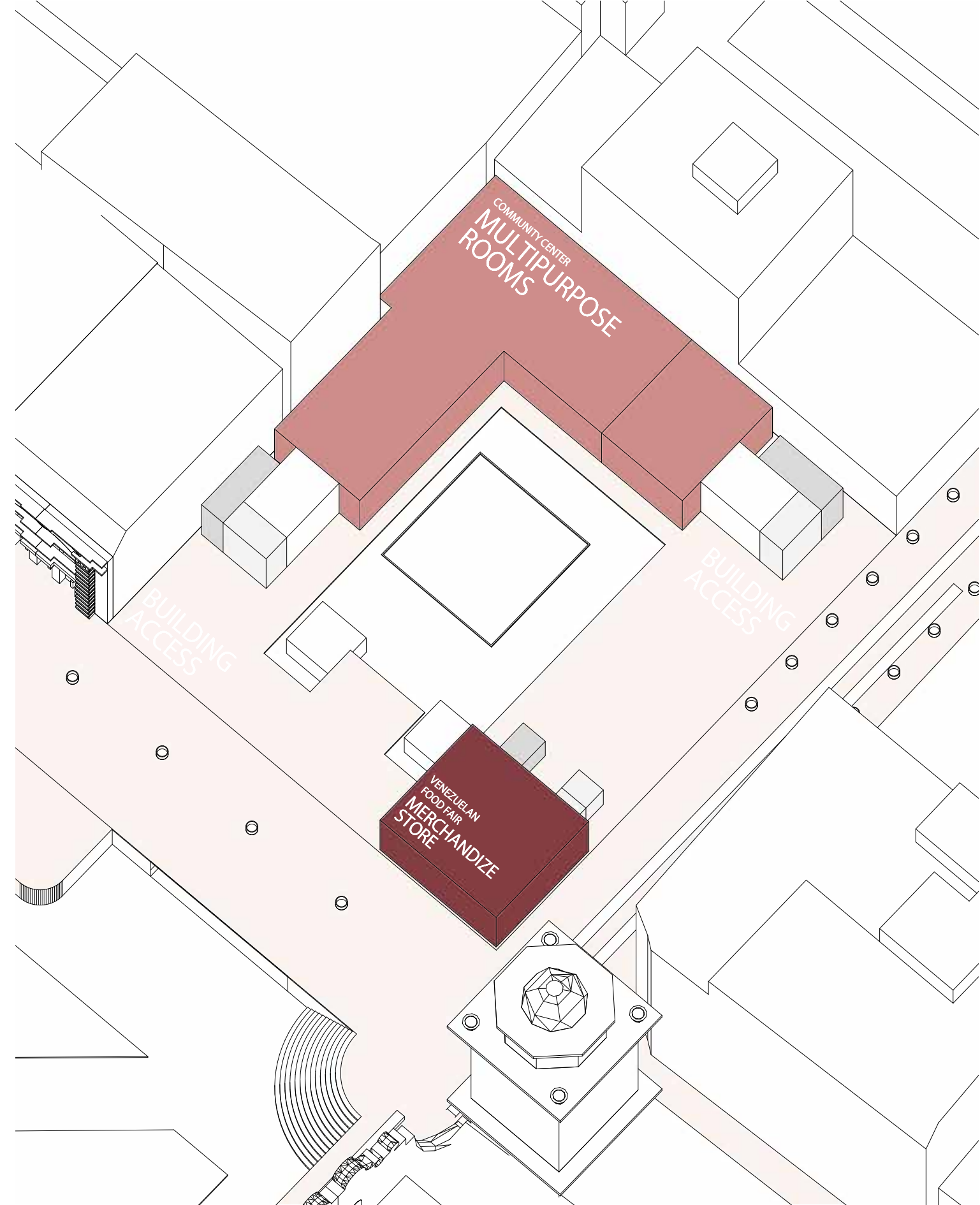
● -3.50m





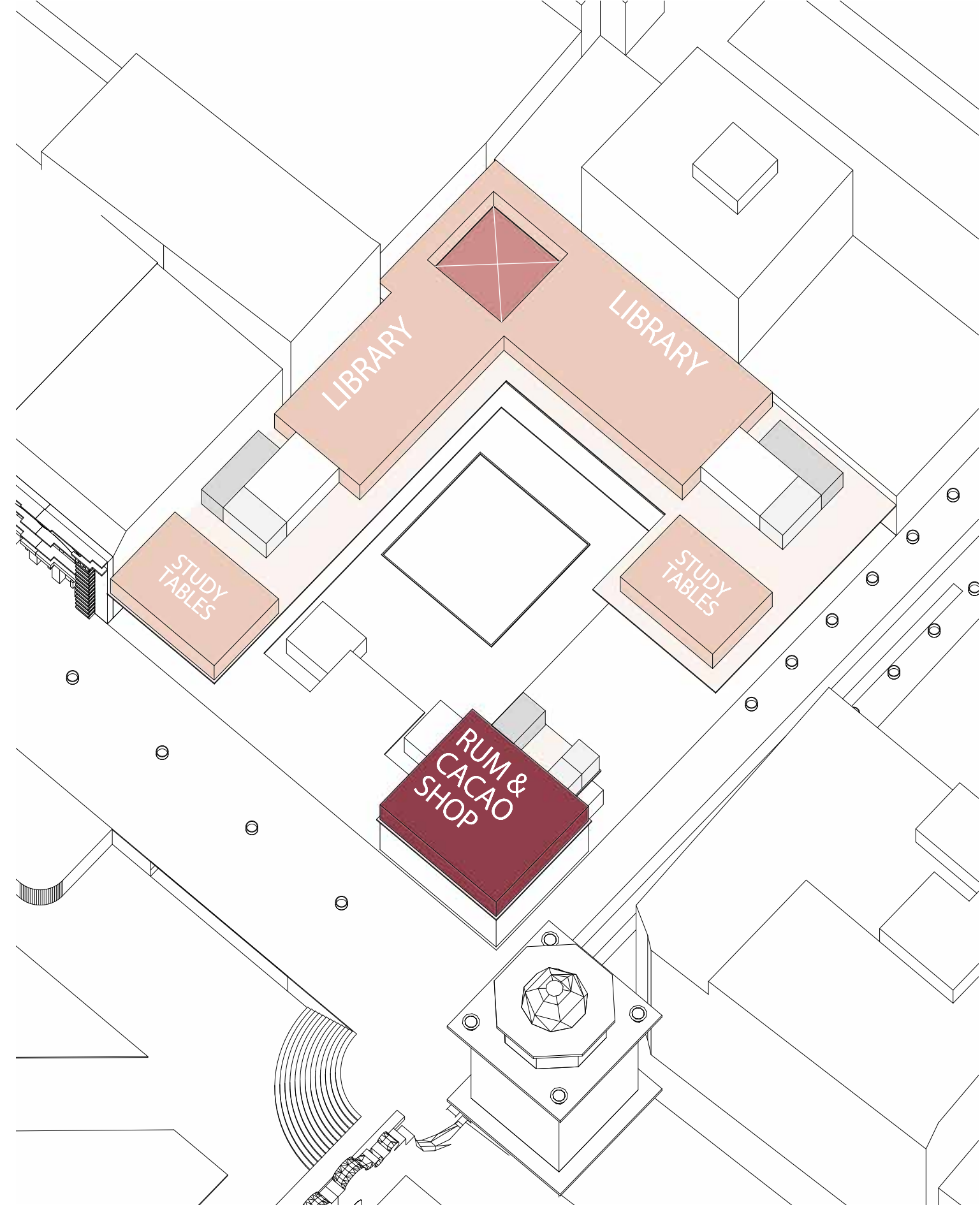
# GROUND FLOOR

● -0.00m



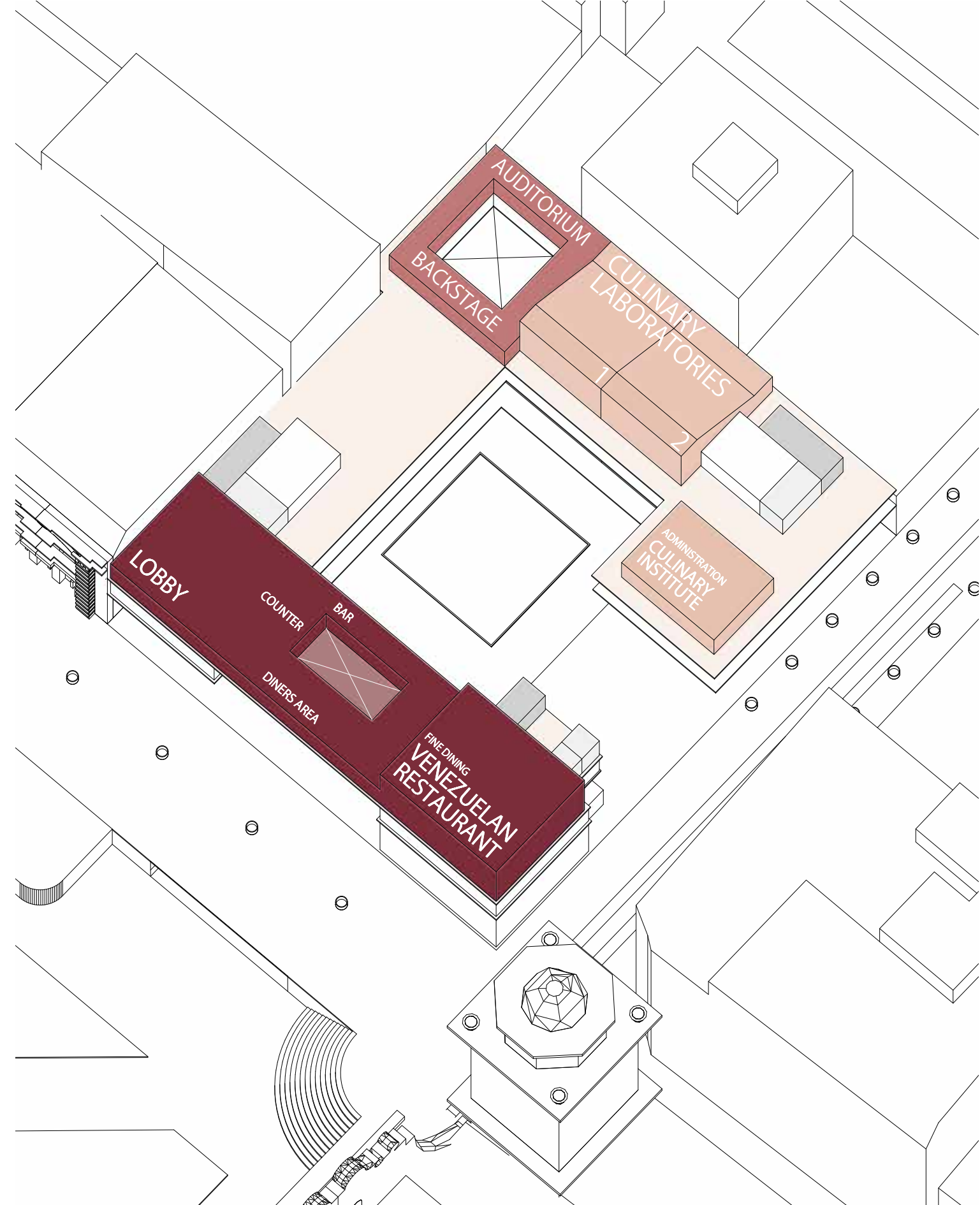
# FIRST FLOOR

+7.00m



## SECOND FLOOR

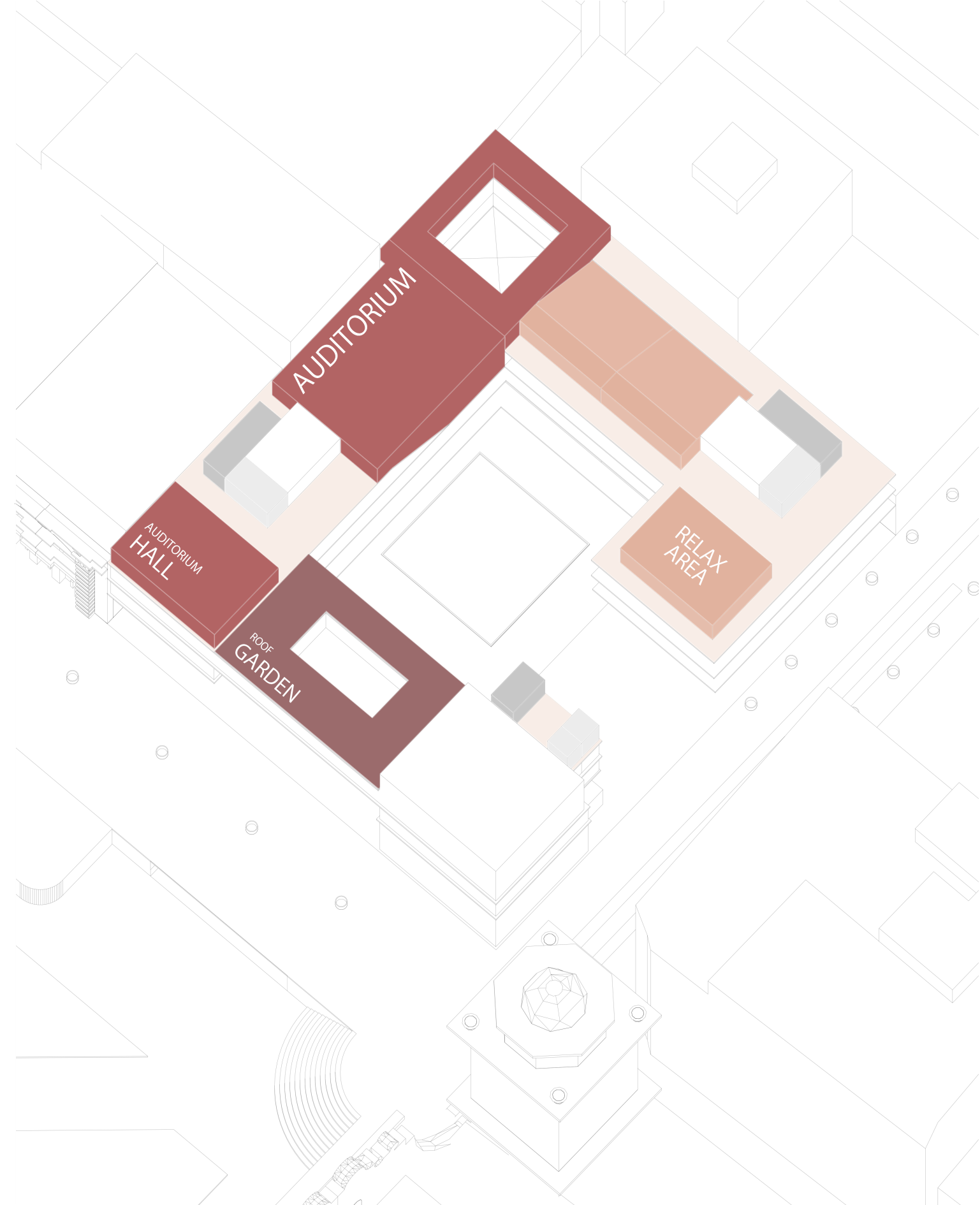
+10.50m





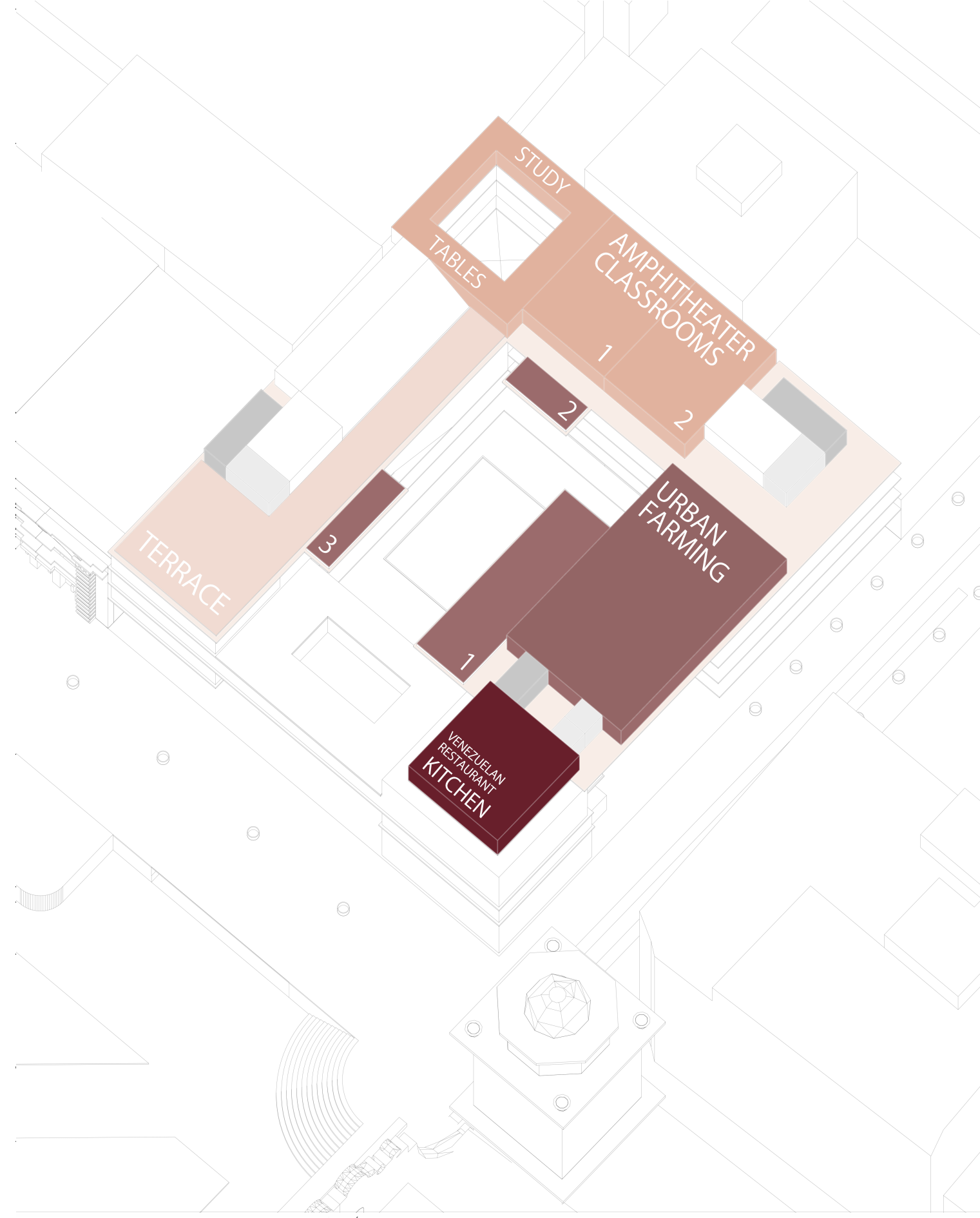
# THIRD FLOOR

+14.00m



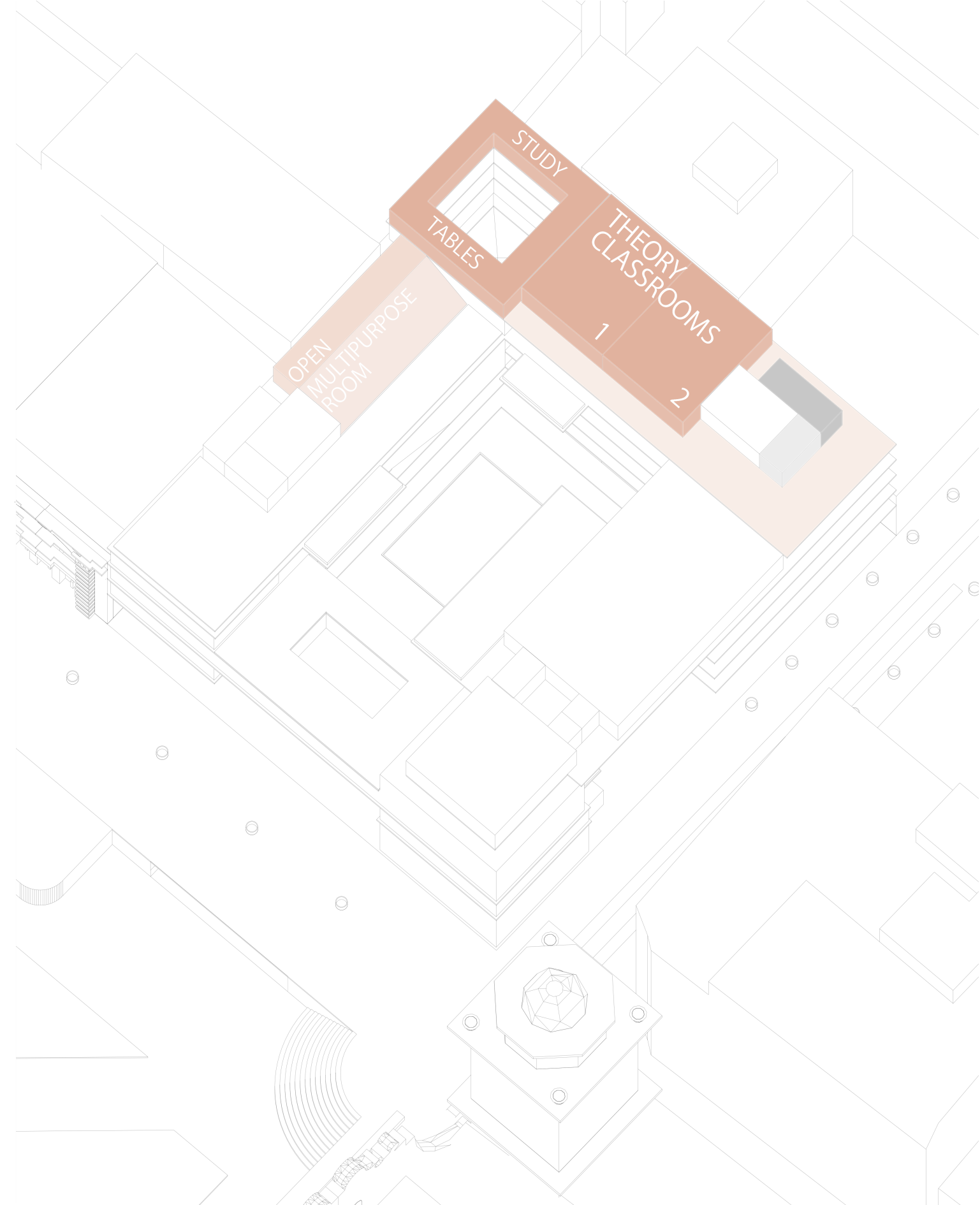
## FOURTH FLOOR

+17.50m



# FIFTH FLOOR

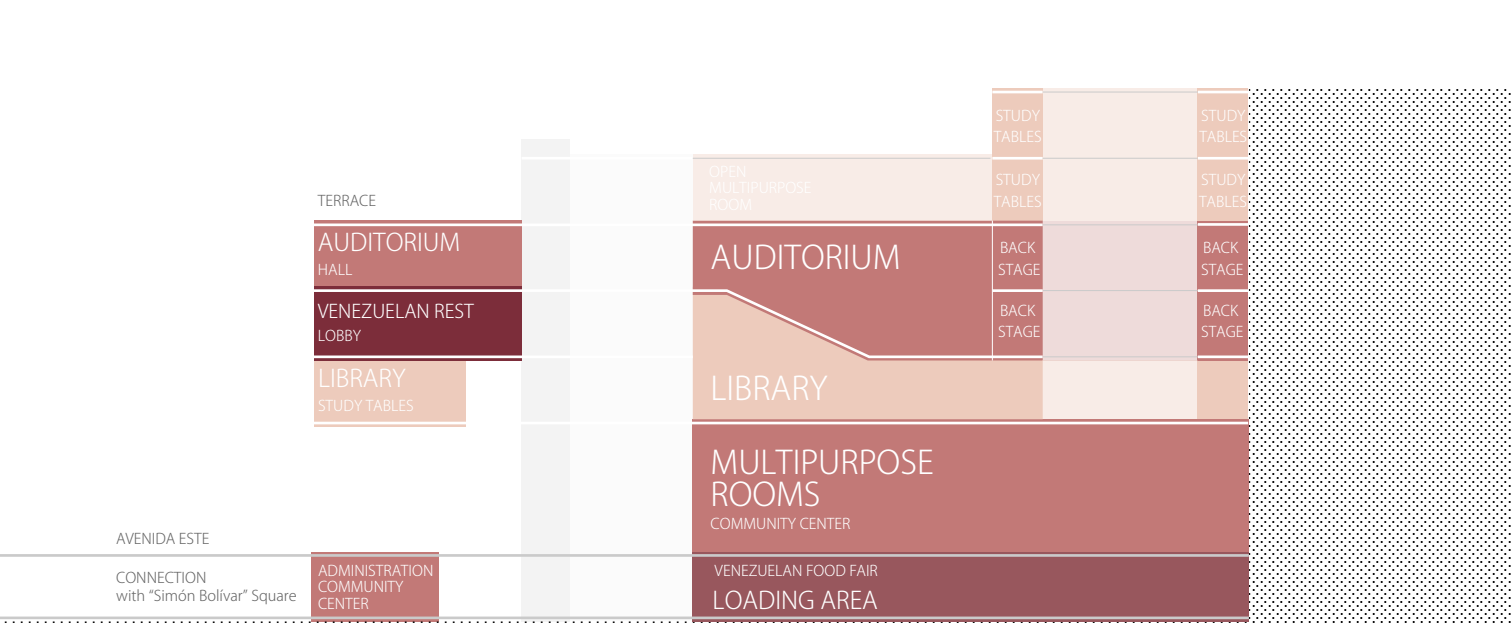
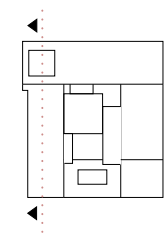
● +21.00m



