



FRENCH CUISINE

Features

- ☐ Meats are usually marinated in wine.
- ☐ There are over 350 varieties of cheese (Brie, Camembert, Roquefort, etc.).
- ☐ Pierre François de la Varenne initiated a rapid, profound and qualitative change in French cuisine with his book 'The French Cook' in 1651.
- ☐ After the French Revolution in 1789, French cuisine underwent a major evolution.
- ☐ It developed thanks to books written by cooks working for aristocrats.
- ☐ Two types of culinary philosophy Haute Cuisine/Grande Cuisine – Traditional
- ☐ 1533 Henry II – Catherine de Medici – cutlery (at their sides)
- ☐ The first restaurant during the reign of King Louis XVI

Key Figures in French Cuisine

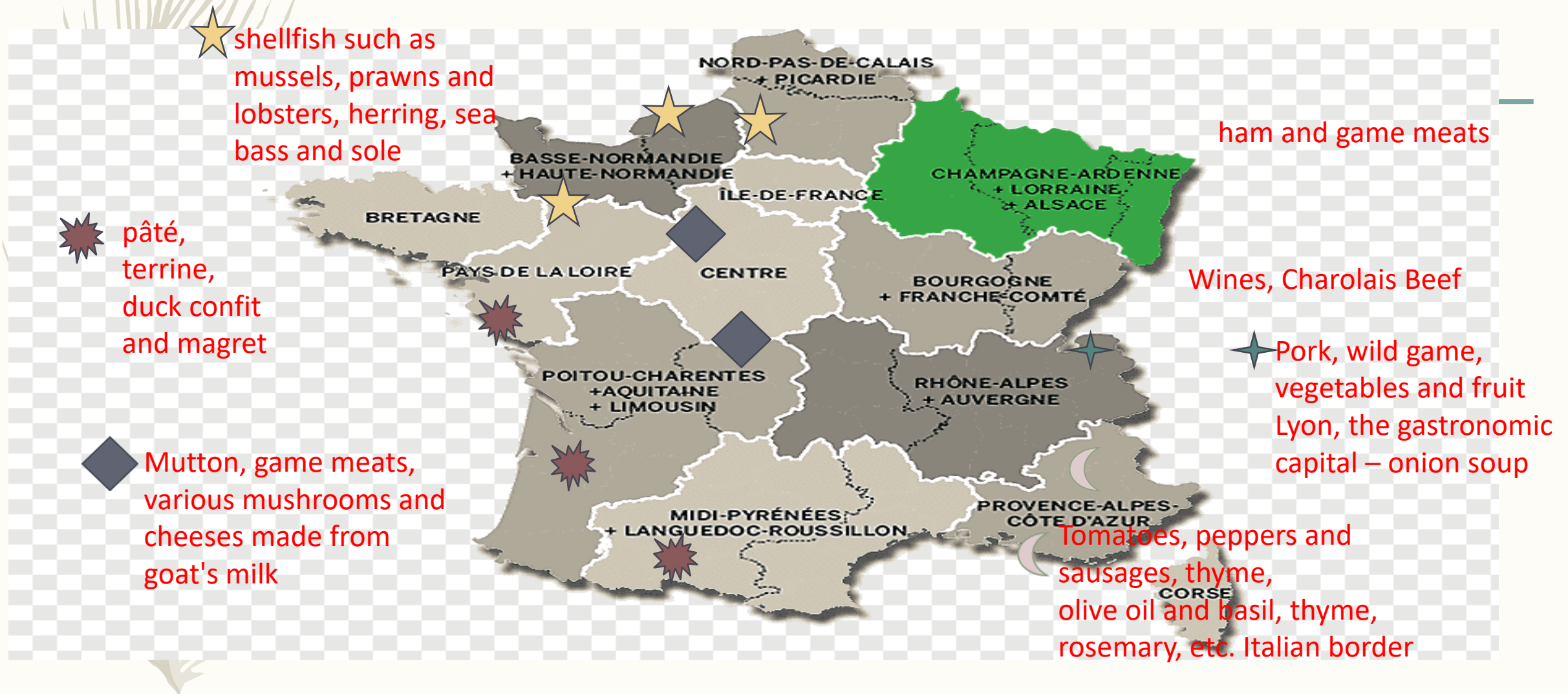
- The King of Cooks and Cook of Kings, Marie Antoine Carême – haute cuisine
- Georges Auguste Escoffier made fundamental changes to service and kitchen organisation
- At banquets held in the late 1700s and early 1800s, an extravagant number of dishes were served simultaneously, with up to three hundred different dishes presented according to today's standards. Carême worked to reduce the extravagant and unnecessary embellishments in the dishes served at French banquets of his time.
- Escoffier changed the old system of serving the main course and garnishes separately, establishing a new system by combining several garnishes around the main course. He introduced the Russian service system. Russian service consists of preparing new plates as orders are placed and bringing them to the table.
- Fernand Point taught the younger generation the fundamental principles of 'Modern Cuisine' (Nouvelle Cuisine, New Cuisine). He trained three Michelin-starred chefs such as Paul Bocuse, Raymond Thuilier, Alain Chapel, Jean and Pierre Troisgros, and Louis Outhier. Fernand Point's philosophy was to use the highest quality ingredients and apply the correct methods, going beyond elaborate presentations and complex components.

