

# Miriam Cózar

She trained at the Escuela de Hostelería Hacienda la Laguna, in Puente del Obispo, Jaén. She continued her formative development with practices with outstanding chefs. She coursed with Berasategui, Dani García and Abraham García (Viridiana), among others. She also worked directly with chefs who were trained in the schools of El Bulli, Alain Ducasse, Jean-Luc Figueras, Paco Torreblanca, Oriol Balaguer, Joan Roca and Michel Bras. Her first project, Restaurante Iris, in Granada, was a benchmark in author's cuisine in the city, as well as a project of social-labor insertion. Over the years she has worked and learned in different cities in Europe and the Caribbean.

Due to the economic crisis that engulfs Spain since 2008, Miriam is dedicated to advise and help companies in the sector (catering, restaurants, hotel groups) to recover their identity, improve their performance and be able to overcome and adapt themselves to the social and economic demands of the moment. This is achieved by guiding the actions around principles of sustainability, responsibility and quality. She promotes the use of ingredients of Km. 0, organic ingredients and ingredients responsible with the community in which they are settled. Her work shows that implementing systems that can help to maintain jobs and reinvesting into the community to integrate in local culture and agriculture, provides their own identity and continuity to the companies from the same sector.

She also works with companies in the food sector in their R+D+I programs, helping them with the development of techniques to improve and recover textures, aromas and flavours.

Her advice is oriented towards the practical application of scientific research on the uses and benefits of products and sub-products of different plants and seeds.

Her work as a chef combines creativity, respect for raw materials and is oriented to social commitment. That is why she has been involved since her beginning in the development of the Pacto de Milán in Córdoba. She has given cooking workshops to hundreds of people, transmitting the commitments through the kitchen. Her current project, Biodiverxa: Gastronomy for Biodiversity, aims to unify her work as a chef with

the fight for food sovereignty, the recovery of biodiversity and flavours, the comprehensive care of health through food, and social integration of people in their community. She does this through multiple projects, including her professional kitchen on wheels, "Más que Candela ...", with which she mobilizes the resources of haute cuisine to create dishes that express the values and the importance of local, organic, responsible and tasty cuisine.