

UN HISTOIRE CULINAIRE:  
CAREME, THE RESTAURANT,  
AND THE BIRTH OF MODERN GASTRONOMY

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THE BIRTH OF MODERN GASTRONOMY

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## Introduction

Of all the things humans desire and need, there is no greater need than food, and few greater desires than good food. Humans have not only sought to eat, but to eat well, to eat flavorfully, and to create dishes from basic ingredients in new ways to please the palate. The advancement of societies has changed how and what we eat, but for many years the character of dining for most people throughout the world did not change. Families ate at home with meals they themselves grew or slaughtered, or purchased or traded locally, a global marketplace and exotic ingredients were limited only to the very wealthy. The modern, developed world with many types of foods, restaurants, supermarkets, and ingredients is a relatively new phenomenon, one that began only two hundred years ago, with the advent of the French Revolution and its affects, which followed. This was the first time that the great innovation that would create modern gastronomy, the restaurant, came into widespread popularity.

The purpose of this thesis is to discuss the changes that occurred in French cuisine following the French Revolution, and the impact that a select few chefs of the period, namely Antonin Careme, had in developing the format, presentation, and stylistic approach of post-revolution France's most distinctive culinary movement, haute cuisine. It will also discuss the development of the restaurant during this period, in which the modern restaurant as we understand it came into existence, and in the format with which we are familiar. The restaurant is so crucial to our understanding of this period because it was the first time individual chefs had such an open outlet to demonstrate their skill and creativity, working for themselves and not as the servants of an aristocrat or royalty.

The restaurant as it is contemporarily understood did not exist until the end of the

18th century. Sitting down in a public restaurant specifically for a meal, with a waiter and a fixed menu is a relatively recent concept in culinary history, and it is interesting that two important changes in culinary history should experience such explosive growth in roughly the same time period, and it is worth our time to examine the causes and explanations of this phenomena. This juxtaposition will allow us to better understand an institution that plays such an important in our lives and the cuisine that helped to popularize it.

Though restaurants had existed to a very limited extent in the middle of the 18<sup>th</sup> century they were not in a form that would be contemporarily understood. However, the toppling of the monarchy and the resulting egalitarianism that spread throughout France in the years immediately following the revolution in the 1790's allowed for their massive growth and increase in stature, forever changing the character of the culinary world. It was the first time a chef could have the capability of reaching such a wide audience with his skills, being employed for him and not being strangled with the guild restrictions and politics that had consumed French culinaria for so long. Another facet of this great paradigm shift in gastronomy is the first real culinary movement of modern European history, haute cuisine. This was the high cuisine, cuisine classique, the first formalized, structured system and technique applied to gastronomy, and it would become the basis of formal western culinary education into the present day. These two great movements, that of the restaurant and haute cuisine, were the beginning of the transformation of cooking from a skill to an art, with the restaurant creating an accessible means through which the larger parts of society could be exposed to the creations of this new cuisine, and allowing the chef to become an independent, sought after, and respected artist. Understanding

where these institutions came from is important if one wishes to have any understanding why they exist, and how the restaurant and the modern understanding of the chef as an artist and not merely a worker came to be.

The invention of the restaurant must figure largely into our understanding of this work because it and haute cuisine share a symbiotic relationship in the comprehension of this history, it is doubtful if one could have existed without the other, or if it were not for the time period it occurred in. The birth of the restaurant required a restructuring of the kitchen as well. With a new system involving cooked to order dishes and long serving periods made of individual dishes, consolidation and ordering of ingredients and accessibility of mise-en-place (a general term for ingredients to be used during the daily preparation of meals). The formal classification of line cooks, pastry cooks, and garde manger became necessary to keep order in this frantic and busy new system. This coupled with haute cuisine resulted in a massive paradigm shift from the antiquated Service Français (serving dishes all at once), into the modern system of service we know today. Though this particular culinary movement in France is extremely important in epicurean history, it is also important to remember that haute cuisine still owed its foundations to an older established European culinary tradition, and that it was not simply spontaneous, or appeared from nowhere, as it sometimes seems to be understood. Its earliest roots can be traced back to the Roman Empire, where Rome's imperial expansion led to the acquisition of new food's and idea's, and more importantly Greek slaves who were highly sought after for their cooking abilities. France also owes a great debt to Italy for the influence that it brought to French cuisine that will be discussed later in more depth.

