

Word of the President

Here comes the end of the year 2020! Unlike most years however, we are unlikely to regret it! It constantly disrupted the functioning of our academies : the Covid-19 crisis has led to the closure of restaurants, prevented our meetings and resulted in shelter-in-place orders, which prevented any social life. We have all suffered from these restrictions to our freedoms, which neither the telephone nor modern means of communication have been able to completely replace.

But fortunately, we resisted and this crisis has shown that gastronomy is a major issue for our societies, an essential place of conviviality and a powerful link between people. Gastronomy was a way of resisting the ambient gloom, especially during the end of year celebrations, when everyone wanted, even more than usually, to enjoy sharing a good meal with excellent products and good wines, even if the number of guests had to be reduced.

This crisis has also taught us to change our habits in the right direction : rediscovering traditional home-made cooking, the importance of food craftsmen and local products (locavore attitude) ; we also tried to support our favorite Chefs by ordering pick-up.

That's why when the time comes to extend my best wishes to you, I want to be optimistic : we will undoubtedly have to reinvent the way we operate. But this health crisis is not the worst pandemic that humanity has suffered, and just like humanity, our gastronomic societies under the aegis of AIG will resume their place with more strength and enthusiasm than ever before, because this crisis will have shown us the fundamental importance of gastronomy in our societies, both for the pleasure it induces and for the conviviality it arouses.

I therefore send you my Best Wishes for health, prosperity and happiness for the New Year, and wish you to say for a long time before starting a gourmet meal : “Bon appétit et large soif !”.

Dr Jean VITAUX

President of the International Academy of Gastronomy



AIG recent events

Most AIG member Academies had greatly reduced activities, if any, during the health crisis that hit the whole world in 2020. However, a few awards ceremonies could take place:

- ✓ July 19, 2020 : **AIG « Chef de l'Avenir » Prize (France)** awarded to **Amélie Darvas**, restaurant Aponem, in Vailhan (Hérault)
- ✓ September 7, 2020 : **AIG Prix de la Littérature Gastronomique (Basque Academy)** awarded to **Ignacio Medina** at the Chocolate Museum of Tolosa (Gipuzcoa)
- ✓ September 25, 2020 : AIG « **Grand Prix de l'Art de la Cuisine** » awarded to **Jean Sulpice** at his Auberge du Père Bise in Talloires (Haute-Savoie).

AIG upcoming events

For obvious reasons, great uncertainty still reigns over the activities that AIG and Member Academies will be able to undertake in 2021. Nevertheless, the following events are scheduled :

- ✓ End of January : meeting of the AIG Board of Directors by videoconference (date to be specified)
- ✓ End half of February : AIG General Assembly meeting by videoconference (date to be specified)
- ✓ Trip to Portugal: the magnificent trip to Porto organized by the Portuguese Academy of Gastronomy, initially scheduled for May 2020, then postponed until May 2021, will probably be postponed until Fall 2021.



News from Academies

We are launching a new column, "**News from the Academies**", where we will keep AIG members informed of important news concerning the life of the Academies.

The activities of Academies have been greatly reduced in recent months. Nevertheless, important events have taken place in the governance of several of them:

- ✓ Rafael Anson, co-founder in 1983 of the International Academy of Gastronomy of which he is Honorary President and where he represented Spain as President of the Real Academia de Gastronomía of Spain, left the Presidency of this Academy in September 2020. He is replaced by Mrs. Lourdes Plana Bellido. The new President will sit on the Executive Bureau and the Board of Directors of AIG. AIG congratulates Lourdes Plana Bellido for her election.

AIG would like to pay tribute and thank Rafael Anson for his tireless work at the service of global gastronomy and AIG.

- ✓ Dr. José Luiz Alvim Borges replaces Dr. Edecio Armbruster as President of the Academia Brasileira de Gastronomía. AIG congratulates Dr. José Luiz Alvim Borges for his election. The Brazilian Academy is a member of the AIG Board of Directors.

« Grand Prix de l'Art de la Cuisine » awarded to Jean Sulpice

On September 25, 2020, President Jean Vitaux and Honorary President Jacques Mallard awarded the AIG Grand Prix de l'Art de la Cuisine to Chef Jean Sulpice. The ceremony took place during a luncheon at his Auberge du Père Bise, in the presence of AIG Secretary General Gérald Heim de Balsac, Alexandre Col, President of the Swiss Academy of Gourmets and Olivier Maus, member of the Board of Directors.



Jean Vitaux presented the « Grand Prix » trophy to the winner. Then in a brief speech, Jacques Mallard recalled the career of Jean Sulpice whom he has known for over 10 years when he officiated in his restaurant in Val Thorens where he was both the youngest two star Chef in France (he was winner of the 2010 AIG Prize for « Chef de l'Avenir ») and the highest two star Chef in Europe (2,200 meters altitude). He emphasized some of the Chef's characteristics, in particular his passion for the Savoie terroir which inspires all his cuisine, and his particular talent for cooking fish from the region's lakes and rivers.



