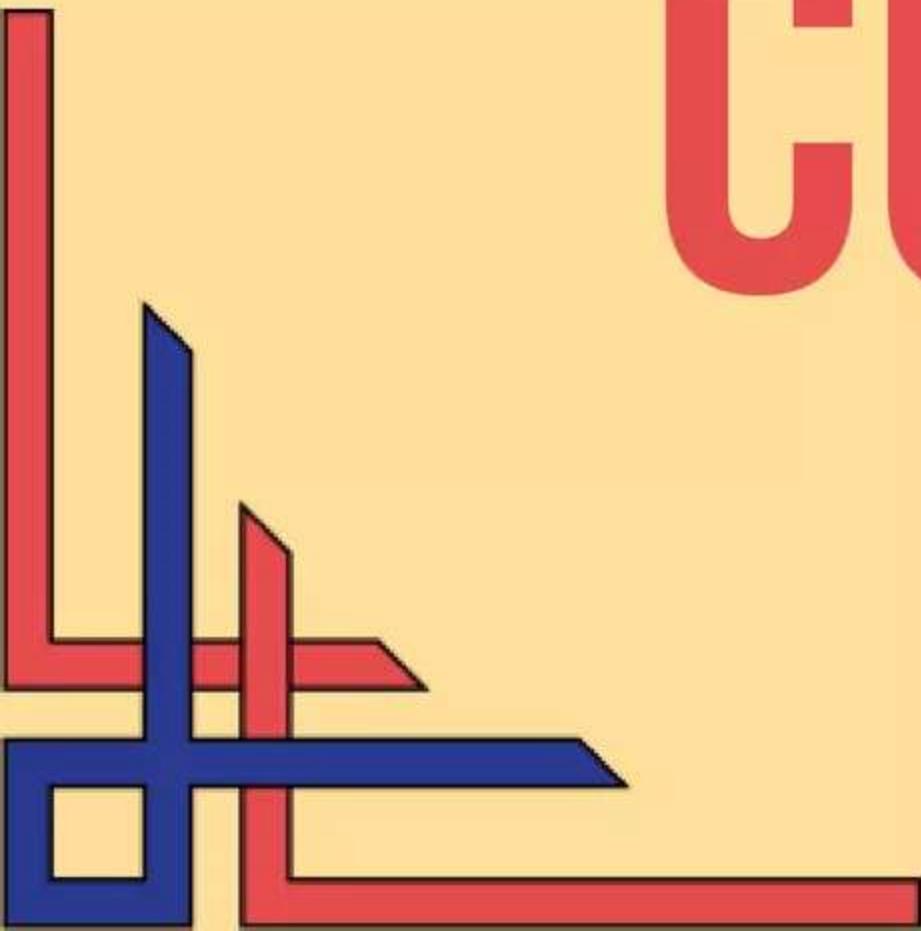


FRENCH CUISINE





WHAT IS FRENCH CUISINE?

French cuisine is a style of cooking originating from France that is characterized by the use of rich, flavorful ingredients, flavorful sauces, and a balance between flavors such as butter, cream, herbs, and spices. French cuisine is known for its sophisticated techniques and complex flavor combinations, and is often referred to as one of the most influential and popular cuisines in the world.

HISTORY OF **FRENCH CUISINE**

The historical background of French food goes back to the medieval times. During this era, French cuisine was fundamentally the same as Moorish Cuisine. It was availed in a manner called service en confusion, meaning that meals were served at the same time. Meals comprised of spiced meats including pork, poultry, beef, and fish. During this time the presentation of the food was also critical. The richer and more beautiful the display, the better. Cooks would utilize consumable items including egg yolk, saffron, spinach, and sunflower to add color. One of the most unrestrained dinners of this time was a peacock or roast swan, which was sewn back into its skin and quills to look intact. The feet and nose were plated with gold to finish the exhibition.

