

= Paul Tremo =

Paul Tremo (1733 / 34 ? 1810) was the head chef at the court of King Stanislaus Augustus Poniatowski of Poland . He was born in Berlin , in a family of French Huguenots . As the king 's favourite cook , he was responsible for the culinary side of royal banquets , including Thursday Dinners to which Stanislaus Augustus invited Warsaw 's leading intellectuals . He followed the king to Saint Petersburg after the latter 's abdication in 1795 , but returned to Warsaw after his death in 1798 . His cooking style combined Polish , French and other west European influences . As a mentor to aspirant Polish chefs and author of recipes which circulated in handwritten copies , he was instrumental in the development of modern Polish cuisine that was more moderate and cosmopolitan than old Polish cookery .

= = Life = =

Paul Tremo was born on 1 April 1733 or 1734 in Berlin as the middle son of Elie Tremeau and his wife , Louise Dinant . Elie 's father , of the same name , was a Huguenot from the French province of Poitou , who at the turn of the 18th century fled religious persecution in France following the Edict of Fontainebleau and settled in Berlin , encouraged by the Edict of Potsdam . Both Paul Tremo 's father and grandfather worked in cotton processing , but two of Elie Junior 's sons ? the eldest Jacques (1729 ? 1788) and Paul ? chose to pursue their careers as cooks . Their family name is variously noted in Berlin church records as Tremeau , Treinau or Tremon , but Jacques and Paul Polonized its spelling to Tremo upon their migration to the Polish @-@ Lithuanian Commonwealth .

In 1762 , Paul Tremo landed a job as a court chef to Stanisław Poniatowski , a Polish aristocrat and titular grand pantler of Lithuania . Two years later , in 1764 , Poniatowski was elected and crowned king of Poland , taking the regnal name Stanislaus Augustus . Paul Tremo and his brother , Jacques , were employed at the royal court in Warsaw , with their jobs titles variously listed in court payrolls as maître d 'hôtel or kuchmistrz (master chef) . Of all chefs working at the court , it was Paul Tremo who enjoyed the status of the king 's favourite cook , accompanying him in all his travels . This status can be inferred from his salary compared with those of his colleagues ; in 1795 , he received a payment of 902 @.@ 15 florins , while two other royal master chefs earned 560 and 144 florins , respectively .

Tremo lived in apartments at the Royal Castle of Warsaw and in the Royal Baths Park . Additionally , in 1789 , as a token of royal favour , Tremo was given a manor house in the Warsaw suburb of Grzybów (now the part of Warsaw in the vicinity of Grzybowski Square) . While Jacques Tremo was married with at least one daughter and two sons , both of whom served in Polish military formations , Paul Tremo remained single and childless . At home , he employed a female cook who prepared simple meals for him , as he never consumed the dishes he concocted at work .

Following Stanislaus Augustus 's abdication brought about by the Third Partition of Poland in 1795 , Tremo accompanied the former king to his exile in Grodno and then in Saint Petersburg . After Poniatowski 's death in 1798 , Tremo declined a job offer from Emperor Paul I of Russia on the pretext of travelling to a spa for health reasons and returned to Warsaw . He died in 1810 in his Grzybów manor and was buried at an unknown location in the cemetery of the Evangelical Reformed (Calvinist) Church in Warsaw .

= = Work = =

Tremo gained Poniatowski 's trust as the cook able to satisfy both his palate and his dietary requirements . The teetotal king suffered from gastric ailments from an early age . He usually started his day with a cup of hot chocolate or bouillon . His favourite dish was roast or stewed mutton , which he washed down with spring water . Tremo often consulted royal menus with the court physician and occasionally prepared separate dishes specifically for the king to accommodate his sensitive stomach . Tomatoes , for example , were considered detrimental to the monarch 's health and were never used in Tremo 's recipes .

In the royal kitchen , Tremo oversaw all stages of meal preparation , from procuring ingredients to composing menus , directing the work of cooks and kitchen boys , to personally seasoning the dishes before serving . To broaden his culinary knowledge , he studied classic cookbooks , such as the ancient Roman Apicius , and also set out on international learning trips , which familiarized him with contemporary German , French and English cooking practices . He introduced novel French flavours and cooking techniques to Polish cuisine , making it lighter and more moderate in the use of fat , sugar , vinegar , salt and expensive exotic spices . His repertoire combined old Polish dishes with French specialties . The former included clear borscht (beetroot soup) served over uszka (ear @-@ shaped stuffed dumplings) , Polish tripe soup , roast capon , and pike in the Polish style ; the latter , soupe bourgeoise , roast duck , and b?uf à la mode . At royal banquets , such as the Thursday Dinners to which Stanislaus Augustus invited Warsaw 's leading intellectuals , he served the king 's favourite mutton , cold cuts , pâtés , as well as game bird dishes , such as larded hazel grouse , wood grouse with red cabbage or black grouse with braised beetroots .

In Warsaw , Tremo enjoyed the reputation of being one of the finest chefs in Europe . However , some of his contemporaries complained that his meats were too tough , his sauces too heavy , and his idea of west European culinary trends not always up @-@ to @-@ date . British traveller Elizabeth Craven could not conceal her amusement when , at a banquet given by the Polish king , she was served meat and fish doused generously with melted butter , supposedly in the English style . German @-@ Polish traveller Georg Forster was surprised when a peasant boy whom he had given Tremo 's almond cake , did not enjoy the treat .

Tremo wrote at least two books in Polish , which he failed to publish during his lifetime . His Botanika kuchenna (Kitchen botany) , about the culinary uses of various vegetables , fruits and herbs , has not survived . The other was a cookbook with about 86 recipes , which was widely circulated in manuscript copies , at least two of which have been preserved . One of them , which bears a long , Baroque title translating as " The exact study of the methods of cooking and preparing dishes of meat , fish , vegetables , flour , as well as seasoning of various sauces , making punch essence , etc . " , contains the author 's humorous motto , " not everyone thinks , but everyone eats . " Both copies were published in 1991 in two independent editions .

He also influenced the development of modern Polish cuisine by helping raise the next generation of Polish chefs , many of whom worked with him as apprentices . Tremo 's and his brother 's signatures can be found on a master craftsman 's diploma issued in Warsaw in 1783 . One of Tremo 's apprentices was Jan Szyttler , who went on to become a prolific food writer , best known for his Kuchnia my?liwska (Hunter 's cuisine) ; published in 1845 , it is the first Polish cookbook devoted solely to game dishes .

= = Publications = =

Tremo 's cookbook has been published posthumously in two independent editions , based on two surviving manuscript copies , in the following volumes :

D?bska , Danuta ; D?bski , Henryk (1991) . Kuchnia królewska [Royal cuisine] (in Polish) . Wroc?aw : Condor . ISBN 8385071105 .

Kowecki , Jerzy , ed . (1991) . Kuchnia na sze?? osób pod?ug przepisu JP Tremona , pierwszego kuchmistrza Stanis?awa Augusta króla Polskiego [Cooking for six according to recipes by the Hon. Mr Tremo , first master chef to King Stanislaus Augustus of Poland] (in Polish) . Prefaced by Marek Kwiatkowski . Warszawa .