



International Journal of Applied Research

ISSN Print: 2394-7500
ISSN Online: 2394-5869
Impact Factor: 8.4
IJAR 2022; 8(11): 147-150
www.allresearchjournal.com
Received: 08-08-2022
Accepted: 12-09-2022

Saborni Biswas
Assistant Professor (French),
Amity School of Languages,
Amity University
Chhattisgarh, India

Pride of France: The delicious palates

Saborni Biswas

DOI: <https://doi.org/10.22271/allresearch.2022.v8.i11c.10307>

Abstract

One can find 22 political areas in France, each with its own personality and environment. Nowadays, many French regions have names similar to those of the provinces that existed in pre-revolutionary France. Others are contemporary constructs that incorporate regions from various historical provinces. There are a few well-known areas in France that are not official regions. These places have a distinct identity in terms of tourism, whether geographically or historically significant. But when it comes to food several foods are popular nationwide. For instance, the preparation of apple tart varies depending on the region, but the basic principles of using good apples, light pastry, and a minimum amount of sugar. French fries, or 'frites', can be found all around the country, though depending on the region, they may be sliced in various ways or cooked in various oils. Consequently, this article contains a range of tastes from various French locations.

Keywords: France, regional division, French cuisine, geography, and culture

Introduction

In every corner of France, one may find out a massive gastronomic buffet offering a wide range of traditional foods. French cuisine is renowned for its diversity, but do you know which specialties originate in which region? Discover the selection of regionally focused specialties! One needs to visit France and explore each region by taste. The "Hexagone" (another name for France) is divided administratively into 22 regions.

If one divides France into five parts north, south, east, west and central one can find various French regions (Ile de France, Normandy, Auvergne, Aquitaine, Bretagne, etc.) in each.

Northern region

Nord-Pas-de-Calais: This region is located directly in northern France.

Due to its geographical location, the cuisine and culture of this region are influenced by both Belgian and Dutch cuisine.

Beer is one of the most famous beverages in Nord-Pas-de-Calais and it is always present in the cuisine of France. For example, beer by the name of Jeanlain is also used in the kitchen to prepare soups and sauces. Another one is cheese. The Vieux-Lille and the Maroilles are two famous cheeses in this region.

Picardie

The Picardie is also located north of France, below the Nord-Pas-de-Calais. Due to its geographical location, this region has a rich agricultural history. The following vegetables are available there: beans, endives, and cabbages. Similar to other regions in northern France, there is a typical output that is devoted to beer. The preferred dish is 'anguilles de la somme' cooked in an egg and vinaigrette sauce. The toque-shaped cake is a specialty of the maritime region of Picardie. The people of this region should never celebrate the wedding ceremony without this sweet dessert. Another food item sold in this region is 'macarons d'Amiens'. The ingredients used to make this dish are almonds, sugar, honey, white eggs, almond oil, and almond paste.

Corresponding Author:
Saborni Biswas
Assistant Professor (French),
Amity School of Languages,
Amity University
Chhattisgarh, India

Ile de France

This region is in the middle of France, with its capital Paris. In Paris, as in other major cities, many cuisines from all the regions of France come together and mix. Paris is a multicultural city.

There are many different world cuisines to choose from, including Vietnamese, Chinese, and many others. The region is known for its 'foie gras' (made of the liver of a duck), 'les pommes soufflées' (a kind of French-fried potato), etc.

The 'moutarde de Meaux' is produced in this area. It differs from the 'moutarde de Dijon' by using vinaigrette in the preparation process. This region also has its own cheeses, including Brie de Meaux (with evaporated milk) and Coulommiers (with evaporated milk-based pâte molle). Don't forget to test one of the oldest liqueurs of France in this region.

Normandie

Normandie is divided administratively into the Haute and the Basse regions. These two regions are in north-eastern France. In the northern part one can taste some famous cheese, for instance, the 'Neufchâtel', the 'Excelsior'. The term "Basse-Normandie" is used to describe a variety of cheese, the most well-known of which is the Camembert. The word "the Normandie" conjure up images of tripes, brandy, and calvados. The term "calvados" is also used in the Czech Republic. When discussing any type of apple-based brandy, this term is used simultaneously.

Central Region**Centre**

This area stretches from the city of Orleans to Chartres. The ideal location for fishermen is the Loire River. The three essential fish are sandres, anguilles, and brochets.

One of the charcuterie customs is the production of 'pâté d'alouettes'. One can sample Tours Rillons in the city of Tours. These are charred, crumbled, and then granulated breast pieces of pork. The cheese heritage must not be missed! The delicious little chèvre fromage known as Crottin de Chavignol is found in the Center region. The location of the sacrilegious tradition is the city of Orleans. Almost all restaurants serve the dessert Tarte Tatin, which is made with apples.

