

French

CITROËN

2cv



# The birth of the French Haute Cuisine

- French gastronomy listed as world heritage by UNESCO
- French “baguette” is one of the world’s treasure (intangible cultural heritage 2022)
- 78% French cook every day (36% Americans)
- 92% of French associate food with pleasure (sensual relation to food)
- French people spend the most time each day eating - 2 hours 13 minutes (USA: 1 hour 2 minutes)
- French people have more “constructed” meals

Snacking, eating at the desk, eating on the go, huge portions,....

Since 1411, AOC **appellation d'origine contrôlée**

**ABOMINATION!**

300 wines

Lentils

Spirits

Lavender oil

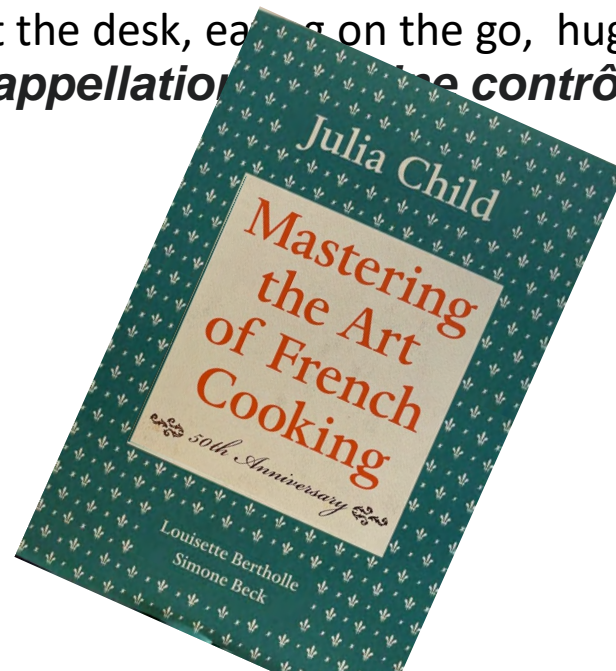
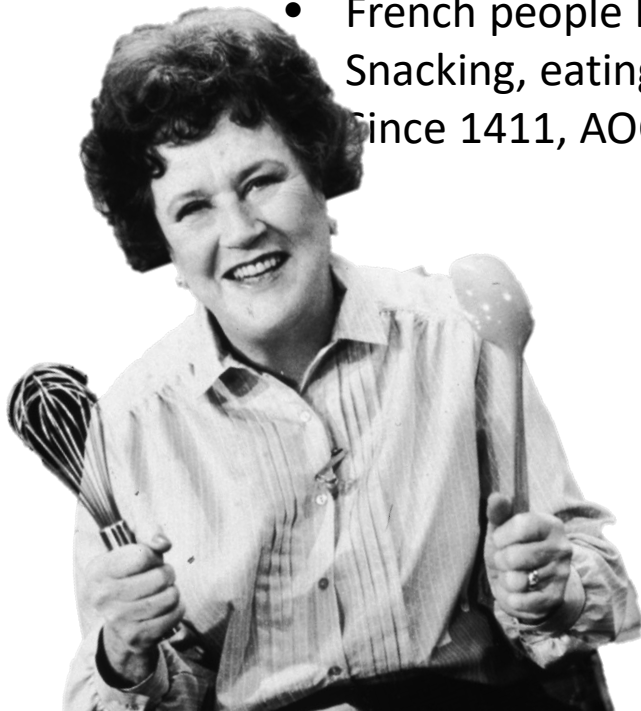
40 cheeses

Poulet de Bresse

Butter

Lamb of Somme

Honey



# The birth of *Minute Cuisine*

- French gastronomy
- French “baguette”
- 78% French cuisine
- 92% of French people
- French people love to eat
- French people love to snack, eat since 1411, /

## Mastering the Art of French Cooking

50th Anniversary

Heritage 2022)

minutes (USA: 1 hour 2 minutes)

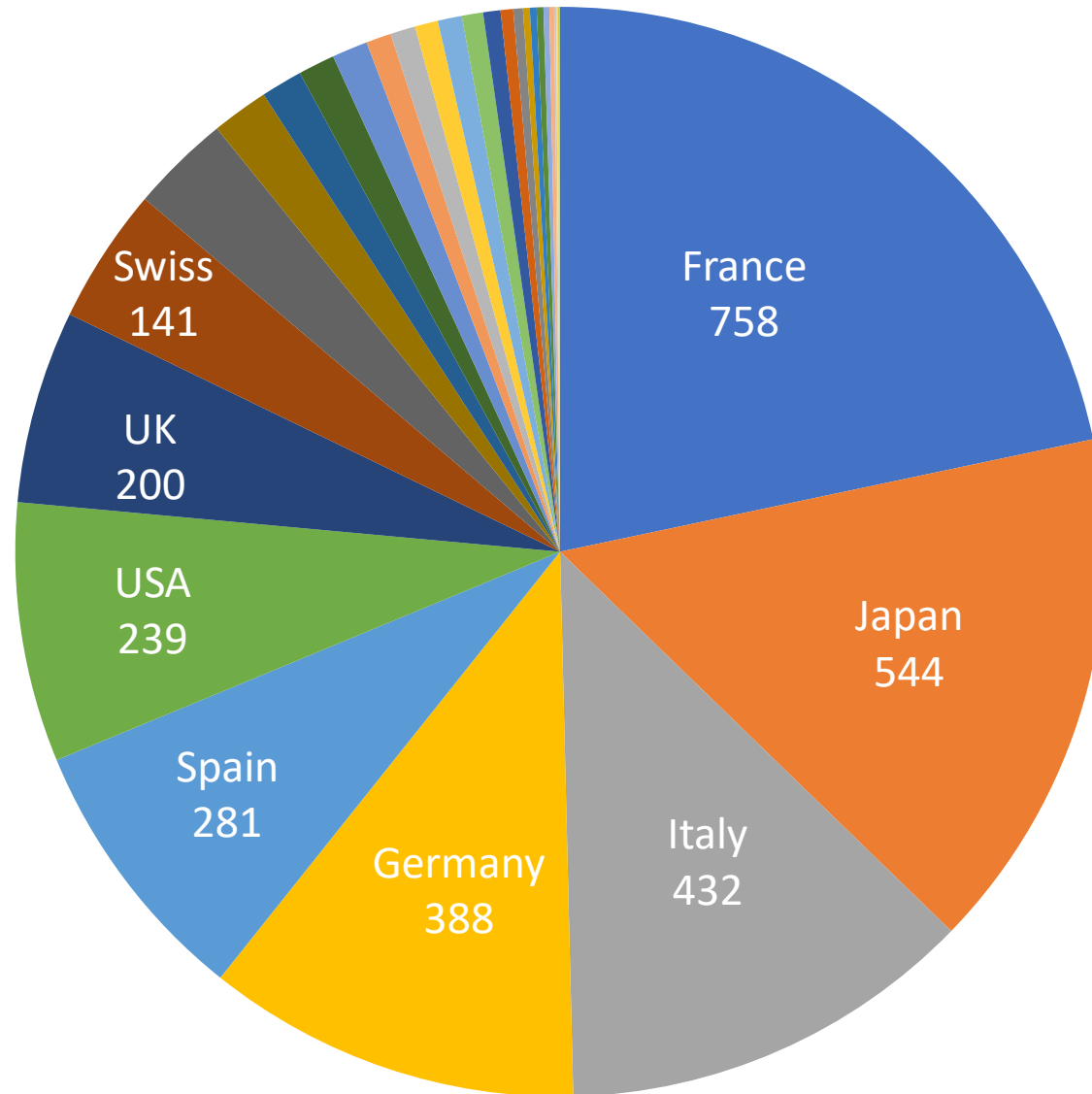
**DOMINATION!**

Lentils  
Lavender oil  
Poulet de Bresse  
Lamb of Somme



# The birth of the French Haute Cuisine

## Countries with the most 4-star Restaurants



The birth of the French Haute Cuisine

# The birth of the French Haute Cuisine

## Sidebars

The Medici  
Family

Kings &  
Queens  
of France

Tragedy in  
the Kitchen

Jean Baptiste  
de la Quintinye

Interesting  
Stories

New World  
Cuisine

Say  
"Cheese"!

French Idioms  
related to  
food

Recipes from  
Versailles

# The birth of the French Haute Cuisine

From ancient Rome up until the Renaissance

Pungent cooking with lots of spices and sugar

Lots of boiled stuff

Lots of meat (hunting and domestic)

Lots of bread





# Middle Ages

Multiple course banquet but all served at once

“Service en Confusion” → disorder

Knives and fingers **old french**

Pies, but crust is the dish (you do not eat it)

Seasonal ingredients/ church calendar

Live stock/ fish

Brined, dried and salted for winter

Wild Game for nobles

Vinegar and honey

Lots of bread

Meat pies – made from best cuts

Meat pies – made from **entrails** **old french**

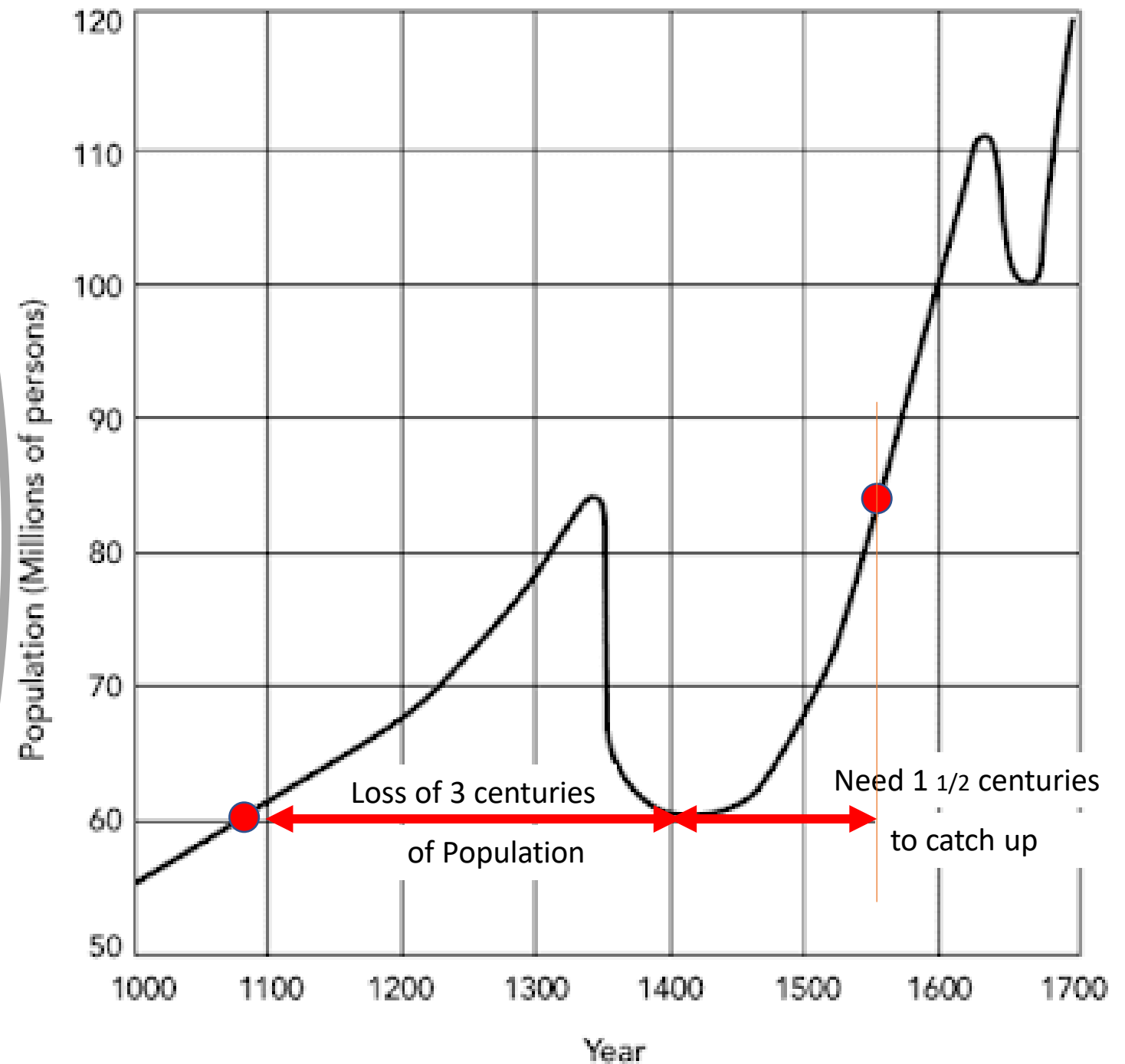
↓  
Numbles

↓  
Umblés

↓  
Eating umble pie – Eating humble pie

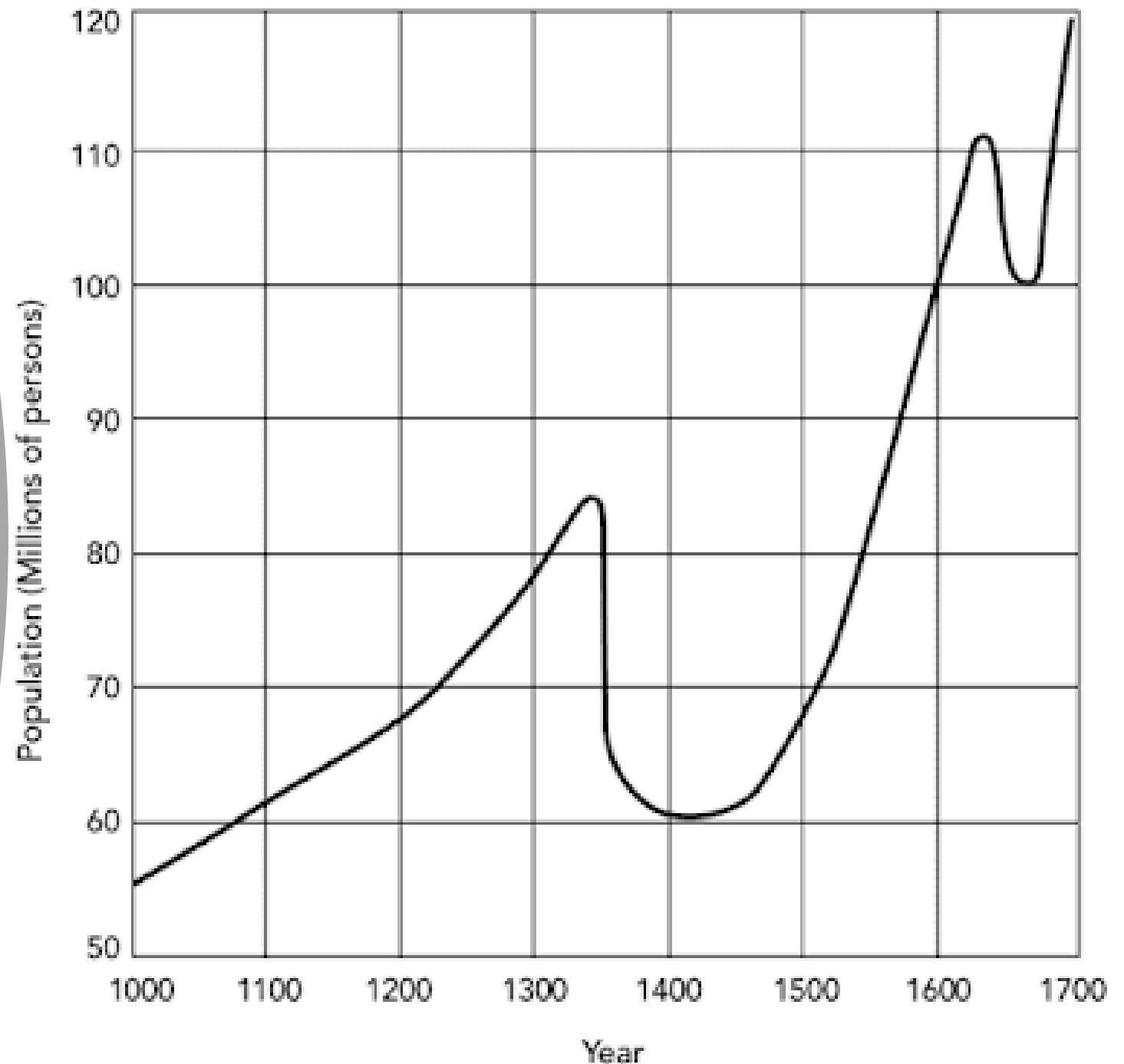
## The Great Mortality- Scale of the disaster

- Up to 200 million death worldwide
- At least 25 million death in Europe
- From 1346 to 1353 – 7 years
- Only World War II with 85 million death is comparable
- As a percentage, today a disaster on the scale of the Black Death would claim 1.9 billion lives.




## The Great Mortality- Scale of the disaster

- After the Bubonic Plague (1346-1353) between 1350 and 1550, some historians call that period “carnivorous Europe”.
- Even the lowest wage earners (boys who swept the streets) could buy 3 pounds of beef per week.
- Beef is more of a by-product of leather.
- In hospital for poor people, patients were served a pound of beef three times per week.
- 2 to 3 pounds of bread per day



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 lord  
/lôrd/

### Origin



Old English *hlāford*, from *hlāfweard* ‘bread-keeper’, from a Germanic base (see [loaf](#)<sup>1</sup>, [ward](#)). Compare with [lady](#).



## Middle Ages (end)

### Guillaume Tirel

a.k.a “Taillevent” (Wind Cutter – Wanderer?)  
From kitchen boy to “queue” (head chef) –  
60 years career

“Queue” (head chef) for Charles V in 1361  
Considered the first professional “Master Chef”  
100-year war

Publishes a recipe collection:  
“Le Vandier de Taillevent”

**L**ivre de Tail-  
levent grant cuy-  
sinier du Roy de  
France

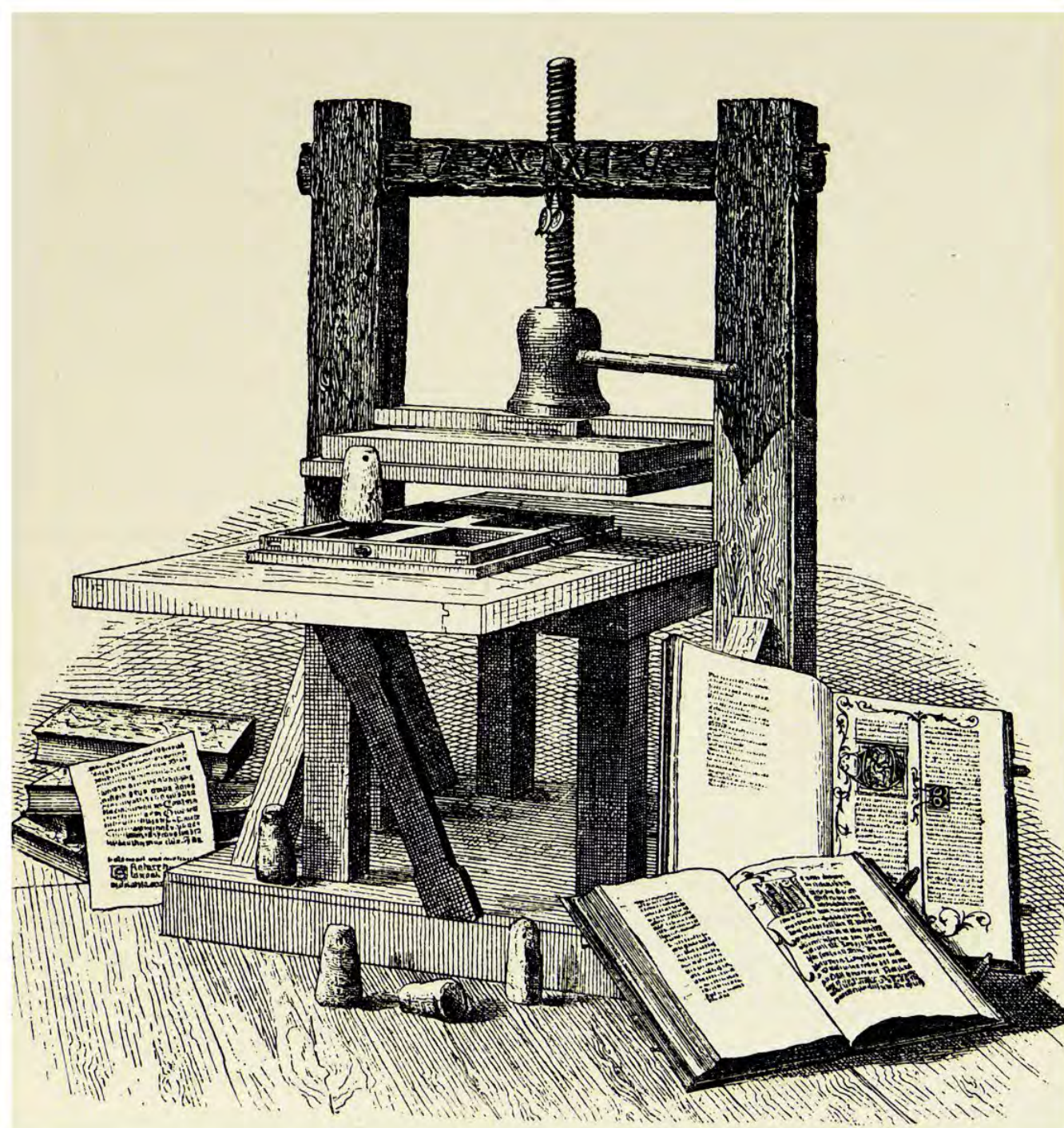


The birth of the  
French Haute Cuisine

# Johannes Gutenberg ~ 1440

## Invention of the printing press

- Renaissance kicks into high gear
- Martin Luther, the first Best-Selling author
- Scientific Revolution
- Alternative voices and ideas
- An Industrial Revolution
- Cooking books!



