

GRIMOD,
BRILLAT
et Nous



INTERNATIONAL CONFERENCE

Exploring the foundations of the SPIRIT of Gastronomy

AS WE CELEBRATE THE **BICENTENARY**
OF **MEDITATIONS ON TRANSCENDENTAL**
GASTRONOMY, IS IT EVEN POSSIBLE TO THINK OF
BRILLAT SAVARIN WITHOUT MENTIONING
GRIMOD DE LA REYNIÈRE?

Meet
the **expert speakers**
for a **UNIQUE FEAST OF KNOWLEDGE**



OCTOBER
2 & 3,
2026

LYON, FRANCE
DOMAINE SAINT-JOSEPH

CONFERENCE@BIZTRONOMY.COM
REGISTRATION OPENS

Organized by:



Biztronomy
Food for thought

"The great gourmets felt that two such important functions should not be combined in the same hands, and that it is impossible to properly manage both the spit and the pots at the same time."
GdLR, AdG, Year One

GRIMOD,
BRILLAT
et Nous



GRIMOD, BRILLAT *et Nous*



At the foundations of the SPIRIT of Gastronomy



Can one be a true gourmet without knowing the origins of this fabulous discipline?
Can one be a true hostess without understanding the deeper principles of the art of fine dining? To fully express and share this philosophy of fine dining known as gastronomy, we believe it is essential to know its founders, notably **Grimod de la Reynière** and **Brillat-Savarin**.

JEAN-CLAUDE BONNET

■ THE CONTRASTING FORTUNES OF GRIMOD AND BRILLAT IN THE GASTRONOMIC TRADITION

Jean-Claude Bonnet will explore the persistent references to Brillat and Grimod in those distant years when gastronomy had not yet emerged as a legitimate field of knowledge. He will focus in particular on Roland Barthes while sharing his personal perspective on that era when gastronomy began to be fully recognized as a cultural element in its own right and as a jewel of French national culture.

Julia CSERGO

■ Society WOMEN IN GASTRONOMIC DISCOURSE

Grimod, Brillat, and women: what place, what role, and what relationship did each of them have with women? What is the difference between the era (or eras) of Grimod and Brillat and today?

Yves GAGNEUX

■ Balzac BALZAC'S PERSPECTIVE: THE INFLUENCE OF BOTH IN *LA COMÉDIE HUMAINE*

Both Grimod and Brillat-Savarin are mentioned in *La Comédie humaine*, which attests to the author's familiarity with their works. Brillat's evident ambition to offer a comprehensive analysis of a human phenomenon in a scientific form clearly appealed to Balzac. Grimod's influence, though more subtle, takes on other forms. Balzac, an archaeologist of urban life, could not help but be drawn to the vibrant energy that emanates from Grimod's writings. The influence of each in *La Comédie humaine* is thus expressed differently, offering us a unique lens through which to discover them.

Michael GARVAL

■ Gastronomer-Chef Relationship TASTEMAKERS: TWO CENTURIES OF FRENCH GASTRONOMERS AND CELEBRITY CHEFS

In the wake of the French Revolution, pioneering food critics like Grimod de la Reynière or Brillat-Savarin and early celebrity chefs like Carême emerged as novel sorts of public figures. Key players in gastronomy's rise and democratization, chefs and gastronomes asserted influence as arbiters of taste, yet literary prestige gave writers the upper hand. Over the past two centuries, across a changing culinary, cultural, and media landscape, the balance of powers in this at once symbiotic and adversarial relationship has shifted, with chefs now prevailing as tastemakers.

Chikako HASHIMOTO

■ Conviviality CONVIVIALITY AT THE TABLE ACCORDING TO GRIMOD AND BRILLAT

The transformation of the concept of conviviality in the post-revolutionary era. The influence of Grimod and Brillat on the evolution of the relationship with others at the table.

Christophe LAVELLE

■ Art & Science GASTRONOMY: IS IT THEN MORE OF AN ART OR A SCIENCE?

This question lies at the heart of the debate between Brillat-Savarin and La Reynière, for while the former elevates the love of good food to the status of a philosophical and physiological science (gastronomy, that "reasoned knowledge of everything related to man insofar as he nourishes himself"), the latter focuses his discourse primarily on aesthetic judgment. In fact, straddling the lines between art and science, nature and culture, ingredients and techniques, cuisine transcends these dichotomies to evolve at the intersection of food and emotion—in constant interaction—for the well-being of both body and mind. To what extent or in what proportion?



