

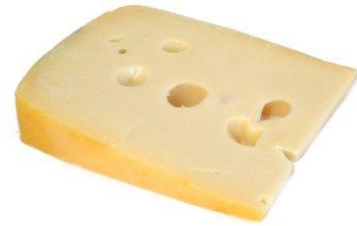
# *French Cuisine & Fashion*



*By: Claibourne, Emily, & Kate*

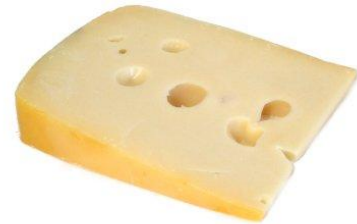
# Bon Appetit!

- <http://www.youtube.com/watch?v=c3Aqk>



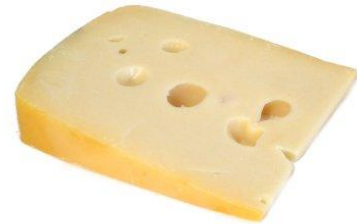
# *A Short History of French Cuisine*

- Italians had the largest influence on French Cuisine
- Since the 15<sup>th</sup> century food has become much more significant to the French than a simple meal
- Art, Literature, & education were thriving, and so was a great interest in first-class food & drink
- Wealthy Italians in Florence were the first to raise food to a higher norm; by using fresh ingredients & creating astonishing dishes.
- Typical French foods: layered pasta dishes (lasagna, manicotti, etc), soups, breads, & desserts



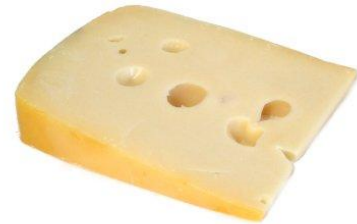
# How Food Became Significant

- A lot of French food made its way to France through the famous Medici family.
- Catherine de Medici married France's King Henry II in the mid-sixteenth century, and brought her food ideas to the French court.
- Later, another Medici married another French king, and the food kept coming!
- Like the Italians, the French liked to embellish their tables with fine china, glassware, and serving ware.
- Dinner became like "theater" in France, and it has remained a highlight of French Culture & Society



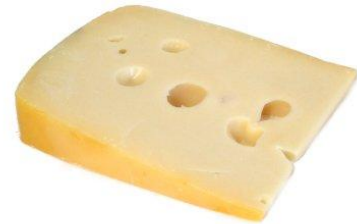
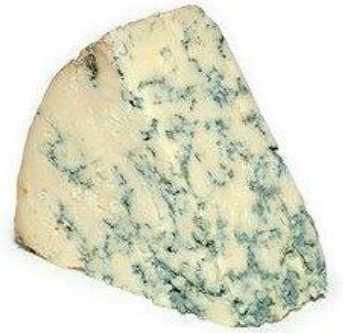
# The French Cooking “Bible”

- In 1652, the first French cookbook appeared; “Le Cuisine Francois” – which was written by a famous French Chef, La Varenne
- The book provides many preparation methods, including making a roux (a mix of flour and butter used for thickening soups and sauces).
- Before roux, the French, & others simply put bread in the soup to thicken it.



# *Regional Influences on French Food*

- Each region of France is famous for their own dishes.
- The evolution of regional cooking styles has been influenced by:
  - Local Availability
  - Neighboring countries & Immigration
  - History & Economic Conditions



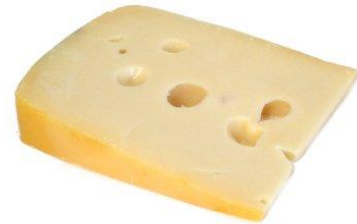
# *Types of French Cuisine*

- **Classical French Cuisine:** Includes all the classical French dishes which were at one time regional, but no longer specifically regional
- **Haute Cuisine:** Classical French Cuisine taken to its most sophisticated & extreme. Food is elegant, elaborate, & generally rich. Emphasis on presentation.
- **Cuisine Nouvelle:** Style developed in the 1970s and is generally simpler & lighter. Emphasis on local and seasonal ingredients
- **Cuisine du terroir:** Focuses on regional specialties and is more rustic in nature. Local produce and food traditions are the main focus.



