

A FEW WORDS FROM THE HISTORY OF FRENCH CUISINE

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Abstract: In this article we mention the essential points in the progress of cooking French. French cuisine has evolved enormously over the centuries. In the Middle Ages the national cuisine begins to take shape. It is developed in the city of Paris with the great chiefs of the king. The most famous name from this era is Guillaume Tirel dit Taillevent. He lived in the 14th century and cooked for the kings of France, for example Philip VI and Charles V. His career lasted sixty-six years. After this process, the cuisine is spread throughout the country and it was exported to other countries in the world.

Key words: Gastronomy, meal, local food resources, French haute cuisine, cookbooks.

“Gastronomy is the set of rules that define the art of making a good meal. These rules combine the art of preparing meals well, selecting products and enjoy too. The etymology of the word gastronomy comes from the Greek gastèr = the belly, the stomach and nomos = the law. Gastronomy is literally “the art of settling the stomach”.

In the 20th century, gastronomy is defined as a way, often elitist, of cook and enjoy food. It has been said that the art of preparing a meal is that of cook and that the art of tasting it well is that of the gourmet. Today gastronomy is gradually considered as one of the components of culture. It is the synthesis of know-how and traditions and it constitutes an intangible heritage.

Gastronomy becomes the object of study and scientific research around the world entire. For some people gastronomy is a luxury thanks to the prices at top restaurants level. To be a gourmet, you don't need money. Gastronomy also concerns

simple products and everyday recipes that can contribute to education taste.

Gastronomic diversity varies according to regions, nations, eras and fashions. The differences are linked to local food resources and socio-cultural principles, for example religion, social origin, education, financial resources.

In medieval cuisine, ingredients varied according to the seasons of the year and according to the liturgical calendar. At that time the aristocracy organized banquets where several dishes were served at the same time. These banquets were numerous in spring and autumn. In winter they were rarer. So, to stock up, a lot of food was preserved with salt, spices or honey. The meat was salted and then smoked. During from the 15th and 16th centuries, French cuisine adopted many foods from

New World, for example cassoulet, beans, etc.

Cuisine during the Renaissance period came from Italy. The famous name of this era is Platineo (1421-1481). He wrote a cookbook, first printed in 1473. This treatise has ten books, there are rules of life, preparation of meals, description of foods, fruits, spices etc. To find out more about this era, you have to read the works literary works of Rabelais. It is Italian cuisine that will change French cuisine. At this time we start the meal with fruit, choosing our appetite. The motto of this time is: “Eat well, live well, take care of your body. »

French haute cuisine has its origins in the 17th century with the name La Varenne. He is considered the author of the first French cookery book "The French Cook" in 1651. The second great name of this period is Nicolas de Bonnefond, valet of Louis XIV. He wrote the "French Gardener" where he talks about how to preserve the fruits, to make jams. During this century coffee, tea and chocolate became to be current. The dietary customs of the people during this century were quite varied. The famines and fixed periods change.

During the 18th century, for the first time the terms species and funds appear in the "chemistry" of the kitchen. Great restaurants and great chefs are appeared. Among the people, we cook with what we find. Regional cuisine asserts itself, Paris discovers it. The French Revolution plays a main role in the expansion French cuisine. A well-known name from this period is Marie-Antoine Carême who produces its sauces called "mother" sauces. These are Spanish sauces, velouté and béchamel sauce. These sauces are often prepared on the basis of other sauces. They are known to this day.

The 19th century is the century of Appert. This is the name of the inventor of canning modern. All this happened because of Napoleon who launched a competition for the conservation of food for his armies. Today Apert's invention is still used almost everywhere the whole world. The second big name is that of Mr. Brillant-Savarin and his work "Psychology of taste". This book has been republished more than seventy times since its publication in 1826. Since this century, gastronomy has become art. We can feel it, see it, paint it, write it down.

During the 20th century cooking became a profession. Food chemistry is known. The cuisine is sometimes classic, it returns to the past but it transmits through practice. Cookbooks are being used more and more. The recipes are clear, explained. There is advice on the choice of products and food hygiene. All the world knows the names of the great chefs Escoffier, Pomiane, Nignon, Richardin and many others.

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INTERNATIONAL MULTIDISCIPLINARY JOURNAL FOR RESEARCH & DEVELOPMENT

SJIF 2019: 5.222 2020: 5.552 2021: 5.637 2022:5.479 2023:6.563 2024: 7,805

eISSN :2394-6334 <https://www.ijmrd.in/index.php/imjrd> Volume 11, issue 05 (2024)

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