



# **Heritage Food of Egyptian Bedouins: Towards Documented Recipes and Contemporary Utilization**

A dissertation submitted in partial fulfillment

Of

The requirements for the degree of  
Doctor of Philosophy (Ph.D.)

In

**Tourism and Hotels  
(Hotel Studies)**

This Research has been conducted through joint supervision between the Faculty of Tourism and Hotels, Fayoum University, Egypt, and the Department of Economics Management, University of Salento, Italy.

**By**

**Mostafa Abdulmawla Abdulsattar Abdulsamiee**

B.Sc., Hotel Management, 2011

M.Sc., Hotel Management, 2016

**2021**



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### "Heritage Food of Egyptian Bedouins: Towards Documented Recipes and Contemporary Utilization"

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Hotel Studies Department, Faculty of Tourism and Hotels, Fayoum University

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## **Abstract**

The concept of gastronomy has had a deep relationship with heritage, especially under the effect of the mass culinary media that directed the mainstream consciousness of nations. Food also fits well into several heritage definitions, entailing the long renowned cultural tradition of the hospitality sector or the unique art of preparing specific types of traditional foods. Therefore, studies of such a legacy have been categorised as substantive scientific efforts that would help in safeguarding this cultural heritage. However, it was reported that there had been scant research on the Egyptian Heritage Food in general and particularly the Bedouin Heritage Food.

The current study aimed at identifying and documenting the heritage foods of Egyptian Bedouins with a correct manner. In doing so, the first phase was a desk inquiry, through it, the study has developed a valid definition and identification sequence of Heritage Food by applying a Systematic Literature Review on 30 relevant scientific works, followed by a Delphi technique on seven experts from the fields of food and beverage and heritage management.

The second phase involved the fieldwork and was inductive qualitative in nature. Broad online discussions, 20 semi-structured interviews, and a six-person focus group were undertaken with informative aged Bedouins during their living being. As a result, 46 Bedouin heritage foods were identified, documented, and sorted alphabetically in five categories with their name/s, pictures, descriptions, ingredients, and cooking method/s. Moreover, the most common intangible food habits of Bedouins also were presented.

In phase three, and returning to the desk research, the study highlighted a pertinent theoretical framework on how to considerably exploit Heritage Food. Accordingly, potential contemporary utilisation of Bedouin Food including marking the Egyptian Bedouin identity, attracting the global concern, and supporting Egypt Vision 2030 by boosting sustainable rural tourism were also discussed. The study then has contributed to theory (developments of phase one), to knowledge (findings of phase two), and in practice (discussions of phase three).