During the 15th and 16th centuries the French were influenced by the progressing culinary arts in Italy. Much of this happened because of Catherine de' Medici (a Florentine princess) who married King Henry II. Italian cooks were light years ahead of French culinary specialists. These chefs had started making a variety of dishes including manicotti and lasagna. When Catherine wedded King Henry II, she brought her Italian cooks to France, introducing Italian culinary practices to the French court. Despite the fact that the culinary cultures of these two nations are vastly different, the French owe a lot of their culinary advancement to the Italians and their innovations in the 1500s.

The period between the 16th and 18th centuries was called the Ancien Régime, and during this time Paris was alluded to as a focal point of culture and activity, including culinary activity. Guilds were isolated into two groups: individuals who provided the raw materials to make food, and the general population who sold already prepared food. The restriction set up by societies hampered the advancement of culinary arts during this time, by limiting certain gourmet experts to allotted territories.

During the 17th and 18th century, there was an advancement in Haute Cuisine or simply "High Cuisine", and its origins can be discovered in the recipes of a gourmet specialist named La Varenne. He was the writer of what is referred to today as the first "true French cookbook".

The French Revolution initiated a defining moment in the food industry, as it instigated the fall of guilds. With guilds no longer functional, any French cook could create, as well as serve, any kind of food product they wished. This led to a type of enlightenment inside the French food industry. More gourmet specialists started to explore different avenues regarding types of ingredients and cultivation of meals.

In the late 19th century and mid-20th century there started a modernization of haute cooking. Much of this new food owes its improvement to George Auguste Escoffier. Escoffier was chef and a proprietor of numerous restaurants, and in addition, a culinary writer. A lot of Escoffier strategies in modernizing haute cooking were drawn from the formulas invented by Marie-Antoine Carême, a pioneer of grande cuisine.

By streamlining Carême's formulas and also including his own particular touches, Escoffier was able to discover a modern day French cuisine. In his endeavors to modernize French food , Escoffier additionally established a framework to organize and manage a modern kitchen, known as brigade de cuisine and mise en place.

CHARACTERISTIC OF FRENCH COOKING

- **Uses of Fresh Ingredients:** Many French dishes are made with fresh ingredients, such as vegetables, herbs, spices, and seafood.
- **Emphasis on Technique:** French cuisine emphasizes proper and several classic cooking technique, such as sautéing, braising, and poaching.
- **Use of Butter:** Butter is a key ingredient in many French dishes, from sauces like béarnaise to classic desserts like croissants.
- **Reduction Sauces:** Reduction sauces are a key component of French cuisine. These sauces are made by simmering stock, wine, or other liquids until they are reduced.
- **Balance of Flavors:** French chefs strive to create dishes that are balanced in flavor, with the right combination of sweet, salty, sour, and bitter flavors.
- **Take Your Time:** French cooking is often time-consuming and labor-intensive, as chefs take the time to prepare and cook each dish with care.
- **Presentation:** Presentation is an important part of French cuisine. Dishes are often carefully arranged on the plate for maximum visual impact and appealing way.

CUISINES PER REGION OF FRANCE

France is renowned for its variety of regional cuisines, each with its own distinct flavors and ingredients.

• Alsace

Alsace is a region marked by its strong identity, fine arts, costumes, traditional French food and cuisine. This northeastern region of France is known for its hearty dishes like choucroute garnie (sauerkraut with pork and sausage) and [baeckeoffe \(baker's oven\)](#) - A traditional Alsatian dish, marinated mutton, beef and pork, with mixed vegetables, a typical French peasants dish.

• Aquitaine

This region in southwestern France is known for its seafood dishes, like oysters and mussels, as well as its traditional cassoulet (a stew of beans, pork, and duck). Confit de Canard (preserved duck) - Confits are basically a technique of preservation. 'Preserved duck' is a very traditional dish in this region.

• Auvergne

This region is known for its hearty, rustic fare and ingredients that reflect the region's changing seasons and farming traditions. Popular dishes include aligot (a mashed potato dish with melted cheese), truffade (a potato pancake), and beef and pork dishes with sauces made with local red and white wines, as well as a variety of fish dishes, such as trout and char. The region is also known for its cheeses, such as the blue cheese Fourme d'Ambert and the soft cheese Cantal. Desserts are often made with local fruits, such as apples and cherries, or the region's famous chestnuts.

