

Prepared by:



Frenc

h

food

Franc e



French cuisine was codified in the 20-th century and become the modern haute cuisine. Knowledge of French cooking has contributed significantly to Western cuisines and its criteria are used widely in culinary education.



FRENCH CUISINE IS DIVIDED INTO THREE PARTS:

- ◉ cuisine regionale (regional cuisine)
- ◉ cuisine bourgeoise (prevailing French cuisine)
- ◉ haute cuisine (fine cuisine, haute cuisine)



A MEAL OFTEN CONSISTS OF THREE COURSES

- ◉ A hors d'oeuvre or entrée (introductory course, sometimes soup),
- ◉ plat principal (main course),
- ◉ fromage (cheese course) and/or dessert, sometimes with a salad offered before the cheese or dessert.

The most popular French dishes

Truffles

Truffles are a group of valuable and highly sought-after, edible underground fungi. Found in close association with trees, truffles are highly prized as food. They have a smell similar to deep-fried sunflower seeds or walnuts.



Bechamel sauce

Bechamel sauce also known as white sauce, is made with a roux of butter and flour cooked in milk. It is one of the mother sauces of French cuisine and is used in many recipes of Italian and Bulgarian cuisine, for example lasagne.

Souffle

A souffle is a lightly baked cake made with egg yolks and beaten egg whites combined with various other ingredients and served as a savory main dish or sweetened as a dessert.



Fondue

Fondue is a French dish of melted cheese served in a communal pot over a portable stove, and eaten by dipping long-stemmed forks with bread into the cheese.

Croissant

A croissant is a buttery flaky bread roll. Croissants are made of a layered yeast-leavened dough. The dough is layered with butter, rolled and folded several times in succession, then rolled into a sheet, in a technique called laminating.



FRANCE IS ALSO FAMOUS IN BULGARIA FOR ITS BREAD

Long loaf (Baguette)

Baguette is a long thin loaf of French bread which is usually made from basic lean dough. It varies according to its length and crisp crust.



Standard baguette has a diameter of about 5 or 6 cm and the usual length of about 65 cm, although baguette can be up to one meter long!

The baguettes are also used for making sandwiches and snacks.



THERE ARE SOME FRENCH DISHES WITH COMMON FEATURES...

Gyuvech



Katmi



Ratatouille



Pancakes



and

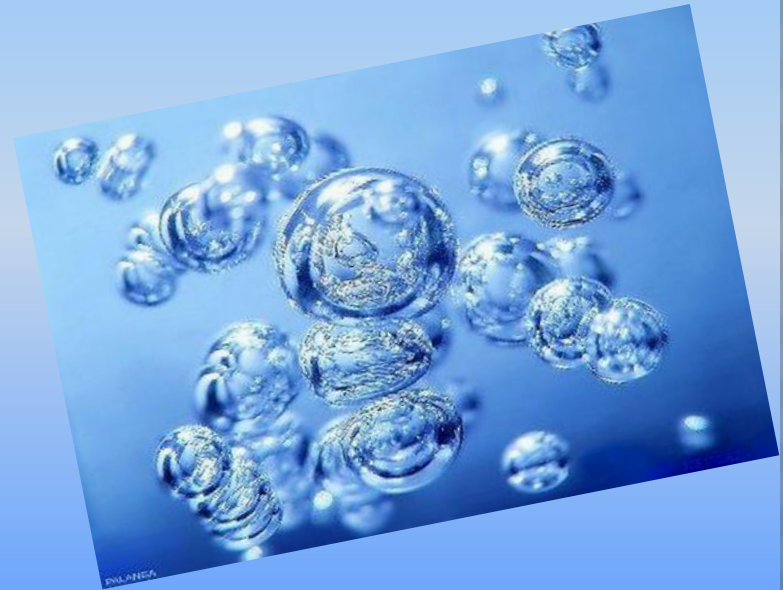
and

THE FRENCH PREFER SUCH DRINKS

Fruit juices



Mineral water



Very popular coffee



WE WOULD LIKE TO
THANK YOU FOR YOUR
ATTENTION!

HAVE A NICE DAY!