Rules are broken  
Experimentation  
Standards change



**Italian Renaissance**

Rules are broken  
Experimentation  
Standards change



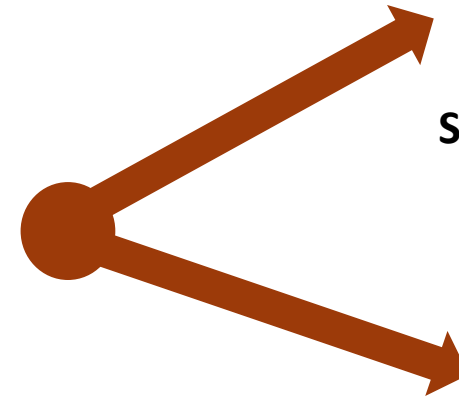
**Italian Renaissance**



Use of fork  
Use of Plates  
Dinning room  
Chef serves after tasting  
Sugar



Italian Renaissance



Spanish Court

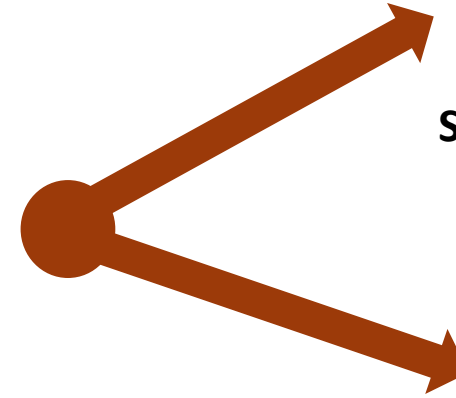


French Court

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Italian Renaissance



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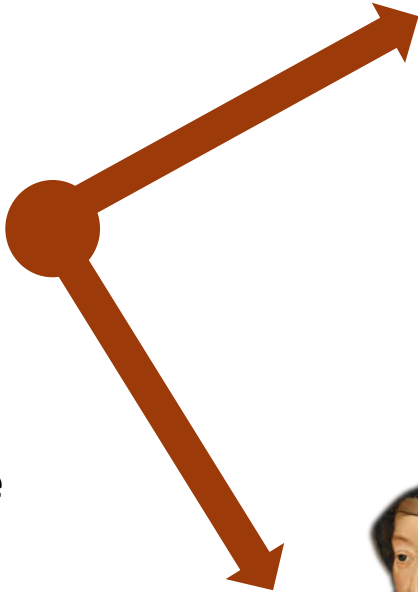


French Court

Italy passed the cooking leadership to Spain in the early 17<sup>th</sup> Century



**Italian Renaissance**



**Spanish Court**



**French Court**

Nation of Spain emerged and with it a national cuisine based on its court

Cooking style that used sugar and spices that became cheaply available for all levels of society

Cooking style at the noble level  
No rising Middle Class wanting to imitate nobles

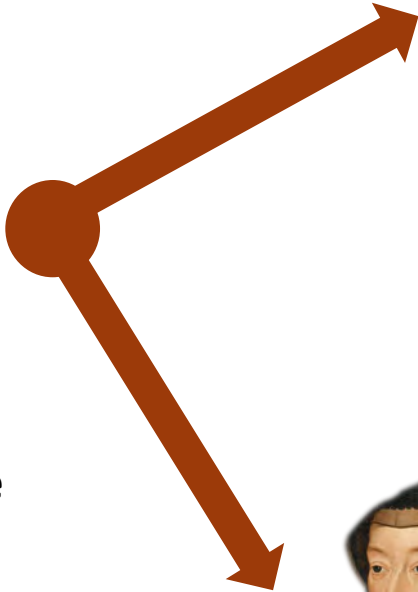
Spices have long shelf life, so pre-made spice combo (like curry or ras el hanout) – It taste the same

Between 1605 and 1641 the import of spices doubled in Europe. But what was once looked at as a luxury becomes ordinary.

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Italian Renaissance



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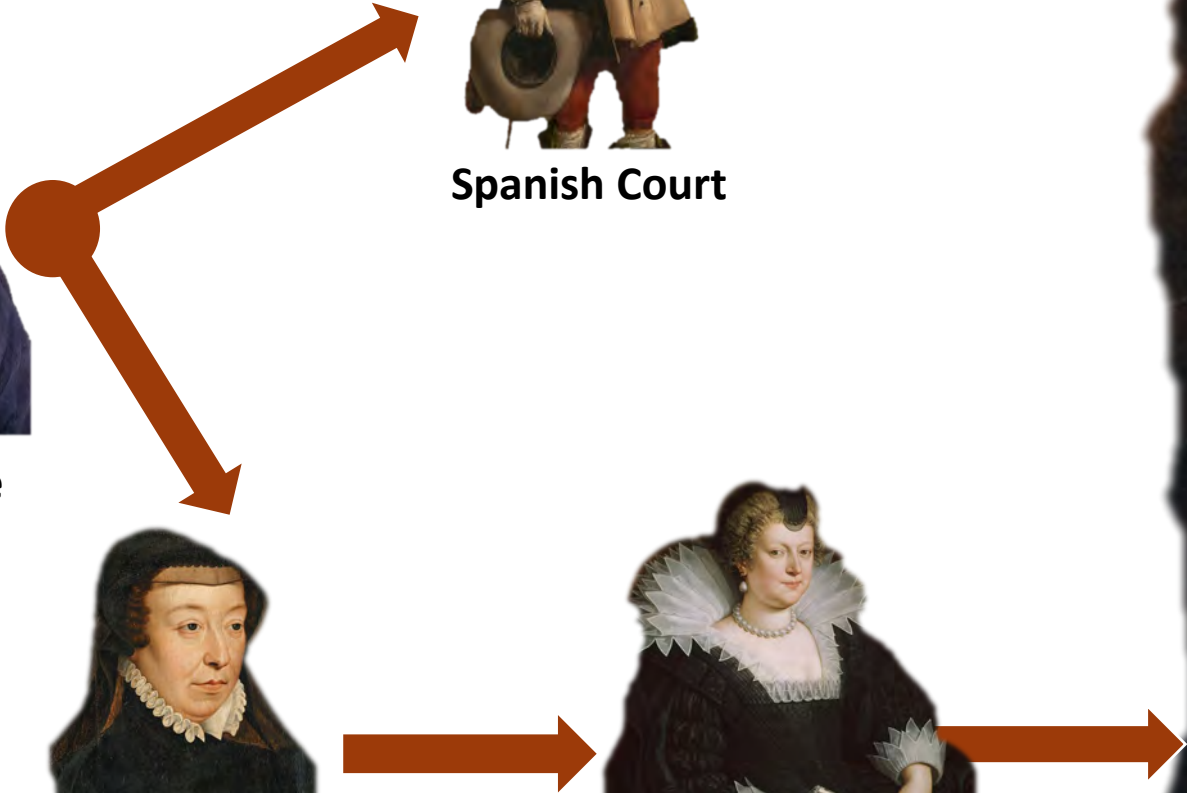
Italian Renaissance



Spanish Court



French Court





## How is leadership manifested:

Dozens of cookbooks produced

Innovation in techniques, new recipes, new fashions,

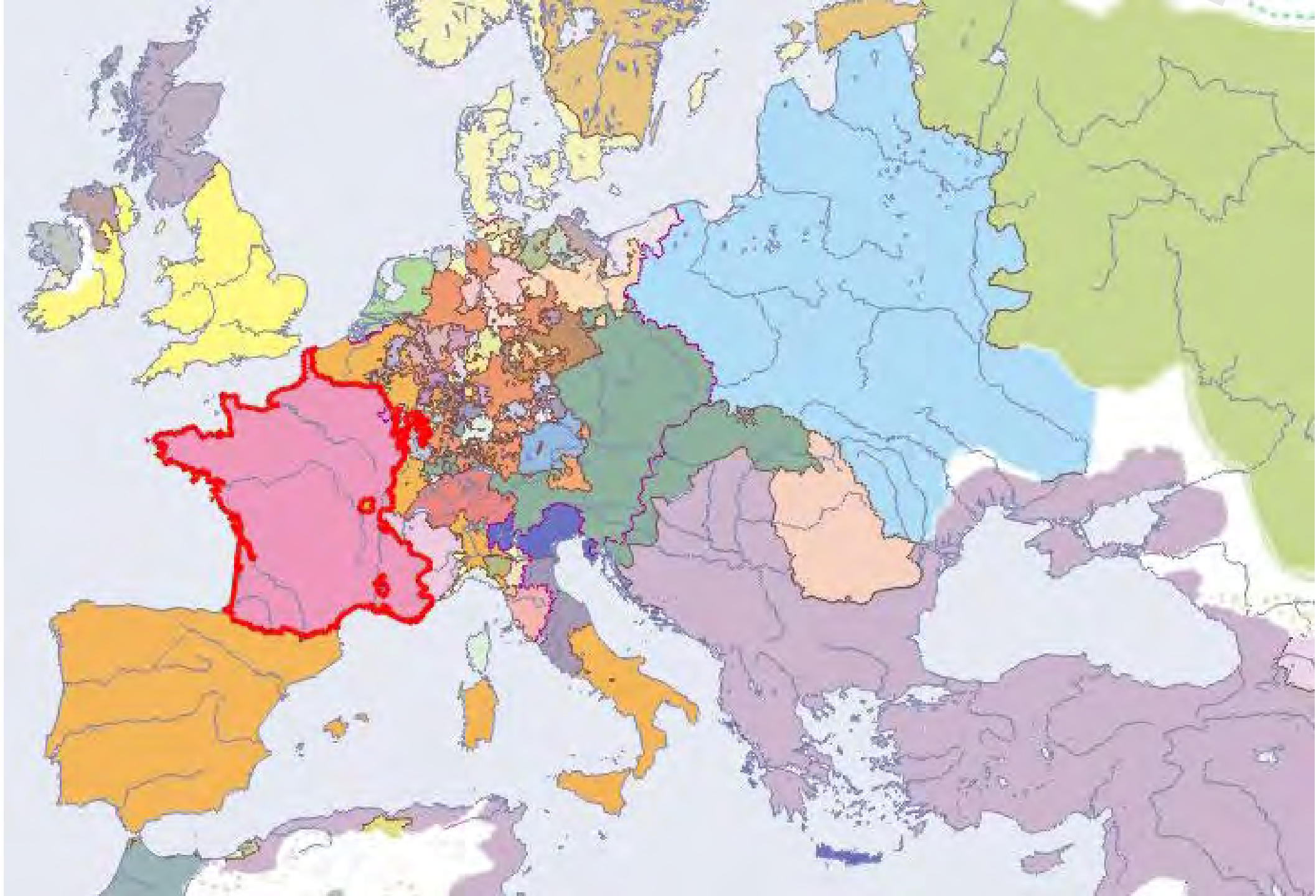
France will become the leader from the mid 17<sup>th</sup> century, all the way to now.

Everyone in Europe wants to imitate France, in fashion, architecture, language, diplomacy and cooking.

Why did that happen?

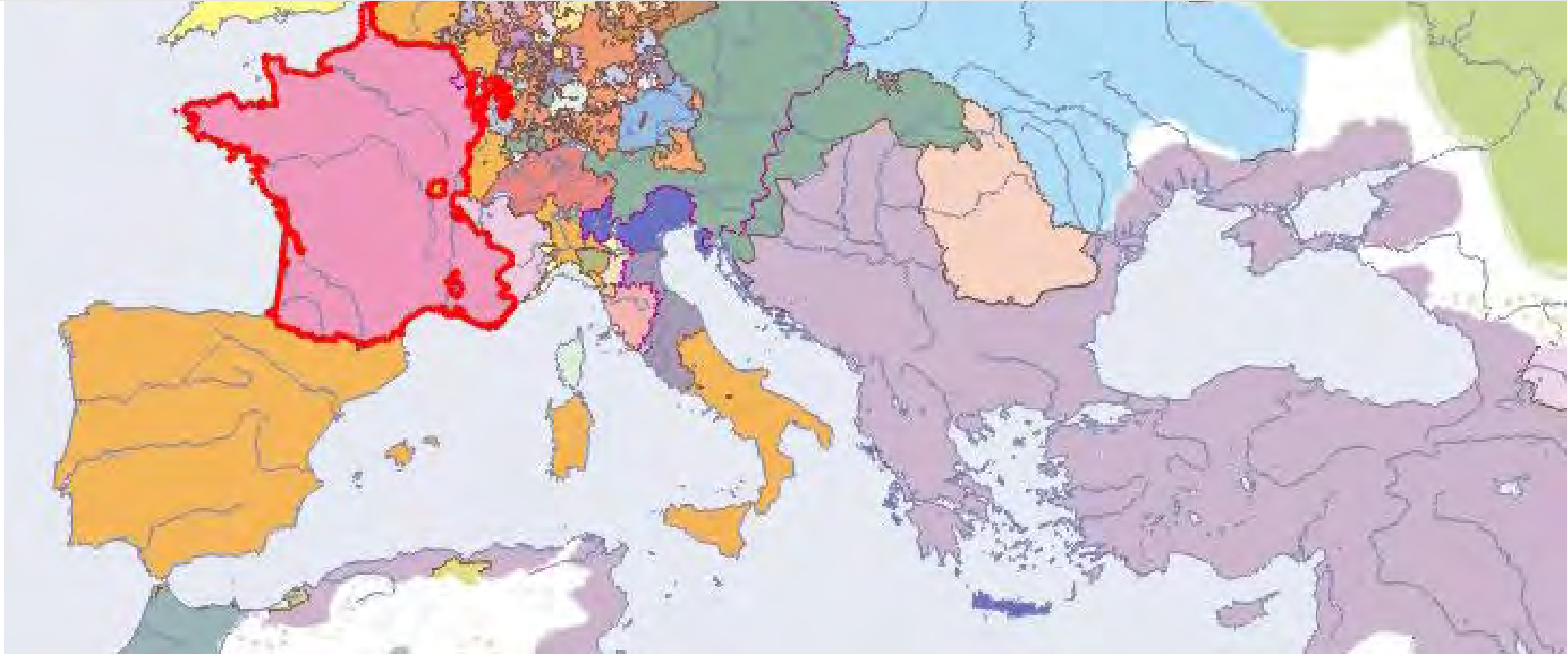


**Kings &  
Queens  
of France**





Territorially intact, power of the king vastly surpasses power of the nobles

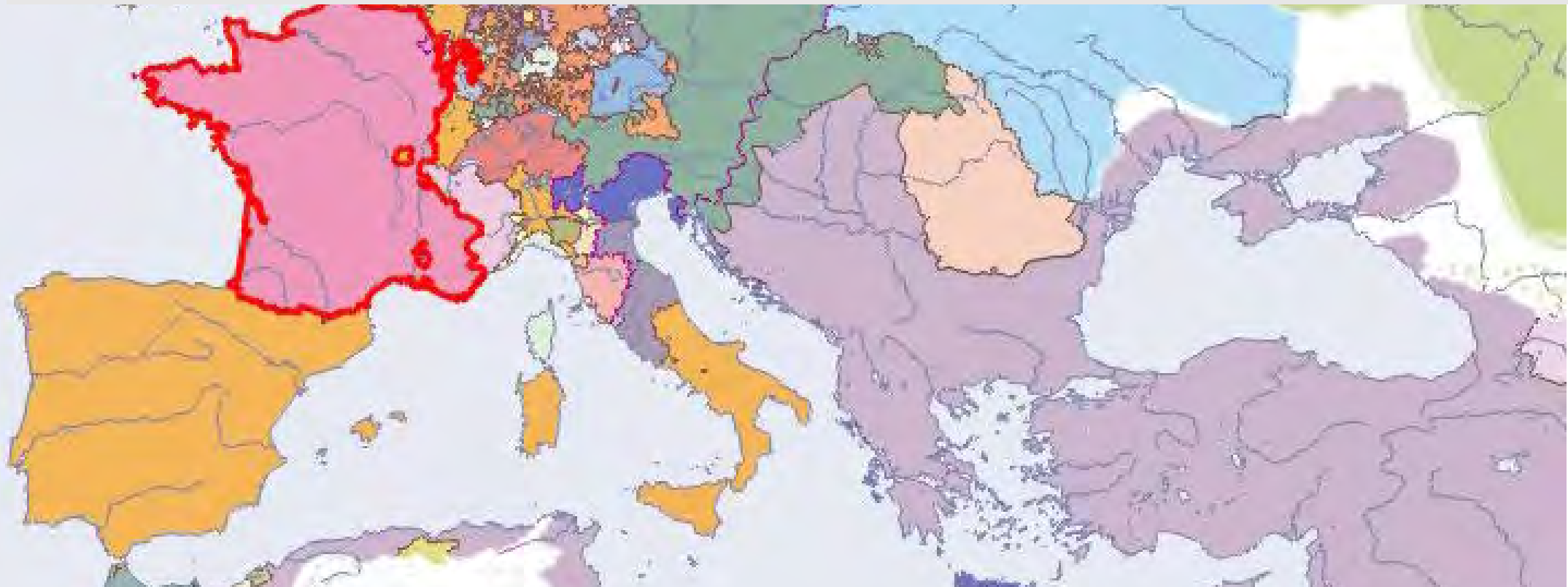






Territorially intact, power of the king vastly surpasses power of the nobles

National army paid for by taxes



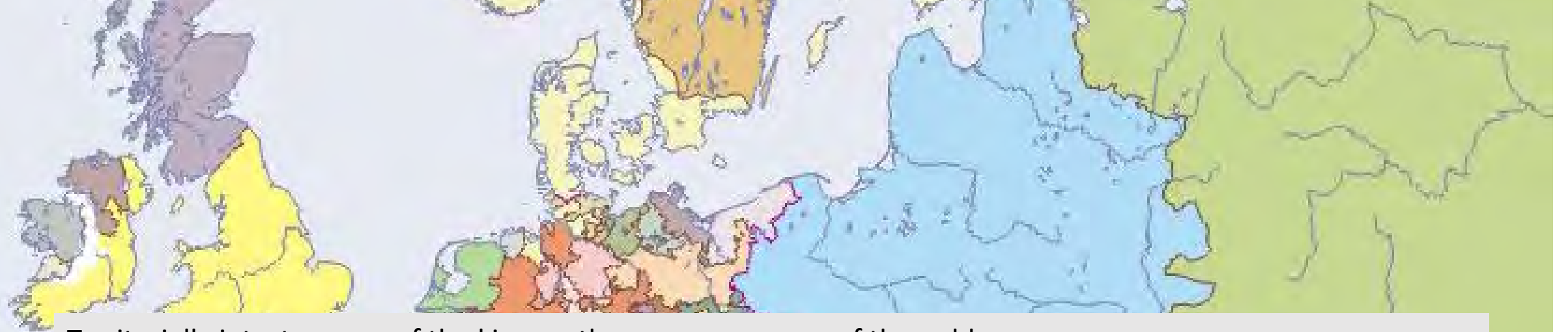


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Definition of behavior to avoid misunderstanding





