**French cuisine**

French cuisine is a style of food preparation originating from France that has developed from centuries of social change. In the Middle Ages, Guillaume Tirel, a court chef, authored *Le Viandier*, one of the earliest recipe collections of Medieval France. In the 17th century, La Varenne and the notable chef of Napoleon and other dignitaries, Marie-Antoine Carême, moved toward fewer spices and more liberal usage of herbs and creamy ingredients, signaling the beginning of modern cuisine. Cheese and wine are a major part of the cuisine, playing different roles regionally and nationally, with many variations and *appellation d'origine contrôlée* (AOC) (regulated appellation) laws.

French cuisine was codified in the 20th century by Escoffier to become the modern version of haute cuisine; Escoffier, however, left out much of the regional culinary character to be found in the regions of France. Gastro-tourism and the *Guide Michelin* helped to acquaint people with the rich bourgeois and peasant cuisine of the French countryside starting in the 20th century. Gascon cuisine has also had great influence over the cuisine in the southwest of France. Many dishes that were once regional have proliferated in variations across the country.

Knowledge of French cooking has contributed significantly to Western cuisines and its criteria are used widely in Western cookery school boards and culinary education. In November 2010 the French gastronomy was added by UNESCO to its lists of the world's "intangible cultural heritage".

**History**

French cuisine has evolved extensively over centuries. The national cuisine started forming in the middle Ages due to the influence of the work of skilled chefs and various social and political movements. Over the years the styles of French cuisine have been given different names, and have been modified by various master-chefs. During their lifetimes, these chefs have been held in high regard for contributions to the culture of the country. The national cuisine developed primarily in the city of Paris with the chefs to French royalty, but eventually it spread throughout the country and was even exported overseas.

**Mid 20th century – late 20th century**

The 1960s brought about innovative thought to the French cuisine; especially because of the contribution of Portuguese immigrants that had come to the country fleeing the forced drafting to the Colonial Wars Portugal was fighting in Africa. Many new dishes were introduced, as well as techniques. This period is also marked by the appearance of the "Nouvelle Cuisine".
The term nouvelle cuisine has been used many times in the history of French cuisine. This description was seen in the 1740s of the cuisine from Vincent La Chapelle, François Marin and Menon, and even during the 1880s and 1890s to describe Escoffier's cooking. The term came up again, however, during the 1960s, when used by two authors, Henri Gault and Christian Millau, to describe the cooking of Paul Bocuse, Jean and Pierre Troisgros, Michel Guérard, Roger Vergé and Raymond Oliver[7]. These chefs were working toward rebelling against the "orthodoxy" of Escoffier's cuisine. Some of the chefs were students of Fernand Point at the Pyramide in Vienne, and had left to open their own restaurants. Gault and Millau "discovered the formula" contained in ten characteristics of this new style of cooking.

The first characteristic was a rejection of excessive complication in cooking. Second, the cooking times for most fish, seafood, game birds, veal, green vegetables and pâtés was greatly reduced in an attempt to preserve the natural flavors. Steaming was an important trend from this characteristic. The third characteristic was that the cuisine was made with the freshest possible ingredients. Fourth, large menus were abandoned in favor of shorter menus. Fifth, strong marinades for meat and game ceased to be used. Sixth, they stopped using heavy sauces such as espagnole and béchamel thickened with flour based "roux", in favor of seasoning their dishes with fresh herbs, quality butter, lemon juice, and vinegar. Seventh, they used regional dishes for inspiration instead of haute cuisine dishes. Eighth, new techniques were embraced and modern equipment was often used. Ninth, the chefs paid close attention to the dietary needs of their guests through their dishes. Tenth and finally, the chefs were extremely inventive and created new combinations and pairings.

Some have speculated that a contributor to nouvelle cuisine was World War II when animal protein was in short supply during the German occupation. By the mid-1980s food writers stated that the style of cuisine had reached exhaustion and many chefs began returning to the haute cuisine style of cooking, although much of the lighter presentations and new techniques remained.

**Regional cuisine**

- 3.1 Paris and Île-de-France
- 3.2 Champagne, Lorraine, and Alsace
- 3.3 Nord Pas-de-Calais, Picardy, Normandy, and Brittany
- 3.4 Loire Valley and central France
- 3.5 Burgundy and Franche-Comté
- 3.6 Lyon-Rhône-Alpes
- 3.7 Poitou-Charentes and Limousin
- 3.8 Bordeaux, Périgord, Gascony, and Basque country
- 3.9 Toulouse, Quercy, and Aveyron
- 3.10 Roussillon, Languedoc, and Cévennes
- 3.11 Provence and Côte d'Azur
- 3.12 Corsica

**French service:-**

Method of serving private dining or restaurant food in which partially cooked food is brought from the kitchen on a cart which is used also for the final cooking. Food is completed in front of the guests and served by a waiter or waitress who offers a dish to each guest who helps himself or herself.
FRENCH CLASSICAL MENU:

1. Horsd'oeuvre (appetizer)
2. Potage (soup)
3. Oeufs (eggs)
4. Farineaux (rice & pasta)
5. Poisson (fish)
6. Entrée (entry of 1st meatcourse)
7. Sorbet (chilled glass of water with few drops of champagne, and cigars are offered)
8. Reléve (meatcourse)
9. Rôti (roast)
10. Légumes (vegetables)
11. Salades (salad)
12. Buffet Froid (cold buffet)
13. Fromage (cheese)
14. Entremet De Sucre
15. Savourex
16. Desserts (fresh fruits & nuts)
17. Café