

HOW TO EAT IN FRANCE

A brief introduction to the French cuisine by Benjamin
Allen



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The French are known for their cooking?

- While traveling throughout out my trip, I overheard fellow students say that France isn't know for their food.
- This is a completely false statement!
- This presentation will inform you on the impact and reach of French cooking and cuisine



Brief History of French Cooking



- Marie-Antoine Careme (20th Century)
 - *First celebrity chef*
 - *Spearheaded grande cuisine of French Cooking*
 - *Favored by international royalty*
- Georges Escoffier (19th Century)
 - *Modernized Careme style of cooking*
 - *Codifier of haute cuisine*
 - *Le Guide Culinaire: extremely influential cookbook still used today*
- Paul Bocuse (20th Century)
 - *Regarded as best chef in the world in 20th century*
 - *Founder of Nouvelle Cuisine*
 - *He is the background of this slide – photo of him in Paris*

How to Eat Anywhere

- Find recommendations from the following sources:
 - *The New York Times*
 - *Netflix Documentaries*
 - *Le Fooding Magazine*
 - *Michelin Guide*
- Make a reservation!
 - *Don't get caught waiting*
- Avoid restaurants in high tourist traffic areas
 - *Do you really think a restaurant with no wait, menus in eight different languages, and people standing at the door asking you to come in is a good dining experience?*



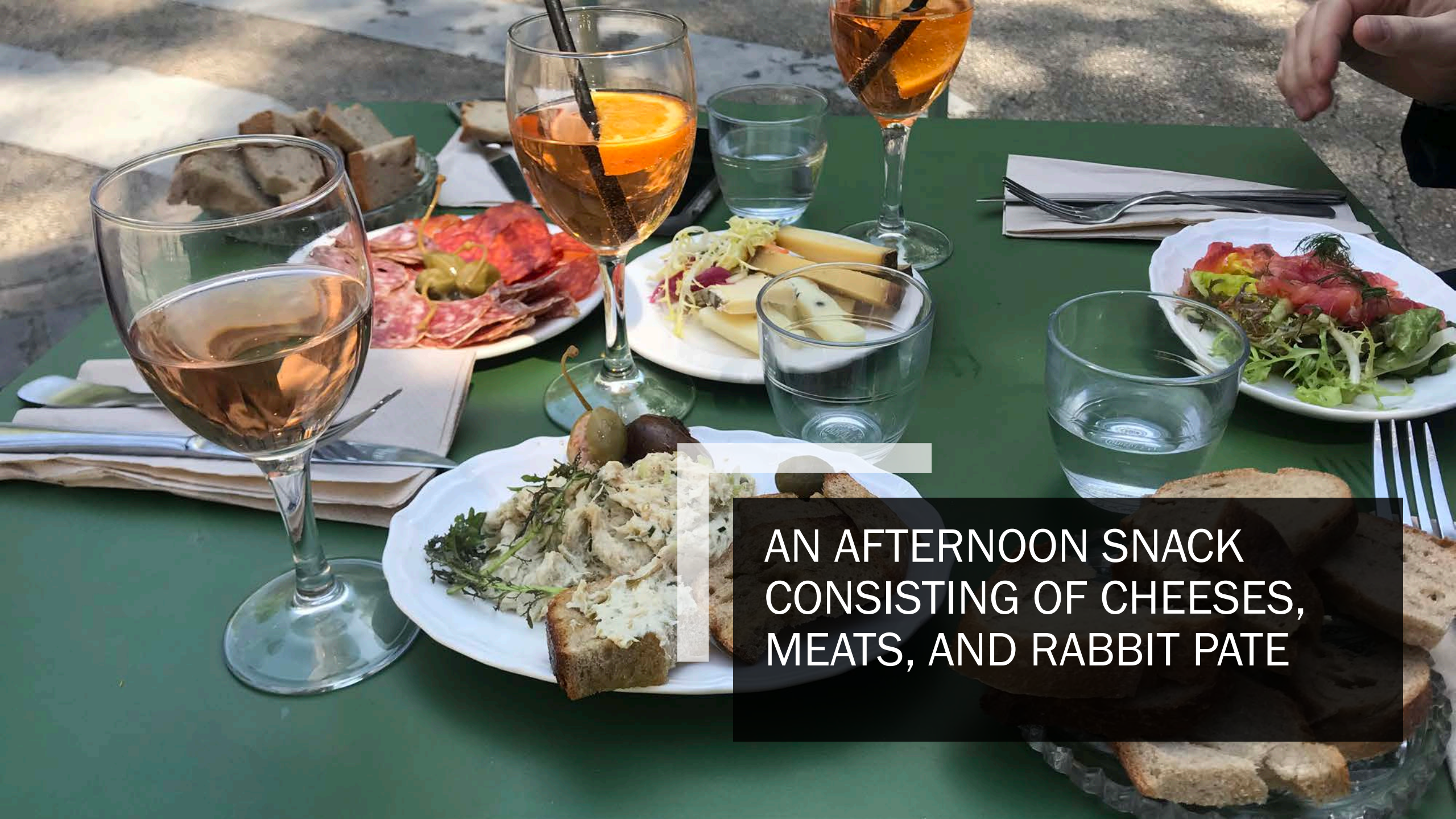
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La Maison Rose


Café Restaurant

18^e arr.
RUE
DE L'ABREUVOIR

LA MAISON ROUGE



AN AFTERNOON SNACK
CONSISTING OF CHEESES,
MEATS, AND RABBIT PATE

A photograph of a restaurant table setting. In the foreground, a white plate with a red rim is filled with a dark, rich beef stew (Boeuf Bourguignon) served over a bed of yellow macaroni. To the right of the plate, there is a tall, slender glass filled with white wine and a shorter, wider glass filled with red wine. In the background, a clear glass bottle of water stands on the table. The scene is set in a dining room with a white tablecloth and wooden chairs visible in the distance.