• Basse-Normandie

Basse-Normandie is located in the western portion of France and is known for its historical significance and its breathtaking coastline. The region is known for its fresh seafood, traditional dairy products, and local specialties such as Andouille de Vire (a local sausage), Livarot (a cheese), and Calvados (an apple brandy). The region also produces quality fruits, vegetables, and wines. Popular dishes include moules marinière (mussels in white wine sauce), coq au cidre (chicken in cider sauce), tarte Normande (apple tart), and crepes Normande (apple pancakes).

• Bourgogne (Burgundy)

One of France's main wine producing areas, well known for Pinot noir and Chardonnay. Famous Burgundian dishes include coq au vin and beef bourguignon.

Pre-2016 Regions of Metropolitan France



• Brittany

It is largely based on seafood, such as mussels, oysters, shrimp, scallops, and lobster, as well as dairy products, like butter and cream. Traditional dishes include crêpes, made with buckwheat flour and served with sweet or savory fillings; and kouign amann, a flaky pastry made of butter and sugar. Other popular dishes include rillettes, a spread made from pork, and cotriade, a type of fish stew.

• Centre-Val-de-Loire

Centre-Val-de-Loire is known for its rich cuisine, which is a combination of traditional French and regional specialties. Popular dishes include a variety of soups and stews, such as the classic French onion soup, as well as dishes made with local ingredients, including rabbit, boar, and pheasant. Potatoes are a common ingredient in many dishes, and the region is well known for its cheeses, such as the famous Crottin de Chavignol. Other specialties include tarte tatin, a sweet apple tart, and Macaron de Tours, a type of meringue cookie.

• Champagne-Ardenne

The region famous for its lovely sparkling white wine, this is one of the French regions also known for it's specialties such as; Ardennes ham, Rethel white sausage, and Troyes Andouillette sausage

• Corsica

Corsican food uses many ingredients from game such as wild boar to seafood and river fish such as trout. Delicacies such as ficatellu, coppa or lonzu are also made from Corsican pork.

• Franche-Comte

Dishes are typically made with local ingredients such as potatoes, cheese, and local vegetables like leeks, onions, and mushrooms. Specialties include Montbéliard sausages, Comté cheese, and Jura wines.

• Haute-Normandie

Specialities dishes include tripes à la mode de Caen, sheep's trotters à la rouennaise, casseroleed veal, or seafood such as mussels or lobsters.

Pre-2016 Regions
of Metropolitan
France



• Ile-de-France

The wealthiest and most populated region of France, and boasts some of the worlds most famous French restaurants who offer some of the France's best food. Traditional dishes include boeuf bourguignon, French onion soup, tarte tatin, and quiche Lorraine.

• Languedoc-Roussillon

This is the southernmost region of France, with vineyards on one side and the Mediterranean Sea on the other side. Regional recipes include Carcassonne Cassoulet or a fresh seafood platter, eaten in a restaurant in Sète, a small town on the Mediterranean sea we visited a year or so ago.

• Limousin

Limousin is the second-least populated French region in France after Corsica. Pâté aux pommes de terre and [Clafoutis](#) are two of the famous regional specialities of Limousin.

• Lorraine

Potato is the staple in Lorraine and is used in traditional dishes of the region such as potée lorraine. Other famous dishes include Quiche Lorraine and Pâté lorrain.

• Midi-Pyrénées

The Midi-Pyrénées is the largest French region, aligot, garbure, or gâteau à la broche are some of this regions culinary delights.

• Nord-Pas-de-Calais

This region is famous for its fresh seafood, esspecialy from the Boulogne-sur-Mer harbor, which is the biggest French port. There is also a producer of snail products in Tournehem.

