

Culinary Cultures



Table of Contents

3	<i>Abstract</i>
4	<i>Beyond the Rock</i> Photographs Collective Position Five Propositions Site Information and Drawings
23	<i>Individual Site</i> Information Drawings Photographs
36	<i>Individual Discourse</i> Precedent Studies Visualized Evidence Architectural References Expert Conversation
54	<i>Individual Contribution</i> Description Outcomes and Deliverables
78	<i>Bibliography</i>
80	<i>Afterword</i> Reflection: Individual Contribution in Relation to Collective Position and Individual Discourse

Introduction

“Culinary Cultures” understands Gibraltar through its food culture and the way in which it seems to be capable of absorbing outside influences and reshaping itself. The multicultural society of Gibraltar offers an interesting gastronomic blend, which derives from both the northern and southern coastlines of the Mediterranean Sea. Compared to the adjacent territories of La Linea and Algeciras, Gibraltar’s unique feature is its adaptability and versatility. However, this diversity is not visible in the contemporary urban context of Gibraltar because of its incoherent food culture. The main served dishes are the British deep fried Fish and Chips, as well as the Spanish Paella with frozen seafood.

The project is interested in how this food culture relates to certain types of networks, urbanism, spaces, buildings and rituals. Restaurants in the city center and in the secluded marinas, few super- and mini-markets, as well as the Public Market outside the historic walls constitute the urban spatial manifestation of the eating culture in the peninsula. Architecture in relation to food and eating habits in Gibraltar is a consequential condition, where culinary and dining incidents take place in generic spaces that happened to be there, and not in spaces created in advance to host them.

Anticipating changes over the next thirty years in the “Beyond the Rock: A Gibraltar in the Making” scenario, Gibraltar’s expected population doubles in 2050 and becomes more diverse in terms of the nationalities living in the territory, with a considerable percentage of people coming from Northern Africa and East Asia. Hence, the survival of the territory depends on the maintenance of its difference and its even further differentiation via the incorporation of the new dietary habits.

Meanwhile, apart from the population growth in the territory, changing diets become also a result of the raw material constraints and the great loss of the biodiversity in the territorial waters due to climate change. The end of plenty will have profound consequences in the food chain of Gibraltar, since it imports solely its food supplies. However, due to its size, Gibraltar could probably serve its basic needs in terms of food by establishing a new dietary setting developed from production to

consumption across the peninsula and over time.

This series of drawings follows the culinary life of a Gibraltarian born in 2010, as Gibraltar changes and he moves between different buildings, through different spaces and participates in diverse rituals. The project makes apparent changing attitudes in the coming generation and presents Gibraltar as an appropriate case study for the development of an exemplar aqua-cultural system. Since the invention of a coherent food-culture must necessarily take place on several levels unfolding over a long time, the proposal frames the growing up of the new Gibraltarian generation. Starting from the definition of current issues concerning the origin of food consumed in Gibraltar and the eating culture, the project involves a cultural sequence, which aspires to improve the connection with the coast line and the sea, proposed menus, cooked recipes and re-define the idea of freshness.

Five Propositions

- Gibraltarian culture is characterized by multiculturalism and hybridity; the projected population increase over the next decades will accelerate these processes.
- Food culture absorbs, transforms, and synthesizes the culinary culture of incoming communities.
- Diets will be transformed at the intersection of health, political, and ecological necessities, including access to fishing waters, and diminishing biodiversity.
- From production to consumption, food manifests itself in regional and urban networks, buildings, and rituals in space; these too will be transformed.
- Design can coordinate this transformation across all scales over time and elevate culinary life in Gibraltar.

Elli Papachristopoulou ^(GR)



As Found Propositions

Photographs from authors during
fieldtrip in Gibraltar, June 2019

Beyond the Rock

Spatial interventions define and are defined by flux. Fluxes manifest in infrastructure, urban arrangements, buildings, and rooms, guiding, directing, and facilitating our movement. Simultaneously, the practice of movement defines our perception of space. On land we orientate through boundaries, borders, obstructions, and divisions between fields, regions, and states. At sea, our position is determined by intersecting lines of connections through distant objects, creating reference points and networks.

Gibraltar—a small peninsula on the southern tip of Europe—has been one of these reference points for many years. The stable presence of the Rock has been central to many stories, myths, and projects—from the Pillars of Hercules to the dream of Atlantropa. The 421-meter-high limestone formation has been a reference point for sailors, a strategic location for military garrisons, and a crucial stopover for migratory birds and insects. Gibraltar is therefore associated with being a stable, static, and steadfast small town, where one only ends up by virtue of circumstance.

However, Gibraltar is anything but stagnant. Surrounded by water, the territory is part of a global trading network characterized by the movement of cargo, passengers, and migrants. It lies in the midst of the Strait, to which the peninsula lends its name, which defines and unfolds the dynamic, fluctuating, and ever-changing condition of the territory.

As maritime choke points, continental straits determine the rhythm, capacity, and intensity of shipping patterns. Located between two polarities, they pose an inherent condition of tension, conflict, and imbalance. As such, straits channel and catalyze flux.

Where there is difference, there is flux; where there is flux, there is dynamism. The Strait of Gibraltar, too, can be understood in such terms—strategically located between two continents, it separates the Atlantic Ocean from the Mediterranean Sea. On its edge lies Gibraltar—the entry point to the Mediterranean.

Gibraltar is a relatively unimportant yet historically significant entity; the peninsula is a mere 6.8 sqkm with 33,000 people living almost exclusively on the west side.

Around 250 Barbary macaques and many other species live or stopover in the Upper Rock Nature Reserve, covering 36% of the land. Gibraltar is still crucial in its wider context. Over the course of history, the seemingly insignificant territory has been fought over, conquered, isolated, and reconnected by many. Early Islamic settlers from 711 AD conceived of the city as a fortress; in the sixteenth century the old town started to extend from the Moorish Castle, and the following centuries saw Spanish and Anglo-Dutch troops taking hold of the Rock. Their defenses, moles, batteries, and bastions shaped its surface, while tunnels and excavations shaped the interior of the Rock.

When the end of Great Siege (1779–1783) temporarily stabilized tensions, Genoese, Portuguese, and Moroccan merchants made their way to Gibraltar to make their fortunes at this British trading outpost. In the nineteenth century this multicultural community expanded the city into reclaimed land and onto the Rock, leaving their architectural marks on the city. Today, Gibraltar remains a British Overseas Territory but with separate legal jurisdiction. It is said that as long as the monkeys stay, the British won't leave. But that, soon, might change. Could we reimagine Gibraltar as an autonomous territory?

Independence and Interdependence

Gibraltar is not an island, yet it is prone to isolation. Without any natural resources, the peninsula is highly dependent on its relationship with its surrounding context. This has put tremendous pressure on its border—a 1.2-km-long threshold beneath the Spanish town of La Linea. As Gibraltar is highly dependent on imports and cheap labor from Spain, obstructing this frontier can have a dramatic effect on Gibraltar's economy. As such, it forms an important bargaining tool for its neighbor.

Since the 1713 Treaty of Utrecht officially assigned Gibraltar to the British, Spain has tried to reclaim the strategic outpost by force and persuasion. Gibraltarians, however, want to stay British; in the 1967 sovereignty referendum, a massive majority of 99.6% of Gibraltarians expressed their eagerness to remain under British rule.

As a response, Spanish dictator Francisco Franco restricted all forms of trade and traffic across the border, leaving Gibraltar with no other option but to turn to northern Europe and Africa

for help. For 16 years, until the border fully reopened in 1985, the UK, the Netherlands, Portugal, and Morocco provided the territory with food, water, medical oxygen, and construction materials by sea and air. Franco's actions also forced Gibraltar to look inwards, identify its strengths, and make alliances to overcome its weaknesses.

Following the reopening of the border, the government of Gibraltar actively rebuilt its economy by accentuating its differences from its surrounding context. Over the past four decades, three major industries have emerged—in the 1990s tourism and ship refueling (bunkering) began to account for a significant daily in- and outflow of both people and ships. Financial services then emerged as another major industry after beneficial tax policies implemented in 2009 attracted foreign investors and online gambling enterprises. The boost to employment and general shift towards high-end residential development has brought a significant temporary population increase in recent years, mainly from the UK. These have negated some of Gibraltar's dependencies, but the built environment is still highly dependent on Spain.

Up to 12,000 tourists a month at the cruise terminal, peruse Main Street, and take the cable car for a quick visit on the Rock to illegally feed the monkeys, while 15,000 workers cross the border from the neighboring Spanish town of La Linea every day.

With limited options for urban expansion, the local construction market is highly competitive. Fast-paced developments arise on reclaimed land and former British military grounds, over which the local authorities have little to no control. Often initiated by Spanish contractors and private investors, building culture is characterized by a case-by-case system with little room for architectural innovation. In turn, Spanish urban planning culture restricts Gibraltarian architects to their familiar territory.

How can Gibraltar expand its architectural context and open new doors for its architects?

While the political situation of the European Union and the United Kingdom are destabilizing, Gibraltar finds itself in an ever-more vulnerable state. However, opposite the Strait in Morocco and Algeria, solar and biomass energy sectors are rapidly evolving. They are likely to result in large-scale urban and infrastructural expansion, creating major investment opportunities in northern Africa. In this projection, Gibraltar aims to monetize these opportunities by shifting its gaze to Northern Africa, plugging into the energy circuit south of the Strait. As such, Gibraltar's potential, importance, and territory are no longer defined by its administrative borders, but rather in relation to the networks it operates within. What could be the repercussions on the local building culture of Gibraltar?

If Gibraltar wants to gain control over its precarious condition then one thing is inevitable—connection. As new and improved infrastructural connections create opportunities for investment and expansion in and around Gibraltar, improved connection to Morocco enhances the capacity of energy, freight, and capital flows across the Strait. Gibraltar's beneficial tax policies make import through the territory appealing for both Europe and Africa, accelerating urban expansion and economic growth in nearby cities. For Gibraltar specifically, the change means that the territory transforms from a geopolitically insignificant peninsula to a crucial node in the intercontinental trading network. How can Gibraltar exploit this new nodal condition, and how can architecture assist that?

3) Gibraltar as Destination

A transport hub integrated within Gibraltar's urban tissue concentrates all traffic and freight, distributing the flows along and across the territory. By expanding its context to Africa, economic opportunities attract migration from its surrounding area, creating potential for Gibraltar to become more attractive to investors, tourists, and residents. Additionally, the optimization of ferry routes between Africa and Europe enhances the overseas connection for passengers. How can spatial strategies accommodate and optimize these new and intensified fluxes?

4) Population Growth and Urban Expansion

When financial opportunities open up, people from other countries arrive to reap the rewards. Improved maritime connections and accessibility strengthen the capacity, speed, and frequency of traffic across the Strait, and are thus projected to bring a substantial population increase—laborers from Northern Africa and investors from China are shifting their gaze from Africa up to Gibraltar. To accommodate this population increase, Gibraltar is projected to expand and densify into the sea as well as on land, following its existing strategies of long-term planning on the west side, and rapid reclamations on the east side. How could the peninsula deal with the contested changing coast lines, and how would these new communities express themselves in public space?

5) Climate Change

Gibraltar's natural water borders form not just a connection across the Strait, but also a threat to its expansion. While rising sea levels amplify the spatial pressure on the territory, rising temperatures, extreme weather events, pollution, and overfishing have resulted, and continue to result, in mass extinction and biodiversity loss to which the unique species in Gibraltar are especially vulnerable. How can we reconsider these crucial thresholds between the city and the water, and the city and the Upper Rock, accommodating both human and non-human populations?

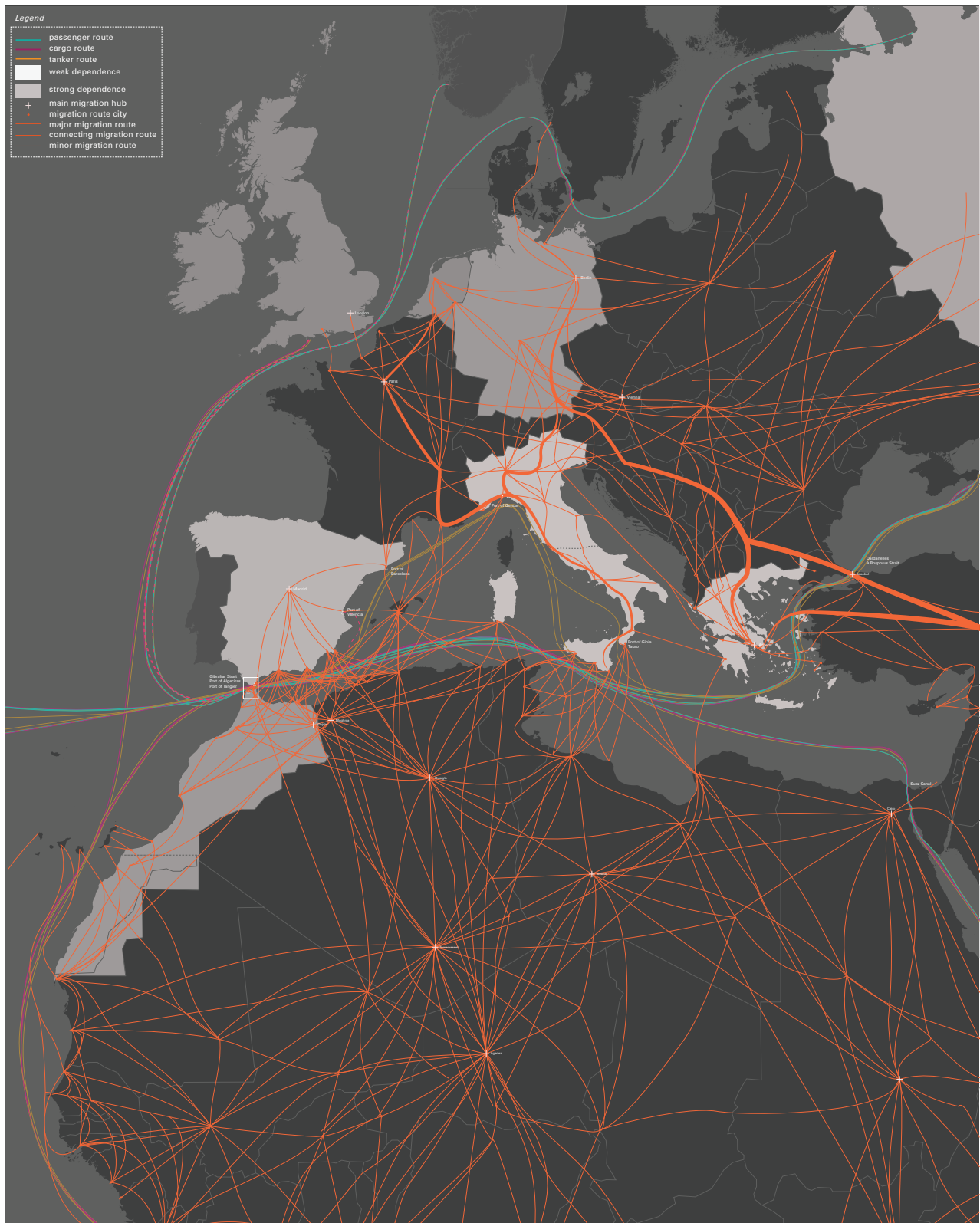


Gibraltar: The Built Environment



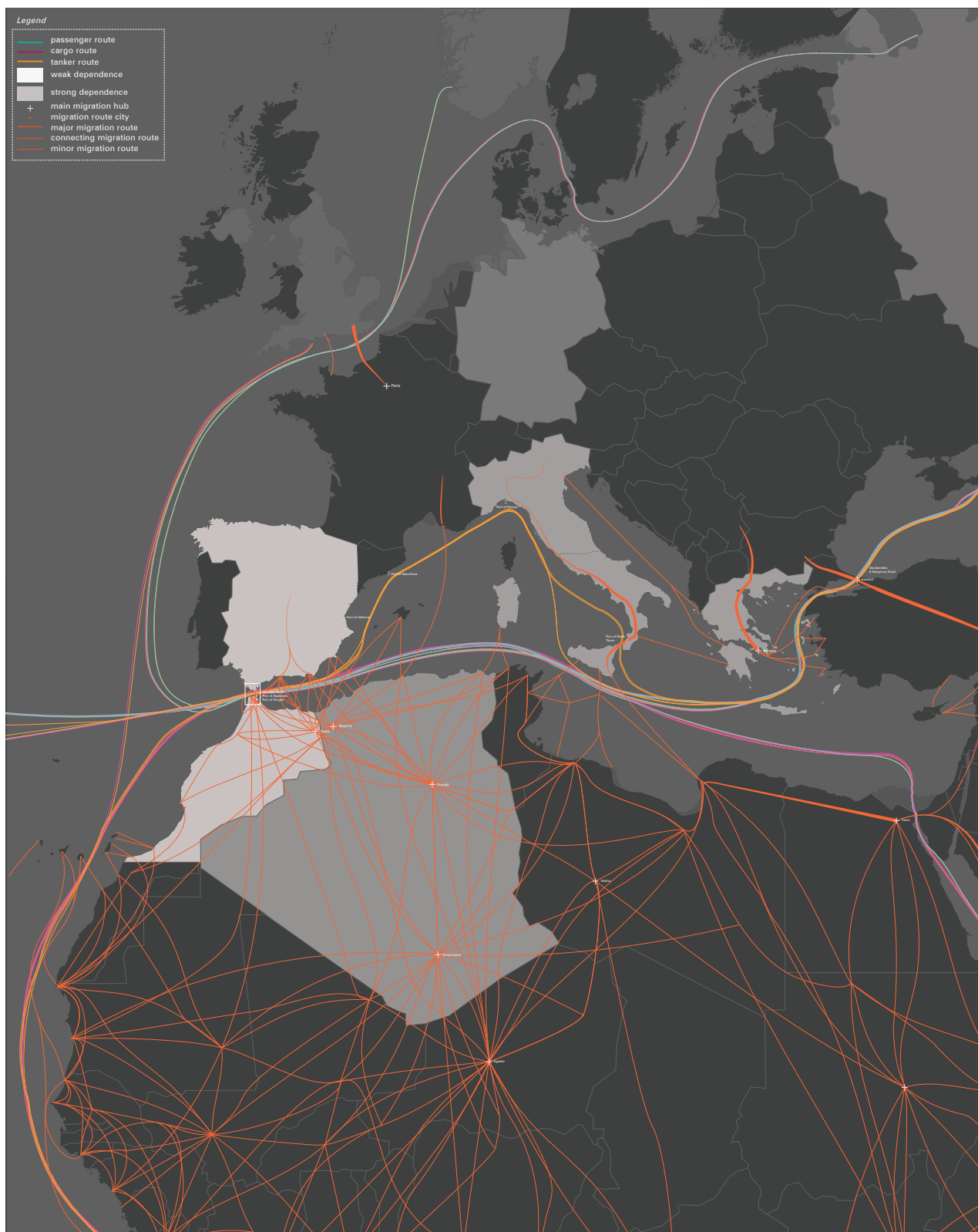
Site location of Gibraltar

1) Geopolitical Shift



2020

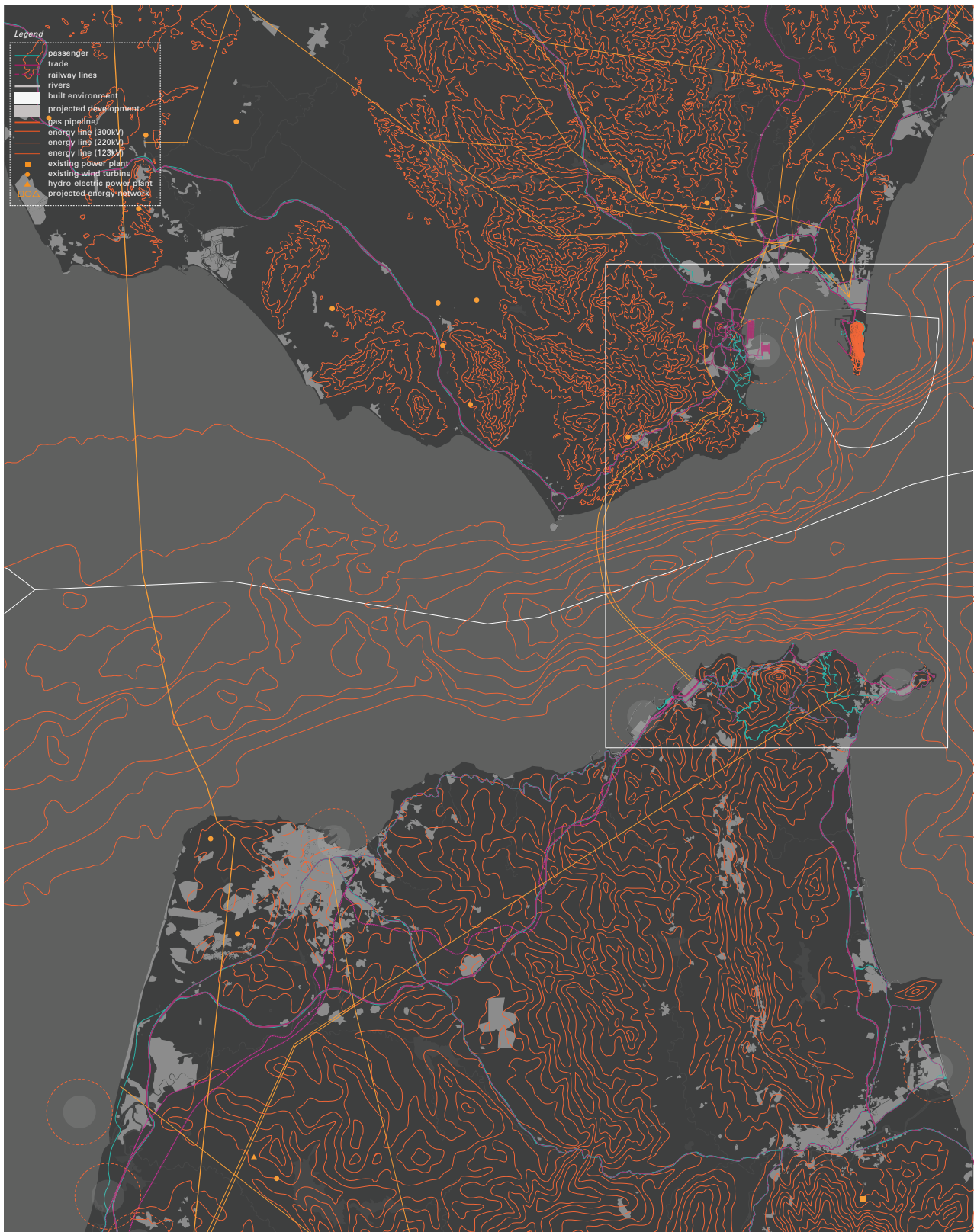
The Territory of Gibraltar: map with present dependencies and migratory routes



