

FRENCH IN CULINARY WORLD

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ABSTRACT

More than million foods have been made by people from all over the world in the latest years. People now try to create new cooks and make some creativity on it. Then, cooking which the field is culinary has become an art because it needs an artistic value to decorate the food, a good taste and proper technique in processing delicious food in order to make it a masterpiece. French culinary is as famous as the Eiffel tower in the heart of the country, Paris. Most of fine dining international restaurants apply the French menu and cooking. This article presents an overview about the French element in culinary world; starts from its history, kitchen organization, French menu spelling, and French cooking vocabulary. The discussion proceeds library research to compile the data. Later, the art of culinary is interesting to be learned because it contains the classical history of world civilization, in this case French civilization. The issue of cooking trend “nouvelle cuisine” was a masterpiece of one of the greatest chef in his time, Escoffier. French culinary is widely well-known in all over the world because of innovation, creativity, and proud. Those are spirits that we must learn.

Keywords: French food, culinary, cooking, French terms, food

ABSTRAK

Lebih dari jutaan makanan telah dibuat oleh masyarakat di seluruh dunia dalam beberapa tahun terakhir ini. Mereka sekarang mencoba untuk membuat makanan baru dan memainkan kreativitas. Karenanya, memasak, yang seharusnya termasuk dalam bidang kuliner, menjadi termasuk dalam bidang seni karena nilai seni yang terdapat ketika menghias makanan, rasa enak, serta teknik yang sesuai dalam membuat makanan. Kuliner Perancis sama terkenalnya dengan menara Eiffel di jantung ibukota, Paris. Kebanyakan restoran dengan masakan internasional terbaik mengaplikasikan menu dan masakan Perancis. Artikel ini menuliskan tentang penjelasan singkat mengenai elemen Perancis dalam dunia kuliner; dimulai dari sejarahnya, organisasi dapur, ejaan menu Perancis, dan kosakata masakan Perancis. Pembahasan menerapkan metode studi pustaka untuk pengumpulan data. Pada akhirnya, seni memasak sangat menarik untuk dipelajari karena termasuk sejarah klasik dari peradaban dunia, dalam hal ini peradaban Perancis. Tren memasak ‘nouvelle cuisine’ merupakan adiknya dari koki terbaik di zamannya, Escoffier. Kuliner Perancis dikenal di seluruh dunia karena inovasi, kreativitas, dan kredibilitas. Semangat tersebut yang harus dipelajari.

Kata kunci: French food, culinary, cooking, French terms, food

INTRODUCTION

As a human being, everyone in this planet certainly needs to eat food in order to survive. Food is the man's source of energy that can make them healthy and growing. Later on, eating is not just an issue about fulfilling the man's basic needs. From centuries, man has been making creativity and innovation of producing food that is called culinary art. Culinary art is the art of preparing and cooking foods. The word "culinary" is defined as something related to, or connected with, cooking.

If we go deeper exploring the culinary, in many occasions we may find many "French element" on it. 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.

METHOD

The method of this study was qualitative by proceeding library research to collect the data. The data found by browsing the books' contents and articles which related to the title, according to Sadiman (1994).

RESULT AND DISCUSSION

History of Cooking

Why should we know the history? Why it is so important then, even on cooking, the knowledge of history is also needed? That is because the value of history itself helps us understand the present and the future. In food service, knowledge of our professional heritage helps us see why we do things as we do, how our cooking techniques have been developed and refined, and how we can continue to develop and innovate in the years ahead.

Cookery, the most ancient of the arts, dates back to the prehistoric age. Although little is known about prehistoric cookery, the discovery of the use of fire for culinary purposes during this period had a great influence on the diet of man. After fire was discovered, men gathered around the hearth and shared their meat and game.

Until early in the sixteenth century, the cooking of France was as unimaginative. In 1533, the Duke of Orleans married Catherine de Médicis of the well-known Florentine family. She took many of the famous chefs and pastry cooks of Italy with her to France. The French learned from these Italian masters and skillfully developed their own school of cooking. The cuisine of France continued to grow, and by the end of the seventeenth century, France was known throughout the world for its classic cuisine. The classic French cuisine implies a perfect planned menu; fresh and superior ingredients; talented cooks; subtle and balanced tastes; and an appreciate audience.

In 1765, a Parisian named Boulanger began advertising on his shop sign that he served soups, which he called restaurants or restoratives. (Literally, the word means "fortifying.") According to the story, one of the dishes he served was sheep's feet in a cream sauce. The new developments in food service received a great stimulus as a result of the French Revolution, beginning in 1789. Before this time, the great chefs were employed in the houses of the French nobility. With the revolution and the end of the monarchy, many chefs, suddenly out of work, opened restaurants in and around Paris to support themselves. Furthermore, the revolutionary government abolished the guilds. Restaurants and inns could serve dinners reflecting the talent and creativity of their own chefs, rather than being forced to rely on licensed caterers to supply their food. At the start of the French Revolution, there were about 50 restaurants in Paris. Ten years later there were about 500.