• Pays de la Loire

A region known for recipes such as; beurre blanc, the perfect accompaniment for your fish, muscadet-flavoured sausages or rillauds d'Anjou, with Vendéen wood-oven baked bread, and a lovley Port-Salut cheese to finish.

Pre-2016 Regions
of Metropolitan
France



• Picardie

A region of hearty foods, such as pâté de canard (pâté en croute) from Amiens, the Flamiche leek pie, the delicious gâteau battu or The famous "chantilly" whipped cream from the town of

• Poitou-Charentes

Most famous for its strong, silky spirit called cognac, other specialities include; fresh oysters, langoustines, prawns, crab and mussels.

• Provence-Alpes-Côte d'Azur

This Mediterranean region of France has the perfect balance between Italian, Spanish and French cuisines. With fine sauces like Pistou or Tapenade, or recipes for Ratatouille, [Bouillabaisse](#) and Cod Brandade, Provence-Alpes-Côte d'Azur has a wide variety of gastronomy.

• Rhône-Alpes

Famous for its morning snacks, the mâchons, local charcuterie, accompanied by Beaujolais red wine. Traditional local dishes include saucisson de Lyon , esox quenelle, salade lyonnaise, marrons glacés and cardoon au gratin.

Pre-2016 Regions
of Metropolitan
France



INFLUENCES OF FRENCH CUISINE

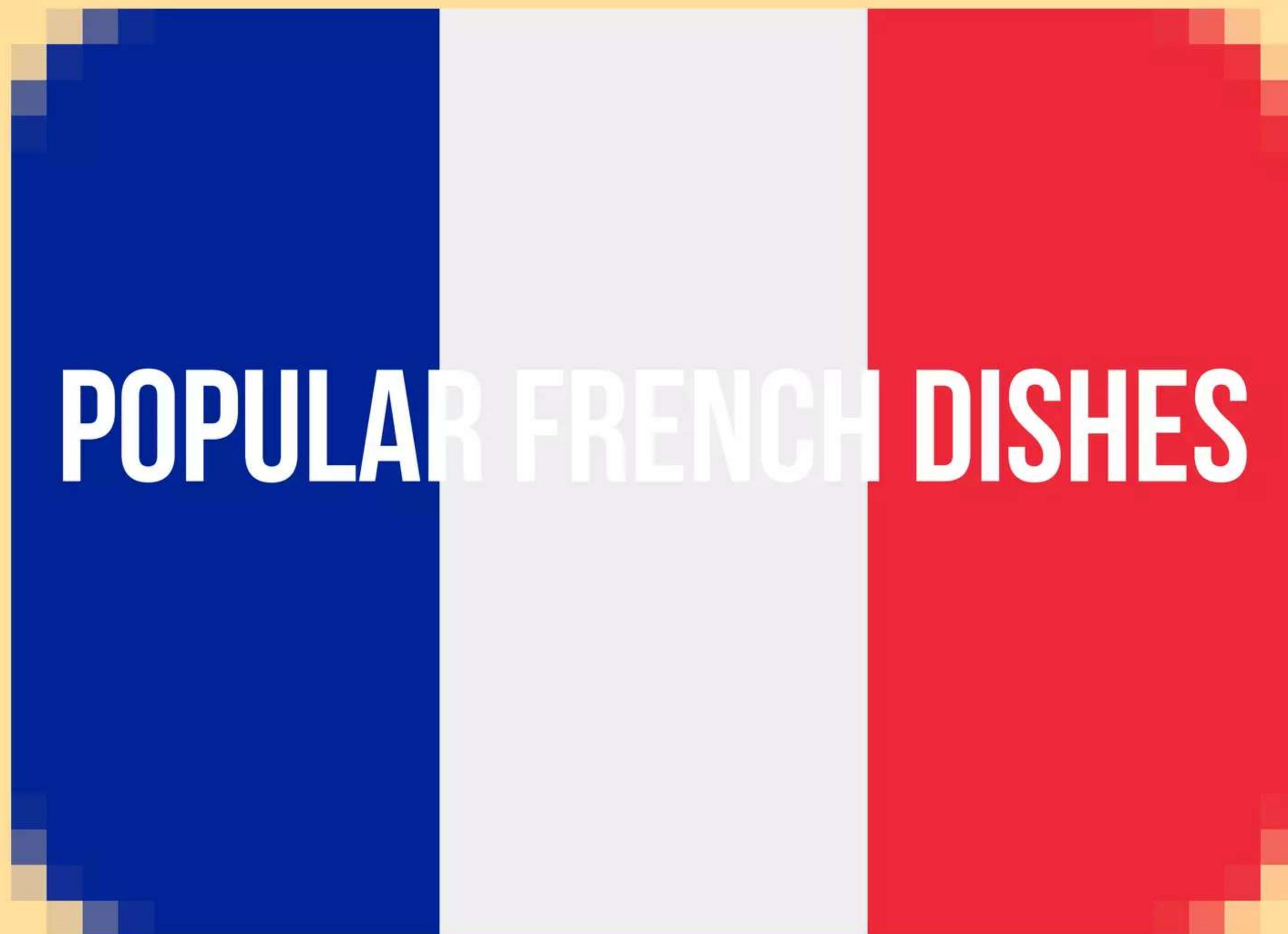
French cuisine is heavily influenced by the country's long and varied history. Like many countries around the Mediterranean, France has a strong emphasis on fresh ingredients, with a focus on herbs and spices to add flavor. In addition, French cuisine has been heavily influenced by the work of its famous chefs such as Auguste Escoffier, who pushed for a more lavish style of cooking. It is also influenced by regional cuisines, with dishes that vary depending on where you are in the country.

