

el Periòdic News

INTERVIEW

Carme Rusalleda

CARME RUSCALLEDA, A LEGENDARY CHEF OF SPANISH, CATALAN, AND INTERNATIONAL CUISINE

«Each Michelin star is a team effort with the aim of offering excellence and uniqueness»

IRINA
Rybalchenko



Carme Rusalleda is a legendary chef of Spanish, Catalan, and international cuisine who currently holds two Michelin stars for her restaurant Moments. During her professional career she has managed to obtain seven Michelin stars, which were distributed between her restaurant Sant Pau at Sant Pol de Mar, (three stars), Sant Pau in Japan (two stars) and the aforementioned Moments restaurant. She came to Andorra Taste-2024 and won the Andorra Taste Award. After the award ceremony, we spoke to Carme about haute cuisine, culinary traditions, and getting to see the well-coordinated teamwork behind any award.

—Every year it becomes more and more difficult to surprise people

on the level of gastronomic delights. Don't you agree?

—The most difficult thing is not to disappoint people.

—How do you see Andorra's gastronomy? Have you found anything interesting here?

—Here you can find excellent grilled meat, wonderful lamb chops, mushrooms... They always bring high quality fish to Andorra. Why? Because there's a local population who likes eating well. In the past, fish didn't travel. Nowadays, fish caught in the Mediterranean can be on your table in Andorra in a few hours. I think Andorra Taste serves exactly what we appreciate about the uniqueness of Andorra's gastronomic culture. I hope that there will be chefs who explore new formulas that surely exist in the mountains and perhaps apply them to stews—maybe soups or salads that were previously only



ANDORRA TASTE



«Michelin stars come when your work is trustworthy. It's a reward that clients really respond to»

homemade but may well reach the professional kitchen.

—Seven Michelin stars in a professional career... is it really hard work?

—Michelin stars come when your work is trustworthy. It's a reward that clients really respond to. But a person alone is not capable of doing anything. Rewards are achieved with the people who accompany you, who have talent and believe in your philosophy. Each star is a team effort with the aim of offering excellence and uniqueness.

—Are there any other chefs in Catalonia with so many stars?

—Maybe not in Catalonia, but in the Basque Country. Martin

Berasategui is the chef with the highest number of Michelin stars in our country. This renowned chef of Basque origin has no less than 12 Michelin stars spread across 15 restaurants. In addition, Quique DaCosta in Denia (Valencia) has three stars.

—**What are the conditions for obtaining a Michelin star?**

—They explain it very well in their guide. They say that one star is a very good food in its category (it could be a bar that cooks very good food in bar category). Two stars is when they say, 'If you're in the area, stop by, there's a very good food and a great wine cellar.' If it's three stars, they'll say, 'It's a beautifully organised gastronomic journey without leaving the table.' Do you see the difference?

—**I've always been curious: how exactly does the star assignment process happen? Tell us how it was for you!**

—It's always a complete surprise. The experts come in anonymously. A person eats without introducing themselves, always pays, and that brings a lot of respect. Then this person asks to show the facilities. He wants to see the kitchen, who and how it works, how clean and hygienic everything is.

And then he makes a report to the headquarters. I imagine that a group of people, judges, within the same company, decides whether a star can be awarded because of the points received. This could happen months after the visit.

By the way, our first star came very quickly and it was very exciting. Our first restaurant opened in 1988 and we were awarded a star in 1991. It's something I am sure of and have always told my husband:



A legendary chef of Catalan cuisine won the Andorra Taste Award.

they saw two young people with a desire to work, passion and honesty when it concerned food. They believed in us!

—**Can a Michelin star in the restaurant business be compared to a Nobel Prize in science? How does the star rating affect the**

price of the dishes?

It's a kind of cliché to say that if a restaurant has a Michelin star, it will be very expensive. But the point is that when you leave, you think: yes, it was worth it! You're paying for all the professionals working there, for the dishes, and for the combined expertise.

This award gives a certain status, indeed. It transforms a restaurant into an establishment with a gastronomic offer, where a customer who is able to pay comes. You can go out to dinner for 50 euros for two people, and there are quite a few very good places. Then you can dine for 100 or 300 euros. And each time you will see a qualitative jump.

There should always be a combination of price and quality.

—**The chef of your two-star restaurant in Barcelona is your son Raul. Is it difficult to work with children in the same kitchen?**

—Not everyone is able to work as a family. But it's something that has great value. I was born into a family where my parents worked together. My husband and I worked together as well. We asked him once: are you capable of becoming a chief? He requested three days to think about it, and he decided to give it a try. We have been working together ever since.