Until the 19<sup>th</sup> century there had never been something like haute cuisine. Roman and Medieval cuisine is full of grandiose preparations and elaborate banquets, but these culinary periods show an increasing degree of complexity and esotericism not easily replicable or understood. Quantity and amounts in recipes with any degree of exactitude are nearly non-existent, and as far as literature for the professional chef there was very little. Haute cuisine is such an enormous innovation in culinary history because it is a distillation of earlier recipes and methods, with a far clearer explanation of methods and preparation. Careme's texts are filled with illustrations of hundreds of centerpieces, deserts, and desired visual representations of his dishes, especially pastries, for which he achieved his initial claim as a chef. He maintains the elegance and beauty of the "Grande Cuisine" while at the same time doing away with the mystery associated with its preparation.<sup>1</sup> Few of his recipes can be found without listed amounts of ingredients and at least some detail as to method, crucial, especially to baking and pastry.

#### Careme, Alexis Soyer and the changing face of gastronomy

Paris, the year is 1798 and we find ourselves on the Rue Vivienne, blocks away from the Jardin du Caroussel and across the street from the Bibliotheque National.<sup>2</sup> Less than a decade after the terror of Robespierre and the Revolution, this block sits on the cultural center of a newly invigorated Paris that is now the cultural center of the world. North of the Jardin behind the Palais Du Royal, is the Patisserie of Monsieur Bailly, where, if we head downstairs to the kitchens, (this is an era where the architecture of the time dictates that all kitchens be underground) we will find a young man barely 17 years

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<sup>1</sup> Revel. Culture and Cuisine. pg.258

<sup>2</sup> Kelly Cooking for kings.pg 35.

old hard at work. He is busily pressing and kneading dough and tending to various batches of yeast, pale and tired, but in a few years to be the most renowned name in the culinary world.<sup>3</sup>

This is Antonin Careme, abandoned child of the Revolution, survivor of the great Terror, and now the quickly rising apprentice of Monsieur Bailly. On his free afternoons Careme could be found at the Bibliotheque Nationale, studying ancient and modern cuisine, and also architecture. “I believe architecture to be the first amongst the arts,” said Careme. “And the principal branch of architecture is confectionery”<sup>4</sup>. Of the many arts he practiced, humility was not one them. Careme came of age in the beginning of modern gastronomy. Before the revolution the only true chefs were those employed by royalty and the bourgeois, *traiteurs*, as they were referred to. With the death of the royalty and the monarchy, many of the chefs who were employed by a class that no longer existed sought other means of employment and opportunity. Many decided to open their own restaurants, and what was once a privilege of the social elite soon became available to all. The art of cookery transformed.

The new celebrity chefs of the post-revolution era were made famous not only through their culinary skills and innovations, but through the changes that resulted. Beside Careme were a number of famous individuals, including Alexis Soyer. Soyer was a Frenchman but his most accomplished and celebrated works would be completed in London, and Great Britain would become his adopted country. Soyer learned the art of

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<sup>3</sup>Kelly. *Cooking for Kings*.pg.35

<sup>4</sup> Kelly. *Cooking for Kings*.pg.51



cookery in Paris and became a rising star in the newly invigorated culinary world of the time, and by the age of 17 he had already become an exceptionally talented chef, much the same as Careme. Soyer however, differed in several respects from Careme.<sup>4</sup>