2050

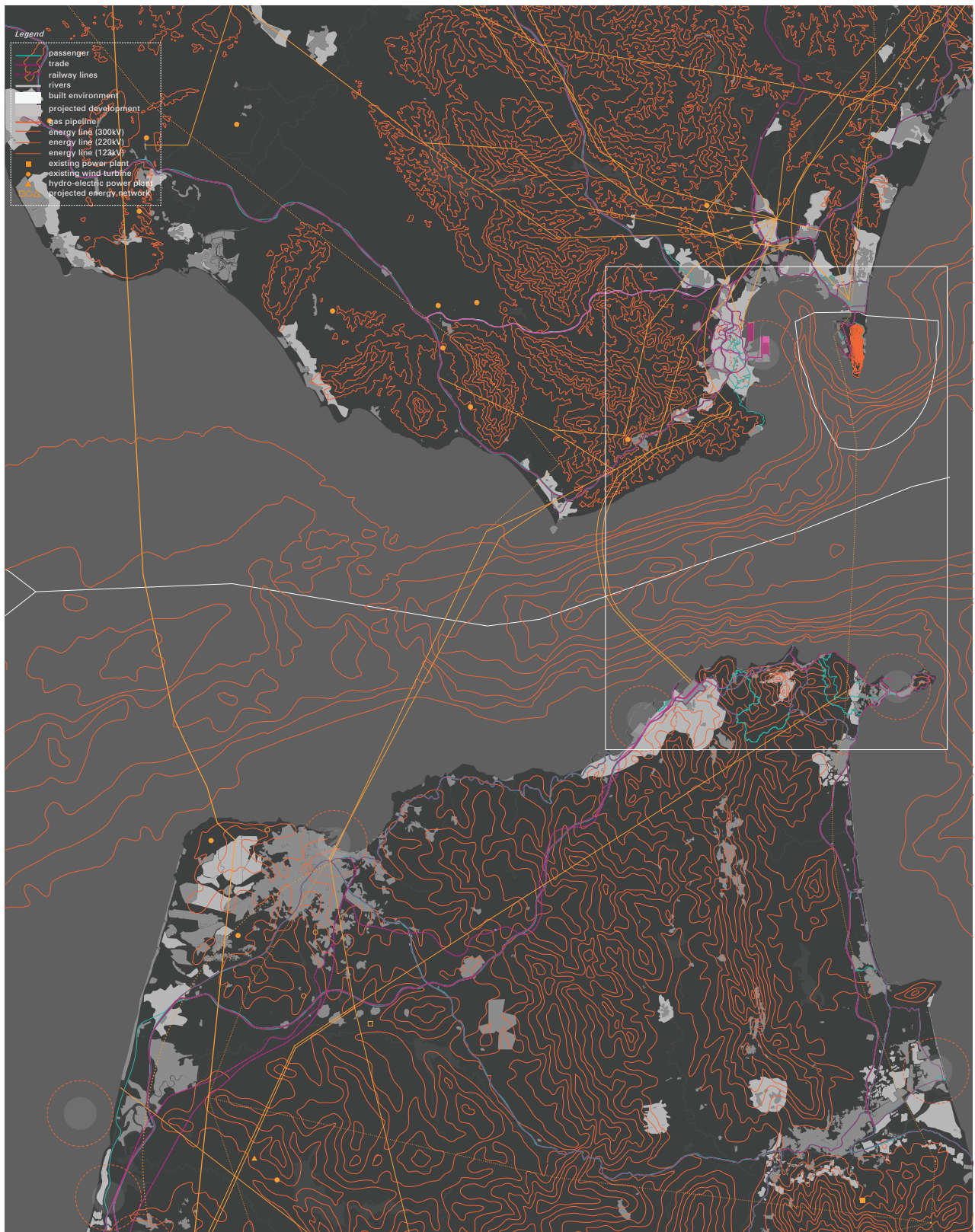
The Territory of Gibraltar: map with future dependencies and the re-orientation towards Africa

2) Infrastructural Connectivity



2020

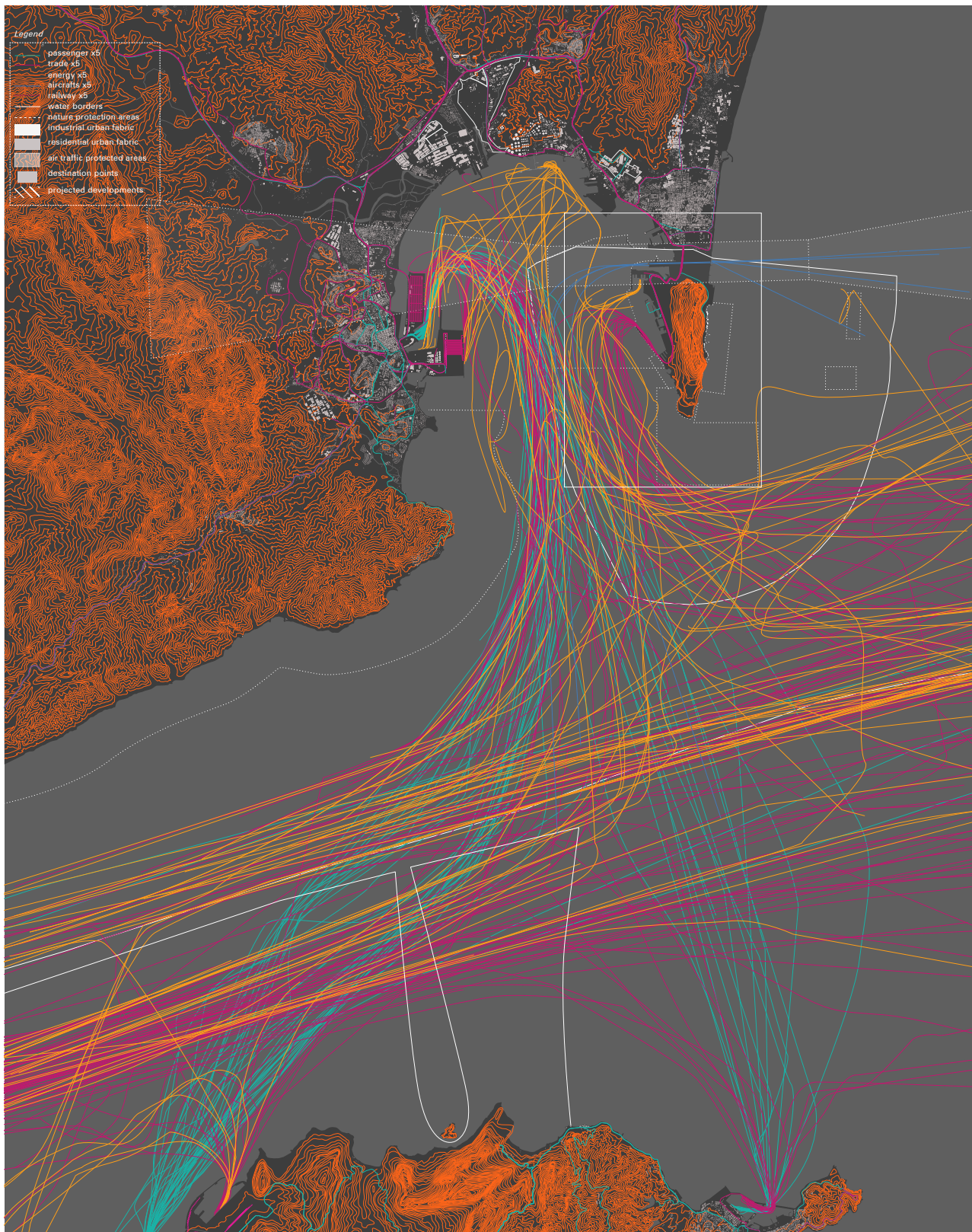
The Strait of Gibraltar: map with the existing economies and infrastructural developments



2050

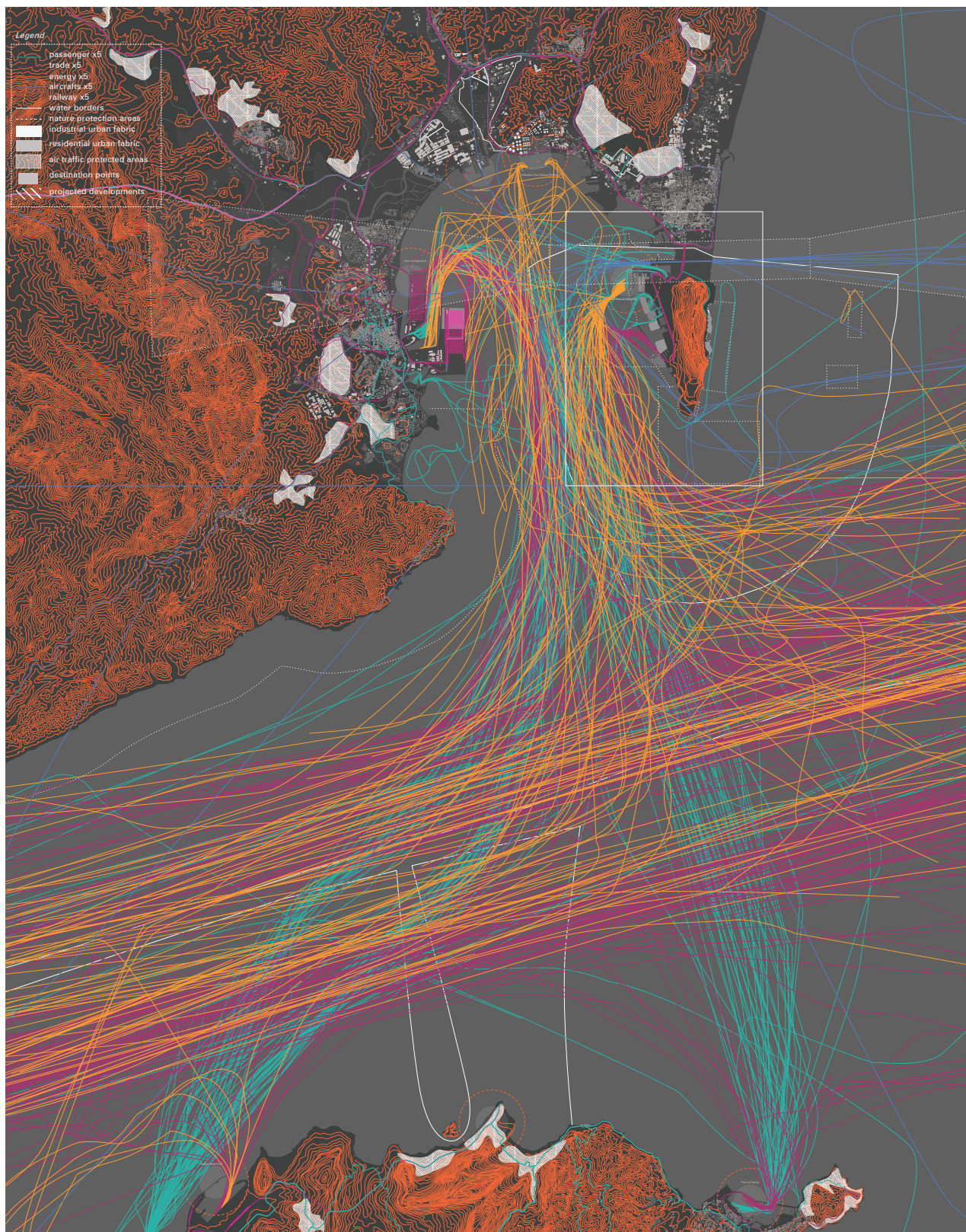
The Strait of Gibraltar: map with
the future growing economies and
infrastructural developments

3) Gibraltar as Destination



2020

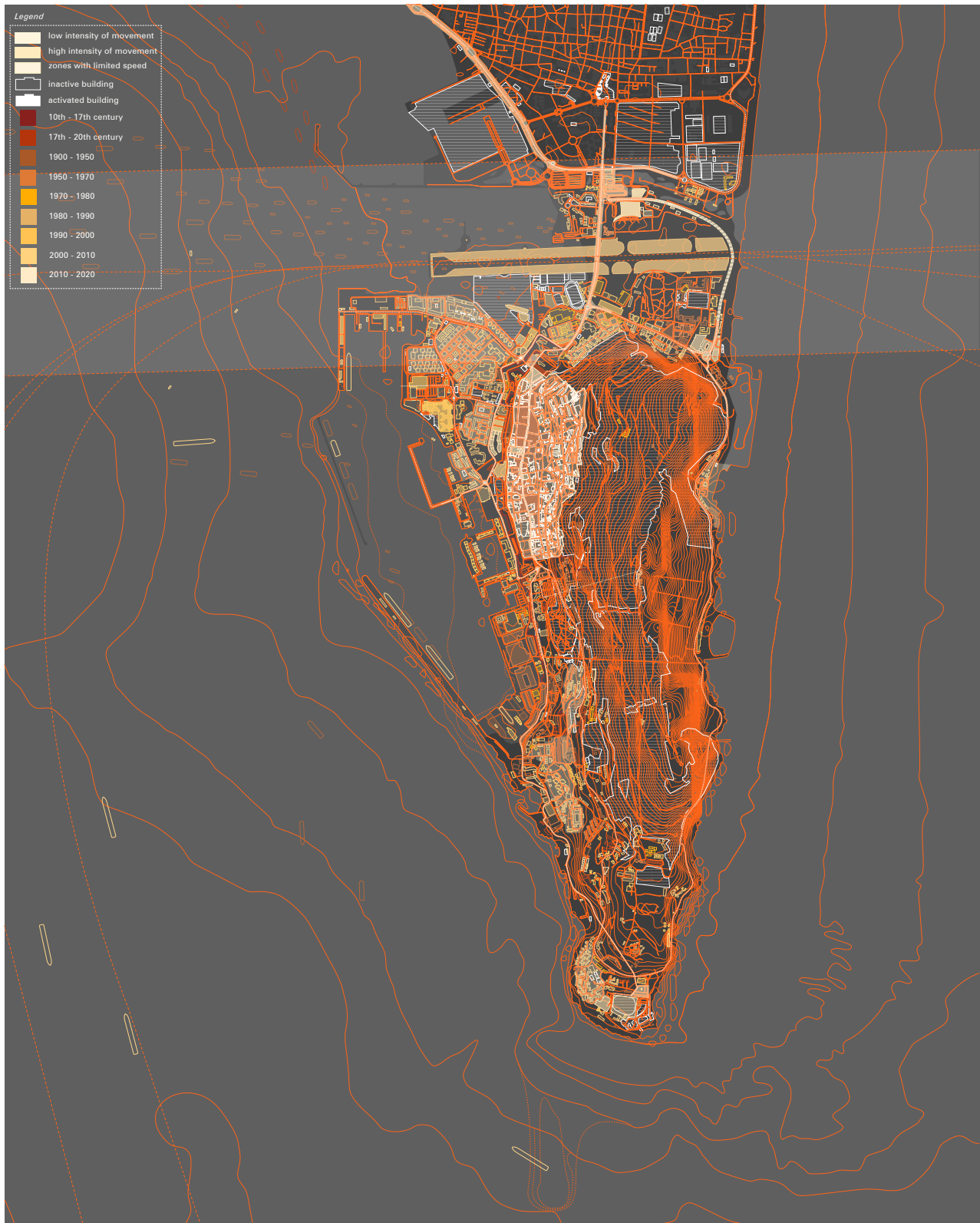
The Bay of Gibraltar: map with the existing weekly traffic through and across the Strait



2050

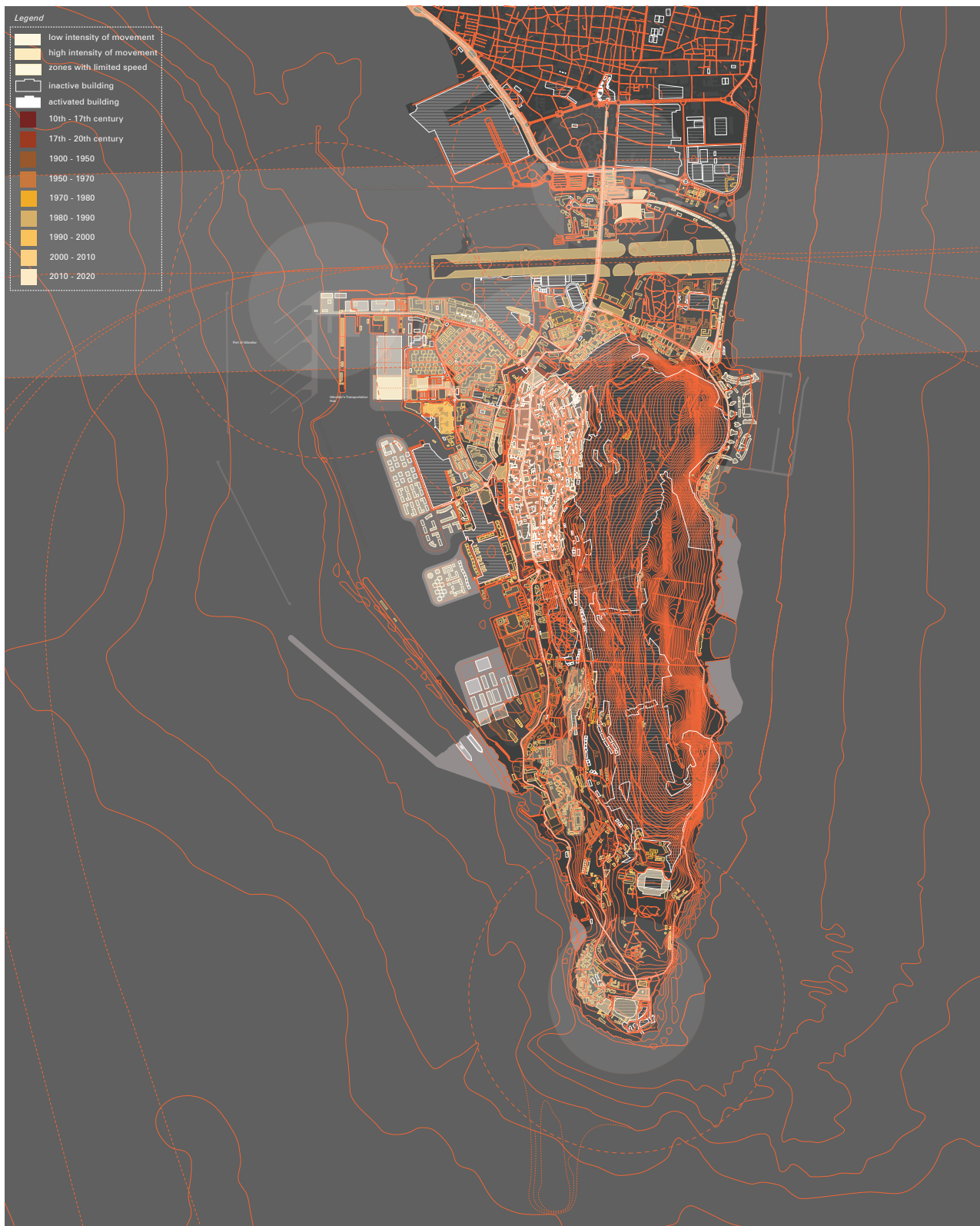
The Bay of Gibraltar: map with the future weekly traffic through and across the Strait

4) Population Growth and Urban Expansion



2020

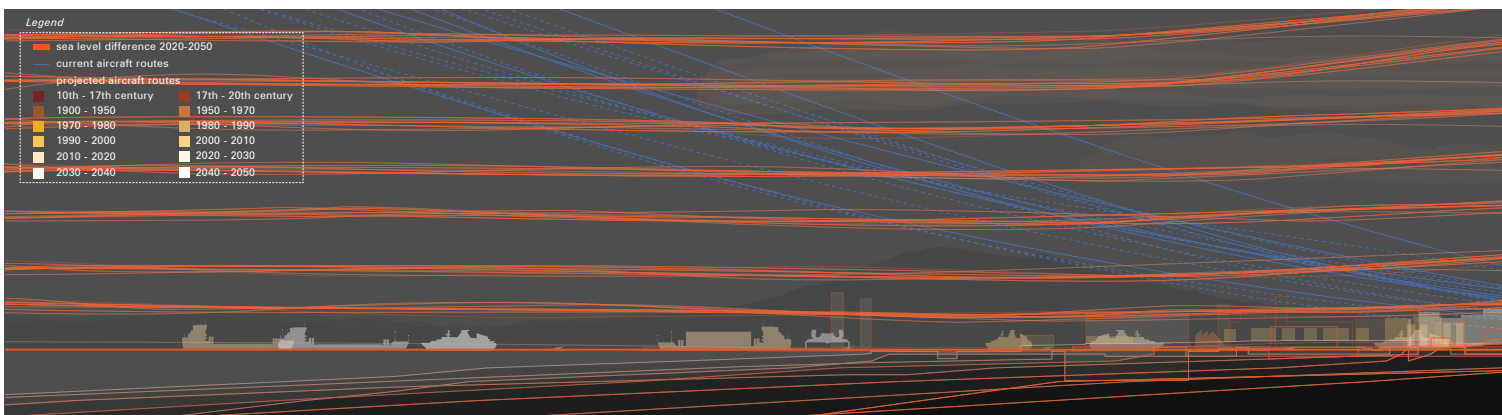
The Rock of Gibraltar: map with the existing built environment and the peninsula at its current state of flux

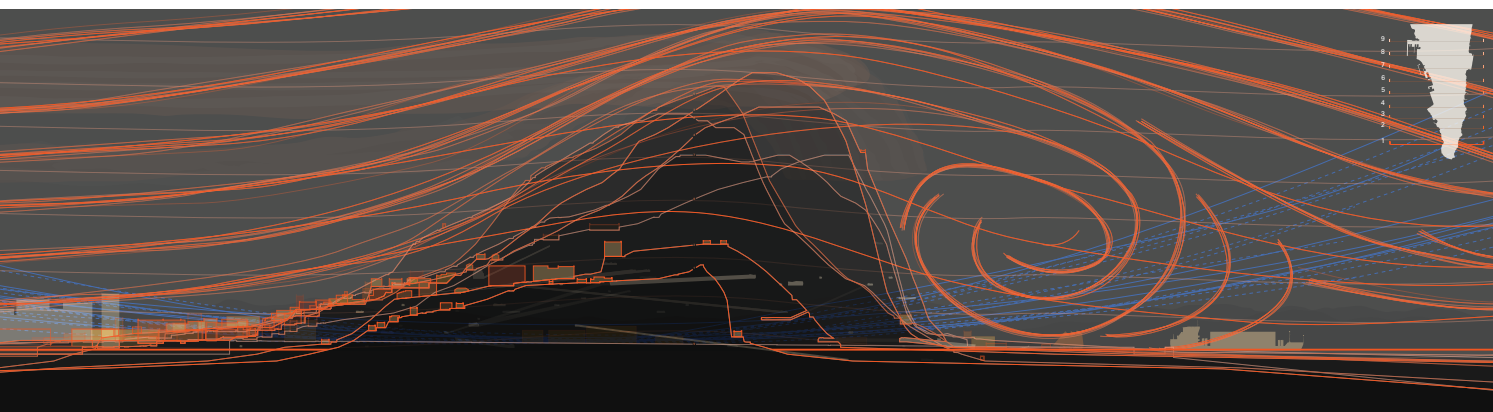


2050

The Rock of Gibraltar: map with the peak areas of the peninsula on the backdrop of future development

5) Climate Change





2020, 2050

The Rock of Gibraltar: section with
external and climatic conditions



2050

The Eleven Contributions



2020, 2050

Beyond The Rock: 1:1000 wax site
model



2020, 2050

*Beyond The Rock: 1:1000 wax site
model*

Site

Culinary Cultures introduces a change in the familiar setting of the Public Market, by highlighting particularities that the place already has, aiming to imbue a culinary shift smoothly to the local culture. Currently, when strolling around Gibraltar's old town, the numerous fish&chips and the few paellas restaurants depict an incoherent dietary reality.