—**Great success in your career, recognition, awards... Has it had any effect on your character?**

—I don't think about it. My friends tell me that I'm the same as I've always been. I'm lucky enough to do work that I enjoy, work that inspires me and gives me the opportunity to earn a living. And that's the beauty of life, isn't it?

—**It's hard to get a star, but it's harder to keep it. What is your secret?**

—You have to work every day with the same enthusiasm and commitment, not whenever you feel like it. If you are a leader, put enthusiasm into teamwork to energise your whole team. Otherwise, the star may be gone one day... ●

ALLEGED DEFAMATION

Some Andorran media, under notice by the lawyer of the 'King of OnlyFans'

The defender of Fuentes announces legal actions for all information against his protégé

EL PERIÒDIC

ALEX MONTERO CARRER
ESCALDES-ENGORDANY

The lawyer of Sergio Fuentes, known as 'The King of OnlyFans', has exclusively confirmed to EL PERIÒDIC that he will take legal action against several Spanish and Andorran media for having published a false news that accused him of having entered in prison for an alleged case of pimping and trafficking of minors. According to the lawyer, this information, completely false, has caused «serious damage» to both Fuentes' personal and professional life.

For this reason, as detailed by his lawyer, next week a lawsuit will be filed prior to the court complaint against several Spanish media, which replicated the information without properly verifying it. «We sent emails and burofax requesting the right of rectification in accordance with Spanish legislation», explains the lawyer. So far, only Europa Press has responded, while the rest of the media have not corrected the information. It should be mentioned that the legal actions will be carried out shortly in Spain, while in Andorra, where the news was spread a few days later, the legal process will start in about two weeks. «The complaint in Andorra will take a little longer», he points out.

Regarding the allegations, the lawyer anticipates that they will face accusations of defamation, since the media came to link Fuentes with the corruption of minors. However, he categorically denies



The lawyer of Sergio Fuentes announces legal actions against several Spanish and Andorran media.



Defender of Fuentes

LAWYER

«Until now, only Europa Press has corrected the publication. The judicial process in Andorra will take two weeks»

«The spread of the news has had a devastating impact on the image of Fuentes at a personal and family level»

any link of his client with this type of crime. «There is no open investigation against Fuentes for pimping or any other related accusation,» he emphasizes, adding that all of his client's activity is completely legal. «We can like it more or less, but everything he does is within the law, and the models are who contact him», says the lawyer.

It is worth noting that part of the confusion has arisen as a result of a coincidence with another investigated in the Court of Miranda de Ebro, who also worked at OnlyFans and had resided for a while in Andorra. Fuentes' lawyer insists that this coincidence has been taken advantage of by journalists who did not do their job properly. A piece of news that, according to the magistrate, has had a «devastating impact» on both Fuentes' personal and family life.●

THE TRIBUNE

In search of female success formulas

Women continue to face barriers that make it difficult to access leadership positions



MARTA AMBOR

In an increasingly competitive world, women continue to face barriers that hinder our access to leadership positions. In this context, the call to action to make visible and enhance female talent becomes an indispensable rallying cry. We look for events that act as beacons of hope, bringing together women from various professional fields to create synergies that encourage collaboration and the exchange of knowledge. It is urgent to find spaces where we can share our experiences, build solid networks and open doors to new opportunities.

Focusing on female talent is not just an option, it is a brave and necessary bet. In doing so, we recognize the importance of women as drivers of change and make our contribution to society visible. Gender diversity, moreover, is a fundamental factor for the success of any organization. We must demand



PIXABAY

the creation of a women's business network that facilitates networking between women, promotes solidarity and contributes to building more cohesive communities. This network should be an invaluable resource for all of us seeking to advance our careers.

The diversity of profiles that we can gather is one of our strengths. From established businesswomen to promising young people, we all have a place and bring unique perspectives that enrich the debate. This wealth of ideas can give rise to in-

The participation of female leaders who serve as role models for the new generations is necessary

novative and collaborative projects, with great potential.

The participation of prominent figures and female leaders who serve as role models for the new generations is necessary. Women who demonstrate that it is possible to achieve professional success without renouncing values and are clear examples of

seeks to transform the reality of women in the fields of business, culture, science, technology, sport and politics, contributing to building a fairer and more equitable future for all.

The search for female success formulas is a fundamental step towards equality. We need to join forces, share knowledge and create spaces of support, because only then can we break the barriers that limit us and make our professional dreams come true. ●

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