Careme is the embodiment of the culinary art. He was a tortured, artistic soul; his portrait even seems reminiscent of a Lord Byron with its tussled hair and delicate features. He is responsible for the creation of dishes that were so complex, so ethereal, and so grandiose that in some cases their art has been lost. Soyer also was an excellent chef, not a pâtissier as Careme, but still masterfully talented. Soyer was also an inventor, and a good marketer. He patented sauces, inventions, sold bottled goods named after himself, and published frequently, including in newspapers. He became an individual talent, though in a different manner than Careme. Like Careme however, he began his career as servant, but was able to eventually grow his talent and fame to such an extent that he no longer belonged to anyone or any institution, His flame did not burn as bright as Careme's, but it also did not extinguish itself so quickly. Soyer was also a great humanitarian towards the end of his career, and while he spent much of his time ingratiating himself with London's elite during his tenure as chef de cuisine at the famous gentleman's Reform Club, where he worked from 1837 to 1850, he used it to grow his own name and reputation<sup>5</sup>. His kitchen club reflected his understanding of the practicalities of cooking and attempted to ease the work of the average chef in his day-to-day duties. The daily chores of a chef in even preparing for the serving of meals is grueling and demanding and the required prep work even today in the age of blenders, food processors, gas appliances, and refrigeration is exhausting. Cooking in the 19<sup>th</sup>

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<sup>4</sup> Brandon. The Peoples Chef, pg.182.

<sup>5</sup> Brandon. The peoples chef, pg. 104.

century was inconceivably hard, and often done in conditions without ventilation, making it even more hazardous. Soyer recognized these pathologies and was one of the first chefs to institute large-scale practical changes that would help to evolve the methods of large volume dining and food production. Firstly, his kitchen was one of the first to have a gas stove, whose importance in modern cookery is undeniable. Other changes that he instituted reflect the declining trend of large banquet dining and Service Francais, into the modern cooked order restaurant format, where a chef must have all of his necessary supplies, prepped, ready, and within immediate, easy reach. Rotating prep tables that gave access to ingredients with relative ease were installed throughout the Reform Clubs kitchen, making sure chefs would not have to run across the kitchen for every small ingredient. It would seem common sense to set up ones kitchen in such a manner, but few kitchens had been formatted for a cook to order system and style of service, and such changes did not become commonplace until the middle of the 19<sup>th</sup> century<sup>6</sup>. Soyer was a practically minded chef, and his influence would help to create a more functional, modern, cooking environment.

Once exclusive guild controlled opportunities to apprenticeship and training that were once dominated by nepotism soon became accessible to a whole new generation enraptured by the art of cookery. First and foremost the art of Patisserie, then the most respected and emulated of the culinary arts. The culinary Renaissance had begun. Of all the other things maligned by their association with a hated French aristocracy, cooking managed not only to survive, but to thrive and prosper. Lavish spending did not disappear with the royalty, as Tsar Alexander and Napoleon both made use of Careme's skill, the

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<sup>6</sup> Montagne, Larousse Gastronomique, pg.968.

latter of which would hire Careme to prepare his wedding cake, and the Rothschild's would pay a modern 200,000 dollars for a single evening of his services<sup>7</sup>. His skill was respected and uncontested, and he would become the exemplum for a whole new generation of cooks to pursue their art.

The life of the cook is a hard one, and it was not easier in 19<sup>th</sup> century Europe. These practitioners of the new haute cuisine found themselves laboring in the most deplorable conditions. The regular inhalation of carbon monoxide from cooking over coal fires would eventually kill Careme, and cooking and roasting was done over open flames in environments where there was no air conditioning or open windows<sup>8</sup>. Even into the later part of the 19<sup>th</sup> century the chef was not given the respect his position should have allowed him. True he was an important servant of the household, but he remained a servant nonetheless. Grimod La Reyniere, author of the "Almanach des Gourmands" and widely regarded to be the first food critic and a contemporary of Careme, sympathized with the role of the chef and felt compelled to write "The most consummate cook is seldom noticed by the master, or heard of by the guests who, while they are devouring his turtle and drinking his wine, care very little who dressed the one or sent the other."<sup>9</sup> It was in this era after the revolution that the chef's status became elevated to that of an individual and an artist, and without the influence of La Reyniere it might not have been possible. The chef's difficult and undervalued position became greatly elevated. The modern kitchen is no easy place either. It is a hot, hectic, and demanding career. What then, is its attraction? For the creative mind willing to endure the heat and delicate tedium,