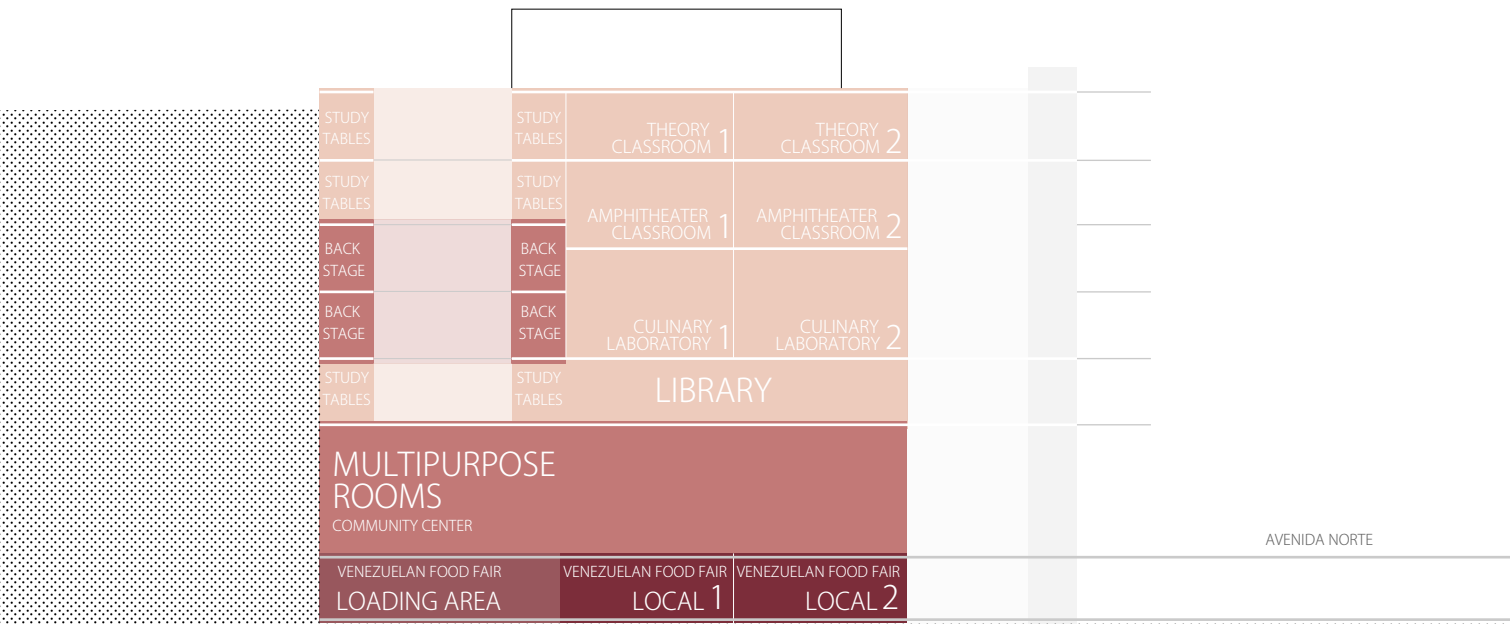
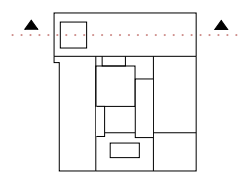


# SECTION SCHEMES

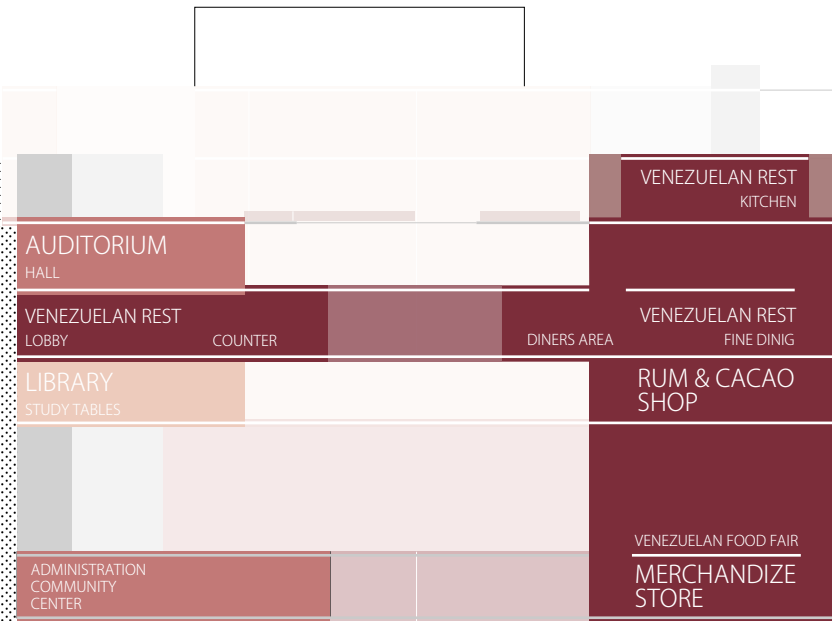
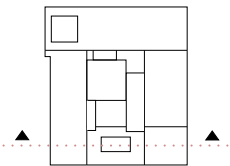
# EAST VOLUME SCHEME SECTION



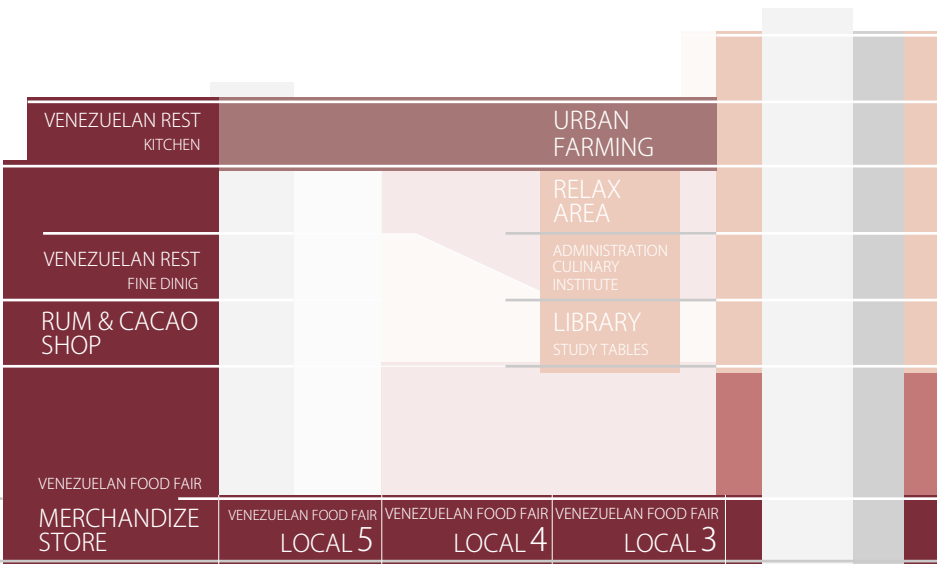
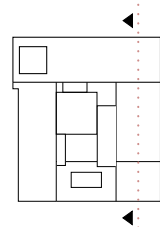
# NORTH VOLUME SCHEME SECTION



