

Locavore dining in São Paulo

São Paulo, with its hundreds of miles of farms and markets, is fertile ground for a more locavore approach to eating.



Heirloom chilis at Ciboarte Farm

Locavore: it's the food buzzword of the moment: used to describe a trend towards food produced locally and seasonally. The concept is on the minds of a number of SP chefs and restaurateurs, and is also epitomised by the Brazilian versions of Outstanding in the Field – a series of pop-ups in rustic settings that have gathered a cult following in the USA.

The pop-ups (with a handful of no chefs around a long table for meals that are created using produce sourced from within a few miles of the location, and cooked by rotisserie chefs) is a radical departure from the upscale São Paulo's food culture. Under the banner "Cibomercado" – will be in the downtown heart of the city, in the *Monoposto* Magazine, on 30 September 2012.



Dishes from the Mercado Municipal, including chicken for Ciboarte

Gastronomade

Sun 30 Sep



Gastronomade, under the tree in Foz de Iguaçu

The beginnings of a more locavore approach to eating are taking hold in São Paulo, epitomised with the release of Outstanding in the Field – a series of pop-ups in rustic settings that have gathered a cult following in the USA.

The pop-ups (with a handful of no chefs around a long table for meals that are created using produce sourced from within a few miles of the location, and cooked by rotisserie chefs).

Outstanding in the Field made its Brazilian debut overlooking the ocean in Florianópolis in March 2012, under the banner "Gastronomade Brasil" (gastronomadebrasil.com), going on to host lunches in rural style in São Paulo state and the wine country of Rio Grande do Sul.

In the latest wave of events, celebrated chef Ricardo Radzicki, of the contemporary *Rezeption* is looking for guests at a historic 100km from Rio on 22 September – but in a radical departure from the upscale São Paulo's food culture and will be in the downtown heart of the city, in the *Monoposto* Magazine, on 30 September.

It's going to be totally different from the other events, says his chef, Alex Capello, who also cooked for the first São Paulo OITF. For the first time it's going to be in a city. But the Mercado Municipal is a reference for gastronomy in São Paulo and it houses a lot of small producers, so it's very apt. The event, which costs a healthy R\$250 per head, kicks off with a drinks reception followed by a five of the invited chefs' guests, food up to the market's supporting space for a gourmet bus course lunch.

Capello has devised a menu that uses vegetables, herbs, lamb and duck from two farms in Valinhos, about 100km north-west of the city. The fish comes from the Sítio do Barão Farm, 100km east of the city, while the chicken (organic and produced with the cooking strategy from the Mercado Municipal) – from Quilombo São João, a small eat-to-prepare dining table, rather than a set, is from the second wave in the event.

Gastronomade menu

Starts

Fresh salad with fish and a bread roll starter

Main courses

Endive parcels with pork duck on a bed of mushrooms
Lamb loin with roasted root vegetables

Dessert

A trio of caramel pear, coffee, jellied cheese and fig compote

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