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<sup>7</sup> Kelly. *Cooking for kings*, pg.13

<sup>8</sup> Montagne. *Larousse Gastronomique*. pg.195

<sup>9</sup> Kelly. *Cooking for kings*. pg.58

the rewards, however temporal, provide the ultimate satisfaction.

## Haute Cuisine

As we discuss the advent and growth of haute cuisine we must first give it a workable, concise definition. What is it? How did it evolve, and why are individuals like Careme, Escoffier, and Soyer so celebrated in their association with it? These individuals are not called cooks; we call them chefs for a reason. We call the fruits of their labors not food, but cuisine, for a reason as well. Haute cuisine is immediately recognizable even to the layman's eyes for its visual appeal and elegant presentation, its focus on individual preparation of plates. An iconic image of what is sometimes called Cuisine Classique (often synonymous with haute cuisine) is the Piece Montee, or centerpiece, which was an elaborate structure of spun sugar or pastry of antique buildings or other grand structures. Careme was especially famous for his preparation of these and they would lead to his initial fame as a pastry cook<sup>10</sup>. Though these grand works of art were certainly important they do detract from the more important innovation that the movement brought to modern cuisine, simplicity.

The evolution of haute cuisine has been one of a process of simplification rather than a growth in complexity and esotericism. While Careme is celebrated for his grandiose meals and multi-day complex preparations, his works were simply a distillation of earlier, more complex works of Medieval cuisine, though with the growth of a more international market place and increased multi-national trade would allow for easier access to spices and ingredients that had been largely unavailable and too costly for the

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<sup>10</sup> Kelly, *Cooking for kings*. Pg.53

average home in post-renaissance western Europe. For instance, a spice mixture provided by the chef Frati from Venice which calls for “Cloves and good ginger, an ounce of fine cinnamon, and the same quantity of leaf (which might refer to bay leaf)”, would have cost an exorbitant amount for the average bourgeois family of the time<sup>11</sup>. While Careme and his contemporaries were given to extremes of luxurious ingredients and the preparation of monumental center-pieces when cooking for royalty and grand banquets, the majority of Careme's work focuses on much more simple and easy to comprehend dishes, with a marked usage of seasonally available ingredients. Items such as a potage of pureed peas with croutons, one of hundreds of soup recipes credited to Careme,<sup>12</sup> illustrate the simple processes and ingredients Careme loved and expanded upon and show the true innovation of haute cuisine.

Haute cuisine in the historiographical perspective of culinary history is the first truly French and truly modern culinary movement. Its results have had a major impact on cooking and the images associated with the movement's innovations and foods are forever associated with the highest echelons of gastronomy. It is not however, a simply spontaneous occurrence and just like everything else in history it has its basis in smaller events and the doings of generations previous. In the earlier times of the late Medieval era and the Renaissance it was Italy, not France, whose reputation for gourmands and appreciation of food was renowned across Europe. Foremost amongst Italian gourmands and closely associated with the grand cuisine of the era were the Medici's. The Medici family played a key role in Renaissance society, producing popes, businessmen, and even

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<sup>11</sup> Odile Redon, Françoise Sabban, Silvano Serventi. *The Medieval Kitchen*, pg.221

<sup>12</sup> Kelly. *Cooking for Kings*. Pg.238-239

a queen<sup>13</sup>. When Catherine de Medici was married to Henry II in 1533, her entourage of Florentine chefs would accompany her to France, where they would make an immense contribution to the French court and its cooking, bringing new styles and flavors and enhancing what can be considered a lexicon of French gastronomy still trapped in the Medieval period. The Medici's were such a pervasive presence across much of western Europe they were able to set precedent for behavior and procedure at royal and aristocratic courts across much of Europe, giving us the grandiose culinary tradition that would eventually transform into the inherently French haute cuisine<sup>14</sup>.

