

Date: lundi, le dix – neuf avril

Nom: Verma Prénom: Vivaan

Reflection on French food culture

What did I already know about the French cuisine and French food culture?

I knew, that the French eat a lot of things which have wine in them and believed that drinking a little bit of wine is healthy, and a few French specialties, such as Croissants, Escargot and Ratatouille. I had heard about French onion soup but didn't know what its French name was. Lastly, I knew that the French gave a lot of time and importance to their meals.

What did I learn about French food and eating habits?

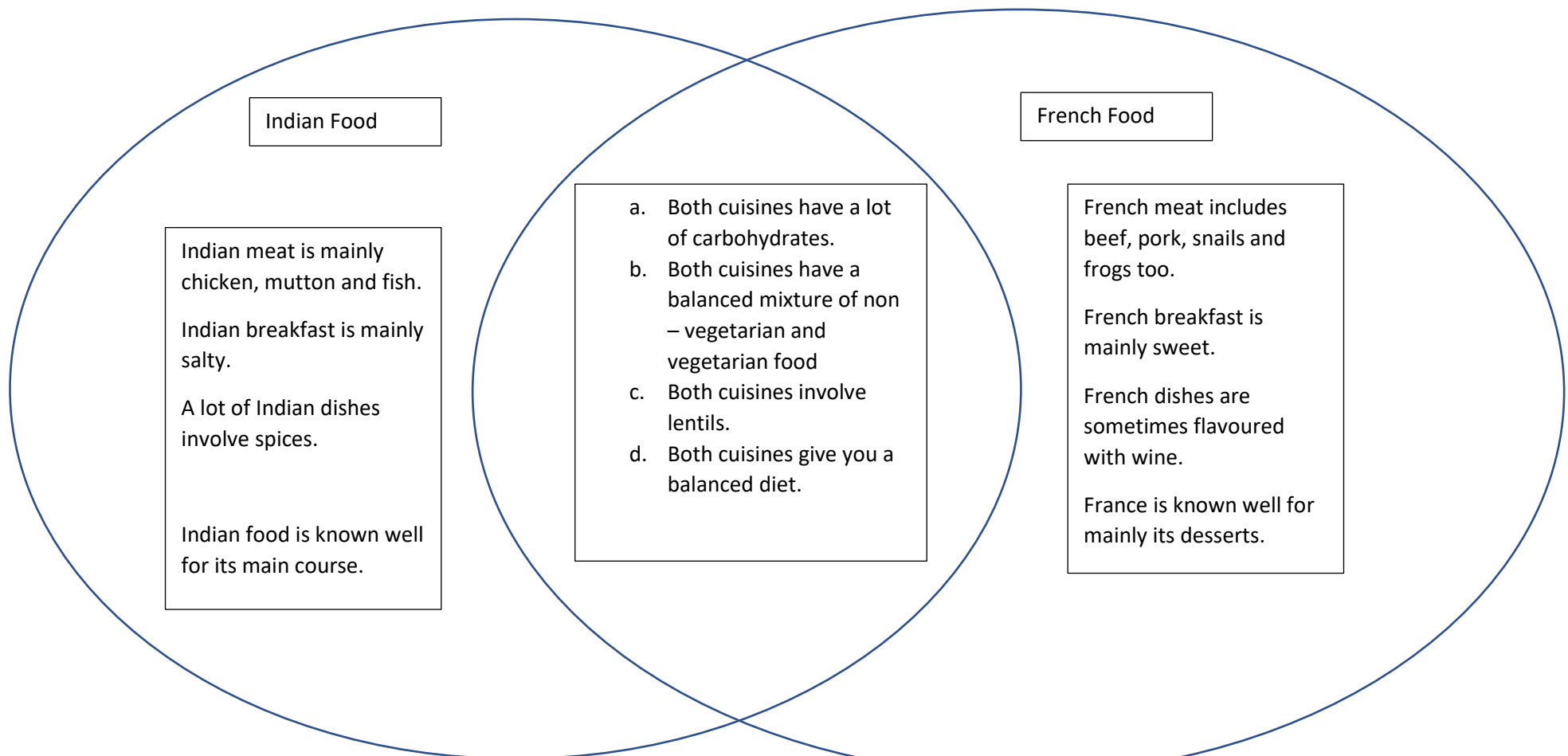
I learnt some of the things the French eat for breakfast (chocolat chaud, cereals avec le lait, pain avec le beurre, jus d'orange, les tartines, des biscottes, le thé, le café), lunch, dinner (la viande, les légumes, les lentilles, la soupe et la salade, saumon, le poulet, le riz, les pâtes), dessert (la crème brûlée, le soufflet, le gâteau opéra, les macarons, le tart, le crêpe au Nutella, la fondue, le palmier, les éclairs, la crème caramel, la mousse, le cherry clafoutis), which meals were *sucré* and which ones were *salé*, and their specialties (jambon beurre, cassoulet, croque monsieur, croque madame, boeuf bourguignon, la soupe à l'oignon (the name for french onion

soup), le fromage, le grenouille). I learnt that they ate fromage at the end of every meal, after dessert and that their meals were well balanced.

What about it was shocking or interesting for me?

I found it interesting that the French eat cheese after their desert for every meal.

What are the differences and similarities between French and Indian food?



Creative reflection: if you had to create a fusion dish combining an Indian and a French dish, what would it be?

It would be Rouge Mutton Bourginon (lamb mass cooked in red wine). Its curry would have melted cheese in it, and it would be served with cheese on the side, to be eaten later. Instead of being eaten with a normal naan, it would be eaten with a special croque madame, which would use pieces of naan instead of loafs of bread and would have no meat in it.

Things I want to learn more about **OR** A question I still have about French Food culture

What do the French eat for their evening snack and for appetizers before *dejuner* and *diner*?

Source – Spice and Herb difference

<https://www.thespruceeats.com/what-are-herbs-995714>