# *Eat to Enjoy!*

- Dining has turned into a ritual
- Eating is to be enjoyed, shared, and most of all filled with marvelous food!
- Food must be pleasing to the palate, but also pleasant to the eye
- How food is offered to the plate is very important in French cooking

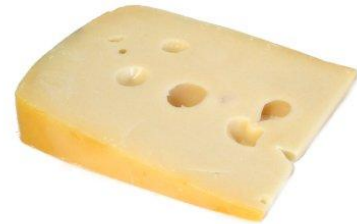






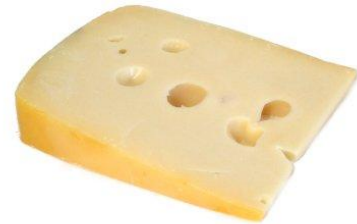
# *Don't Forget the Wine*

- Wine is an essential part of French dining.
- Is paired to match the food that is served.
  - A light, bubbly Champagne may improve the first course.
  - A dry white wine may go with the soup
  - A hearty red might pair with the main course.
  - A light, sweet dessert wine might go together with the dessert or cheese plate
  - The French are **MASTERS** of combining foods with wine!



# ..& cheese

- In addition to its use in cooking, cheese is often served as a course in itself.
- In this case, it is served after the main meal but before dessert.
- The platter will consist of three to four different types of cheeses & served with bread.
- France has **FOUR HUNDRED** sorts of cheese!





# Fashion

# *The First Evident Clothing*



- Believe it or not the first clothing evident was from the Neanderthals!
- furs (cut animal hides spaces for head and arms and draped them over their bodies), then learned how to tie them in the same fashion we use belts today!
- it symbolized comfort, protection, modesty, status, identification, and belief systems



# *From furs to wool & leather*

- Medieval fashion was very plain and not allowed to be luxurious
- fabrics worn: leather, wool, and cloth
- If anyone dared to wear silk or anything ornate they would be removed by the Great Charlemagne.
- Clothing did not change during the medieval time period until about the end of the 11<sup>th</sup> century; clothes were thick, strong, and durable and only special outfits for religious occasions were permitted to be ornate. These clothing pieces were commonly passed down as heirlooms through father and son

# *The 13<sup>th</sup>/14<sup>th</sup> Century Fashion the last of the lame...*



- TRUE fashion begins to emerge through costumes!
- More curvy seams, buttons, and lace make tighter fits!
- The surcoat is introduced to be worn over robes by both sexes at first
- These surcoats were then made sleeveless so that the nicer undergarments could be seen then women started wearing tighter jackets over the top of the surcoats

# 14th/13th/14th century cont.

- These coats were then shortened higher above the hips and the arms were widened, much like a jacket is worn today, but then were trimmed with fur paving the way into a more extravagant 14<sup>th</sup> century..

- Hair was commonly braided and coiled around ears, pointed shoes were common, fur trim, and sleeves that went past your hands, and belts sitting low on hips were common worn by people mid 14<sup>th</sup> to end of the 14<sup>th</sup> century





# The 15<sup>th</sup> century fashion.. A turn for luxury



- Wool was the most common fabric used, followed by linen and hemp!
- These wools were finally played up a bit though by being dyed reds, blues, golds, and greens
- Long gowns with sleeves and v-necks were worn over kirtles (or undergown) with a linen over layer by women.
- Extravagant headdresses and hats were now worn, veils, and linen wraps

# 16<sup>th</sup> century

- Cone shaped hoop skirts come in style!
- Linen shirts & chemises had full sleeves & full bodies
- Pleats, wide ruffles around neck and wrists
- Loud floral prints on silk & velvet for the rich
- Lynx fur & dark brown furs were worn as winter coats



# 17<sup>th</sup> century



- The beginning of mullets! Men would wear one long curl “love lock” in the back longer than the rest of their hair with a rose behind their ear and earrings.
- Muffs & gloves were worn by women
- High boots were worn with red, silk stockings
- Corsets and high horizontal waists were worn by woman in their cone skirts
- Full loose sleeves were worn around the elbows and became tighter throughout the century