Geography



- Two-thirds of France is surrounded by mountains and hills: the Alps, the Pyrenees and the Vosges.
- In France, the winter months are generally cool and the summer months mild.
- However, the Gulf Stream warms France's coastal regions, making winters mild and summers warm.
- The territory defined as Metropolitan France is divided into twenty-one regions.

Regional Differences



Michelin Star



MICHELIN STAR

Coveted by many chefs but bestowed upon only to an excellent few.
Getting a star (or three) could change the fate of a restaurant.



High quality
cooking,
worth a stop



Excellent cooking,
worth a detour



Exceptional
cuisine, worth a
special journey

French Culinary Culture

- ☐ Simplicity
- ☐ The appearance, aroma and taste of carefully prepared food
- ☐ Various table decorations and ornate plates
- ☐ Tablecloths and cloth napkins are plain or simple in colour
- ☐ Fragrant flowers are not used
- ☐ Lunch and dinner are generally slow and hearty, breakfast is not overly elaborate

Business Diversity

- ☐ Restaurant
- ☐ Bistro
- ☐ Bouchon
- ☐ Brasserie
- ☐ Tea Room
(Salon de Thê)

Restoran



Bistro



Bouchon



Brasserie



Cafe



Salon de Thê





The Concepts

- **À la carte** refers to lists where the dishes on the menu are listed and priced separately. Meals are prepared when ordered.
- **Appetisers** are usually small portions of food. Appetisers accompany drinks before the main course as an appetiser.
- **Artisan** refers to food prepared using entirely natural, high-quality ingredients and intensive manual labour. Examples include artisan bread and artisan cheese.
- **A fixed menu** is a type of menu where the food and drinks to be served are predetermined, with the price of the drinks included in the food price.
- **Fusion cuisine** is a concept that describes dishes prepared by combining the ingredients and techniques of different culinary cultures in a single dish.
- **Table d'Hôte** is a menu with a fixed price and no choice of dishes.



Food and Drink Rituals

- New Year's Day, Easter (The resurrection of Jesus on the third day after his crucifixion is celebrated),
- Labour Day,
- Ascension Day (the ascension of Jesus Christ into heaven),
- Victory in the Second World War Day,
- Bastille Day,
- Assumption (the assumption of the Virgin Mary into heaven),
- All Saints' Day (a holy day commemorating all known and unknown saints in Christianity),
- Armistice Day and Christmas Day

La buche de Noel

Traditional chocolate and chestnut roll cakes, cut into log shapes and decorated, can be served. On special occasions, fine wines are served with the meal, and champagne with dessert.



Boudin noir (sausage)

Blood pudding (boudin noir) can be prepared and served as a main course with turkey or goose.



Easter bunny and egg

Goose liver, salmon, asparagus, new potatoes and strawberries Coffee, liqueur and chocolate are other elements that complete the meal. Weeks before the Easter holiday, French patisseries produce chocolates in the shape of chickens, rabbits, fish or bells.





Sabot

French children leave shoes, known as sabots, by the fireplace or similar places, believing that Father Christmas will fill them with gifts. At midnight, French families celebrate Christmas Eve with hymns and lit candles.



Christmas Bread pain de Noël

The Christmas loaf is another sweet prepared in southern France. Half of the Christmas loaf is cut and shared with someone in need.





Meals

Breakfast (Le petit déjeuner)

Typically consisting of croissants, chocolate-filled pastries, fried baguettes spread with butter, jam, milk and coffee, these establishments are known as cafés. They open their doors early in the morning to serve customers.



Lunch (Le déjeuner)

In France, lunch is traditionally long and lavish; in large cities, it usually lasts an hour. Soup is served with bread, and it is not considered rude to dip it in the soup. Salad is served between the main course and dessert; cheese and fruit complete the meal.



Dinner (Le dîner)

In France, dinner usually consists of an appetiser, a main course and cheese or dessert; salad is sometimes served too. Dinner, eaten with bread and wine, is the most important meal of the day. If there are guests, there may be several courses, and wine is chosen to accompany each dish. Meals are lengthy; coffee is drunk at the end, and sometimes a small amount of alcohol is consumed to aid digestion. Family meals, on the other hand, feature simpler but carefully prepared tables, and conversation is important.