# SOUTH VOLUME SCHEME SECTION



# WEST VOLUME SCHEME SECTION



AVENIDA NORTE AVENIDA ESTE

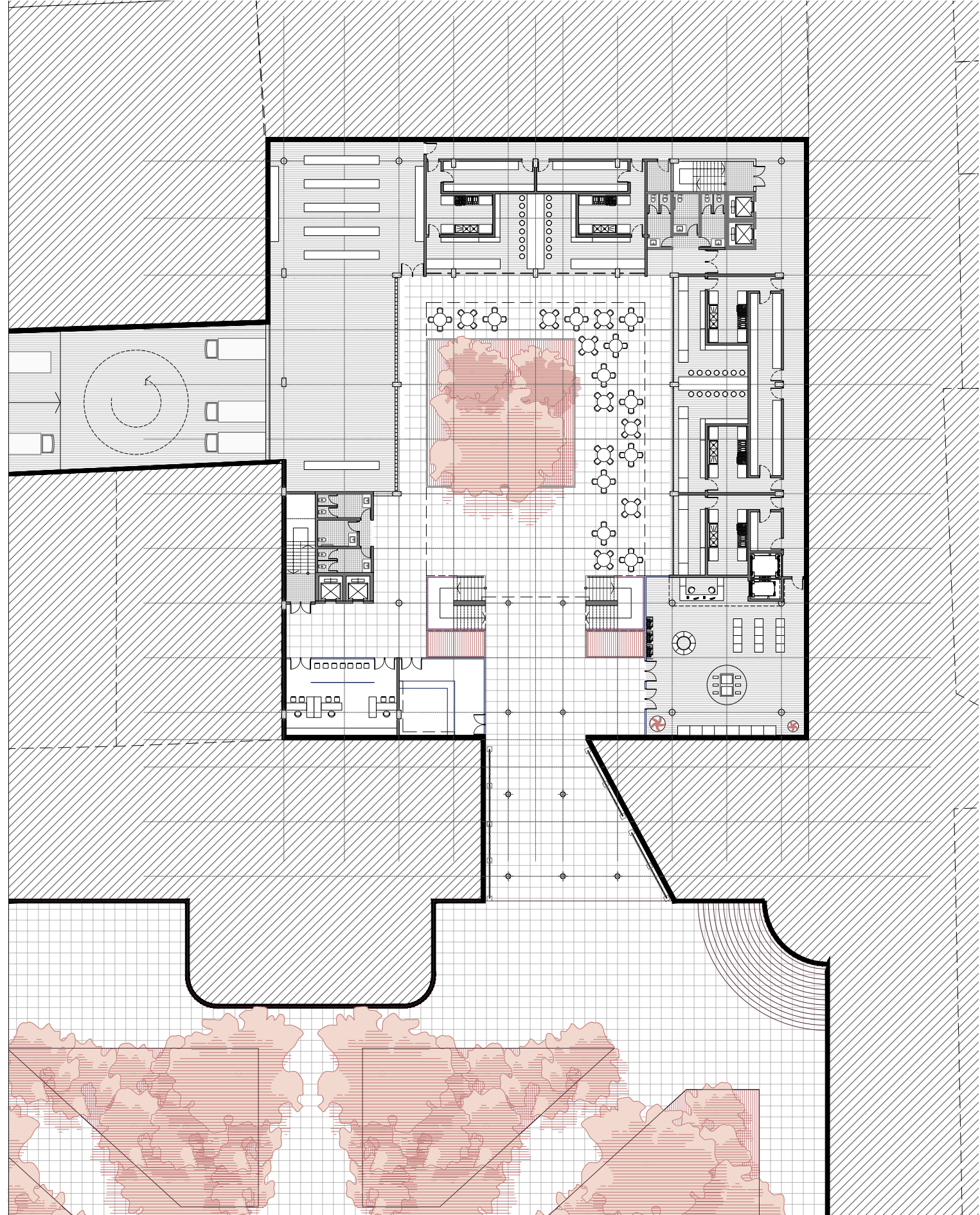


# PLANIMETRY

# UNDERGROUND FLOOR

● -3.50m

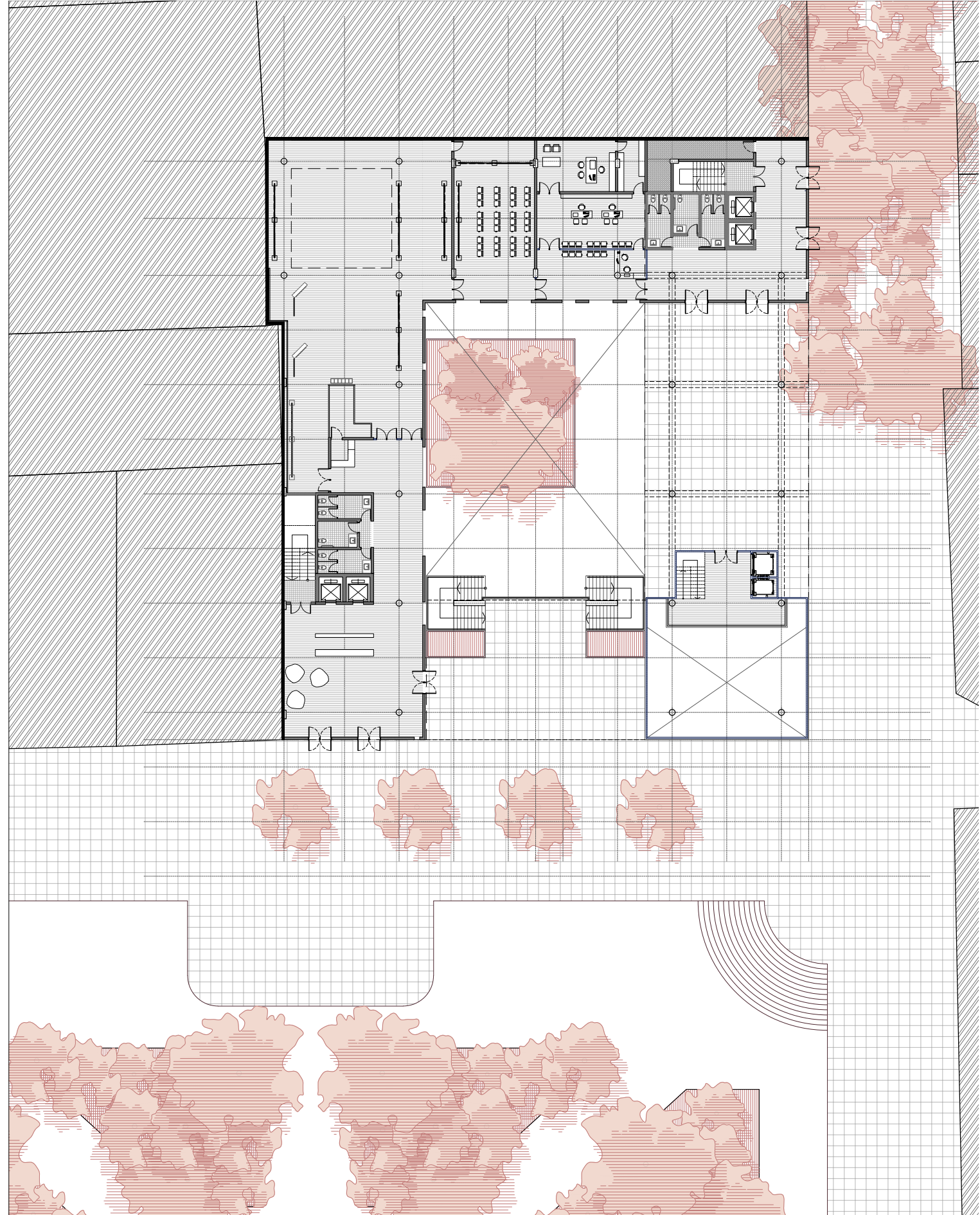
SC: 1:400



# GROUND FLOOR

±0.00m

SC: 1:400

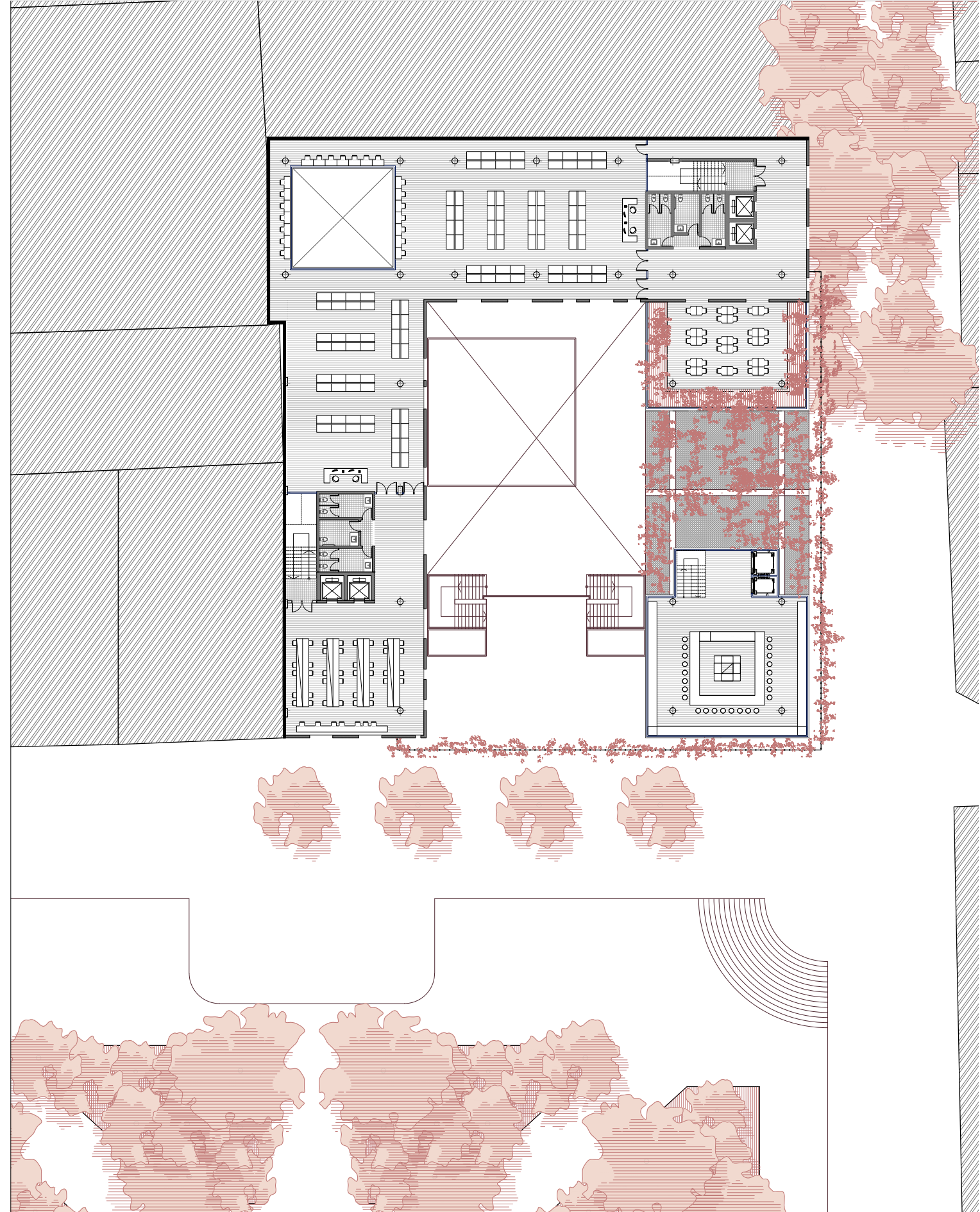




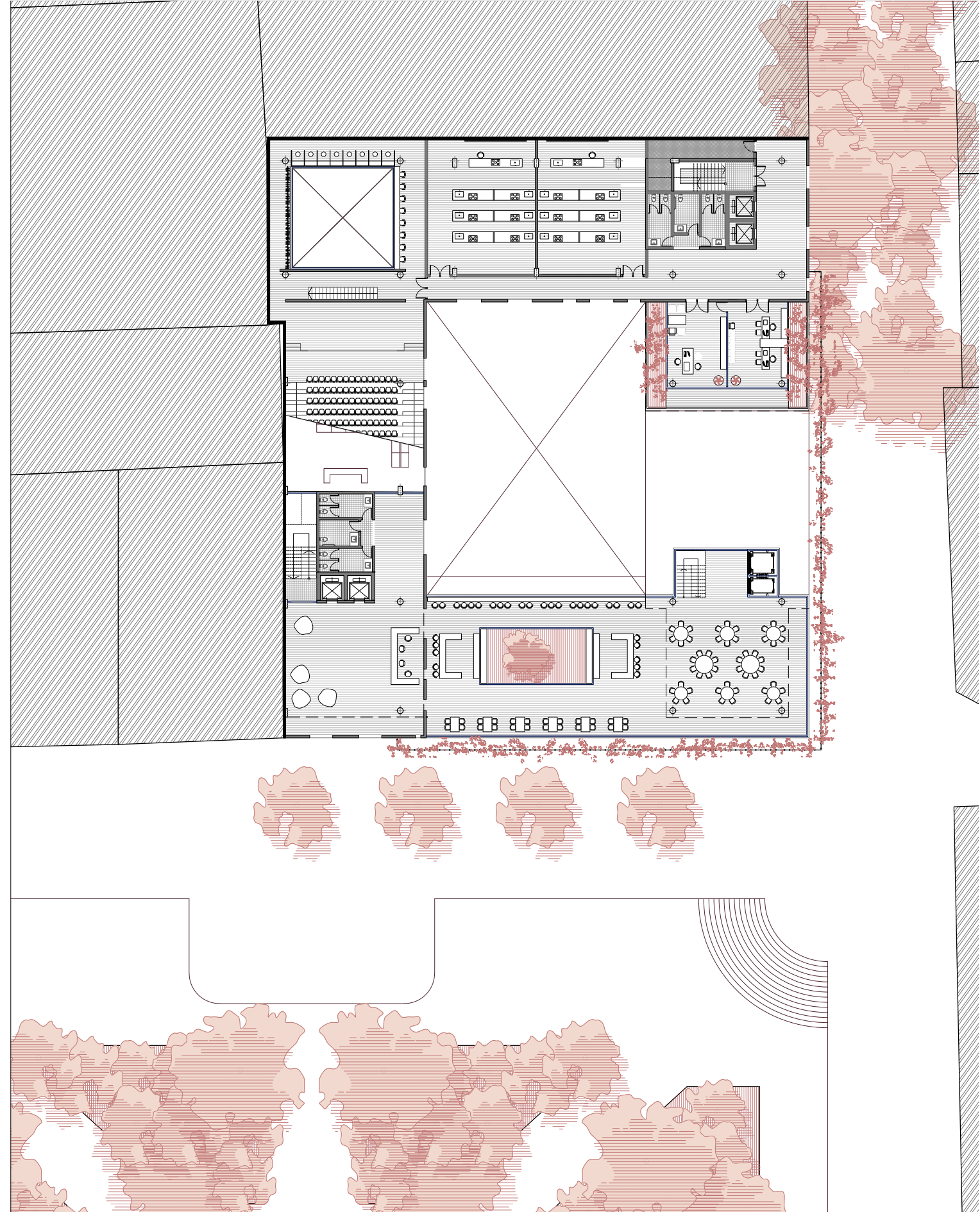
## FIRST FLOOR

● +7.00m

SC: 1:400



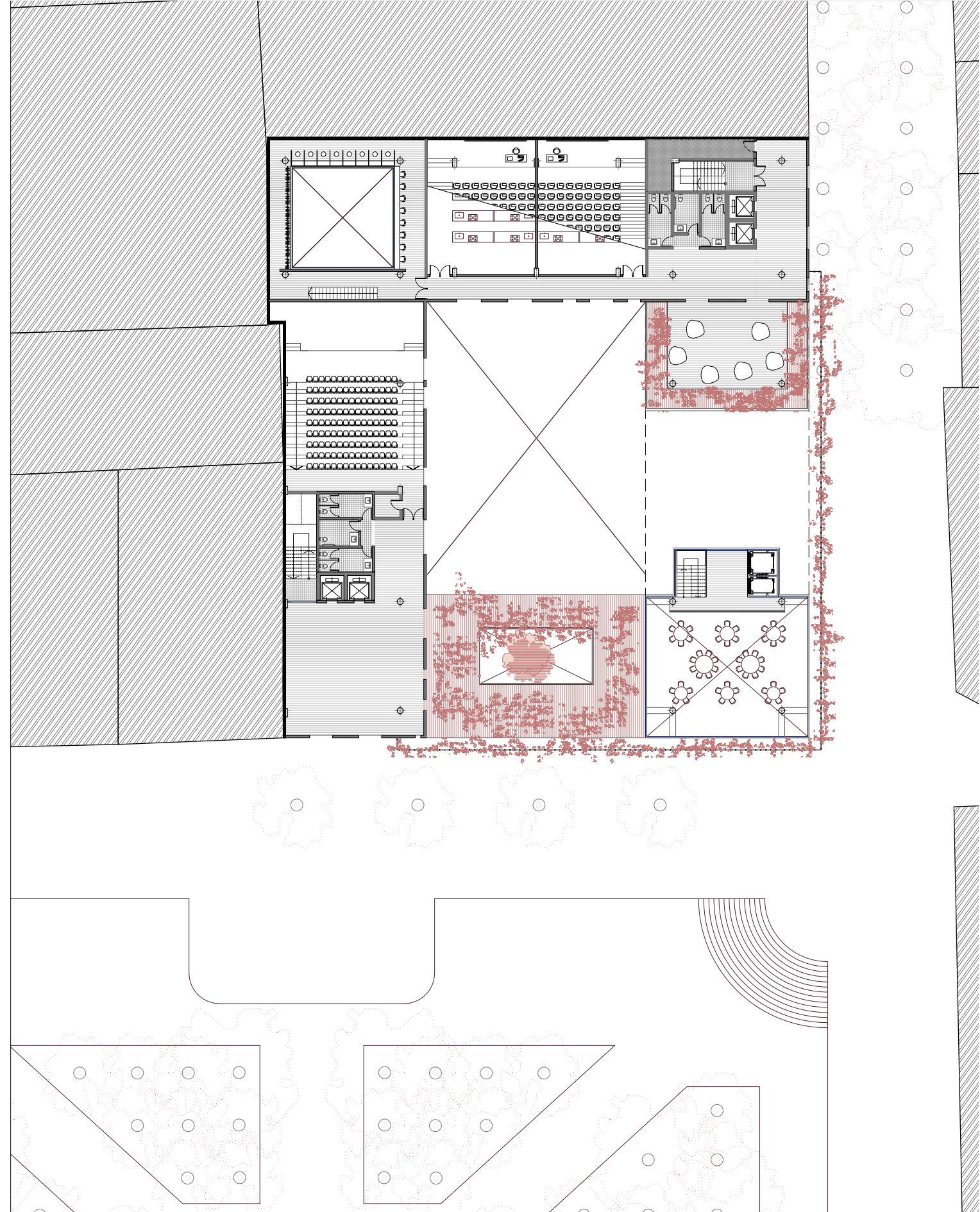
## SECOND FLOOR

 +10.50mSC: 1:400 

# THIRD FLOOR

● +14.00m

SC: 1:400

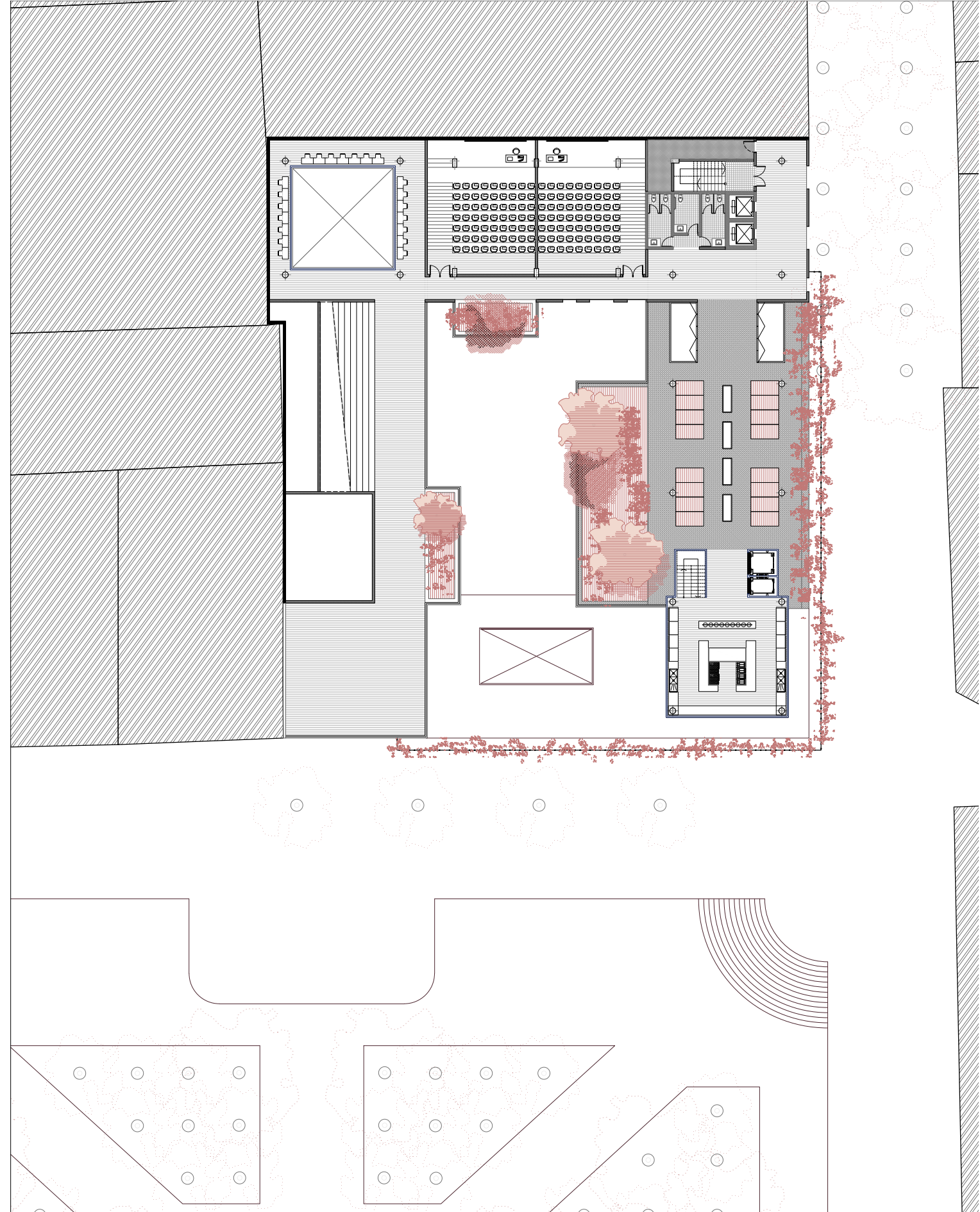




## FOURTH FLOOR

+17.50m

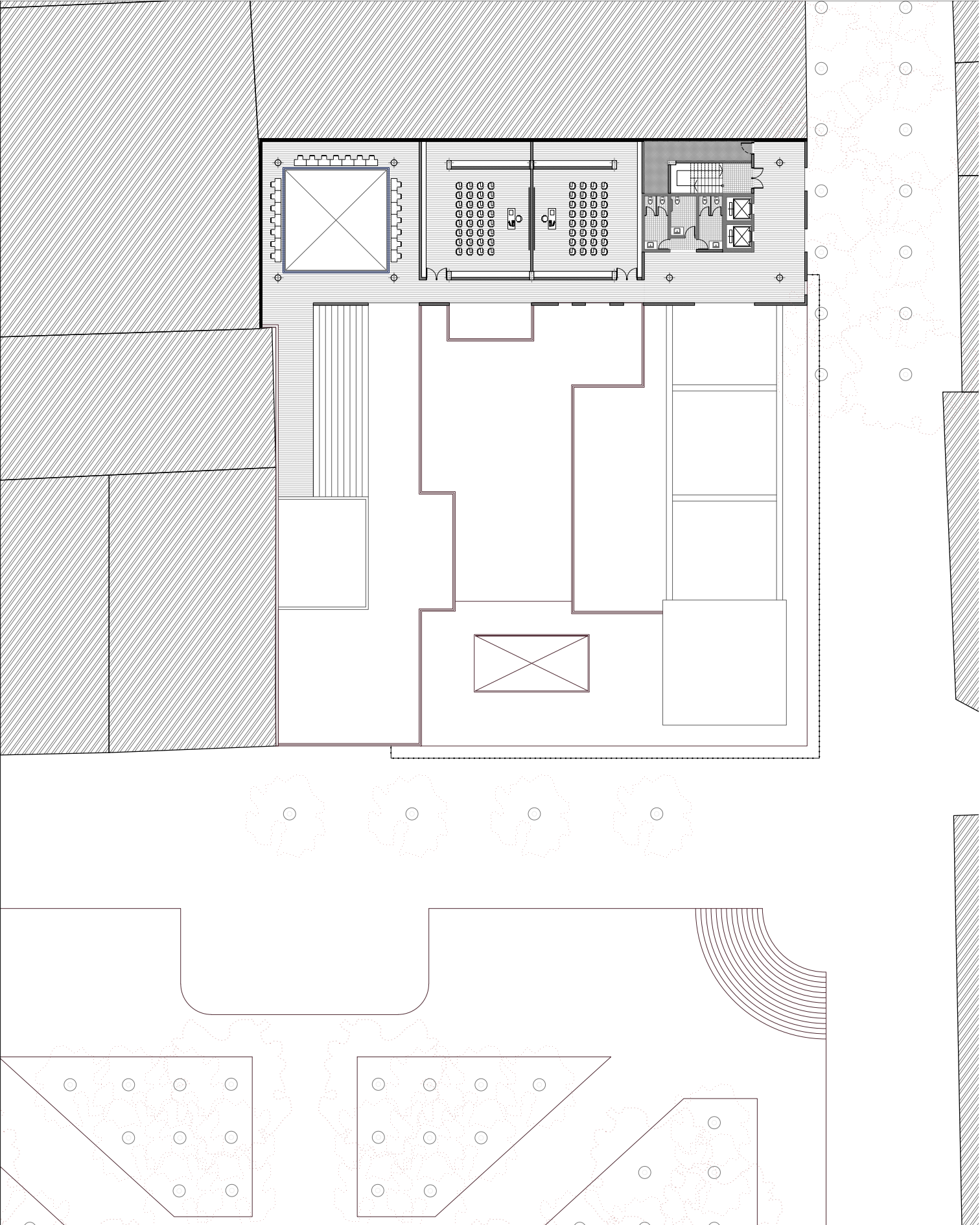
SC: 1:400



# FIFTH FLOOR

+21.00m

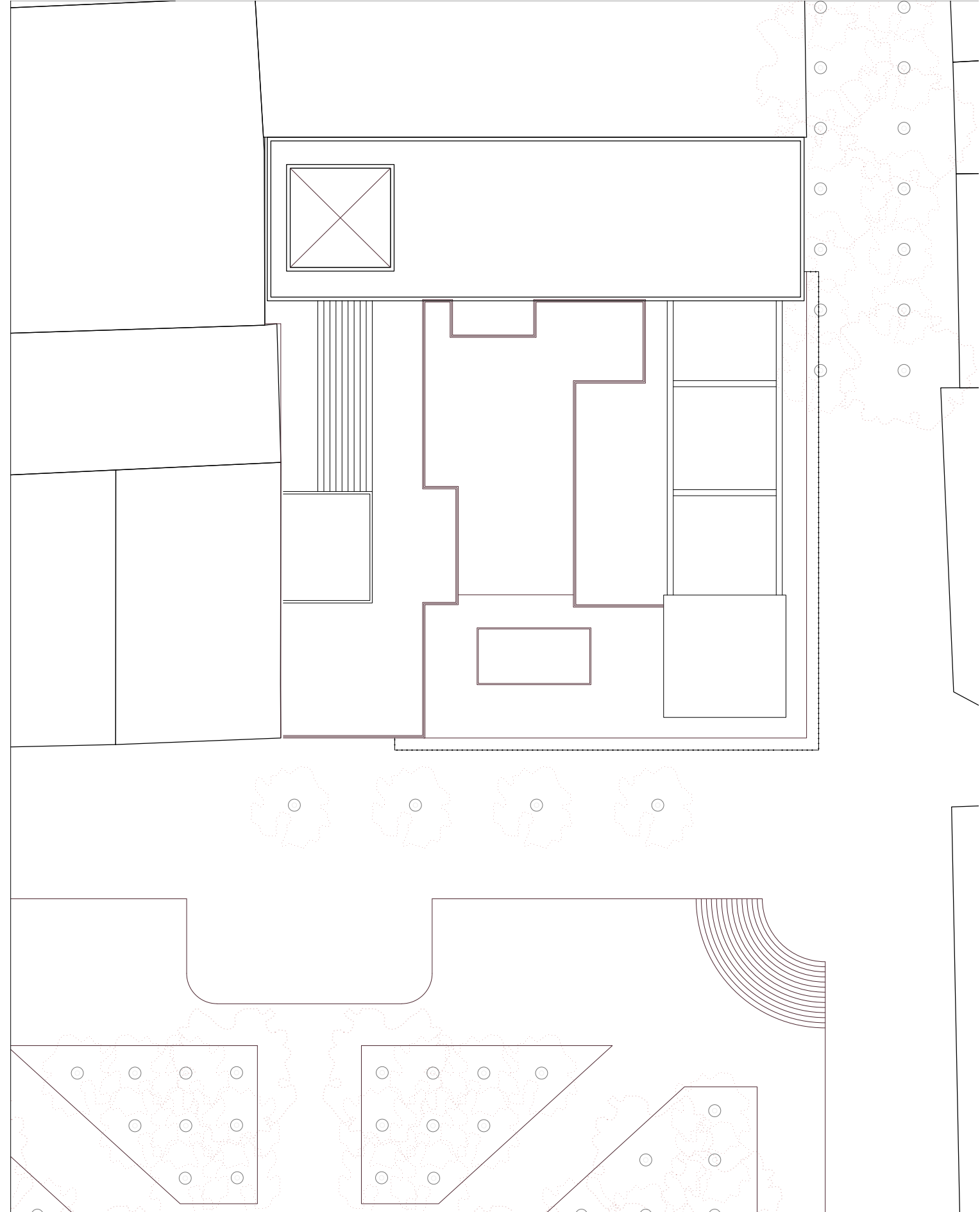
SC: 1:400



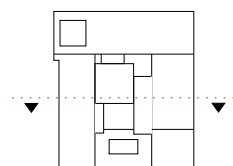
# ROOF PLAN

● +24.50m

SC: 1:400

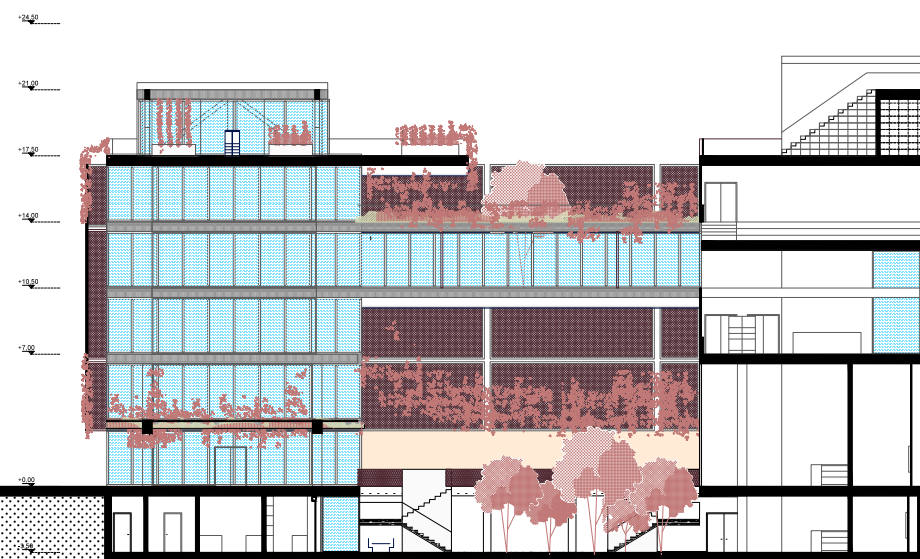






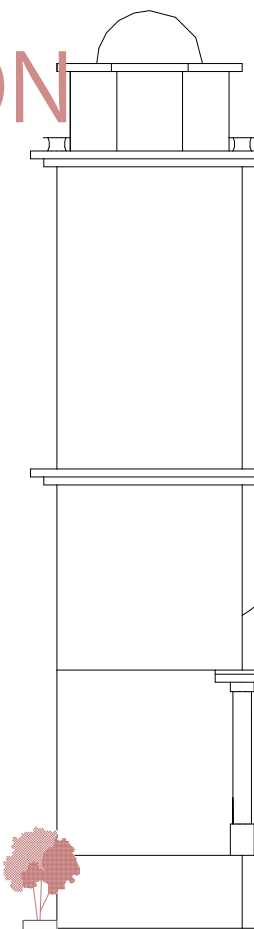
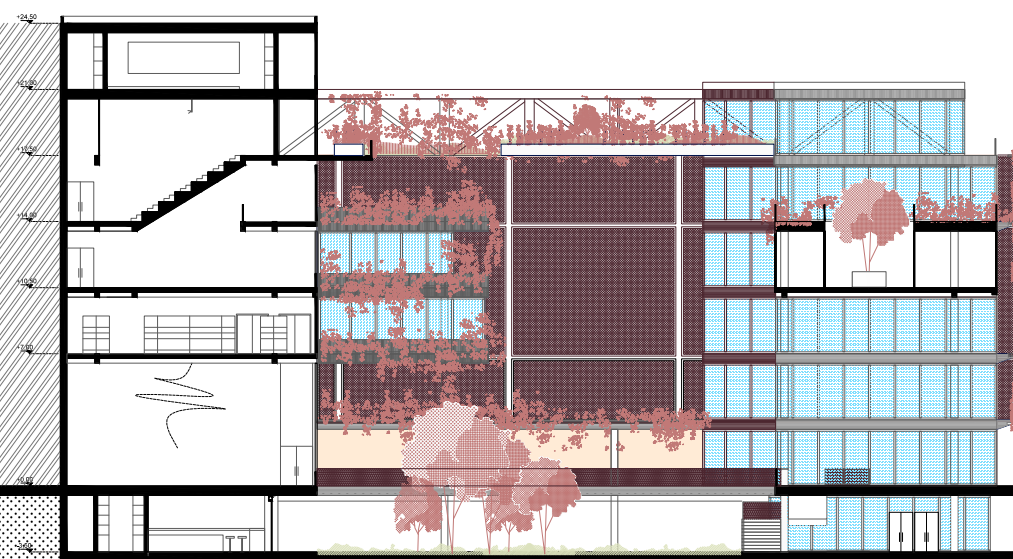
# CROSS SECTION

SC: 1:400



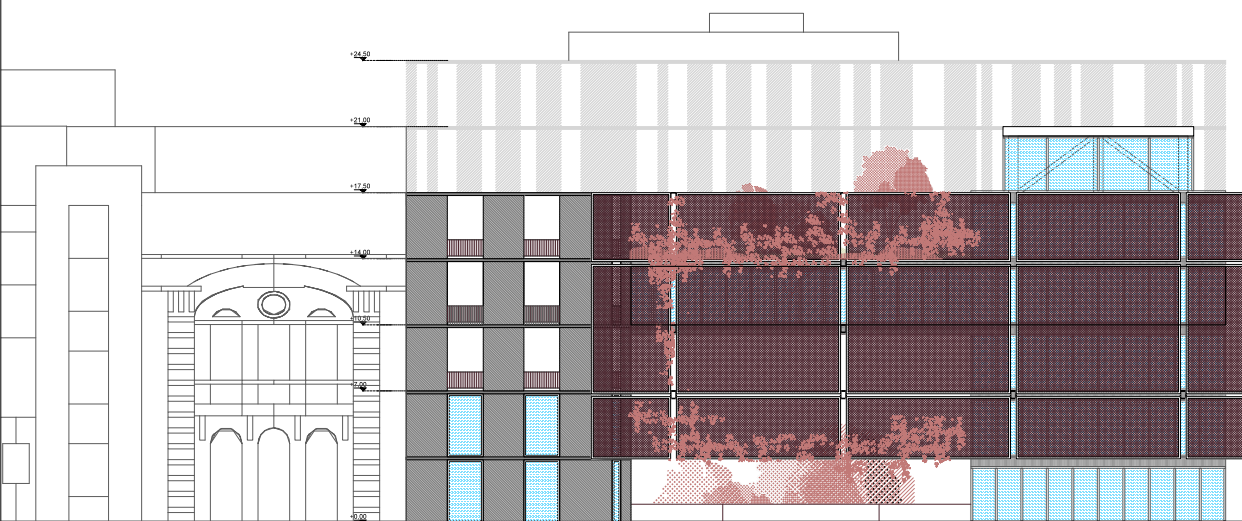
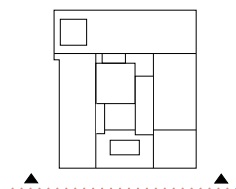
# LONGITUDINAL SECTION

SC: 1:400



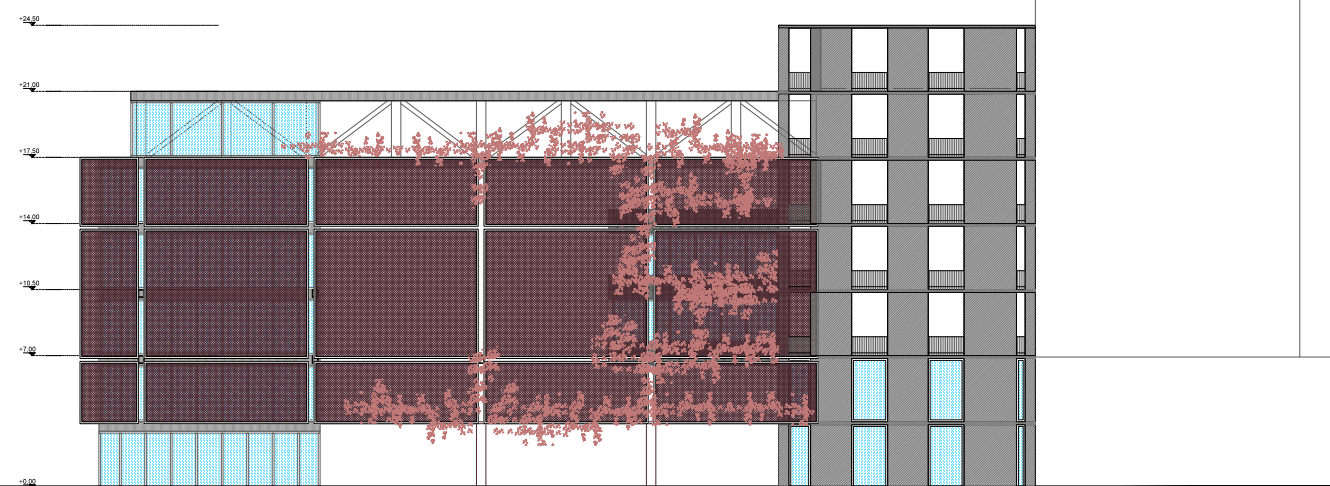
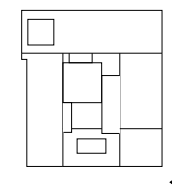
# SOUTH FACADE

SC: 1:400



# EAST FACADE

SC: 1:400



# CONCLUSIONS

There is no doubt about the need of the human being as a social being to create a culture and have an identity, customs, and traditions.

