

# HISTORY OF COOKING



## **A.D.VANCES IN COOKING TECHNIQUES**

Culinary techniques improved with the introduction of earthenware (and, more or less concomitantly, the development of settled communities), the domestication of livestock, and the cultivation of edible plants. A more dependable supply of foodstuffs, including milk and its derivatives, was now assured. The roasting spit was augmented by a variety of fired-clay vessels, and the cooking techniques of boiling, stewing, braising, and perhaps even incipient forms of pickling, frying, and oven baking were added. Early cooks probably had already learned to preserve meats and fish by smoking, salting, air-drying, or chilling. New utensils made it possible to prepare these foods in new ways, and such dishes as bacalao a la vizcaina ("dried cod") and finnan haddie (smoked haddock) are still eaten.

## **B.C.**

The cultivation of soybeans in China predates recorded history and spread from there to other countries in eastern Asia before the modern period. So essential was the soybean to Chinese civilisation that it was considered one of the five sacred grains (the others being rice, barley, wheat, and millet). The popularity of soybeans in the Orient was due to their wide use as a food

## **11000 B.C.**

Flint-edged wooden sickles are used to gather wild grains.

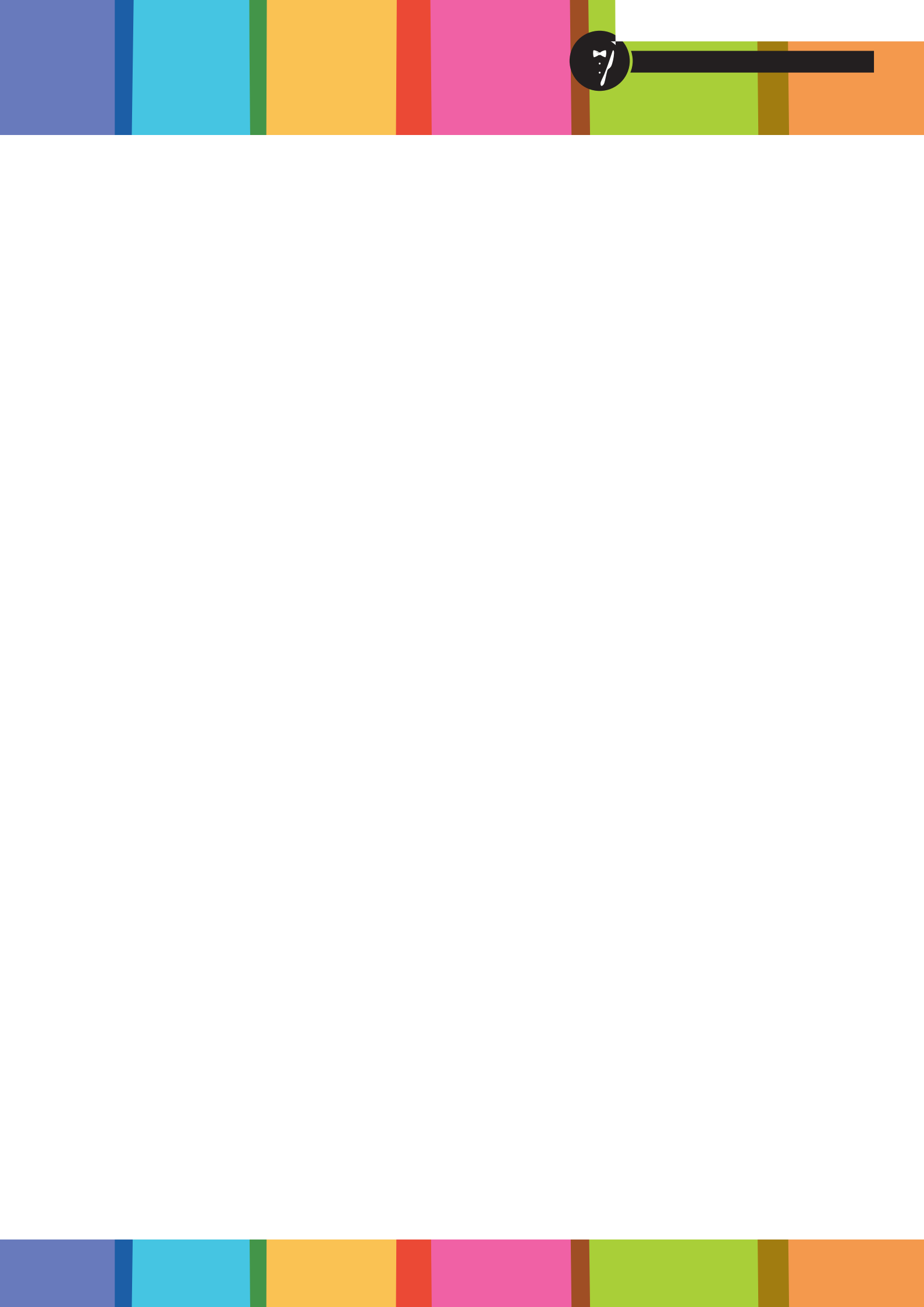
## **Bronze Age**

Lentils from this period have been discovered at a settlement site found near Lake Biel in Switzerland

Almonds dating from this period have been







**1489**

Portuguese vessels reached Calicut in India by 1498 for purpose of spice trading

**1493**

Christopher Columbus introduces sugar cane into Hispaniola (Haiti-Dominion Republic)

**1498**

The toothbrush is invented by a Chinese dentist.

