



Press Kit

# LEVADURA DE OLLA

## **A place of gastronomic inspiration and worship of the culinary roots of the Sierra Sur of Oaxaca**

Since its opening in 2019, **Levadura de Olla** continues to set trends with its honest proposal of traditional cuisine from the Sierra Sur of Oaxaca and its ongoing labor to preserve and research gastronomic diversity.

Despite opening shortly before the global challenges of 2020, this place has become and remained one of Mexico's most lauded restaurants. Without a doubt, a large part of its success is due to those authentic culinary roots that are noticeable both in the flavors of its proposal, as well as in traditional objects and other visual elements that enrich the gastronomic experience.

For chef Thalía Barrios, originally from San Mateo Yucutindoo, this place is much more than a restaurant; it is an infinite library that showcases Oaxacan gastronomy, a library built on constant research in distant rural towns, exploring their markets, ingredients and culinary traditions.

The restaurant is located in the heart of the city of Oaxaca, where ancestral techniques converge with native ingredients and a profound knowledge and understanding of the land and its seasons.

The menu offers little-known ceremonial dishes, and creative proposals inspired by the team's journeys through the cuisine and drinks from different corners of the region.



## A true cuisine story with shape and deep background

It would be impossible to describe the origin of **Levadura de Olla** and its culinary proposal without knowing the deepest roots of chef **Thalia Barrios's** story.

Thalia Barrios García is known for her projects **Levadura de Olla**, **La Cocina de Humo** and her taste for tomatoes. She is a young chef and businesswoman who has dedicated a large part of her life to working in the kitchen and the cropfields, first as part of her daily life, and later because of her passion and desire to share the ancestral culinary knowledge of her region in Oaxaca with the world.



She was born and raised in the center of San Mateo Yucutindoó, a community that belongs to the district of Sola de Vega in the Sierra Sur of Oaxaca. Since she was 7 years old she has been involved in all the tasks of a family kitchen. Even as a child, she had a great interest for cooking and learning about local ingredients, traditional techniques and recipes; affinities that led her to study a degree in Gastronomy at the Technological University of the Central Valleys of Oaxaca.

Her tenacity, discipline, dedication, intelligence and leadership define her, along with her strong connection with nature. Working the cornfield and making the most of each seasonal ingredient is part of her family heritage, as well as one of the reasons for the success of her projects, whose only advertising had been word-of-mouth recommendation until recently.

Thalía annually organizes the Culinary Knowledge Exchange Forum and publishes the **Gusto Local** guide. Her objective is to promote, safeguard and disseminate Oaxacan cuisine. In the last year she has travelled around all of Mexico, carrying her flavors, life story and an unmatched talent along with her.



## Awards & Recognitions

- One Michelin Star Winner 2024  
*Michelin Guide*
- Young Chef Award 2024  
*Michelin Guide*
- Levadura de Olla, restaurante no. 85  
*Latin America's 50 Best Restaurants 2023*
- Sabores con Historia. Chefs embajadores de nuestro patrimonio gastronómico  
*Senado de la República*
- Chef Revelación 2023  
*Culinaria Mexicana y Jóvenes Talento en Millesime GNP 2022*
- Best New Chef 2021  
*Food & Wine*

## International Media

- Drawing on traditional Oaxacan cuisine, these two restaurants have changed the culinary scene in the Mexican city  
*Joe Ray, Food & Wine*











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# LEVADURA DE ÖLLA

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