

Exploring the Evolution of Gastronomic Diversity in Ecuador: A Study on the Impact of Migration on Ecuadorian Cuisine

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Abstract

A documentary review was carried out on the production and publication of research papers related to the study of the variables Gastronomic Diversity and Migration. The purpose of the bibliometric analysis proposed in this document was to know the main characteristics of the volume of publications registered in the Scopus database during the period 2018-2022, achieving the identification of 74 publications in total. The information provided by this platform was organized through graphs and figures, categorizing the information by Year of Publication, Country of Origin, Area of Knowledge and Type of Publication. Once these characteristics have been described, the position of different authors on the proposed topic is referenced through a qualitative analysis. Among the main findings made through this research, it is found that Spain, with 12 publications, was the country with the highest scientific production registered in the name of authors affiliated with institutions in that country. The Area of Knowledge that made the greatest contribution to the construction of bibliographic material related to the study of Gastronomic Diversity and Migration was Biological Sciences and Agriculture with 34 published documents, and the Type of Publication that was most used during the period indicated above was the Journal Article, which represents 86% of the total scientific production.

Keywords: *Gastronomic Diversity, Migration, Latin America, Ecuador, Ecuadorian Cuisine.*

1. Introduction

Ecuador, a country geographically located in the region of South America, has a rich and diverse culinary heritage that reflects in its cuisine its complex history, a unique geography and cultural influence of important tradition that reflects this nation. Over time, Ecuadorian cuisine has undergone countless evolutions, which have resulted in an important tapestry of flavors, ingredients and techniques, making this vibrant gastronomy which represents its culture in each dish. This gastronomic evolution in the Ecuadorian region has had an unprecedented impact on the diaspora, which has led to a culinary migration of gastronomy that transcends borders and connects Ecuadorian culture in a new and profound way through food.

The pertaining history of cuisine in Ecuador is annexed to a fusion, adaptation and innovation, where the native peoples of this region laid the first foundations of Ecuadorian cuisine at the time of their rich agriculture and their range of ingredients

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allowed a universal variety in food. The union of the different traditional indigenous communities collectively provided basic components of Ecuador's gastronomy.

In the course of Ecuador's history, the differentiations of the regions play an important role in the gastronomic configuration used in the country. Therefore, the coastal, mountainous and Amazonian regions have their own traditions and culinary specialties, allowing Ecuador to have a diverse culinary gastronomy that is invaluable and appetizing all over the world. The effects of globalization and the high demand for cuisine have resulted in an unprecedented increase in migration, which has caused Ecuador to significantly expand its international influences, actively fostering culinary fusion and innovation. In addition, the country's increasing urbanization and modernization has shaped a shift in the way food interacts and is consumed, where the prevalence of traditional dishes has created a much more complex culinary landscape.

The 20th and 21st centuries have had an impact on culinary diversity, allowing Ecuador's gastronomy to evolve and allow for an impact of the migration of Ecuadorian cuisine. Ecuadorians have historically emerged in various parts of the world with the aim of improving their economic opportunities. This has led to the emergence of Ecuadorian migrations, where the diaspora population maintains strong roots with their homeland and manages to express it through food. These culinary establishments around the world have served as cultural hubs, preserving the culinary traditions of their ancestors and showcasing the gastronomic richness to a wider audience. The preparation and sharing of traditional dishes within diaspora communities not only offer a taste of Ecuador, but also help preserve and celebrate its cultural heritage.

To conclude, the transformation and evolution of gastronomic diversity in Ecuador is undoubtedly a testimony to a rich history and tradition represented by the cultural dynamism and regions of the country. The integration of culinary traditions has given rise to a unique and diverse gastronomy that has fascinated the world. The impact of culinary heritage on Ecuadorian gastronomic migration cannot be minimized, as it provides a powerful link between Ecuadorians who are living abroad and are aware of their roots. Through the impact of migration on Ecuadorian cuisine, Ecuadorians manage to maintain a connection with their land, ensuring the flavors and richness of Ecuador being a functional and essential part of their identity and heritage, no matter where in the world they are geographically located. For this reason, this article seeks to describe the main characteristics of the compendium of publications indexed in the Scopus database related to the variables Gastronomic Diversity and Migration, as well. Such as the description of the position of certain authors affiliated with institutions, during the period between 2018 and 2022.

