

French Food Lecture

I. Introduction

- A. Classic French cuisine (*haute cuisine*)
- B. Cuisine régionale
- C. Components
 - a. Spontaneous
 - b. Seasonal
 - c. Fresh

II. Meal Patterns

- A. Breakfast
- B. Lunch
- C. Snack
- D. Dinner

III. Ingredients

- A. Herbs and spices
 - a. Bouquet garni
 - b. Shallots and leeks
 - c. Dijon mustard
 - d. Cheese (*fromage*)

IV. Techniques

- A. Rich, smooth sauces
 - a. White (milk=*béchamel*), broth=*sauce veloute*)
 - b. Brown
 - c. Egg and butter, oil and vinegar (*vinaigrette*) (*hollandaise* and *béarnaise*)
 - d. Flavored butters

V. Other specialties

- A. *Scufflés*
- B. *Crepes*
- C. Open-faced tarts
- D. *Omelets*
- E. *Casseroles* and *gratins*

VI. Careers of Chefs

- A. French Chefs
 - 1. *Nouvelle cuisine*
 - 2. *Haute cuisine*

B. *Transition from France to United States*

C. *American Chefs*

U.S. *Culinary History*

A. *Social history*

B. *Women's history*

C. *Nutritional anthropology*

D. *Hands-on approach*

E. *Sources of culinary history*

- a. *Manuscripts*
- b. *Printed literature*
- c. *Science and medicine and travel literature*
- d. *Agriculture and cooking technology*
- e. *Legal documents*
- f. *Dictionaries and encyclopedias*
- g. *Folklore*
- h. *Fiction, plays and poetry*
- i. *Movies*
- j. *Art*
- k. *Cookbooks and cooking journals*
- l. *Societies and symposia*
- m. *Anthropological evidence.*