Snacks (Le Casse-Croûte)



Fransız Mutfağına Özgü Yiyecekler



Terrine



Pate



Belon Oyster



Sea Scallop



Metelote



Confit de Canard-Duck Confit



Coq au vin – Chicken in red wine sauce

Cheeses



- Cow's Milk Cheeses: Camembert, Brie, Chevre, Raclette, Holländer, Gruyère, Livarot, Maroilles, Parmesan, Beau Fort, Boursin, Chaource, Comté, Coulommiers, Époisses, Munster, Pontl'Évêque, Reblochon, Saint Marcellin, Saint Nectaire and Tomme de Savoie.
- Sheep's milk cheeses: Ossau-Iraty and Roquefort.
- Goat's milk cheeses: Banon, Chabichou du Poitou, Chèvre, Crottin de Chavignol and Valencay.



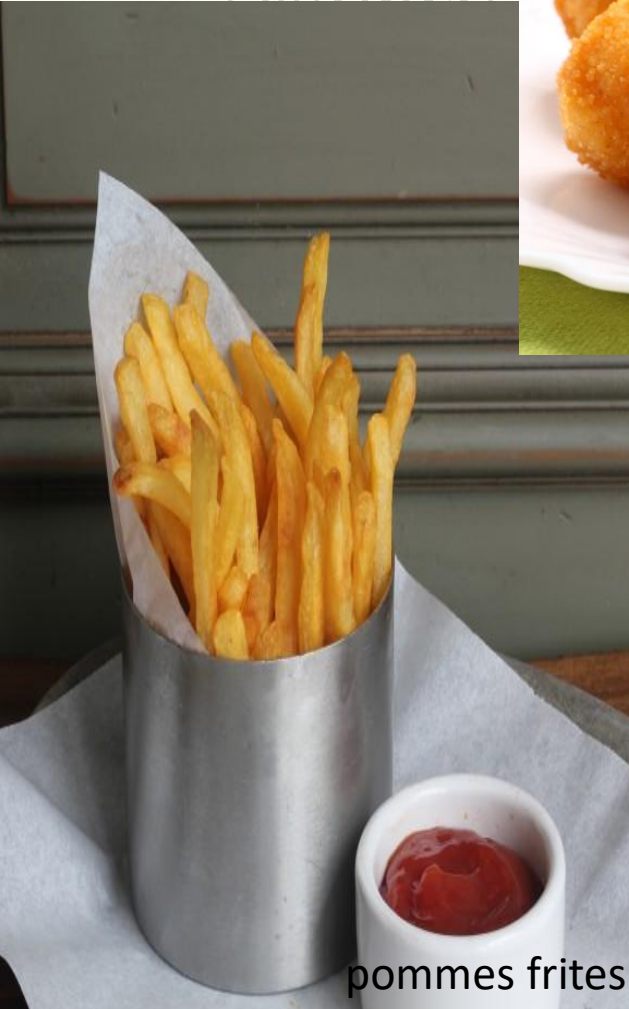
Breads

Bread occupies an important place in the French diet and is an essential part of every meal. Artisan breads, representing local bakeries, are produced using natural ingredients and a long fermentation process; this production method is highly respected in France.





kroket



pommes frites



Lyonnaise



dauphinoise

Butter

- High-quality butter is produced in northern regions such as Brittany and Normandy.
- Animal fats (butter and lard) are more common in western and northern regions, while olive oil consumption is more widespread in southern regions.
- Canola oil is an oil used in everyday cooking.
- Duck fat, lard and goose fat are used in many traditional dishes in the northern and western regions.
- Oils such as hazelnut or walnut oil are used to add flavour to cold dishes.



Vegetables



- Vegetables can be cooked in dishes and eaten raw in salads.
- The use of fresh herbs is an integral part of many dishes, adding flavour.
- The roots, leaves, flowers, stems and fruits of vegetables can be consumed at every stage of cooking.
- In the south of France, tomatoes, garlic, artichokes, courgettes, courgette flowers, fennel, chicory, Swiss chard and aubergines play an important role in the diet.
- The warm climate and fertile soil facilitate the production of fresh vegetables throughout the year.
- In northern regions, cabbage can be used both in soups and as pickles.
- Vegetables are often eaten cooked. There is a wide range of produce available for preparing salads, including carrots, beetroot, cauliflower, fresh beans, celery, sweet peppers, asparagus, celery, lamb's lettuce, spinach, lettuce, rocket and chicory.

Mushrooms

- France has the world's largest mushroom production and export.
- Many varieties of mushrooms can be used in cooking.
- The truffle mushroom is one of the most expensive mushrooms.