The success and proliferation of the new celebrity chef, including Careme himself, was only made possible through certain changes in the societal character of France, particularly Paris, and the changing face of the restaurant itself. Advances in the technology of the period also allowed for the changes necessary to re-invent the kitchen from a cooking environment using a primarily open flame heat source and cauldrons to the more modern Castrol stove of the French architect Francois de Cuville.<sup>15</sup> His invention marked the first usage of copper flat bottom pans and allowed chefs to control the heat under which they cooked, allowing the creation of a more complicated and practiced lexicon of sauces, desserts and innumerable dishes that require the precise application of heat<sup>16</sup>. It would not be until the 1820's that the first gas stoves would make their appearance into the Parisian restaurant scene, further revolutionizing an already revolutionary technology.

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<sup>13</sup> Revel. Cuisine & Culture. Pg.118

<sup>14</sup> Revel. Cuisine & Culture. Pg.178

<sup>15</sup> Montagne. Larousse Gastronomique, pg.530.

<sup>16</sup> Montagne.Larousse Gastronomique.pg.873

## The Restaurant

The Restaurant is an integral part of our modern world. The average person in the 21<sup>st</sup> century is more, mobile, educated, busy, and wealthy than any other time in history. For many of us the idea of preparing all our meals at home seems quaint and antiquated. The restaurant, in all its various forms, is an important social institution as well as necessary for many people too busy or too ill equipped to prepare their own food. As of 2011, the restaurant industry produces 608 billion dollars a year, and 1.5 billion dollars in sales will take place daily in the restaurant industry. The food service industry employs over 12.8 million people, and will add another 1.3 million jobs within the next decade. In addition, there are over 12,804 McDonald's locations in the United States alone<sup>17</sup>. Though the modern restaurant was born out of the social upheavals of the French Revolution, it did not begin there. The contemporary image of the restaurant with a fixed, cooked to order menu is a relatively recent creation, but people have sought after food for centuries, and the dedicated gourmand has found many ways to appease his appetite.

The invention of the restaurant does not belong exclusively to France. Though it is French chefs like Careme and Escoffier who would eventually write a great deal of the literature regarding the culinary arts and become some of its most famed practitioners, earlier institutions that would eventually become the restaurant as we know it existed far back into antiquity. One such example is the Thermopolium of ancient Rome. The Thermopolium was a small room or counter that could be found in front of a building

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<sup>17</sup> <http://www.restaurant.org/research/facts/>

where one could purchase dried foods and drinks that were kept in earthenware pots embedded into the counter. Some functioned as an inn for travelers and had bedrooms as well. Poorer people without kitchens often frequented them, and since most households of any wealth owned slaves who prepared their meals they were sometimes scorned as the hangouts of people of lesser repute<sup>18</sup>. Other institutions paved the way for the eventual arrival of the restaurant, indeed some might be said to have been a necessary pre-condition for its success. For centuries across Europe, taverns and inns in Britain and France, bodegas in Spain, and Braueri in Germany and Austria had offered people a place to gather communally, generally around alcohol, but they often served small, simple ethnic meals reflective of their environments. Tapas in Spain originated in this way, and one could find bratwurst and sauerkraut at Weintrauben and brew houses in the Germanic countries.<sup>19</sup> Finding prepared food outside of the home was not so unusual, but actually going out for a meal and finding a restaurant to sit and eat a meal in was rare until the mid 1700's and remained largely non-existent. No such place could private the somewhat contradictory public-private space that makes the restaurant so unique.<sup>20</sup> One such institution that served a similar communal purpose and was to become wildly popular was the coffeehouse. Originating in the near east and in Turkey, coffee was brought to Europe in the 17<sup>th</sup> century and in 1652 a Jewish merchant named Jacob opened London's first ever-coffee house<sup>21</sup>.