DIFFERENCE BETWEEN NOUVELLE CUISINE AND HAUTE CUISINE

Nouvelle Cuisine is the new way of presenting overpriced, pretentious food, while haute cuisine was the old way that preceded it.

The dishes in haute cuisine generally include heavy sauces for main course dishes. Contrary to that, nouvelle cuisine is rooted in simplicity and uses light sauces.

The two approaches are diametrically opposed, though haute cuisine was never full abandoned and nouvelle was presented as an alternative method rather than a replacement approach. Proponents preached that the classic recipes were perfectly fine taken in moderation.



POPULAR FRENCH DISHES

STARTERS / SANDWICHES / SIDES

TARTIFLETTE

Tartiflette is one of the most delicious traditional dishes from the French Alps. It combines the amazing taste of a soft melted cheese called “reblochon” with fried onions, soft potatoes, and diced ham.

Tartiflette is a tasty French dish that can be enjoyed for dinner with a glass of white or red wine. It's the perfect dish to eat in winter when the weather gets cold.



STARTERS / SANDWICHES / SIDES

Ratatouille

Ratatouille is one of the most comforting French foods. Originally from the south of France, it's a delicious and healthy mix of vegetables like onions, garlic, tomatoes, zucchini, peppers, and eggplant.

Ratatouille is a delicious French side dish that brings a lot of warmth and brightness to your meal. It's also quite simple to prepare.



STARTERS / SANDWICHES / SIDES

CROQUE MONSIEUR

It's a type of French sandwich with a delicious filling that's as simple to prepare as it is to eat. This hot sandwich is classically filled with ham and gruyere cheese. It's made with toast bread filled with layers of ham and cheese, and then topped with butter and cheese to make it just a little bit crunchy. Add a poached or fried egg on top and the sandwich becomes a croque madame.



SOUP

SOUPE À L'OIGNON (FRENCH ONION SOUP)

Soupe à l'oignon is an onion-based soup “au gratin” and a real tradition in French cuisine. Soupe à l'oignon needs to be cooked slowly and gently to get the desired taste. It's made with a bulk of onions, meat broth, a bit of butter, and Emmental cheese. If desired, you can impart more flavor by adding a pinch of grated nutmeg and eating the soup with bread.



SOUP

BOUILLABAISSE

Bouillabaisse is a delicious fish soup made with different types of fish and seafood like scorpion fish, red mullet, St. Pierre, galinette, conger eel, lobster, and mussels. It's also made with non-seafood ingredients like potatoes, leeks, onions, and saffron that gives the broth its characteristic rusty color.