Architecture is a human creation, therefore, a component of the society and culture that, through the ages, has developed creativity applied to the needs of civilization.

This project was born out of the need to contribute to the development of culture in Venezuela, which due to a sequence of reasons, throughout the country's history -from its colonization to the present day-, its population lacks roots in its culture, customs, and traditions, and in particular, its gastronomy.

Having deciphered a general problem, the decision was to propose an architecture a project that would rescue, revalue and promote Venezuelan gastronomy, which in my personal opinion, should start in the country.

Caracas -the capital of the country- is established as the place for the development of the project because its foundational grid still exists, a relevant part of the history of Caracas and Venezuela.

An exhaustive analysis of the growth of the capital was carried out -from its foundation in 1567 to the present day- connecting the different productive activities that were developed in Venezuela with the growth of

the city to investigate how the economic activities had consequences on the unplanned development of the metropolis and at the same time, to understand the various problems present in such a complex city.

The analysis was carried out through the historical plans made over the years and the examination of the few plans mainly not carried out for the planned growth of Caracas.

The city rapidly evolved without any planning during the 20th century because of the oil revenue and it is easy to find difficulties in the connection of the different areas of the city that were created over time, which is why the historic center of Caracas lacks interconnection with the rest of the other new centers and in terms of the state of the area, it is in some way, abandoned.

The purpose of this thesis is to address both issues. How through the resolution of a socio-cultural problem, can an architectural project re-qualify the historic center of Caracas?

For the development of the project, it was necessary to analyze the site: the

historic center of Caracas, specifically the parishes of the Cathedral and Altigracia. The aspects examined were the principal buildings in terms of architectural relevance, historical, religious, and cultural importance, and the squares present in the area. Mobility, to understand part of the connection problem, and lastly, the security levels of the zone since it is a factor that decisively affects the possibilities of activating an area.

Thanks to the analysis of the historic center, it was possible to find the urban possibility of connecting buildings of great importance -historical and cultural- through a culinary passage to solve the socio-cultural problem and promote the Venezuelan culinary culture.

To develop this passage, the culinary scene in Caracas was studied by comparing three different scenarios between three contrasting municipalities. Las Marias / el Hatillo (medium-income level), Altamira / Los Palos Grandes (high-income level), and of course, or site for the project; Cathedral and Altigracia (low-income level).

This analysis helped to understand how each area develops in diverse ways and



allowed to find the right way to approach the culinary passage for the Avenida Norte and Avenida Sur.

For a better understanding, a study of the daily influx analysis was carried out to understand the flow of people throughout the week and, even more importantly, to know their age range to propose activities according to the current flow of people and the flow that hopes will take place to attract the project.

With the analysis of the urban profile of these avenues and the afterward diagnosis of the area, different zones, were highlighted all over the passage (1, 2, 3, ■ and 4), in which, due to the lack of alignment of the building facades, nooks and crannies were present.

The urban proposal of the masterplan intervenes in these areas by proposing different modules that activate the different zones through the strategies of the masterplan, offering urban infrastructure to the already existing food-related business, supporting the different activities that were already taking place in the area, and introducing new ones.

Subsequently, the thesis focuses on the develop a building located on the plot of the north facade of Plaza Bolívar of Caracas in the ■ zone, in what is currently an informal parking lot used only by high political rank people.

Inside the building converge a program aimed to solve the socio-cultural problem of how to root Venezuelans in their local gastronomy, for which a Venezuelan gastronomic center is proposed.

The program was analyzed by creating different groups according to the requirements for production, commercialization, and education of Venezuelan gastronomy.

Following the order of the groups, the production is carried out through the proposal of areas destined to develop urban farming. For commercialization, a food fair is proposed in which there will be distinctive premises according to the different regions of the country, having a wide range of what our culinary culture is. Instead, regarding the group for the education, a culinary institute focused on teaching and developing Venezuelan gastronomy is proposed.

On the other hand, a group referred to the community for the recreation and entertainment of its people is proposed.

The building was designed according to the interconnection of these groups and the different levels of privacy of each one of them.

The placement of the Venezuelan gastronomic center follows different steps related to the location of the plot and how it is composed, resulting in a building that responds to its context.

With the approach of a project of this scale, the re-qualification of the area is expected, starting from what exists to improve it through the strategies mentioned above.

It is crucial to highlight that the proposed project may be the beginning of a network of proposals that seek the complete re-qualification of the historic center of Caracas, dealing in turn with the resolution of socio-cultural problems in the capital.

Today an architect must be able to solve the problems of contemporary humankind. At this time, society lives in a world that reflects the consequences of globalization;

for this reason, it is optimal to contribute with projects that develop the culture of each place.

The architecture and gastronomy of a country are vehicles for the reaffirmation of the identity because both refer to tradition and history. Architecture and gastronomy are ambassadors of the culture of the people.

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Galería de Arte Nacional









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01	CARACAS Foundation and development
02	PROJECT DEVELOPMENT Site - Masterplan - Building

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2008-2012 Experiencia de un nuevo modo de gestión  
*Alcaldía Metropolitana de Caracas*
-  **[ 8 ]** Ciudad colonial venezolana:  
Instrucción y representación  
*Alfonso J. ARELLANO C.*
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Modelos de organización  
*Carlos A. AMAYA*
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Desde la fundación de la ciudad hasta el período petrolero 1567-1936  
*Rafael VALERY, María VALLMITJANA, Alberto MORALES T.*
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[\*https://es.wikipedia.org/wiki/Plaza\\_Bol%C3%ADvar\\_\(Venezuela\)\*](https://es.wikipedia.org/wiki/Plaza_Bol%C3%ADvar_(Venezuela))  
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[\*https://haimaneltroudi.com/plaza-bolivar-emblema-de-la-ciudad-venezolana/\*](https://haimaneltroudi.com/plaza-bolivar-emblema-de-la-ciudad-venezolana/)  
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Plaza Bolívar representa la historia de Venezuela  
[\*https://www.caracas.gob.ve/alcaldiaDeCCS\*](https://www.caracas.gob.ve/alcaldiaDeCCS)  
Alcaldía de Caracas

ONLINE



# A

# FOOD AND SOCIETY

A fundamental relationship

## Perception of food over time

Food is a primary need since the existence of the first hominins. Emphasizing that it has been a crucial factor for its evolution: we can also find the development that man has had in levels of perception of food throughout time.

Unquestionably food has never ceased and will never cease to be a basic necessity for the existence and survival of man but, the perception has developed over the years -since we hunted with rustic instruments out of pure necessity until today when we dress up to go to a Michelin star restaurant to have a marvelous food experience because we watch it on Netflix-.

Fig. 94 Eating and cooking the italian way. [digital image].  
Retrieved from: [https:// www.broadsheet.com.au](https://www.broadsheet.com.au)





It is essential to know that the diet of the human being has been the most effective evolutionary factor throughout the history of man to identify the changes in perception that man has had regarding food. Its food has undergone numerous transformations since approximately two or even three million years ago.

#### PRE HISTORY STONE AGE

It all unquestionably begins with the appearance of the man with the first hominids in pre-history. In the Paleolithic -the first stage of the stone age- located in Africa, they were beings whose lifestyle was nomadic, moving out of necessity in search of food. Our first ancestors lived in forests (arboreal life). The basis of the diet was fruits and shoots, and in times of drought, the diet was stems, bark, and roots. The food was consumed without cooking it.

Subsequently, with the transition to life in the plains (due to climatic changes that reduced the density of the forests), the diet became more diverse; their diet was based on carrion, vegetables, insects, worms, eggs, and honey. Changes in body morphology -specifically in dentition and chewing mechanics- were advantageous

adaptations for this stage. Equally important, the erect posture facilitated adaptation, allowing access to the few existing trees in the extensive savannas and at the same time leaving the hands free to search and manipulate food. It also granted hominids to cover greater distances, thus discovering scavenging and with it access to the fat and protein reserves contained in the marrow of the long bones of dead animals. The consumption of these ingredients of animal origin increased through hunting, and anthropophagy was added to this practice. Consumption of broader sources of energy resulted in increased brain development and a shorter digestive tract.

Anthropologists speculate that the appearance of these practices coincided with the emergence of social behaviors, including group hunting and the adoption of strategies to evade predators. They considerably increased the hominids' food-obtaining efficiency.

In turn, cultural strategies were added to this process, such as the creation of the first biface tools - flint stones carved in a triangular shape, to cut and scrape - and of course, one of the most crucial advances,

the development of language, about six hundred thousand years ago.

After millions of years, the invention of fire -and later its domestication- took place (approximately a million years ago). With the discovery of fire, food began to be cooked, an advance that made it possible to improve the assimilation of nutrients.

Successively, in the Mesolithic - the second stage of the stone age - homo sapiens spread to Asia and Europe. Always nomadic by necessity, for this time with more advanced techniques, both for hunting land animals and fishing (promoting the capture of tuna and other deep-sea fish) and navigation (which allowed the arrival to Oceania). There are more traces of human culture; clothing, ornaments, and even indicative of funeral rites begin to appear. Also, there are the first manifestations of art in figurative paintings with lines and abstract figures and sculptures.

Finally, in the Neolithic - the final stage of the stone age - with the revolution in technology, the first permanent settlements emerged; "Huts" made of rocks or mammoth bones. The domestication of plants and animals gave rise to agriculture and

livestock. The first plants to be cultivated were wheat, barley, and rye. On the other hand, the first domesticated animals were pigs, sheep, and goats. With this, a radical change occurs with the appearance of an omnivorous diet, made up of vegetables, fruits, cereals such as wheat and barley, meat, and fish.

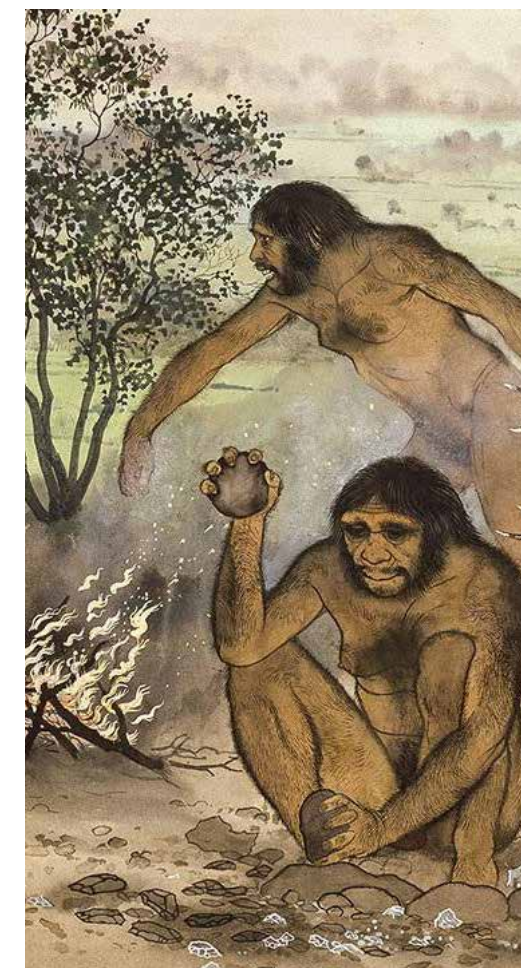


Fig. 95 First humans life. [digital image].  
Retrieved from: <https://www.sciencemag.org>



## PRE HISTORY

## METAL AGE

Later, in the age of metals (age of copper, bronze, and finally iron), the development of metallurgy and pottery is evident, after which the different stages are named.

In the Copper Age (9,500 BC to 3,600 BC), the first human settlements were consolidated in specific parts of Asia and North Africa. Agriculture and livestock continued to expand to the point that food surpluses were achieved, which favored the specialization of activities; the appearance of artisans, goldsmiths, warriors, and more. This

point is crucial since the first unconscious change occurs in the food-man relationship. The direct relationship -man hunts and kills to eat- now could be indirect because not everyone had to kill to eat. Due to the formation of social organizations and the surplus, the exchange took place: tools for food, for example. During this period, the cow and the horse were domesticated, and the most outstanding invention for the moment emerged the wheel.

The Bronze Age (3600 BC to 1200 BC) has the name thanks to the discovery of copper alloyed with tin. Advances in

metallurgy are not limited to bronze.

The man also discovered gold, silver, and glass. Settlements arise in Europe and, between Europe, Asia, and Africa, there were trade networks. Different cultures develop considerably: such as the Minoan and Mycenaean, Egyptian and Sumerian, Chinese and Siamese, and India, among others. There was a further development of religious systems.

The Metal Age ends with the Iron Age (1200 BC to 500 BC). A process of changes -both in technology and customs- lead metallurgy to reach sufficient sophistication to work iron. This mineral was used as a raw material for the manufacture of tools and weapons mainly. Society was becoming more complex, and the groupings of villages delimited by the first fortifications began.

With the invention of writing, prehistory -the biggest stage of humanity ends- and the history of our civilization begins.

## HISTORY

## ANCIENT AGE

In ancient times, three great civilizations' development can be highlighted. Much more complex societies with increasingly rich cultures.

## Egyptian civilization

It was settled in the fertile lands around the Nile River. The Egyptians achieved unprecedented cultural development. The organization of the Egyptian society started with a government (monarchical, absolutist, and theocratic) ruled by a Pharaoh -master of all men- who lived surrounded by a great court of privileged people: nobles, officials, priests, and warriors.

On the other hand, the social organization was sufficiently distinct to separate different social classes; from the highest level, the priests, to the lowest, the slaves passing through the scribes, warriors, and the people in order of importance.

In addition to the development of the social structure, there were advances in architecture and its religious character. They created architectural monuments inspired by the existence of the afterlife, some highly recognized today, such as the pyramids.



Fig. 96 Early humans smelting iron. [digital image]. Retrieved from: <https://www.sciencephoto.com>

The mastabas, the hypogea, and the temples were other kinds of monuments.

Some contributions at the cultural level that are still valid today in the western world are the idea of the soul, the judgment of the dead (taken by the Christian religion), and indubitably the 365-day calendar.

In terms of food, the Egyptians had at their disposal a wide range of food (always depending on natural events related to the Nile). Among the farmed animals, the pig occupied a privileged place, but beef and lamb were also widely consumed. However, the Egyptians preferred wild or breeding birds (geese, ducks, partridges, pigeons, pelicans). As for cereals, they were, as is known, the object of large crops in the fertile lands of the Nile Valley as well as vegetables (onions, leeks, lettuce, garlic) and legumes (chickpea, lentils).

#### Greek civilization

It was the people established in the Mediterranean sea. The rugged territory where the mountain ranges separate narrow and deep valleys divided the territory favoring political division. The political organization of the Greeks was a detached state made

up of a set of small independent polis (Athens, Sparta, Thebes, among others)

Regarding the social structure: there were three social classes; the nobles, the preponderant group, the free men, the majority group made up of artisans, ranchers, and independent farmers, and finally, the day laborers, foreign members who occupied the lower ranks.

The Greek religion was distinguished for being polytheistic, anthropomorphic, and pantheistic. Greeks believed that the phenomena of nature (the sun, the air, the sea) had been created by superior beings, the gods in human form who had their abode on Olympus.

The Greeks developed their history in three periods: first the Arcadian or Primitive period, then Classical Greece, and last the Hellenistic Period.

The period of classical Greece was where the maximum intellectual and cultural development took place, the basis of Western culture. Political contributions -Greece is known as the cradle of democracy (created by Sophocle and put into practice by Pericles)-.

A sports contribution, the Olympic games in force until today with modifications in the rules. Scientific contributions in philosophy with Socrates, Plato, and Aristotle, in mathematics, geometry, medicine, and literature. The contributions in sculpture and architecture are without precedents. They developed three main styles, Doric, Ionic, and Corinthian.

Regarding food, cereals provided more than 80% of the total energy intake in their diet due to a very particular ideology. The Greek had the conviction of being a civilized man, therefore, he had the feeling that by making his food through agriculture, he elevated the human condition.

The meat was then a despicable food since it came from passive activities: it was enough to leave animals grazing on uncultivated and unworked lands. As for hunting, this activity had a servile connotation, it was seen as a reflection of a situation of poverty and as the consequence of a certain precariousness unworthy of a civilized being. The foods that symbolized par excellence the status of being civilized were wheat bread as well as wine, olive oil, and, in a very different way, cheese.

In other words, everything that did not exist in a natural state, but was the result of the intervention and transformation of man, was considered noble: the man could claim to achieve civilization by domesticating and transforming nature, "manufacturing" of the food.

Sheep were then reserved mainly for wool and milk from which cheese was made. Cattle were rare and used only as draft and pack animals. Instead, fish (and even crustaceans) were consumed, even when they were not subjected to any transformation.

#### Roman civilization

It developed from a grouping of several peoples on the Italian peninsula in southern Europe. Rome managed to expand, dominating the Mediterranean territory and Western Europe, through the conquest and assimilation of local elites. The political order of Roman civilization began with a monarchy, then changed to an oligarchic republic, and finally had a period where it was an autocratic empire.

Roman society was sustained by great inequalities. It was configured in two social classes with Roman citizenship: an aristocracy of owners - patricians - and a popular



class that fought for rights - the commoners. On the other hand, there were slaves: people who belonged to their masters and lacked any right to freedom. Its economy was based on the slave production system, where most of the slaves were prisoners of war and were sold in the markets.

Its official language was Latin, today the basis of the Romance languages. The official religion was polytheistic, during most of the Roman Empire. However, they later adopted Christianity as their official religion.

The contributions of the Romans were the concept of the republic and Roman law. It was a civilization that innovated, improving existing technology and putting it at the service of the majority. Aqueducts and bridges, roads, sewers, and sanitation. The concrete and the Roman arch, undoubtedly for the basilicas, among many other contributions.

The food in this period was a diet where meat was more important than for the Greeks, but still, it did not occupy a primary role in their diet. The food symbol remains bread (made of wheat), still accompanied by olives, onions, figs, and oil.

The ordinary people consumed little wheat since it was a symbol of wealth that shows belonging to a higher class in the Roman hierarchy. The people regularly ate pork, poultry, cheese, and sometimes fish. They ate abundantly on vegetables (mainly cabbage) and various coarse grains.

In the Ancient Age, the development of society produced differentiation in its structure. In all civilizations, different social levels appeared (the grouping of people according to their level of power in a hierarchy).

The first notable change in the food-society relationship occurred. The stratification of the population resulted in the development of different perspectives. Inequality begins in the differences that existed in the diets of different social classes. The higher or ruling classes may have developed a pleasure for food, either for status or sincere pleasure. On the other hand, the lower classes perhaps did not evolve that level in the man-food relationship.



Fig. 97 WILKINSON, Charles K. Sennedjem and Inhetep in the Fields of Iaru. (1992). Met Museum of Art (NY). Retrieved from: <https://theconversation.com>



Fig. 98 RUBENS, Peter P. The Feast of Achelous. (1615). Met Museum of Art (New York). Retrieved from: <https://commons.wikimedia.org>



Fig. 99 COUTURE, Thomas. Romans during the Decadence. (1847). Museo d'Orsay (Paris). Retrieved from: <https://www.elcuadroeldia.com>



## HISTORY

## MIDDLE AGES

The Middle Ages began with the fall of the Roman Empire in 476 AD and ended with the discovery of America. The end is also related to the fall of the byzantine empire and the invention of the printing press.

It lasted around no less than ten centuries and, it is considered a dark time between two moments of splendor with any developments and crucial shortages for the general population. The name was given by the Renaissance humanists of the subsequent period and, the whole age is divided into the Early Middle Ages from the fifth to the tenth century and the Late Middle Ages from the eleventh to the fifteenth century.

Several territories divided Europe. The majority of them were dominated by territorial monarchies. Warfare was very common.

Medieval society was based on the feudal system. The King had the power and ruled over the land with clerical consent. The nobles ruled over the land allocated to them by the King in exchange for swearing allegiance and defending the country during warfare.

Nobles had authority over peasants and vassals, known as serfs, who worked the land and lived there.

In the early middle ages: nobility in the clergy had lots of power. In contrast, during the late middle ages, the monarchy took control back. Agriculture and cattle raising were merely a means of sustenance. Later, increase in production and commercial activity. In the beginning, people lived on fees. Later, the cities were resurgent and also became the new economic centers.

Castles were fortified structures typically built in the middle ages. They were situated on the high ground (strategic). Usually protected by a defensive wall, and sometimes there was a moat surrounding them.

Medieval markets were just a place to buy food, grain, spices, fabrics, or jewelry. Peasants sold farming products and cattle, while artisans sold handmade objects. Artisans of the same trade formed associations called craft guilds.

The Middle Ages had its food model based on the union of two cultures, Latin and Germanic, and consequently on two contradictory food models: the Roman, more

balanced and measured in eating, and the Germanic, characterized by the cult to abundance, and vast banquets.

The Christian religion, heir to the Judaic and Latin cultures, imposed some food models and moral norms, assuming, together with the culture, its food symbols, bread, wine, and oil, and making them sacred through the liturgy.

The bread was the star food all along, bread made from rye, barley, buckwheat, millet, and oats being popular. In meat, pork was the most consumed by the popular classes since hunting was reserved for the upper classes. On the other hand, potatoes, legumes, green beans, cocoa, tomatoes, peppers, strawberries, and corn were other foods that were regularly consumed.

During the seventh and eighth centuries, agricultural techniques were improved since the extension of land for farming increased -decreasing those dedicated to grazing-. This change caused a decrease in the availability of meat foods, which would be reserved for the wealthiest classes, who did maintain a balanced food program since they mixed products of animal origin with those of vegetable origin. This

increase in agricultural activity failed to eradicate the famine that affected the population.

When the terrible plague that ravaged Europe was declared in the fourteenth century, there was a significant decrease in the population that, together with the concen-



Fig. 100 VERMEER, Johannes. The milkmaid. (1658). Rijksmuseum (Amsterdam). Retrieved from: <https://medium.com>

trated migration to the boroughs, caused a considerable contraction in agricultural production. This new situation allowed the increase of the spaces destined for pastures and, with it, the consumption of meat by the lower classes, at least for a few years. The predominant meals were those made from cereals, with cheese as the most widespread protein source.