The coffee house offered not only the exotic allure of a new beverage, though coffee first had to overcome a degree on xenophobia having come from the east and

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<sup>18</sup> Apicius. *Cooking and Dining in Imperial Rome*. Pg.90

<sup>19</sup> Revel. *Culture and cuisine*. pg. 204

<sup>20</sup> Spang. *The invention of the Restaurant*. Pg.208

<sup>21</sup> Cowan. *The Social Life of Coffee*.Pg. 45



being drunk by Arabs. The coffeehouse served an important role in creating a social environment that people could gather in, and a desire for institutions that filled such a role. It was not only a place for people to gather, it was a place *everyone* could gather, regardless of their societal position. After the revolution restaurants served as an exemplum of the spirit of *égalité* and *fraternité* by offering meals not only at differing costs so that each customer may adjust his costs to his own financial means, but by charging everyone the same for their purchases. The idea that the food formerly of the aristocracy was now accessible to all was partly responsible for the enormous popularity of the restaurant, and also proved its saving grace, as it very easily could have easily been destroyed in the revolutionary fervor as an institution of the hated royalty and aristocratic superiority.

The earliest restaurants as we understand them in the 18<sup>th</sup> century differed drastically from our modern interpretation. As Rebecca Spang asserts in her “Invention of the Restaurant”, the first restaurants did not serve meals of any kind, but rather actual restaurants, or restoratives, by which was meant a small cup of bouillon or consommé<sup>22</sup>. The idea was that for those of too delicate a constitution to eat a full or actual meal, this tiny cup of bouillon, essentially a highly reduced stock said to concentrate the nutrients of the meat and vegetables that it was cooked from would substitute. In 19<sup>th</sup> century France having a delicate constitution was considered fashionable to a degree, precipitating a rise in the restaurants’ popularity. If one desired to eat somewhere else other than their home, the options were limited. One could dine at an inn where the choice of fare would be whatever the proprietor had chosen to prepare that day, and it could be good or bad,

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<sup>22</sup> Spang, Rebecca. *The invention of the Restaurant: Paris and modern Gastronomic culture*. Harvard University Press. 2000.

depending on the quality of the landlord. The only other options were to hire a *traiteur*, a member of a guild who would prepare meals at his home, offering little to no choice in the options. Cooking and production of foodstuffs was limited to those belonging to exclusive culinary guilds filling very specific roles. A butcher or a *pâtissier* without the proper documentation could not hope to practice any other culinary art, or open a restaurant or even serve a dish that contained an ingredient not permitted to be cooked by a non-guild member. Though there were many loopholes and they were not always followed these laws limited the artistic and commercial scope of cooking and the restaurant to a few avenues. The existence of the guilds stifled the creation and growth of individual chefs and limited their capabilities. It would not be until the revolution that the guild structure was largely abolished in a massive nation wide outpouring of egalitarian spirit, and it was here that the chef became an individual and the restaurant began to coalesce into its more modern and familiar form<sup>23</sup>.

Careme's success allowed him to travel the world and gain a level of culinary perspective that few, if any of his contemporaries could rival. He would work for the Rothschild's, George IV, and Tsar Alexander during his life, and his international perspective would help to introduce several important changes to French gastronomy<sup>24</sup>. Careme was one the first to advocate for and begin the transition to *Service de Russe*, the practice of serving dishes separately over multiple courses as opposed to traditional French service, which dictated that dishes all be served at once. He also published a wealth of cookbooks that would become the basis for formal western culinary education. In his 1854 publication "The Art of French Cuisine in the 19<sup>th</sup> Century", Careme laments

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<sup>23</sup> Montagne. Larousse Gastronomique. Pg.472