Limousin

The Limousin region is located just in the middle of France. The following traditional products are included: potatoes, cabbage, blueberry, nuts, and mushrooms. Beef farming and chicken farming are integral aspects of life for the Limousin people.

Auvergne

The next region is Auvergne which is located in the center of Massif Central. This region is very famous for its cheeses, such as 'Saint-Nectaire', and 'Bleu Auvergne', as well as her dry-cured sausages.

Southern region**Aquitaine**

Aquitaine may be found in the southeast corner of France. Bordeaux is one of the most famous cities in this region. Red and white wines are produced in this area. One can find

salmon, tuna, and other types of fish in this region. Aquitaine is also famous for its goat cheese.

Midi-Pyrénées

This region is located in the Pyrenees in southern France. The mountains cover almost half of the regional territory where one can find various numbers of cheeses like Roquefort, Rocamadour, Laguiole, etc.

Languedoc-Roussillon

The Languedoc-Roussillon region is located in southern France along the Franco-Spanish border. The traditional dish is known as cassoulet. There are eight known variations of this dish. Local cheese is known as 'Peladron des Cévennes'. This cheese is one of the oldest cheeses in Europe. At the end of dinner, it is eaten with red wine, honey, and dried fruits. There are three well-known wines from this area: 'Corbières', 'Banyuls', and 'Muscat de Frontignan'.

Provence-Alpes Côte d'Azur

One can find high-quality citrus, vegetables, olive oil, fruits, and herbs in the Provence and Côte d'Azur region. Mediterranean-inspired dishes frequently include seafood and vegetables, often served à la Provençale with herbs, garlic, olive oil, onions, artichokes, tomatoes, aubergines, and peppers, or olives, capers, anchovies, and tarragon. While truffles are abundantly accessible in the winter, lavender is frequently utilized in various cuisines. Traditional peasant soups and stews like etouffée, daube, Marseille's renowned seafood bouillabaisse, "soupe aux poisons", Italian-inspired pasta like ravioli, cannelloni, gnocchi, ratatouille, and "pieds et paquets" are among the region's specialties. The famous festive beverage in Provençal culture is the anise-flavored liquor Pastis.

In this region in summer, there is a smell of red garlic, gourd, and Cavaillon melon. Autumn brings a shift in odor. The mushrooms, artichokes, fennel, black olives, squash, and quinces.

The wine is served throughout France but Provence-Alpes Côte d'Azur must be mentioned as lavender. This herb's aroma is unique for this particular area.

Eastern Region

Champagne: North of France is where the Champagne-Ardenne region is located. The champagne has an impact on cuisine. Numerous dishes are prepared with wine as their base. Regional product is also the cidre and the ratafia, the sweet aperitif that goes with grilled liver or is paired with blue cheese.

Lorraine: Lorraine is located in the northeast of France. The food is lighter than Alsatian cuisine, but they are similar. There is a heritage of charcuterie like that in Alsace. This heritage is confirmed by the delicious lard-filled quiche from Lorraine. Nearly everyone in Lorraine is familiar with Madeleine, a cake in the shape of a coquille.

This area is the birthplace of the Mirabelle, a delicious prune that may be used fresh in dishes like gam or liqueur. There are mineral water springs in the Vosges, including Vittel. If you prefer wine, there are a number of vineyards for grey, white, or red wines. There is an exception in Lorraine is known as Groseilles gam. It is also called Le

"caviar of Bar". This kind of jam is topped with an egg yolk. Alsace:

Alsace is one of 22 French regions located near the German border and it is the smallest region of France. The geographical location has an impact on its history and culture. The regional cuisine is choucroute, a family-style dish served in all good brasseries. The best choucroute is accompanied by beer, a traditional beverage with a long history of production (Fischer, Kronenbourg, Meteor, Karlsbrau, etc.).

Bourgogne:

The region of La Bourgogne (Burgundy) is located in the middle of France. The Volaille de Bresse and the Bourgogne Escargots are the famous dishes that are prepared and served here. The escargots have a little herbaceous flavor from the abundance of garlic and parsley. It is a well-known product that is sold all over the world. This region is also known for its 'coq au vin' (a dish of chicken braised with wine, mushrooms, lardons and garlic), blood sausage or 'boudin noir', and "jambon persillé" (consists of a ham hock that simmered in white wine and made into a terrine with parsley). Dijon is the capital of the Bourgogne region. When a Tchèque hears the name Dijon, he immediately thinks of the famous mustard.

