

CULINARY HISTORY

World history is linked with food history. Many wars and revolutions had food as an origin. The origin of cooking is in general goes back to the pre-historic era. Human began eating the product of their picking such as fungus roots and shoots. Then they have begun to kill and catch and eat their flesh. The discovery of fire worked the beginning of cookery. Cooked meat and fish was first eaten, said the legend. By accident when someone dropped his share of meat in the fire and discovered that it tasted better. The same happened with the use of salt when someone dropped his share on a piece of rock which had sea water evaporated on it. Later one was introduced to agriculture and both cereals and pulses were grown as well as fruit trees were introduced by the Romans such as peaches, lemons, apricots, walnuts and plums etc. At the early stage of the first civilizations Mesopotamian's, Aryan's, Egyptian's, Greek's and Roman's developed an art of cooking for their kings. Game meat was a unique thing to be eaten until come Cheese and Pork breeding. The Roman's also taught French how to bake bread and wine which had remained the French staple diet even today. Cumin and Vinegar were the first spices and condiments used. Onion and garlic's are the first aromatics. Spices came from Asia and were highly priced at the end of the 12th century. Most of the commodities were used in the kitchen, one could find ginger, cinnamon, cloves, chillies, saffron, nutmeg, bay leaf and turmeric. When the spice road open, invasions and wars were factors that contributed mostly to the development of gastronomy. The Greeks and the Latin's created the basics of modern cookery, wine making, baking stewing and pickling. "Epicure" and "Lucullus" were the two most important gourmets who spoke about the art of eating well. The invasion of the Romans and then the Scandinavians was a predominant factor. The same can be said about India. It can be said that first Turkish and then the Mughal invasion and then the British occupancy influenced the style of continental food in India.

Travellers and pilgrimages were responsible for the first road side INNS and eating places. Marco – Polo's, trip to China is the reason why pasta is now a day's is the national food of Italy. The King's table contributed the first promotion of gastronomy with Careme, Urbain, Dubois, Augustus Escoffier; they are considered the King of Chefs and Chef of Kings.

Origin of the word soup comes from the old French language where the "soupe" was a slice of bread, other says it comes from the Sanskrit word "Su – Pa" means well fed. This is taken from the very first French cookery book "Metare" given by Philips VI and Charles V. in 1932 a famous Chef Guillare Tirel who wrote a book "Chef de Cuisine". A restaurant in Paris still has this name.

"Le livre defrost Excellent" , mean "a very excellent cookery book" published in 1540 by P. Pinoux. Catherine de Medicis in 1575 robbed to France the art of cookery, famous Italian cooks and Patisseries like Platina, Messibugo Romoli Russelli. The fork for eating was put on service by Henry III after 1600. Louis Xiii made the menus more balanced with more vegetables and less meat. Around 1715, Champagne was invented by a monk "Dom Peridon". Table service had now silver and crystal. Potato was introduced by Parmentiere. In 1653 P. De Cavarenne cook of Marquis Dixellus wrote a book, 15 years of progress of French Cookery.

Vatel was the first victim of cookery in 1671. He was the head cook of the Price brother of the King and committed suicide when the Fish delivery for the King's banquet didn't arrive in time.

Louis XIV, also known as Louis de Béchamel creator of the sauce. The Duke of Richelieu, winner of the Mohan bottle gave its name to a sauce of his invention 'Mayonnaise'. The Duke of Mire - poix for its quail recipe. The Earl of Sandwich gave his name when he first ate pieces of meat inside two slices of bread.

ORIGIN OF COOKING

In the ancient age the people used to eat food by hunting. They eat food when it is raw. They do not have any idea that what is cooking. By virtue of God's grace one fine day they received some burnt animal inside a jungle. It was not fully burnt rather according to the modern word it is roasted. They ate meat and found that it is tastier than the raw flesh.

The people of that particular era now start thinking that how to invent fire and they saw that if they throw a piece of stone on a larger piece of another stone it sparks. So they invent fire and after invention of fire they also noticed that they are protected by the nocturnal animals.

They have also experienced one day while eating that the food turns tastier than the simple burnt meat. While investigating they found that they kept some of the meat on top of a stone. In ancient age we all know that the earth was covered with water by 2/3rd. This could be a easily understanding situation for us that how the burnt meat become more tasty just by keeping it on top of a stone.

This symbolises that they were eating near to the sea. The stone might have received some of the sea water. When the sea water goes away, there was sediment of salt on top of the stone. The meat absorbs salt in the body and it become tastier.

Human starts developing their brain-power to find out more tasty food in a short time. Also those types of food which can be stored for a longer period of time, so that there should not be any shortage of food during crisis period. They also noticed that trees give fruits or vegetables and from the seeds of that another similar type of tree can grow. May be one of them ate a mango and throw the seed and noticed after one month, a mango tree is formed in same place where he throw the seed. The soil was very much fertile as because the lands were nearer to the sea. So always the soil gave good support for cultivation.

From that time human beings used to be in a group and in scattered land. Only they meet when they go for hunting. During that time they used to discuss by the language of sign that what food they are eating or what cultivation they are doing for some best food. They also transfer their foods in lieu of taking food. This particular process is termed as "BATA" system.

As long as the days passed away the human brains become more powerful and developed. The invention of more and more scientific ways and techniques makes human being more forward towards the invention of more delicate, sophisticated, tasty foods.

We are right now in 21st century where we still researching for faster and better way of food but we have no right to forget the old way of cooking food.