Although "Live Kitchen" starts as a single incident, it is transformed to a periodical habit, that affects Gibraltar's economy and frames a cluster in its natural environment; the water. The new condition is facilitated and properly established in the eastern waterfront over the time.

The sites that are researched, are selected for their peculiar urban configurations and led to the selection of the projected sites.

Researched Sites:

Casemates Square is the larger of the two main squares within the city centre of Gibraltar (the other being John Mackintosh Square). The square takes its name from the British-built Grand Casemates, a casemate and bombproof barracks at the northern end of the square completed in 1817. Located at the northern end of Main Street, the square is lined with numerous pubs, bars and restaurants and acts as the gateway into Gibraltar's city centre for most tourists. Restaurant in Casemates Square specialised in both Paella and Fish&Chips.

Catalan Bay (Spanish: La Caleta), a bay and fishing town in Gibraltar, on the eastern side of The Rock away from Westside. Historically, Catalan Bay had been populated by Genoese fishermen who were part of a much larger settlement pattern along the eastern coast of The Rock during the seventeenth and eighteenth centuries. This beach is the second biggest sandy beach in Gibraltar. It is very popular with both Gibraltarians and tourists, and can often become overcrowded during the summer months.

Queensway Quay Marina was a Taylor Woodrow development of a former Ministry of Defence site. Construction of phase one of the project, the Queensway Quay residences, started in December 1990 and the marina opened between 1992 and 1994. The first three residential complexes

were, in order, Queensway Quay, Cormorant Wharf, and Ordnance Wharf, the last on a historic wharf which is the southern boundary of the marina. In 2000, the marina changed ownership; later, it was enlarged by the construction of The Island, a 13,000 square metre breakwater on reclaimed land opposite Queensway Quay. Nineteen townhouses were built on the breakwater, each with its own swimming pool and 20 metre yacht mooring. Casa Peppe, the only Restaurant specialised in fresh fish is located there, in one of the three marinas in the British Overseas Territory of Gibraltar, within the middle section of the harbour.

Ocean Village is a mixed-use marina hosting residential, business and leisure developments on the southern end of the Iberian peninsula. The ensemble features 316 residential apartments, over 250 marina berths and extensive business accommodation. The current recreational facilities within the overall complex include two casinos, numerous eateries and bars.

This project reacts to these different contexts maintaining the same operational logic: framing culinary meetings and setting occasions around the peninsula in three different locations, in the city, aside the coast and in the sea, in order to establish a coherent food-culture.

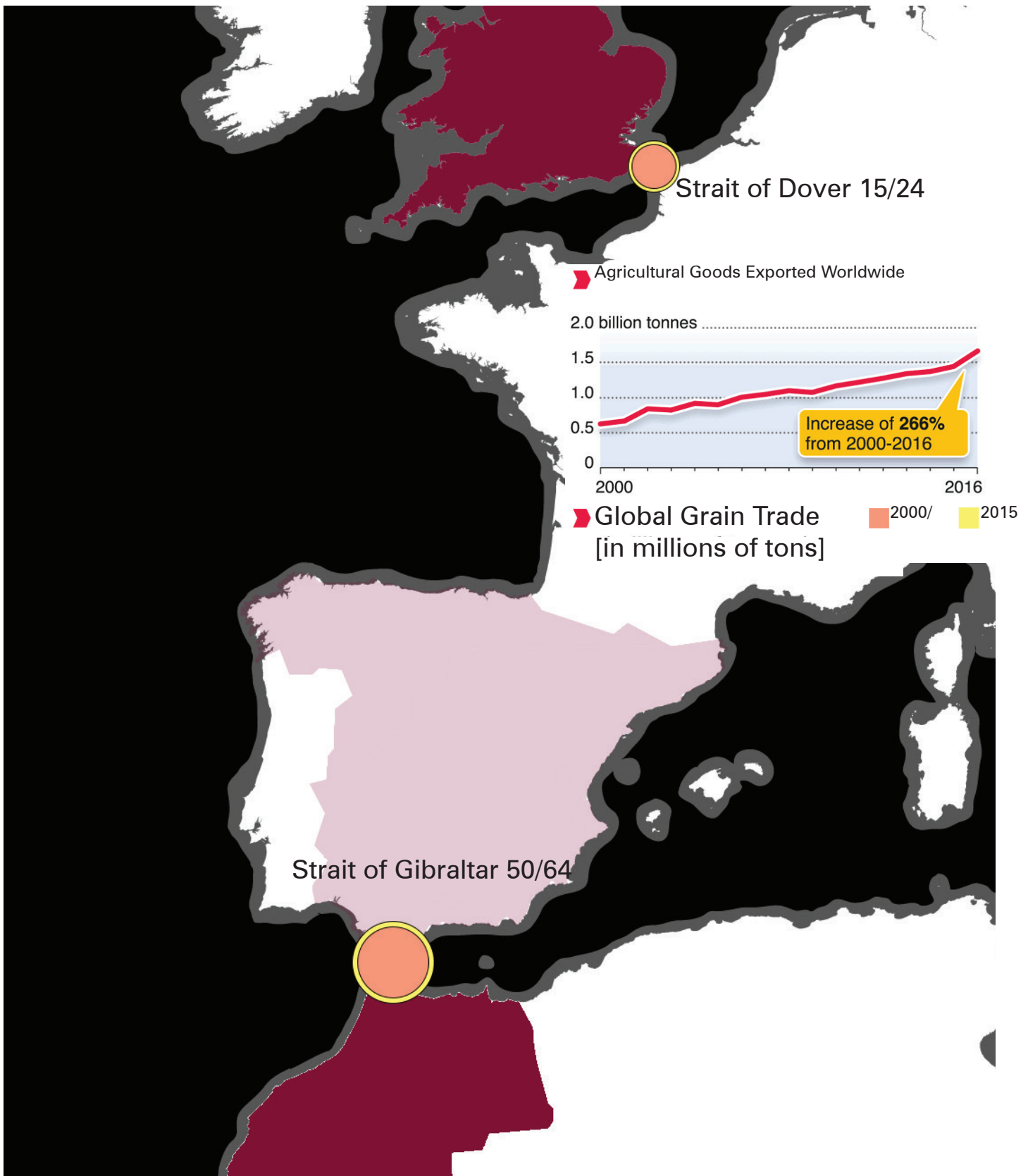


Flux Diagram of Culinary Cultures

Top: Existing Condition

Generation 29

Bottom: Proposed Condition



The context of moving of goods in the epicenter is the strait of Gibraltar and the proximal straits of Europe.

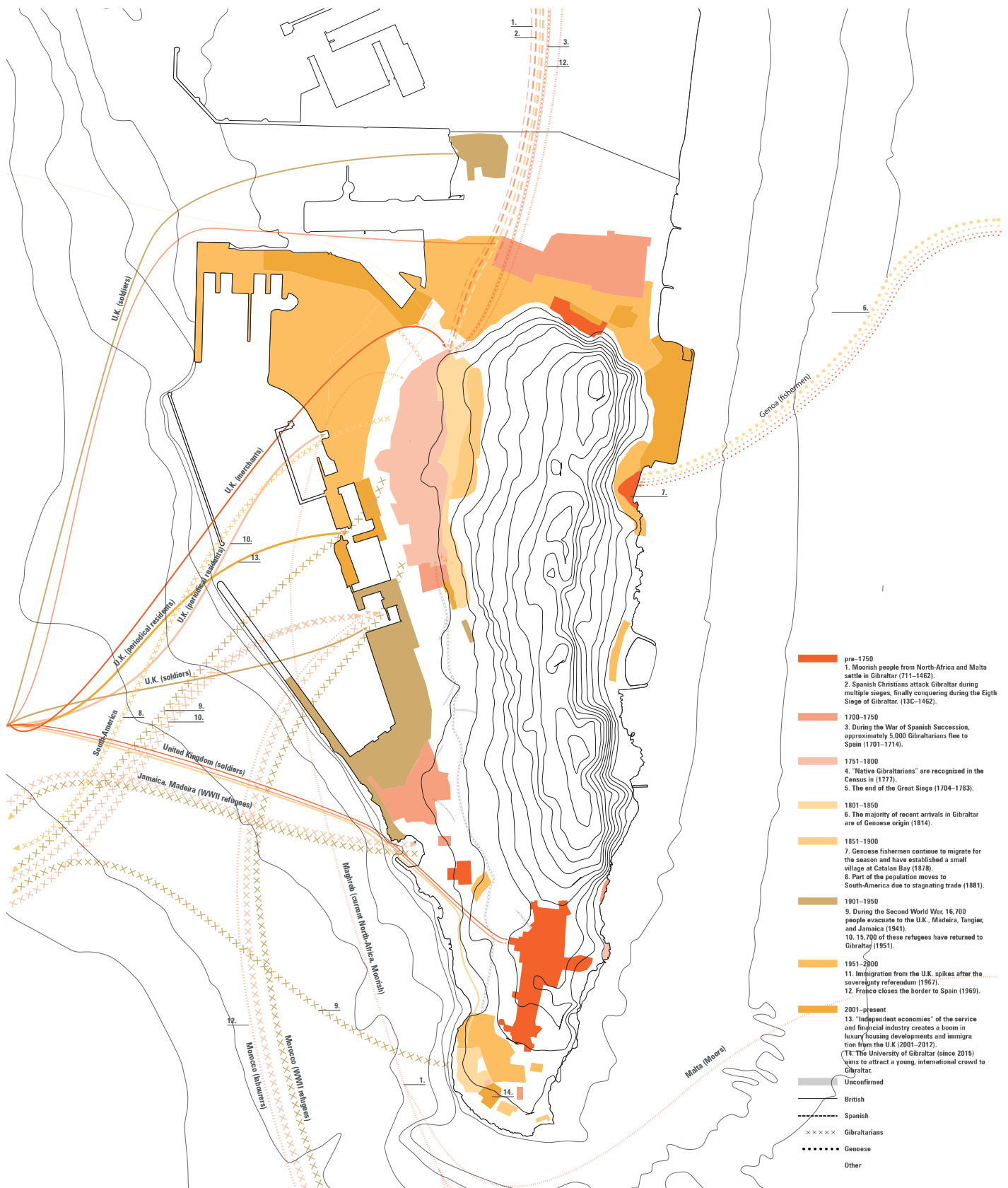
The grey color above refers to the national waters of the nearest countries.

The main importers for Gibraltar are Morocco, Spain and the United Kingdom.

Site information

source of the numbers and data:
Bloomberg and Chatham House

Drawing by Generation 29
Annotation by Elli Papachristopoulou



Cultural Blending
Migration Routes of Gibraltar

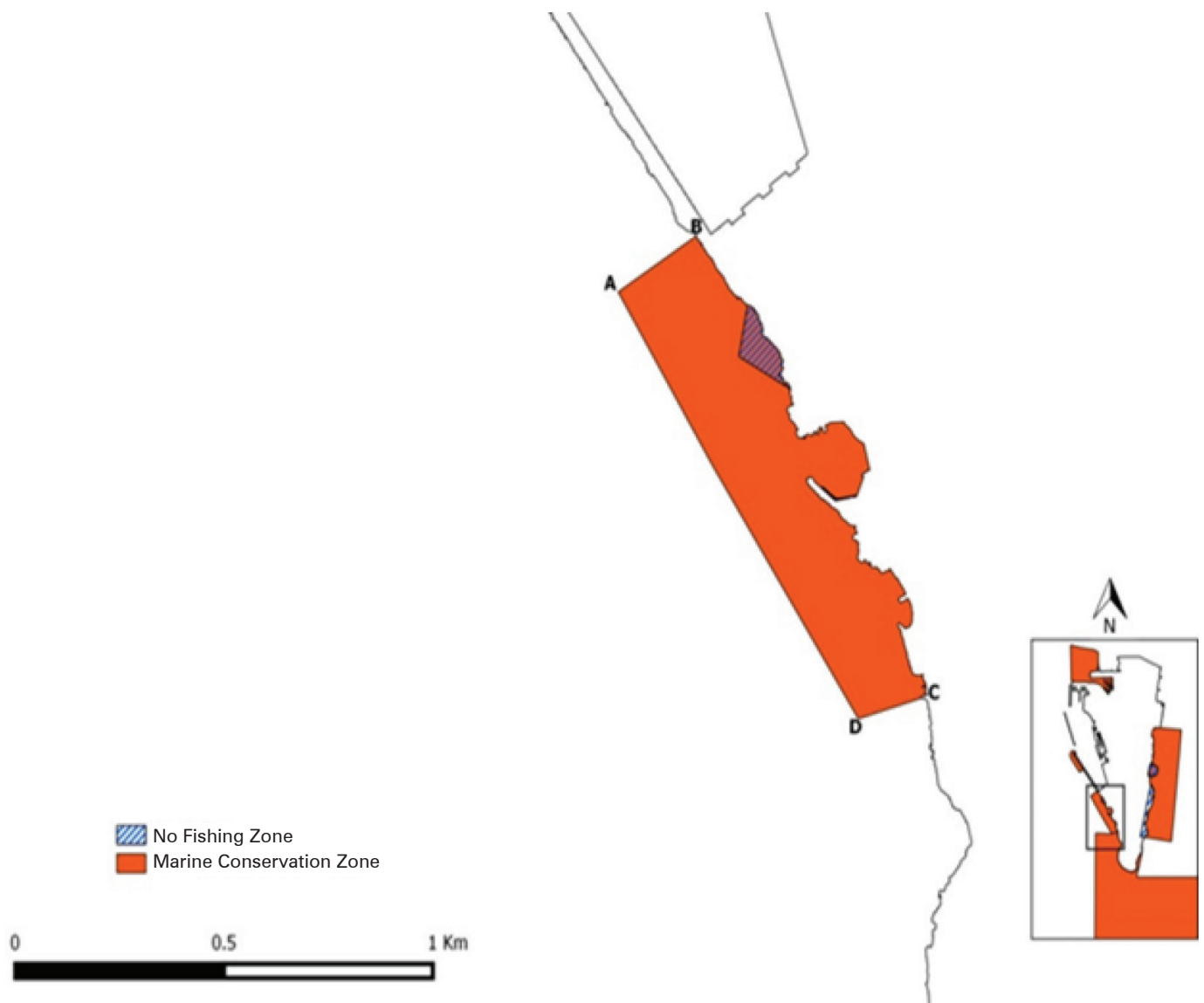
Generation 29



Site information

based on Google Maps, 2019

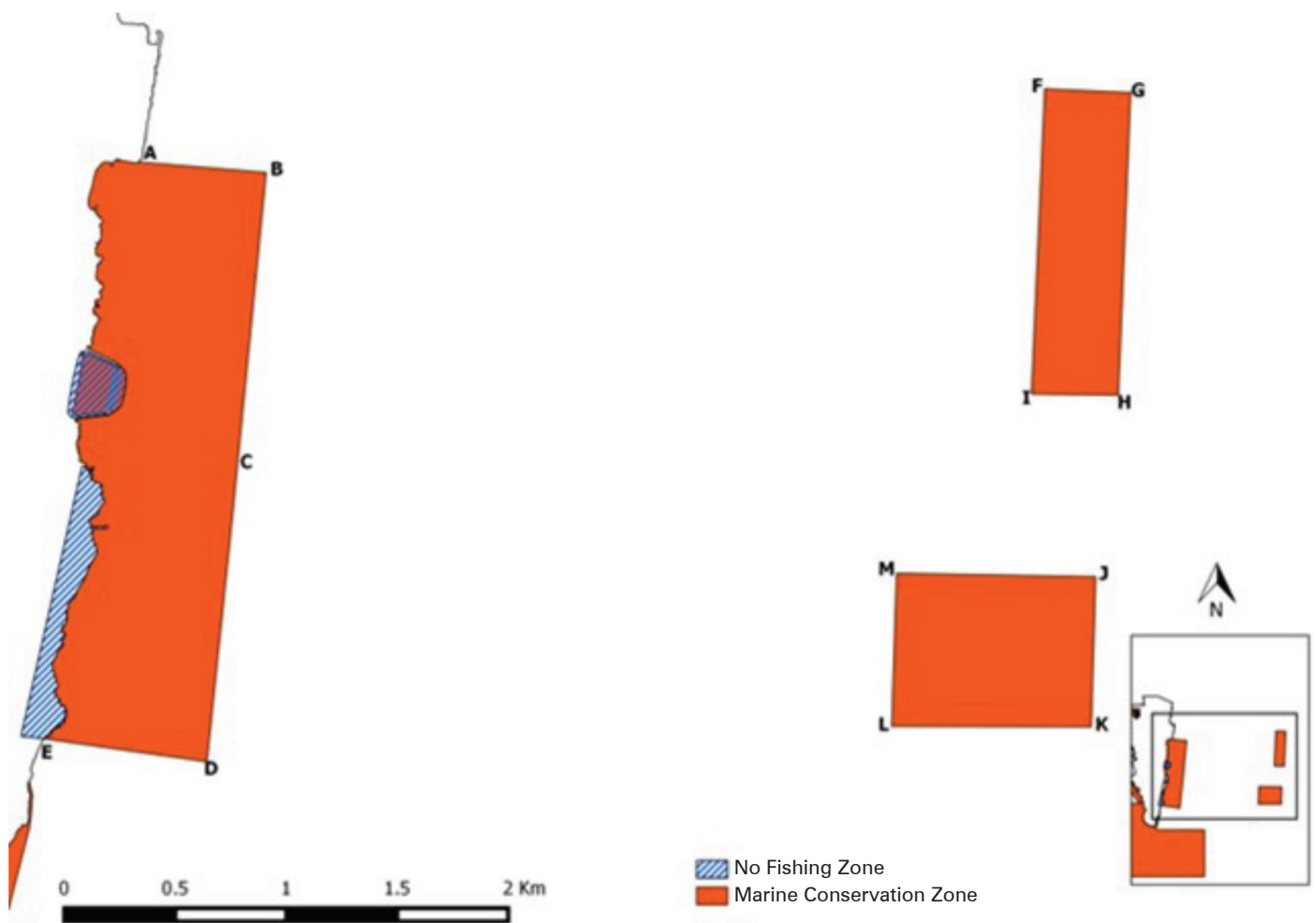
Elli Papachristopoulou,
map of Gibraltar,
pointing out with blue the restaurants
over the territory in 2019



Site information

Rosia Marine Conservation Zone

Image by
Marine Protection Regulations 2014
Department of Environment
HM Government Gibraltar



Site information

East side Marine Conservation Zone

Image by
Marine Protection Regulations 2014
Department of Environment
HM Government Gibraltar



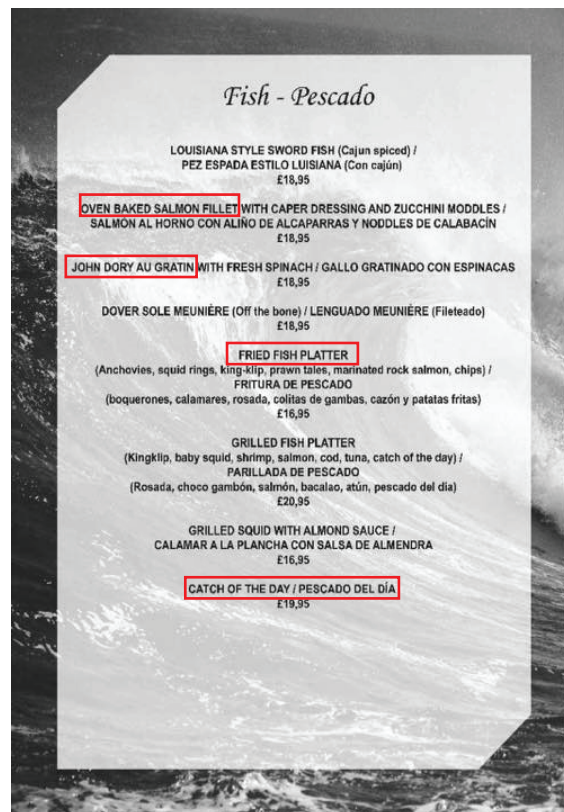
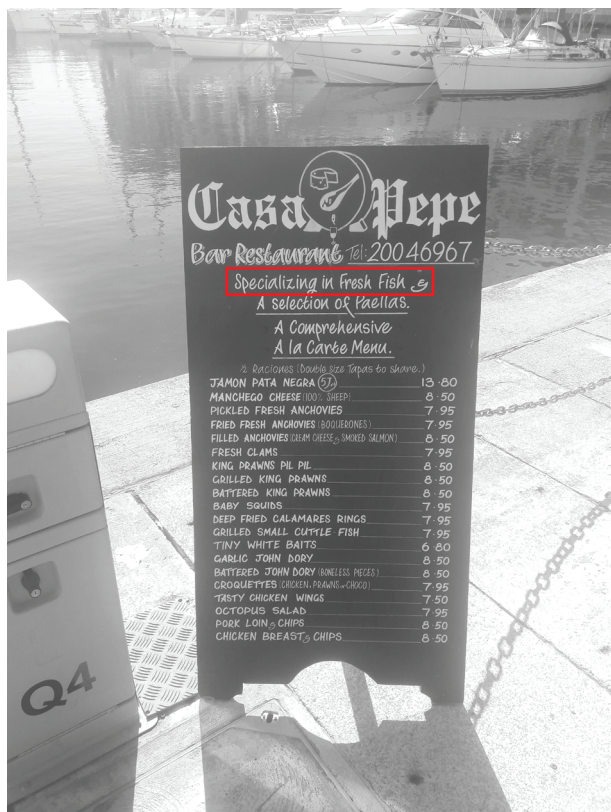


Elli Papachristopoulou,
Pictoral Narrative-Model Image



The Symbol of Freshness in Gibraltar
Main Entrance of the Public Market

Photo by Elli Papachristopoulou, 2019



Precios en Libras esterlinas.