SALAD

SALADE NIÇOISE

This salad is a typical French dish from the city of Nice. It can be eaten throughout the year and brings a burst of sunshine to your meal.

Salade niçoise is made with eggs, tomatoes, black olives, beans, radish and cucumber slices, tuna, lettuce, and a bit of lemon dressing with some olive oil. It's very tasty and healthy and can be enjoyed as a starter or as a main course.



MAIN DISH

COQ AU VIN

Coq au vin is an important dish in traditional French cuisine. Coq means “rooster” in French and is considered a symbol of France.

This dish is made with a rooster (or chicken) that's been cut into pieces and cooked with small onions, garlic cloves, bacon, a glass of liquor, red wine, herbs, carrots, mushrooms, and parsley. It's usually served with steamed potatoes or fresh pasta.



MAIN DISH

BOEUF BOURGUIGNON

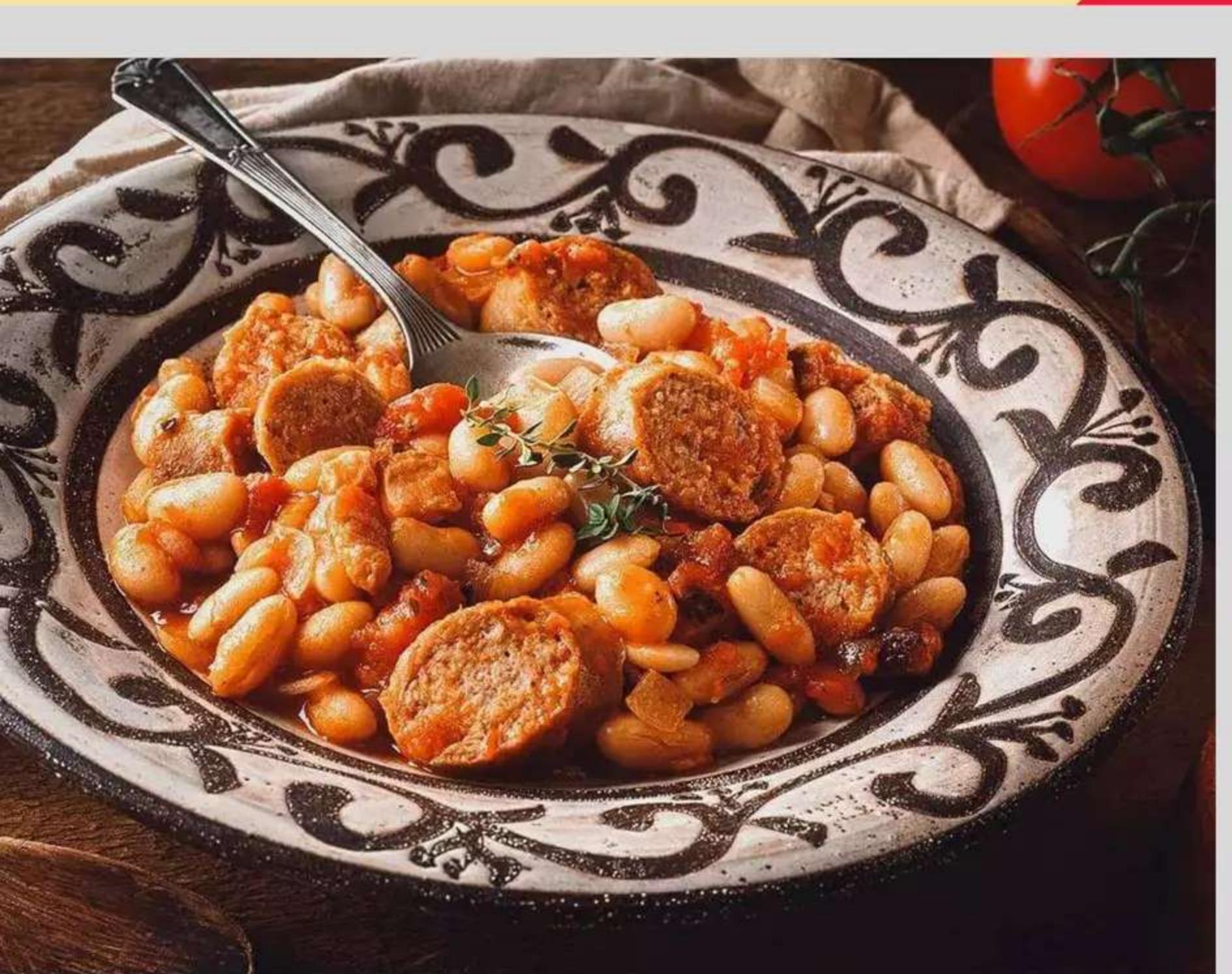
Boeuf bourguignon is a traditional dish from the Burgundy region of France. Boeuf bourguignon consists mostly of beef that's been cooked for quite some time with onions, wine, carrots, and a bit of wheat to make the meat tender. The longer you cook the meat, the tastier it gets.