2. General Objective

To analyze, from a bibliometric and bibliographic perspective, the production of research papers on the variable Gastronomic Diversity and Migration registered in Scopus during the period 2018-2022.

3. Methodology

A quantitative analysis of the information provided by Scopus is carried out under a bibliometric approach on the scientific production related to the study of the variables Gastronomic Diversity and Migration. Likewise, from a qualitative perspective, examples of some research works published in the area of study mentioned above are analyzed, from a bibliographic approach to describe the position of different authors regarding the proposed topic.

The search is carried out through the tool provided by Scopus and parameters referenced in Figure 1 are established.

3.1 Methodological design



Figure 1. Methodological design
Source: Authors' own creation

3.1.1 Phase 1: Data collection

Data collection was carried out through the Search tool on the Scopus website, through which a total of 76 publications were identified. To this end, search filters were established consisting of:

TITLE-ABS-KEY (gastronomic AND diversity) AND PUBYEAR > 2016 AND PUBYEAR < 2023

- ✓ Published documents whose study variables are related to the study of the variables Gastronomic Diversity and Migration
- ✓ Without distinction of country of origin
- ✓ Without distinction of area of knowledge.
- ✓ No distinction of type of publication.

3.1.2 Phase 2: Construction of analytical material

The information identified in the previous phase is organized. The classification will be made by means of graphs, figures and tables based on data provided by Scopus.

- ✓ Co-occurrence of Words.
- ✓ Year of publication
- ✓ Country of origin of the publication.
- ✓ Area of knowledge.
- ✓ Publication Type

3.1.3 Phase 3: Drafting of conclusions and outcome document

After the analysis carried out in the previous phase, we proceed to the drafting of the conclusions and preparation of the final document.

4. Results

4.1 Co-occurrence of words

Figure 2 shows the co-occurrence of keywords within the publications identified in the Scopus database.

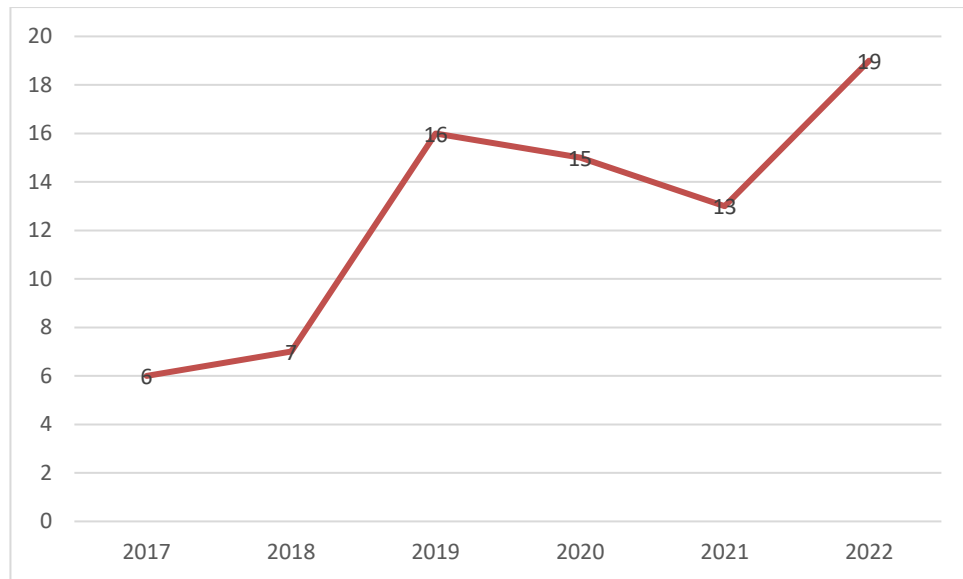


Figure 3. Distribution of scientific production by year of publication.

Source: Authors' own elaboration (2023); based on data provided by Scopus.