ALL ENSALADAS ENTRANTES

PESCADO

PESCADO DEL DIA DE TRASMALLO TBC
(Según mercado)

TACO DE ATÚN ROJO DEL ESTRECHO A LA PLANCH
15.50

LOMO DE BACALAO A LA VIZCAINA 16.90

PEZ ESPADA A LA PLANCH 14.90



MENU RESERVATIONS *Biancas* THE PLACE CONTACT

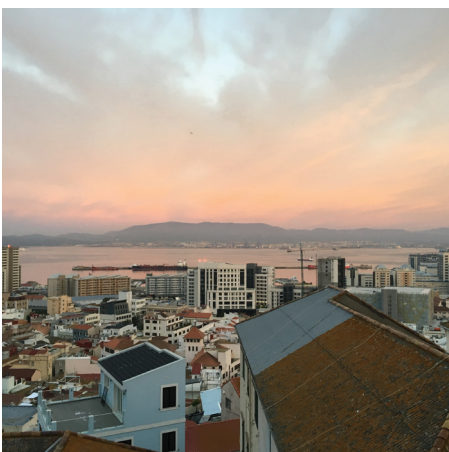
SPECIAL

All our steaks are hand-cut daily in our kitchen, seasoned and expertly grilled to ensure maximum flavour and tenderness.

Prime Ribeye Steak	£19.95
The juiciest, tastiest cut available, jacket potato	
Prime New Zealand fillet steak	£19.95
Grilled to your liking served with chips	
The Swimming Cow	£21.95
Prime New Zealand fillet with a mini langostine brochette & garlic butter served with chips.	

Fresh salmon fillet	£15.95	Lamb Shank Tagine	£14.95
Fresh Scottish salmon, poached, grilled or with Cajun spices, new potatoes		Moroccan spices, saffron, cous cous	
Swordfish steak	£15.45	Cheese Burger	
Plain grilled, Cajun or parsley & lemon butter, new potatoes		Cheddar Cheese burger £10.95 Blue Cheese & Bacon Burger £12.95	
Cajun chicken caesars salad	£12.95	100% ground beef topped with lettuce, onion & tomato, toasted brioche, tomato relish served with chips.	
Homemade dressing, croutone, crispy bacon		Chicken & drunken prawns	
BBQ rack of ribs			

Restaurant Menus in Gibraltar,2019



Site Photographs

Photographs by Generation 29,
Field Trip in Gibraltar June 2019



Site Photographs

Archival Material

Discourse

The project aims to redefine the relation between food and the city and the one between producer and consumer, setting at the epicenter the consequences of exclusive food importations. By examining food and recipes, as reliable indicators of the cultural or geographic history of the entity, the true origins of the food that is served in a territory can be obscured, mythologized, or straightened-up and fabricated. Spatial settings become the means to alert and educate people on where their food comes from and how it is transformed, since the whole process of before getting it to table still remains unclear. In many cases, food has travelled thousands of miles through airports and docksides, warehouses and factory kitchens, and been touched by dozens of unseen hands, before ending up in restaurants in any city center, secluded marinas, supermarkets and historic public markets.

Rather than treating professional kitchens and dining places with high quality service as separate, the project aims at maintaining a strongly linked relation between production/preparation of food and its consumption, between producers, cooks and consumers. Eating should not be considered as an ephemeral fuel for people. By extension, cooking is not just about what goes on in the kitchen; it is the pivotal point in the food chain; the one that arguably, affects everything else in it.

Precedent Studies

Food culture absorbs, transforms, and synthesizes the culinary culture of incoming communities. From production to consumption, it manifests itself in regional and urban networks, buildings, and rituals in space.

Culinary Cultures build up on this kind of story, in order to establish a new dietary setting developed from production to consumption across the peninsula over time and to elevate Gibraltar's culinary life gradually.

Three main references structure the method and form the setting of the deliverables: *The Great Tapestry of Scotland* (designed by Andrew Crummy, executed 2012-2013), plates from *the Encyclopedia of Diderot & d' Alembert* (1771) and the *The vanity of Small Differences* (six tapestries designed by Grayson Perry in 2012).

The panels in the case of the Great Tapestry of Scotland include illustrations from the end of the most recent ice age in 8,500 BC to the first-ever international rugby match (between Scotland and England in 1871) and the two World Wars, as well as the re-creation of the Scottish Parliament in 1999. Symmetrical axis and distortion of the scale play an important role in the compositions.

The Encyclopedic imagery of Diderot & d' Alembert is mainly formed of two parts; the lower part, which depicts the tool or the gesture isolated from any real context and the upper part, which frames a lively scene, such as a scene of sale or manufacture. According to Roland Barthes, the man of the Encyclopedic image is reduced to his hands; these hands are without doubt the symbol of the artisanal world. The Encyclopedia identifies the simple, the essential and the casual.

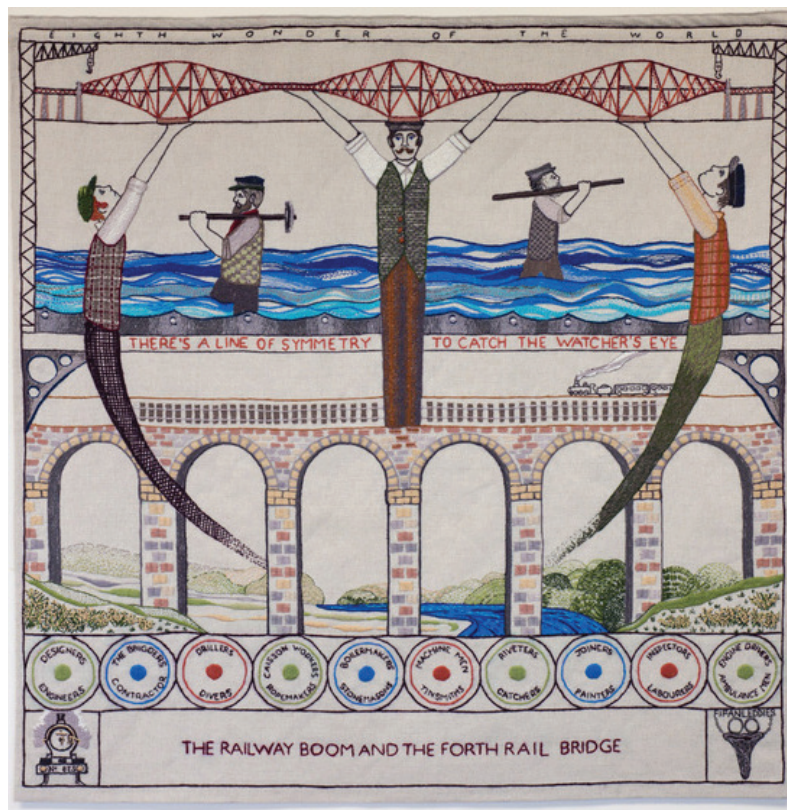
The six tapestries of 'The vanity of small differences' - a visual representation of the Freudian term- comment on the modern consumerist culture. According to Grayson Perry, his main interest is the visual environment people build around themselves, and gradually he decodes these choices. This study follows the journey of Tim Rakewell as he journeys through the social strata of modern Britain, from a working-class boy to a computer software millionaire. The original narrative by William Hogarth's moral tale *A Rake's Progress* is updated to the contemporary society. Each

tapestry contains cultural references and ingenious product placement. Perry highlights not only the social class that his anti-hero is journeying through, but also elements and everyday objects that the viewer can at first glance associate with. The use of tapestries, although known as a traditional symbol of the rich, becomes an oxymoron to depict a commonplace drama, the one of social mobility.

All three in terms of content are the outcome of a profound understanding of the social values, the activities and the communities they outline.

All three construct wholes and frame an overview, the parts of which can be viewed or exhibited separately. Even in each of the images, the parts or objects are clearly outlined.

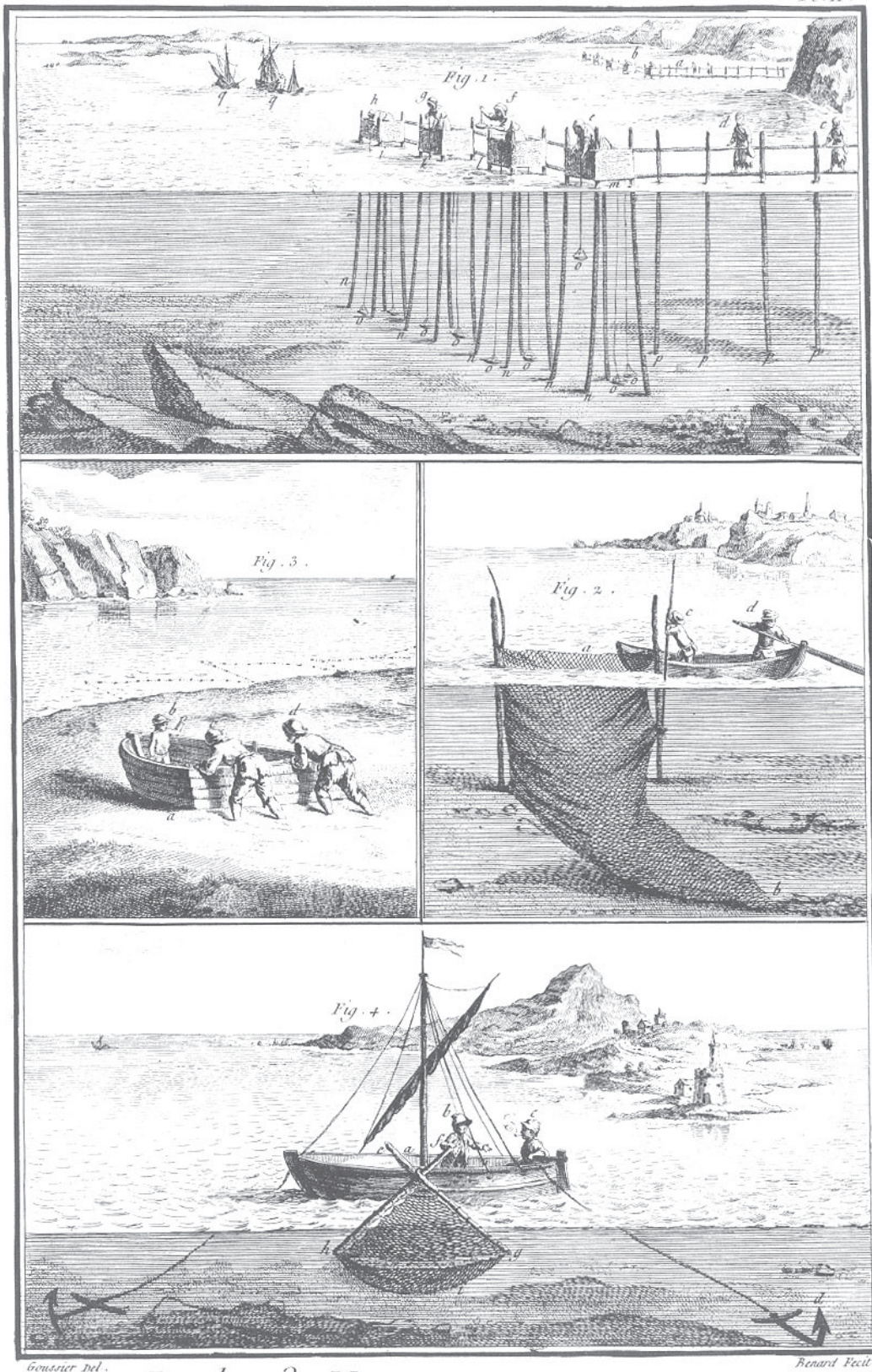
All three are represented in customized ways, although completely different from one another, adding physicality to the constructed scene.



The Great Tapestry of Scotland
designed by Andrew Crummy

A series of embroidered cloths (rather than a woven tapestry) made up of 160 hand stitched panels, depicting aspects of the history of Scotland from 8500 BC until its launch in 2013.

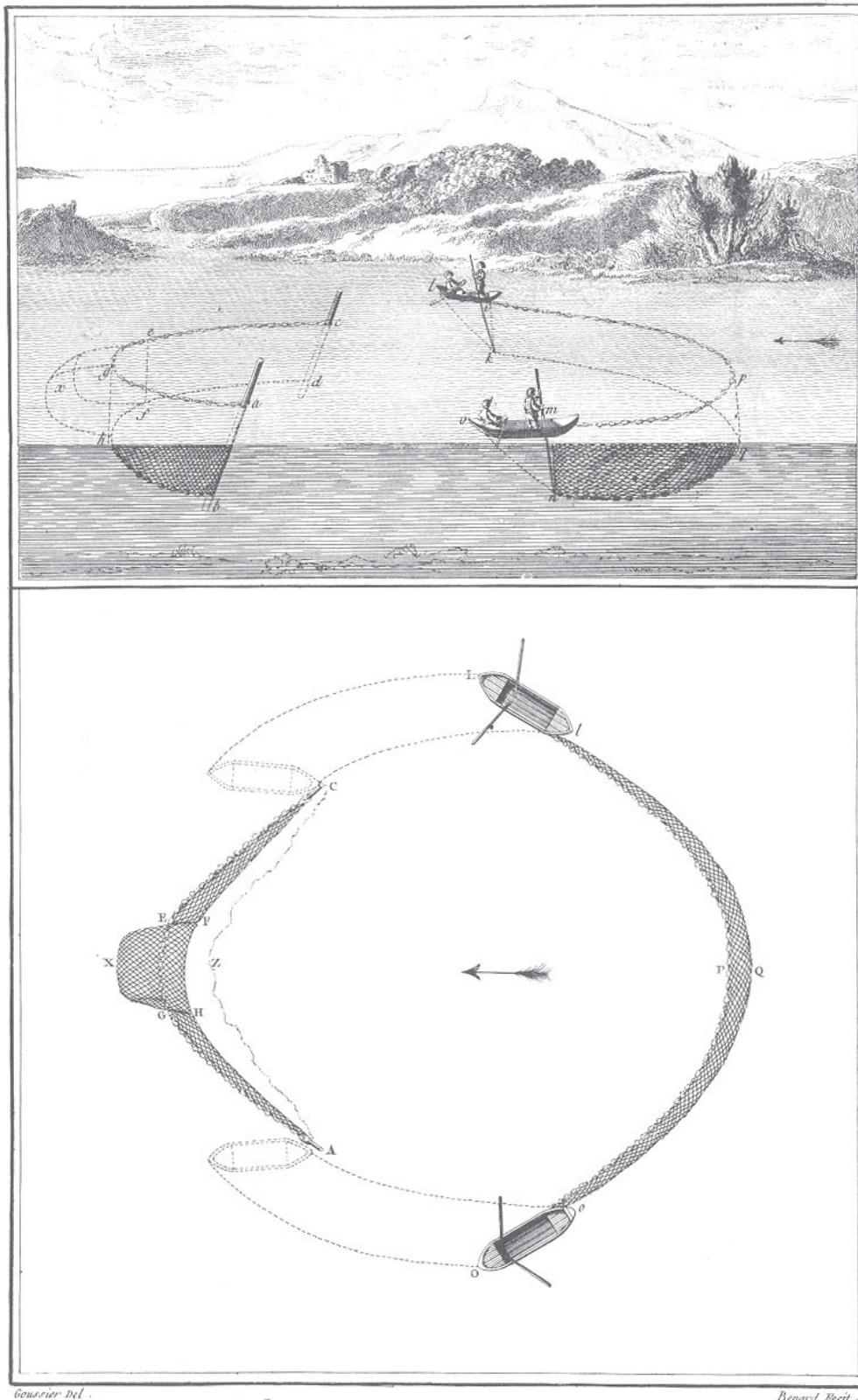
The tapestry measures 143 metres (469 ft) long, each panel being displayed individually in approximately chronological order.



Pesches de Mer. Salicots, Manche ou Guiden, Acon, Haveneau.

Plate II Ocean Fishing, Salicorn.
Guideau Net. Acon. Dip Net
Author: Unknown

source:
the Encyclopedia of Diderot & d'
Alembert (1771)
<https://quod.lib.umich.edu>



Goussier Del.

Benard Peint.

Pêche, Grand Harnois, Etabli sur Affiches.

Plate XXXII Fishing, Large Net on
Stakes.
Author: Unknown

source:
the Encyclopedia of Diderot & d'
Alembert (1771)
<https://quod.lib.umich.edu>



The vanity of Small Differences
Tapestries designed by Grayson Perry

Top:
Expulsion from Number 8 Eden Close,
2012

Bottom:
The Annunciation of the Virgin Deal,
2012



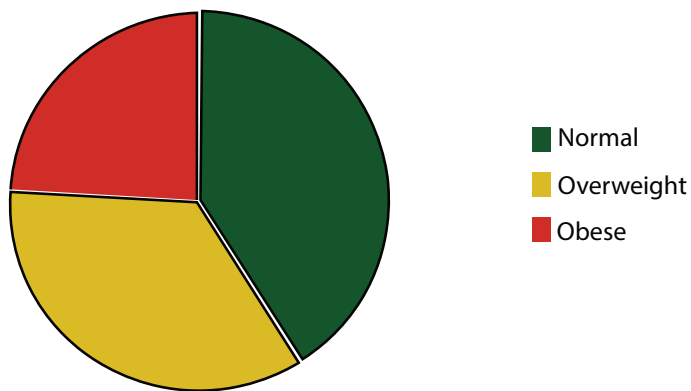
Analysis of the synthesis and the references of the compositions.

source: Screenshots from "Docs_working_class_taste_all_in_the_best_possible_taste_with_grayson_perry_ep_1". YouTube Video, 47:00. "BarcroftTV," August 27, 2017

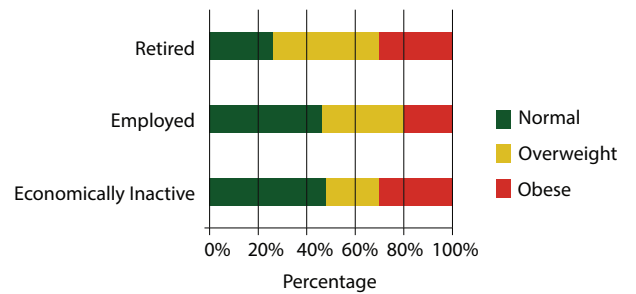
Gibraltarian cuisine seems to be a national food culture that is capable of absorbing outside influences and reshaping itself. Such a transformation is a sign of the economic and cultural integration of its migrant populations, since eating other's people food shows at least tolerance of their uniqueness, and even acceptance in many cases. Almost by default, Gibraltarian society was a salad bowl of ethnicities and religions that constituted in different percentages its multicultural identity; an amalgam of Spanish, Moorish, Genoese, Portuguese, Jewish and of course British. In this infertile territory of only 6.8 km² an interesting gastronomic blend derives from both the Northern and Southern coastlines of the Mediterranean Sea, where fish and meat are the main protagonists of its domestic cooked recipes. Stuffed Sardines –a Genoese recipe– and Adafina –a Jewish-Moroccan dish with main ingredient beef– describe to great extent Gibraltar's history via its domestic culinary background.

However, when strolling around Gibraltar's old town, the numerous fish&chips and the few paellas restaurants depict an incoherent dietary reality. Like many things in the peninsula, the current fish-culture is a version of Britishness with a formal pinch of Spanishness. Cod is almost solely imported from Iceland, while salmon from Norway and Scotland, even if Gibraltar is located between Mediterranean and Atlantic coastlines. Yet the seafood for the Paella is coming either fresh from Morocco or frozen from Northern Sea. Gibraltar's dependency on others for its sustenance counts also in terms of food supplies and demands, since it imports entirely its food. As a result, this food has travelled most of the times thousands of miles through airports and docksides, warehouses and factory kitchens, and been touched by dozens of unseen hands, before ending up in restaurants in the city center and in the secluded marinas, the few supermarkets in the reclaimed-land areas, and the Public Market outside the historic walls. However, this process of before getting it to table is not under proper consideration in Gibraltar even today. It is estimated that every day Gibraltar needs approximately food for 140 thousand meals to be imported, cooked, sold, eaten and disposed. Plentiful food at relative little apparent cost satisfies the most basic needs, while makes them appear inconsequential.

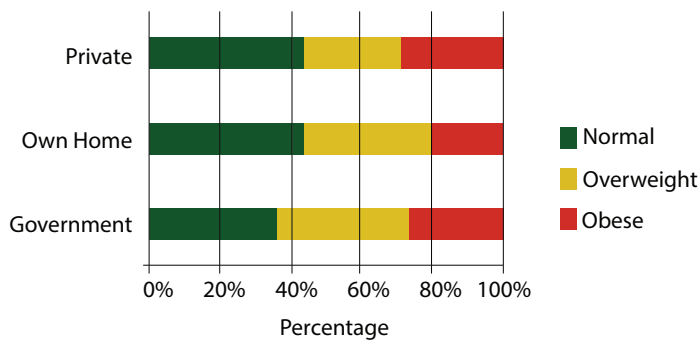
Survey Respondents by BIM Category



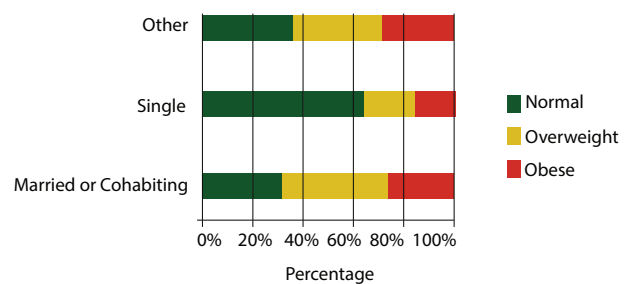
Obesity and Economic Status



Obesity and Housing Status



Obesity and Marital Status



Demographics

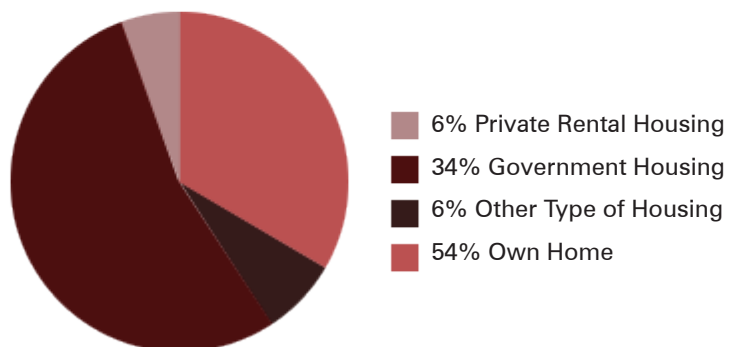
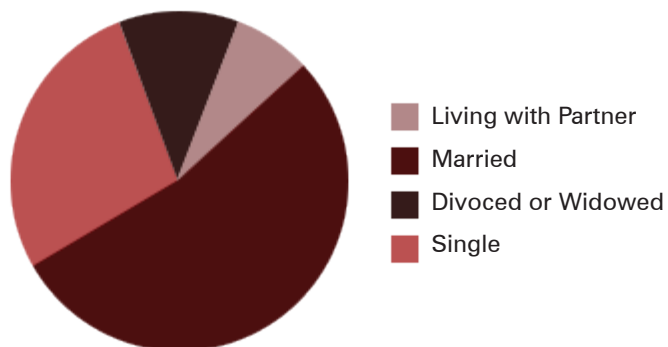
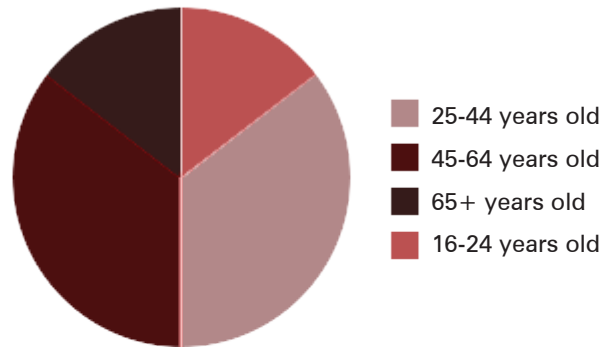
Around 60% of respondents were overweight or obese. This means that 3 out of every 5 Gibraltarians are overweight or obese. This was the same finding in the 2008 survey.