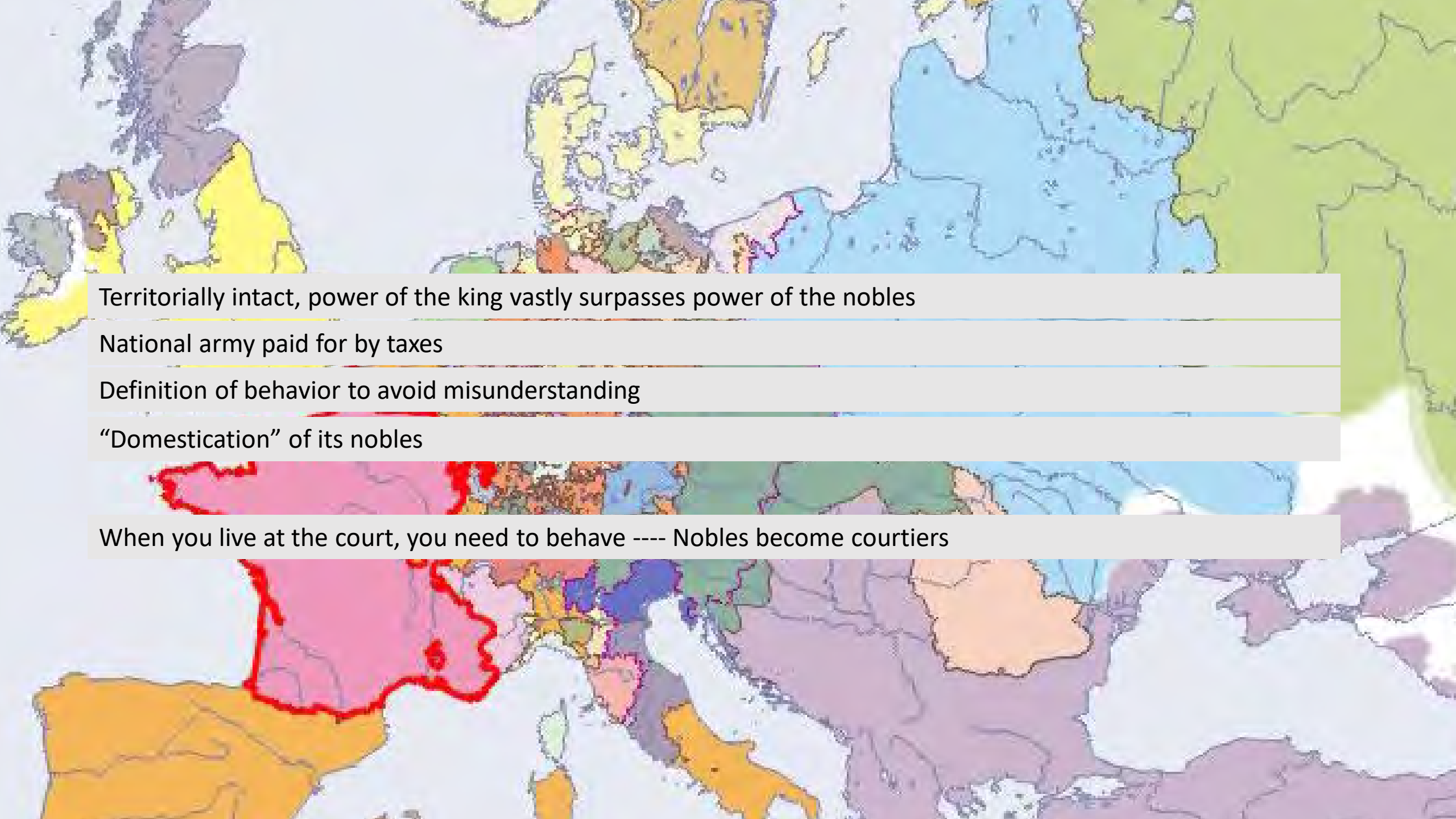
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“Domestication” of its nobles





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“Domestication” of its nobles

When you live at the court, you need to behave ---- Nobles become courtiers



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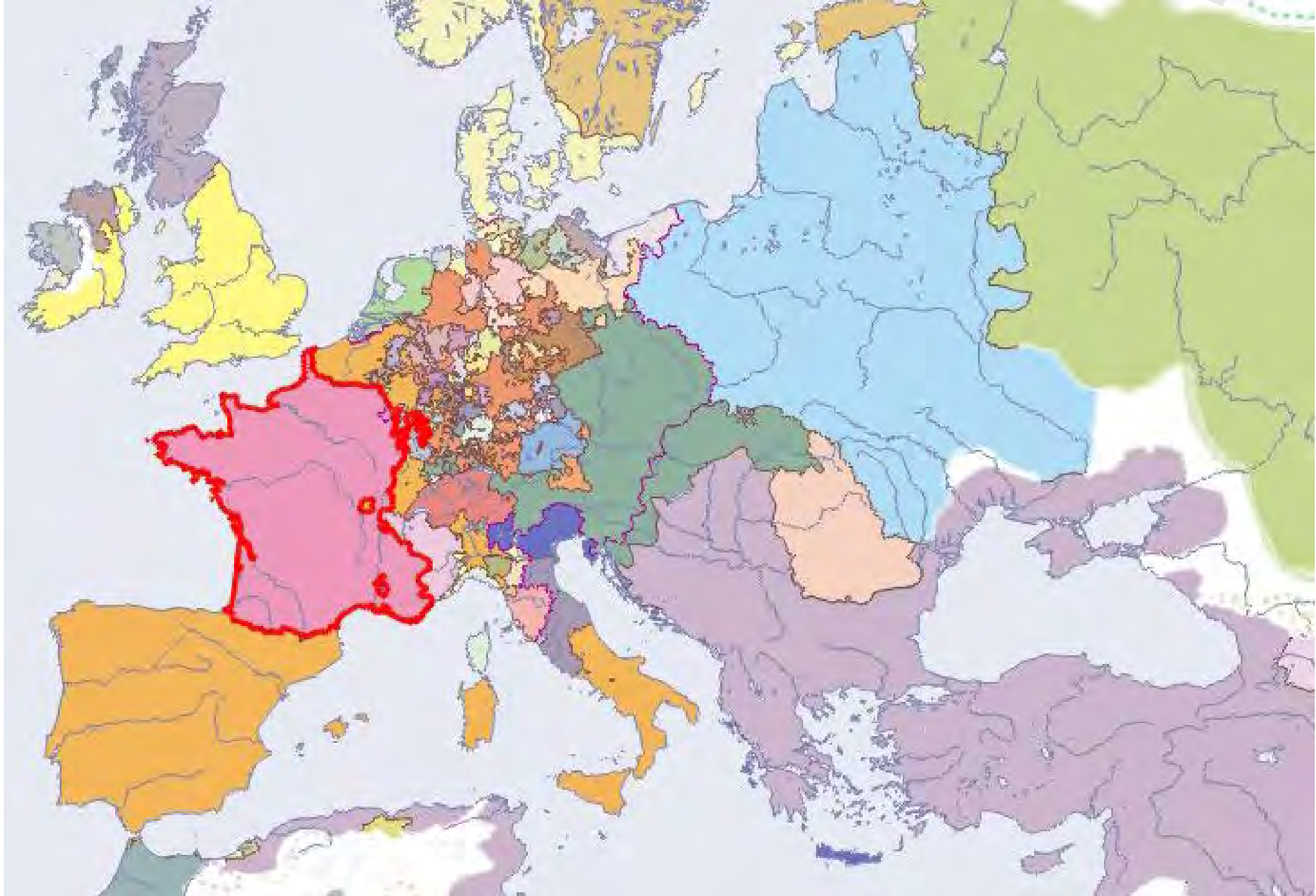
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When you live at the court, you need to behave ---- Nobles become courtiers

First professional bureaucracy staffed by people to make the state more efficient



A detailed 18th-century French painting depicting a grand indoor scene, likely a ball or a formal gathering. The room is filled with people in elaborate, period-appropriate clothing. In the center, a woman in a white lace dress is dancing with a man in a dark coat. To the right, a woman in a red dress is dancing with a man in a brown coat. In the background, a bishop in ornate golden vestments is visible. The room features large arched windows and classical architectural elements like columns and a statue. A dog is visible in the lower right corner.

French nobles are tax- exempt.

But continue to receive all kinds of fees/ taxes


3:16

But continue to receive all kinds of fees/ taxes



A lot of money to spend!



An 18th-century French interior scene. A group of people, including men and women in elaborate 18th-century attire, are gathered in a room. A man in a red coat is seated at a table, looking towards the camera. A woman in a green dress is seated next to him. In the background, a woman is holding a child. The room features a fireplace on the left, a large wooden cabinet on the right, and several mirrors on the wall. The overall atmosphere is one of wealth and social interaction.

A lot of money to spend!

And a wealthy middle class (bourgeoisie) with money to spend  
This is the class that will lead the French revolution!



Then, everybody else!



Spain is basically a military state with plenty of silver  
A lot of money fighting war  
No needs for a bourgeoisie  
Incompetent administration



Excellent Kings (Henry IV, Louis XIII, Louis XIV)  
Brilliant prime Ministers (Sully, Colbert, Richelieu,...)  
Big sponsor of Trade, Industry, Craft and Agriculture  
Coming out of a 16<sup>th</sup> century plagued by religious wars



# Louis XIV

Le Roi Soleil – the Sun King

Louis le Grand – Louis the Great

5 September 1638 – 1 September 1715

King of France

14 May 1643 – 1 September 1715

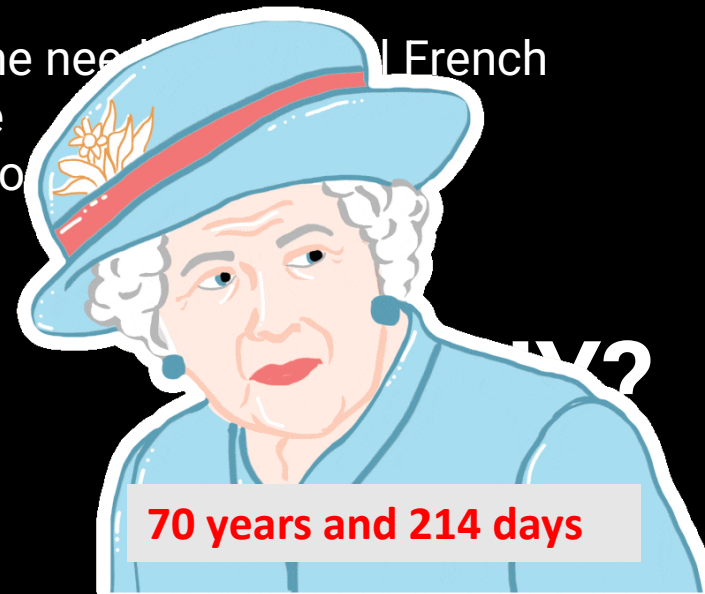
72 years and 110 days

Longest recorded of any monarch of a sovereign country in history.

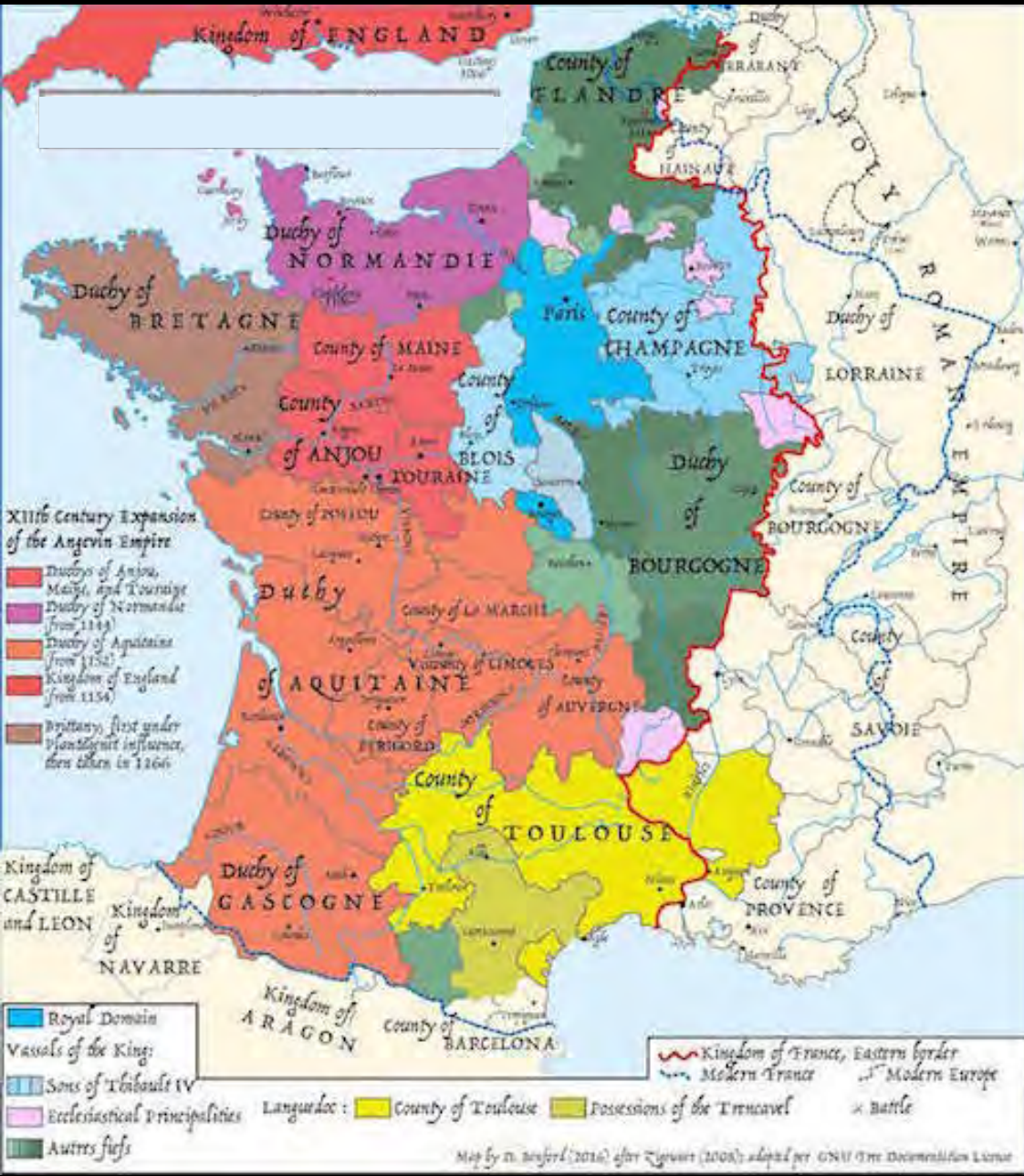
Louis understands that he needs to control the French

Nobles to control France

Transforming Nobles into



**70 years and 214 days**



France early 16<sup>th</sup> Century  
This is what he is trying to avoid



Holly Roman Empire 17<sup>th</sup> Century  
This is what he is trying to avoid

Ernestische Linie  
Wittelsbacher  
Bayrische Linie  
Pfälzische Linien  
Geistliche Gebiete  
Reichsstädte  
Nicht darstellbare Kleinterritorien

0 50 100 150 200  
Kilometer



NORDSEE

VEREINIGTE NIEDERLANDE

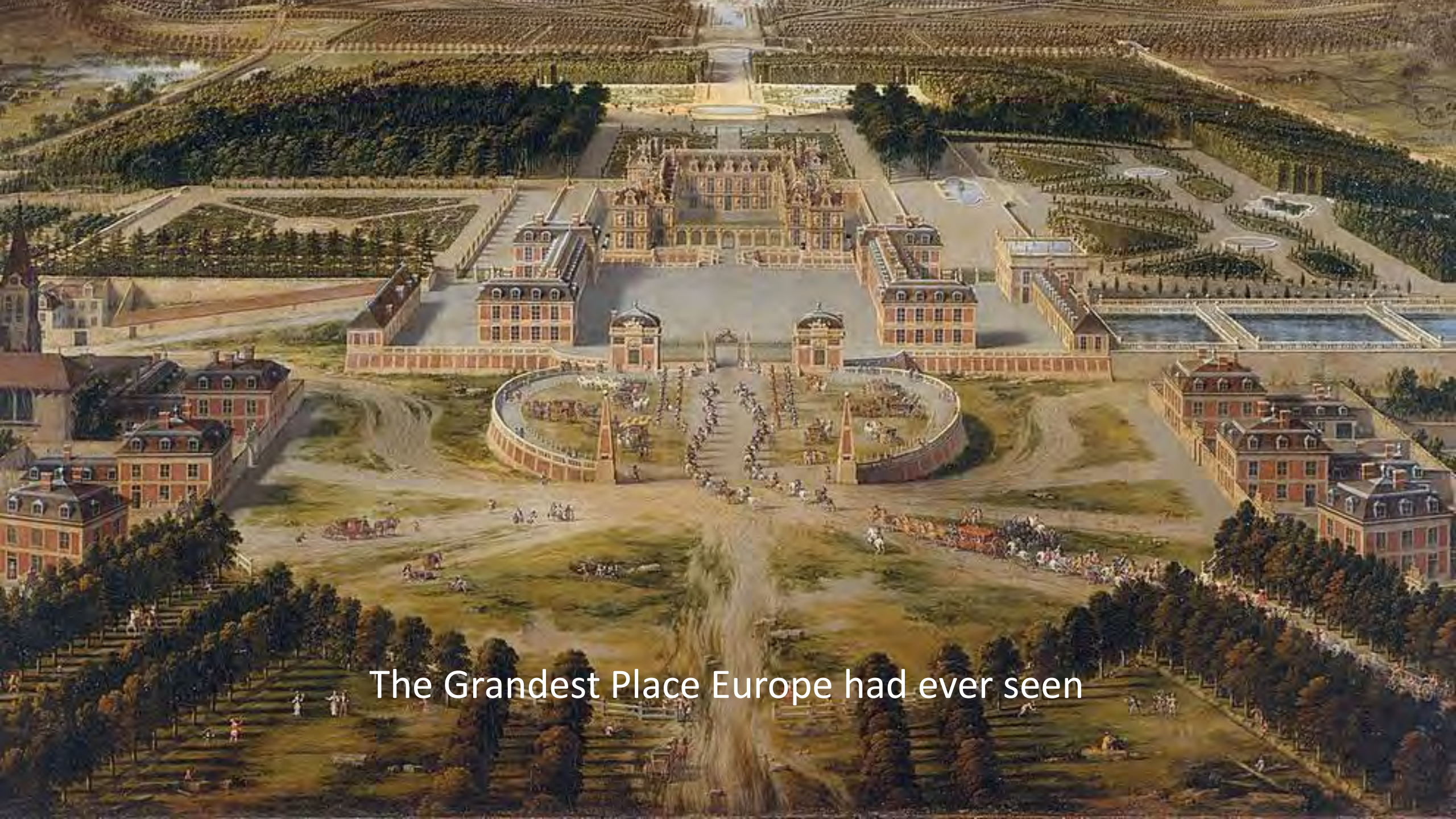
KÖNIGREICH FRANKREICH

KÖNIGREICH POLEN

Österreichisch-Ungarn

SCHWEIZ

Türkisch-Ungarn



The Grandest Place Europe had ever seen



A entire City staffed by thousands of gardeners

*Vue du Chateau de Versailles du côté du Parterre d'Eau*

*Fait par Perelle*

*A Paris Chez N. Lanolais, rue St Jacques a la Victoire. Avec Privilège du Roy*





A entire City staffed by thousands of servants

*Vue du Chateau de Versailles du côté du Parterre d'Eau*

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*A Paris Chez N. Lanolais, rue St Jacques a la Victoire. Avec Privilège du Roy*