Franche-Comté

The Franche-Comté region is located in eastern France, near the Swiss border. This region is well-known for its cheeses, yellow wine, and Morteau sausage (Charcuterie-la Saucisse de Morteau). The cow milk cheese "fromages au lait de vache" has a history in the past, during the periods associated with conservation issues.

Yellow wine is a kind of white wine that has been aged for 6 years and 3 months in barrels. It comes with standard 62 cl bottles. This is a special wine, regarded as one of the best white wines in the world. It is one of the components of French-Canadian cuisine.

Rhône-Alpes

Rhône-Alpes, a vast region to the east of France is truly diverse and full of contrasts. Quenelles and Mont-d'Or cheese are very famous in Lyon (the capital of this region). If you visit the Dombes, you can also try the sauteed frogs' legs (grenouilles) and the fish. Savoie is famous for its Fondue Savoyarde. This dish is made with a combination of melted cheese, like Gruyère, Emmental, Comté, Beaufort mixed with flour, garlic and white wine.

The wine industry is also highly popular in this region. The Rhône Valley also produces white, red, and rose wines. The whites are Clairette de Die (a natural sparkling white wine) or Roussette de Savoie (also called Roussette), while Châteauneuf-du-Pape is one of the famous red wines. Desserts include Grenoble walnut (noix de Grenoble) and nougat of Montélimar (Nougat de Montélimar).

Western Region

Bretagne

Bretagne is a small island off the coast of the Hexagone. Sa cuisine is straightforward and authentic. This is a fishing region. Seafood accounts for a large portion of the breton menu. A Bretagne huître is a concept. It is available in a variety of Breton restaurants. Seafood pairs well with Muscadet or Gros Plant white wine.

It's the land of crêpes, breton galettes, gaufres, and beignets

with confit fruits. Who hasn't wished for good fortune while watching crêpes float on top of the stove?

In fact, according to French tradition, one should make a wish by returning to them or hold a coin in order to attract wealth. This rite dates back to the Night of the Chandeleur (or the Festival of the Candles, February 2nd), during which the Pope distributed small galettes to the faithful. It also commemorated the start of field work and the hope for future harvests in the fields. Bergères et bouviers accrochaient des crêpes aux branches des arbres, certains anticipating the arrival of the loup. Mardi gras is a pretext for a feast of galettes, gaufres, and beignets. Their names and forms vary by region, but their coutume remains consistent.

These simple and tasty treats were shared by all, and they used to bring together kings and commoners during the holidays. They are still a symbol of family celebrations and conviviality today. Crêpes can be found in the streets of China's major cities, as well as in kiosks. Another delicious dessert is the Far breton. Previously, it was prepared for religious holidays. Today's favorite fare is one with prunes and a splash of rum or cidre. Brittany is known for its salted butter, artichokes, and aged jambon.

Pays de la Loire:

The Pays de la Loire is a region of France located between Bretagne and Poitou-Charente. Our gastronomic journey begins in Guérande. The sauniers have been producing sel, specifically the Fleur de Sel, for over a millennium. It's a gourmet haven with a stellar reputation. It is mixed with a variety of other spices. Another delicate subject are the huîtres Vendée-Atlantique, as they have been known since 1992. The huîtres of a glass of Muscadet can be retrieved. The viticultural tradition dates back to the Roman occupation.

It is impossible to leave this region without trying the Berligots Nantais. A delicious pyramid-shaped friandise known since the 1830s and originally from Italy, it is now the most popular and well-liked sugary treat in Nantes.

Corse

The island of Corse is located in the Mediterranean Sea to the south of France. Its position determines whether or not its cuisine has a distinct Italian flavour. The most well-known products are Corse miel, Muscat du Cap Corse, and a rare white wine. La Corse has a rich charcuterie tradition. I mention the coppa (pork roulade salée et séchée), the prizuttu (dried jambon), and the salami (le saucisson sec).

The use of olive oil, fish, and shellfish has a long history as well. The 'Brin d'amour fromage au lait de brebis' is a dish fried in breadcrumbs of aromatic herbs that grow in the Corse.

Conclusion

For an outsider, France's cuisine is one of the most enticing aspects. This is a collection of various fields. It has not only a geographical aspect, but at the same time, it has a cultural effect. Every French region serves a new variation in the food which makes it unique. And that's why French cuisine is still the pride of France.

References

1. Guide-webmaster. Terroir France. <
<http://www.terroirs.france.com/vin/champagne-information.htm>>

2. <https://www.thespruceeats.com/introduction-to-french-food-and-cooking-1375348>
3. La France autrement.
http://www.lafranceautrement.com/page-fr-foie_gras.html
4. Wikipédia. Cuisine française
<http://fr.wikipedia.org/wiki/Gastronomie>
5. La gastronomie française <http://www.amour-de-france.com/contenu.php?page=article51>