

- **Doc. 1: Gastronomic meal of the French:**

The gastronomic meal of the French is a customary social practice for celebrating important moments in the lives of individuals and groups, such as births, weddings, birthdays, anniversaries, achievements and reunions. It is a festive meal bringing people together for an occasion to enjoy the art of good eating and drinking. The gastronomic meal emphasizes togetherness, the pleasure of taste, and the balance between human beings and the products of nature. Important elements include the careful selection of dishes from a constantly growing repertoire of recipes; the purchase of good, preferably local products whose flavours go well together; the pairing of food with wine; the setting of a beautiful table; and specific actions during consumption, such as smelling and tasting items at the table. The gastronomic meal should respect a fixed structure, commencing with an apéritif (drinks before the meal) and ending with liqueurs, containing in between at least four successive courses, namely a starter, fish and/or meat with vegetables, cheese and dessert. Individuals called gastronomes who possess deep knowledge of the tradition and preserve its memory watch over the living practice of the rites, thus contributing to their oral and/or written transmission, in particular to younger generations. The gastronomic meal draws circles of family and friends closer together and, more generally, strengthens social ties._

You can also watch this video to summarise all the main ideas: <https://youtu.be/6nKBBb72J4k>

www.ich.unesco.org

- **Doc. 2: The French table manners:**

At the table in France, manners are very important. Dining is more formal, even within a family setting. Here are a few tips for good French table manners:

- Keep your hands on the table, this is very important.
- Eat with the fork in your left hand, and the knife in the right.
- It is up to the hostess to welcome everyone to the table, to give everyone their place, to sit first, to unfold their towel, and to invite everyone to serve.
- Always wait for the head of the table or the host to say "bon appétit" before starting to eat.
- Always cheers before drinking: raise your glass and say "à votre santé" (other toasts exist in French as well, of course, but this is the one that will suit all occasions. Most of the others are just for casual settings). If the table has a host or head, this will be the person to give the toast as well as to say "bon appétit"
- Men are always requested for serving the wine; so it must be the host; but, if you eat with friends, the other men, the neighbours of the table, can serve the wine at the end of the meal to avoid the master of the house getting up again
- The alternation between a woman and a man and a man in front of a woman is recommended. Avoid placing a couple side by side or face to face.

Most meals come with bread. If you don't have a side plate, putting the bread on the tablecloth beside your plate is fine.

There are so many other rules all are called the French etiquette. You can watch this video: <https://www.youtube.com/watch?v=yj2TTa0xzMY>

Some of other rules are only for dining at a restaurant: <http://www.harpergites.com/good-french-table-manners/>

- **Doc. 3 : A French menu :**

In red you will find the word in French

Aperitif - Apéritif:

An apéritif is the first part of a gastronomic French meal.

The drink is chosen to stimulate the appetite, the drink should be very dry (low in sugar), since sugar actually limits our appetite, as well as low in alcohol, because no one wants to get sloshed before dinner.

Example: In Burgundy, Gougères (cheese puffs) are mandatory to eat with a glass of the local cocktail, kir (white Burgundy wine with crème de cassis, blackcurrant liquor).



Starter - Entrée:

A starter is a small quantity of food that is served as the first course of a meal.

Example:

Snails baked with delicious garlic and herb butter



First course - Poisson:

In a formal restaurant, a fish course garnished with vegetables comes between "l'entrée" and the main course, though it might be considered the main course at home.

Example: Cod with Lemon Butter Sauce



Main Course - Viande:

An elaborate meat, accompanied by a vegetable garnish, will be served next as the main course. The vegetables will usually be served on the side, not on the same plate, and will likely be simple, seasonal vegetables.

Example: Boeuf bourguignon, ratatouille...



Cheese - **Plateau de fromages**: The French reputedly eat more cheese than anyone else in the world. They often have a selection of it served on a wooden board and only. Each French region can propose its own cheese.

Example: Epoisse, crotin de chèvre, conté...



Dessert - **Dessert**: French desserts are indulgent, rich, and so beautifully decorated, but they're typically small.

Example: Chocolate profiterole, mousse, or an apple tart, crème brûlée.



Digestive - **Digestif**: A digestif is an alcoholic beverage served after a meal, to aid digestion. When served after a coffee course, it may be called pousse-café. Digestifs are usually taken neat.

Example: Brandy (Cognac, Armagnac, alembic-made, Marc de Bourgogne)...



Example of a French gastronomic menu:

Menu Gourmet & Gastronomique

Menu Gourmet à 44 €

1 Entrée + 1 Plat (Poisson ou Viande) + Fromage + Desserts

OU

Menu Gastronomique à 55 €

1 Entrée + 1 Poisson + 1 Viande + Fromages + Desserts

Les Entrées

Le Pressé de Foie Gras aux Asperges Vertes, Vinaigrette de Truffes
Le Crémeux de Ris et Filet de Veau, en Terrine, Petite Salade Croquante
La Rosace de Melon et Chiffonnade de Jambon de Parme, Copeaux de Parmesan
Assiette Gourmande de la Mer (Duo de Saumon Fumé et Brandade de Morue,
La Rillettes de Tourteau au Curcuma et Sardine Rôtie à la Graine de Coriandre).