A entire City staffed by thousands of artisans

*Vue du Chateau de Versailles du côté du Parterre d'Eau*

*Fait par Perelle*

*A Paris Chez N. Lanolais, rue St Jacques a la Victoire. Avec Privilège du Roy*



A entire City staffed by thousands of musicians

*Vue du Chateau de Versailles du côté du Parterre d'Eau*

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A entire City staffed by thousands of actors

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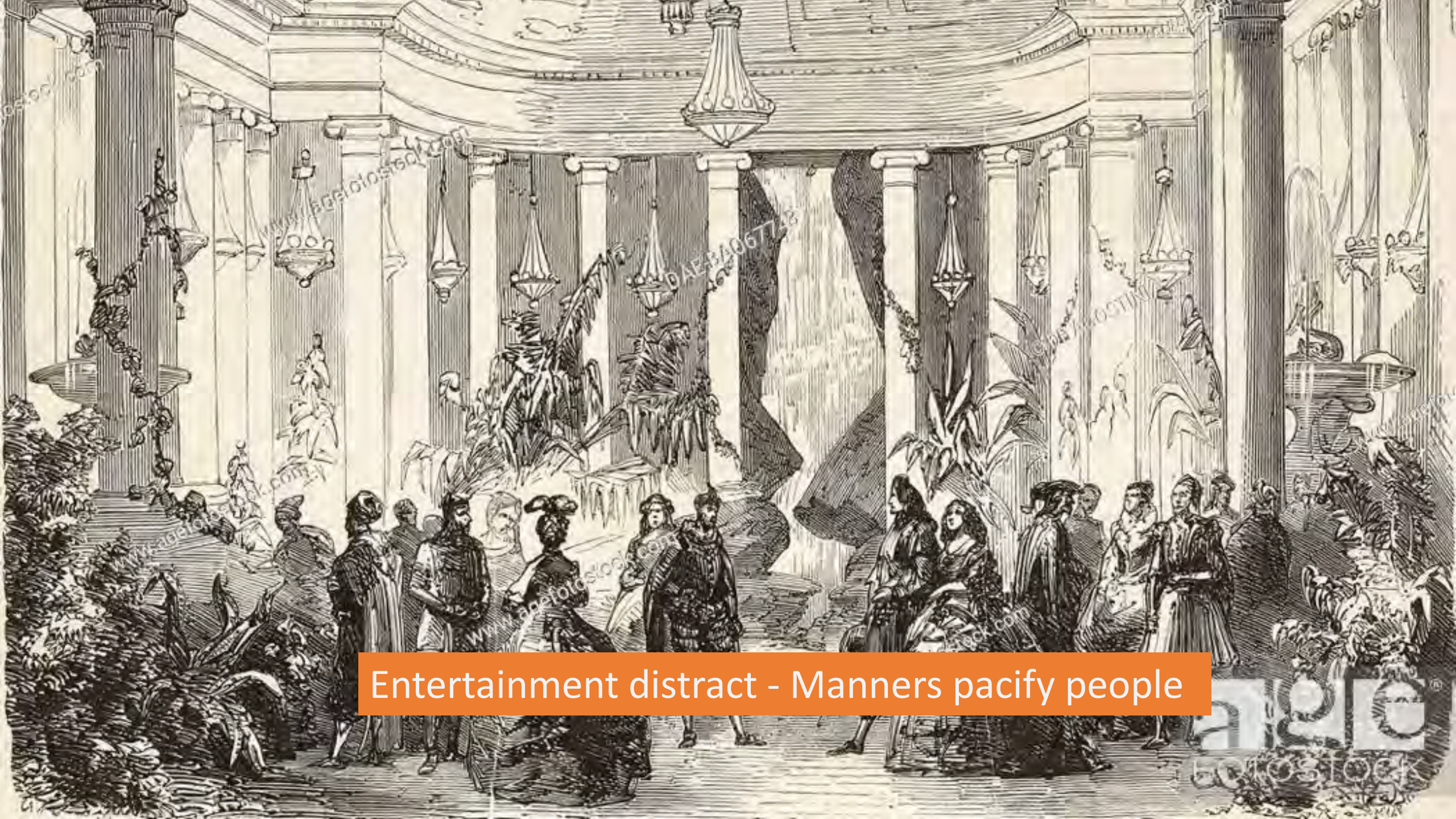
*Fait par Perelle*

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Every day is a big production for everything

DECORATION DU BAL MASQUE  
DONNÉ PAR LE ROY  
*Dans la grande Galerie du Château de Versailles à l'occasion du Mariage de LOUIS DAUPHIN DE FRANCE  
AVEC MARIE THERESE INFANTE D'ESPAGNE, la nuit du XXV au XXVI Février. MDCCXLV.  
Celle Feste Ordonnée par ALLE. DU. DE. RICHELIEU Duc de Fronsac, avec le Premier Gouffier de la Chambre DU ROY.  
Elle a été conduite par M. D'Arnaud Intendant & Contrôleur général de L'Argenterie, Messrs. Plaines & autres de la Chambre de Sa Majesté.*



Entertainment distract - Manners pacify people



- Attract the French Nobility to move to Versailles, as a privilege
- King will become the center of attention
- Proximity to the King is considered very special
- Seeing the King get up and get dressed is very very special
- Seeing the King poop is very very very special
- Eating with the King .....



Rules are broken  
Experimentation  
Standards change



Italian Renaissance



Rules are made  
Strict Procedures  
Systems

Veal – a partridge – a large plate of salad - few slices of ham – a roast of lamb - a plate of pastries – fruits - ... few boiled eggs



A grand, ornate dining room with a high, vaulted ceiling featuring intricate gold leaf decorations and frescoes. The room is filled with numerous large, multi-tiered crystal chandeliers hanging from the ceiling. The walls are lined with tall, arched windows and doorways, each adorned with gold leaf details. The floor is polished and reflects the light from the chandeliers. The overall atmosphere is one of luxury and historical grandeur.

*Not much to do but have fun!*

Birth of the  
Modern  
French  
Classical Haute  
Cuisine

The background image shows a grand, ornate interior, likely a palace or a grand hall. The ceiling is high and features intricate gold detailing and colorful murals. Numerous large, multi-tiered crystal chandeliers hang from the ceiling, casting a warm glow. The walls are also adorned with gold leaf and architectural details. The overall atmosphere is one of luxury and historical grandeur.

*Not much to do but have fun!*

- Music
- Gardens
- Plays
- Cooking
- Love

# Not much to do but have fun!

## Cooking

New luxuries emerge:  
tobacco, coffee, tea, chocolate, distilled alcohol


The new cuisine - capturing and enhancing the unique  
flavor, aroma and texture of the main ingredient  
“Le goût naturel”  
“le vrai goût”

By the 1650's, proponents of delicate cooking had  
evolved a series of techniques and novel recipes –  
including a new class of silky sauces, emulsified with  
butter, cream or egg yolk, or thickened with roux,  
intended to highlight the “gout naturel” of the main  
ingredients.

**Tragedy in  
the Kitchen**

Including over 150 recipes with vegetables as the main ingredient


Asparagus  
Spinach  
Cabbages  
Leafy greens  
Herbs

L E  
**CUISINIER**  
FRANÇOIS,  
O U  
EST ENSEIGNE' LA MANIERE  
d'appêter toute sorte de viandes,  
de faire toute sorte de Pâtisseries,  
& de Confitures.  
Recet, & augmenté d'un Traité de Confitures  
sèches & liquides, & pour appêter des festins  
aux quatre Saisons de l'Année.  
Par le Sieur DE LA VARENNE  
Ecuyer de Cuisine de Monsieur  
le Marquis d'Vexelles.  
UNZIEME EDITION.  
  
A LYON,  
Chez JACQUES CANIER, rue  
Confort, au Chef S. Jean.  
M. D. C. LXXV.  
AVEC PERMISSION.



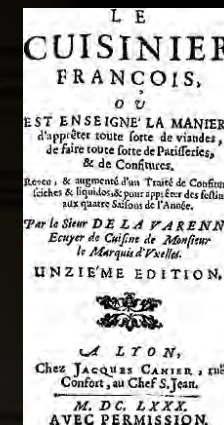
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French Idioms  
related to  
food



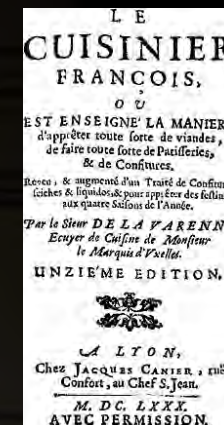


Food to accentuate,  
to concentrate the  
flavor of the main  
ingredient

Instead of “hiding”  
it with sugar and  
spices

(Principle of the  
previously  
dominant Spanish  
cuisine)



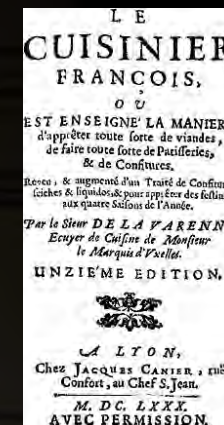


Extensive use of butter and herbs

A series of basic sauces concentrated and used to create other sauces

Spices (cinnamon) and sugar are reserved for deserts

Spices are no longer a sign of wealth



Onions,  
mushrooms  
Emphasis on  
subtlety

Spices (cinnamon)  
and sugar are  
reserved for  
deserts  
Spices are no  
longer a sign of  
wealth

A dimly lit still life painting of a table setting. In the foreground, a white tablecloth is covered with several plates of food, including what appears to be a large, ornate dish with a crown-like top. A candelabra with three lit candles stands in the background, casting a soft glow. The overall atmosphere is quiet and elegant.

# Le Cuisinier François - 1651

- Bechamel Sauce
- Bisque
- Reduced wine sauces
- Butter sauces
- Bouquet garnis
- Stocks/ reductions
- Hollandaise sauce
- Jams/ jellies/ compotes

# Le Pâtissier François - 1653



# 5 French MOTHER SAUCES

## BÉCHAMEL



### Ingredients

White Roux  
Milk  
Flavorings  
(Nutmeg, Onion,  
& White Pepper)

## ESPAGNOLE



### Ingredients

Brown Roux  
Red Meat  
Browned Bones  
Vegetables  
Flavorings  
(Tomato Paste  
& Mirepoix)

## VELOUTÉ



### Ingredients

White Roux  
Chicken  
Veal  
Fish Stock

## HOLLANDAISE



### Ingredients

Clarified Butter  
Lemon Juice  
Eggs  
(Seasoned with Salt &  
White or Cayenne Pepper)

## SAUCE TOMATE



### Ingredients

Rendered Pork Fat  
Tomatoes  
Onions  
Carrots  
Roux  
Veal Stock

## WHITE ROUX



A mixture of flour and butter cooked together to thicken a sauce

## BROWN ROUX



A white roux that is allowed to cook until it darkens

# XVII Century Menu

## Palais de Versailles

Le hors-d'œuvre

Le Potage

Oeuf

Les Farineaux

L' Entrée

Le Sorbet

Les Joints

Le Roti

Legumes

La Salade

Buffet Froids

Entremets

Savoureux

Le Fromage

Le Dessert

# *Le Bistro de Paris*

Le hors-d'œuvre

Le Potage

Le Poisson

Le Plat Principale

La Salade

Le Fromage

Le Dessert

Either/ Or

Either/ Or



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*Le Bistro de Paris*

**Le hors-d'œuvre**

**Le Plat Principale**

**La Salade**

**Le Fromage**

**Le Dessert**

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# XXI Century Menu



# Over the top

Chocolate with orange blossom

Marie Antoinette

Poached Truffles

Louis XIV

Oysters

Louis XIV

ET YMOLO GY

# Entrée

Origin:

Entrée, the vestibule of a home (to enter)

French:

The dish before the main course.

English:

The main dish



# Bain-Marie

Origin:

“The bath of Marie”

A gentle way to cook a dish



# Béchamel

white sauce used in cookery, 1769, from French *béchamel*, named for Louis XIV's steward, Louis de *Béchamel*, marquis de Nointel (1630-1703), who perfected it.



# Bouillon

broth or soup from boiled beef or other meat, 1650s, from French *bouillon* (11c.), noun use of past participle of *bouillir* "to boil,"



# Hors d'oeuvre

"outside the ordinary courses (of a meal)," literally  
"apart from the main work,"

# amuse gueule

"to amuse your mouth"



# Mise en place

To get set up and have everything in you need for a recipe or meal in place before you start cooking. All of your ingredients are prepped (*measured, cut, etc.*) and organized.





# Omelet

1610s, from French *omelette* (16c.), from *alemette* (14c.), an alteration of *alemele* "omelet," literally "blade (of a knife or sword),"



# Ragout

1650s, from French *ragoût* (mid-17c.),  
from *ragoûter* "awaken the appetite," from Old  
French *re-* "back" (see re-) + *à* "to" + *goût* "taste,"



# Sauteed

"a dish cooked by being fried in a pan over high heat," from French *sauté*, literally "jumped, bounced" (in reference to tossing continually while cooking)



# Aioli

"garlic mayonnaise, French *ail* "garlic") + *oli* (*huile*)  
"oil,"



# Garnishing

From French “Garniture”, adornment.  
Mostly for visual impact but also for taste.  
Become part of the final dish ---- 1700’s



# The birth of the French Haute Cuisine

## Sidebars

The Medici  
Family

Kings &  
Queens  
of France

Tragedy in  
the Kitchen

Jean Baptiste  
de la Quintinye

Interesting  
Stories

New World  
Cuisine

Say  
"Cheese"!

French Idioms  
related to  
food

Recipes from  
Versailles



**New World  
Cuisine**



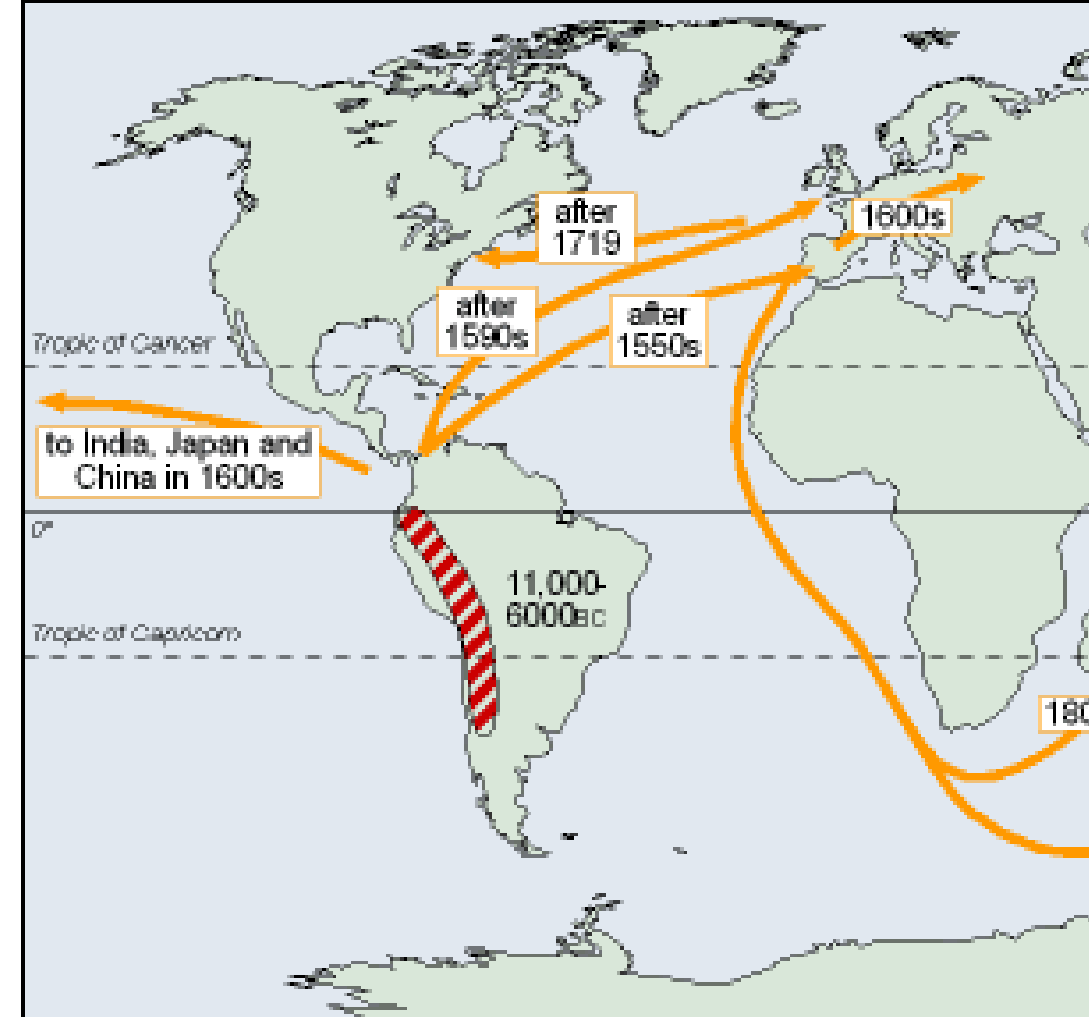
New ingredients, new dishes





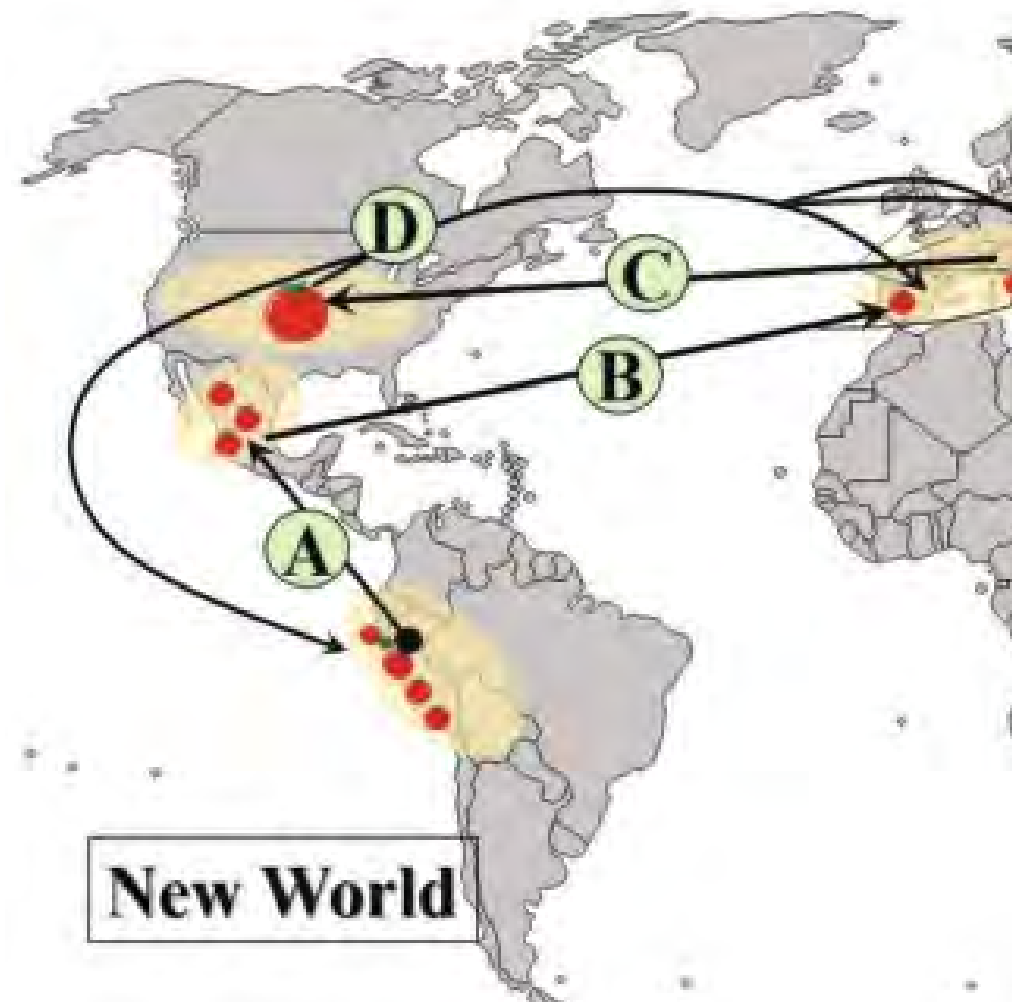
## Cassoulet

THE most famous dish in south-west France  
Meat (typically pork sausages, goose, duck), pork skin, white haricot beans



## Gratin Dauphinois

THE most famous dish in south-east France  
Potatoes, milk, cream, gruyere, nutmeg



## Persillade de tomates

Famous dish in south France Tomatoes, herbs, garlic,..

