**CUL 231- Classical Cuisine**

**MATERIALS:**

Text Book: None

Reference Books:

Around my French Table, Dorie Greenspan ISBN 978-0-618-87553-5

Regional French Cooking, Paul Bocuse ISBN 2-08-013517-1

French Comfort Food, Hillary Davis ISBN 978-1-4236-3698-4

Le French Oven, Hillary Davis ISBN 978-1-4236-4053-0

International Cuisine, International Culinary Schools- ISBN 978-0-470-14076-9

Foie Gras- A Passion, Michael Ginor, ISBN 0-471-29318-0

Gastronomique, Larousse, ISBN 0-517-57032-7

Mastering the Art of French Cooking, Child, Bertholle, Beck ISBN 978-0-0307593-528

Cooking School Provence, Gedda, Moine ISBN 978-0-7566-2845-1

French Food on t6he Table, on the Page, and in French Culture, Schehr and Weiss, ISBN 0-415-93628-4

**OBJECTIVES** Upon completion of this semester the student will be able to do the following:

1. Discuss the idea of Terroir with regional foods and dishes for each region of study.
2. Explain the rituals of dinning and gatherings with each region of study.
3. Discuss various regional foods and dishes pertinent to the weekly region of study.
4. Discuss historical facts that let to specific foods and rituals pertinent to the weekly region of study.
5. List the ways in which the regions of France’s climate and topography shaped the agricultural and economic development of the region.
6. List and describe the ingredients, cooking methods and flavor profiles for each region of study.

**ASSIGNMENT**

Each week the student will prepare info sheet on each region of study. The paper should be no less than 2 pages (plus bibliography) of bulleted information and should include the culture, cuisine and the culture of the cuisine of that region. The count will not include recipes or pictures. The paper should be double spaced with 12 pt. font. Info included can be but is not limited to…

Fats

Cheeses

Alcohol

Regional Food Specialties

Events that shape food culture including geographical, historical, economical, technological, or religious. Events can also be celebrity, weather related, animal, vegetable or mineral. Events or information related to the Terroir of the region, dining patterns.

**WEEK ONE**

**SUBJECT** Syllabi, Class and Lab Policies and Procedures, Assignments and Papers, Function Schedule, and French Culture

**TOPIC**

Studying France

A Frenchman’s Relationship to the land and food

Terroir

Wines, Breads, Cheeses

The Market life

**PROCEDURES**

Students will make a dish using traditional recipes from the New England region.

Student Practicum**:**  Students will make a dish using traditional recipes from each French Region.

**WEEK TWO**

**SUBJECT** Brittany and Normandy

**TOPIC**

Topography of the Brittany and Normandy Regions

Regional Specialties

Industrial Food Production

War and Recovery

Salt Meadow Lamb, Cotriade,

Fats and Cheeses

**PROCEDURES**

Students will make a dish using traditional and modern recipes from the Brittany and Normandy regions.

**WEEK THREE**

**SUBJECT** Loire and Nord Regions

**TOPIC**

Topography of both the Loire and Nord regions

Farming and Cuisine

Homegrown and Homemade

Wine, Cheese, and Bread

Fish and Lake Foods

**PROCEDURES**

Students will make a dish using traditional and modern recipes from both the Loire and Nord regions.

**WEEK FOUR**

**SUBJECT**

Burgundy

**TOPIC**

Topography and Climate of the Burgundy region.

Terroir

Wine Agriculture

Bottle Shock

Beef

Monastery Life

Coq au Van

Apples

Audio Visual: Students will watch “A Year in Burgundy” 2013

”What lies within the rhythm of a year? The vines bud and grow leaves and tendrils, and are trained, cared for. They make grapes, and a small, diligent army of hands comes to carry them away. The stripped vines die back, dry and brown, and turn to brush. The brush is burned, going into the wind as a curl of smoke and into the ground as ash. This is a year in Burgundy.”

**PROCEDURES**

Students will make a dish using traditional and modern recipes from the Burgundy region.

**WEEK FIVE**

**SUBJECT**

The Bordeaux

**TOPIC**

Topography and Climate of the Bordeaux region.

Indigenous Fish and Game

Technology and Farming

Bread and Cheese

Spanish Influence

Cassoulet and Crepes

White Traditionally Red Wines

**PROCEDURES**

Students will make a dish using traditional and modern recipes from the Bordeaux region.