Among the main characteristics evidenced through the distribution of scientific production by year of publication, a level of number of publications registered in Scopus was the years 2022, reaching a total of 19 documents published in journals indexed on this platform. This can be explained thanks to articles such as the one entitled "Microbial survival in gourmet hamburger thermally processed by different degrees of cooking" This study aimed to evaluate microbial reduction in a standardized gourmet burger subjected to different degrees of cooking. The raw burgers were artificially contaminated with a mixture of *Escherichia coli* (8 log CFU/g) and quantified after being thermally processed to different degrees. Counts were modeled using GinaFiT software using the Weibull model. Mesophilic microorganisms were analysed and MALDI-TOF/MS identified the survivors. Color and texture were analyzed after each thermal process. Maximum reductions in mesophilic (4.3 log CFU/g) and *E. coli* (4.8 log CFU/g) counts were obtained at 77 °C after 14 min (degree well done). 5 log-E recommendation. *coli* was not reached to any degree and was only reached when the patties were 81 °C after 16 min (very well done), but the color and texture were negatively altered. Kinetic parameters showed a strong correlation between the experimental data. MALDI-TOF/MS showed a low diversity of survivors in hamburgers. Thus, the safety and quality of gourmet burgers depend on the microbiological quality of the ground beef used and validate the thermal process considering specific conditions of each food service.(Barbosa, 2022)

4.3 Distribution of scientific production by country of origin.

Figure 4 shows how the scientific production is distributed according to the nationality of the authors.

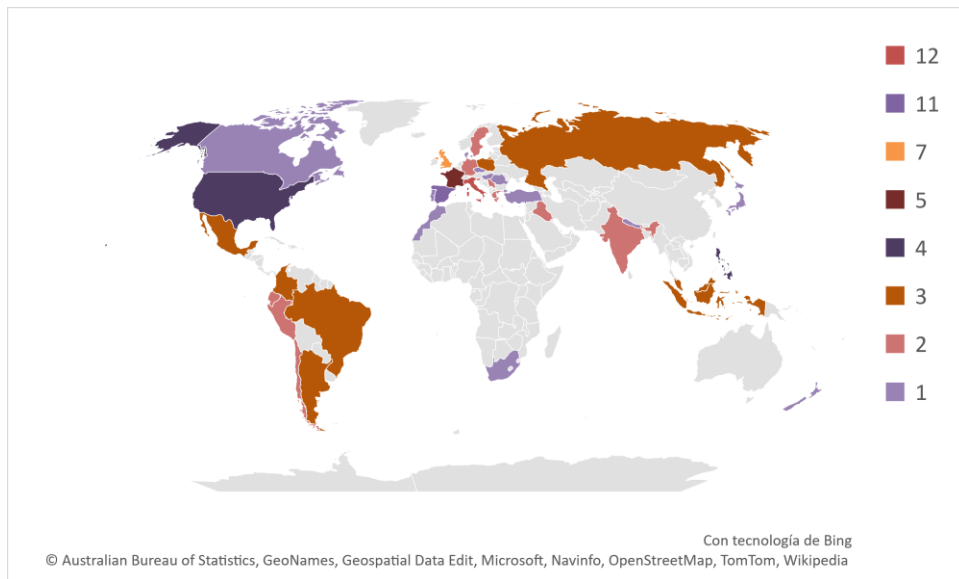


Figure 4. Distribution of scientific production by country of origin.

Source: Authors' own elaboration (2023); based on data provided by Scopus

Within the distribution of scientific production by country of origin, the registrations from institutions were taken into account, establishing Spain as the country of this community, with the highest number of publications indexed in Scopus during the period 2018-2022, with a total of 12 publications in total. In second place, Italy with 11 scientific papers, and the United Kingdom in third place presenting to the scientific community, with a total of 7 papers, among which is the article entitled "Hunger to learn or to savour? An exploratory study of the motivations of gastronomic tourists who visit the restaurants of gastronomic museums." This study investigates an underexplored area of research: foodie tourists' motivations for visiting a food museum and its respective restaurants as an emerging food tourism attraction. Using in-depth qualitative interviews with domestic Chinese food tourists at the Hangzhou Cuisine Museum and its restaurants, the findings suggest that their motivations are revealed on an individual, social, and institutional level as a result of the behavior displayed during the actual visit. On an individual level, the most dominant motivation derives from seeking education and knowledge along with sensory and embodied experiences and transformative escapism. Social-level motivation highlights the importance of social togetherness and kinship, while institutional-level motivations constitute food authenticity and media exposure. This study contributes to a more complete understanding of the dynamics and diversity of the literature on gastronomic tourism and motivation of the gastronomic tourist.(Park, 2022)

4.4 Distribution of scientific production by area of knowledge

Figure 5 shows how the production of scientific publications is distributed according to the area of knowledge through which the different research methodologies are executed.