Other medieval contributions on food worthy of mention are the myths regarding the consumption of meat, which made pork and sheep the most consumed compared to cattle, with hunting being reserved for the nobles.

The stews of meats, vegetables, and legumes were already widespread in the late Middle Ages, even though the stew of legumes was not considered convenient. Vegetables and legumes were not appreciated by the upper classes, but they were appreciated by the people.

Arab cuisine greatly influenced medieval gastronomy (the taste for nuts and products made from almonds. It is also worth highlighting the sweet orange and rice (from India in the 10th century)), coupled with the rich Greco-Roman tradition.

Despite the times of intense famine in the Middle Ages, gastronomy was highly valued and, gastronomic literature developed markedly.

As the different cultures intertwined, new foods were used, which in turn were creating different fashions and customs, giving rise to a process of transculturation. An example of this is the Arab custom of using cutlery at the table, which was not known in Europe. Our medieval ancestors spread it to the rest of the continent.

#### HISTORY

### MODERN AGE

During the following centuries -for about 300 years- modern times developed. A period that began with the discovery of America in 1492 (merit attributed to Christopher Columbus) and ended with the French Revolution in 1789.

This period involved radical changes at the political, social, and cultural levels. Kingdoms became countries -the consolidation of centralized states that led to the establishment of absolutism-. At the same time, countries became empires in search of more wealth, since with the discovery of new territories, they sought to conquer

new lands for the European powers. They opened an era of territorial and commercial expansion and marked the beginning of colonialism.

Another important fact was the invention of the printing press -by Gutenberg- that led to a greater diffusion of culture, making the spread of knowledge accessible and more economical, reaching all types of public. In addition, a new and more scientific conception of man and the universe developed in these times resulted in the loss of the preponderance of religion that it had since medieval times.

It was a time of culture with the Renaissance (which means rebirth). The aim was to revitalize the values of classical Greco-Roman culture. Everything that was already known was rethought, experimented, and explored, as well as the new and unknown things. New answers were sought to the numberless questions that surrounded the world and the human being. There was a change in mentality, from the theocentric conception of the world, typical of the medieval world, to an anthropocentric one, emphasizing the human faculty to access knowledge through reason (rationalism).

New inventions developed thanks to this interest that marked the history of humanity akin to the compass, the telescope, and gunpowder weapons.

It was the golden age of art thanks to the appearance of the figure of patrons -wealthy people who provide their material support or protect artists, writers, and scientists through their influence so they can carry out their work-. Many prosperous families such as the Medici family in Florence, the D'Este family in Ferrara, the Sforzas in Milan, or the Gonzagas in Mantua, are some examples of the patrons in this period that were of great importance for the development of all the arts during the Renaissance.

As for gastronomy, it achieved its refinement and sophistication, highlighting the French and Italian cuisines. The aristocrats and kings were driving this food revolution. However, the majority of the starving people did not enjoy it.

With the discovery of America, the spectrum of ingredients broadened, new foods came from this "new" continent. Tomato, potato, pepper, cocoa, bean, corn, sunflower, and turkey, among others, almost indis-

pensable foods today, were brought from America. In addition, the establishment of trade routes with India and other peoples of the East revolved around the trafficking of the species.

The sugar boom that came after the intense exploitation of the sugar cane plantations in the colonies with slave labor made it much more accessible this substance. As a consequence, the rise of confectionery and new trade, the pastry chef.

The consumption of coffee (originating from Abyssinia, Ethiopia) and tea (origi-

nating from China) became widespread. Since in the middle of the 17th century, the system of two meals changed to three, delaying the time of the first meal to make way for another at the beginning of the day, today's breakfast. It included hot drinks, such as coffee, tea, or chocolate, which became very popular.

Changes were generated in European gastronomies, so much so that the process of transculturation occurred, where, for example, tomatoes and potatoes were incorporated into traditional cuisine to such an extent that various recipes with

these products became typical dishes of many countries as if they had existed since ancient times.

These colossal trips not only contributed to the discovery of new food items. Also, spread new preservation methods and made it possible to improve the hitherto known ones.

New customs were established at the table, greater rules of civility, and the use of new utensils such as the fork and the individualized adoption of crockery and cutlery, the use napkins and silver utensils (from the riches of America).

Over time, at the end of this period, French gastronomy began to stand out, marked by its boom, acquiring primacy at the European level. Culinary customs were the subject of crucial refinement -increasingly in the technical aspects of cooking, with increasingly complex elaborations that put the chef's skill to the test-

At this time, medieval cuisine was left behind and began to look for new gastronomy, more modern and with a national component; respect for the original taste of food and the domination of the main

ingredients in the final result of the dish emerged as a new culture.

This sector evolved and developed thanks to the search and interest in specialization and food preparation; the creation of cookbooks, new ingredients, new dishes, nomenclatures, culinary and gastronomic standards.

In the eighteenth century, the figure of the gourmet emerged, knowledgeable in cooking and with good taste when choosing the best dishes. Also, the first restaurants in the modern sense appeared in this period. The customer could choose between various dishes, differentiated from the traditional posadas or inns. Restaurants contributed to establishing a determined order in the service of plates -until then nonexistent-

The promotion of a culture of good taste and the appearance of gastronomic magazines led to the idea that the customer should have the appropriate knowledge to make a good choice when choosing the most excellent dishes and wines, which entailed a certain social prestige.



Fig. 101 VERONESE, Paolo. Wedding Feast at Cana. (1563). Musée du Louvre (Paris). Retrieved from: <https://stephaniestorey.com>



## HISTORY

## CONTEMPORARY AGE

The Contemporary Age begins at the end of the eighteenth century, starting with the French Revolution in 1789 until to this day. It is characterized by several major events such as four industrial revolutions, the two world wars, scientific and technological advances, and the setting of a capitalist economy. All these events continue to have a crucial impact to this day on every aspect of our lives.

The transition from the Modern to the Contemporary Age was not abrupt, but several changes occurred gradually. However, the Contemporary Age presented a new social, political and economic structure. It represented a break with the old finance systems, promoted by liberal ideas and technological development.

Despite going through such traumatic events as the two world wars -the most destructive armed conflicts in history- this period has been characterized by spectacular population growth, accompanied by remarkable technological and scientific development, given by the different industrial revolutions.

In the second half of the eighteenth century, the first Industrial Revolution began; a process of economic, social, and technological transformation. It went from a rural economy based on agriculture and commerce to an urban, industrialized, and mechanized economy.

It all began with the invention of the steam engine by James Watt. (Fig. 10)

Until this moment in history, man had dedicated himself to manufacturing utensils with his own hands, but the arrival of the steam engine changed everything forever. This machine uses steam energy to transform into power. The machines were applied to the industry and began to do the work that the artisans used to do. Manufacturing began to disappear and, large new industries were created. The steam engine was also used for transport (trains, and boats), facilitating travel and trade between cities and countries.

The first industrial revolution was an increase in production brought by machines characterized by using new energy sources. The utilization of different forms of energy to automate production resulted in both agriculture and the nascent indus-

try multiplied while the production time decreased.

The second industrial revolution came with technological advancement. The creation of large factories, mass production systems, and the invention of the assembly line made it possible to obtain even higher volumes of production, leaving behind artisanal forms of production. From now on, industrialization and capitalism went hand in hand.

The mechanization of work and transport contributed to increasing the productivity of the workforce and reduced waiting times. Although it must have been taken into account that higher energy consumption required the search for new energy sources.

Around mid-1700, with the discovery and understanding of electricity, William Gilbert, Sir Thomas Browne and, Benjamin Franklin came to light. Then after several years of study, in 1879, Thomas Edison patented the electric light bulb. On the other hand, the discovery of oil included another type of energy to be used as fuel in the late 19th century.

With the first two industrial revolutions, a new society arose: new groups or social classes were born headed by the proletariat -the industrial workers and poor peasants- and the bourgeoisie, owners of the means of production and possessors of most of the income and capital. This new social division developed social and labor problems, popular protests, and new

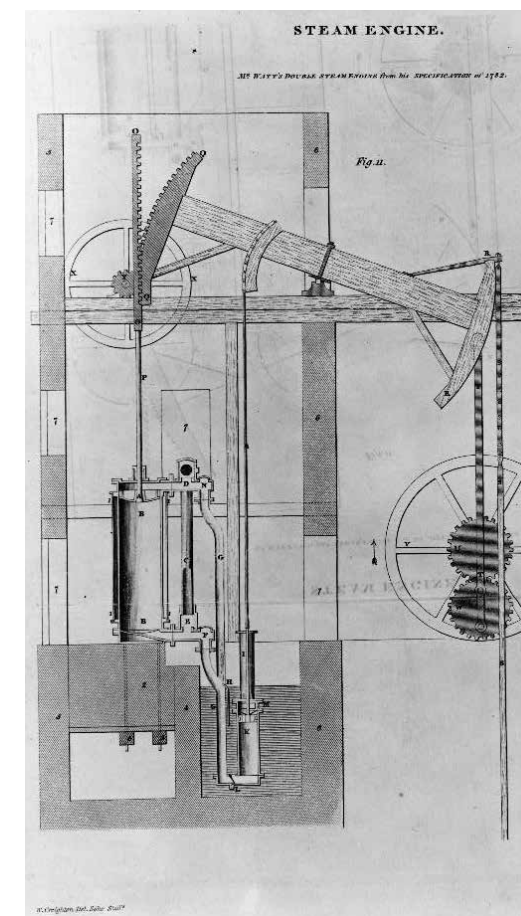


Fig. 102 James Watt's double steam engine. (from his specification of 1782). (1822). Retrieved from: <https://www.loc.gov>

ideologies that advocated and demanded an improvement in the living conditions of the most disadvantaged classes.

Nowadays, the fight for labor fair rights is still going on in the world. Some countries are more advanced than others, but in general, it certainly has progressed a lot. Respecting the social classes, individuals are framed in a definite social class based on their income level and possibilities of progress.

In matters of food, the French Revolution marked a turning point in European gas-

tronomy. Accessibility to all social classes was achieved: it was not only for the privileged classes. Restaurants also initiate to appear.

On the other hand, industrialization in food became considerable. The elaboration of traditional edible products -that were previously artisanal- now were produced in factories, introducing refining processes that make the product more presentable, but which, at the same time, modified its nutritional value, as in the case of bread, sugar, and oil. In addition, the discovery of food preservation procedures helped to

extend the expiration date of the products that were massively produced.

In the nineteenth century, a considerable improvement began in agricultural mechanics and industrial technology -a development that would be finished in the last century-. The transformation of cultivation methods began, chemical fertilizers and insecticides were introduced, and a selection of crops and animal species started. In addition, the first state controls on food appear to prevent possible fraud and damage to health.

The new technological advances also were transferred to the kitchen, its appliances, and its utensils. Until the industrial age, the main cooking methods were boiling, frying, roasting, and baking, in a fire hearth or on the grill, in multifunctional spaces that served as a kitchen and family living room.

In the 19th century, kitchens emerged as a space differentiated from the rest of the house. New cast iron and bronze stoves were then emerging that worked with coal or, since 1880, with gas and, since 1930, with electricity; later, separate kitchen ovens, infrared grills, microwaves, and glass ceramics came into being.

New utensils and appliances also emerged, such as the pressure cooker, water heater, toasters, mixers, coffee makers, can openers, among others. Kitchen utensils were made out of new materials such as aluminum and stainless steel.

Restaurants evolved in two directions: the traditional one, started in the previous century by French restaurants, and innovative restaurants, which offered new products, new services, or new presentations, or opted for local food instead of French. In the kitchen of these restaurants, the famous chefs developed new culinary techniques. In this century, restaurants began to be affordable for the middle and working classes, although they were generally restaurants conceived in the style of a tavern and, later, as self-service. The main difference from high-end restaurants was that the food used to be pre-cooked and heated at the time of serving, not prepared at the time of demand.

The most recent industrial revolutions are the third (in the late twentieth century) and fourth (since roughly the early twenty-first century), both of which occurred thanks to extensive technological advances.



Fig. 103 Flavoured Milk Plant by SS Engineers. [digital image]. Retrieved from: <https://ssecprojects.blogspot.com>



The third industrial revolution began in the 1980s. It is based on the use of electronics and information technologies to achieve the automation of production processes.

It is also called the digital revolution since electronic devices were created with the digital technology available today.

The personal computer, the internet, and information and communications technology were some of the creations. The successful infrastructure was networks and telecommunications, as well as mass transportation systems (especially air).

The industrialization of food became more automatized in the production processes. For example, (Fig. 11) shows the first steps of mechanization in the dairy industry. In contrast, (Fig. 12) displays a 100% automatized process developed over the years, thanks to several advances in the same sector.

Other examples are the development of the canning industry, the preparation of pre-cooked foods, and the trend towards microwave preparations.

These advances in the food industry changed the world of food over the years.



Fig. 104 Milk production factory. [digital image]. Retrieved from: <https://es.dreamstime.com>



Fig. 105 Fast Food Lovers instagram account. (@fast\_food\_lovers\_2021). [Screenshot].

A contemporary phenomenon arose, called fast food (Fig. 13).

This food is sold in establishments generally focused on a star product, such as hamburgers, fried chicken, or pizza: among the most famous chains are McDonald's, Burger King, Pizza Hut, Subway, Taco Bell, Domino's and Kentucky Fried Chicken. The food is prepared quickly and, it is meant to be served and consumed rapidly as well. The quality of the food is mediocre and, the main reason for the low price.

On the contrary, in 1984, the concept of slow food emerged. A movement of a new gastronomic concept in which the enjoyment of food predominates, with a mixture of knowledge and pleasure, with a defense of cooking traditional and natural products.

Finally, the much more recent fourth industrial revolution began around 2011 and is marked by emerging technological advances in various fields, including robotics, artificial intelligence, nanotechnology, quantum computing, biotechnology, the Internet of Things (IoT), 3D printing, and autonomous vehicles, among others, allowing processes to be more optimal and efficient to drive greater productivity.



It is all about connectedness and the innovation of new forms by integrating technology in societies and ultimately researching the human body.

This fourth stage is characterized by a fusion of technologies (currently in testing or in development) to disintegrate the boundaries between the physical, digital, and biological spheres.

All these technological advances resulted in the process we call globalization. This process has been developing since more or less the modern age; it has been accelerating since the eighteenth century (even more exponentially in the last century) due to advances in transportation and communication technology.

Globalization is the process of interaction and integration among people, companies, and governments worldwide. This increase in global interactions has caused a growth in international trade and the transfer of ideas, beliefs, and culture. It is primarily an economic process of interaction and integration associated with social and cultural aspects. Not only has it had a crucial impact on a finance level, but the great interconnection at the global level

also transfers new habits and trends in all aspects of life to the world population.

Globalization is one of the most influential aspects in the new society of this century and more relevant for this study is the process of *cultural globalization*.



Fig. 106 Conectivity around the world. [digital image].  
https://www.theglobalist.com

Defined by *James Paul* in *Globalism, Nationalism, Tribalism*. London: Sage Publications (2006) as:

*"...the transmission of ideas, meanings, and values around the world in such a way as to extend and intensify social relations..."*

Unmistakeably, this process includes food.

The advances in communication and transport, the development of the global market, and the disintegration of boundaries allowed to acquire -in all seasons- the products that were only obtained before in certain seasons; tomatoes in summer,

apples in winter, squash in autumn, and strawberries in spring, for example.

Most importantly allowed to obtain ingredients and dishes from other countries that do not belong to the local gastronomic culture.

Additionally, a new concern for healthy and balanced foods emerged, which favored the appearance of new products highlighting their nutritional qualities such as, organic products. The movement of consuming local arose, eating products of 0 km produced by the farmers in the place.



Fig. 107 Farmers' market in Porta Palazzo. [digital image].  
Retrieved from: https://www.considerovalore.it



Fig. 108 Mister Mario's instagram account. (@Mistermario). [Screenshot].

Also, vegetarian cuisine became fashionable.

As well is noteworthy the revaluation of regional cuisine, supported by the advancement in transport and the boom in tourism, which led to the return to a natural and clean cuisine.

On the other hand, with the connectivity and immediacy of social networks, new figures emerged -food bloggers or "foodies" (Fig. 13)-. People who dedicate themselves solely and exclusively to making content related to food. These people have not necessarily carried out gastronomic studies, which often add an authentic and close touch to their content. There are different approaches; it can be all about restaurants, explaining recipes, how to do diets, eating only sweets, or more: endless content that is increasingly present in our daily scroll in the different social media, such as Instagram, Facebook, Twitter, Youtube, Pinterest, Tiktok and more.

Nowadays, there are different currents in the world of gastronomy such as traditional cuisine, local or regional, fusion, author, rescue, deconstruction, molecular, each with its different objectives and searches.

Likewise, there are all the culinary talent shows, food programs, and miniseries dedicated to gastronomy or the exploration of current trends in the world of food on the streaming platforms that are replacing TV at the moment, like Netflix, Prime Video, HBO go, Hulu, Disney +.

Currently, in all large cities, there are different catering offers (Chinese, Italian, Arab, American, Indian) that have permeated a large part of the population and are gradually being included in our daily menu, carrying out the process of transculturation, due to the strong migratory flows taking place from developing countries to the more affluent economies involve knowledge of both the customs and the dishes of the countries of origin that until now were not affordable.

Unquestionably the accessibility to information allows the propagation of the cultural and gastronomic traditions of a country. At the same time, it is possible to recognize the different cultures through their typical dishes. Some culinary cultures are more recognized worldwide than others.

For example, according to the article "TOP 10 CUISINES FROM AROUND THE WORLD" from Duexpress -retrieved from <https://duexpress.in/>- the most recognized gastronomies worldwide are: Italy, France, Japan, China, U.S.A., India, Mexico, Perú, Spain, and Thailand.

The connection we make with food is automatic when they ask us about a country. If you get asked about Italy, pizza, pasta or, Parmiggiano cheese immediately comes to your mind. It is the explicit recognition of a nation and its culture through its gastronomy.

In the following pages are some examples of some of the world's most famous cuisines and their signature dishes around the globe.



# ITALY



**PIZZA NAPOLETANA**

Fig. 109



**PASTA**

Fig. 110



**PARMIGIANO REGGIANO**

Fig. 111



# U.S.A.



CHEESEBURGER

Fig. 112



HOT DOG

Fig. 113



AMERICAN BREAKFAST

Fig. 114

# PERÚ



CEVICHE

Fig. 115



CAUSA LIMEÑA

Fig. 116



AJÍ DE GALLINA

Fig. 117



# JAPAN



寿司 (SUSHI)

Fig. 118



拉麵 (RAMEN)

Fig. 119



焼きそば (YAKISOBA)

Fig. 120



# INDIA



TANDOORI CHICKEN

Fig. 121



NAAN

Fig. 122



BIRYANI

Fig. 123

**VENEZUELA**

**?**

# AREPA



# CACHAPA



CORN



MILK



SALT



EGG



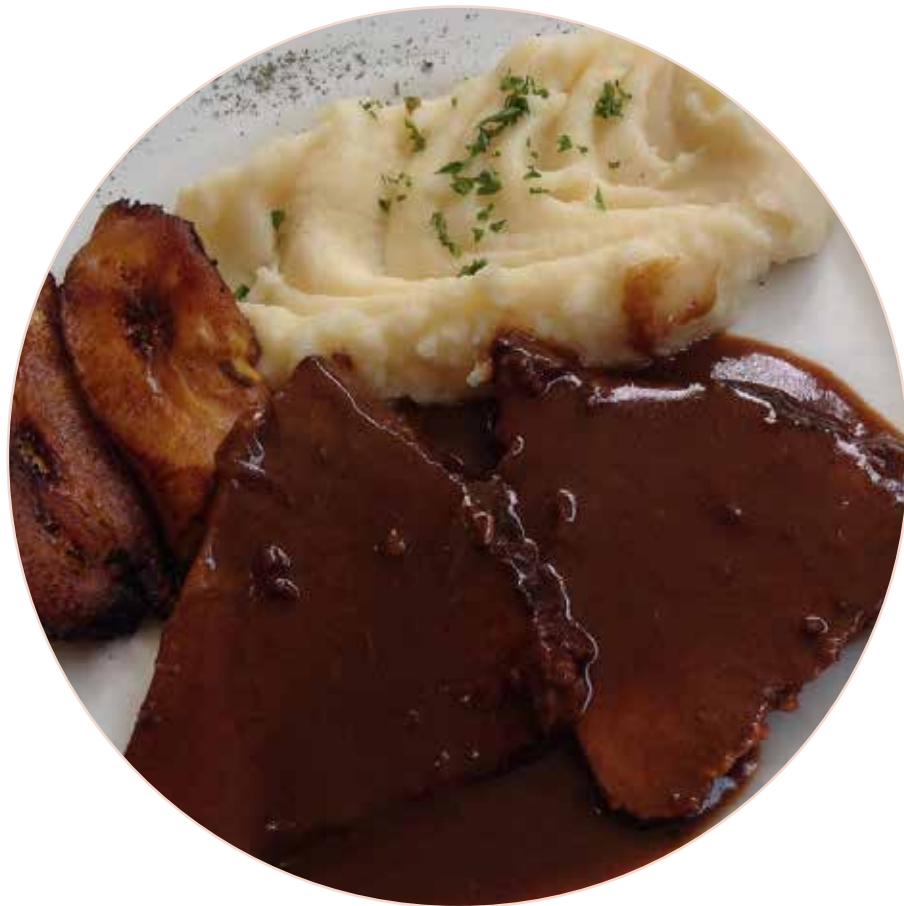
BUTTER



CHEESE



# ASADO NEGRO



BEEF



GARLIC



ONION



PEPPERS



CARROT



BAY LEAF



SALT



OIL

# PABELLÓN



# EMPANADAS



# TEQUEÑOS



FLOUR



EGG



BUTTER



CHEESE



SALT



OIL



# PASTEL DE CHUCHO



FISH



PLATAIN



ONION



PEPPERS



EGG



LIME



CORIANDER



OIL

\*The ingredient icons were retrieved from the Taste Atlas website.



