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French is Back: The New Cuisine is Trendy and French

By Dylan Miles

French food is back with a vengeance. French cuisine has evolved into a less pretentious version of its older self. The new French cuisine, or Nouvelle Cuisine, is more accessible and comes in many varieties, including bistro food, brasserie style and the ultimate in luxury food, haute cuisine.

French cuisine is fresh and creative, and a lot more simple than it was in the past. French cuisine is often experimental, but the of the food continues to skyrocket. Basically, the French have gone back to their regional roots and brought a modern version of traditional French cooking. Unlike the sophisticated plates of the past, French food now fits into the public's desire for "real food". But real food is not just about traditional mum's-cooking type of dishes. People want traditional foods and flavors with a distinct contemporary feel. People want the old packaged and presented in a new way. The new French cuisine is exactly this.

Frog's legs are still being served in abundance, but the new French cuisine is also influenced by what is going on outside of France. French food is now transformed by influences from the South American, Asian, Italian and American cuisines. Chefs creating the new French cuisine are incorporating ideas picked up from their travels around the world. These days chefs are knowledgeable of the characteristics of cuisines around the world and can use elements of various cultures in creating their own new cuisine.

The result? The new French cuisine is creative and classical. The new French cuisine is both traditional and contemporary.

Dylan Miles, journalist, and website builder, lives in Texas. He is the owner and co-editor of

<http://www.foodgarden.info>

on which you will find a longer, more detailed version of this article.

Culinary Traditions Of France

French is Back: The New Cuisine is Trendy and French

By Kirsten Hawkins

French cuisine is the amazingly high standard to which all other native cuisines must live up to. The country of France is home of some of the finest cuisine in the world, and it is created by some of the finest master chefs in the world. The French people take excessive pride in cooking and knowing how to prepare a good meal. Cooking is an essential part of their culture, and it adds to one's usefulness if they are capable of preparing a good meal.

Each of the four regions of France has a characteristic of its food all its own. French food in general requires the use of lots of different types of sauces and gravies, but recipes for cuisine that originated in the northwestern region of France tend to require the use a lot of apple ingredients, milk and cream, and they tend to be heavily buttered making for an extremely rich (and sometimes rather heavy) meal. Southeastern French cuisine is reminiscent of German food, heavy in lard and meat products such as pork sausage and sauerkraut.

On the other hand, southern French cuisine tends to be a lot more widely accepted; this is generally the type of French food that is served in traditional French restaurants. In the southeastern area of France, the cooking is a lot lighter in fat and substance. Cooks from the southeast of France tend to lean more toward the side of a light olive oil more than any other type of oil, and they rely heavily on herbs and tomatoes, as well as tomato-based products, in their culinary creations.

Cuisine Nouvelle is a more contemporary form of French cuisine that developed in the late 1970s, the offspring of traditional French cuisine. This is the most common type of French food, served in French restaurants. Cuisine Nouvelle can generally be characterized by shorter cooking times, smaller food portions, and more festive, decorative plate presentations. Many French restaurant cuisines can be classified as Cuisine Nouvelle, but the more traditional French restaurant cuisine would be classified as Cuisine du Terroir, a more general form of French cooking than Cuisine Nouvelle. Cuisine du Terroir is an attempt to return to the more indigenous forms of French cooking, especially with reference to regional differences between the north and south, or different areas such as the Loire Valley, Catalonia, and Rousillon. These are all areas famous for their specific specialty of French cuisine. As time has progressed, the difference between a white wine from the Loire Valley and a wine from another area has slowly diminished, and the Cuisine du Terroir approach to French cooking focuses on establishing special characteristics between regions such as this.

As part of their culture, the French incorporate wine into nearly every meal, whether it is simply as a refreshment or part of the recipe for the meal itself. Even today, it is a part of traditional French culture to have at least one glass of wine on a daily basis.

Kirsten Hawkins is a food and nutrition expert specializing the Mexican, Chinese, and Italian food. Visit

<http://www.food-and-nutrition.com/>

for more information on cooking delicious and healthy meals.



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