(Sup 19€) Salade Tiède de Homard, Fine Piperade, Vinaigrette de Crustacés.
(Sup 5€) La Terrine de Foie Gras de Canard Maison et son Petit Toast Brioché

Les Poissons

L'Emincé de Blanc de Turbot aux Épices Douces, Fondue d'Epinard
Le Dos de Bar en Croûte de Crustacés, Pâtes Langues d'Oiseau à la Provençale
Aiguillettes de Lotte en Papillote de Ventrèche, Purée de Pomme de Terre Truffée

Les Viandes

Le Faux Filet de Bœuf, Moutarde en Graine à l'Ancienne
Les Rognons de Veau sautés « Bordelaise », Purée de Patate Douce
Le Duo d'Agneau (Filet sur un Concassé de Tomates et Courgettes et Petite Brochette de Gigot)

Tout Changement au Menu pour un plat à la carte entraînera un Supplément
"Les Plats sont notés à titre indicatifs, ils changent au fil des achats"

- **Doc. 3 : Wines and glasses :**

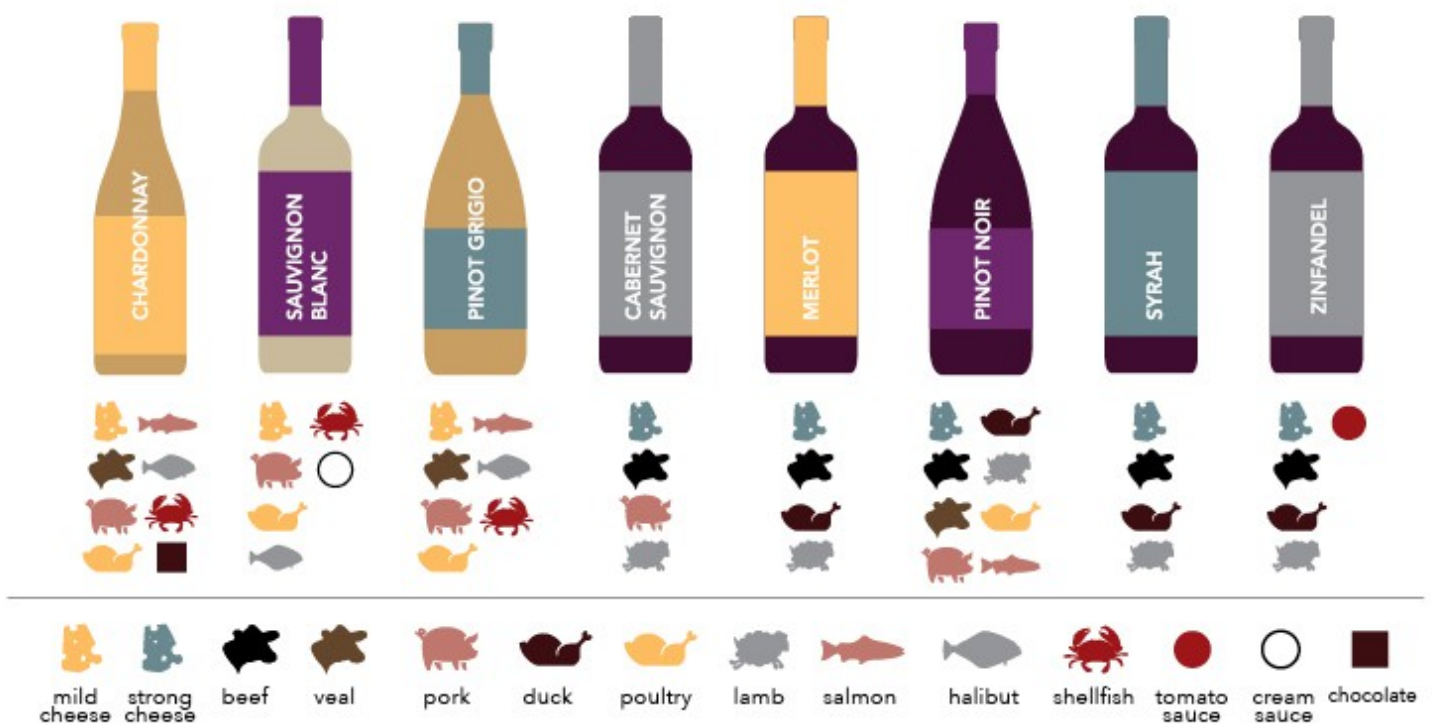
There is no good meal without good wine in France. In a gastronomic meal there is one wine per plate. A "good" match of food and wine is necessary and result from researching flavours which complement one another. The main rule to remember: "The wine being served should never set a precedent".