## Interesting Stories

# Dinde au marrons

Traditional Christmas dish





**Recipes from  
Versailles**


## XVII Century Recipe

## *L'Omelette d'asperges*



## XVII Century Recipe

### *L'Omelette d'asperges*



**500 g green asparagus (1 lb)**  
**1 small onion**  
**12 eggs**  
**20 cl liquid cream (1 cup)**  
**50 g butter (1/2 cup)**  
**1 bunch fresh chives**  
**2 sprigs of thyme**  
**Some branches of flat parsley**  
**1 point of grated nutmeg**  
**salt and pepper**

Clean and cut the asparagus in about 2 cm sections. Fry 25 g butter in a large skillet pan and add the onion, after having cut it into small pieces, half a chopped parsley, chopped chives, nutmeg and crumbled thyme. Add salt and pepper, then cook it on medium heat for 15 minutes, stir regularly. Beat the eggs with the cream and the rest of the herbs, add some salt and pepper, then add the cooked asparagus to the egg mixture.

Melt another 25 g butter in the same skillet and pour in the mixture. Let cook on very low heat until the omelette is soft but not liquid. Serve it hot or cold, accompanied by a green salad, seasoned with a vinaigrette based on lemon juice and orange.

## XVII Century Recipe


## *La Tourte à la chair de Poire*





## XVII Century Recipe

### *La Tourte à la chair de Poire*



**375 g shortcrust pastry**  
**1.5 kg pears**  
**150 g caster sugar**  
**30 g pine nuts**  
**60 g raisins**  
**1 lemon**  
**4 pinches of ground cinnamon**  
**1 egg yolk**

Flour a work surface and divide the pastry dough in half. One for the bottom crust, the other for the top. Soak the raisins in lukewarm water. Carefully wash and brush the lemon before peeling it with a paring knife as thinly as possible. Chop into small pieces and boil twice. Drain and add to a syrup you will have prepared in a small saucepan from 50 g of sugar and 10 cl of water. Gently boil for around 10 minutes until obtaining a still-fluid mixture containing the lemon peel. Meanwhile, peel the pears and cut them into small pieces. Put the pears, pine nuts, drained raisins, candied lemon peel, remaining sugar and cinnamon in a large bowl, mix well and leave to rest for 15 minutes.

## XVII Century Recipe



**375 g shortcrust pastry**  
**1.5 kg pears**  
**150 g caster sugar**  
**30 g pine nuts**  
**60 g raisins**  
**1 lemon**  
**4 pinches of ground cinnamon**  
**1 egg yolk**

### *La Tourte à la chair de Poire*

Preheat the oven to 200°C. Place half the pastry dough in a pie dish and fill with the pear mixture. Cover with the other half of the dough, sealing the edges and brushing with the egg yolk diluted in tablespoon of water. Make a hole in the centre, keeping it open with small cardboard funnel. Bake it for 1 hour and check from time to time. When the top is golden brown, you can loosely cover it with aluminium to keep it from burning. Serve warm or cool.

## XVII Century Recipe

## *Le Poulet à la Braise*



# XVII Century Recipe

## *Le Poulet à la Braise*



**1 chicken of 1.5 kg**  
**100 g raw ham**  
**80 g sliced bacon**  
**5 tablespoons olive oil**  
**1 large shallot**  
**1 bunch chives**  
**a few branches of parsley**  
**3 sprigs of thyme**  
**1 sprig of rosemary**  
**2 large cloves of garlic**  
**salt and pepper**

Split the chicken in half at the chest. Incise the joints lightly (thighs and wings), without detaching the pieces. Use your hands to flatten the chicken and line a pan with the sliced bacon. Chop the parsley finely, as well as the shallot and peeled garlic, add crumbled thyme and rosemary needles. Mix the herbs with olive oil and some salt and pepper, then spread it over the chicken and add the diced ham.

# XVII Century Recipe

## *Le Poulet à la Braise*



**1 chicken of 1.5 kg**  
**100 g raw ham**  
**80 g sliced bacon**  
**5 tablespoons olive oil**  
**1 large shallot**  
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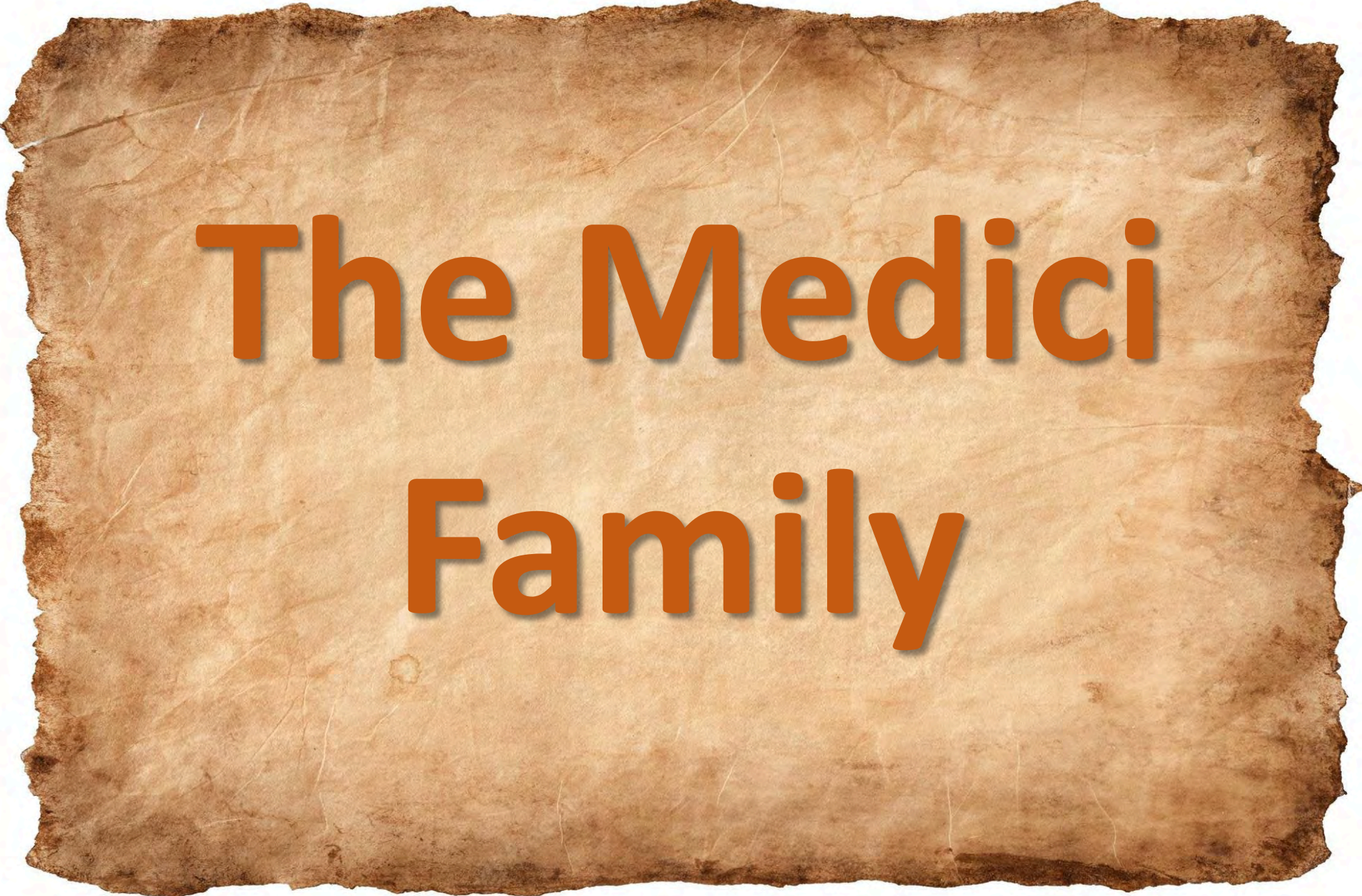
Put the chicken in the pan on the sliced bacon and cover it with very un-17th-century aluminium foil to let it rest in your very un-17th-century fridge for some hours. Preheat your oven to 175 ° C and bake the chicken for 1 hour, make sure to sprinkle it frequently with the cooking juice. Turn the chicken once, if you want you can sprinkle it with a bit of white wine then. Remove the foil after one hour and set your oven to grill, let the chicken get nice and brown. Ready to serve.

## XVII Century Recipe



## *Soupe à l'onion*

Cut your onions into very thin slices, fry them with butter, and after they are fried put them into a pot with water or with pease broth. After they are well sod, put in it a crust of bread and let it boile a very little; you may put some capers in it. Dry your bread then stove it; take up, and serve with one drop of vinegar.



# The Medici Family

# The Medici Family

## Giovanni de Medici

Founder of the Medici Bank



Giovanni di Bicci de' Medici  
c. 1360 – 1429 (69)

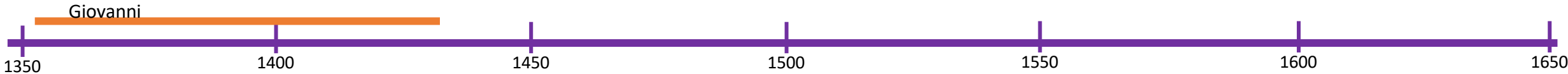


# The Medici Family



Giovanni de Medici

Founder of the Medici Bank



# The Medici Family



Giovanni de Medici

Founder of the Medici Bank

Cosimo

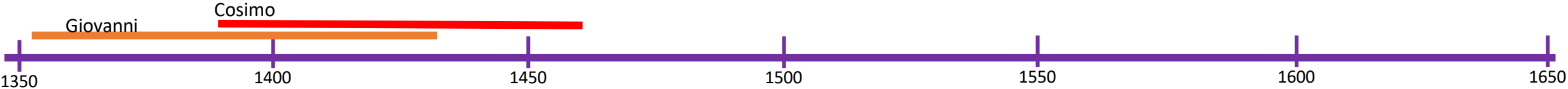
Pater Patriat

Lorenzo

the Elder



(27 September 1389 – 1 August 1464)



# The Medici Family



Cosimo

Pater Patriat

Piero



(1416 – 2 December 1469)