French is also popular as the birth-country of famous chefs who affected global culinary. Carême, Escoffier and Point are good examples for that. Marie-Antoine Carême (1784-1833) learned all the branches of cooking quickly, and he dedicated his career to refining and organizing culinary techniques. His many books contain the first systematic account of cooking principles, recipes, and menu making. He was perhaps the first real celebrity chef, and he became famous as the creator of elaborate, elegant display pieces and pastries, the ancestors of our modern wedding cakes, sugar sculptures, and ice and tallow carvings. Carême brought cooking out of the Middle Ages and into the modern period.

There was one another named Georges Auguste Escoffier (1847-1935), the greatest chef of his time, is still today revered by chefs and gourmets as the father of twentieth-century cookery. He contributes to the world cookery (1) the simplification of classical cuisine and the classical menu, and (2) the reorganization of the kitchen. Escoffier's books and recipes are still important reference work for professional chefs. The basic cooking methods and preparations we study today are based on Escoffier's work. His book *Le Guide Culinaire*, which is still widely used, arranges recipes in a simple system based on main ingredients and cooking method, greatly simplifying the more complex system from Carême. Learning classical cooking, according to Escoffier, begins with learning a relatively few basic procedures and understanding basic ingredients.

A generation after Escoffier, the most influential chef in the middle of the twentieth century was Fernand Point (1897-1955). Working quietly and steadily in his restaurant, La Pyramide, in Vienne, France, Point simplified and lightened classical cuisine. He was a perfectionist who sometimes worked on a dish for years before he felt it was good enough to put on his menu. Point's influence extended well beyond his own life. Many of his apprentices, such as Paul Bocuse, Jean and Pierre Troisgros, and Alain Chapel, went on to become some of the greatest stars of modern cooking. They, along with other chefs in their generation, became best known in the 1960's and early 1970's for a style of cooking called *nouvelle cuisine*, meaning *the new kitchen*.

The essence of this cooking trend *nouvelle cuisine* is to use fresh ingredients and to retain as much as possible the natural taste of the ingredients. These choices are based on foods that are rich in nutrients and low in calories. This means shorter cooking times and fewer additives (Classical Cooking the modern way, 1989:224). Fatty roux (flour and fat) is avoided; soups and sauces are thickened, if necessary, without using flour. *Nouvelle cuisine* dishes are never heavy and/or rich. The food is cooked *à la minute* (to order) as much as possible; vegetables must remain crisp.

The Kitchen Organization

One of the Escoffier's contributions is a system of kitchen organization by dividing the kitchen into departments, or stations, based on the kinds of foods produced (Professional cooking, 2007:9). The system, with many variations, is also called the classical brigade and is still used today, especially in large hotels with traditional kinds of food service. The major positions are: (1) the *chef* is the person in charge of the kitchen. In large establishments, this person is called also as executive chef. The executive chef is a manager who is responsible for all aspects of food production, including menu planning, purchasing, costing, planning work schedules, hiring, and training; (2) if a food service operation is large, with many departments (for example, a formal dining room, a casual dining room, and a catering department), or if it has several units in different locations, each kitchen may have a chef de cuisine. The *chef de cuisine* reports to the executive chef; (3) the *sous chef* is directly in charge of production and works as the assistant to the executive chef or chef de cuisine (The word *sous* is French for *under*); (4) *Chefs de partie* (the station chefs) are in charge of particular areas of production. The following are the most important station chefs: The *saucier*, or sauce chefs, prepares sauces, stews, and hot hors d'oeuvres, and sautés foods to order. This is usually the highest position of all the stations; The *poissonier*, or fish cook, prepares fish dishes. In some kitchens, this station is handled by

the saucier; The *entremetier* or vegetable cook, prepares vegetables, soups, starches, and eggs. Large kitchens may divide these duties among the vegetable cook, the fry cook, and the soup cook; The *rôtisseur*, or roast cook, prepares roasted and braised meats their gravies and broils meats and other items to order. A large kitchen may have a separate broiler cook, or *grillardin*, to handle the broiled items; The *garde manger* (pantry chef) is responsible for cold foods, including salads and dressings, pâtés, cold hors d'oeuvres, and buffet items; The pastry chef, or *patissier*, prepares pastries and desserts.

A large establishment needs a staff like the classical brigade just described. In fact, some large hotels have even larger staffs, with other positions such as separate day and night sous chefs, assistant chef, banquet chef, butcher, baker, and so on. Most modern operations, on the other hand, are smaller than this. The size of the classical brigade may be reduced simply by combining two or more positions where the workload allows it. For example, the second cook may combine the duties of the sauce cook, fish cook, soup cook, and vegetable cook.