In total, 24% of the sample is obese, compared to 21% in 2008.

Single people are significantly less likely to be overweight or obese than any other marital state.

source: Health & Lifestyle
Gibraltar Health Authority
Survey Report of the adult population
of Gibraltar 2015

Drawing by Elli Papachristopoulou



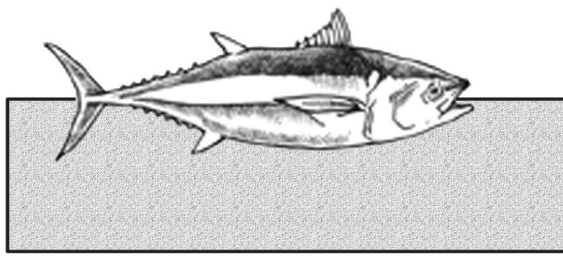
The data categorisation used for residence follows that of the Health and Lifestyle Survey 2008 and the 2012 Census. One piece of information collected was "co-ownership", i.e. ownership equally shared with the government.

50% of the population are under 45 years old and 50% are above.

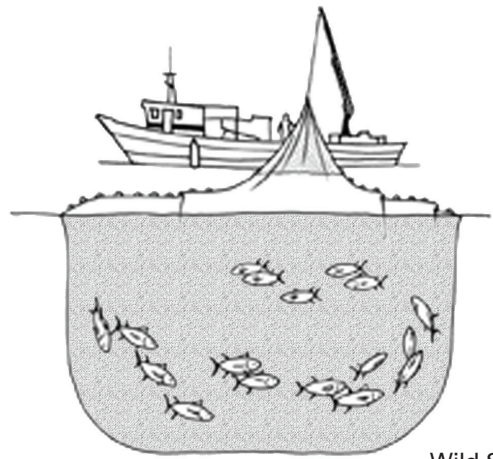
In 2008, the proportion of people living in their own homes was 40%, but this rose to 49% in 2013 according to Census and went further to 54% in 2015.

source: Health & Lifestyle Gibraltar Health Authority Survey Report of the adult population of Gibraltar 2015

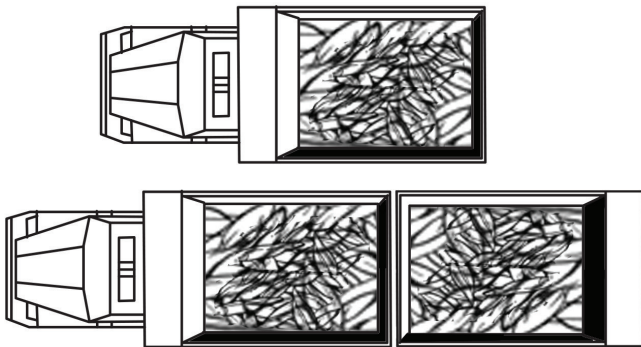
Drawing by Elli Papachristopoulou



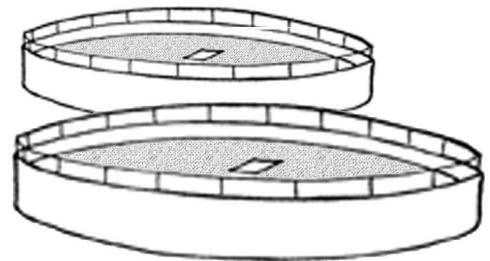
Wild Stock



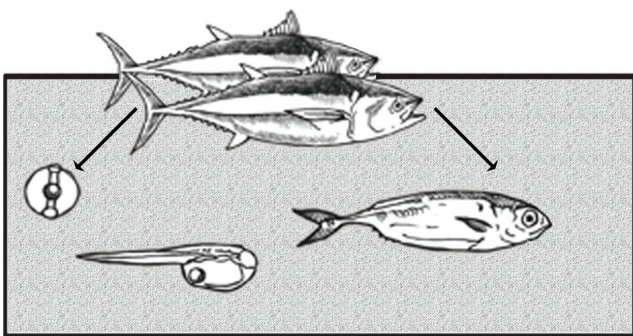
Wild Stock



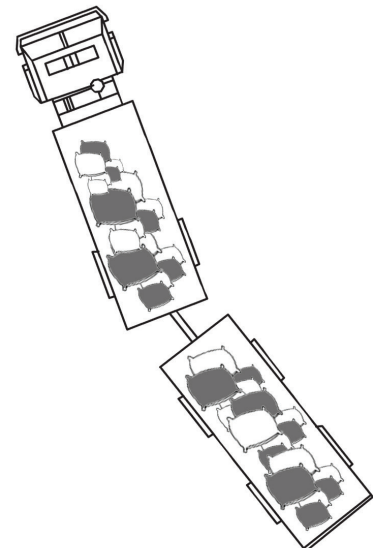
Transportation of the Raw Fish



Fattening



Domestication



Transportation of Artificial Food

The Case study of the Bluefin Tuna.

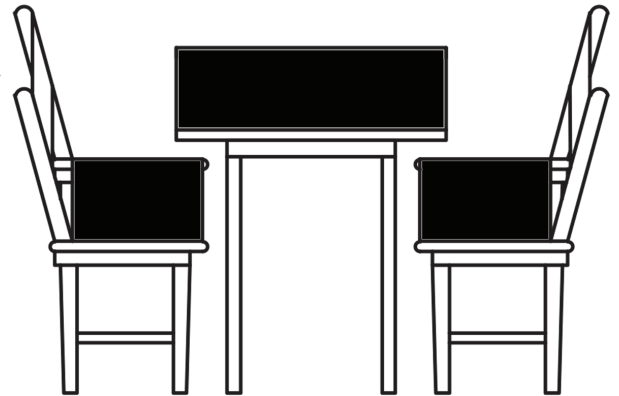
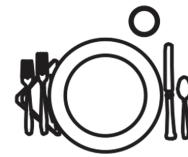
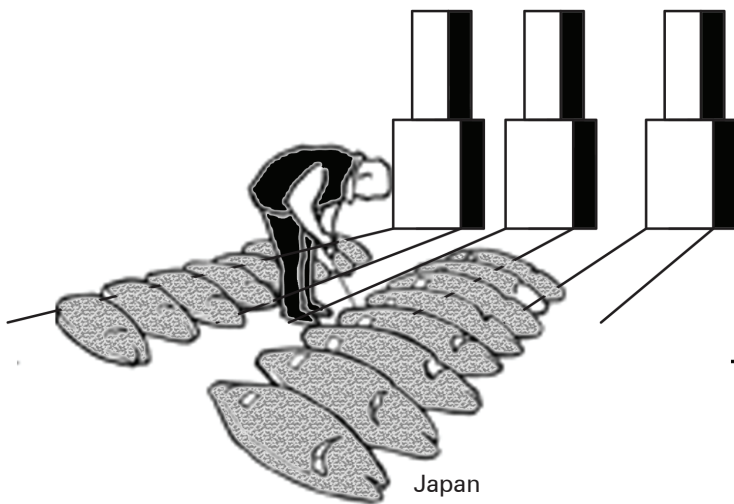
Diagram showing the main stages this type of food requires before it arrives in the plate as a consumable portion.

Bluefin tuna, *Thunnus thynnus*, is listed as endangered on the IUCN Red List. The status given means that the species "face a high risk of extinction in the near future".

source: article in the "Gibraltar Magazine", "A Ban on BlueFin Tuna" by Lewis Stagnetto, published June 1, 2018

Drawing by Elli Papachristopoulou

Markets



Restaurant



Europe

Gibraltar's dependency on others for its sustenance counts also in terms of its food needs and demands, since it imports entirely its food, because its territory is not blessed with natural resources and conventionally fertile land.

Every day for Gibraltar enough food for approximately 140 thousand meals must be produced, imported, sold, cooked, eaten and disposed of again.

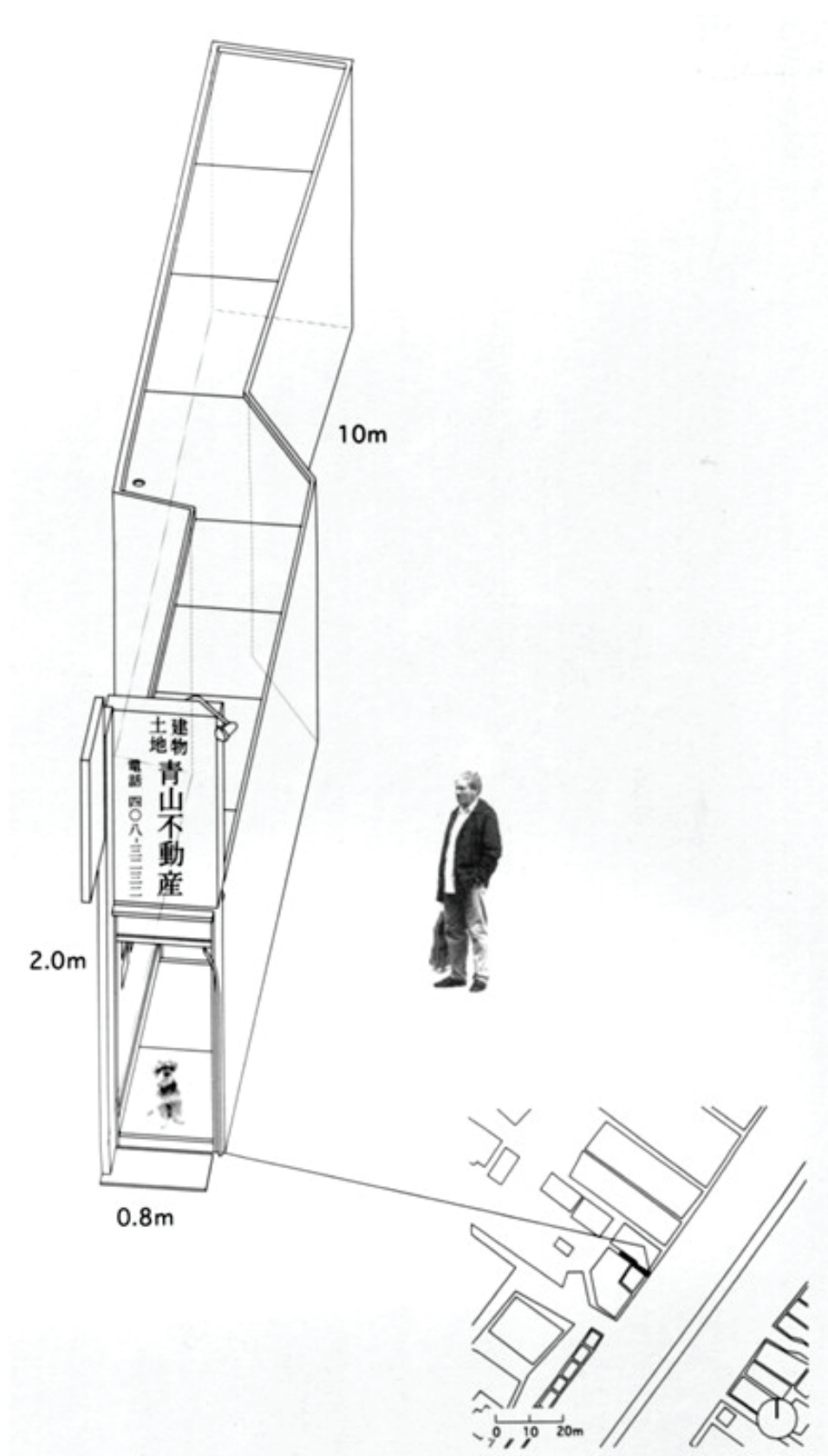
Counting three meals per day for the 35.000 permanent residents, one meal per day for the 6.000 cruise-visitors because of the few hours they stay in the territory and an average of two

meals per day for the 15.000 daily commuters. The numbers are a result of the documentation completed in summer 2019.

How is then this relationship of food and the city shaped in this particular case, if food shapes the city?

Architectural References

The project focuses on representation of this overall setting. Having as main reference Atelier's Bow-Wow drawings -the monochromatic style and the dimension of depth through the use of the graphical perspective-, the produced illustrations are based on three architectural projects - the market, the farm and the restaurant - and aim to convey the spatial extension and relationships of both their exterior settings and their interior spaces. Rendering textures to describe the finishes and including incidental objects such as utensils and furniture, the environmental elements of the surroundings and of course the figures set up the behavioral manner the space operates. Architectural drawings become compositions of life summarizing contextual relationships, surfaces and behaviors in a single drawing. The section cut, the height of the viewpoint and the location of the vanishing point vary per scene in order to represent the characteristics of each project, or even each moment they represent. Plans and sections by default are projection drawings. While the presented drawings depict their subjects as geometric figures, they describe a latent spatiality that includes the position of the observer/creator. These parameters are transformed respectively according to the setting of each space, from the urban scale to the table one.



Pet Architecture, Atelier Bow Wow

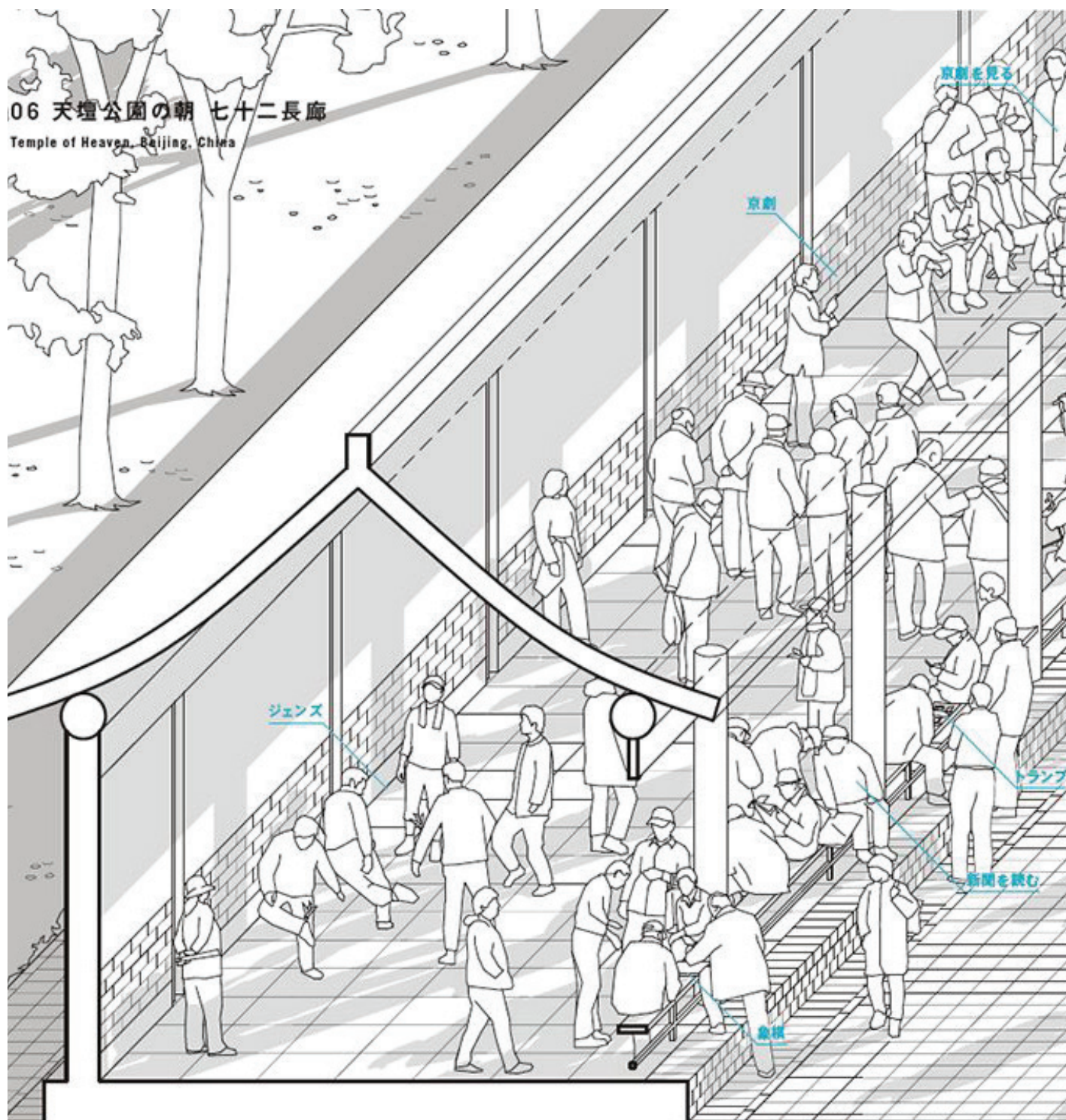
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Graphic Anatomy 2,
Atelier BowWow



Commonalities of Architecture,
Atelier BowWow

Expert Interview

Christina Filippou

Clinical Dietitian-Nutritionist,

MSc, PhDc

Medical School, National and

Kapodistrian University of Athens,

First Cardiology Clinic, Hippokration

General Hospital, Athens, Greece

Talk held via Skype, July 2019.

What are the characteristics of the Mediterranean dietary standard?

Nutrition has been an important field of research and has now been recognized as an important factor in maintaining health. There are many different dietary patterns around the world that reflect the dietary habits of the populations that adopt them. Certain dietary standards have been described and studied because they have been identified as being adopted by populations in specific areas and related to specific health effects. These include the Mediterranean diet, which was found in the early 1960s by Ancel Keys in the study of the seven countries that it is consumed in the Mediterranean countries and is associated with a reduced incidence of cardiovascular and neoplastic diseases, as well as reduced mortality from all causes.

Therefore, the Mediterranean diet is not a specific diet, but it is the whole of the dietary habits followed by the populations around the Mediterranean Sea. In general, the Mediterranean diet could be described as a dietary pattern characterized by high consumption of total fat (mainly olive oil and nuts), whole grains, pulses, fruits and vegetables, medium to high consumption of fish, moderate consumption of dairy products, poultry and wine and low consumption of red / processed meat and sweet / sugar beverages. Therefore, the Mediterranean diet is rich in antioxidant and anti-inflammatory substances, fiber, $\Omega 3$ and monounsaturated fatty acids, moderate in ethanol and low in saturated / trans fat and dietary cholesterol.

What are the benefits of adopting the Mediterranean diet in health?

The Mediterranean diet is associated with improved quality of life as well as increased life expectancy. Now, it has been proven that the adoption of the Mediterranean diet reduces mortality from all causes, and in particular mortality from cardiovascular disease and certain types of cancer. It also reduces the likelihood of hypertension, diabetes, and various neurodegenerative diseases.

In addition, it has been found that adopting the Mediterranean diet reduces the risk of obesity and can be a useful tool for weight reduction, although it is a fat-rich diet, probably because it is an easy to apply diet, characterized by variety in food consumption and does not place significant restrictions, such as, for example, low carbohydrate or low fat diets.

However, despite the various proven benefits of the Mediterranean diet to health, recently a progressive shift towards the Western dietetic pattern has been observed in the Mediterranean regions, characterized by increased consumption of red / processed meat, processed cereal, fried foods, butter, high fat dairy products and sweet / sugar beverages. This change in traditional food choices is attributed to the progressive globalization of food supply and the abandonment of traditional food culture. As there is evidence to suggest that the Mediterranean diet is gradually being abandoned by populations traditionally following it, efforts should be made to reinforce the adoption of this dietary standard, which has multiple positive health effects.

What is the position of fish in the Mediterranean diet?

Fish consumption is an important factor in the adoption of the Mediterranean diet. In particular, it is recommended to consume ≥ 2 portions per week from a variety of fish. One portion is equivalent to 150 grams of cooked fish, for example 1 medium sea bream or 10-12 anchovies or 10-12 small sardines. Half the serving is recommended to be oily fish (eg, sardines, hams, mackerel, salmon, goose, anchovy, trout), which are high in polyunsaturated omega-3 fatty acids.

What is the nutritional value of fish?

Fish are a key source of high biological value proteins, such as meat. The percentage by weight, by weight, ranges from 0.5% to lean fish to 20% in fatty fish. Fish fat contains less saturated fatty acids, about 20-25%, relative to meat. Fish, and especially fish oils, are rich in long-chain polyunsaturated omega-3 fatty acids, and in particular they contain alpha-linolenic acid (18: 3 Ω -3), eicosapentaenoic acid (20: 5 Ω -3, EPA), docosahexanoic acid (22: 6 Ω -3, DHA). People can not synthesize the aforementioned omega-3 fatty acids themselves and for this reason they must necessarily hire them through diet. Fish are the main source of these essential fatty acids. Also, fish are rich in retinol and vitamin D and are a good

source of vitamins of the B, iron, zinc and phosphorus complexes. Small fish consumed with bone, such as sardine, anchovies and atherines, are also rich in calcium. Finally, the fish contain vitamin E, selenium and iodine.

What are the effects of fish consumption on health?

Fish consumption has beneficial effects on the health of the cardiovascular system. In particular, it is associated with reduced mortality from cardiovascular disease and contributes to the prevention of coronary artery disease and cerebrovascular accidents. Still, fish consumption works beneficial to blood pressure, glucose, cholesterol and blood triglycerides. The protective benefits of fish consumption have been attributed mainly to their omega-3 fatty acid content. Omega-3 fatty acids are contained in larger amounts in oily fish, but their concentrations vary even between the same fish species, depending on the area and the time of harvesting. In addition, consumption of fish in the context of adopting the Mediterranean diet can be beneficial to body weight, as with regard to the adoption of the Mediterranean diet by overweight or obese people, while limiting total energy intake and regular exercise, it is proven that it contributes significantly to the loss of excess body weight.

Are there any possible health risks from fish consumption?

