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French cuisine

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Abstract

French Cuisine is one of the vast and rich subjects. It's said that French gastronomy is the best in the world. Some eat to live, others live to eat. And when there is so much diversity on the menu in terms of gastronomy, we no longer talk about food, but eating becomes an art. French cuisine refers to various gastronomic styles derived from the French tradition. The development of lavish banquets that took French gastronomy to a new level started in The Middle Ages, with decorated and heavily seasoned food by chefs such as Guillaume Tirel. Then In the 17th century, François Pierre de La Varenne changed the habit of taste with less systematic use of spices and by using aromatic herbs. France has on the one hand a long list of regional dishes and local products, and on the other hand a step ahead of the new gastronomy at the world level. And the diversity of regional traditions makes French cuisine multiple rather than unified.

The "French gastronomic meal" entered the Intangible cultural heritage in November 2010. The initiative of French gastronomes included Paul Bocuse, Alain Ducasse, and Michel Guérard.

Keywords: France, French, gastronomy, cuisine, le grand ouest, le val de loire, bretagne

Introduction

Diversity of regional cuisine

In fact, from one department to another, the nature, the residences, and the perspectives can be radically different. This great variety can be seen even in local customs and cultural identities. Such fermentation of civilization is found naturally on french plates to delight the taste buds and traditionally, each region has its own cuisine. Although local variations may exist, the culinary map of France can be divided into four major regional areas: le Grand Ouest (the Great West), Le Sud-Ouest (the southwest), le sud-est (the South-East), and Le Grand Est(the Great East).

Le Grand Ouest (the Great West)

Characteristic significant influence of the north-west of France can be seen in the local gastronomy. Indeed the sea, the source of treasure for seafood's raw materials fish (sea bass, monkfish, herring) are served in restaurants or on family tables. Seafood is presented on a round or oval platter (sometimes double or triple platter) topped with a bed of seaweed or kelp. A presentation that is too long on a bed of ice that is too cold can degrade the taste of the ingredients.

Bretagne is a territory with diverse environments that allow a wide variety of Breton products conducive to a unique Breton cuisine. In other words: in Bretagne, there is everything you need! Vegetables, fruits, hunted or farmed meats, cheeses, cereals, fish, shellfish, and crustaceans are all Bretagne's specialties that delight the taste buds of their dishes. Bretagne is the French fishing region and its many ports all have "specialties" depending on the area. The ports of Brest, Audierne, and Concarneau will bring back big fishes such as Monkfish, Bass, or Cod, while the ports of the Bay de Saint-Brieuc are prized for their scallops. Bretagne supplies high-quality lobsters, crayfish, and mussels, and Normandy is known for scallops and soles. Butter, apple, and cream, as in almond-stuffed mussels, are used in Northwest cuisine style. The smooth and soft climate in this region made agriculture rich. Normandy produces a large number of apple trees, whose fruits are used in dishes as well as in alcoholic drinks such as Cider or Calvados. Bretagne has acquired a national reputation for certain agricultural products such as cauliflowers and artichokes.

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Buckwheat was a traditional crop in Bretagne and is used to make pancakes that are widely very famous. But nowadays 95% of buckwheat consumption is imported from China. Breton production is centered on organic buckwheat. The French dish Rillettes, the English equivalent of rillettes is potted meat, from the city Le Mans is also recognized nationally. Rillettes du Mans" are a traditional charcuterie product. Rillettes du Mans, also known as Le Mans Rillette. It's a rich meat spread and it can be chunky or smooth, generally made with pork (except the seafood varieties) and/or another meat. The pieces of pork meat used in its composition are carefully selected (mainly noble muscles such as ham, then shoulder, loin, tip), to which salt and pepper are added, to the exclusion of any other ingredient. According to the Institut national de l'origine et de la qualité (a French institution under their Ministry of agriculture, food and forestry, called in English The National Institute of origin and quality) " Les « rillettes du Mans » se caractérisent par leur structure riche en fibres et en morceaux de viande et leur texture souple et aisément tartinable. Leurs caractéristiques gustatives sont en lien direct avec le choix de la matière première et notamment les pièces nobles du porc qui subissent un mode de cuisson lente suivi d'une séparation des phases (viande, jus de viande et graisse fondue), puis d'un battage permettant d'obtenir au final un produit confit et une bonne distinction des fibres/morceaux." ("The Le Mans rillettes are characterized by their structure rich in fibers and pieces of meat and their flexible and easily spreadable texture. Their taste characteristics are directly related to the choice of raw material and in particular the noble pieces of pork which undergo a slow cooking method followed by a separation of the meat, meat juice and melted fat, then a threshing which allows, in the end, a candied product and a good distinction of fibers/pieces."). The absence of any ingredient other than salt and pepper preserves the desired flavor of pork meat and offers a product with the natural color of meat, ranging from grey, grey-pink, blond to caramel. The "Rillettes du Mans" are mainly sold in pots or terrines, with a surface appearance which, according to the manufacturer, is irregular (with the apparent presence of pieces/fibers and a collar of fat), or smooth (with the presence of a cover fat layer).