Fruits



- Fruit is used in abundance in traditional French cuisine.
- Fruit is eaten fresh as a snack or as a dessert after a meal. Fruit is used to make various pastries, drinks, jams, liqueurs and brandies.
- Grapes are used especially for making wine.





Spices

- The pepper blend known as Quatre épices (four spices) consists of cinnamon, nutmeg and cloves.
- The spice blend known as Provence spice mix, specific to the southern region of France, may contain rosemary, marjoram, basil, bay leaves, thyme and lavender flowers.
- The northern region spice blend uses parsley, coriander, tarragon and chives.
- Bouquet garni is prepared for soups and sauces by tying herbs in small muslin bags or on a string. It usually consists of thyme, parsley and bay leaves.

Desserts



- Chocolate mousse
- Creme caramel
- Crème brûlée
- Sorbet

Typical Drinks of French cuisine

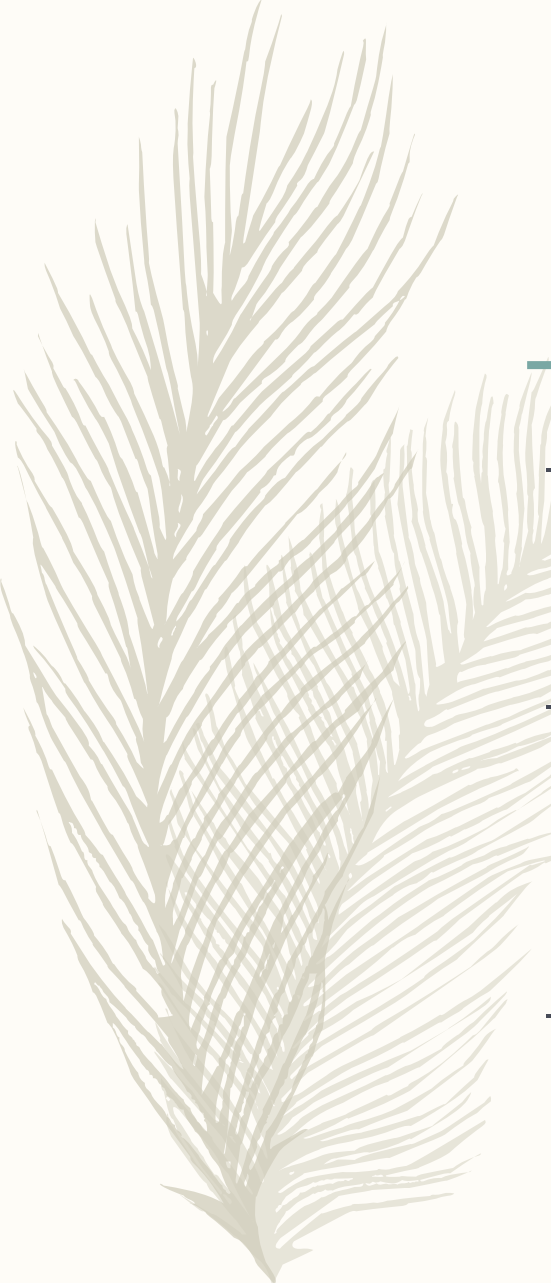
- Traditional French coffee is dark and roasted.
- Coffee can be served black and strong or with hot milk.
- Coffee with milk can be served in a large cup at breakfast.
- Black coffee is served in small cups at the end of meals.
- Coffee served black and strong is called café noir, while coffee served with hot milk is called café au lait.



Wine



- France is renowned for its high-quality wines. The history and tradition of winemaking are on par with the regions of France where the wines are produced. In France, wine is consumed daily with meals and is also used in large quantities for cooking. There are around 10 major wine-producing regions in France.
- These include Alsace, Bordeaux, Burgundy, Champagne, Corsica, Jura, Languedoc-Roussillon, Loire, Provence, Rhône and Savoy. In regional wine-producing areas, there are numerous factors that determine uniqueness, determined by climatic conditions, grape variety and quality. French wines generally incorporate the standards and characteristics used to evaluate wines produced in other parts of the world. Beverages such as cognac, liqueur and brandy are also consumed in France.



Other

- Tea consumption is also becoming increasingly popular in France. Tea is a beverage consumed in France for its perceived health benefits. Herbal teas are often served after meals for medicinal purposes and to promote health.
- Per capita milk consumption in France is among the lowest in Europe. After infancy and childhood, milk is rarely consumed on its own as a beverage. Milk is generally used in cooking, preparing desserts, making hot chocolate and in breakfast cereals.
- The French bottled water market has created a prestigious and profitable market with some globally popular brands. Per capita bottled water consumption has grown steadily over the years in France, reaching high levels. However, while bottled water consumption is increasing, tap water remains France's primary source of drinking water.