Although fish are rich sources of omega-3 fatty acids and other nutrients beneficial to health, they are in some cases sources of toxic substances, as they may be contaminated by substances such as heavy metals and organic contaminants accumulated in the sea, rivers or lakes. Of heavy metals, methylmercury is the main example, while organic pollutants are polychlorinated biphenyls (PCBs) and dioxins. These substances tend to be concentrated in the fish body, especially in larger fish and those that live longer, such as swordfish, shark and other sharks. Since methylmercury is found in fish muscles, the removal of certain parts of the fish or cooking does not contribute significantly to the reduction of metal concentrations. For polychlorinated biphenyls and dioxins that are lipophilic substances are more likely to be found in oily fish. In this case, removing the skin, the offal and choosing a cooking mode that leads to a reduction in fat concentration will help reduce the concentrations of these contaminants. In general, let us mention that small-scale fatty fish of the seas may be less polluted than large ocean fish.

It is important to emphasize that on the basis of current knowledge, the benefits of fish consumption are more than the potential risks of their contamination. The recommended amount of fish consumption, translated into weekly consumption of 1-3 portions, is beneficial to health and greatly offsets the potential risks. For pregnant and breastfeeding women and for those who want to become pregnant, it is advisable to reduce the consumption of certain fish species that are more likely to be contaminated by mercury, such as swordfish and sharks, due to the potential adverse effect of mercury on the growing fetus. However, special attention needs to be paid by healthcare professionals to avoid misinterpreting the message of avoiding fish consuming high levels of heavy metals and organic contaminants and lead to a reduction in total fish consumption by both the general population and pregnant women.

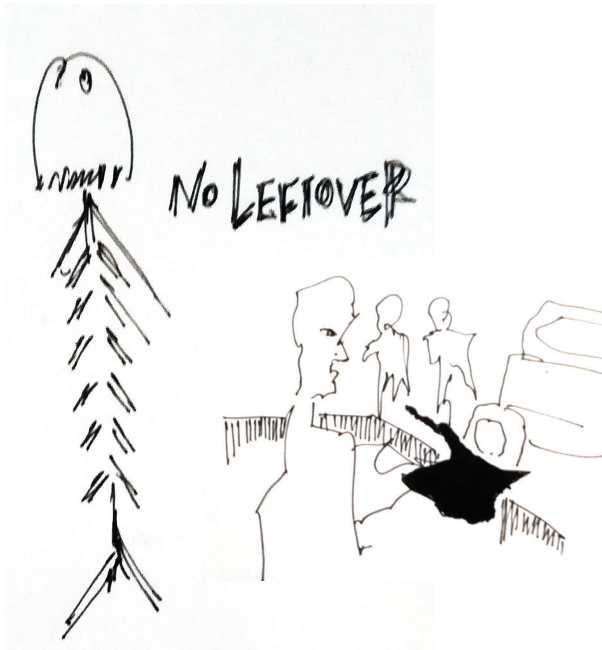
Are there tips for eating fish?

With regard to fresh frozen fish, we recommend the preference of eating fresh seasonal fish. If this is not feasible, frozen fish are also a good option, provided they are frozen immediately after they are caught to keep all their nutrients and to be nutritionally equivalent to fresh ones. Canned and salted fish should, however, be avoided, mainly because of their high salt content. Smoked fish should also be avoided as they are subject to harmful substances due to the smoking process and are often salted.

The way of cooking is also important. Frying is good not to be the usual way of cooking. Instead, it is preferable to cook in the saucepan or bake in the oven, which with the proper recipe can result in a delicious fish. The fish can be combined with vegetables, for example, fish soup, sardines or seafood with spinach. They can also be combined with whole grains such as whole grain pasta, brown rice or buckwheat. Finally, people who do not like eating fish, having informed them about their beneficial effects on health, we recommend retesting a variety of fish cooked with recipes of their liking so that they can identify what they may like or to revise their old opinions and integrate them into their diet. Testing a small amount of fish at a time, repeated exposure to foods that are the main fish ingredient, and the combination of fish with foods that are already on the table are useful techniques to increase the likelihood of fish consumption in the future, especially in children.

Is the Zeus Faber a good choice of fish?

John Dory (scientific name Zeus Faber) is widely found on the Mediterranean coasts and belongs to the so-called lean fish, such as tuna, perch, tongue, cod and alfalfa, the fat content of which reaches up to 5%. Consumption of chanterelle is a good option, which brings to health the beneficial effects of fish. It can be consumed, for example, in a quantity of 1-2 servings a week, as part of a balanced Mediterranean diet and ideally combined with the consumption of a fatty fish (eg sardine, hamster, mackerel, salmon, goose, anchovies) in the same week. You can cook grilled in the oven, taking care to cook gently to avoid losing much of its moisture or as a fish soup. "Although unattractive in appearance, it is considered by some to be the nicest fish on the table".



Preliminary Sketches

Project

Compared to the adjacent territories of La Linea and Algeciras, Gibraltar's unique feature is its adaptability and versatility. In order to celebrate this unique differentiation, Gibraltar's authorities since 2006 have established the Calentita festival. Sharing its name with the national dish Calentita –a Genoese recipe with Spanish name–, the annual festival brings together the cuisines of many nations and cultural groups in a weekend of foodie indulgence, discovering new flavors and connecting locals and visitors who flock to Gibraltar for the event. What started as a local food festival is now an integral part of Gibraltar's cultural calendar.

Hence, this festival –an apparently well-established habit in the society of the peninsula– has a potential to introduce a different mindset in the culinary and food culture of the territory. The act of the Live Kitchen that happens only once per year during the festival is an event that through the project is proposed to gradually occur more often in this public space, in order to familiarize the residents and especially the young ones with proper dietary habits, how to become responsible consumers and how their food is produced. According to surveys conducted on the peninsula, three out of five residents deal with overweight and obesity. The purge of the current “effortless” street food culture should be a smooth result of understanding what should be consumed and how. The construction of a new Gibraltarian delicatessen using raw material from the sea –the only fertile place of Gibraltar, produced and consumed in the Live Kitchen mode is the first goal of this project. The recipe needs to be quick, easy and affordable for everyone, as the Calentita.

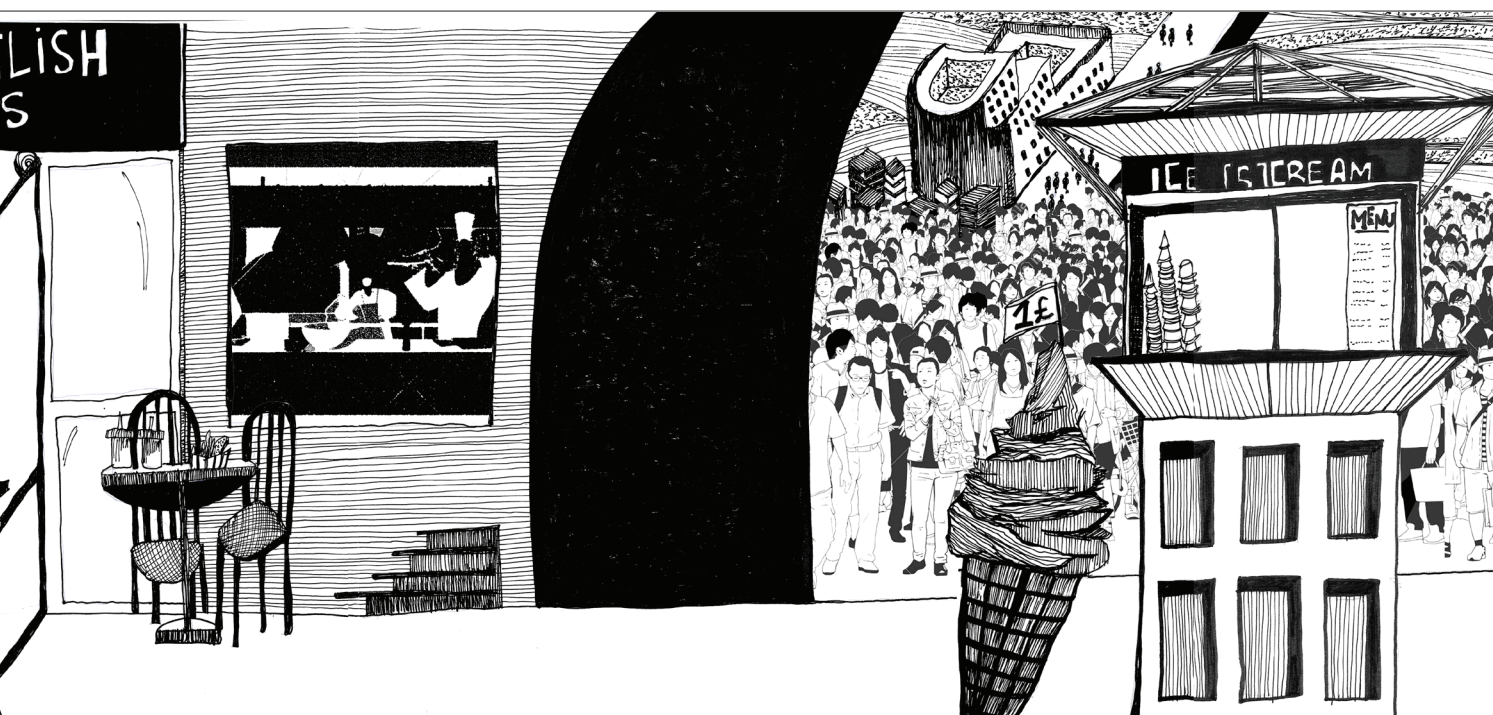
Meanwhile, changing diets becomes also a result of the raw material constraints and the great loss of the biodiversity in the territorial waters due to climate change. The end of plenty will have profound consequences in the extremely dependent food chain of Gibraltar. Bluefin tuna, *Thunnus thynnus*, –a species that plays an important role in the peninsula, since it is the responsible one for the quite lucrative recreational fishing tours organized in the Gibraltarian territorial waters for over 50 years now– is listed as endangered on the IUCN Red List. The status given means that the species “face a high risk of extinction in the near future”. However, how Gibraltar could take advantage of its geographical position and the proximity to oceanic and sea waters and serve

its basic needs in terms of food in an alternative way compared to the existing conditions of its proximal coasts. The diverse fish species that have been documented in its territorial waters should not be any more illegally the main protagonists of the recipes in the peninsula, but co-workers in a local food production, as in a domestic aquaponics system.

Additional to that, anticipating changes over the next thirty years in the “Beyond the Rock: A Gibraltar in the Making” scenario, Gibraltar's expected population doubles in 2050 and becomes more diverse in terms of the nationalities living in the territory, with a considerable percentage of people coming from Northern Africa and East Asia. Hence, the survival of the territory depends on the maintenance of its difference and its even further differentiation via the incorporation of the new dietary habits and the dining settings they come with. Within the scenario of the local food production around this infertile land, architecture in relation to food has the chance to alter its current consequential condition. Culinary and dining incidents should not take place in generic spaces that happened to be there, and but in spaces created in advance to host them. The ritual of eating in the scenario A Gibraltar in the Making is an integral part of the coastline or even the sea, materializing the multilayered scenario from production to consumption and re-introducing the trilogy of space, food and senses.

In a contemporary urbanized society, as Gibraltar, cooking provides one chance most of the people have of taking some control over what they eat. Since the invention of a coherent food-culture must necessarily take place on several levels unfolding over a long time, the proposal frames the growing up of the new Gibraltarian generation over a sequence of culinary meetings and occasions. Cooking is not just about what goes on in the kitchen; it is the pivotal point in the food chain; the one that arguably, affects everything else in it. Like talking and writing, it requires education – and like those other essential skills, it comes easily once someone knows how.



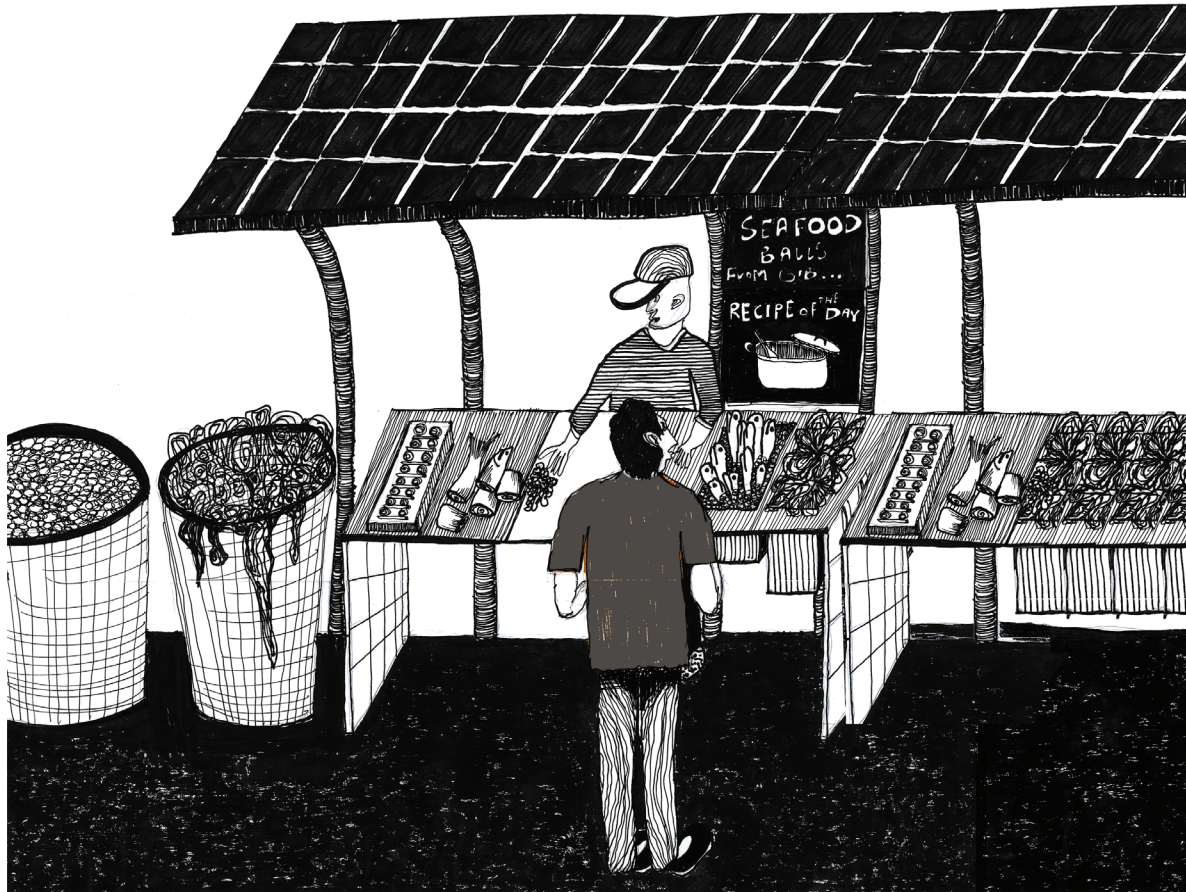


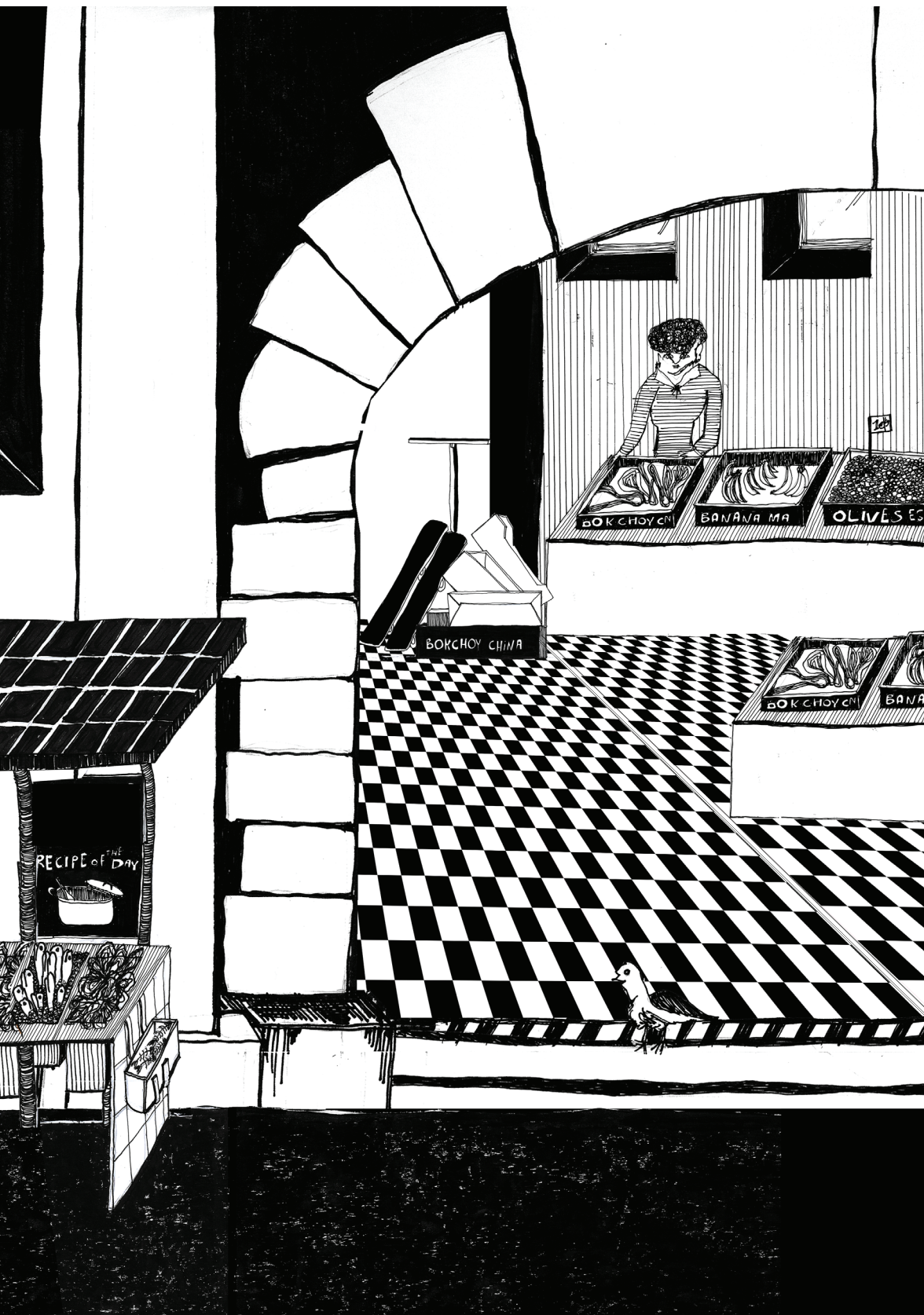
Documenting the Dichotomy of
the Gibraltarian Food Culture

Top:
Lunch Time at Home
Upper Town, Gibraltar 2020

Elli Papachristopoulou

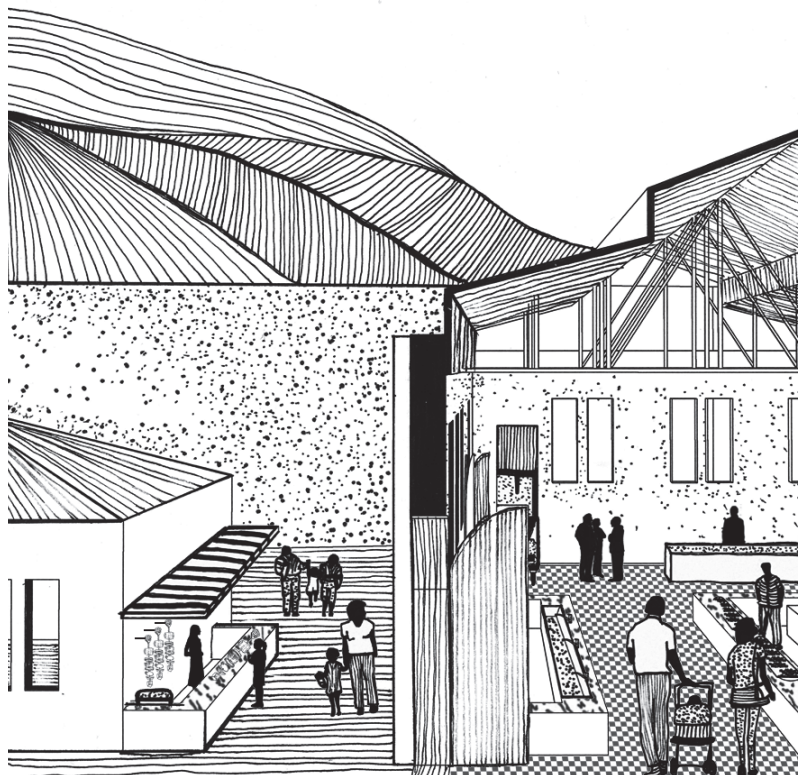
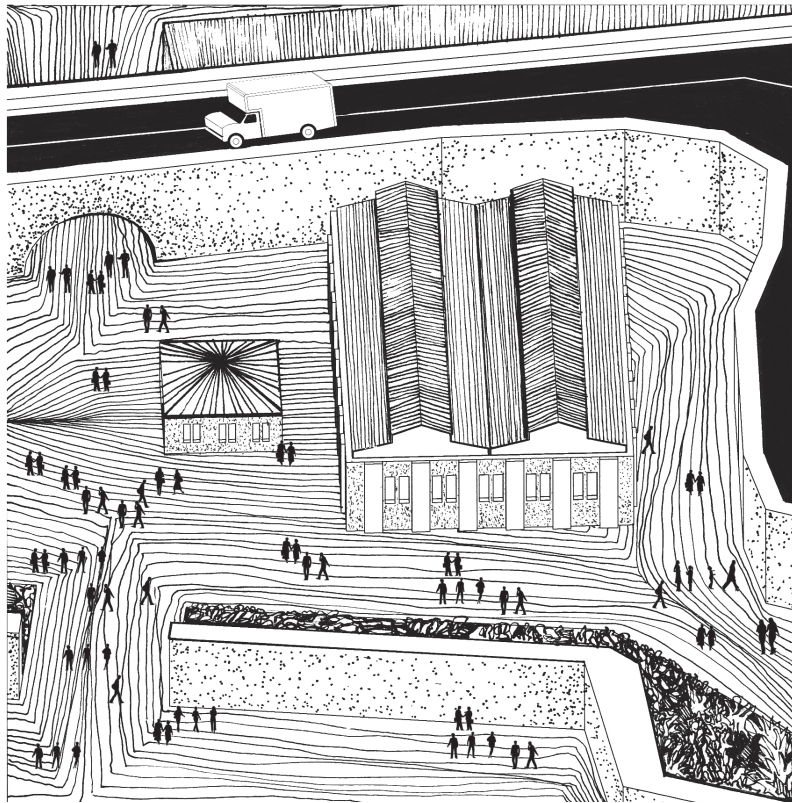
Bottom:
An Effortless Snack
Casemates Square, Gibraltar 2020