# 18<sup>th</sup> Century French Fashion



- Characterized by low necked gowns, jackets and petticoats, and high curved shoes
- Clothes became more formal and intricate especially with the beaded gowns of the period
- Heavily boned corsets to keep ones figure became increasingly popular

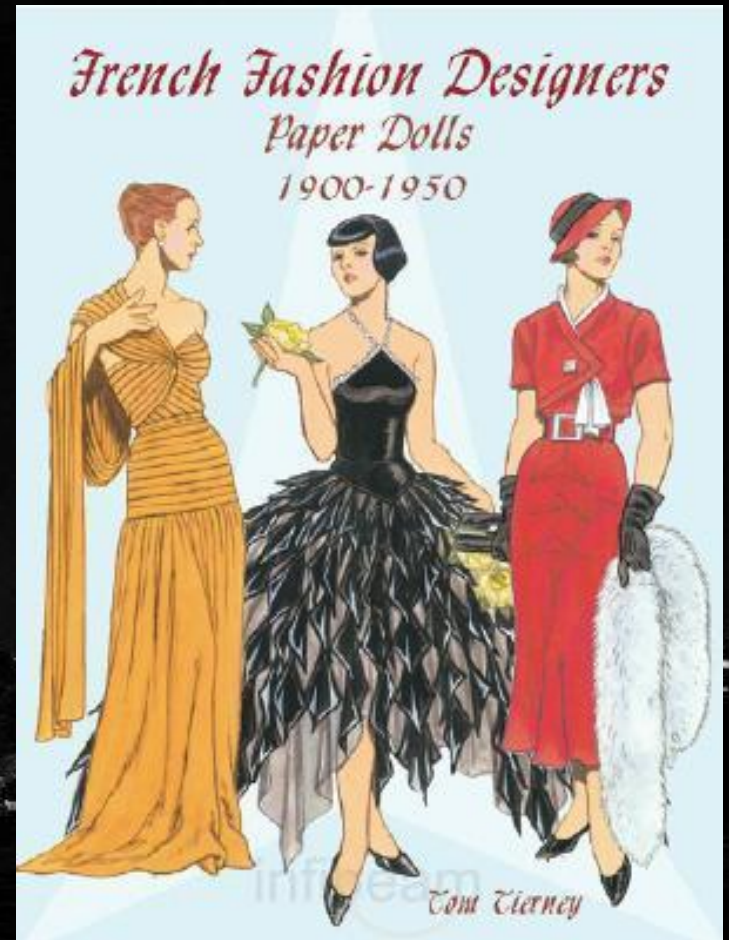
# 19<sup>th</sup> Century French Fashion



- Very elegant, but incredibly difficult to wear some pieces requiring many layers to put on
- Defined by a tiny waist and very full skirt
- By the late 19<sup>th</sup> century, the first mainstream designers began to emerge and led the way to 20<sup>th</sup> century couture

# 20<sup>th</sup> Century

- Term couture prevalent since early 20<sup>th</sup> century
- Examples of French Couturiers include Coco Chanel, Elsa Schiaparelli, Christian Dior, and Nina Ricci
- Couturier is another word for an establishment engaged in couture, meaning one of a kind clothes fit specifically for the client



# Christian Dior



- First collection 1947
- Dubbed the “New Look” by Carmel Snow
- Defined by small hips to create an accentuated waistline to appear more feminine
- Died in 1957 where Yves Saint Laurent became head designer



# *Coco Chanel*

- Born in Saumur, France August 19, 1883
- Began her clothing career as a milliner
- Soon expanded into clothing using previously unthoughtof materials usually associated with men's clothing
- Banned from Paris during World War II after a love affair with a Nazi officer and collections were reinstated in 1956





# *Elsa Schiaparelli*

- Born in Rome, but only designed in Paris and is known as a famous French couturier because of this
- Known for her surrealist designs often based off of her good friendship with Salvador Dali
- Business closed in 1954 when she did not adapt her designs to what the new women of the 1950's wanted



# *Nina Ricci*

- Founded by Maria Ricci in Paris in 1932
- At its height the House occupied 3 buildings with 11 floors in total
- Known for their one of a kind gowns made by hand on the mannequins
- Maria died in 1970 but the House is still successful as ever now having head designer Olivier Theyskens

*Paris Fashion Week*  
*2010/2011*

Fashion show