BOEUF
BOURGUIGNON
FROM
BOUILLON
PIGALLE WITH A
COTE DU RHONE
WINE

Provence Cuisine

- Simple dishes and stews consisting of fresh ingredients
- Popular dishes
 - *Bouillabaisse: a fish stew unique to Marseille*
 - *Daube: Provençal beef stew*
 - *Ratatouille: vegetable casserole consisting of tomato and other assorted vegetables*
- Two classic Provence towns is Avignon and Arles

EATING IN AVIGNON

Eating in the shadow of
the 14th century Papal
Palace





100
100

100
100

terre de





GRAND CAFE BARRETTA

A close-up photograph of a restaurant dish. The main focus is a white plate containing a cylindrical portion of chicken foie gras. It is garnished with a slice of toasted bread, a small salad of green and purple leaves, and a dark red sauce. In the background, there is a black wicker basket filled with bread, a glass of red wine, and a glass of water. A fork and knife are visible on the right side of the plate. The text 'CHICKEN FOIE GRAS' is overlaid in white on a dark semi-transparent rectangle in the bottom right corner.

CHICKEN FOIE GRAS



FILET WITH POTATOES GRATIN

EATING IN ARLES

Eating in the home of
Vincent Van Gogh

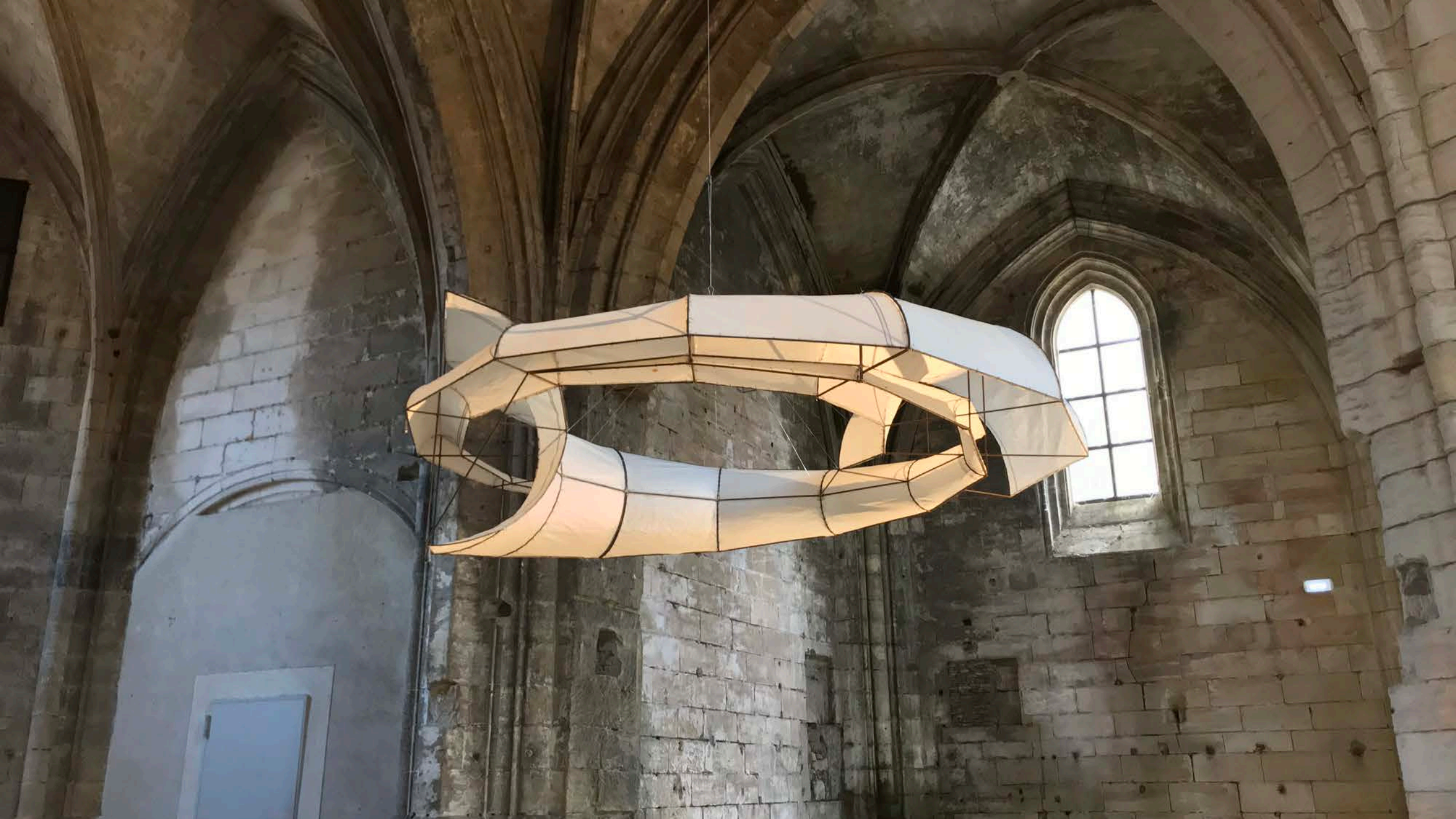




HOTEL

INSIDE THE BELLY
OF A WHALE





MOROCCAN
MEATBALL
STEW





EATING IN AIX







VEAL WITH
RATATOUILLE
AND POTATOES
GRATIN



Eating in between it all



You need cheap calories in order to save money for good dishes



Gather fresh meat, cheese, fruit, olives, and a baguette from the market



Wine if you're of age