Projection #1

The Radicalism of Fresh Street Food
Public Market, Gibraltar 2030

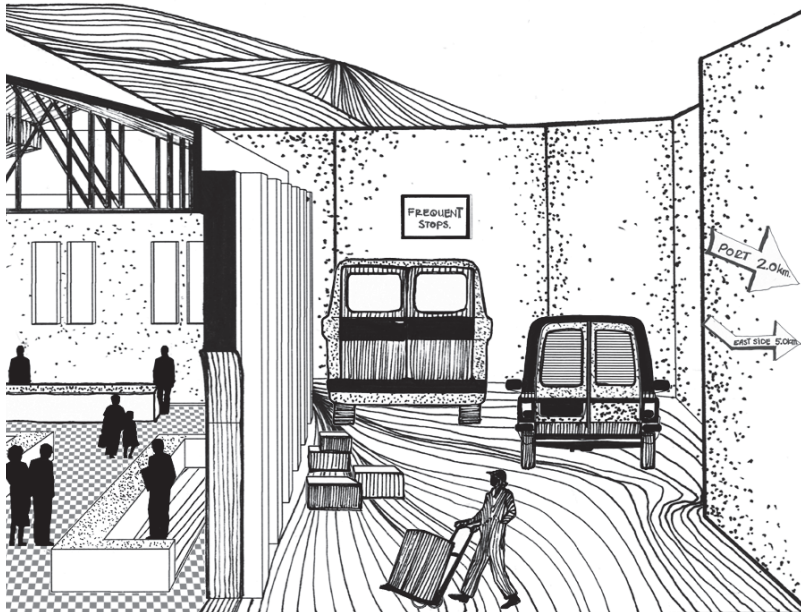
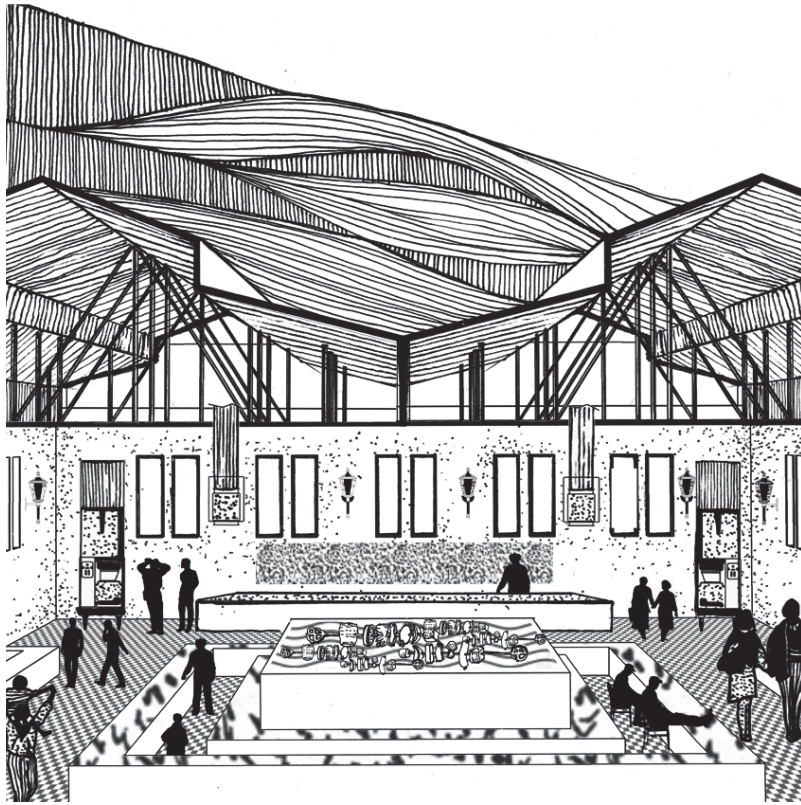


A Weekday of March, late morning

While walking towards the public market every morning, enters into the historic walls, confronted with Gibraltar's in-between palimpsest over and over again.

Top: Planometric Set Up of the Public Market in Gibraltar

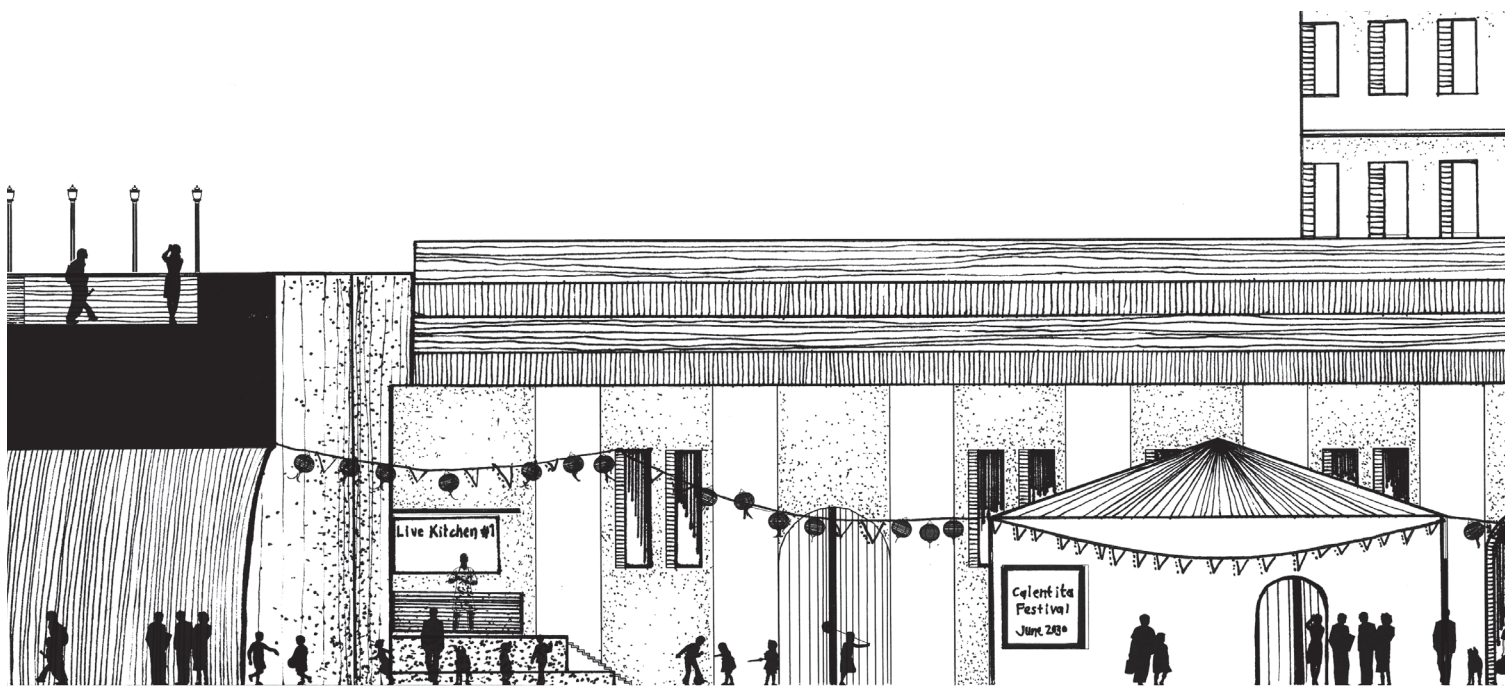
Bottom: The main entrance
A common weekday incident



His shift is Monday to Saturday, from 6:30 to 14:30. He is not only a seller; he loads and unloads food supplies at the beginning and at the end of his day and prepares the sea-ball delights in the gigantic skewer the rest of the day; the epicenter of the market.

Top: The structure of the building

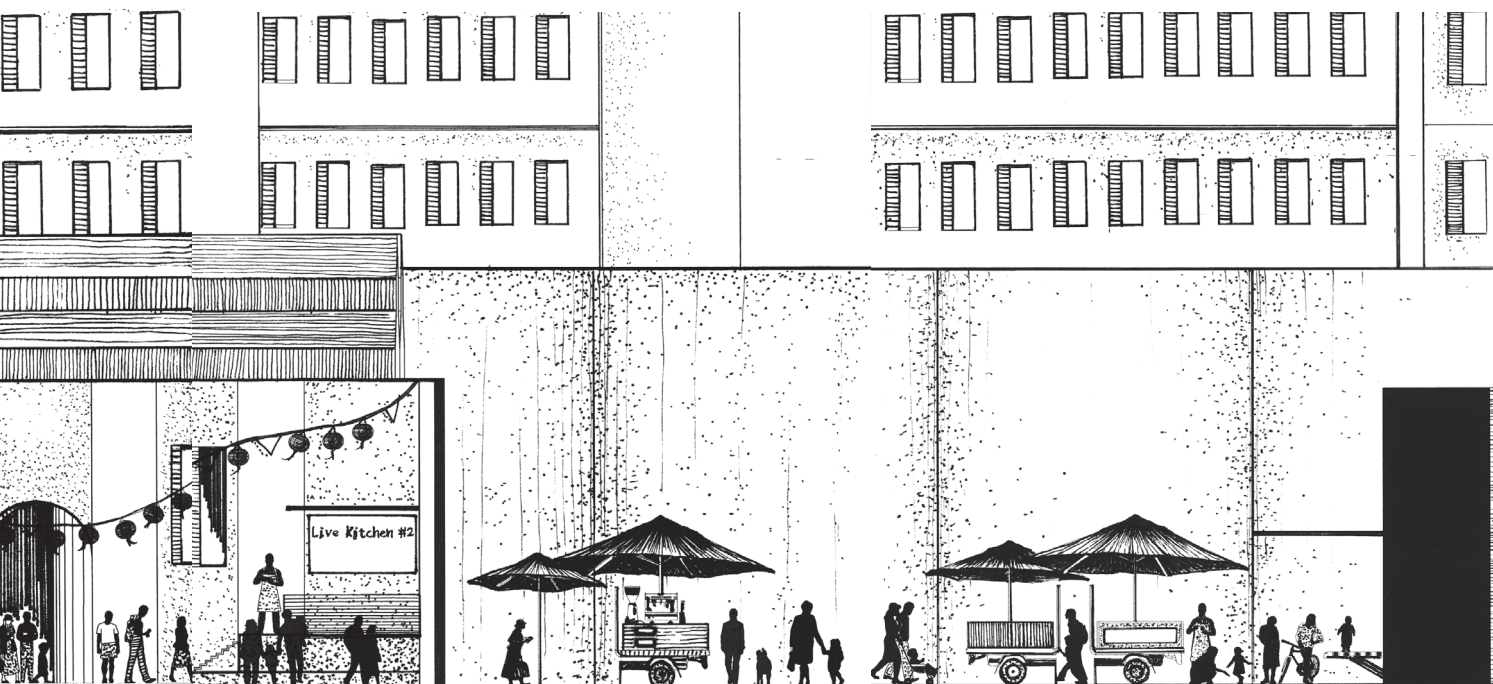
Bottom: The supplies entrance
A common weekday incident



The First Weekend of June, noon

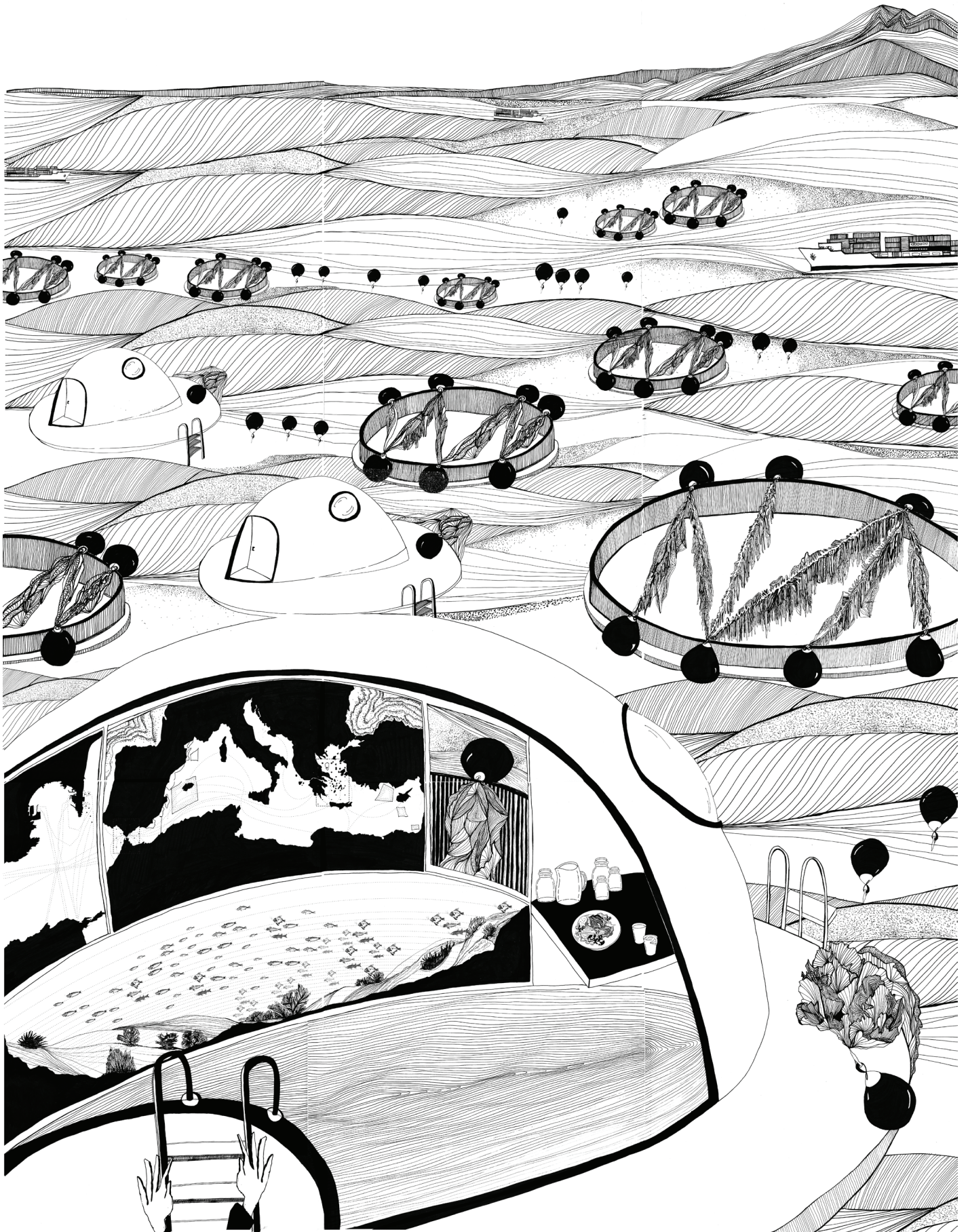
Since 2006, the Calentita Festival takes place between the Casemates Square and the historic public market. Sharing its name with the national dish Calentita, a Genoese recipe with a Spanish name, this annual festival brings together an amalgam of cuisines, Spanish, Moorish, Genoese, Portuguese, Jewish, and, of course, British.

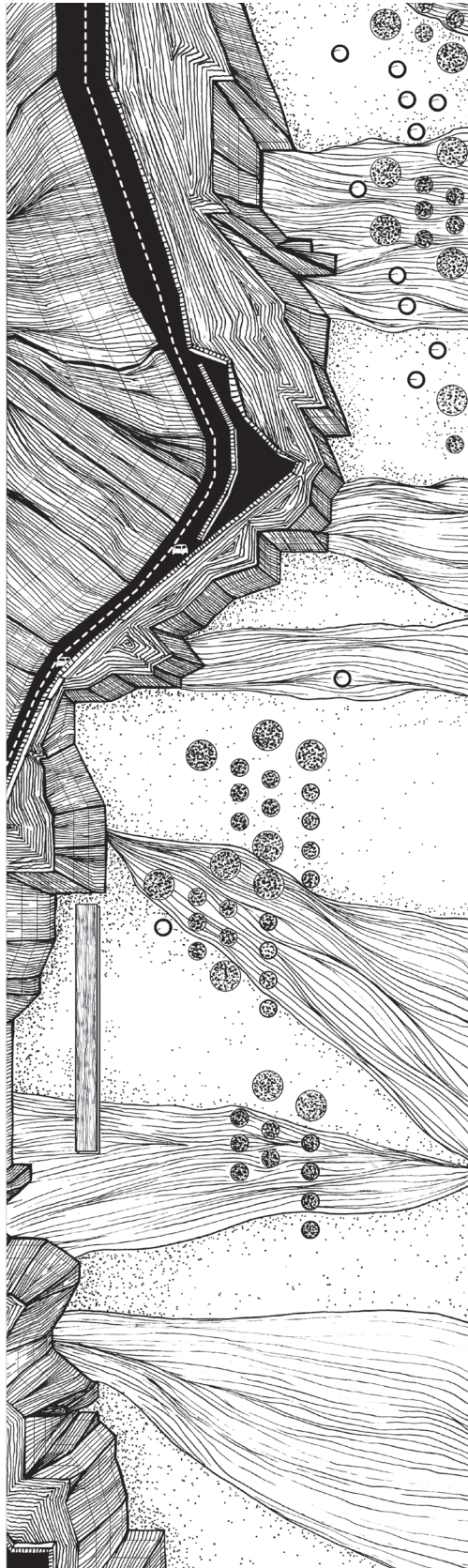
This weekend of foodie indulgence connects local residents with visitors who flock to Gibraltar for the event. Although having started as a single incident, "Live Kitchen" is transformed into a periodic ritual that affects Gibraltar's economy and lifestyle.



Projection #2

Local Pro-sumption
East Side, Gibraltar 2040

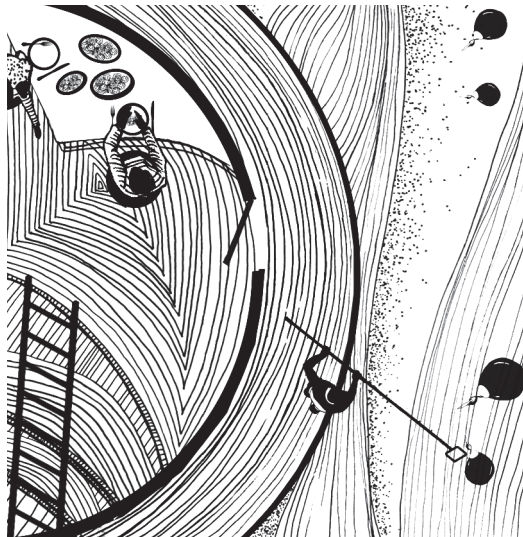
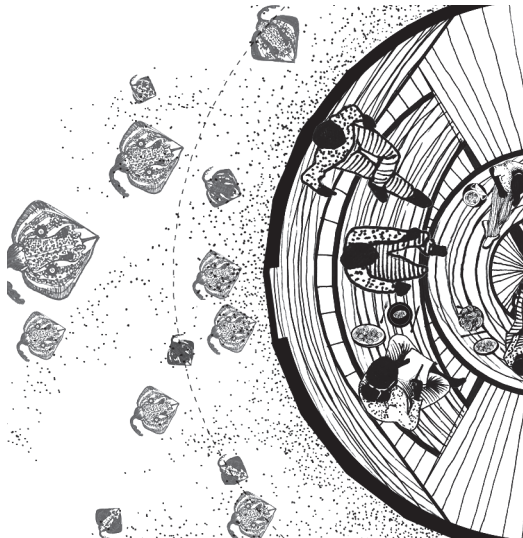




The Middle of April, early afternoon

Driving along the Dudley Ward Way, adjacent to Gotham's Cave, the back-seat driver opens slowly the car window. The sounds of the seagulls and the water hitting the rock absorbs his attention.

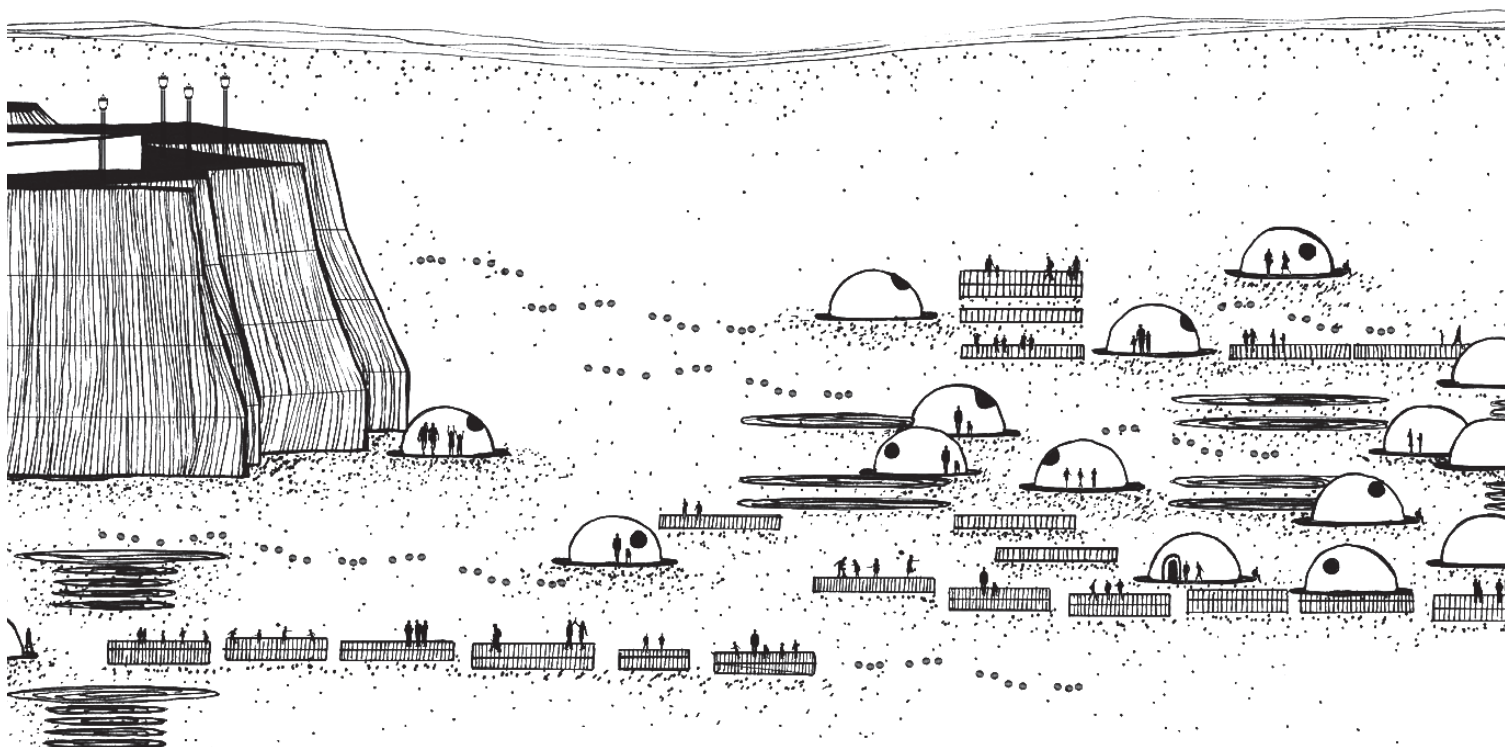
He asks driver to stop the car by. He wants to capture the horizon, the Moroccan landscape, but she discovers Gibraltar's aquatic treasure, the east side's floating seed bed. Facing rings of two sizes, seaweed and algae are growing, spread all over Gibraltar's eastern territorial waters.