# PESCADO FRITO



# CASABE



CASSAVA



SALT



OIL

# PISCA ANDINA



CHICKEN  
STOCK



POTATO



GARLIC



BUTTER



EGG



CHEESE



HEAVY  
CREAM



CORIANDER

# PATACÓN





# B

# VENEZUELAN FOOD

## Gastronomy & cuisine

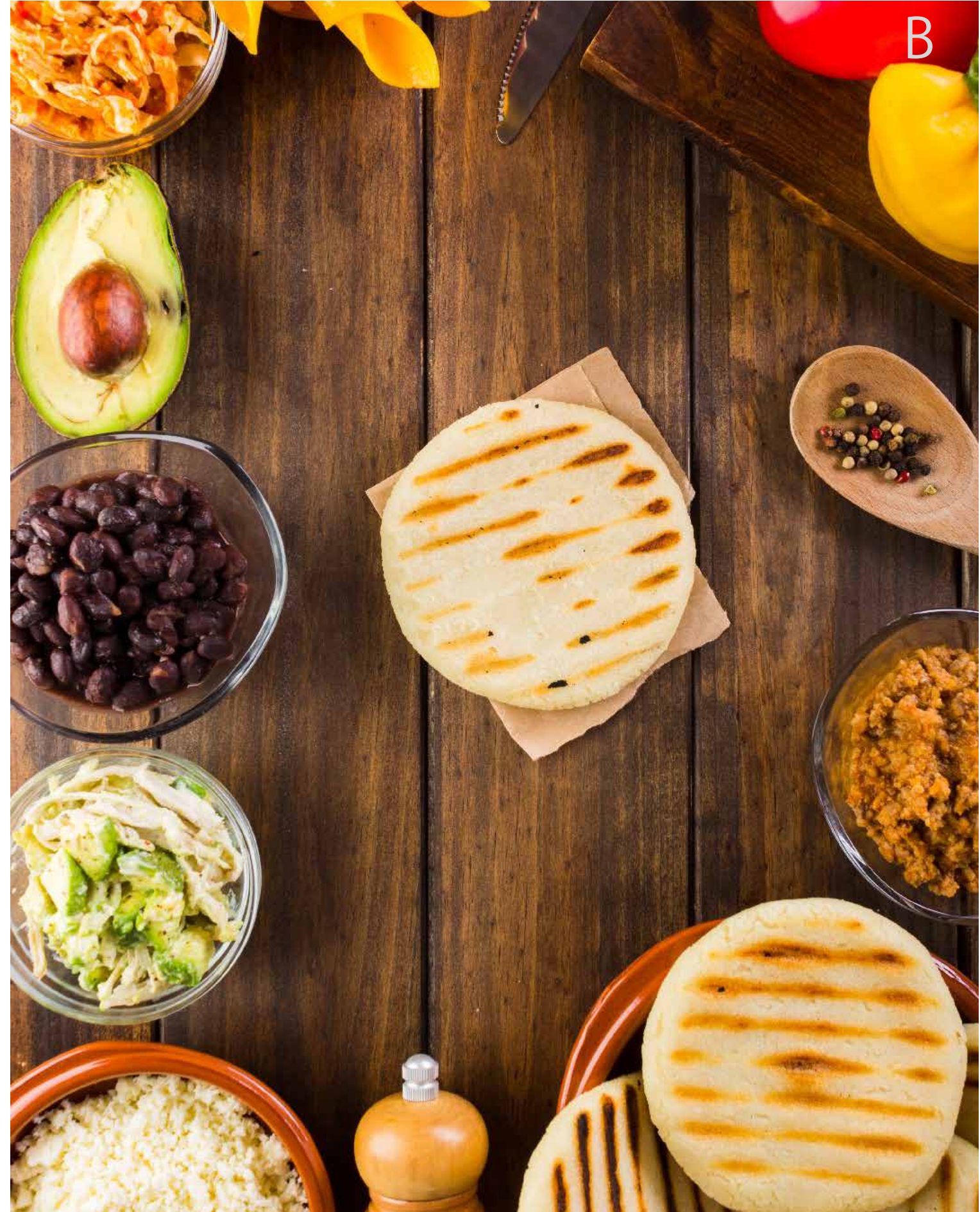
### Introductory description

For a better understanding of all the different aspects of Venezuelan cuisine, it is necessary to know about the country itself.

It is crucial to know: the location, the climate, the political division of its regions and, all the social, economic, and political factors that make part of Venezuelan history, from the days when we were only free native indigenous people until the Republic that we are today.

Venezuela is a country located in South America, just above the equator (Fig. 02). Its geographical limits are; the Caribbean Sea to the north, Colombia and Brazil to the south, Guyana to the east, and finally, Colombia to the west.

Fig. 124 An arepa and its different fillings. [digital image].  
Retrieved from: <https://dalei.me/>





The territory can be subdivided into five regions; Central-Costera, Andina, Llanera, Guayana, and Zuliana.

Generally, the climate is hot all year round, at least at low altitudes, so the main differences are in the seasonal rain pattern; there is a dry season (which usually runs from mid-December to mid-April) and a rainy season (usually from late April to mid-November).a

The simple fact of having been colonized by the Spanish had an intense consequence in our culture. From that epoch,

the indigenous culture was enriched by the union of separated cultures, such as Spanish and African, and later on, more specific cultures would additional blend in.

All these aspects created what Venezuelan cuisine and gastronomy are today.

The Pabellón Criollo is the typical dish of the country. It is composed of cooked white rice, shredded meat, black beans and, slices of fried mature plantain. (Fig. 19)



Fig. 125 Wolrd map with the political division of the countries, highlighting Venezuela.  
Prepared by the author.

1

## HISTORY OF VENEZUELAN GASTRONOMY

A culinary mélange

2

## VENEZUELAN GASTRONOMY

Diversity of flavors, colors and textures

- GENERAL
- TODAY

3

## HETEROGENEITY OF REGIONS

Peculiarity of each locality

# 1 HISTORY OF VENEZUELAN GASTRONOMY

## A culinary mélange

Venezuelan gastronomy was born thanks to the incorporation of different traits of other cultures into the already existing gastronomy of the indigenous people who already lived in the territory. These added factors are related to the history of colonization that was developed in the country by the Spanish that also brought slaves from Africa to the so-called new continent.

Initially, the indigenous culinary regime of the natives was based on corn and cassava, supplemented with animal proteins from hunting and fishing and with a natural sweetener; honey. The habit of eating at certain times could not exist as most of the tribes depend on fishing, hunting, and gathering.

The techniques used to cook food were through the fire, placing them at heat on wooden grills or plates of baked clay, and even burying them wrapped in leaves to light their bonfires on top.

On the other hand, the Spaniards with their arrival brought new foods to this land. Olive oil, barley, wine, wheat (which was associated with religion and Christianity), spices (laurel, oregano, rosemary, saffron), and other foods such as figs, cabbages,

broad beans, and pomegranates were their diet. Salt was widely used in its preparations and, the tools were based on metal, baked clay, iron, glass, silver, and wood.

The European consumption pattern was based on meat (beef, pork, and sheep), vegetable fats, and used cane sugar, salt, and spices of traditional use in the Old Continent.

Additionally, the Africans, brought by the Spanish as slaves, came with customs noticeable akin to the aborigines' traditions, with simple lifestyles.

They consumed small amounts of salt and, as spices, they used pepper and ginger in abundance. The vegetable predominance even extended to fats whose two essential exponents were palm oil and vegetable margarine.

Their utensils consisted of wooden mortars (pilones), clay pots, containers and spoons made with wood, and iron knives.

These diverse cultural currents influenced Venezuelan gastronomy, which is produced through miscegenation and the adaptation of new food patterns.

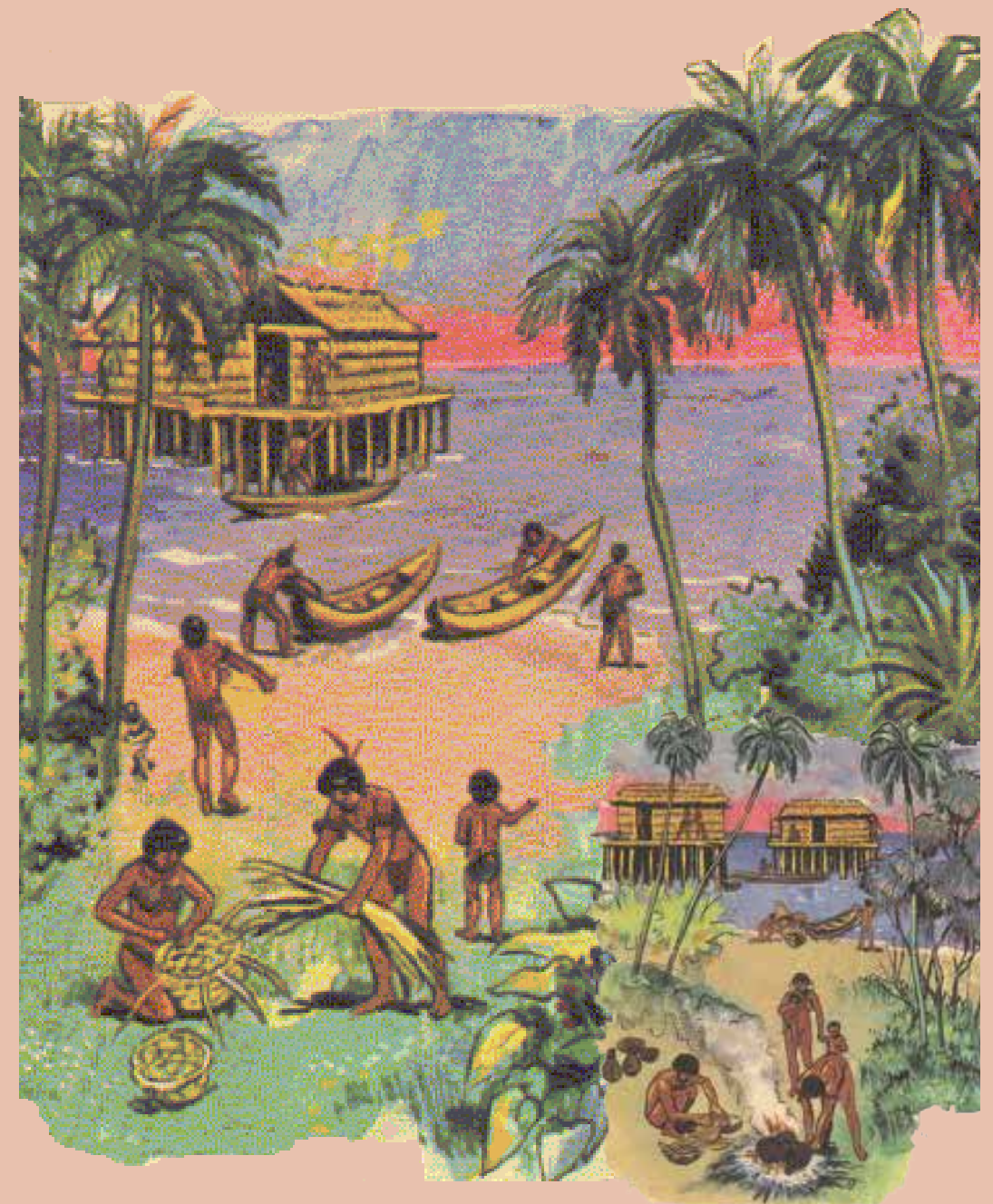


Fig. 126 Indigenous life. [digital image].  
Retrieved from: <https://caracasciudaddesabores.files.wordpress.com>



**The interaction with other social groups causes an exchange of experiences and knowledge that results in the mutation of the autochthonous diet of each of the parties involved.**

The conquest of the American continent resulted in rapid food globalization. The exchange of food allowed in a relatively short time its popularization in the two worlds that had met.

Europeans adopted certain aboriginal foods to ensure their survival in lands unknown to them because necessity was more influential than custom.

At first, the Venezuelan indigenous rejected outright the consumption of sugar, meat and, wine. The domination that the Europeans quickly exercised over the Venezuelan tribes -by the superiority of their weapons and organization- was also extended to their food, placing their diet in a superior hierarchy to the indigenous foodstuffs.

However, certain European species had difficulties of acclimatization. Nevertheless, the food par excellence of the Spaniards was wheat. It was considered superior to corn and cassava -indigenous foods-.



Fig. 127 Indigenous or pre-Hispanic period. [digital image]. Retrieved from: <https://historiavenezuelab.blogspot.com>

After all, the success of the transplantation of others (cattle, birds, and vegetables) enriched the inter-colonial exchange, led to the formation of the typical food pattern of the country's traditional society.

Some of the primordial elements of the European regime entered fully into the Criollo pattern; such is the case of meat, sugar, and fat, the latter only in its animal form -since the European oleaginous vegetable par excellence, the olive tree, did not prosper in Venezuelan lands-. Others suffered a considerable decrease in its use, such as wheat, which was almost totally replaced

by corn. On the other hand, the mainly aboriginal elements became part of the Criollo pattern almost without alterations, such as the arepa and the Casabe.

It must be mention that the culinary and gastronomic habits of the Spaniards of peasant origin who came to "make America" were sober and simple: chestnuts, cabbage, broad beans, cereal porridge, little beef, cheese, eggs, oil, and wine. The Spaniards took elements of the indigenous gastronomy and quickly incorporated them into Europe's diets to improve their food situation.



Fig. 128 Colonial economy of Venezuela. [digital image]. Retrieved from: <http://petionhistoria1.blogspot.com>



In this period of colonization, ethnic miscegenation occurred not only on a biological level but also on a cultural level. After all this melange, the beginning of the Criollo food pattern started to show.

José Rafael Lovera: Venezuelan historian, gastronomer, and writer specialized in the culture of food and Venezuelan and Latin gastronomy. (Fig. 35)

Founder of the Venezuelan Academy of Gastronomy -of which he is honorary president-, of the Center for Gastronomic Studies (CEGA) and a member of the National Academy of History.

Author of numerous books such as *Historia de la alimentación en Venezuela* (1988), *Gastronáuticas* (1989), *Gastronomía caribeña* (1991), *El cacao en Venezuela: una historia* (2000). He is an assistant professor (retired) at the School of History (UCV).

*"The formation of the Criollo food regime, which operates throughout the first two centuries of conquest and colonization, goes through three successive stages, leading to its configuration, which, although they keep a progressive order with respect to their final product, coexist with throughout the period, according to the geographical area in question. The first, which can be called war or conquest power, was characterized by the violence that permeated the*

*initial contacts between Europeans and Americans; the second, which we will call the implantation of European standards, was marked by the conqueror's strenuous attempt to produce his food landscape; and the last, which we will call adaptation, had as a fundamental feature the mutual adoption, by the conquerors and the conquered, of elements of their respective diets and the insertion, by the black slaves, of an additional culture."*

According to the books of José Rafael Lovera, Venezuelan food was always terrible for foreigners. Nevertheless, in the middle of the 19th century, it began to be refined due to the immigrants from the all-over-the-world. Italians, Portuguese, Turks, Hellenes, Greeks, Syrians, and citizens from the entire Mediterranean basin left a series of contributions of different ingredients and forms, to later continue in the fifties with immigration from Europe and Latin America that produced a pronounced influence.

Venezuelan gastronomy began to receive foreign contributions. Immigration provided particular aspects that contributed to increasing gastronomic variety, along with diversity in consumption habits. Most of the changes in the diet were beneficial for nutrition and food security.

In the first two decades of the 19th century, there were immigrants from various origins. Some foreign trading houses, mostly German, English, French and Italian, began to establish themselves in Venezuela.

After independence (between 1830 and 1841), some 3,000 immigrants arrived in the country (most of them, Canaries). It is possible to estimate that between 1832 and 1900, some 67,000 foreigners entered the country, mainly from the Canary Islands and mainland Spain, followed, very far behind, by Italians, Germans, and French roe deer.

At that time, there was a commercial exchange between the Danish and Caribbean islands, from Saint Thomas with the north of Venezuela and Europe, introducing significant culinary knowledge, thanks to the immigration of women from the Antillean islands who worked in the country as cooks of the foreign and Criolla aristocracy of Caracas.

During the second half of the 19th century and, especially after 1870, when gold mining intensified in Bolívar state, many foreigners came to the country. The oil wealth that just had been discovered in



Fig. 129 The historian José Rafael Lovera, Trías Library of El Retiro Park in Madrid. [digital image]. Retrieved from: HelenChocolate youtube's channel.

1914 also attracted immigrants to the states Zulia and Falcón. Many foreigners, mostly Caribbeans, also left their mark on these state's gastronomy.

In the late nineteenth century, a period of strong European influence, specifically French, began in the country. This trend of urban elite was captivated by European consumption patterns, turning its back on the agrarian reality of the country at that time. There were seduced by the import trade that, in addition to introducing new forms and types of food, brought the arrival of French Chefs, which transmitted

part of their teachings to the Criollo cooks and introduced the first cookbooks for the Criolla oligarchy.

In the twentieth century, the situation concerning immigration changes markedly. The problems experienced by the European economy, ruined during the post-war period, the ravages caused by the Spanish Civil War (1936-1939) and World War II (1939-1945), brought the increment of the European immigration stream, especially since the 1940s. During this period, the country benefited notably from these immigration movements.



Fig. 130 Woldr map highlighting the countries with the highest migratory flow to Venezuela. Prepared by the author.

Until 1941 the most representative group of foreigners in Venezuela was the Colombian. A second eminent wave of immigration, this time illegally, during the twentieth century was immigration from South American countries, which outnumbered the Europeans.

Added to it were, first, the Argentines, Chileans, and Uruguayans, expelled by the military dictatorships that cruelly ruled those countries, and then the Peruvian, Ecuadorian, and Dominican immigrants, in search of employment and better living conditions.

European and South American immigration are closely linked to the urbanization and modernization of the country. Their contribution to the development of such processes has been invaluable.

The first left its mark on urban aspects, demographic behavior, production of industrial goods, construction, development of business agriculture, on agribusiness and the modernization of public and private services, on the diffusion of artistic currents, especially in the field of literature and music, and in the development and enrichment of Venezuelan gastronomy.

The second offered the country a labor force of enormous value in urban public services and the production and commercialization of agricultural goods, in handicrafts, the development of an informal economy that has not been productively integrated into the national economy, and lastly, in the development and enrichment of popular culture.

During 1940 and 1950, broad unforeseen European immigrants arrived in the country, mostly Spanish, Italian, and Portuguese. They made a tremendous contribution to Venezuelan gastronomy, expanding, diversifying, and enriching it. The Spanish taught, for example, to prepare and love paella or to appreciate the potato omelet and the Pasapalos, which is the Venezuelan way of calling the famous Spanish tapas.

The Italians, for their part, taught the consumption of "spaghetti" with its different sauces, polenta, or steak Milanese. Finally, the Portuguese in their bakeries made the contrasting possibilities of preparing and presenting salty wheat bread.

**Food transculturation is the adoption of the food and culinary traits of a social group by another people or social group. It implies a change both in the habits and way of consuming food, including obtaining process.**

At the beginning of the 1980s, fast-food chains were introduced to the country. Technology and new production mechanisms also can shape eating patterns.

The Arepa, the typical Venezuelan bread prevailed before both conjectures.

Areperas, traditional and fast food businesses, were created, and in terms of technology, electrical appliances were created that facilitate the preparation of arepas, the so-called Tostiarepas.

Tradition prevailed and represents a unique and peculiar case for Venezuela of contemporary technological efforts aimed at saving food heritage in a world of notable acceleration of daily life.

The food transformation of Venezuela at the end of the 90s is reinforced by the advertising messages of the different media, which are becoming increasingly more important every day.

The food industry has produced several processed products, which have quickly become popular. The manufacturers of these products spend large sums of money on commercial advertising that encourages consumption and modifies our eating patterns.

Venezuela does not escape this reality. Both its urban and rural populations have been affected by this overwhelming phenomenon.

Within this process of transculturation, it is necessary to rescue the values of Venezuelan food. Its native ingredients, its seasonings, its aromas, and by all means, its flavors.

This cause begins with the positive public appreciation of Criollo food. Backed by a nationalist discourse about the benefits and traditions of Venezuelan cuisine, in general, that is also be disseminated and reinforced both by the media and by restaurants to eradicate the old republican tendency to consider the food of the Criollo regime as something ordinary, mistreated or rude.

The first formal initiatives to claim the transcendence of the Venezuelan food heritage began during the 1980s when the gastronomic valorization movement emerged in the country, led by Professor José Rafael Lovera, the greatest exponent of this phenomenon in Venezuela.

Food miscegenation, the contributions of the immigrants, transculturation, and technological advances have influenced the conformation of the different food regimes in the country.

Perhaps there are no "pure Venezuelan" recipes but, the inventiveness in this country has the taste of the miscegenation of flavors. We have the necessary wisdom to reinterpret recipes or engineer dishes with ingredients from the most diverse borders. The most famous typical Venezuelan plates are faithful representatives of the transcultural phenomenon. In the end, it is our history, our path, our identity.



Fig. 131 NAVARRO, Gabriela (Photographer). Una mesa latinoamericana en todo su esplendor. [digital image]. Retrieved from: <https://tamarindoexpress.com>



## 2 VENEZUELAN GASTRONOMY

Diversity of flavors, colors and textures

### GENERAL

In an interview conducted by Esperanza Márquez with Armando Scannone: a Venezuelan engineer and venezuelan gastronomer, best known for *Mi Cocina: A la manera de Caracas* (1982), a series of books on traditional Venezuelan recipes: *Mi Cocina II*, *Menús de mi Cocina*, *Mi Lonchera y Mi Cocina Ligera*.

*He served as vice president of the College of Engineers of Venezuela and is the founding president of the Venezuelan Academy of Gastronomy.*

He confesses that Venezuelan cuisine:

*"It is basically homemade, it is not a restaurant, it is like the family kitchen of any country in the world, from France, Spain, Italy, with the difference that these are countries that have a more established culture, have more traditions, love their food more. . I believe that the Venezuelan is not interested in his food, he is beginning to be interested recently. In my childhood, there was interest because he knew how to do it. That disappeared in one or two generations, from the '50s. People stopped knowing our food and, they began to feel ashamed. Shame for the pavilion for vulgar, ordinary, but not so."*

Scannone considers that Venezuelan cuisine is still difficult for us because the combination of flavors is complex.

*"The secret of Caracas cuisine is the harmony of flavors in its dishes" (SCANNONE, 2013)*

Venezuelan gastronomy is proof of the coexistence between all the cultures that you find in the country.

It is characterized by the use of primary elements, which are part of Venezuelan dishes. The most used ingredients of the traditional cuisine are corn, tubers, sugar cane, yucca, ají, grains, plátano, meat, and poultry.

The most famous typical Venezuelan dishes are faithful representatives of the transculturizing phenomenon, considering that the fundamental features of Venezuelan food are: hybridity, diversity, complexity and miscegenation.

The Arepa, Empanada, Cachapa, Hallaca, Chicken stew, and indubitably the national dish: the Pabellón are among the most relevant plates regarding Venezuelan gastronomy. It is relevant to highlight the importance of the Christmas tradition not only of the family celebration but also of the gastronomic heritage -with the dishes prepared specially for Christmas and New Year's eve-.



Fig. 132 Venezuelan typical food. [digital image].  
Retrieved from: <https://elviajerofeliz.com/comida-tipica-de-venezuela>



National dish

# PABELLÓN



Fig. 133 Pabellón Criollo. [digital image].  
Retrieved from: <http://www.temporadista.com>

The acclaimed and traditional Pabellón Criollo -composed of black beans (Caraotas), shredded beef prepared with ají, tomato, pepper and, onion. Grains of white boiled rice, as well as the fried slices of plantain- gives a complete vision of the gastronomic miscegenation.

One of the versions of the creation of the Pabellón dates from colonial times, probably from the 18th century, and according to what is said, it is a gathering of "left-overs" from previous meals carried out by

the slaves: thus the meat, rice, and black beans generally dated from a day before or two, the plantain slices were the only thing that was prepared at the time.

There are different variants: in the Pabellón a Caballo a fried egg is added, the morning version is with arepas, avocado, and scrambled eggs. The Llanera version, where game meat replaces beef, and in the Margareño version with shredded fish. The altered one with spaghetti instead of rice and others like the Zuliano with tostones.

Most popular dish

# AREPA



Fig. 134 Reina Pepiada. [digital image].  
Retrieved from: <http://www.pancorn.com>

It is the most common and faithful food of Venezuelans, part of our culture. The origin of the Arepa is ancestral. Our indigenous ancestors planted, collected, and processed corn to make arepas. Nowadays, white corn flour, salt, and water make the Arepas. With the dough, some balls are prepared, and then they are given the final form, round and flat shape. They can be cooked both roasted and fried.

The amusing thing is the filling since you can fill an Arepa with whatever you want.

The most common in general are: with Pabellón, La pelúa (with shredded meat and grated cheese), La Reina Pepiada (with chicken, avocado and mayonnaise) (Fig. 11), with Perico (scrambled eggs with tomato and onion), La Rompe Colchón (with seafood prepared in a vinaigrette), La Llanera (with beef, avocado, tomato, and Guayanés cheese), among others.

It is a dish mainly for breakfasts. However, it is also a great companion to lunches, dinners, and national dishes.

