


## At The Heart of World Gastronomy: A Qualitative Analysis of Culinary Heritage and Regional Identity

\* Çiğdem KIZILGEÇİ 

<sup>a</sup> Mardin Artuklu University, Faculty of Tourism, Department of Gastronomy and Culinary Arts, Mardin/Türkiye

### Abstract

This study aims to contribute to the global gastronomy literature by conducting an in-depth examination of prominent gastronomic cities and regions worldwide. Adopting a qualitative narrative review approach within a multidimensional framework rooted in anthropology and tourism studies, the research analyzes how historical and cultural characteristics shape the culinary heritage of selected destinations. The study focuses on seven symbolic cases selected based on global gastronomic indices and heritage classifications: Paris and Tokyo (leading in Michelin star density and global fine dining rankings), Naples and Southeastern Anatolia (distinguished by UNESCO Intangible Cultural Heritage and Creative Cities designations), the Basque Region (noted for high per capita concentration of culinary innovation), and Bangkok (consistently ranking top in global street food indices). By evaluating distinct culinary philosophies—ranging from the haute cuisine of Paris to the rich heritage of Southeastern Anatolia—the analysis reveals how these regions leverage local products and traditional techniques to construct strong global identities.

### Article History

Received: 27.05.2025

Accepted: 03.12.2025

### Keywords

World gastronomy

Gastronomy tourism

Regional cuisine

Sustainable  
gastronomy

Qualitative analysis

### Article Type

Research Article

\* Corresponding Author

E-mail: cigdemkizilgeci@artuklu.edu.tr (Ç. Kızılgeçi)

DOI: 10.21325/jotags.2025.1741