Giovanni de Medici

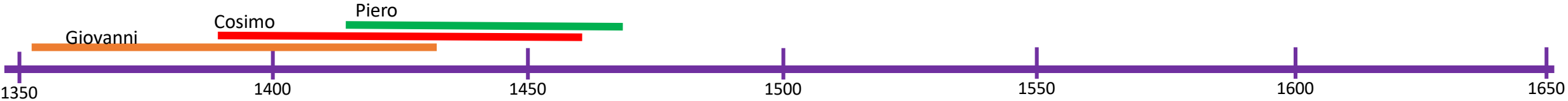
Founder of the Medici Bank

Lorenzo

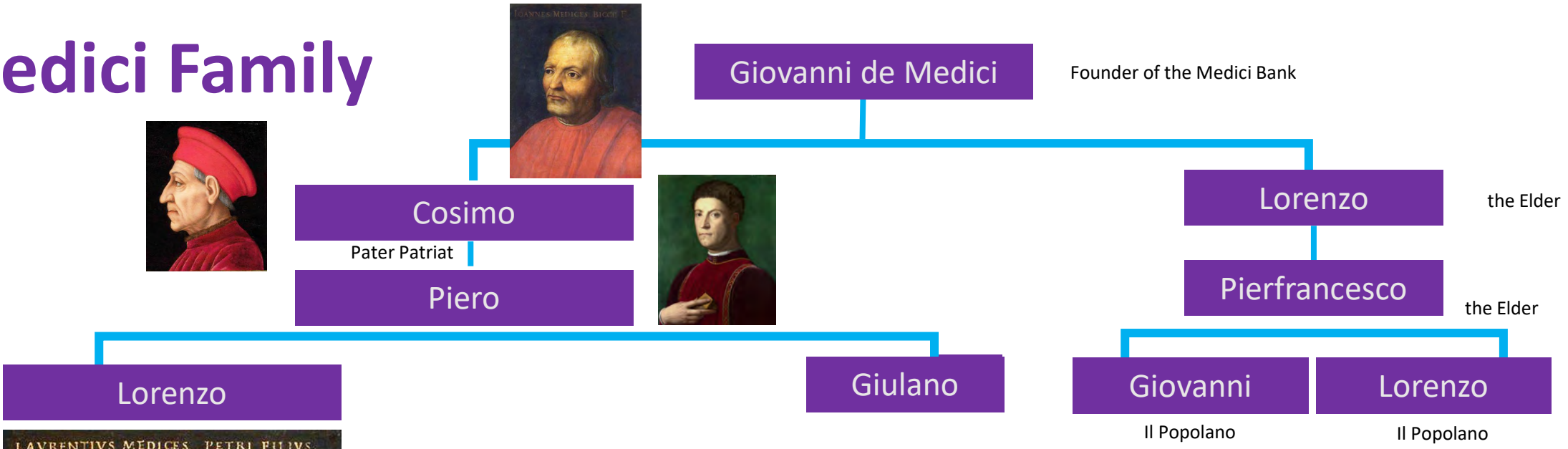
the Elder

Pierfrancesco

the Elder



# The Medici Family



Lorenzo



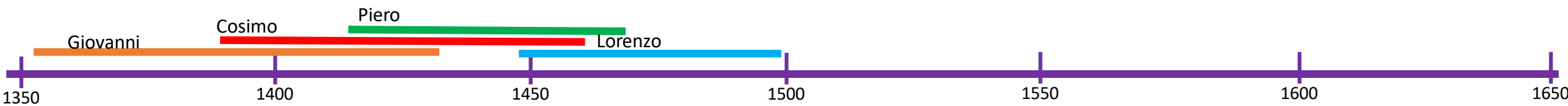
## The Magnificent

1 January 1449 – 8 April 1492

Giulano

Giovanni  
Il Popolano

Lorenzo  
Il Popolano



# The Medici Family



Giovanni de' Medici

Founder of the Medici Bank



Cosimo

Pater Patriat



Piero

Lorenzo the Elder

Pierfrancesco the Elder



Lorenzo

Giulano



Pope Leo X – 1513/1521  
Excommunicated Martin Luther



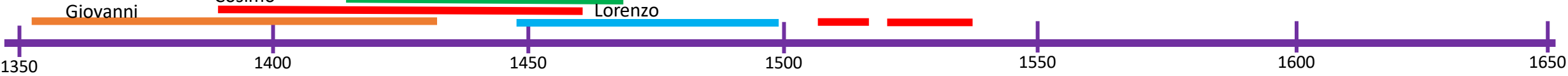
Piero

Pope Clement VII 1523/ 1534  
Forbad Divorce Henry VIII



Il Popolano

Il Popolano



# The Medici Family



Giovanni de' Medici

Founder of the Medici Bank



Cosimo

Pater Patriat



Piero

Lorenzo

the Elder

Pierfrancesco

the Elder



Lorenzo

Giulano



Magdalena

Piero

Giovanni

Giulana

Lucrecia

Guilio

Giovanni

Lorenzo

Pope Leo X – 1513/1521  
Excommunicated  
Martin Luther

Pope Clement VII 1523/ 1534  
Forbad Divorce  
Henry VIII

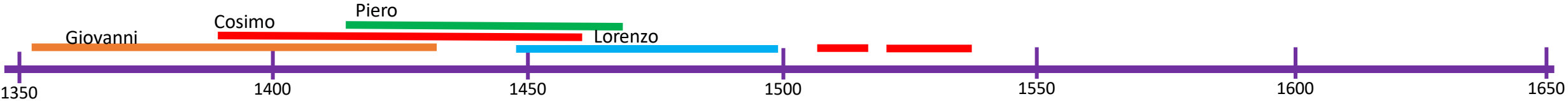
Il Popolano

Il Popolano

Lorenzo II

Maria

Lodovico



# The Medici Family



Giovanni de' Medici

Founder of the Medici Bank



Cosimo



Piero

Lorenzo the Elder

Pierfrancesco the Elder



Lorenzo

Giuliano



Pope Leo X  
Excommunicated  
Martin Luther

Pope Clement VUU  
Forbad Divorce  
Henry VIII

Il Popolano

Il Popolano

Lorenzo II

Maria

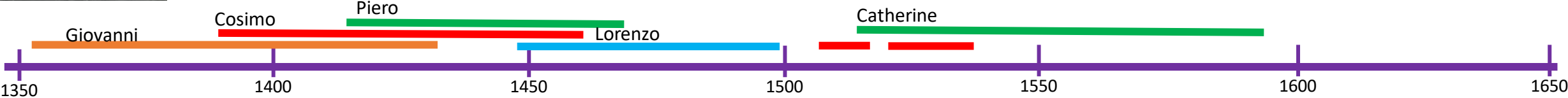
Lodovico

Catherine

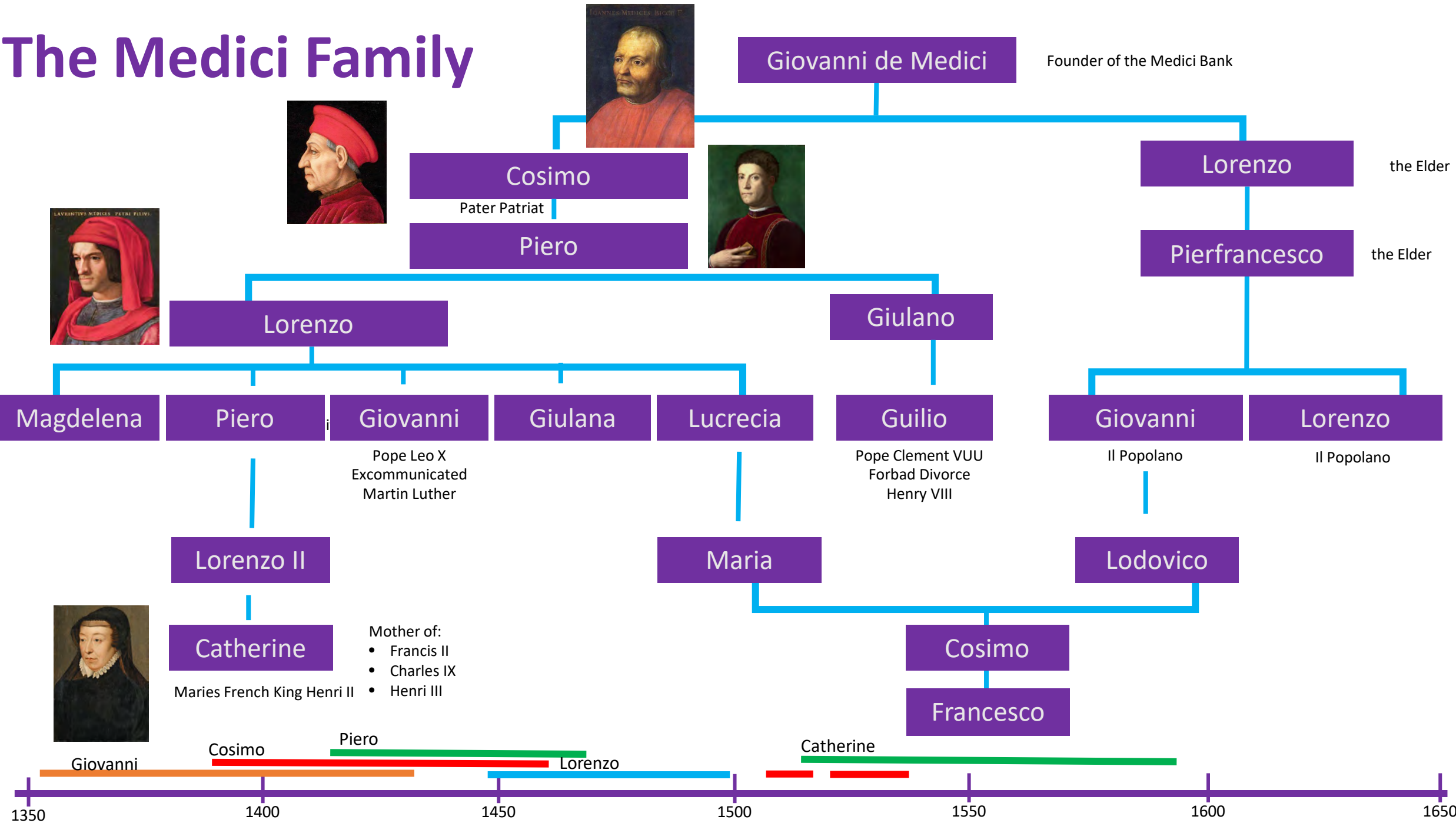
Cosimo

Mother of:  
• Francis II  
• Charles IX  
• Henri III

Marries French King Henri II  
13 April 1519 – 5 January 1589

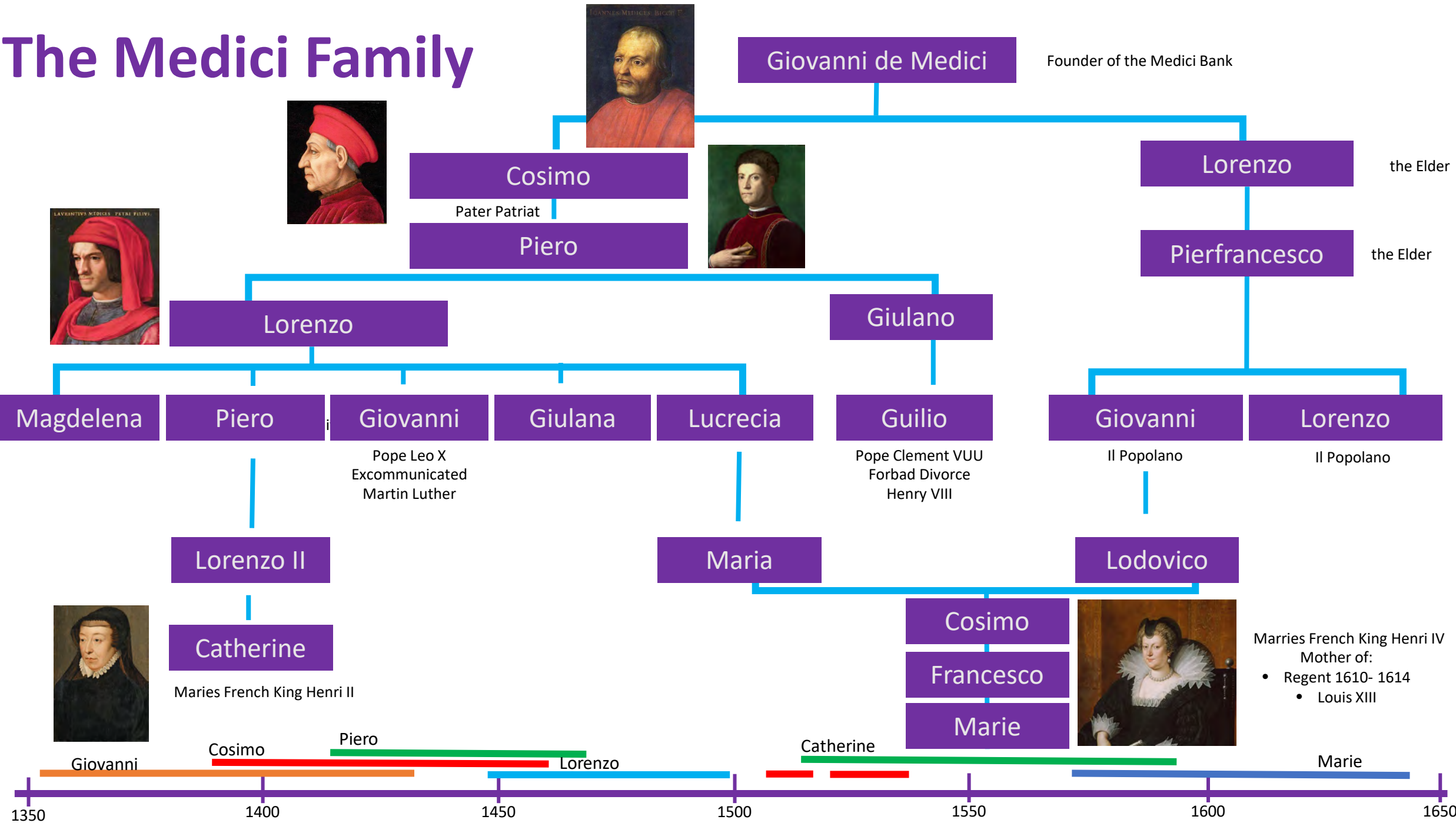


# The Medici Family

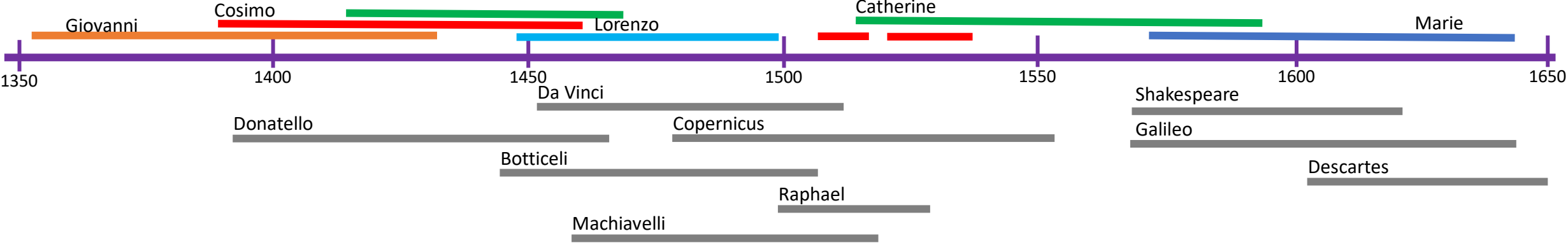




# The Medici Family



# The Medici Family





**Kings &  
Queens  
of France**

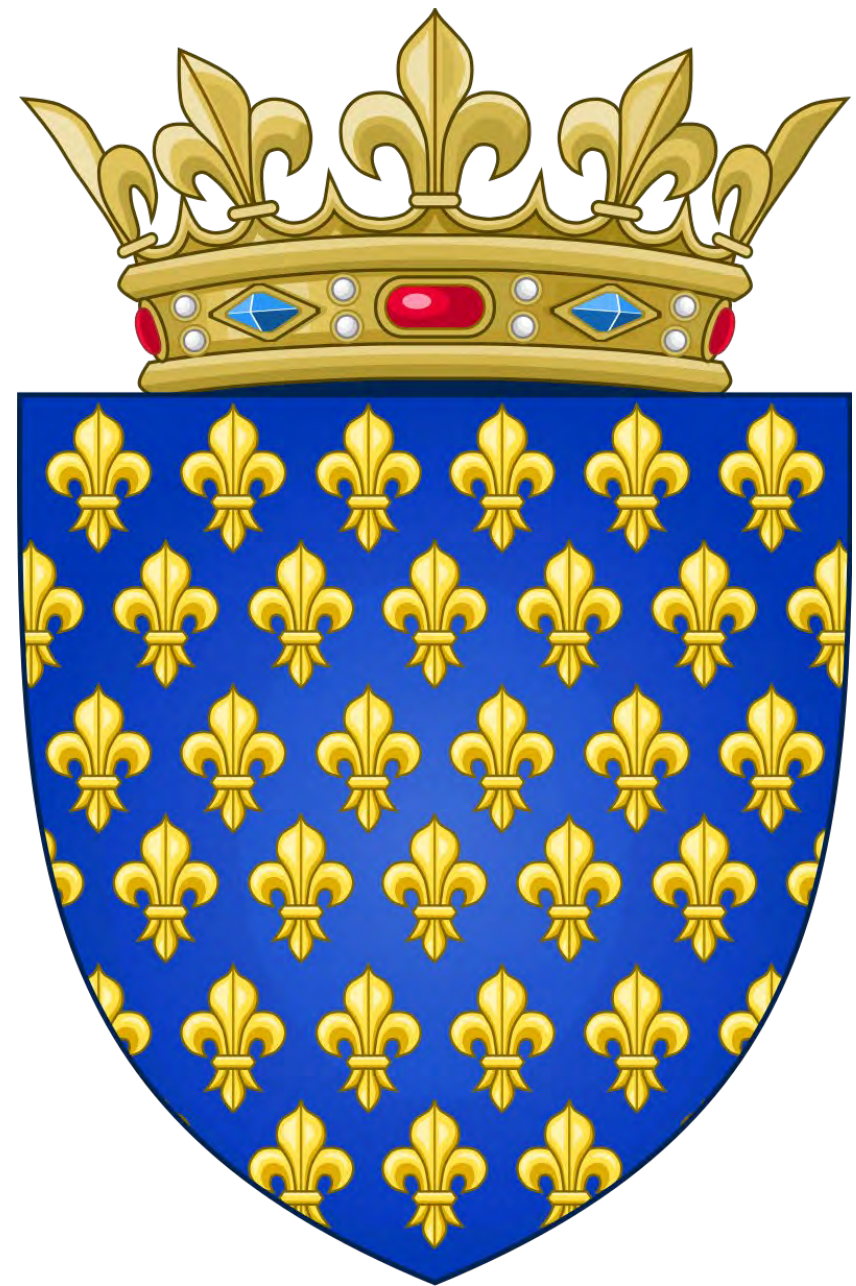


## Henry II

b. 1519

1547-1559

(jousting accident)





**Henry II**

b. 1519  
1547-1559  
(jousting accident)



**Catherine of Medici**

1519 - 1589





**Henry II**

b. 1519

1547-1559

(jousting accident)



**Catherine of Medici**

1519 - 1589

**Regent**



**Francis II**

1559-1560

Meningitis?



**Henry II**

b. 1519

1547-1559

(jousting accident)



**Catherine of Medici**

1519 - 1589

**Regent**



**Charles IX**

1560-1574

Lunatic?



**Henry II**

b. 1519

1547-1559

(jousting accident)



**Catherine of Medici**

1519 - 1589

**Regent**



**Henry III**

1574 – 1589

Not heirs





**Henry IV**

1589-1610



**Marie of Medici**

1575 - 1642

**Regent**



**Louis XIII**

1610 - 1643



## Louis XIV

Louis Le Grand – Louis the Great  
Le Roi Soleil - The Sun King

1638- 1715 (77)

King from 1643 to 1715 (72)



## Louis XIV

Louis Le Grand – The Sun King  
1638- 1715 (77)  
King from 1643 to 1715 (72)

## Louis XV

1710- 1774 (64)  
King from 1715 to 1774 (59)





## Louis XIV

Louis Le Grand – The Sun King  
1638- 1715 (77)  
King from 1643 to 1715 (72)



## Louis XV

1710- 1774 (64)  
King from 1715 to 1774 (59)



## Louis XVI

1754- 1793 (39)  
King from 1774 to 1792 (18)



Catherine of Medici

Marie of Medici

Anne of Austria

Maria Theresa of Spain

Marie Leszczyńska

Marie Antoinette





# Interesting Stories

# Champagne Taste







## Dom Pérignon (1638 – 1715)

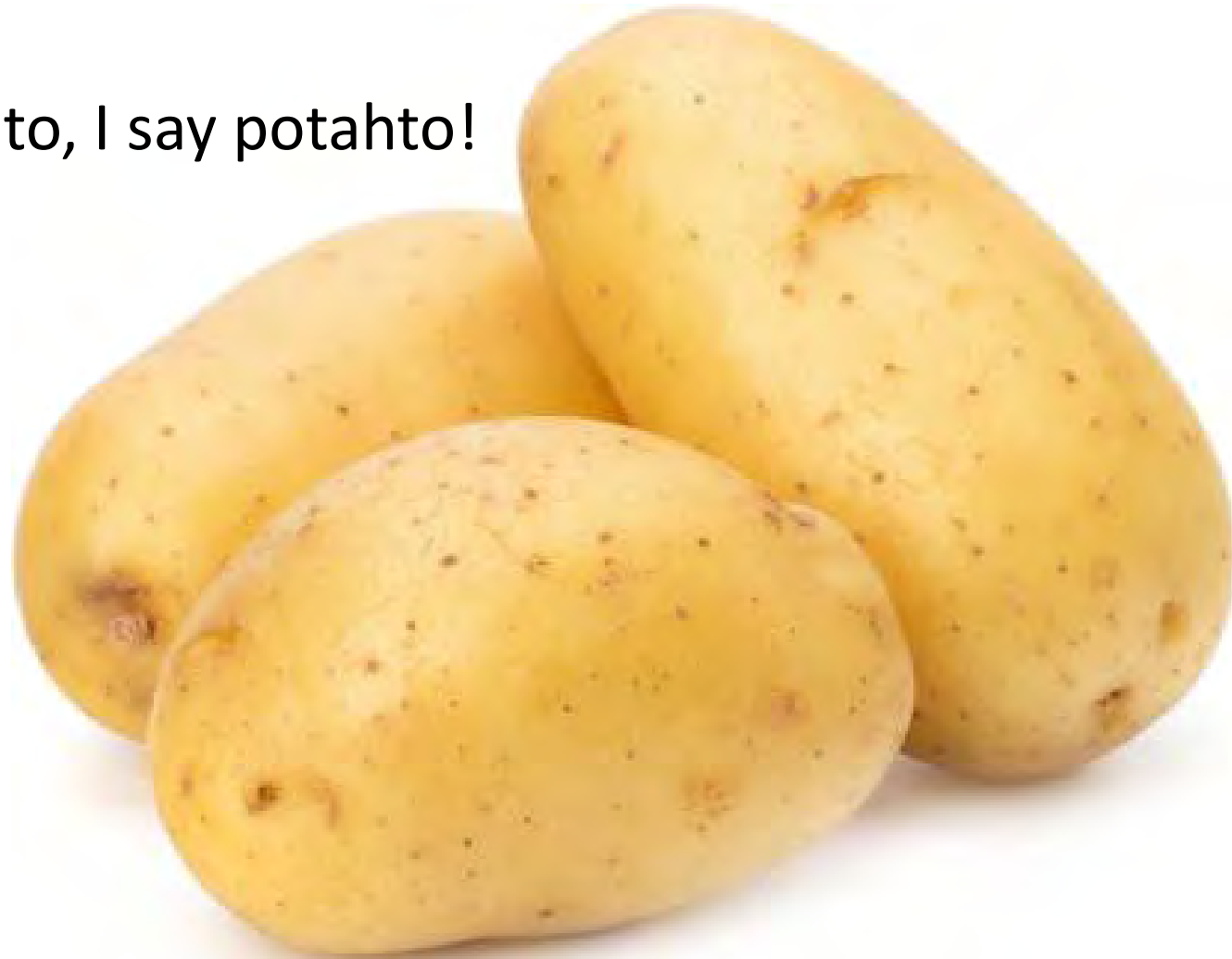
- Benedictine monk
- Contemporary of Louis XIV (1638 - 1715)
- Problem with refermentation after cold months
- In the spring, yeast awakens producing carbon dioxide
- Almost all bottles would break
- Dom Pérignon proposes Pinot noir grapes (not white grapes)
- Aggressive pruning not taller than 1 meter
- Harvest in morning – cool and damp
- Minimize maceration
- Eliminate large and bruised grapes

## Misconceptions

- “Come quickly, I am tasting the stars”



You say potato, I say potahto!





