History of Culinary Arts
Cooks have produced food in quantity for as long as people have eaten together.

For centuries, vendors in China, Europe and elsewhere have sold to the public foods that they prepared themselves or bought from others.

The history of the professional chef is of relatively recent origin.
The 16th Century

“Restaurant” comes from the French word “Restaurer”, which means ‘to restore’.

During the 16th century, the word restorative was used to describe rich and highly flavored soups and stews capable of restoring lost strength.

- Soups and stews were made by guild members.

Each guild had a monopoly on selling certain foods.
The 18th century- Boulanger’s Restaurant

• First modern restaurant opened in 1765 when Monsieur Boulanger, a Parisian tavern keeper, hung a sign advertising the sale of his special restorative, sheep feet in white sauce,
  — closed shortly due to claims of infringement on monopoly by a guild
  — Boulanger won in court and reopened
The 18th century- Boulanger’s Restaurant

• Other inns and taverns served food off premises and prepared by the guild because the main accommodation provided was sleep

• Boulanger’s served food ‘family style’ and ate at communal tables within the establishment (focused on people whose primary interest was dining)
Following in Boulanger’s Footsteps

antoine Beauvilliers began offering his wealthy patrons a menu listing available items during fixed hours, a trained staff served patrons at small, individual tables with an elegant setting.

- French Revolution—guilds and their monopolies were abolished, some chefs left the country while few opened restaurants catering to the growing middle class.
Early 19th Century- Careme and Grande Cuisine

• More restaurants opened serving a greater selection of items and catering to more people

• By midcentury, restaurants in Paris were serving elaborate meals, grande cuisine, dozens of courses elaborately prepared and garnished
  – Reached its peak with Antonin Careme
  – Others blended techniques with simpler foods for the middle class (Cuisine bourgeoisie-simpler than grande but more than home-cooking)
Late 19th Century—Escoffier and Cuisine Classique

- Restaurants opened in the United States and Europe

- Charles Ranhofer was the first internationally renowned chef of an American restaurant, Delmonico’s in New York.
  - In 1893, published his “Franco-American” encyclopedia of cooking, The Epicurean, containing more than 3500 recipes.

- In 1898, London’s Savoy Hotel opened a restaurant under the direction of Cesar Ritz and Auguste Escoffier.
  - Escoffier refined the grande cuisine to create cuisine classique
The Mid-20th Century - Point and Nouvelle Cuisine

- Trend toward lighter, more naturally flavored foods with simple preparation, led by Fernand Point
  - Movement was furthered more by chefs trained by Point who were the pioneers of nouvelle cuisine in the early 1970’s.

- Culinary philosophy was based on the rejection of the overly rich and complicated dishes and emphasized healthy eating.
  - Ingredients were fresh and of the highest quality
Late 20th & Early 21st Century
Early Culinary Revolution

• Immigration Act of 1965: lead to bold, ethnic flavors
  – Brought a large number of Asians
• By late 1970’s, Americans were over the overly salted cuisines and developed cravings for spicy dishes from Vietnam and Thailand

– Mexican food left the barrio and became mainstream.
Late 20th & Early 21st Century
Early Culinary Revolution

• Restaurateurs and chefs began Americanizing French nouvelle cuisines.
  – Alice Waters opened Chez Panisse in 1971, with a goal of serving fresh food rejecting the current trend of packaged and processed food. (TV Dinners)
  – Waters new cuisine became known as New American Cuisine.
  – Her culinary philosophy spread across the US, farmers and chefs began working together to make fresh, locally grown foods available
Late 20th & Early 21st Century
Early Culinary Revolution

- Period of Bold Experimentation - chefs began combining ingredients and preparation methods from a variety of cuisines, fusion cuisine.

- Farm-to-Table Movement - concern for locally raised ingredients influenced chefs to serve fresh seasonal foods, that is produced within miles of their restaurants.
Influences on Modern Food Services Operations
New Technologies

• Development of clay and metal vessels to hold liquid and conduct heat gave prehistoric cooks the chance to make soups and stews while control fermentation.

• Industrial Revolution lead to the advancements found in modern kitchens.
  
  —Most important advancement: cast-iron stove
Before the cast-iron stove...

Advancements of the Stove:

- Wood or Coal-Burning Hearth
- 1800’s: Cast-Iron Stoves
- Mid-Century: Gas Stoves
- Early 20th Century: Electric Stoves
With the advancements of the stove...

- Chefs could comfortably and safely approach the heat source and control its temperatures.

- Efficiently prepare several different foods requiring different cooking methods or ingredients.
Developments in Food Preservation and Storage

• In earlier years, food was preserved through:
  – Sun-Drying
  – Salting
  – Smoking
  – Pickling
  – Sugar-Curing
  – Fermenting

Although useful, these methods destroy and distort the appearance and flavor of the foods.
Developments in Food Preservation and Storage

- By the 19th century, preserving techniques had a minimal effect of appearance and flavor.
  
  - Early 1800’s, François Appert successfully canned foods by subjecting foods stored in sterilized glass jars to high heat.
  
  - Mid-1800’s: mechanical refrigerator was developed, leading to reliable ice boxes, refrigerators and freezers.
  
  - During the 20th century, freeze-drying, vacuum-packaging and irradiation became common techniques.

- Lead to the development of packaged, prepared convenience foods.
Advancements in Transportation

• Developments in transportation were underway
  – During the 19th century, steam-powered ships and railroads brought foods to market from distant suppliers.
  • By 1870’s, Chicago meat packers were supplying Europe with beef from the western Great Plains.
  – During the 20th century, temperature controlled cargo ships, trains and planes were used as a worldwide food transportation network.

Why were these advancements important?
Scientific Advancements

• Since the start of the Industrial Revolution, chefs have come to rely increasingly on mechanical and motorized food processors, mixers, cutters and other various equipment.

• During the 1990’s, scientists in the United States, France and Spain began to explore the area of food preparation to better understand the behavior of food (Molecular Gastronomy)
Agricultural Advancements

• Allow for an increase in production:
  — Switch from organic to chemical fertilizers
  — Introduction of pesticides and drought- or pest-resistant strains

• New and improved grains, fruits and vegetables
  — Longer shelf life
  — Withstand mass-production, storage and transportation
With New Advancements Comes New Concerns

- **Nutrition Values**
  - Nutrients promote good health by preventing deficiencies and chronic disease

- **Food Safety**
  - Federal, state and local governments promote food safety by inspecting and grading meats and poultry, regulating label contents for packaged foods and setting sanitation standards which effects the way foods are prepared, stored and served.

These concerns have resulted in a renewed interest in organic foods and free-range-raised animals.
New Consumers

• Demographic and social changes have lead to diversification of the food service industry.

• Since World War II, there has been a rapid increase in the number and types of institutions providing food services.
  
  — Hospitals, schools, sports facilities, hotels