

SOME PECULIARITIES OF FRENCH CUISINE (ДЕЯКІ ОСОБЛИВОСТІ ФРАНЦУЗЬКОЇ КУХНІ)

Дацько С.О., Мамай А.С., гр. ТХ-24

Науковий керівник – доц. Архипова В.О.

Харківський державний університет харчування та торгівлі

У доповіді подано опис найбільш яскравих особливостей національної кухні Франції, а також вплив регіональних відмінностей на традиції та харчові вподобання французів.

French cuisine can be divided into two main branches - regional folk and refined aristocratic. The regional cuisine dishes were prepared by the inhabitants of various historical regions of the country. Aristocratic French cuisine was formed at the court of Bourbon, when Paris became the trendsetter in the world of fashion. Its unique dishes are marked by diversity and refinement.

Traditional French meal might begin with snacks (hot or cold starters, if we are talking about lunch), followed by a soup and by a main course, salad and cheese. At the end of the meal a dessert or fruit is served.

Despite regional differences, a characteristic feature of the national French cuisine is the abundance of vegetables and roots. Potatoes, green beans, different varieties of onions, spinach, cabbage different varieties, tomatoes, eggplants, celery, parsley are used to prepare appetizers, first and second courses, as well as a garnish.

In comparison to other European countries, French cuisine uses less dairy products. Exceptions are cheeses, famous throughout the world. Dishes with cheese and lettuce are necessarily served before dessert. France produces about 500 varieties of cheese. And even more because almost every French village has their unique recipe for cheese making. Among them there are such well-known like Roquefort, Gruyere, Camembert, etc.

Characteristic features of French cuisine are variety of omelets and cheese soufflé, which are prepared with various condiments and toppings: ham, mushrooms and greens.

French chefs use all kinds of meats: veal, beef, lamb, poultry and game. Very popular dishes from marine and freshwater fish are cod, halibut, pike, carp, as well as seafood such as oysters, shrimp, lobster, scallops. The French are considered to be an inventor of sauce that are popular throughout the world.

The French prefer mineral water. Coffee is also extremely popular.