We will be looking at a brief history of food and trends of the times from Ancient Greek and Roman times up to through the Industrial Revolution.
Presentation Notes
Historical Culinary Trendsetters
Both civilizations enjoyed the social aspects of dining. Food was very important for both civilizations. Eating was also very social for both. The Greeks had private clubs called “Lesche” and Phatnai clubs which catered to travelers, traders, & visiting diplomats. They ate reclined on couches, enjoyed music, poetry, & dancing. The Romans conquered the Greek lands around the Mediterranean Sea. There was a clear division between the “common” people and the aristocrats. The common people ate barley, olive oil, pine nuts, and fish. While the aristocrats held enormous banquets filled w/exotic foods such as humming bird tongues & camel’s heels. Often more than 100 types of fish were served w/ wild boar, ostrich, ducks, peacocks, venison. The Romans main meal was called “cenna.” Public dining was undignified, and only men in lowest classes went to taverns. The desire for exotic foods & spices increased trade & stretched the Roman Empire further East & North.

The 1st Early cookbook was written during Roman times. Marcus Apicius wrote De Re Coquinaria. It is the foundation of modern day cooking and many recipes are still used today.
Social classes were very evident in the Middle Ages. The Serfs worked the fields and they ate bread from wheat, peas (dried), turnips, onions, cabbage (sauerkraut), and pork. The landowners had large banquets; all the food arrived at the same time. During the Middle Ages people ate with their fingers. “Trenchers” – large slices of stale bread – were used for plates and were eaten at the end of the meal or given to dogs who ate scraps & bones off the floor. During the Renaissance the aristocracy craved spices and instructed their cooks to use large amounts of spices to show off their wealth. Herbs, such as sage, rosemary, and thyme were also being used in cooking.

Food preparation was now called “haute cuisine,” another name for grand cuisine which included elaborate preparations and presentations. Also during this time a higher style of eating began in Italy.
During the French Revolution cooking guilds were formed to organize merchants & maintain standards:
  * Chaine de Rotisseries (roasters)
  * Chaine de traiteurs (caterers)

The first restaurant opened in 1765 – by Boulanger served hot soups in his café which he called “Restorante.”

The end of the French Revolution brought an end of French nobility, thus chefs had no one to work for and were out of work.

Looking for work, these unemployed chefs opened restaurants. Within 30 years, Paris had over 500 restaurants serving meals.
Prior to the Industrial Revolution, most Americans lived in the countryside as farmers and ranchers. With no work in the countryside, families moved to the cities to work in the new factories. Since there were still not many restaurants for employees, they had to live close to the factories so they could go home for lunch and/or dinner.

For those who were still farming, chemical fertilizers and pesticides were invented during the industrial revolution to increase crop yield. During this time the farmers began to rotate crops in order to allow the soil to regain nutrients from season to season.

Interestingly, the wealthy ate aged meat, cheeses, sauces and wine. Due to the lack of “healthy” food in their diet they suffered from gout. It was the “working class” that ate healthier during the Industrial Revolution. They ate the vegetables, fruits, and whole grain breads.

Many people moved to the cities during the Industrial Revolution, and the sanitation was not ready to handle all the waste. Often the sewer system backed up creating unsanitary conditions.

An important discovery during this time was vitamins, especially helpful to the upper class, as their diet was not very healthy.
Louis Pasteur invented a process which heated food quickly to destroy bacteria. Nicholas Appert took 15 years to develop the food preservation method of canning. Napoleon Bonaparte would pay 12,000 F. to the person who developed an effective way to preserve food for his army.

Catherine de Medici was an Italian Aristocrat. She married Henry II of France. When she moved to France she introduced the French to the use of silverware. The Italians were preparing and presenting elaborate food (Haute Cuisine), but it was Catherine de Medici that brought Haute Cuisine to France, and the French embraced the methods and took them to a higher level. Along with haute cuisine, she also brought various recipes from Italy for her French chefs to prepare for her.
Careme was famous in the early 19th century cooking for the wealthy and royalty. It was his cookbooks that made him famous. He is remembered as “the chef of kings, and the king of chefs.” He is most well known for perfecting sauces and the father of Grand Cuisine.
Auguste Escoffier refined haute cuisine to classical cuisine and made French cuisine world famous. Three of his most noted achievements are:

• revolutionizing and modernizing the menu,
  • simplified the menu by writing down the order in which the food would be served
  • also developed the first a la carte menu
• the art of cooking, and
• organization of the professional kitchen (the kitchen brigade system)

**History of Auguste Escoffier**

• This short video covers some of the historical relevance of the great chef Auguste Escoffier and his impact on the modern kitchen. Also highlighted are the culinary schools that bear his name: Auguste Escoffier School of Culinary Arts

  • [http://youtu.be/A6T7d2yB-2I](http://youtu.be/A6T7d2yB-2I)
• **Julia Child** (1912-2004)
  - Revolutionized American cuisine through her French cooking school, award-winning cookbooks, and world-renowned television programs by presenting an approachable version of sophisticated French cooking to her eager audience for four decades.
When America was young, and people began traveling to and through the country, a need for places to stay overnight became important. In 1634, Cole’s Inn in Boston offered travelers food and lodging.

The California Gold Rush of the 1800’s introduced a style of food service. Since there were so many people needing to eat, a way had to be devised to feed a lot of people in a short amount of time, thus cafeteria style service emerged.

As railroads starting making their way across the United States, there was a need for food and lodging at the cities where the railroads stopped.

Fast food began in the 1930’s with the opening of the first White Castle; the 1940’s and 1950’s saw further growth in fast food service when McDonald’s and others began opening.
Presentation Notes
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References and Resources

Images:
- Microsoft Clip Art
- Wikipedia Commons

Textbooks:

Websites:
- Bio. True Story
  Famous Chefs
  Browse notable chefs such as Julia Child, Auguste Escoffier, and Gordon Ramsay
  http://www.biography.com/people/groups/chefs/all
- FoodNetwork
  Connects viewers to the power and joy of food
  http://www.foodnetwork.com/chefs/index.html
• The Food Timeline
  ◦ Food history presents a fascinating buffet of popular lore and contradictory facts. http://www.foodtimeline.org

• The History of Ballpark Food
  ◦ In ballparks and beyond, Americans consume more than 20 billion hot dogs and 600 million pounds of peanuts a year. http://www.history.com/news/2011/03/31/the-history-of-ballpark-food/

• The History of Food and ?...