Bergen City of Gastronomy - is based on the city’s more than a thousand year history as a meeting place and trade centre for cultural and culinary traditions. Surrounded by the ocean, deep fjords and high mountains, nature has created an environment for the region’s food production in pure and magnificent surroundings.

HISTORY
The Bryggen wharf in Bergen is on UNESCO’s World Heritage List. For several hundred years the export of stock fish from Bergen was the driving force for a vibrant trading centre with close overseas connections – in periods it was even the most populous town in the Nordic region and an important part of the Hanseatic leagues network.

Bergen is the gateway to the West Norwegian fjords, which are also on the UNESCO World Heritage List. Throughout the ages, people have subsisted on a combination of fishing and farming in this beautiful and dramatic cultural landscape. The fish market in Bergen has a long history as a trading place for local food. It’s history goes back to the 1200s, and the fish market is now a tourist attraction.

CULINARY CITY
Bergen is a lively cultural city with a strong focus on its cuisine. The Bergen Food Festival is organized every year in September and is Norway’s biggest festival for locally produced food.

Producers of sustainable local food from the region gather together for a major culinary folk festival. The annual beer festival is organized at the same time as the food festival.

The farmers’ market every other Saturday is a popular tradition where people from Bergen can buy food directly from small-scale local producers.

Bergen and the Bergen region have a number of restaurants that offer exciting food based on local traditions and raw materials.

BERGEN CITY OF GASTRONOMY
Bergen was accepted as a member of UNESCO’s Creative City Network in 2015. 116 cities make up this collaboration network, covering gastronomy, music, film, literature, crafts & folk art, media arts and design.

Bergen is one of 18 cities in the world with the designation «Creative City of Gastronomy». The main network objective is that these cities cooperate and share best practices regarding how food, creativity and gastronomy may be a driver for sustainable urban development. Other cities in the same network include Østersund (Sweden), Parma (Italy), Phuket (Thailand) and Chengdu (China).

Responsibility for the supervision of Bergen’s UNESCO membership is shared by the Municipality of Bergen, Hordaland County Council, the County Governor, as well as various other actors representing the region’s «farm-to-table» and fjord traditions. The membership includes the entire region around Bergen and aims to build on tradition and development within local food production, grassroots movements and creative gastronomy. In contrast to the traditional prevailing «protected status», this UNESCO network is future-oriented and encourages its cities to be creative on a local level and to look for international opportunities for co-operation.

Bergengastronomy.com
Facebook: Bergen UNESCO Creative City of Gastronomy
E-mail: Creative_city_Bergen@bergen.kommune.no
TREASURES OF THE SEA

Fresh seafood is abundantly available in the region and is the core of Bergen cuisine, from traditional Bergen fish soup, smoked salmon or "persetorsk" (a traditional Bergen steamed cod dish) to the raw pleasures of salmon, halibut or scallops.

INSPIRED BY TRADITION

The Bergen region has a professional culinary environment with an increasing number of world class chefs. Creative culinary artists are a key driving force who look after, develop and disseminate local culinary traditions and gastronomy. There is a strong focus on new uses of traditional local raw materials and on exploiting the rich resources of Western Norway.

DELICIOUS MEAT FROM PURE NATURAL SURROUNDINGS

Animals that have grazed on grass in the green nature of West Norway simply taste better. Meat has been smoked, cured and dried using traditional methods since Viking times. Experience the taste of "smalahove" (a traditional dish made from a sheep's head), "fenalår" (mutton) and "pinnekjøtt" (salt-cured lamb ribs). Enjoy the meat of wild sheep, the original breed of Norwegian sheep, either as "fårikål" (mutton stew) or as the traditional Bergen dish - "puspas" (lamb stew).

OUR DAILY BREAD

Bergen baking traditions bear witness to close connections with Europe. The city established Norway’s first baking guild in 1596 and bakers travelled to Germany and Denmark in order to learn the craft. Treat yourself to a newly baked "skillingsbolle" (cinnamon sugar bun) when you are in Bergen – or a piece of a "Hvit Dame" (White Lady) cake, whose name can be traced back to the time of the German Kaiser Wilhelm. More specialities from the districts around Bergen include "lefse" (griddle cake) and «flatbrød»– traditional Norwegian unleavened bread.

THE ORCHARD OF NORWAY

Since the 1300s, the fruit farmers of Hardanger have perfected the art of cultivating apples, plums, pears and cherries. The climate and farming traditions ensure fruit and berries of the highest quality. A newly picked apple from Hardanger is no less than a revelation in taste. You have to try the fresh apple juice and sparkling cider, not to mention the seductively sweet Hardanger cherries – either fresh or canned.

CHEESE WITH A SOUL

Goats and cows that graze in the pure natural surroundings give quality milk for local cheese production. It is a must to try brown goat’s cheese – there is almost no taste that is more "Norwegian". You need to be a bit bolder to try "gammalost" (old cheese), made according to a thousand-year-old recipe. Several producers offer cheese types such as chèvre and camembert – with a local twist.