## Antoine-August Parmentier (1737 – 1813)

- Army pharmacist during the Seven Years War
- Captured by the Prussians, had to eat potatoes
- Potatoes introduced by Spain to Europe as animal feed
- France forbids cultivation of potatoes (leprosy)
- Back in France, AAP study nutritional value of potatoes
- In 1772, French Medical Academy declares potatoes edible
- Invent potato bread in 1779 (to maximize bread production)

### Brilliant Publicity Stunts!

- Potatoes not accepted by the public
- AAP organizes dinner parties (Benjamin Franklin,) serving potatoes
- Gives bouquet of potato flowers to Marie Antoinette
- Cultivates potatoes in the middle of Paris, with armed guards
- Entices poor people to “steal” this valuable (guarded) commodity
- Wheat production in France is down
- Potatoes become a great substitute

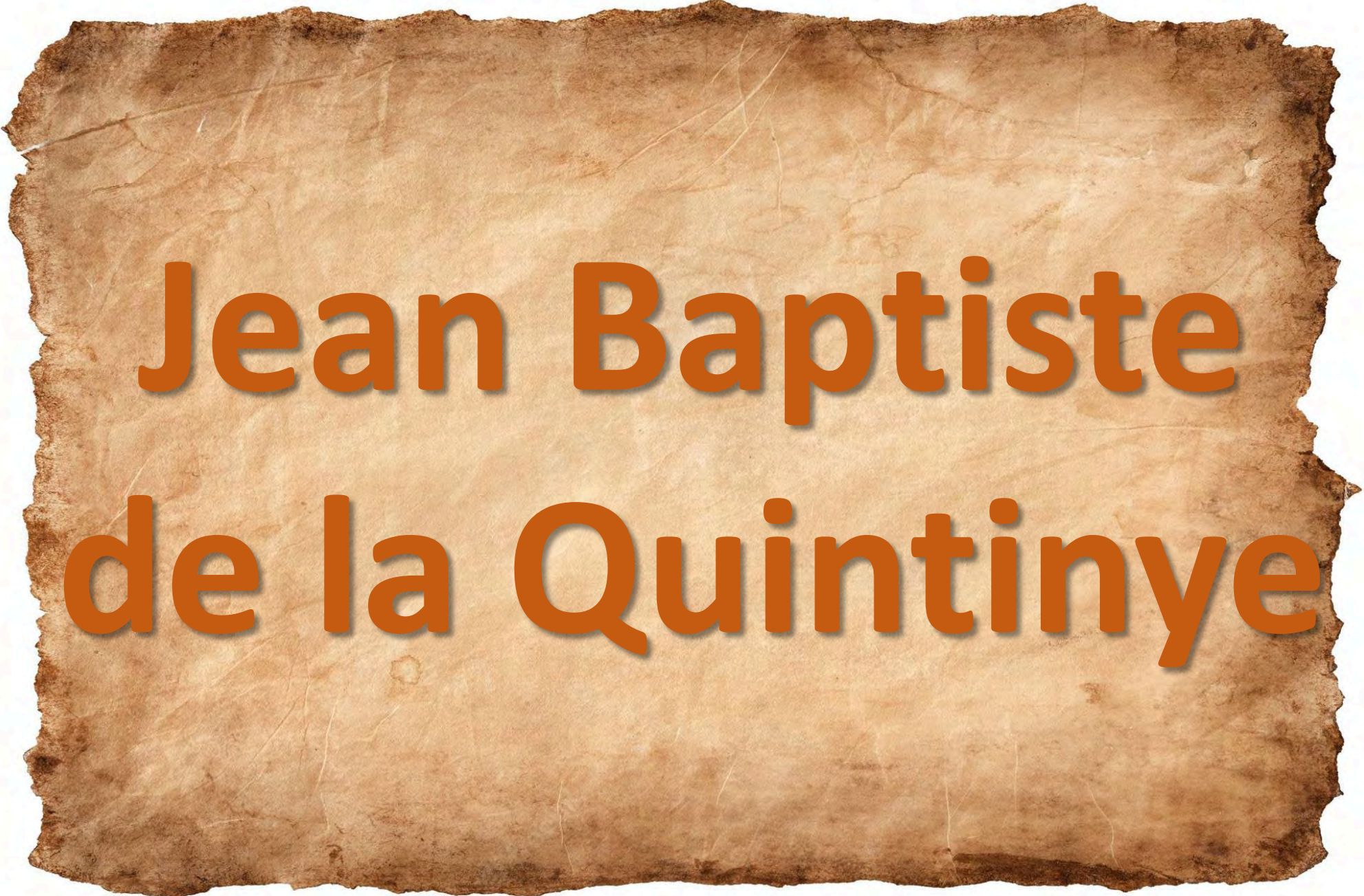


# Antoine-August Parmentier

## Dishes named after Parmentier

- Potage crème parmentier (potato and leek soup)
- Hachis parmentier (shepherd's pie)
- Morue parmentier (cod mashed with potatoes and olive oil)
- Puree parmentier (mashed potatoes)

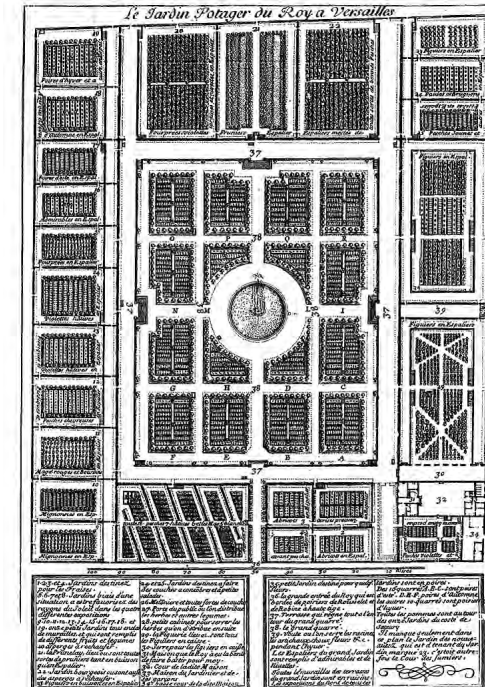


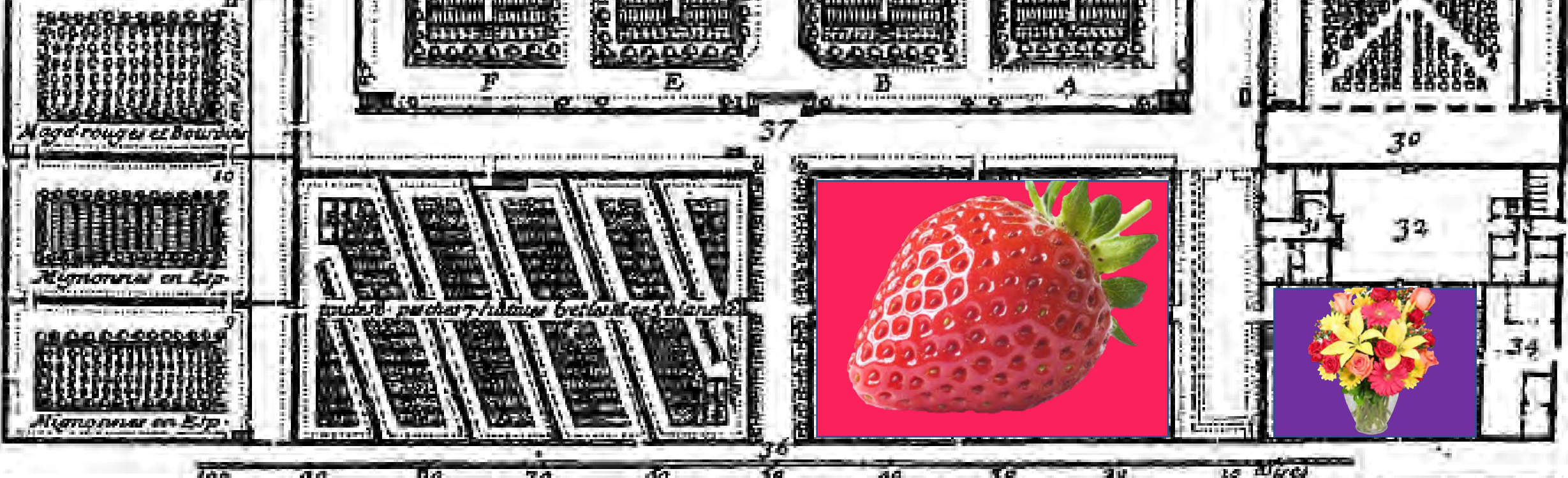


**Jean Baptiste  
de la Quintinye**

# Jean-Baptiste de la Quintinye

- Lawyer, gardener and agronomist
- Designed and cared for the kitchen garden of Vaux-le-Vicomte
- After the owner of Vaux-le-Vicomte is arrested → works for LXIV
- Creates Le Potager du Roi at Versailles





1-3. et 4. Jardins destinez pour les Fraises.  
 5. 6. 7. et 8. Jardins biais d'une situation a estre favorisee des rayons du Soleil dans les quatre differentes expositions  
 9. 10. 11. 12. 13. 14. 15. 16. 17. 18. et 19. onze petits Jardins tous enclouez de murailles, et qui sont remplis de differents fruits et legumes  
 20. asperges a rechauffer.  
 21. la Prunelay, lieu ou sont toutes sortes de pruniers tant en buisson qu'en Espalier.  
 22. Jardin bourgeois ou sont aussi des asperges a rechauffer.  
 23. Figuiers en buisson et en Espalier  
 24. et 25. Jardins destinez a faire des couchers a concombres et a petites salades.  
 26. Meloniere et toutes sortes de couchers  
 27. Fort de public ou l'on distribue les herbes et autres legumes.  
 28. petits cabinets pour serrer les herbes qu'on distribue ensuite  
 29. la Figuerie lieu ou sont tous les Figuiers en caisse.  
 30. Serre pour les figuiers en caisse  
 31. Maison que le Roy a eu la bonte de faire bastir pour moy.  
 32. Cour de ladite Maison  
 33. Maison du Jardinier et de ses garçons  
 34. basse cour de la dite Maison

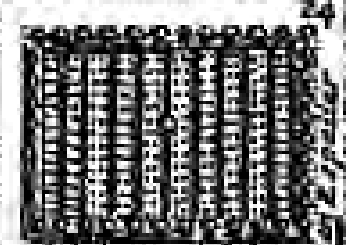
35. petit Jardin destine pour quelques fleurs.  
 36. la grande entree du Roy qui est bordée de poiriers de Robine et de Robine a haute tige.  
 37. Terrasse qui regne tout a l'en-tour du grand quarre.  
 38. le grand quarre.  
 39. Voûte ou l'on serre les racines, les artichaux, choux fleurs &c. pendant l'hyver.  
 Les Espaliers du grand Jardin sont remplis d'admirables et de nouvelles.  
 Toutes les murailles des terrasses du grand Jardin sont en ruines.  
 Les expositions du Nord de tous les Jardins sont en poires.  
 Des 16 quarres A. B. C. sont poires d'ete. D. E. F. poires d'Automne et les autres 10 quarres sont poires d'hyver.  
 Toutes les pommes sont du tour des onze Jardins du costé de Sazury  
 Il manque seulement dans ce plan le Jardin des nouvelles au Nord qui est d'ancien du Jardin marque 23. c'estoit autre-fois la Cour des fumiers.



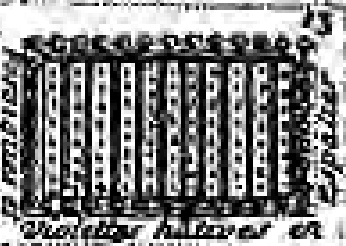
*Amirabilis an Espal.*



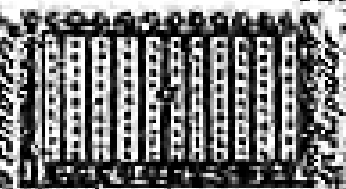
*Superior an Espal.*



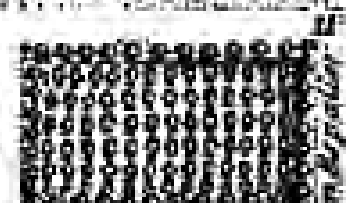
*Mabelle hâves*



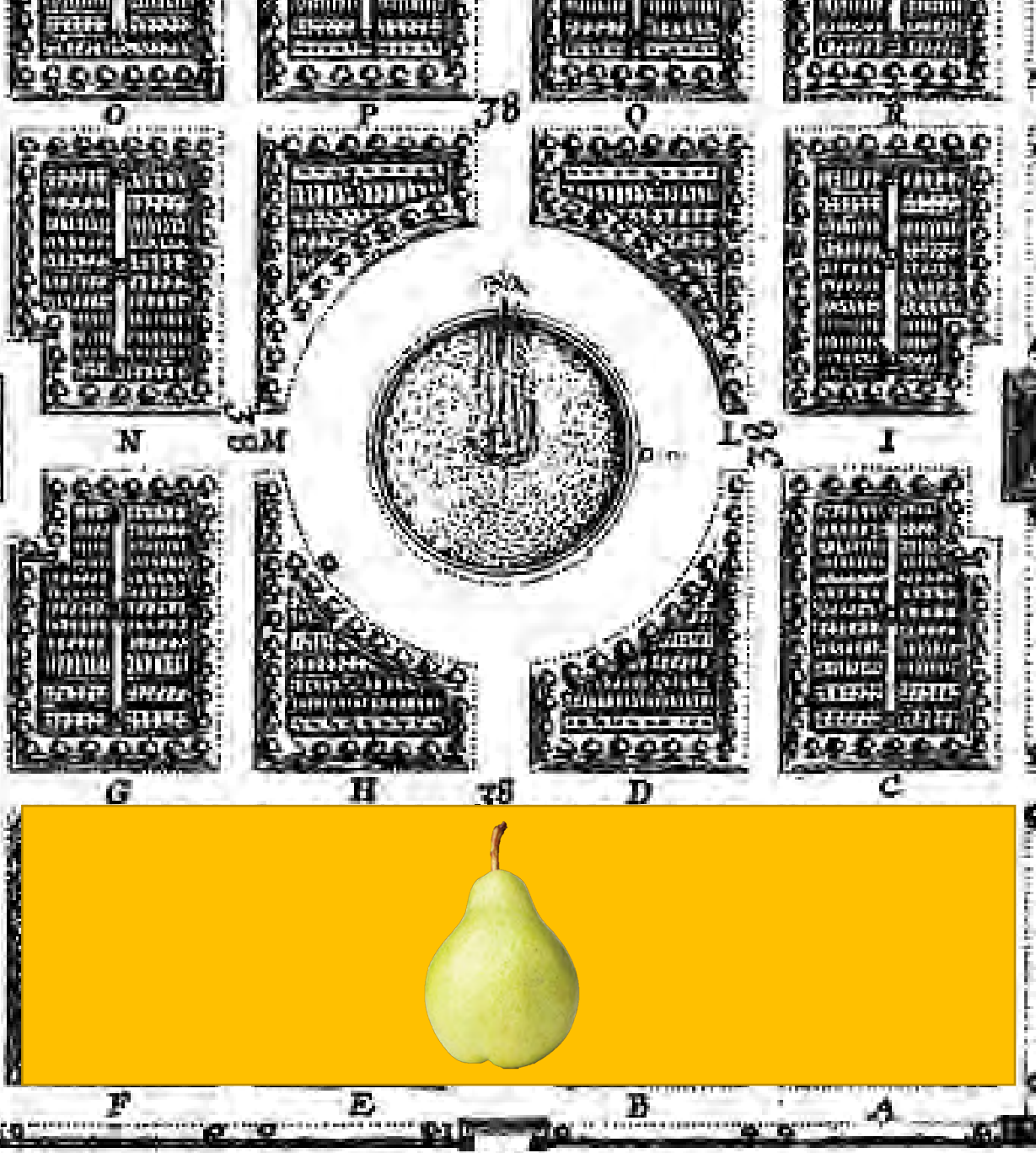
*Mabelle hâves et*



*Fauve et charquette*



*Alond rouge et Bourde*



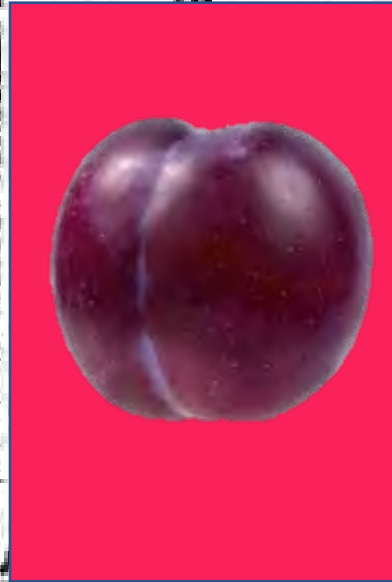
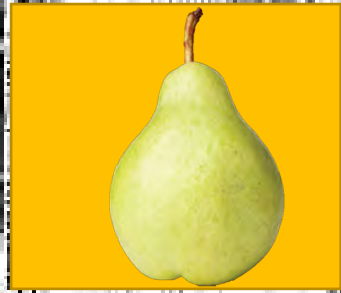
39



37



# Le Jardin Potager du Roy a Versailles



*d'Autonne en Espal.*

*Espaliers mures de.*

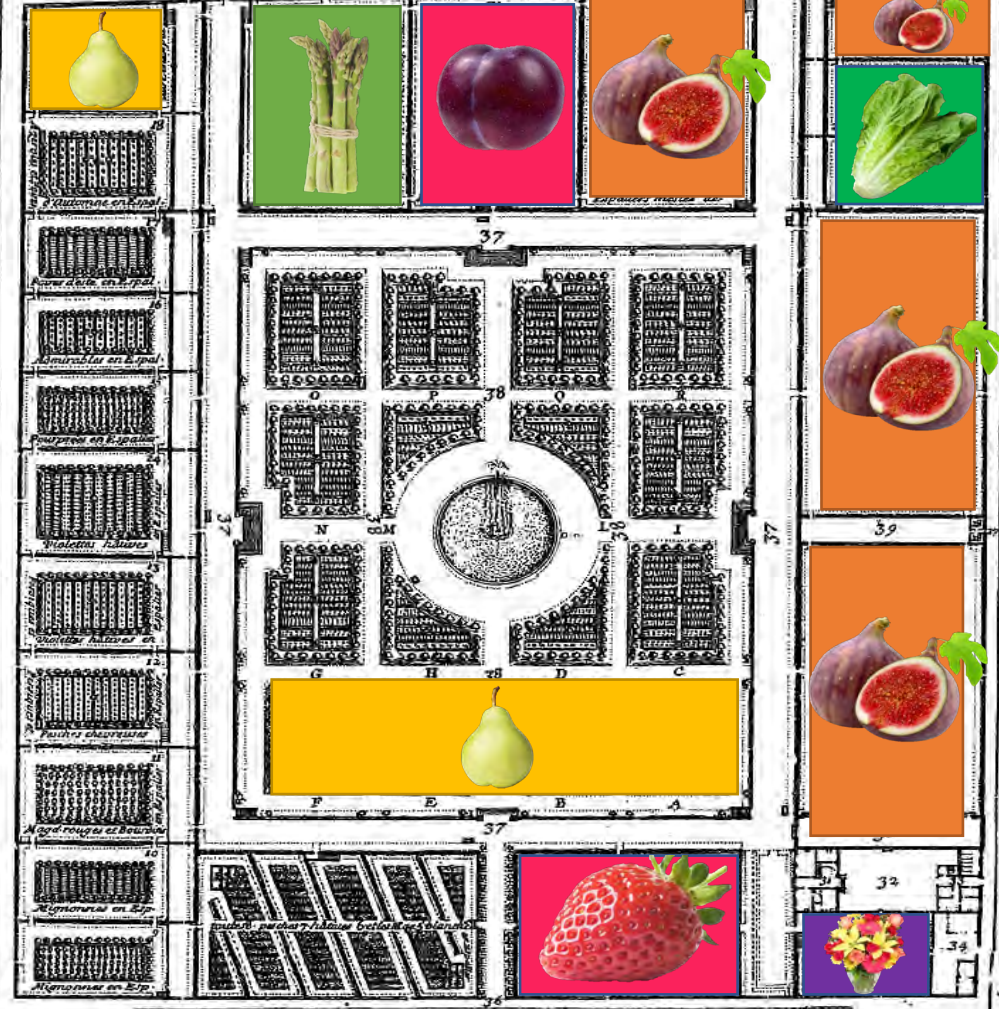


De la Mare, Richard-Pois

Edelmeck Sculp.