On other hand Maine-et-Loire is famous for Le Rosé Cabernet-d'anjou, as well as the orange liqueur Cointreau, those are listed for international reputation. Rillauds is a traditional French specialty originating from Anjou. The dish consists of pieces of pork belly that are placed into a salty, herbaceous brine to soak before they're cooked in lard. Once done, Rillauds are served warm or cold, and in the past, they were often plated in the shape of a pyramid, then topped with the pig's tail. It's recommended to serve the dish with a fresh green salad on the side, or in fougée bread. Every July, there is the Rillaudée de Brissac-Quincé, where locals and tourists can enjoy dancing, fireworks, and Rillaud-making contests.

Le Val de Loire is also an ideal destination for its cuisine. It offers savory specialties that delight the taste buds of all gourmets. Local products are supplied straight from the farm to gleaned specialties of the town and village markets and its taste can be experienced in the various best restaurants and houses in the region that will awaken all senses of gourmets. White butterfish is famous for its cuisine. Cold cut and bakery recipes like Rillons, Rillauds,

Andouillette, Pâté de Sanglier are very famous here. Les Rillettes de Tours is undoubtedly the best-known Cold cut specialty of Le Val de Loire. Rillons de Tours and their Angevins cousins, Rillauds (chunks of bacon candied in fat) with snacks are also very popular. Le Val de Loire offers other Charcuterie delicacies, such as Les Andouillettes au Vouvray de Touraine or the famous Andouille de Jargeau. A few steps from Le Val de Loire, head to the Morvan Regional Nature Park to discover L'Andouillette de Clamecy sausage and the delicious jambon du Morvan.. Le pâté de Chartres, which can be found in a crust or in a terrine, has made the reputation of the capital of Beauce. The Loire Valley, also nicknamed the garden of France, offers favorable conditions for growing magnificent fruits and vegetables such as cherries used to make Guignolet liqueur or Belle Angevine pears. Strawberries and melons are also of high quality. The most famous over here are Sologne asparagus, the famous Mara des Bois strawberry, and the lettuce "Mâche Nantaise". The vast forests and countryside of Le Val de Loire produce mushrooms. Cèpes, Girolles, Morilles, Bolets, Rosés-des-prés can be found here. The mushrooms of Paris come from Le Val de Loire. More than half of the national production indeed grows in the galleries troglodytes de Saumur and the surrounding areas. In Bourré, near Chenonceau, la Cave Champignonnière des Roches grows nearly half of the world's blue stalk production. These high-end mushrooms are intended for starred and gourmet restaurants. Touraine and Berry also produce another underground mushroom: la Truffe Noire. Le Val de Loire also offers quality meat from free-range animals. La Géline de Touraine, a rustic hen with a black coat, will seduce you with the finesse of its meat, just like the black hen from Berry. For red meat, Maine-Touraine lamb is famous for its great taste qualities, as is Rouge des Prés cow (protected designation of origin). Le Val de Loire will meet the desires of delicious fish rillettes or fish plates of Zander, Eel, Pike with white butter sauce or that are caught by the last fishermen of Le Loire. When it comes to condiments and spices, the Loire Valley is not to be outdone: mustard from Orléans, vinegar from Martin Pouret, saffron from Gâtinais or Touraine, salt from Guérande. Le Val de Loire has something to spice up the dishes. Le Val de Loire is no exception to this tradition and produces delicious cheeses. Many cheeses made from goat's, cow's or sheep's milk are produced in Le Val de Loire: le Curé Nantais, les fromages d'Olivet, le Petit Trôo, la Feuille de Dreux, le Nivernais, la Briquette de Brebis Saulzais. The best known of the Loire Valley are the 5 PDO goat cheeses: Le crottin de Chavignol, Le poulligny-saint-pierre, Le selles-sur-cher, Le sainte-maure-de-touraine, Le valençay. Le Val de Loire is also a territory known for its exceptional wines. The third French wine region, Le Val de Loire is also the first wine tourism destination in France. White, red, rosé, with or without bubbles, the wines of Le Val de Loire in all the colors can be seen here. From Nantes (Muscadet, Coteaux-d'ancenis, Gros-plan) to the wines of Centre-Loire (Sancerre, Pouilly-fumé, Menetou-salon, Quincy, Reuilly), Anjou (Anjou, Saumur, Saumur-Champigny, Coteaux-du-Layon, Anjou rosé, etc.), Touraine (Bourgueil, Chinon, Saint-Nicolas-de-Bourgueil, Coteaux-du-Vendômois, Jasnières) or Orleans (Orléans, Orleans-Cléry, Coteaux-du-Giennois). The Loire Valley has stocked up on cakes and desserts that will awaken your taste buds, such as the unmissable tarte Tatin and Nougat from Tours or Le Crémets

d'Anjou. In Loiret, it is impossible not to mention the delicious Gâtinais honey, reputed to be among the best. Then head to Berry to enjoy a delicious Poirat du Berry, a tart, Barriaux (made with dried fruit) or a Sancier, perfect for Chandeleur. In Touraine, La Tarte du Vigneron, a caramelized puff pastry topped with very finely cut apples and topped with Chinon wine confit is very delicious. For a snack or a little sweet break during the day, it is recommended a delicious Macaron de Cormery. In Loir-et-Cher, push the doors of the biscuit factories of Chambord and Saint Michel to stock up on delicacies. At Anjou side, les pommes tapées, le pâté aux prunes, and the creamery specialty of the Angers region: Le Crémé d'Anjou are unforgettable.