MAIN DISH

CASSOULET

Cassoulet is a very traditional French dish originally from the southwestern part of France. It's cooked in a specific pot that gives the dish its name. Cassoulet is a rich and hearty Toulouse dish made with sausages, duck meat, pork, lamb, and white beans in a delicious tomato-based sauce.



DESSERT

CRÊPES

Crêpes or flat pancakes are originally from a specific region in the western part of France called Brittany. Aside from being sold as street food, you can find them at specialty French restaurants called “crêperies” where you can sit down and enjoy savory or sweet pancakes.



DESSERT

MOUSSE AU CHOCOLAT

This classic French dessert is one of the most popular in France. It's a simple dessert made with just three ingredients – chocolate, sugar, and eggs. Some people may add butter or cream to make it even more soft and creamy.



DESSERT

TARTE TATIN

Tarte tatin is a traditional French dessert and Raymond Blanc's recipe is divine – dark caramel, sweet apple and crisp pastry. Serve with crème fraîche or a scoop of vanilla ice cream.



KEY PERSONS OR FIGURES THAT DEFINED FRENCH CUISINE TO THIS DAY

MARIE-ANTOINE CAREME

(1784-1833)

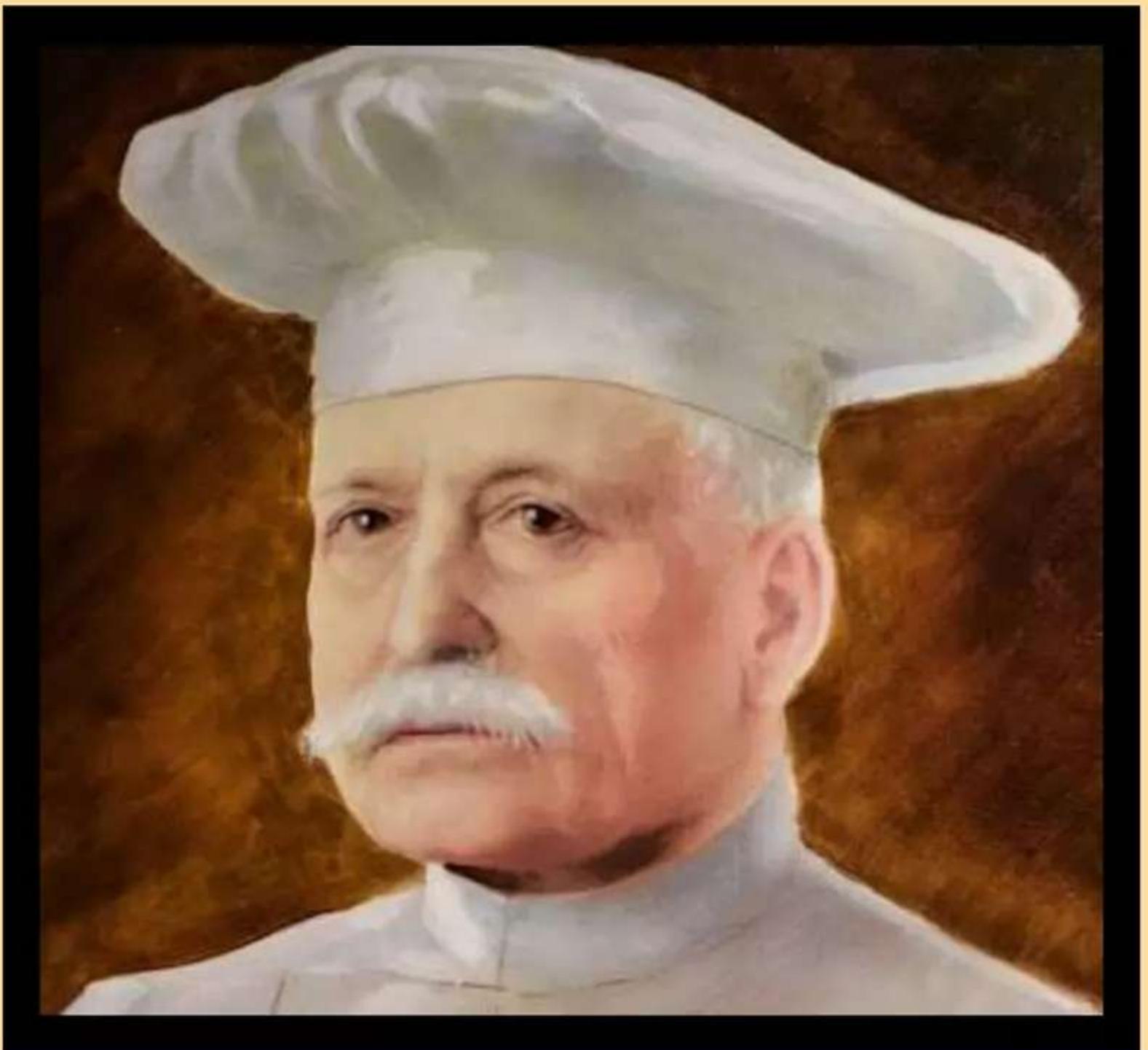
Known as the "Chef of Kings" and the "King of Chefs," Careme is considered the founder of French haute cuisine. He is credited with creating the modern system of menu planning, as well as introducing such techniques as the use of stocks, sauces, and elaborate presentations.