## Most popular BEVERAGES

Venezuelan drinks and especially traditional ones, are very varied depending on the ingredients used. From simple fruit juices, as a refreshing drink, to Chicha, Cocada, Papelón con limón, Tizana and, Carato.

The Chicha Criolla (Fig. 12) is a soft drink prepared with rice and cow's milk with cinnamon and condensed milk as toppings, served with ice and usually sold on the street by Chicheros. On the other hand, in the eastern region of Venezuela, there is a high production of coconut, the main ingredient of the Cocada (Fig. 13): a fresh, sweet, and exotic drink.

Regarding alcoholic beverages, usually obtained naturally in an artisanal way, a typical brandy is Miche (Fig. 14), an intense drink from the Andean region obtained from distilled panela. Another alcoholic drink manufactured is the Cocuy (Fig. 15), a genuinely Venezuelan liquor obtained from the processing of the plant species Agave. Also, domestic beer consumption is highly popular.

Last but not least, the Venezuelan Rum, a product with a designation of origin. Several certified brands create prestigious products that are recognized worldwide.



Fig. 135 Chicha Criolla.



Fig. 136 Cocada.



Fig. 137 Miche Andino.



Fig. 138 Cocuy.

## Most popular DESSERTS

In Venezuelan cuisine, there is a great variety of desserts, highlighting that each region has its own. There are some that sneak across the country.

Some have aboriginal origin akin as Majarete and sweets based on papelón. Other came from the strong culture of home-made sweets, since the colonial era, the following stand out: the Jojoto Cake, Pan's, Plátano's, along with pineapple, guava, orange, and coconut flans and Quesillos (Fig. 18). Another variety is the sweets in syrup, with its maximum expression in the famous Dulce de Lechosa.

One of the most famous for the abundance of plants is the Mango Jelly (Fig. 16), prepared with this exquisite fruit and sugar. The result is a firm jelly or delicacy with a subtle acid taste. The Arroz con Leche (Fig. 17) or rice budding, whose main ingredients are rice, sugar, and milk. There are variants with condensed milk, with coconut milk (called rice with coconut), with a touch of citrus or cinnamon powder.

It is difficult to summarize due to vast quantity, but it is worth highlighting Golfeados (Fig. 19), Bocadillos, Conserva de Coco, Bienmesabe and, Churros.



Fig. 139 Jalea de Mango.



Fig. 140 Arroz con Leche.



Fig. 141 Pineapple Quesillo.



Fig. 142 Golfeados.



# Christmas Gastronomy

## HALLACA



Fig. 143 The historian José Rafael Lovera, Trías Library of El Retiro Park in Madrid. [digital image]. Retrieved from: HelenChocolate youtube's channel.

A very singular experience in our culture is the December period. From the beginning of the preparation of the Hallacas in December until January, February, or even March, where you eat the last frozen Hallaca, always passing through December 24 and 31 where all Venezuelans at the same time eat the same dish, the Hallaca (Fig. 20).

The Hallaca is a Venezuelan dish made up of four indivisible parts: the dough, the stew, the garnish, and the wrapper. It is a clear demonstration of Venezuelan

miscegenation since its ingredients have different origins: the banana leaf, used by the American Indians and the African black; the corn dough, traditional from Venezuela; meat, olives, capers, and raisins, from Spanish influence.

This tradition rescues the family union and uniqueness in the elaboration of each Christmas dish: Hallaca, Pan de Jamón (Fig. 21), Pernil horneado (Fig. 22), Ensalada de gallina (Fig. 23), Torta negra (Fig. 25) as a sweet, Ponche crema (Fig. 24) as a drink, and some



Fig. 144 Pan de Jamón.

other variants always depending on the region of the country or more specific, according to each Venezuelan family. Each Venezuelan family puts their touch and seasoning on it.

The techniques are generally the same to do the Hallaca. The choice and cut of the banana leaf, the preparation of the stew -meat, chicken, pig- as preferred, with the elaboration of the dough -with beef or chicken broth, cornflour and onoto oil, to give it the yellowish color- the selection of all the toppings, and finally, the assembly, binding, and cooking of them.

The result is the signature of each family, which gather very early and make everything in one day or, it can take up to two consecutive days or more to prepare this Christmas dish.

The preparation is an event as such, each member of the family has a function in the assembly of each Hallaca: clean the leaves, make the dough balls, stretch the dough on the Platano leaf, put the stew, put the toppings, close the Hallaca -wrap it with other leaves if necessary- and finally the tie. For the cooking, they have to be boiled for at least 30min, and then, let them rest



Fig. 145 Pernil Horneado.



Fig. 146 Ensalada de gallina.



Fig. 147 Ponche crema.



Fig. 148 Torta negra.





Fig. 149 Venezuelan Christmas dish (Hallaca, Pan de Jamón, Pernil horneado, Ensalada de gallina). [digital image]. Retrieved from: <https://www.pinterest.es>

and chilly so they can be put in the fridge or freezer. Obviously, due to the amount of work required to make a single Hallaca, the families take advantage to cook not just one but many, usually those that can fit in the fridge and freezer.

On this memorable cooking day, the famous Christmas Aguinaldos and the typical Gaitas of this period of the year are listened to and sung. When the family starts to be hungry, they recur to the ingredients of the Hallaca and try to eat them while the whole preparation takes place, until the first litter comes out, just cooked and, they finally taste the product of the hard work of cooking them.

On Christmas day, it is a tradition to prepare all the side dishes during the day.

*-Pan de Jamón: a homemade bread filled with ham, bacon, olives and, raisins. Some people can add cream cheese or capers.*

*-Pernil horneado: a leg of pork marinated for at least a day with various seasonings and then cooked in the oven. The result is a slice of juicy meat with a distinguished flavor.*

*-Ensalada de gallina: a delicious salad prepared with potatoes, carrots, shredded chicken breast, green peas, onion, and homemade mayonnaise.*

*-Ponche crema: a creamy sweet concoction made from eggs, condensed milk, whole milk, and, of course, contains alcohol (rum). There are many variations and, each family has its secret touch. It can be prepared in an artisan way, or it is ready-made.*

*-Torta Negra: despite not being a recipe of Venezuelan origin, it is so famous in the country, that it has been adapted to the ingredients available in the territory. It is composed of dried fruits, liquor, cinnamon, and chocolate. The secret of its flavor is in the maceration of the dried fruits in a preferred liqueur.*

At night, with the reunion of all the family and friends, dinner is eaten. This famous Christmas dinner has everyone in the country eating at the same time, the same dish (Fig. 26). A little bit of everything that was cooked is served on this glorious dish.

After the feast is over, at midnight it is time to open the presents of baby Jesus. Then the celebration continues until sunrise.

At the end of the year, on December 31st, the event repeats itself. The family reunion, the preparation of the food, the music, the dancing, and the celebration, this time to say goodbye to the old year and receive the new year with our loved ones.

Product with PDO\* Protected designation of origin

# CACAO



Fig. 150 Chuao cocoa, a denomination of origin. [digital image]. Retrieved from: <https://soundcloud.com>.

Cacao (*Theobroma cacao* L.) is a plant native to tropical America and was cultivated and used by the indigenous people of Venezuela during pre-Columbian times as food and to worship the gods. When the Spaniards arrived in our territory, they found some cacao plantations cultivated by the indigenous people.

The internal consumption of cocoa in Venezuela spread in the 16th century and then also passed to Europe, initially in 1621 to Spain. From the beginning of the 19th

century, cocoa became the first exportable crop of importance in the Venezuelan economy. In the following years, coffee replaced the production and exportation of cocoa. Later with the discovery of oil, all agricultural activities were sidelined. Venezuela became a mono-producer of oil.

However, nowadays, cacao is a product that (even in less quantity) we continue to export since we have an extensive amount of varieties and the quality of our crops is remarkably elevated.



Fig. 151 Amaro, Chuao's chocolate, "the best cacao of the world".

The traditional areas of cacao cultivation in Venezuela correspond to three regions:

- a) Northeast (Sucre, Monagas, and Delta Amacuro)
- b) North-central-coastal (Miranda, Aragua, Carabobo, Guárico and Yaracuy)
- c) South-west (Apure, Barinas, Portuguesa, Mérida and Zulia).

Within the cacao production at the national level, the cacao produced in the state of Aragua enjoys an excellent reputation in world markets, especially the cacao from Chuao. Even now, a low percentage of the production is processed by hand, showing adherence to tradition.

In November 2000, the Chuao cacao beans were awarded an appellation of origin under "Cacao de Chuao," allowing producers to negotiate higher prices and attract investment.

Chuao is considered one of the best cacao in the world. That is why it is one of the most expensive cacao. It is grown near the town of the same name (it has about 2300 inhabitants) in Venezuela. Chuao is a small city nestled in the Venezuelan mountains near the Caribbean coast west of Caracas. It is an isolated place and difficult to access

only by sea. The annual production of this cacao amounts to a few tons due to its low yield. It is a precious variety of Cacao Criollo, but not pure. In the last century, the purity of Chuao has been contaminated in the crops of origin. At the beginning of the 19th century, the Criollo del Chuao was very pure: but when the diseases began to spread, the producers decided to replant Trinitario and Forastero in the same areas. What ended up creating a mixture of strains in which little of the Chuao remains. The cacao fruit is green and red and produces a very delicate, highly refined chocolate with rich and excellent aromas. Its characteristic aromatic note is plum. Other easily recognizable aromas are almond and honey.

Venezuela is one of the countries that have the widest variety of these species in the world. In addition, it is the country to which it is attributed its appearance for the first time, specifically in the South Basin of Lake Maracaibo, specifically in Zulia.

Within this classification of cocoa are the Andean Creole, Porcelain, and Pentagon cocoa, which despite belonging to the same family (Criollos): have characteristics that make them different from each other.



Product with PDO\* Protected designation of origin

# RON



Fig. 152 Aging cellars of Santa Teresa. [digital image]. Retrieved from: <https://www.siparum.com>

Since the sixteenth century, with the arrival of the sugar cane brought by the Spanish conquerors and thanks to the extraordinary Venezuelan nature: sunny days and cool nights, rich soils, and the constant passage of the wind resulted in the best harvests of Caribbean sugar cane.

The procedure for the elaboration of Venezuelan Rum starts with the extraction of the molasses from the cane, a sufficiently thick and dark liquid with a sweet and pleasant flavor.

Once fermented and distilled, the molasses are transformed into an alcohol of exceptional quality, ideal for the production of our rum. This alcohol is deposited in white oak barrels, handcrafted by master coopers, to settle in the aging cellars. (Fig. 29)

The process by which the interaction between alcohol and wood occurs is carried out for a minimum period of two years, as required by Venezuelan laws and the regulatory council of the protected designation of origin: Ron de Venezuela<sup>(1)</sup>

<sup>(1)</sup> Awarded by the SAPI since 2003 to the primary rums of Venezuela that meet the requirements of having in the total of their components rums of a minimum of two years of aging in white oak barrels and 40 degrees of anhydrous alcohol.



Fig. 153 Seal of PDO of Venezuelan Rum meaning.

(Fig. 30), referring to products whose quality and distinctive characteristics are essentially due to the geographical environment where they are produced, which includes natural and human resources, as well as strict quality controls.

Later the rum is diluted up to 40 degrees and filtered. As part of the artisan process of making rum, the rum masters evaluate through the tasting: the color, appearance, aromas, and flavors that characterize Venezuelan rum.

Finally, each producer places on their labels the seal of the protected designation of origin. This seal symbolizes those whose hands sow and harvest the sugar cane, ferment the molasses and distill the purest alcohol. In each barrel, they renew a tradition of several centuries in the art of aging the best-aged rum, a full-bodied rum with complexity.

Having a PDO label makes a meaningful difference since the consumer is provided with clear information about the virtues and the differentiating characteristics of the product. Diplomático, Santa Teresa, Cacique, Pampero, Roble Viejo, Tepuy, Canaima, Cañaveral, Carúpano, Estelar,

and, Ocumare are the brands that hold this distinction and offer the best of our land in each glass, by proclaiming world-class quality standards.

It is necessary to emphasize that before 1954, the typical rums consumed in Venezuela were those whose maturation did not exceed one year were typically consumed. However, this took a turn thanks to the Organic Law of the Income of Liquors enacted that year. According to this law, to designate a spirit drink as “rum”, it had to undergo aging for at least 2 years in white oak barrels.

On the other hand, it is forbidden to alter the mix of rum with substances that add color, flavor, or aroma in an artificial way. In addition to not allowing the replacement of the waste from the barrel during aging -the product of evaporation- with base alcohol.

The most commercialized brand worldwide is Cacique, however, rums such as Santa Teresa 1796, Carupano Legendario, Veroes Añejo, Roble Viejo Ultra Añejo, Cacique 500 and of course Diplomático Reserva Exclusiva have received more awards in recent years as the best rums in the world.

## 2 VENEZUELAN GASTRONOMY

Diversity of flavors, colors and textures

### TODAY

Today the culinary movement at the national level is active. In the capital, restaurants have emerged with new proposals, with traditional or international concepts, and in the most beautiful parts of Venezuela, there is a bunch of agrotourism.

In an interview with *Mónica Sahmkow -a Venezuelan chef, who studied at the Culinary Institute of Caracas and the Ferrandi school in Paris (France), she consults for gastronomic projects and develops recipes and content for food brands-. She explains that: "Caracas was a city that had no culinary offer, now this sector is awakening. Products and ingredients are being obtained that 3 or 4 years ago were not available, which allows the making of different menus and concepts..." "...Everything is dollarized, and everything is super expensive..."*

It is worth noting that this resurgence of the culinary scene is only for 3% of the population. *"However, this awakening has a good side because it generates jobs."*

*"The public that goes to these restaurants is not the most cultured or demanding but, at the same time, beautiful and well-assembled concepts are being created" ... "There is still work to be done in the development of gastronomic proposals and the room service."*

When asked about the presence of our gastronomy in these new places, Monica replied: I think very few consider our gastronomy or even local ingredients.

However, some chefs seek the revaluation of our cuisine. One of them is Daniel el llanero Torrealba, whose objective is to enhance the culture of Los Llanos, a region of Venezuela, and who, precisely this year, won the Armando Scannone award granted by the Venezuelan Academy of Gastronomy.

Another example is Victor Moreno, a Venezuelan chef and the owner of Moreno Caracas, one of the most prestigious restaurants in Caracas. He says that "being a chef in Venezuela means a challenge and a privilege to be able to rediscover the essence of gastronomy, but especially with the discovery of local products."

On the same side is the famous chef Sumito Estevez who, despite not living in Venezuela since 2015, has always been in charge of exalting our Venezuelan cuisine with his YouTube channel. He makes videos of traditional recipes that save many Venezuelans that live outside of the country today.



Fig. 154 Ossobuco with three arracacha textures: mounted on creamy arracacha puree, accompanied by gratin cake and crispy chips. Main dish at El Asador de Caracas, created by chef Daniel Torrealba. [digital image]. Retrieved from: <https://elasadorcaracas.wordpress.com/>



In another vein, the *Desbandadas* magazine (created in 2017 in Berlin) after the reissue of the work of Ramón David León –a true encyclopedia of the varied Venezuelan cuisine with an exhaustive work that bore the name of Venezuelan Gastronomic Geography, first published in 1954–, published an article on the reinvention of Venezuelan gastronomy according to some Venezuelan chefs in Germany.

The most remarkable visions were expressed by Julio César Gómez and Daniel Charita when they were asked about What does Venezuelan cuisine need at an

international level? and Do you think it has been sufficiently renewed as has happened, for example, with Peruvian cuisine?

Julio César Gómez's response was: "Venezuelan cuisine is now in its junior stage on the international scene, but not hidden.

For many years now, the initiative of professional chefs has raised the name of Venezuela but, it is necessary more than the union between those of us who are committed to taking our cuisine far. I would create an association of entrepreneurs and industry professionals to create spaces for

the development of activities where more is made known about our customs, traditions, and gastronomic styles."

"There are indeed many Venezuelan chefs who are betting on a new, more innovative gastronomic proposal, but first, the acceptance and knowledge of our food culture are necessary. With that, we could later give it the recognition it deserves before the world as the kitchen has done. Peruvian."

On the other hand, Daniell Charita responds to the second answer with: "Unfor-

tunately not. Today in Venezuela, there are many cooking schools and academies, but from my perspective, they focus more on teaching how to prepare food from other countries than our food. That is a mistake. We must give more value to what is ours. Venezuela is not only arepas and tequeños, we have many dishes that I would like to be known more outside our borders, but for that, we must begin to give more value to our gastronomy."



**Fig. 155** Tasteful Tomatoes: tomato hulls stuffed with stew with blood sausage and shrimp. Served over rustic yucca and herb puree. Starter at El Asador de Caracas, created by chef Daniel Torrealba. [digital image]. Retrieved from: <https://elasadorcaracas.wordpress.com/>



**Fig. 156** Solomo on horseback: A delicious grilled cut of meat on caramelized onions, creamy mashed potatoes, and yucca millefeuille. Main dish at El Asador de Caracas, created by chef Daniel Torrealba. [digital image]. Retrieved from: <https://elasadorcaracas.wordpress.com/>



### 3 HETEROGENEITY OF REGIONS

Peculiarity of each locality

All Venezuelans have the same traditional dishes all over the country. However, each region has developed its typical dishes that make them different from one another.

The greatness of Venezuelan gastronomy lies in the territorial extension, the diversity of agricultural resources, and the pluricultural of the Venezuelan people.

Each region has contributed its variants to the traditional dishes of Venezuelan gastronomy, which generates an immense variety of possibilities, building its regional cuisine.

Since 1969 the country has been divided into political-administrative regions, through Decree No. 72 on Administrative Regionalization, creating an intermediate administrative level between the national powers and the federal entities. These regions -initially eight and subsequently, nine- encompassed several States. Only except the Zulia Region, where a single State coincided with a single region.

On the other hand, Venezuela is considered one of the megadiverse countries <sup>(1)</sup> in the world. Natural regions can also divide the country due to their biological diver-

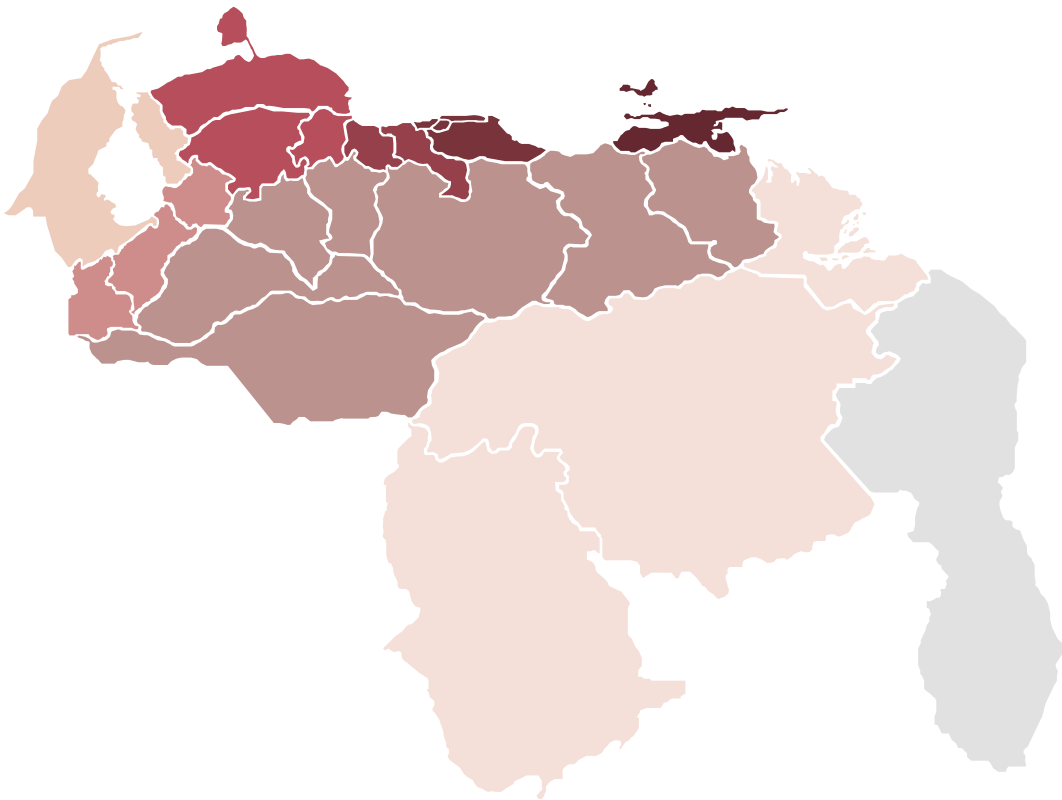
sity. Four major natural regions are commonly recognized: the Andes region, the Caribbean region, the Llanos region, and the Amazon jungle region.

In this case, Venezuela will be divided into five regions, taking into account the natural regions, previously named and including the Zulia state as a single region.

(Fig. 31)

In the center of the country, the diet is very varied. There is a large consumption of chicken, meat, salads, vegetables, and rice. Since it is an area that borders the Caribbean Sea, the marine fauna has great relevance in the diet of its inhabitants. In the Andean region, the most consumed products are chicken, beef, potatoes, wheat, and tubers. In the Llanera region, food is focused on beef and wild animals usually hunted in the area, prepared roasted or grilled. In this region, there is also a great demand for dairy products.

On the other hand, in the Guayana Region, the consumption of river fish, dairy products, and vegetables predominate, with preparations of indigenous origin as in the Zuliana region, where they also use a lot of bananas, plantain, potatoes, corn, and beef.

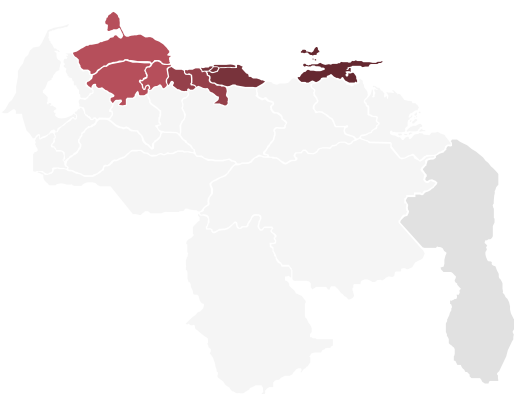


- A CAPITAL-CENTRAL- CENTRO OCCIDENTAL-COSTERA
- B ANDINA
- C LLANERA
- D GUAYANA
- E ZULIANA

Fig. 157 Venezuela's map with the division of the regions. Prepared by the author.

(1) Megadiverse countries are a group of countries that host the highest index of biodiversity on Earth.

# CAPITAL-CENTRAL- CENTRO OCCIDENTAL-COSTERA



## "REGIÓN CARIBEÑA"

The center of Venezuela is divided into the capital region that includes the Miranda state that has a part of Caracas, the Capital District, where the rest of Caracas is, and finally, the Vargas state, part of the central coast. Aragua and Carabobo states are the central region and, the western central region is Falcón, Lara and, Yaracuy. Most of these states border the Caribbean Sea ergo, be classified as part of the coastal area, including Sucre, positioned on the east of the country. Nueva Esparta state and federal dependencies coincide with their location in the Caribbean Sea.

It is a mountainous area with the Cordillera de la Costa, close to the sea, crossed by the Cordillera Central. Its climate is not uniform. It varies according to the altitude of some areas where the average annual temperature can range between 17°C , compared to other points in these regions where the average yearly temperature can be between 28°C.

The main economic activities are oriented to the secondary and tertiary sectors. To a lesser extent, agriculture is linked to the sowing of material for food and beverages processed in the same region, standing out, the sowing of Cacao in Barlovento.