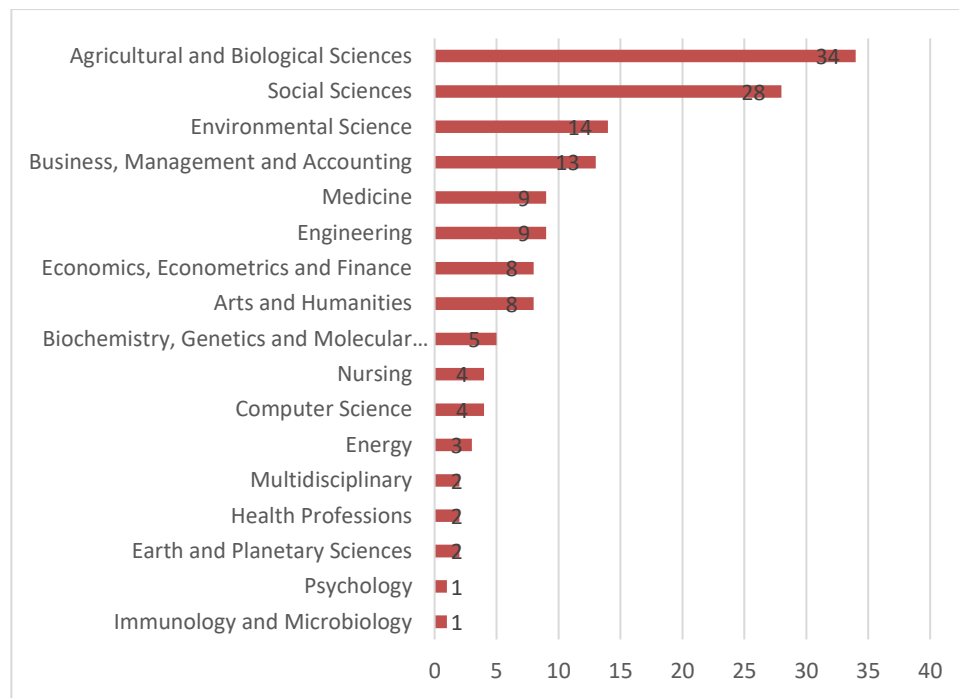


Figure 5. Distribution of scientific production by area of knowledge.

Source: Authors' own elaboration (2023); based on data provided by Scopus.

Biological Sciences and Agriculture was the area of knowledge with the highest number of publications registered in Scopus, with a total of 34 documents that have based its methodologies Gastronomic Diversity and Migration. In second place, Social Sciences with 28 articles and Environmental Sciences in third place with 14. The above can be explained thanks to the contribution and study of different branches, the article with the greatest impact was registered by Biological Sciences and Agriculture entitled "Digital Dissemination of Objects: Cultural and Tourist Expressions in Colombia" the study was framed in the qualitative approach with a type of descriptive-documentary research based on the tourist cultural inventory of the department of Sucre, Colombia in 2020. The categorization of artistic expressions, specifically living paintings, was carried out from a semi-structured interview applied to key informants, likewise, information was collected through documentary review and photographic records of some objects, cultural tourism techniques. A diversity of expressions representing the subregions of Sucre was identified, as well as attractions of interest to national and foreign tourists. However, depending on technological developments, a model is specified for its digital dissemination, such as augmented reality with GPS system, involving the expressions of living images, innate traditional gastronomy such as the nickname of cheese, handicrafts with braiding. Cane arrow as the internationally renowned Vueltaio hat. It is suggested to inquire in the future about cultural sensitivity based on the use of ICTs.(Elena, 2021)

4.5 Type of publication

Figure 6 shows how the bibliography is distributed according to the type of publication chosen by the authors

