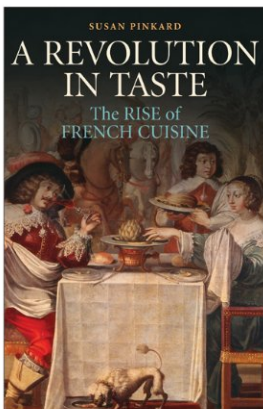


# [PDF] A Revolution In Taste: The Rise Of French Cuisine, 1650-1800

Susan Pinkard - pdf download free book

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## Books Details:

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## Description:

### Book Description

Modern French habits of cooking, eating, and drinking were born in the Ancien Regime, radically breaking with culinary traditions that originated in antiquity and creating a new aesthetic. This new culinary culture saw food and wine as important links between human beings and nature. Authentic foodstuffs and simple preparations became the hallmarks of the modern style. Pinkard traces the roots and development of this culinary revolution to many different historical trends, including changes in material culture, social transformations, medical theory and practice, and the Enlightenment. Pinkard illuminates the complex cultural meaning of food in her history of the new French cooking from its origins in the 1650s through the emergence of cuisine bourgeoise and the original nouvelle cuisine in the decades before 1789. This book also discusses the evolution of culinary techniques and includes historical recipes adapted for today's kitchens.

## **Amazon Exclusive: Author Susan Pinkard on the French Culinary Revolution**

I wrote *A Revolution in Taste: The Rise of French Cuisine* because I am fascinated by the intersection of the routines of everyday life with the world of ideas. Eating is a universal human need; but what you eat, how you prepare it, and with whom you share it reveal a lot about who you are, what kind of society you live in, and what you believe about beauty, health, and your place in nature.

Why French food? There are a couple of answers to that question, one of which has to do with history and the other with my life.

From ancient Rome through the Renaissance, cooking all over Europe was pungent, spicy, and sweet or sweet/sour, rather like North African or Middle Eastern food is today. From Naples to London, Seville to Warsaw, cooks used local ingredients as well as imported spices to fuse layers of flavor into complex sauces that were meant to balance the elemental composition of the foods with which they were served. The point, aesthetically as well as in terms of diet, was to civilize ingredients and to render them wholesome by transforming them in the kitchen. Then, quite suddenly, French cooks broke with this ancient tradition. The aim of what was called “the delicate style” was to cook and serve ingredients in a manner that preserved the qualities with which they were endowed by nature: instead of being miraculously transformed by the cook, food was supposed to taste like what it was. In pursuit of this new aesthetic of naturalness and simplicity, cooks developed many techniques and recipes that continue to define French cuisine to this day. Indeed, the impact of the French culinary revolution reverberated far beyond the borders of France. The fact that so many of us moderns wish to eat and drink in a manner that represents the variety of nature reflects our lasting attachment to the idea of authenticity that first emerged in the kitchens of the ancien régime. Why and how had this major shift in sensibility come about? What does the culinary revolution reveal about other aspects of modern life that were also coming into focus in 17th- and 18th-century France? Those were the historical questions I set out to answer in this book.

The other reason why I decided to write about the rise of French cuisine is that I love to eat French food and I cook it almost every day. One of the enduring misconceptions about French cooking (especially in America) is that it is inherently fussy, expensive, and ridiculously rich. Although such a rococo element certainly exists, especially in fancy restaurant cooking, recipes from the cuisine bourgeoise (that is, home cooking as it has evolved in France over the past 250 years) are easy and economical to make and healthy to eat: roasted chicken with a quick deglazing sauce, inexpensive braised meats, poached fish with a little white wine, simply prepared vegetables, plain green salads, puréed soups of leeks, potatoes, and other fresh, cheap ingredients, just to name a few of my favorites. I hope that by focusing attention on the development of this aspect of the culinary tradition, my book will encourage readers to experiment with simple French foods. The historical recipes, in the appendix, are a good place to start.

--Susan Pinkard

### **Cook up the Enlightenment: Exclusive Recipe Excerpts from A Revolution in Taste**

from eighteenth-century France.

- Green Butter with Leek and Parsley (Marin)
- Potage aux Herbes (Marin)

- Roasted Chicken with Bitter Orange and Garlic Deglazing Sauce (Bonnefons)

**From Publishers Weekly** Starred Review. The French have been inextricably tied with fine cuisine, and Pinkard's accessible and often fascinating examination of the country's culinary evolution gives foodies a rich, savory treat. Beginning with medieval cooking, characterized by strong seasonings that gave food a singular flavor, Pinkard explains how cooking was greatly influenced by early medicine, which insisted that the body's "humours" could be regulated by spices. As more fruits and vegetables made their way onto French tables, preparation methods evolved. By the mid 1600s, cooks began to emphasize tastes and textures, first incorporating the sauces now associated with classic French cooking. By the mid 1700s there was a drive toward lightness and simplicity called nouvelle cuisine, "a style that could be just as expensive, subtle and exacting to execute as its twentieth-century namesake." Though she rarely points out similarities to current trends like "slow food" and organic ingredients, the parallels are clear and relevant. Digressions on eating patterns, typical meals, the evolution of the dinner party and classic recipes (reproduced in an appendix) add interest and depth. Despite occasional ventures into academic minutiae, anyone interested in the evolution of modern cooking and entertaining is sure to find Pinkard's history a wealth of lore and trivia.

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Pinkard's "A Revolution in Taste" serves to describe that transition and evolution from French medieval cuisine to more modern French cuisine. We often think of the influence of the Enlightenment era on scientific thought and philosophy, but rarely on how those shifting ideas translated to more mundane issues such as cooking, but indeed the Enlightenment did have that effect in France as concepts about the quality of ingredients, diets, and cooking methods all began to change dramatically during this era. These cookbooks gave rise to the first generation of do-it-yourself French chefs, unleashing a new wave of creativity and expression for French cuisine. A Revolution in Taste book. Read 8 reviews from the world's largest community for readers. Modern French habits of cooking, eating, and drinking were bor... This is a VERY readable, informative, and interesting book about food and the rise of French cuisine. I was amazed to find that there is nothing new under the sun; as far back as 460 B.C. Hippocrates was saying that, "Patients who had fallen ill could be cured by foods..." "Ideas about the role of food and cooking in maintaining health and curing disease that originated in ancient Greece continued to shape culinary practices on the cusp of modernity." In the fourth century, vegetables became linked This is a VERY readable, informative, and interesting book about food and th... Susan Pinkard, *A Revolution in Taste: The Rise of French Cuisine, 1650-1800*. Cambridge: Cambridge University Press, 2009, 317 pp. Published online by Cambridge University Press: 18 June 2010. Copyright © Society for the Comparative Study of Society and History 2010. Access options. Get access to the full version of this content by using one of the access options below. If you should have access and can't see this content please contact technical support. Full text views. Only RUB 220.84/month. The Enlightenment (1650- 1800) & French Revolution. STUDY. Flashcards. Celebration in France to mark the day when people stormed the Bastille and is recognized as the start of the French revolution. You might also like Unit 6: Absolutism, The Enlightenment & Pinkard's "A Revolution in Taste" serves to describe that transition and evolution from French medieval cuisine to more modern French cuisine. We often think of the influence of the Enlightenment era on scientific thought and philosophy, but rarely on how those shifting ideas translated to more mundane issues such as cooking, but indeed the Enlightenment did have that effect in France as concepts about the quality of ingredients, diets, and cooking methods all began to change dramatically during this era. The point of these two chapters is to show how cooking had evolved up to about 1650, which is tricky considering the dearth of available resources for such a topic.