French Menu Spelling

In almost cooking guide book, we may find the element of French as references of cooking method, cooking history, kitchen organization, and also cooking menu. The well-known menu title is come from French and English language. The standard reference for French menu spelling is Larousse *Gastronomique* and *Larousse* (Classical cooking the modern way, 1989).

The rules for spelling that are contained in these works should be followed. The so-called international menu language, in which the first letter of nouns and fantasy names must be written in capitals, should, in the interest of standardization, no longer be used.

In French menus, except at the beginning of a line, all words are written in lowercase, except the first letter. Proper names, fantasy names, geographical areas, and place names are spelled with a capital letter only when used as nouns, such as: (1) Asperges du Valais (area name); (2) Entrecôte Café de Paris (place name); (3) Emincé Touring (fantasy name); (4) Coupe Melba (proper name).

The phrase *à la* or *à la mode de*, as it should be written, is used as little as possible, in order to keep repetition in the menu to a minimum. The phrase *à la* is only used in the sense of: (1) *À la façon de (du, de la)* – in the fashion of; (2) *À la mode de* – in the style of; (3) *À la manière de* – in the manner of.

This should also be used when naming foods, like: (1) Epinards à la crème (name of the food); (2) Risotta à la turque (à la manière); (3) Sole à l'italienne (à la mode); (4) Truite à la bernoise (à la façon). The use of *à la* should be maintained where the name concerned begin with a vowel, and when its omission would result in a phonetic dissonance: Ravioli à l'italienne and Pêche à l'impératrice.

When in doubt, *à la* should be omitted. It should be remembered that *à la* changes to *au* or *aux* depending on the noun concerned: (1) Spaghetti à la crème = it uses *à la* because the noun (*crème*) in French is noted as female; (2) Spaghetti au fromage = it uses *au* because the noun (*fromage*) in French is noted as male; (3) Spaghetti aux morilles = it uses *aux* because the noun (*morilles*) is written plural.

French Cooking Vocabulary

There are vocabulary of words that used in French cooking. They are: (1) *À la* (a la), In the manner of; (2) *À la carte* (a la kart), on the menu, but not part of a meal, usually prepared as ordered and individually priced; (3) *À la king*, served in cream sauce containing green pepper, pimienta, and mushrooms; (4) *À la minute* (a la minut), cooked to order ; (5) *À la mode*, when applied to desserts,

means with ice cream; (6) Bouquet (buw key), volatile oils that give aroma; (7) Buffet (bufé), a table displaying a variety of food; (8) Café au lait (kafé o ley), coffee with hot milk ; (9) Canapé (kanapé), an appetizer of meat, fish, egg, or cheese arranged on a bread base; (10) Carte au jour (kart o zhur), bill of fare of menu for the day; (11) Caviar (kaviar'), salted roe of sturgeon or other large fish, may be black or red; (12) Crêpe (krep), thin, delicate pancake, often rolled and stuffed, served as appetizer, entrée, or dessert; (13) Croissant (krwa sang'), crescent; applied to rolls and confectionery of crescent shape; (14) Culinair (kulinier'), to do with cooking; (15) Cuisine (kwizin), the kitchen; (16) Cuisinier (kwizinié), male cook ; (17) Cuisinière (kwiziniér'), female cook ; (18) Filet or fillet (filey), a boneless cut of meat, fish or poultry; (19) Flambé (flam bey), to flame, using alcohol as the burning agent; (20) Frappé (frap pey), mixture of fruit juices frozen to a mush; (21) Hors d'oeuvre (or' deuvr'), small portions of food served as appetizer; (22) Julienne (zhu liyen), food cut into small stick-shape pieces, approximately 1/8 x 1/8 x 1-2 inches; (23) Menu (menu), bill of fare; (24) Maître d'hôtel (metr' dhotel), steward; (25) Mise-en-place (miz ang plas), the preparation, organization, and setup before production. Term means *everything in place*; (26) Nouvelle cuisine, *new cooking*, a culinary movement emphasizing freshness and lightness, and innovative combinations of food; (27) Sauté (soo tey), to cook in a small amount of fat; (28) Sorbet (sor bey), sherbet made of several kinds of fruits; (29) Table d'hôte (table doot), a meal of several courses, which may have a limited choice, served at a fixed price.

CONCLUSION

This study proves a connection between French and culinary in history, kitchen organization, menu, and more. Then we probably can say it is not wrong that cookery is a part of French culture. From here, we could learn the characteristic of its citizens. French people seem so much appreciates the making of food; they love to eat and to produce a high standard of food. People from other countries perhaps could learn from this that if we love our traditional foods and we develop them to be much more attractive, we can make our traditional food as our identity and bring it to the world.

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