## Chapter 1 Notes History of Food Part 3 of 3

## Some points of food history to review for the test:

* Haute cuisine is a fancy and very refined way of preparing food. It came to France from Italy in the 1500s.
* Coffee came from Africa to Europe. It was coffee that led to the invention and popularity of cafes. Women were allowed in cafes. They had not been allowed in pubs or taverns. The very first café opened in Oxford England in 1650.
* People began to earn more money during the Industrial Revolution. Thousands of families moved from farms to the cities to work in factories. These factories increased the production and manufacturing of the economies of Europe during the Industrial Revolution.
* Guilds developed during the Middle Ages and organized people by professions. Masons, weavers, millers and other professions banded together to protect business and profits.
* With more people came more need for food in cities. Restaurants began providing food for people. The word restaurant comes from a man named Boulanger began serving hot soups. These soups were called restaurers and that word led to the word restaurant.
* Science helped people with food safety. Louis Pasteur invented a system to heat milk to kill bacteria. This prevented thousands of food-borne illness deaths every year. Children benefited from this. Many children were killed from bacteria in milk.
* In more modern times, restaurants, both hometown and chains have grown.
* In the Gilded Age (1872), Walter Scott served dinners to factory workers from a horse-drawn wagon.
* In 1921, Roy Allen and Frank Wright began selling rights (permission) for restaurants to sell their root beer, A&W. This was the first franchise company.
* A franchise company is one that allows another to use its name, sell its products and receive services. Kentucky Fried Chicken, McDonald’s, Pizza Hut and Hardee’s are franchise restaurants.
* One of the first restaurant franchise restaurants to focus on food other than hamburgers was Pizza Hut. It was started by Frank Carney.
* Even fine-dining has gone chain now. Ruth’s Chris Steak House was one of the first to establish a chain of fine-dining establishments.

## Some famous chefs in Food History

* One of the first known cookbooks published was De Re Coquinaria (On Cooking) written by Marcus Apicius, a Roman gourmand.
* In 1533, Catherine de Medici came from Italy to France to marry a king. She brought her kitchen staff with her and her fork. Forks and silverware came to use in France after that.
* Some famous chefs in history include
  + Marie-Antonie Careme defined the art of grand cuisine. He owned his own shop and cooked for many famous people.
  + George August Escoffier defined the art of classical cuisine. He simplified the grand cuisine of Careme and made rules for uniforms and conduct for kitchen workers. His most lasting contribution is that he developed the Kitchen Brigade System. Each staff member has a specific responsibility in the brigade system. One worker Escoffier defined was the expediter – a person takes orders from servers and then calls them out to the kitchen.
  + Fernand Point is the father of modern French cuisine (nouvelle cuisine). He lightened sauces and used many regional ingredients.
  + Julia Child studied cooking in France and brought French cuisines and techniques back to America with her. She wrote a book and invented the modern cooking T.V. show. If it wasn’t for Julia Child – there would be no Food Network.

## The Kitchen Brigade and the House

Restaurants are divided into two parts – the front of the house and the back of the house.

The front of the house is the dining room. It is where people are served food. Front of the house employees include:

* Host or hostess who greets people and seats them. This person give the first impression of the restaurant to the guests.
* Server – a waiter or waitress, who takes orders, brings food and drink and serves the customers.
* Buser – called sometimes a bus boy. These people clear the dishes and cleans the table for the next guests.
* Manager – the front of the house manager is in charge of all the customer service employees and the dining room.
* Host, bus boy and server are entry level positions in the front of the house.

The back of the house is the kitchen where food is prepared.

* The executive chef or head chef is in charge of the kitchen and all kitchen operations.
* The sous chef is the second chef. He or she is responsible for scheduling personnel and checking plates before they are served. The sous chef also develops recipes and will man kitchen stations and cook as needed.
* Station chefs or line chefs do the actual cooking. They man the cooking stations from saute, fish, grill, fry and roast to soup vegetable and pastry.

## Two random things to study:

Satellite or commissary feeding is where one kitchen prepares food that is then shipped to another location.

Some modern restaurants have exhibition kitchens. These kitchens have large windows or openings that allow customers to see into the kitchen. This allows the customers to interact with the back-of-the-house staff.