Fig. 158 City of Caracas. [digital image]. Retrieved from: <https://www.pinterest.com> by @alejandrosolo1



Fig. 159 City of Macuto. [digital image]. Retrieved from: <https://www.wikipedia.com>



Fig. 160 Mixed Parrilla.

Tourism in the coastal zone is the main economic activity due to the beauty of the beaches. Margarita Islands, Los Roques, La Tortuga are paradisiacal places. The fishing activity is developed at the same time, taking advantage of the location.

These regions have a greater nutritional variety due to their location in the middle of the productive areas and to the influence of international gastronomy produced by immigration. The typical dishes are always the same, Arepas, Pabellón, Empanadas, Cachapas, Black roast, tequeños, cachitos, soups, like Mondongo and Asopado but,

everyday-life includes other recipes such as rice with chicken, steak with rice, Pasticho, pasta with ground beef and, Tajadas, the smoked pork chop and, the famous mixed grill. As for sweets, Bien me sabe, Golfeado, the cake Tres leches, among others.

The coastal area and the islands generally link their wide range of dishes to seafood. Fresh and salted fish, crustaceans, mollusks, and shellfish form the basis for all the most exquisite meals in this region. The best-known dishes are La Fosfera, Empanadas Pastel de pooch, Kisses of coconut and, Majarete.



Fig. 161 Rice with chicken.



Fig. 162 Smoked pork chop.



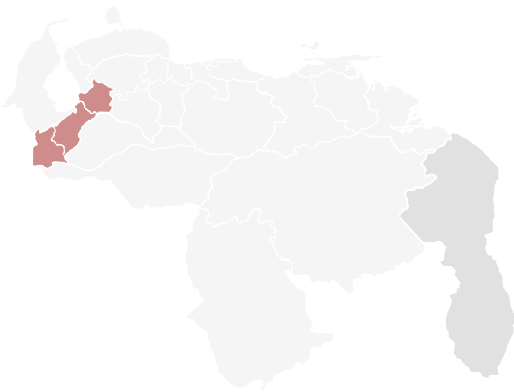
Fig. 163 Fosforera.



Fig. 164 Tres leches.



# ANDINA



## "LA TIERRA DE LOS PÁRAMOS ANDINOS"

The Andean region is located on the western part of Venezuela. It is conformed by the Andean states (Mérida, Táchira, and Trujillo). However, some parts of the Barinas State and the Páez Municipality of the Apure State are also included. The region is characterized by having a notably more temperate climate than the rest of the country, the annual average temperature ranges between 12 °C and 26 °C.

In this part of the Venezuelan territory, the eastern arm of the Los Andes Mountain Range penetrates our country. The mountain range is made up of various mountains. The best known are the Sierra Nevada de Mérida and the Sierra La Culata, both located in the middle of the mountain range within Mérida state.

The highest point is at Bolívar peak (4,978 m asl), together with the Perijá mountain range, shared with Colombia, they make up the Venezuelan branch of the Los Andes mountain range.

The economy presents as its main activity, agriculture, cultivated by the industrious Andean. The main crops are coffee, sugar cane, cocoa, vegetables, cereals, tubers, fruits, and grains.



Fig. 165 View of Apartaderos Town. Mérida , Venezuela. [digital image]. Retrieved from: <https://www.venezuelatuya.com>



Fig. 166 Trout with garlic.

The livestock sector is developed in three ways: breeding, fattening, and milk, mainly cattle, and pigs.

In the mining activity, the exploitation of coal, copper, and limestone stands out. Among the industrial activities are metal-mechanics and mining-industrial, including vehicle assembly, electrical appliances, cement, footwear.

On the aspect of the gastronomy, The Venezuelan Andes are closely related to the preparations in the Colombian Andes. The food goes from tubers, potatoes,

wheat, a series of meats such as sheep, chicken, beef, and fish are used very often, specifically cultivated trout. It is worth mentioning that the people who live in this area tend to use many fresh or marinated vegetables, among other accompaniments used in Venezuelan food.

The culinary scene includes: the Andean Pinch, Andean Hallacas, the Tovareño Bread, Pastelitos, Ajiaco, Trout, Mute or Mondongo, wheat Arepas, Mistela, Chicha Andina. Brushed sweets, Almojábanas, Arequipe, figs stuffed with arequipe, Horchata and Masato.



Fig. 167 Mondongo.



Fig. 168 Pastelitos.



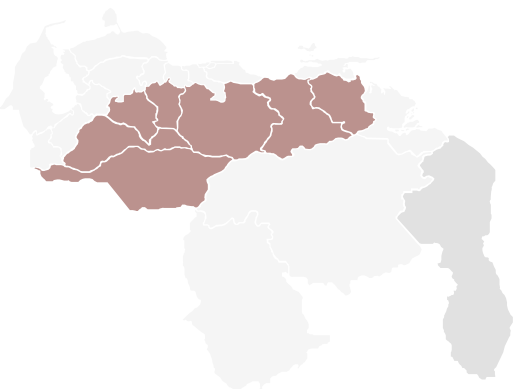
Fig. 169 Wheat Arepas.



Fig. 170 Fig stuffed with arequipe.



# LLANERA



## "LA TIERRA DEL JOROPO"

The entire Llanera region is conformed by seven states: Apure, Barinas, Portuguesa, Cojedes, Guárico, Anzoátegui and Monagas. It is a vast extension of territory that corresponds to practically a third of the country's territory. The extensive savannas with a diversity of vegetation and fauna disappear on the horizon.

This region has two remarkable seasons, the rain and the drought. In the rainy season during May and December, the rivers overflow and, everything looks like a sea of grass. While during the dry season, the landscape is parched and, there are large grassland fires. The annual average temperature is 27 °C.

The economy is dominated mainly by extensive cattle ranching, the manufacture of dairy foods, and to a lesser extent, meat, especially concerning cattle, pigs and, goats. River fishing is also of some importance. In the agricultural line, cotton, sorghum, rice, corn, peanuts, mamey and, beans are grown.

There is also a significant oil activity in the Guárico, Anzoátegui and Monagas states in the famous Orinoco oil belt that produces extra-heavy crude oil.



Fig. 171 Herd Turagua in Elorza. Apure, Venezuela. [digital image]. Retrieved from: <https://twitter.com/alcaldirgelorza>



Fig. 172 Pisillo of baba.

Activities such as tourism occur on a smaller scale since it is still a purely rural and sparsely populated region. In turn, it is a region that has the least influence on foreign migration. Land dictates the gastronomy that is distinguished there. It is similar to the various dishes throughout Venezuela but with a territorial twist.

It is tradition in this livestock area to consume lots of beef. That is why it is the main ingredient in many of its dishes, regularly accompanied by yucca and cooked green plantain. Also, the consumption of meat (from game animals such as venison,

chigüire (capybara), limpet (paca) and, morrocoy), on grills, roast and, stick meat, with cassava, cachapas and, large production of cheeses and milk derivatives.

The typical gastronomy has dishes such as the morrocoy cake, the galápago stew, the Pisillo (the "shredded meat" of the animal that it is in hunting season, being of baba and chigüire the most common). Along with the Paloapique Llanero, the Veal de Novillo, and the Entrevarado Llanero. Another two dishes have national prestige, the Carapacho of Morrocoy and, the Pabellón Veguero with Pisillo of chigüire.



Fig. 173 Carapacho of Morrocoy.



Fig. 174 Entrevarado Llanero.



Fig. 175 Paloapique.



Fig. 176 Papaya sweet



# GUAYANA

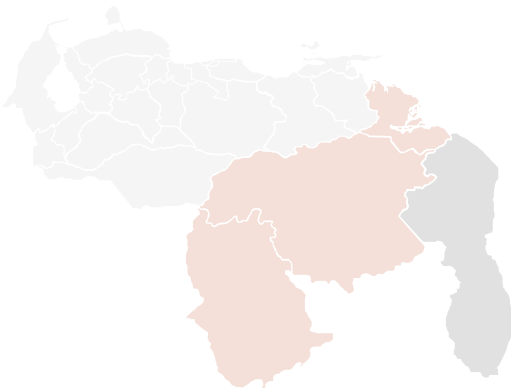


Fig. 177 View of E'ñepá de Corozal Community. Bolívar , Venezuela. [digital image]. Retrieved from: <https://second.wiki/>

**"LA GRAN SABANA: TIERRA MILENARIA"**

Guayana region is located in the southern part of the country. It is integrated by the states Bolívar and Amazonas covering 45% of all the national territory but, on the contrary, is the least populated region in Venezuela. This sector has the oldest geological formation on earth, the Macizo Guayanés. It has three types of characteristic morphologies: penepains, the Gran Sabana and, the spectacularly rising plateaus bordered by vertical walls called "Tepuis". The temperatures depend considerably on the altitude, it varies from 25°C in the warmest of the lowlands, to the cold of the highest parts with slightly more than 10°C.

Economically, the region takes advantage of mining resources such as iron and steel, aluminum, along with the extraction of gold and diamonds. It also has vast forest reserves and extensive rivers that provide much of the electricity consumed by the country. Tourism is developed based on the beauty of nature with the Tepuis such as Roraima, Canaima National Park, and of course the Angel Falls, the highest waterfall in the world.

Agriculture is not very developed. The most important crops are corn, cassava, sweet potatoes, bananas, plantains, sugar



Fig. 178 Sancocho of Sapoara.

cane, rice, and merey. Livestock is cattle and pigs and, the characteristic fishing is river and lake fishing, highlighting the fishing of striped catfish, Cajaro, Coporo, Curbinata, Dorado, Palometa, and Zapoara, among others.

In the developed areas, the population is mixed because the economic activities attracted thousands of immigrants. In the non-developed areas live the indigenous tribes, such as the Pemón and, Panare.

Varied gastronomy. Its cuisine is based on a diversity of products characteristic of the

area. Typical dishes include the Sancocho of Sapoara, Aguaito (pelao de gallina), Palo a'pique, Cachapa and, the tender corn bun. As for the sweet, highlight the Merey nougat, marzipan, dulce de leche and, mango jelly. The Guayanés and Telita cheese made in the region is famous across all over the country.

The foods most consumed by the indigenous people come from their crops, such as cassava, corn, plantain, black beans, yam, mapuey, pineapple, papaya, avocado and, cocoa. Their protein companions are obtained from hunting and fishing.



Fig. 179 Spicy Catara.



Fig. 180 Stewed catfish.



Fig. 181 Guayanés cheese.



Fig. 182 Merey nougat.



# ZULIANA



## "LA TIERRA DEL SOL AMADO"

The Zuliana Region is conformed only by the Zulia state: the only region made up of a single State. It is located in northwestern Venezuela, bordering the Republic of Colombia and the Caribbean Sea and, its territory surrounds the depression of Lake Maracaibo.

The capital homonymous named by the lake is located on its western shore. The lake basin encompasses one of the largest oil and gas reserves in the world.

The climate of the region is influenced by Lake Maracaibo, whose water mass determines a rise in air temperature consequently, the Zulian climate is warm, with an average annual temperature of 30 °C.

The high potential of the soils in the south of lake allows significant agricultural and livestock development. It is the leading producer of oil palm, grapes, milk, cattle, sheep and, poultry. It is also cultivated: sugar cane, banana, plantain, coconut, cassava, cotton, beans, melon and, sorghum. Cheese production stands out and is the second-largest fishing state in the country (artisanal fishing in the waters of Lake Maracaibo and fishing activities in the Gulf of Venezuela, specialized in shrimp fishing).



Fig. 183 General Rafael Urdaneta's brige. Maracaibo, Venezuela. [digital image]. Retrieved from: <https://it.wikipedia.org>



Fig. 184 Patacón.

However, its principal economic activity depends on the petrochemical industry and the extraction of coal, oil and, natural gas, covering 80% of the national production of oil and hydrocarbons. Additionally, the El Guasare coal mines are the most important in the country.

The geographical areas define different cuisines. The indigenous one (Wayuu and Bari); on the west coast of Lake Maracaibo, where the coconut food derives, the South of the Lake where the meat and cheese come from, and the Eastern Coast, where were taken customs such as frying.

Zulia cuisine is rich and broad. It has its referential elements in coconut, banana, fish and, goat meat. Coconut and its derivatives, such as water, pulp and, coconut milk, are involved in the preparation of many recipes, such as mojito in coconut, rabbit in coconut, embasurao fish, among others.

Other of the pillars are fish, from the sea and river, and goat meat, which is included in the composition of several typical dishes, such as stuffed bocachicas or goat in coconut and of course the banana, the Marabino ordinary bread at all three meals.



Fig. 185 Mojito in coconut.



Fig. 186 Goat in coconut.



Fig. 187 Bollitos pelones.



Fig. 188 Chimbos eggs.

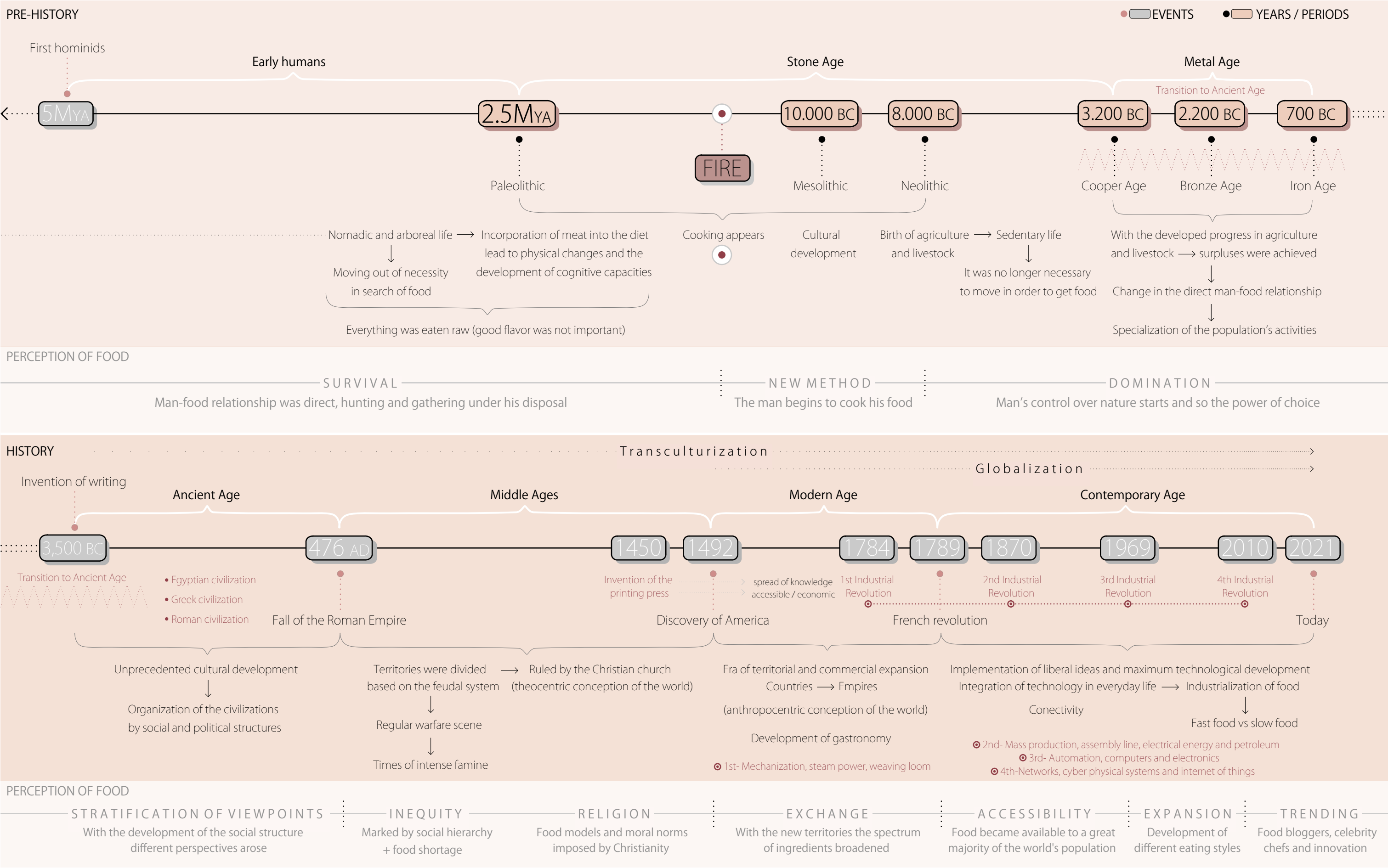




# SUMMARY

Fig. 189 The dancing devils of Yare. Unesco intangible cultural heritage since 2012. Miranda, Venezuela. [digital image].  
Retrieved from: <https://porlavision.com>





# A | B

## FOOD AND SOCIETY

### Venezuelan gastronomy & cuisine

The human being is a social being by nature who needs air, water, food, and shelter to live. The human being exercises his life in eternal intersubjectivity in the societies he created to satisfy all his needs.

Along with these social characteristics, the search for his identity is present in his life, whether consciously or unconsciously.

In these human dynamics, the culture -created through knowledge, traditions, and customs- gives identity to society. Culture, however, is a fluid concept since, over time, man -as a knowledge builder being- builds culture through his experiences.

Food creates part of the identity of each culture. Each place has its own food: the way to cook it, the way to serve it, the way

to eat it and the customs that surround the act of eating, different according to each country or region, which makes each gastronomy unique.

It is decisive to highlight that the sociability of the human being is exalted in the act of eating. In addition to satisfying a basic need, eating is a moment where we feel pleasure: the pleasure of eating what we like, sharing with the people we love, and even more meaningful, showing our affection through food.

Nevertheless, to inquire about the relationship between food and society, it is necessary to recognize the evolution that human beings have had over time and the perspective towards food.

The most significant events in the history of man related to food were: first, the invention of fire (and with it, the possibility to start cooking), adding a procedure that could change the taste, texture, and even color of food.

Second, the evolutionary changes that led us to go from the practice of hunting and gathering to agriculture and livestock, the power to choose what to eat started.

Fig. 190 Food perception's general timeline (periods of human history, facts and characteristics)  
Prepared by the author.

The third event was the discovery of America, which resulted in the exchange of food (Fig. 65), expanding the range of possibilities of the palate.

And finally, the different revolutions where each one has changed our customs, even influencing our habits -when we eat, what we eat, the places, among other things-. The accessibility to food that, however, must also be considered that in the XXI century, there are people who still do not manage to have three balanced meals a day on their table to guarantee their nutritional health.

Good food is still a luxury today but, -in contrast- it is a basic need of every human being who developed to be more than a necessity. Good eating is not just sitting in a restaurant, being served, and ordering wine. Good eating gives the body what it needs to generate strength and remain healthy.

With the different technological advances, some trends in the food industry have affected the quality of food. The automation of processes has resulted in the loss of cultural identity. An example is the "Fast food" where in addition to being food without

health benefits, it is sold by chains that have created a type of establishment that is the same anywhere in the world, taking away the uniqueness of each place at the cost of standardizing procedures.

On the contrary, diverse eating styles have emerged, where ethical and moral principles go against the food industry. It is more important to know the practices carried out to produce the food and the origin, favoring local producers and avoiding the industry whose objective is to mechanize and automate all processes. These new styles also support practicing less invasive actions for the environment.

Among the consequences of technological advances, the globalization process has been unleashed.

Initially it is an economic process that minimizes trade barriers worldwide. Therefore, it has repercussions in the food field, since the infinite world connections have triggered the expansion of information, cultures and therefore gastronomies.

On the other hand, the process of transculturation -consistently developed in human history and which grew since the discovery



EUROPE, ASIA AND AFRICA TO AMERICAS

- |            |         |
|------------|---------|
| BANANA     | CARROT  |
| SUGAR CANE | LENTILS |
| PEACHES    | RICE    |
| HONEY BEES | COW     |
| BEETROOT   | PIG     |
| MANGO      | ONION   |
| PEAS       | OLIVE   |

AMERICAS TO EUROPE, ASIA AND AFRICA

- |         |             |
|---------|-------------|
| CORN    | PEANUT      |
| PEPPERS | PINEAPPLE   |
| POTATO  | COCOA BEANS |
| CASSAVA | VANILLA     |
| PUMPKIN | AVOCADO     |
| TOMATO  | PAPAYA      |
| TURKEY  | HOT PEPPERS |

Fig. 191 World map of food exchange.  
Prepared by the autor.

\*The food icons were retrieved from the Taste Atlas website.





Fig. 192 Arepa's cooking. [digital image].  
<https://www.gastroactitud.com>

of America- nowadays is exacerbated by globalization.

However, globalization in the cultural and gastronomic sphere has its positive and negative sides. To begin with the positives, accessibility to new cultural products as education, art and entertainment, recognition of other cultures, cultural exchange, and a better understanding of foreign values and attitudes, therefore fewer stereotypes and misconceptions about other people and cultures, capacity to communicate and defend one's values and ideals globally.

Instead, the negative aspects are the risk of the standardization and homogenization of culture, the loss of cultural identity, and cultural imperialism or cultural colonialism, among others.

It is arduous for an authentic or pure cuisine to exist today, without external influences -especially within the framework of growing globalization-, because these always, fortunately, exist to diversify and enrich the diet. The exchanges are so frequent between human societies that autarky practically does not prevail in the food world and, very few countries are completely autarkic in terms of food.

Nevertheless, gastronomies can make you recognize a culture of a specific country worldwide. Gastronomies are part of the identity of a country, a region, or even a single person.

The world's most recognized gastronomies are Italy, France, Japan, China, the U.S.A., India, Mexico, Peru, Spain, and Thailand, as mentioned in the previous pages.

Sadly, Venezuela does not enter this list for various reasons ranging from the lack of roots on the part of Venezuelans and the lack of development in the culinary sector.

The unfair thing is that our gastronomy is flavourful, complex, and splendid, with endless stories and cultures that enrich it.

*José Rafael Lovera, in chapter I of "Origins and formation of Venezuelan diets 1500-1750" said:*

*"Venezuelan gastronomy is the result of miscegenation produced in colonial times; Aborigines, Spaniards, and Africans were in charge of uniting their cultures and giving rise to what we know today as Creole cuisine."*

The problem was that over the years, we did not appreciate our cuisine. With the

development of our country, we were able to know other gastronomies, and we put them first in terms of quality as if our gastronomy was not at the level of the foreign cultures, it was a rejection of our culture.

Nevertheless, *José Rafael Lovera* in *Venezuelan Gastronomic Geography* exalts:

*"Today, the search for our cultural identity has been eagerly resumed, a concern that always emerges with impetus in times of crisis."*

In this search, two thoughts are opposed; the preservation of traditional culinary culture and, on the contrary, mixing our gastronomy with the different influences of a globalized world.

Perhaps there are no "pure Venezuelan" recipes. The inventiveness in this country has the taste of the miscegenation of flavors and the wisdom necessary to reinterpret recipes or engineer dishes with ingredients from the most diverse borders. The most famous typical Venezuelan plates are faithful representatives of the transcultural phenomenon.

The acceptance of the concept of cultural diversity, applicable to the food sector,

is today something impossible to ignore within the criteria of national identity.

However, within this process of transculturation, it is necessary to rescue the country's values -its native ingredients, its seasonings, its aromas, and naturally, its flavors-

But, conservation efforts in the field of culture can lead to obtaining a significant database of current preparations, but it is vain to think that culture can be trapped, as one does with hunting prey.

Culture is more agile than a deer or limpet because -in essence- it is dynamic, changing and, this last note should lead us to the conviction that the record of culinary development cannot be suspended any longer but must be continued indefinitely.

Cuisines are inherited from two elements: geography and history. Both subjects evolve through time, as gastronomies should too.

Overall, Creole cuisine is a fundamental component of the history and identity of Venezuela. Both in the past, in the present, and hopefully in the future through its recognition, development, and roots.



Fig. 193 Contemporary Pabellón. [digital image].  
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