

FRENCH CUISINE (ФРАНЦУЗЬКА КУХНЯ)

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France is a country of fine cuisine and gourmet cooking. The interest of the French in delicious food is absolutely natural. One of the characteristic features of the national. French cuisine is a great abundance of vegetables and root vegetables in dishes. In French cuisine compared to the cuisines of other countries Europe uses less dairy products, the only exception to this group products are cheeses, which are famous throughout the world. Cheese and greens are mandatory products before serving dessert. The French are great dainties and desserts invented by them won the hearts of many gourmets around the world; cherry pie clafoutis, famous open cakes with fruit (tarte tatin) and of course cream baked with caramel crust (creme brulee).

Since the 1950s, French food has been considered refined and fashionable. During this period, portions of dishes were reduced, but the size of plates was increased. Great importance was attached to the decoration of dishes on the plate. The number of meals per meal decreased and became different, depending on the time of day and special events. For example, the usual lunch consists of three courses, and Sunday – of seven.

When Catherine de Medici appeared in France in the 1540s, it greatly influenced French cuisine. Now the food before serving was not only decorated. Now the serving itself was a pageant. The rich dinners which Catherine de Medici gave during her reign, when she was first Queen. It was at that time that dishes began to be served on beautiful plates and dishes, and drinks poured into glasses of beautiful and rare glass.

French cuisine varies according to the season. In summer, salads and fruit dishes are popular because they are refreshing and produce is inexpensive and abundant. Greengrocers prefer to sell their fruit and vegetables at lower prices if needed, rather than see them rot in the heat. At the end of summer, mushrooms become plentiful and appear in stews throughout France. The hunting season begins in September and runs through February. Game of all kinds are welcome, often with dishes that celebrate the success of the hunt.