The End of June, late morning

After finishing breakfast, the seaman goes out of the vessel to fish seaweed and a buoy of algae to cook for lunner—a meal between lunch and dinner—when the rest are joining. Human food is fish food, and vice versa.

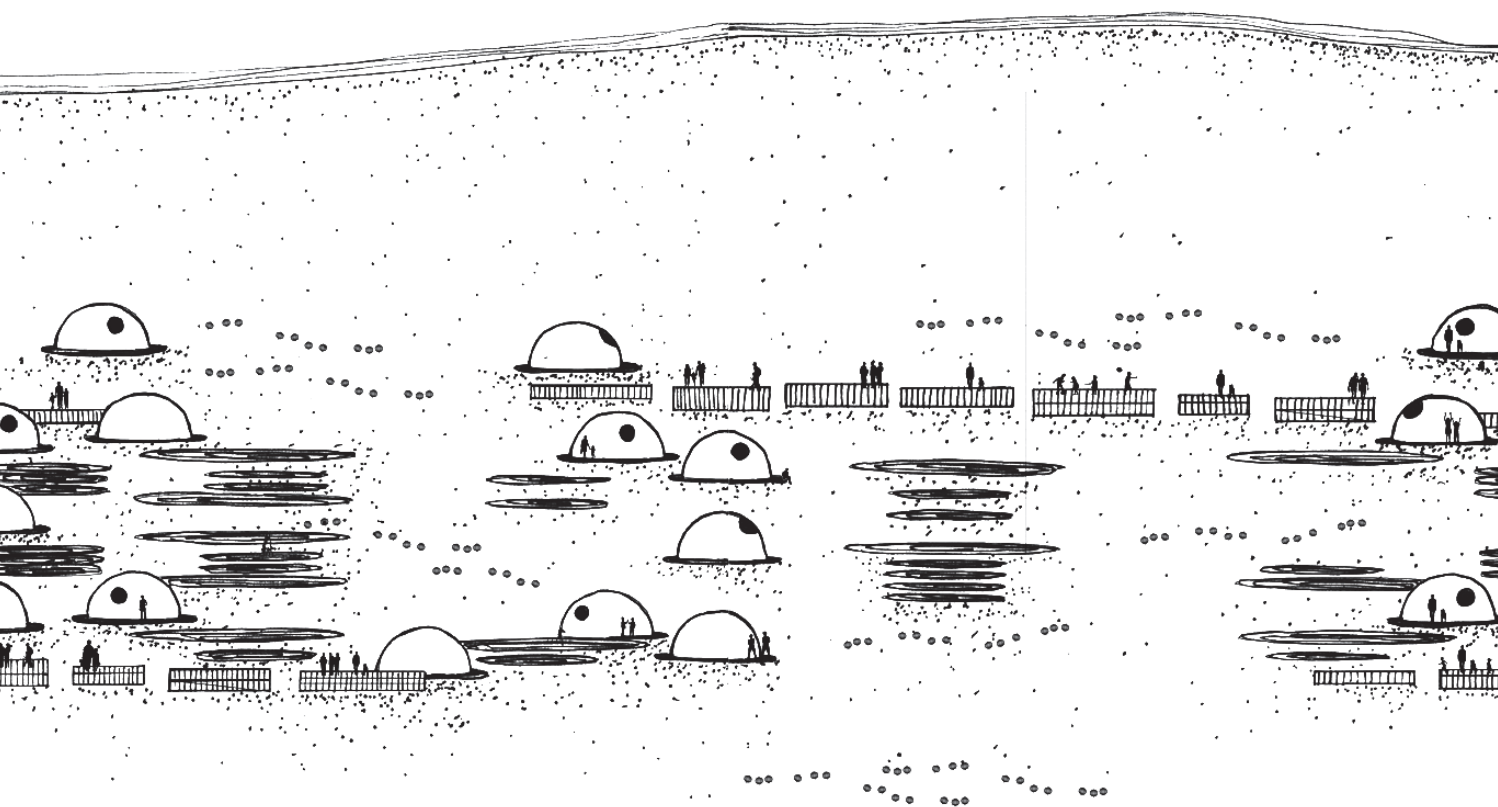
Owning this spherical metallic shelter, allows him to have late night guests—and even a sleep over—when the sea is calm. By the time the rest have joined, they move to the basement. There is no established hierarchy when dining, no proper etiquette to follow, despite the amphitheatric arrangement.



The First Weekend of June, noon

Since 2006, the Calentita Festival takes place between the Casemates Square and the historic public market. Sharing its name with the national dish Calentita, a Genoese recipe with a Spanish name, this annual festival brings together an amalgam of cuisines, Spanish, Moorish, Genoese, Portuguese, Jewish, and, of course, British.

This weekend of foodie indulgence connects local residents with visitors who flock to Gibraltar for the event. Although having started as a single incident, "Live Kitchen" is transformed into a periodic ritual that affects Gibraltar's economy and lifestyle.

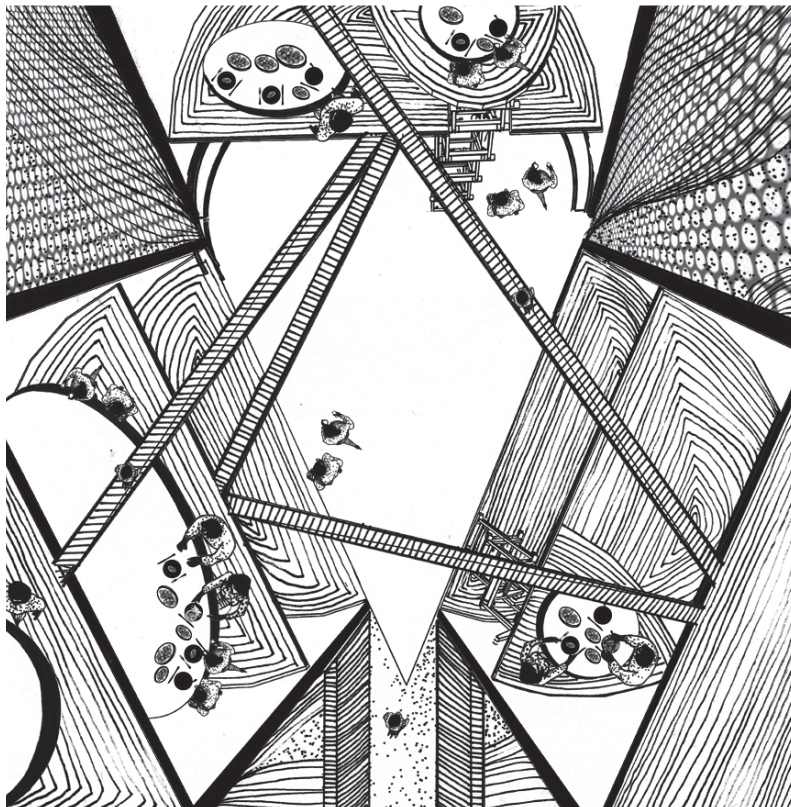






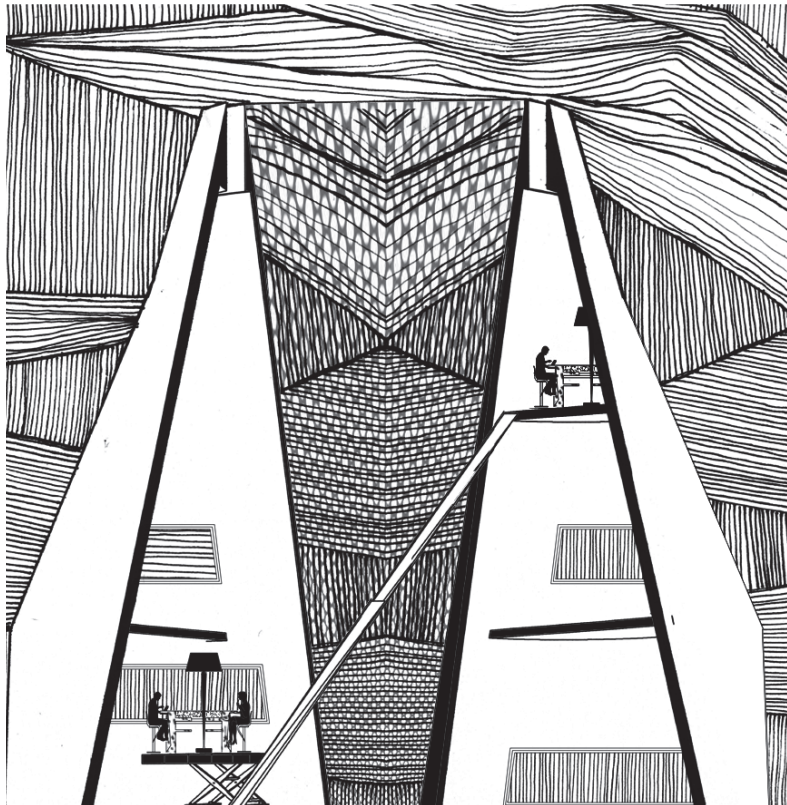
Projection #3

Eat Your Own Food
Sandy Bay, Gibraltar 2050

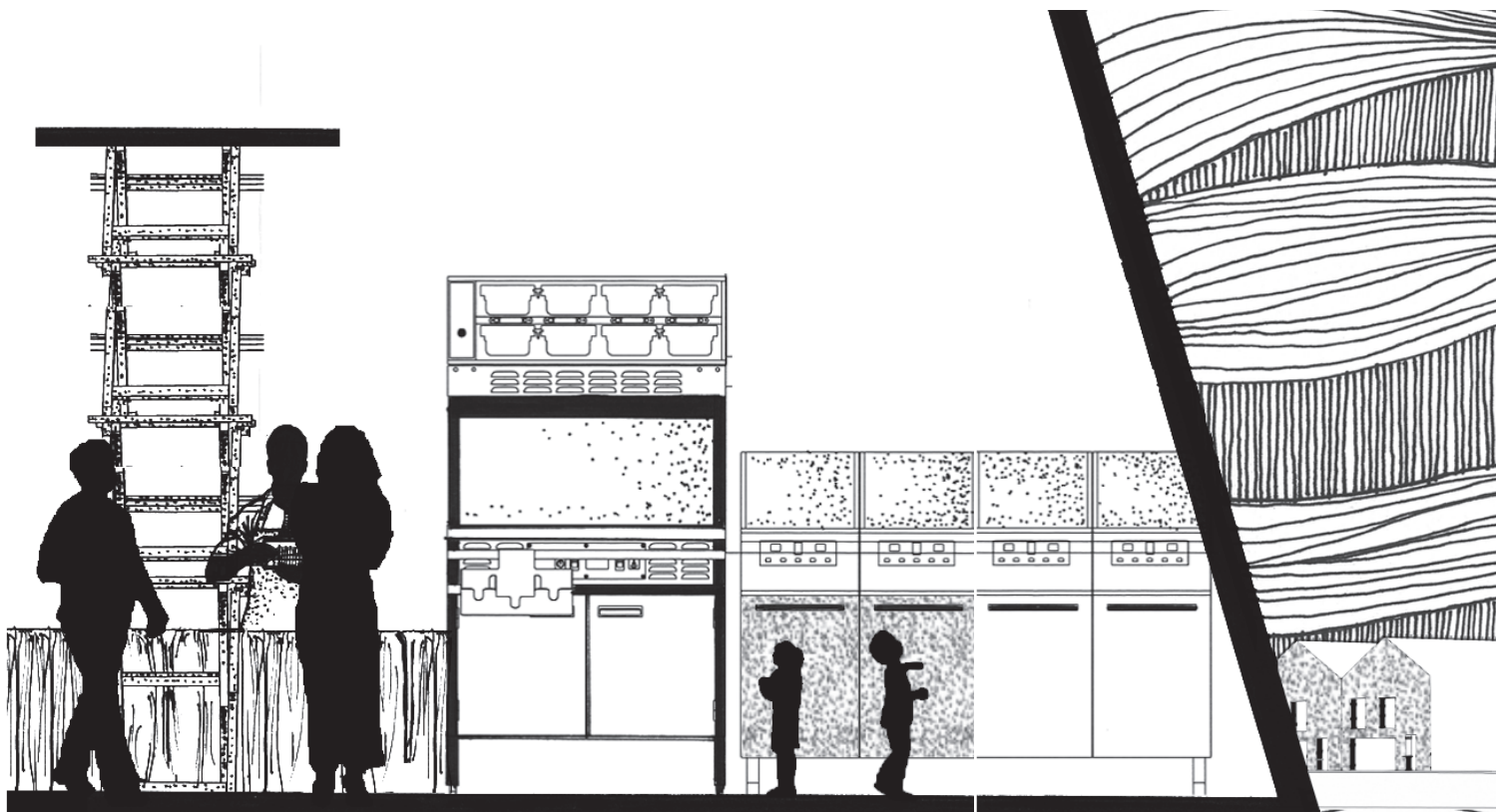


The Middle of July, lunch

After a long day in the office, she decides to go at the beach for sunbathing. When arriving, the smell of lightly fried sea balls and fyki-pie enhance her appetite. Only a few meters away, the Vessel Food Restaurant prepares its menu for the evening. She cannot resist.



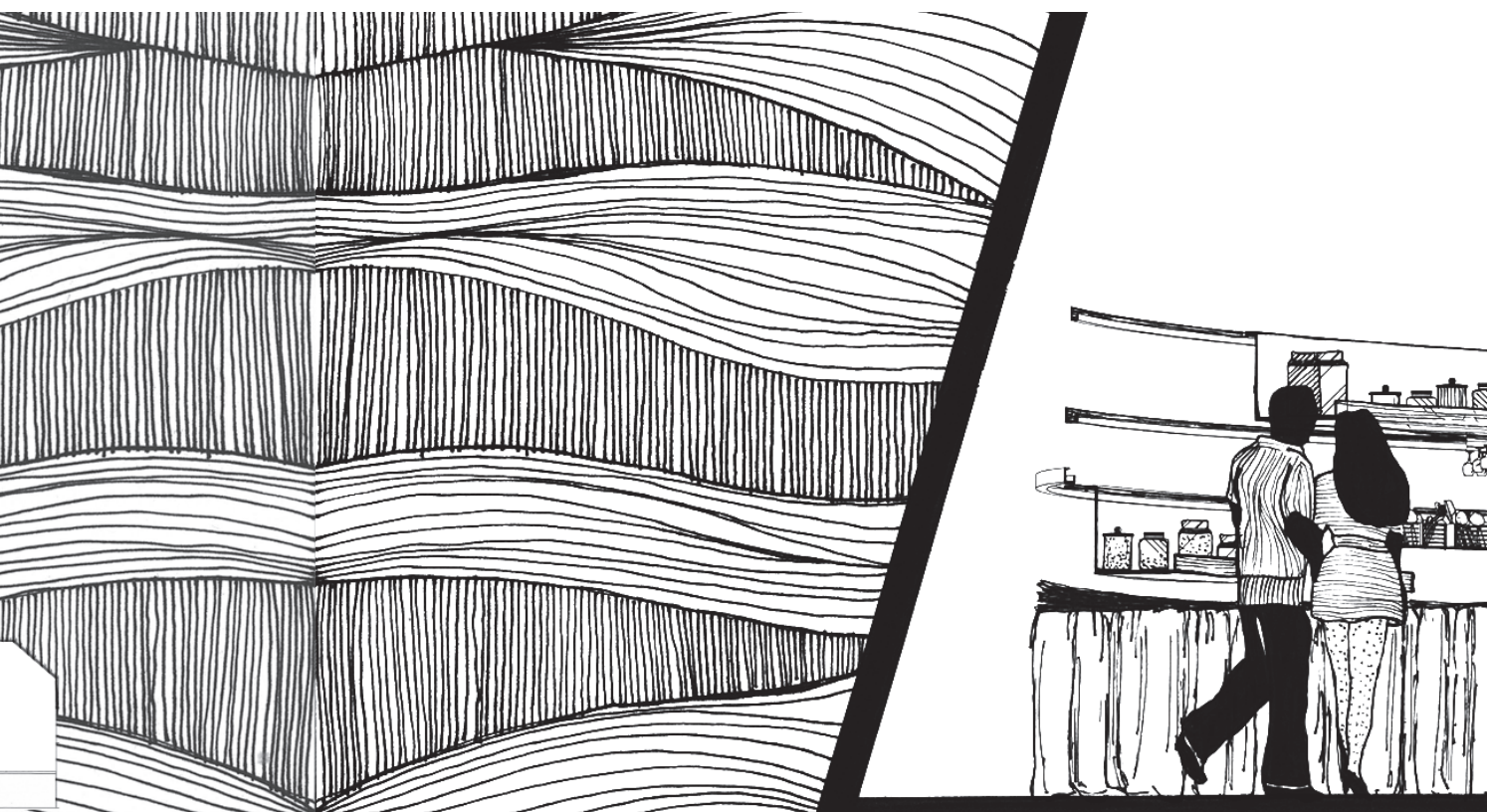
Five minutes later she is already in the ground floor, surrounded by three kitchen settings. Everything is accessible, the production line is there. The food she will eat is grown and prepared in Gibraltar. After selecting her menu, she chooses the elevated table that she wants, somewhere in-between the two main ones to enjoy the view and the local food.

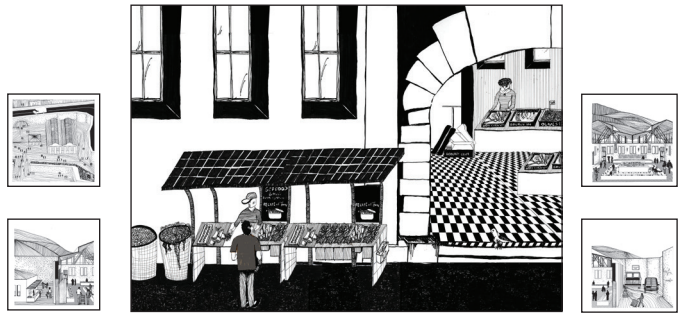
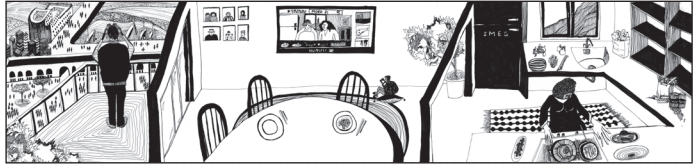


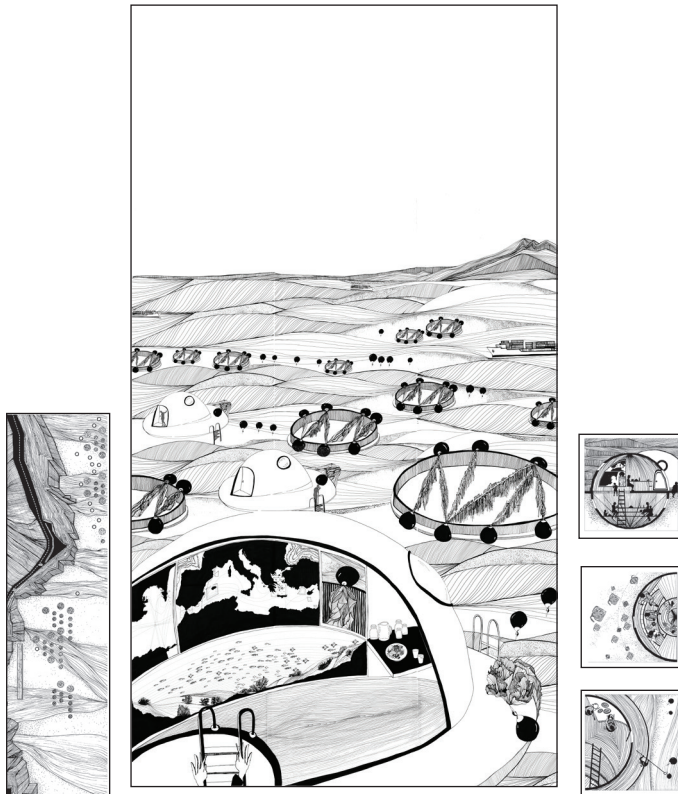
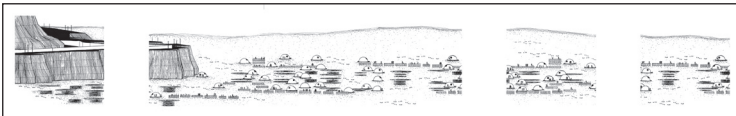
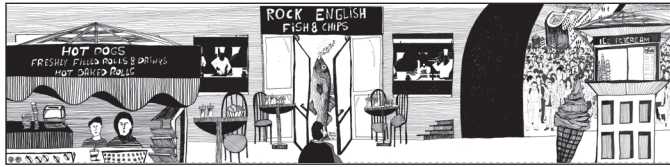
The Beginning of September, early evening

When the sun sets, the Fresco Dining Festival moves to the Sandy Bay. The Vessel Food Restaurant hosts the night party of the festival.

The building envelope—a composition of three rotated vessels—with the adjustable interior is open 24 hours a day for this weekend. The elevated levels are full of locals and visitors chatting, dancing and snacking the delights prepared endlessly on the ground floor.







Wall Presentation

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Afterword: Reflection: Individual Contribution in Relation to Collective Position and Individual Discourse

Eating is more than a by default bare necessity. Within the architectural discourse is rarely framed as an entity; most of the times it is an activity included in an another whole or setting of spatial ideas.

When coming to senses, architecture and food share terrain. Sight, hearing, smell, taste and touch, all five contribute strongly both to the ritual of eating and the atmosphere of architectural spaces. However, in edible terms, smell and taste domain, whereas in spatial terms sight and touch prevail. But what happens when one is missing? How do the rest bridge the gap and in what way are enhanced?

Architecture in relation to food has the chance to alter its current consequential condition. Culinary and dining incidents should not take place in generic spaces that happened to be there, but in spaces created in advance to host them. The ritual of eating should be an integral part of the place of production, cultivation or preparation, materializing in various ways the multilayered scenario from production to consumption and re-introducing the trilogy of space, food and senses. As a result, people, inhabitants, users are getting actively familiar and conscious of what they eat and where it comes from. Facilitating loose eating settings in architectural terms becomes urgent and necessary, opposed to forced imperialistic food policies, where plentiful food from all over the world at relative little apparent cost satisfies the most basic needs and makes them appear inconsequential in ready-made and universal spaces.

The drawings of this contribution through a series of repetitive patterns, lines and dots, aiming only to sight, develop a visual language to express textures, continuities and discontinuities of the eating rituals and their protocols.