« Prix au Chef de l'Avenir » (France) awarded to Amélie Darvas

On July 19, 2020, Honorary President Jacques Mallard awarded the AIG Prix au Chef de l'Avenir (France) to Amélie Darvas at her restaurant Aponem in Vailhan (Hérault), in the foothills of the Cévennes. This young, 31-year-old Chef was awarded a Michelin star for her cuisine, very inspired by the terroir and made exclusively from organic products supplied by small local producers. An example of "locavore" cuisine, and a success in a pretty village, "in the middle of nowhere" in the heart of beautiful countryside.

**AIG « Prix de la Littérature Gastronomique » (Basque Country)
awarded to Mr. Ignacio Molina for his book "Casa Cacao"**



On September 7, 2020, Maria del Mar Churrua, President of the Basque Academy of Gastronomy, awarded the AIG Prix de la Littérature Gastronomique (Basque Country) to Mr. Ignacio Molina for his book "Casa Cacao" (Planeta Gastro). The event took place at the Rafa Gorrotxategi Chocolate Museum in Tolosa (Gipuzcoa), in the presence of a limited assistance due to the COVID 19 health crisis. All necessary precautions were taken, as evidenced by the photo below of the President and the winner.

Congratulations to the Basque Academy for organizing this event in this difficult context.



Jacques Puisais

Jacques Puisais passed away, victim of COVID 19. He was an Honorary Member of AIG. Those who knew him have kept the memory of a truly exceptional man and could only be charmed and admiring for his immense wine and gastronomic culture, combined with great innate kindness.



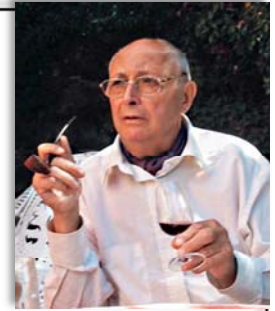
Doctor of science, great oenologist, philosopher of taste, he worked all his life for what he called "the right taste" and the education of children to taste from an early age. He created the first "taste classes" in 1974 in his Tours region and founded the « Institut Français du Goût » (French Institute of Taste) where he developed an original pedagogy with teachers to teach children how to eat.

He was also a pioneer in the science of pairing food and wine. His work on this subject is authoritative and has influenced many famous sommeliers and chefs such as Alain Senderens and Pierre Troigros. He is the author of numerous books devoted to wine, taste and food / wine pairings.

He participated in several important AIG events, including the conference held at the European Parliament in 2008 to celebrate the 25th anniversary of the founding of AIG. He gave a remarkable speech which sums up his philosophy of taste. We replicate large extracts in the following pages.

Summary of Jacques Puisais' speech

Brussels, November 6, 2008



Gastronomy, according to the dictionary, is "the act of eating well", which means knowing how to eat and drink.

As a result, this art places man in an everyday globality, the palpable of which leads to the immaterial - the chicken tasted, then swallowed, leads to an intangible resulting in the pleasure or displeasure felt.

To appreciate things, you have to be "connected", that is to say that man will tune in to the moment he is eating, keeping sources of "pollution" away, such as noise, conversations on politics, religion or business ... which will interfere with the reception of the message sent by the sender.

You have to be hungry to receive; otherwise, how to appreciate the message. The environment must also be adapted to the needs, whether it be human to promote sharing, or material such as a setting matched with the dishes and wines offered. You just have to take the time not to swallow it "straight" as we say colloquially : be generous with your time, so as not to waste it.

This is valid for the taster-receiver we are; but it is also necessary that the "food" transmitter has something to transmit, to entrust; it must engage the senses, be a bearer of sensoriality, which gives it a meaning, a history, a reputation. Food or drink, when mute or made up, has no social and cultural life expectancy.

If what we eat stops at the sole consequences of nourishing and hydrating our body, there is no sensoriality, so gastronomy is largely absent. We remain empty, we robotize - man becomes an ingesting machine to the detriment of his health.

Gastronomy is experienced sensorially, which explains its intangible nature ; it appeals to all our senses, whether it is a simple slice of bread or a lovingly prepared dish, and this sensoriality cannot be present if the transmitter is silent or sophisticated.

Faced with the act of eating good food, three aspects are united and complementary:

- 1) Man is a **ONE – SINGLE**, facing the solid or liquid elements that he will bring to his mouth to feed himself.
- 2) His sensations are polysensory, instantaneous and ephemeral: "we never relive the same moment again"
- 3) The situation is Trinitarian:
 - the connected Taster, one of a kind
 - the wet or dry food transmitter, loaded with authentic sensory life
 - the physical and human environment which associates, enlightens, supports, accompanies.

This situation has led me to say that each of these dimensions only exists in relation to the five senses.

Nature has given us 5 senses to be in tune with the elements of life

So !

- Connect yourself!
- Taste before swallowing!
- Revive through wine and food, by sharing the cerebral image of this sensory experience, this pleasure felt with others. To speak, yes, is to be reborn, it is to resuscitate.

It is through this sensory path that Gastronomy, the art of eating good food, has defined itself and progressed, becoming a total art, without forgetting to say that it is also vital. Also, how foolish it is to place it in the elitist category, an observation that was made to me recently at the European Parliament while suggesting to change the term.

Sensoriality is then disturbed, because in front of this permanent art which brings together practically all the arts and the men who master it, how can anyone want to standardize, explain, impose, medicalize this need to eat and drink , hiding or even refusing the place of the sensory which is essential.

Whoever eats wrongly does every thing wrongly