Nature has generously served the Charente Maritime between land and sea, it is a permanent awakening of the senses, the discovery of fine and authentic gastronomy. The departments of Charente-Maritime and Vendée are renowned for their oyster and mussel production, with in particular oysters from Le Bassin de Marennes-Oléron and mussels from La Baie de l'Aiguillon.

In Charente Maritime, it is not said: "escargot" (snail), a term of Provençal origin, but "Cagouille" from the name of the squirrel which is a delight for gourmets. The "Petit-Gris" (*Helix Apersa*), likes the temperate climate of the Grand Sud Ouest region, but it is in Charente that it feels best there. It is found in the edges of fields, low walls, woods, and hedges. Contrary to what its name may suggest, the "Petit-Gris" measures 1.5 to 3 cm in diameter. It is resistant and twice as prolific as its Burgundy cousin. This snail with fairly firm brown flesh has a typical fragrant flavor. Its flesh is very fine. Each of its own recipes, the best known accommodates it with a wine sauce. It can also be eaten cooked in court broth, served with garlic butter or Charentaise mixed with a stuffing. Charente presents some more savored recipes of the charcuterie specialties, such as Grillons Charentais, or crépinettes, Succulentes Saucisses that are served with oysters and several sea fishes of sea, Chaudrée, raw Bouillabaisse. The "excellence" caviar is reborn today on the banks of l'Estuaire de la Gironde. Once wild, l'Esturgeon is now farmed here for its precious eggs. And the desserts "Goulbenèze" (literally "the mouth well at ease"), this Galette Charentaise, soft and gently sweet on the palate, is sometimes embellished with a hint of candied angelica. Another specialty: Cornuelles, These cakes that are tasted during the festival of Rameaux are shortcrust pastry biscuits, prepared with Anise seeds. Pippin apples and toffee apples, l'Azérolis Anisé, or Mazoréli, are cultivated in the south of Charente. Its skin is brown speckled with coppery orange and its flesh is firm and very sweet. The pippin of Saintonge, also called Blandilalie (the sweet, the pleasant), would be known since the 10th century. Its fairly coarse flesh is very slightly acidic. This variety matures late (January) and keeps for a very long time. The range of grape varieties present in Charente. It is said that one day in 1589, a Charentais winegrower accidentally poured grape must (juice) into a containing Cognac barrel. A few years later, a clear liqueur with an unprecedented flavor was discovered. Pineau was born, in the land of Cognac. Pineau has two colors: Le Ugni blanc, Colombard, Sémillon, Sauvignon and Montils grape varieties give Pineau blanc the richness of its aromas and its incomparable finesse, while Cabernet Sauvignon, Cabernet Franc, Merlot and Malbec mature for a long time to produce to Pineau

Rosé. Cognac, a liqueur gives rhythm to the life of this country. The cellars where sometimes they grow Cognacs for the centenary. L'arrière-pays côtier, whose pastures are teeming with goats, also produces renowned cheeses. The pastures of Vendée and Poitou are also occupied by herds of Parthenaises and poultry from Challans, while the Limousin is home to many limousine cattle and sheep. Cognac also originates from this region, along with the town of Cognac, along the Charente. The many forests that extend there offer a wide variety of quality mushrooms.

The first potato labeled AOP (Appellation d'Origine Protégée), the early potato from l'île de Ré is harvested before riping. So its sugars are not able to turn into starch, it is poor in calories and offers a smooth flavor. You will find it on the stalls from mid-May to the end of June. Its unique taste with a slightly iodized scent makes it a real star of local products. It is appreciated for its delicate flavor, its firm and melting flesh, and its thin skin. No need to peel it: once brushed, it is simply prepared browned in butter or olive oil and seasoned with a hint of fleur de sel from the same region!

Focus on the Marais Salants of l'île de Ré and Marennes-Oléron, the thousand-year-old culture of salt ensured the prosperity of the region until the 19th century. Today, a new generation of salt workers is harvesting "white gold" by hand. They then obtain a 100% natural product resulting from the evaporation of saltwater of Les Marais under the effect of the wind and the sun. The famous Fleur de sel from l'île de Ré is considered one of the finest salts in the world. Its subtle taste and crunch go well with the most delicate dishes and its small white crystals. Indeed, you can find it in caramels, ice creams, and many sweets.

Conclusion

French cuisine is a unique, cultural experience that melds flavorful, nutritious foods with beauty, leisure, and therapeutic preparation. Making and savoring French food is an art that takes a lifetime to master, yet requires that time stands still to appreciate its splendor.

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