

Healthy food in Spanish gastronomy and food science (1880s-1960s)

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"Science, health and cooking in contemporary Spanish gastronomy (1906-1945)"

Spanish cuisine and gastronomy underwent an important institutionalization process during the first decades of the 20th century. Along with the appearance of the first professional associations and the first teaching centres, specialized magazines and teaching texts were published. The communication analyses the content of some of these publications in order to know how the relationship between science, health and cuisine was approached in the Spanish case.

Ignacio Suay-Matallana

"Protecting health or protecting markets?: the regulation of industrial alcohol in late-19th Century Spain".

In many Southern European countries, wine was both a nutritional element and an economic product. In these places, wine was an important source of calories for many people, especially the poorest ones, while it became one of the most important economic sectors for both exportation and the domestic market. In the 1880s the European wine market suffered the impact of the phylloxera pest and the production of large amounts of industrial alcohol in Central Europe. These new factories developed more efficient distillation methods to produce alcohol from potatoes and grain in their factories. Its circulation reduced wine prices and affected the prestige of wine exported from Spain. This paper studies the strategies developed by wine makers, authorities and experts to highlight the risks of industrial alcohol, while diminished the risks of ethyl alcohol (alcohol of wine). Experts were called to prepare chemical analyses and medical reports to reinforce their goal. Their idea was to make visible the risks of industrial alcohol as a strategy for reducing its circulation, and overcoming the wine crisis. Expert advice, economic interests, politic negotiations, the creation of ignorance, health protection and food regulation are the main elements considered in this paper.

Ximo Guillem-Llobat

"Regulating the quality of edible oils in Spain in the late nineteenth and early twentieth centuries."

At the turn of the century the production of olive oil experienced an unprecedented increase in the Iberian Peninsula. In this context the regulation of edible oil in the local market was thoroughly transformed in a process that involved many different historical actors. Producers, exporters and the main medical authorities were very active in the drafting of these regulations, but the implementation of these rules depended also on other agents such as chemical analysts, agronomists and gastronomes. In this paper I shall analyse how did these debates on the quality of edible oils evolve in Spain in this context and which were the methodologies and parameters used in evaluating quality. I shall thus evaluate how various organoleptic and chemical parameters had different relative importance in defining quality

throughout the period in which the modern regulation of food safety was established (circa 1880s-1930s). In order to do so, I will focus on the main publications by chemical food analysts and compare the changing definitions of quality for edible oil included in them with those in contemporary cookbooks as well as those used in the effective regulation of food safety and quality in municipal laboratories.