GEORGE AUGUSTE ESCOFFIER

(1846-1935)

A legendary French chef, restaurateur and culinary writer who codified French cuisine and popularized the use of sauces. He is credited with inventing the five-star restaurant and the brigade system. His techniques and recipes are still followed today.



FERNAND POINT (1897-1955)

A French chef and restaurateur credited with bringing modern technique to classic French cuisine. He is known for his use of fresh ingredients and his pursuit of perfect flavors.



PAUL BOCUSE

(1926-2018)

Paul Bocuse was a French chef who was considered one of the pioneers of modern French cuisine. He was the recipient of the prestigious three-star Michelin rating for his restaurant l'Auberge du Pont de Collonges in Lyon.



JULIA CHILD (1912-2004)

An American chef, author and television personality who popularized French cuisine in the United States. Her cookbooks and television shows are credited with introducing French techniques.



JOËL ROBUCHON

(1945–2018)

Robuchon was a French chef who was often referred to as the "Chef of the Century". He is credited with creating modern French cuisine and was the first chef to receive the most Michelin stars.





GROUP 3

JULIUS ANDRES

JAY MARK CAUILAN

OMAR DE JESUS

MACKINTOSH VINCE GARLANDO

JAYSON SIARON

ANGELO TUBBAN

CHARLES USON

LIAH CRIZ ECLIPSE

ANDREA BEATRIZ MARIBBAY

HEISEL ROSE NARREDO

GENNIE SHANE RIVERO

JONALYN TORRES