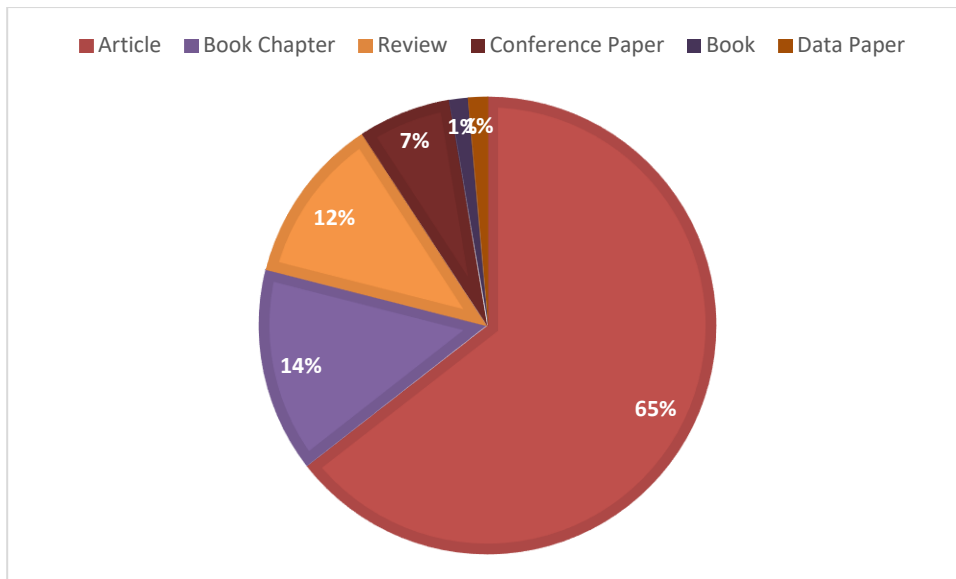


Figure 6. Publication Type

Source: Authors' own elaboration (2023); based on data provided by Scopus.

The type of publication most frequently used by the researchers referenced in the body of this document was the one entitled Journal Articles with 65% of the total production identified for analysis, followed by Book Chapter with 14%. Journals are part of this classification, representing 12% of the research papers published during the period 2018-2022, in journals indexed in Scopus. In this last category, the one entitled "The impact of influencers on the promotional strategies of the gastronomic sectors in Medellín" stands out. This article aims to know the impact of influencers on the promotional strategies of the gastronomic sector of the city of Medellín, through a descriptive research, based on a non-experimental cross-sectional design, descriptive and field; Data collection techniques were conducted using interviews and surveys through a multivariate or multiple-choice questionnaire. The results showed that influencers are the preferred option when establishments in the sector want to promote their products, as they have a greater reach in less time and at a lower cost than with other more traditional media, particularly from the social network Instagram; In addition, they contribute greatly to the increase in sales compliance indicators thanks to their intervention. It is concluded that the impact of influencers on the promotion strategies of the gastronomic sector of the city of Medellín is highly positive. (Amaya Henao, 2021)

5. Conclusions

Through the bibliometric analysis carried out in this research work, it was established that Spain was the country with the highest number of published records for the variables Gastronomic Diversity and Migration. With a total of 12 publications in the Scopus database. In the same way, it was possible to establish that the application of theories framed in the area of Biological Sciences and Agriculture, were used more frequently in how the culinary food in Ecuador has evolved its gastronomic diversity starting from a tour that reflects a rich cultural heritage of the country and its openness and culinary influence around the world. It is worth mentioning that this cuisine has been shaped in an unparalleled way by indigenous traditions, also by the Spanish conquest and colonialism and its African heritage and the migration of this population for the improvement of its economic resources. The result of this mixture of cultures and traditions of primitive origins results in a rich and unique gastronomic where each dish demonstrates the diversity and variety of flavors that each region of this country can have, with unique ingredients and dishes with unprecedented flavors, desired by all over the world. This

culinary diversity has had a profound impact on Ecuadorian gastronomic migration, where it has led to the exchange of ideas and culinary practices, which has allowed millions of Ecuadorians abroad to incorporate local techniques and ingredients into their traditional recipes, where as a result the innovation of this culinary gastronomy that encompasses contemporary cuisine, In addition, it fosters a deeper understanding of Ecuadorian culture and its vibrant food scene among international communities. This culinary fusion has led to a greater appreciation of Ecuadorian gastronomy and a greater understanding of the country's culture among the global community. It can be concluded that the evolution of gastronomic diversity in Ecuador has not only enriched the country's culinary heritage, but has also promoted the dissemination of Ecuadorian cuisine around the world. As Ecuadorians embrace their own culinary traditions while adapting to new environments, they contribute to the global tapestry of gastronomy, showcasing the power of food to transcend borders and bring people together. The Ecuadorian food migration is a testament to the enduring influence of the culture and the delicious ways it can be shared with the world.

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