<sup>24</sup> Kelly. Cooking for kings. Pg.224

the bombast and ignorance inherent to culinary writing and thought of the period in regards to an area that Careme believed to be of paramount importance, the preparation of simple stocks and soup. “ The culinary authors of our modern times affect the same disdain... and do not give the analysis to the theory of the unassuming peasants soup. But on the other hand they were not ashamed to write that they did not know how to make good bullion in the restaurant kitchens, without indicating any technique of their own, or indeed that any should have existed”<sup>25</sup>. For Careme, this lack of basic culinary knowledge was inexcusable, but also serves to illustrate the importance he attributed to simplicity over the overly complex. Careme was the first to author the concept of mother sauces, which stated that sauces be grouped into four categories based on the main ingredient from which they are derived; béchamel sauce, which is based on milk, espagnole which are sauces derived from brown stock, veloute, veal stock with blonde roux, and Allemande sauce, which is veloute thickened with heavy cream and egg yolks. The famed 20<sup>th</sup> century chef Escoffier would later add Hollandaise to this category of mother sauces<sup>26</sup>.

## Le Menu

When one thinks of French cuisine, its immediate associations are those of opulence and richness. Items such as foie gras, steak tartare, duck confit, and other rich well known dishes perfectly illustrate this concept and all typify items of a classic French bistro menu. Their ingredients are expensive (in the case of foie gras exorbitant) and their preparation requires patience and specific knowledge. If one looks closer however, one can also discern many items that did not evolve in the majestic and sumptuous kitchens

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<sup>25</sup> Careme. L'art de cuisine Francaise au dix-neuvieme siècle. Pg.2.

<sup>26</sup>Montagne. Larousse Gastronomique. pg.939.

of the pre-revolution elite. There are innumerable dishes like ratatouille, beef burgundy, coq au vin, potatoes boulangier, and niçoise font problem salad that evolved in the homes and small villages of France, not in the court kitchens. They use cheap plentiful ingredients without truffles or expensive cuts of meat and achieved the desired effect of taste and depth of flavor. It is for this reason that gastronomy becomes an art. Not for the complex and grand table settings of royal households and expensive foods it can create, but because it evolves. Like any other art form it changes and grows and can be manipulated by minds capable of understanding how to manipulate their tools and products. The beauty of simplicity and refinement is the artistic element of haute cuisine that makes it so unique. Knowing this it is important to keep in mind that haute cuisine has its roots in the simple traditions of rural France, using the less desired cuts of meat (Like beef tips in beef burgundy for instance) and plentiful other fresh ingredient and local herbs to create a dish that preserves the character of the land and the subtle balance and complexity of flavor so important to any great dish. Coq au vin also illustrates the flavors of France so well while using only locally available ingredients (chicken, wine, mirepoix, which is onion, carrot, and celery, the basis of any normal stock) to create a dish both wholesome and exquisite. The success and enduring popularity and recognition of haute cuisine and its dishes is from its ability to build upon the proven simple methods of an earlier French culinary tradition. For example, Béchamel sauce is little more than thickened milk, certainly nothing new, but realizing the template something so simple offered, Careme was able to expand his collection of sauces exponentially by building upon simple blocks like this.<sup>27</sup> It is in the farms across France and the generations of

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<sup>28</sup>Montagne. Larousse Gastronomique.pg.251

recipes handed down that begot haute cuisine.

## Conclusion

The rapid expansion and growth of the restaurant and the development of the innovative haute cuisine resulted in a complete transformation of the culinary world. The resulting simplification and beautiful simplicity of the haute cuisine movement would provide a basis for future chefs to better understand and replicate the necessary techniques so crucial to the art of cookery. The restaurant created a canvas for this new cuisine to be painted and expanded upon, and to eventually grow and become the massive institution that it is today. These innovations are the beginning of modern gastronomy, and though food and the ingredients and the way we serve and prepare our food have all changed, we can still trace the roots back to where it begins. Here, in the cramped and hectic kitchens of post revolutionary France, modern gastronomy is born.

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