GRIMOD, BRILLAT *et Nous*



At the foundations of the SPIRIT of Gastronomy

CONFERENCE DUBBED simultaneously live & in visioconference



SPEAKERS

RESEARCHERS, AUTHORS, LEADERS
HISTORIANS, PHILOSOPHERS

Fabio PARASECOLI

■ Cinema THE FIGURE OF THE GOURMET IN WORLD CINEMA

How the identity of the gourmet has changed since Brillat and Grimod, and how it appears in contemporary gastronomic media — especially on social media.

Florent QUELLIER

■ The Significance of the Words FRIAND, GOURMET, COTEAU...GASTRONOMES BEFORE THEIR TIME: LEXICAL OR FRIAND, GOURMET, COTEAU, AND THE CONSTRUCTION OF THE FIGURE OF THE GASTRONOMER (LATE MIDDLE AGES TO EARLY 19TH CENTURY)

The pre-gastronomic lexicon, or how to describe the lover of fine food before the term “gourmet” existed, particularly through the figures of the “friand,” the “gourmet,” and the “coteau.” Grimod and Brillat are also heirs to this lexicon, and understanding the meaning of “gastronomer” requires placing the noun within this lexical context.

Patrick RAMBOURG

■ History of Ideas THE IDEA OF GASTRONOMY: OR HOW CULINARY DISCOURSE BECOMES GASTRONOMY

“The Idea of Gastronomy: or How Culinary Discourse Becomes Gastronomy.” “While the word ‘gastronomy’ became established in the early decades of the 19th century, thanks in part to the writings of Berchoux, Grimod de la Reynière, and Brillat-Savarin, the idea of gastronomy itself is much older than is generally thought. As early as the late Middle Ages—and even long before that—accounts of cuisine and dining began to appear. Its evolution is rooted in the rise of haute cuisine in France during the Grand Siècle, in the culinary debates of the Age of Enlightenment, and in the ongoing publication of the **Almanach des gourmands** and the **Physiologie du goût**.”

Yuka SAITO

■ Taste INSTITUTIONALIZING TASTE: THE METAMORPHOSES OF THE **ALMANACH DES GOURMANDS**

Following the success of the first year of the **Almanach des Gourmands**, Grimod de La Reynière transformed his culinary publication into a true institution of critical authority by establishing the Tasting Jury. Over the course of its eight editions, the almanac redefined itself through interaction with its readers and food merchants, becoming one of the cornerstones of 19th-century gastronomic literature, a tradition that also includes **The Physiology of Taste**. This presentation will analyze the origins of this unique legitimization and the work’s transformations, drawing in particular on a corpus of the author’s previously unpublished correspondence.

Max SHREM

■ Gastronomic Writing SATIRE, STRUCTURE, AND FLAVORS: HOW GRIMOD'S ALMANAC SHAPED MODERN GASTRONOMIC WRITING

This presentation reinterprets the **Almanach des Gourmands** as one of the earliest laboratories of culinary journalism. Its tripartite structure—a nutritional calendar, a guide to suppliers, and satirical “Varieties”—creates a space where taste becomes a public practice and a performative text. Under the guise of an elderly connoisseur, Grimod both asserts and subverts his authority, employing parody and pseudo-scholarly classification to educate the reader. At the intersection of print culture, mediatized taste, and self-presentation, the **Almanach** inaugurates a critical framework that foreshadows modern gastronomic criticism and contemporary logics of influence.

GOURMET DICTATION

A daily gourmet dictation, in the early afternoon, for those who love spelling, grammar, and the written word.

BOOK SIGNINGS

Meet the speakers to chat and have their books signed.

REGISTRATION OPENS

PRICE:

2 days: 80 € 1 day: 50 €

INCLUDED IN REGISTRATION

- Morning break with drinks and pastries
- Buffet lunch
- Afternoon break with drinks and cakes
- Access to activities
- Meet-and-greets with speakers

OCTOBER
2 & 3
2026



LYON, FRANCE

DOMAINE SAINT-JOSEPH

38 Allée Jean-Paul II
69110 Sainte-Foy-lès-Lyon
www.domaine-lyon-saint-joseph.fr

SCHEDULES

FRIDAY, OCTOBER 2,
8:30 AM – 5:30 PM

SATURDAY, OCTOBER 3,
8:30 AM – 5:00 PM

CONTACT : CONFERENCE@BIZTRONOMY.COM