Jean de la Quintinye  
 Directeur de tous les Jardins Fruitiers et Potagers du Roy

Le Jardin Potager du Roy a Versailles

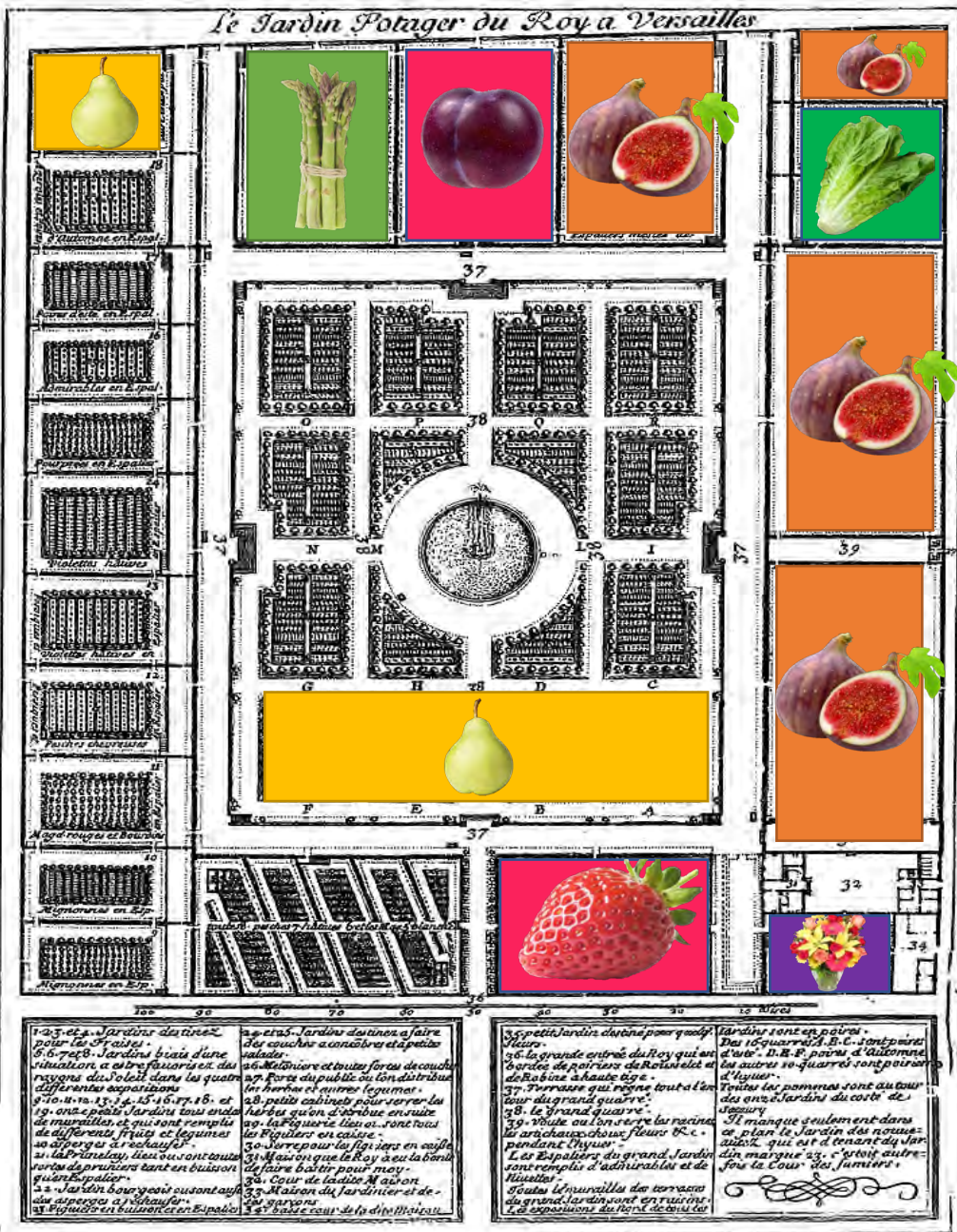


1-23. et 24. Jardins destinés pour les Fraises.  
 25. 26. 27. 28. Jardins basés d'une situation, et être favorés et des rayons du Soleil dans les quatre différentes expositions.  
 29. 30. 31. 32. 33. 34. 35. et 36. ont des petits Jardins tous envés de murailles, et qui sont remplis de différentes fruytes et legumes de diverses manieres.  
 37. Mais on que le Roy a eu la bonte de faire bâtir pour moy.  
 38. Cour de l'abbaye M. au Roy.  
 39. Maisons du Jardinier et de ses garçons.  
 40. Basse cour de la dite Maison.

1-23. et 24. Jardins destinés a faire des couchers a concombres et autres salades.  
 25. Meloniere et toutes fortes de couchers du public ou l'on distribue les herbes et autres legumes.  
 26. Petit cabinet pour servir les herbes qu'on d'ordinaire envoie.  
 27. La Figure de l'oeil et sont tous les Figuiers en caisse.  
 28. Petit cabinet pour servir les herbes qu'on d'ordinaire envoie.  
 29. Mais on que le Roy a eu la bonte de faire bâtir pour moy.  
 30. Cour de l'abbaye M. au Roy.  
 31. Maisons du Jardinier et de ses garçons.  
 32. Basse cour de la dite Maison.

33. Petit Jardin destiné pour y cultiver les fleurs.  
 34. Le grand entre du Roy qui est de la forme de poire de Roy qui est de la forme de poire de Roy.  
 35. Terrasse qui regne tout le long du grand quarré.  
 36. Le grand quarré.  
 37. Voie ou l'on serre les racines les arches et choux fleurs etc.  
 38. Les Espaliers du grand Jardin sont remplis d'admirables et de plusieurs autres.  
 39. Les terrasses du grand Jardin sont en ruine, et les expositions du Port de l'abbaye.

Jardins sont en poires.  
 Des 16 quarrés A, B, C, sont poires de Roy, de la forme de poire de Roy, et les autres 10 quarrés sont poires de Roy.  
 Toutes les pommes sont du tour des quarrés du côté de l'abbaye.  
 Il manque seulement dans un plan le Jardin des courbes, et est d'enfant du Jardin marqué 23, c'est tout autre que la Cour des fumiers.



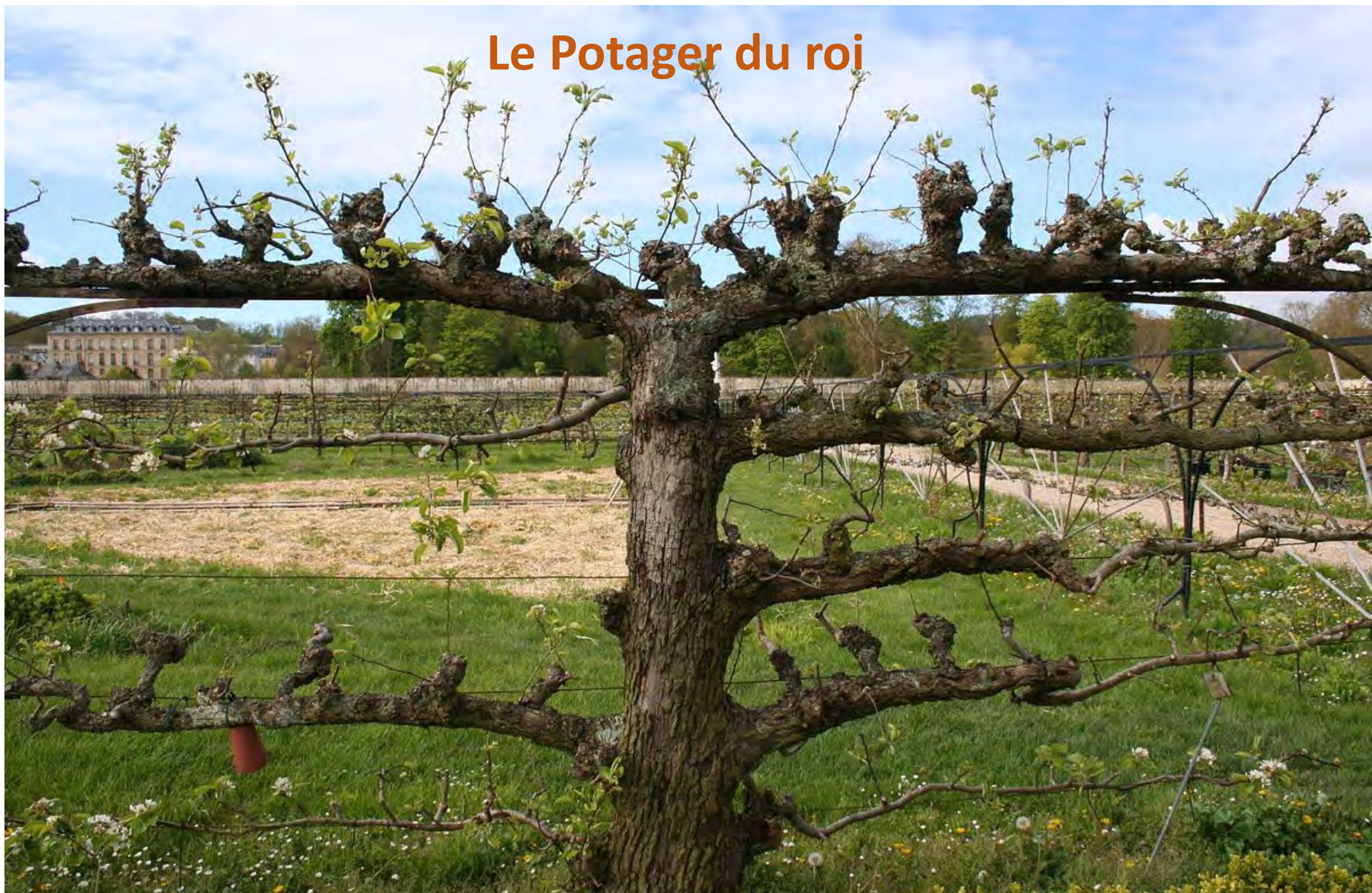
# Le Potager du roi

- 30 master gardeners
- Figs by June
- 50 varieties of pears
- Many varieties of strawberries
- 20 varieties of apples
- 60 varieties of lettuce
- herbs



- Kitchen Garden designed like a formal garden
- Louis XIV favorite walk
- Sunken garden to protect plants against harsh wind and cold
- Glass and natural elements cloches to protect
- Develop special containers to transport
- Stackable boxes
- Paper – cotton
- Specialized transport

# Le Potager du roi





**French Idioms**  
**related to**  
**food**

# French Idioms related to food



**Raconter des salades**

Telling salads

*Telling lies*



**Cracher dans la soupe**  
Spitting in the soup

*Being ungrateful*





**Va te faire cuire un oeuf**

Go cook an egg

*Go away, don't bother me*



**Être dans les choux**

Being in the cabbage

*Being in a mess*



**Les carottes sont cuites**

The carrots are cooked

*There is no more hope*



**Occupe-toi de tes oignons**

Take care of your onions

*Stay out of my business*



**C'est la fin des haricots**

It's the end of the beans

*Everything is lost*



**Mettre du beurre dans les épinards**

Put butter in the spinach



*Improve the situation*

**Avoir un Coeur d'artichaut**

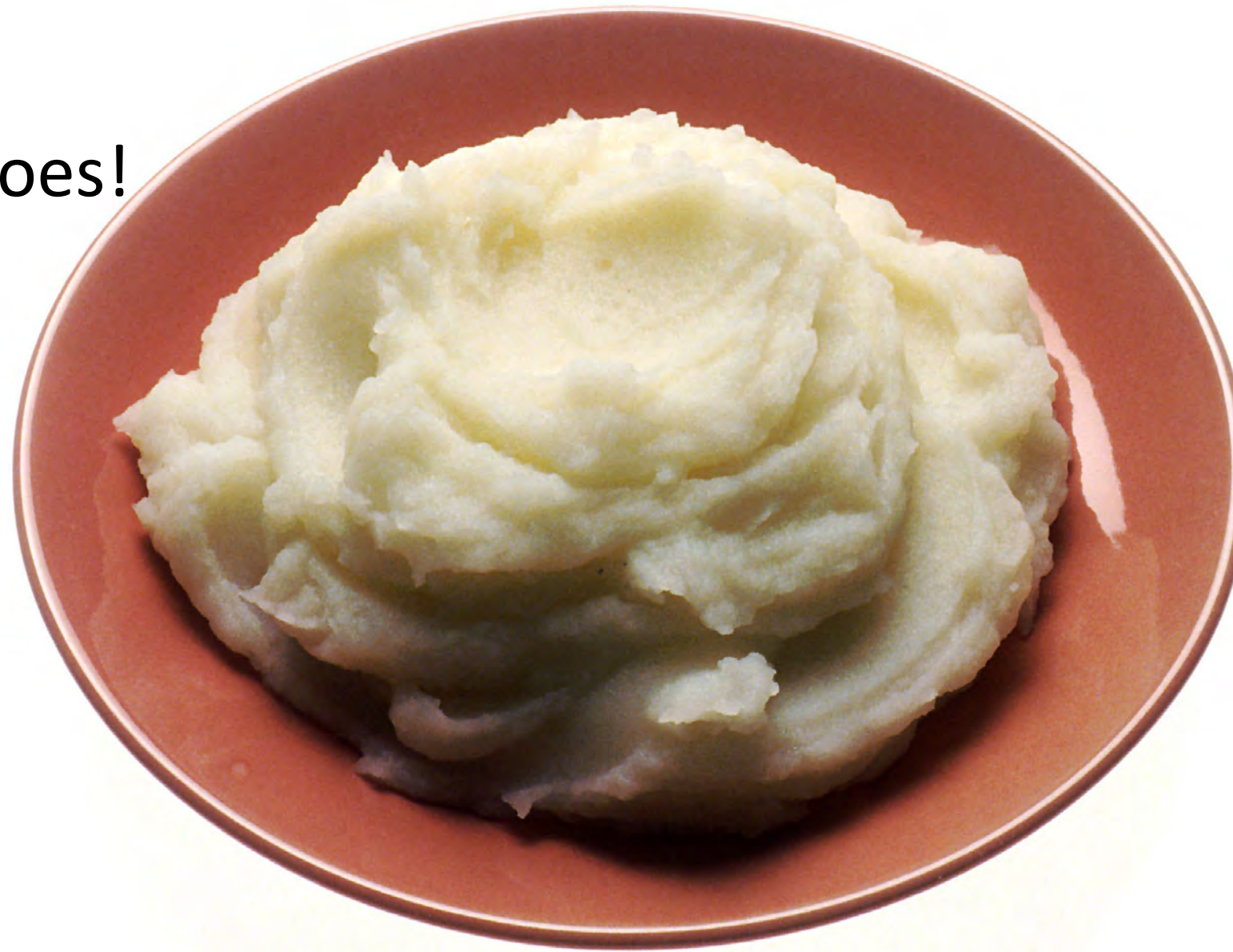
Have the heart of an artichoke



*Falling easily in love*

**Oh purée!**

**Oh mashed potatoes!**



*Oh my goodness!*



**La moutarde me monte au nez**  
Mustard is climbing up my nose

*I am starting to get angry*



**Mettre son grain de sel**

Put in his grain of salt

*To contribute his opinion*



**Tourner au vinaigre**

Turn into vinegar

*To head toward a confrontation*



**Casser du sucre sur le dos de quelqu'un**

Break a sugar cube on the back of someone



*To say something bad about someone behind their back*

Être beurré

Being buttered



*To be drunk*

**Mettre de l'eau dans son vin**

Put water in someone's wine

*To become more moderate*



**Avoir du pain sur la planche**

Having bread on the cutting board



*To have a lot to do*

**Avoir du blé**

To have wheat



*To be rich*



**Couper la poire en deux**

Cut the pear in two

*Being fair*



**Ramener sa fraise**

Bring back his strawberry

*To act pretentious*



**J'ai la pêche**

I have the peach

*I am full of energy*



**Avoir la banane**

To have the banana

*To be pleased*



**Pleurer comme un madeleine**

Cry like a Madeline cake



*To cry a lot*

**Triste comme un repas sans fromage**

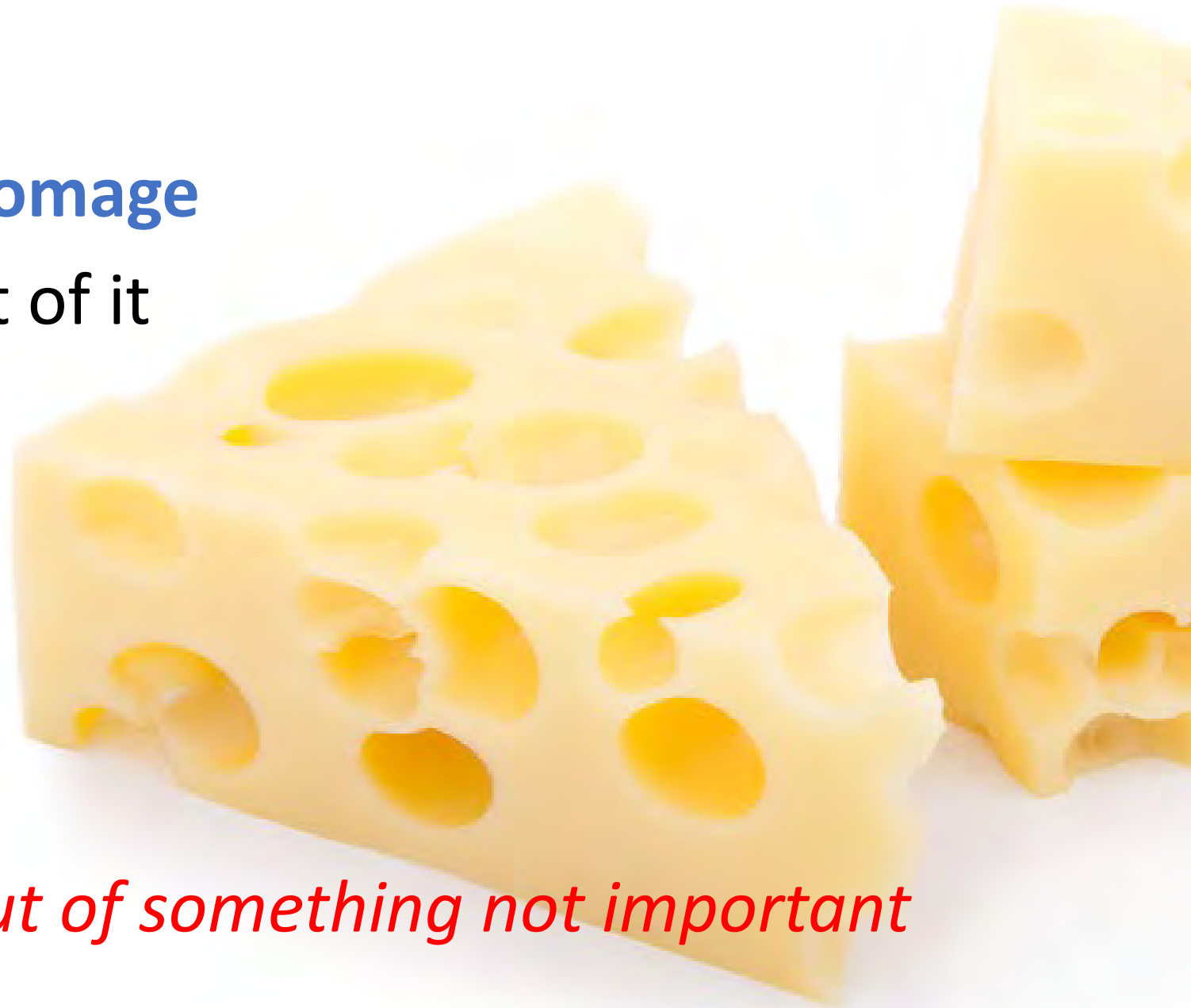
Sad like a meal without cheese



*To be very sad*

**En faire tout un fromage**

Make a cheese out of it



*Make a big deal out of something not important*

Changer de crèmerie

Change your cheese shop

*Take your business somewhere else*







Say

“Cheese”!



Say

“Cheese”!



# French Joke:

What is the difference between the USA and France?

The USA have one cheese and a 1000 religions

France has 1000 cheeses and 1 religion



**Tragedy in  
the Kitchen**



# François Vatel

- First job working for Nicolas Fouquet, Finance Minister of young Louis XIV (23)
- In charge of the festivities for the inauguration of Fouquet's new Château Vaux-le-Vicomte (August 1661)
- Party that is still remembered as one of the greatest entertainment event, ever in French history!
- Food (Vatel), Music (Lully), Play (Molière), Gardens (LeNôtre)
- Louis XIV is furious that one of his minister is showing off
- Fouquet is arrested by Captain d' Artagnan and will spend the rest of his life in prison (crime of lèse majesté)



## François Vatel

- Vatel is hired by the King's cousin, the Prince of Conde, Château de Chantilly
- He becomes a "rock star", in charge of all entertainments. Given the rights of carrying a sword (great honor)
- April 1671, the king announces that he will visit Chantilly in 2 weeks– very important visit
- King is coming with 600 nobles and 2000 servants. Vatel needs to make sure they are all well fed and entertained
- Everything starts splendidly, except more people to feed, two tables do not have a roast.
- "I have lost my honor"