The dish must flourish the wine and the wine raise the dish. The win could also misrepresent the dish. Then, the age of the win, its texture and arom must be considered when choosing it.

There is also sauces and toppings who play an essential part in the choice fo the win. For exeample, if a sauce is based on blackcurrant, a burgundy will be suggested for the sake of aromatic harmony.

On the picture below, you will find some kind of wine and the food it can pair with.

FOOD & WINE PAIRING CHART



- **Doc. 4: What you will find on a table:**

Tableware is the association with shared meals, presentation and service of food, conversation and civility, decoration of furniture, utensils and places for gastronomic or enological pleasures. They also include knowledge of dishes, drinks, glassware and crystallery, porcelain and earthenware, arrangement of crockery (and diners), decoration of the table, ways to receive guests, label, table manners, service, menus... They are practiced both privately with family and friendly meals, as well as in the political and diplomatic field, and also commercial and professional with catering.

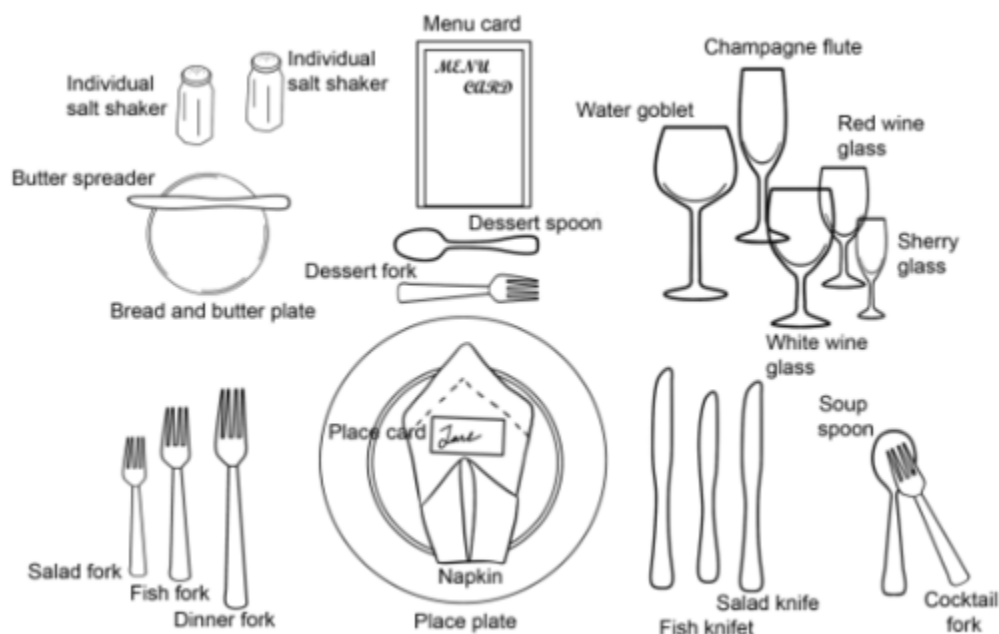
On the picture below, you have everything you need for your meal!

The cutlery surrounds the flat plate. For more effect, it can be placed on a large plate. In the evening, it can be surmounted with a hollow plate or a broth cup if consumed or soups are on the menu.

The cutlery is arranged, from the outside in order of its use. To the right of the plate, the knife, blade turned towards her. To the right of the knife, the soup spoon, pointed to the tablecloth. Between the two, if necessary, the fish knife.

During meals, cutlery should never be placed on the table or on a piece of bread. Every break, we cross them on the plate, or we use the knife-holder if there is one.

Water must be present at any time, and renewed as often as necessary, in a carafe or patch. Many people also enjoy sparkling water. We can have a "bottle-cache" to present it. Water glasses, larger than wine glasses, are essential.



You now need some decorative objects on the centre of the table, you will choose assortative plates, napkin and tablecloth. Your decoration will depend on the season or what is your gastronomic meal for. Attention to details.

1. Spring gastronomic meal



2. Christmas meal



3. Birthday gastronomic meal



- **Doc. 5: Where can you buy some good food:**

In France preparing a gastronomic meal mean to have good products and they will be easy to find!

- Markets: https://www.youtube.com/watch?v=SUCPpEoc_Q0

Avallon's market on Saturday morning



- Association of producers, farmers and artisans can welcome you in their farm or shop:
http://www.biobourgogne-vitrine.org/annuaire-des-producteurs_2.php

Le silo rouge, shop of local producers in Avallon



- AMPA (Associations pour le maintien d'une agriculture paysanne - Association for Local farming): Association of producers, farmers and artisans can also compose baskets of fruits and vegetables that you will come and buy every week. Usually you can't choose what you will receive. You will have to find recipes ideas during the week.

Basket distribution at the AMAP of Avallon