**WEEK SIX**

**SUBJECT** Cuisines of the Languedoc/Roussillon regions

**TOPIC**

Topography and Climate of the Languedoc/Roussillon regions.

Foie Gras and Truffles

Confit and Preserving in fat

Cherries and Apples

Wines of the regions

**PROCEDURES**

Students will make a dish using traditional and modern recipes from the Languedoc and Roussillon regions.

**WEEK SEVEN**

**SUBJECT** Mountain Cuisine- Alsace and Lorraine

**TOPIC** Topography and Climates of the Alsace and Lorraine regions.

German Influence

Bread, Cheese and Beer

Sausage and Sauerkraut

Cabbage and Apples

Monastery Life

Nazi Influence

**PROCEDURES**

Students will make a dish using traditional and modern recipes from the Alsace and Lorraine regions.

**WEEK EIGHT**

**SUBJECT**

Provence

**TOPIC**

Topography and Climate of the Provence region.

Spanish, Italian, and Greek Influence.

Sea Life and Seafood

Olives and Grapes

Garlic and more Garlic

Class Structure and Tourism

Flat Breads and Anchovies

**PROCEDURES**

Students will make a dish using traditional and modern recipes from the Provence regions. Items for this weekly study will depend on availability of local seafood)

**WEEK NINE**

**SUBJECT** Corsica

**TOPIC**

Topography and Climate of the Corsican Islands regions.

Preserving Fish

Italian Influence

The Mafia

Catholic Church and its influence on the Cuisine

Olives and Oranges

**PROCEDURES**

Students will make a dish using traditional and modern recipes from the Corsican Island regions. Items for this weekly study will depend on availability of local seafood.

**WEEK TEN**

**SUBJECT**

The Rhone Alps

**TOPIC**

Topography and Climate of the Rhone Alp regions.

The Germans and the Swiss

Goat Everything

Chocolate

The Influence of the World Wars

Fishing and Aquaculture

Butter vs. Lard

Beer and Benedictine

Duck vs. Goose

**PROCEDURES**

Students will make a dish using traditional and modern recipes from the Rhone Alp region.

**WEEK ELEVEN**

**SUBJECT**

Champagne

**TOPIC**

Topography and Climate of the Champagne Region.

Everybody has a Vine

Terroir

Caves vs. Cellars

Champagne and the Tourist

The Great Shortage

Legal Aspects

Glassware

**PROCEDURES**

Students will watch the film “ A Year in Champagne” 2013 With renowned wine importer Martine Saunier as our guide, we get a rare glimpse behind the scenes into the real Champagne through six houses, from small independent makers to the illustrious houses of Gosset and Bollinger.

Guest Speaker: Meridians Wine Sellers, Fairfield Maine Discussion on Storage, Tasting, Menu Pairings, selling of Champagne and other French Wines.

Audio Visual: Personal Photos from trip to the Champagne region of France

**WEEK THIRTEEN**

**SUBJECT**

Paris

**TOPIC**

Immigrant Cuisines

WWII and Post War Development

Fusion Cuisines

Coffee

The Cocktail Revolution

Famous Chefs

Tourism

Francophiles

The Modernization of a Cuisine

Asian, Middle East, and African Influence

The Rituals and Royalty

**PROCEDURES**

Students will make a dish using traditional and modern recipes from the cultures of Paris.

Audio-Visuals- Personal Pictures from Paris Trip

**WEEKS FIFTEEN AND SIXTEEN**

**Paper Presentations and Cleaning Day**

Choose a region of France from the list- there will be no duplicates so each student will have a different region.

The Paper 10% of your final grade

The paper should be no less than 7 pages (plus bibliography) and should include the culture, cuisine and the culture of the cuisine of that region. The count will not include recipes or pictures. The paper should be double spaced with 12 pt. font. Info included can be but is not limited to…

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Resources

Each student will use a minimum of 2 primary sources and 2 secondary sources. Your bibliography will be 15 points of your paper grade.

Presentation 10% of your final grade

Each student will give a presentation during the appointed time (on the agenda) that will last no less than 20 minutes and no more than 40 on the paper and the region. Each presentation should have “art” (pics, maps, etc.) so the audience can get acquainted with your region and the events you are discussing.

Each student will also participate as an audience member. I trust you will give your time, attention, and respect to each presentation.

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