**16th Century**

Celery cultivated from the wild and poisonous variety in Italy sometime in the 16th century

Kidney beans, and vanilla pods introduced into Europe from the Americas

Rice and limes introduced to Mexico by Spanish Traders

Avocadoes 'discovered' by the Spanish in Mexico

Cashew and peanuts were introduced into Europe by Portuguese Traders from the Americas

Cauliflower is introduced to France from Italy in the middle of the 16th century.

**1509**

The first sugar cane mill is established in the Americas.

**1513**

Portuguese vessels reached Canton, China, by 1513 for purpose of spice trading

**1519**

Chocolate is introduced into Spain as a beverage. The term "chocolate" was originally applied to a drink similar to today's



PASSPORT TO HOSPITALITY















**1813**

Baron Léon Brisse born; died at Fontenay aux Roses in 1876. Brisse began his career in the services of the Water and Forestry, though was forced to leave after a scandal. He began a career in journalism specialising in articles on food. In the newspaper La Liberté he had the idea of printing a different menu everyday. In 1868 these were eventually published in a collection; Les Trois Cent Soixant Six Menus du baron Brisse or The 366 Menus of Baron Brisse. His other published works were:

Recette a l'usage des menages bourgeois et des petit menages (1868)

La Petite Cuisine du baron Brisse (1870)

La Cuisine en Careme

Not being able to cook himself he was often taken to task for some of his 'ridiculous' recipes. However his name was given to a garnish for large joints of meat; onions, chicken forcemeat and stuffed olive tartlets.

**1815**

The world's first commercial biscuit factory is set up in Carlisle, Scotland; The Carr Establishment

**1816**

Louis Bignon born in Hérisson, France; died in Macau 1906. A great restaurateur, he started his career as a waiter at the Café d'Orsay before moving on to the Café au Foy. He later purchased it and handed it over to his brother in 1847. Taking over the Café Riché he made it one of the best in Paris. Made a Knight of the Order of the Legion of Honour in 1868 and an officer in 1878. Bignon was the first restaurateur to wear the rosette of the Legion of Honour.

**1822**

American surgeon William Beaumont begins his study of the gastric process.

Sometime around this era Chef's hat started to appear

**1824**

French engineer Ferdinand Carré born at Moislains, Somme. Carré pioneered methods of refrigeration. In 1862 he exhibited at the Universal London Exhibition, a machine to produce ice that had an output of 200 kg per hour.

**1825**

December 8, Brillat-Savarin's; great work: La Physiologie du gout (1825) is published, a treatise on the fine art of gastronomy. Published in English as The Physiology of Taste (1825), it was the first work to treat dining as a form of art, and gastronomy as "the intelligent knowledge of whatever concerns man's nourishment."

**1826**

In February, Brillat-Savarin died in Paris.

**1827**

English inventor John Walker introduces the first friction matches.

**1828**

The Dutch made chocolate powder by squeezing most of the fat from finely ground cacao beans. The cocoa butter from pressing was soon being added to a powder-sugar mixture, and a new product, eating chocolate, was born.

**1830**

Sometime in the 1830's it is thought that in a restaurant at Saint Germain en Laye, Collinet creates Bearnaise sauce.



**1844**

The first successful refrigeration machine in the United States was developed in 1844 by John Gorrie. His device did not use a volatile liquid but operated by the principle that air gets hot when compressed and cools when it expands. The air refrigerating principle was extensively used during the latter part of the 19th century and during the early years of the 20th century, although it is little used at the present time

Henry John Heinz, b. Pittsburgh, Pa., Oct. 11, 1844, d. May 14, 1919, the founder of the H. J. Heinz Company, Inc., manufacturer of prepared foods.

**1845**

Failure of the potato crop leads to a famine in Ireland.

**1846**

Georges Auguste Escotier, born October 28, 1846, d. Feb. 12, 1935

The Pastry Chef, Chiboust creates the Saint Honoré gâteau in honour of the Paris district in which he worked and also the patron saint of Pastry Chefs and bakers.

**1850**

Sir Thomas Johnstone Lipton, b. Glasgow, Scotland, May 10, 1850, d. Oct. 2, 1931, was the founder of the tea and provision company, Lipton, Ltd. Lipton made his fortune primarily on cured meats, eggs,











**1940**

Major advancements in food technology and preservation, born out of the need to get fresh foods to the troops during the second world war.

**1945**

Films made of polyethylene, polyester, and other plastics came into use after World War II. Plastic bottles and aerosols were first introduced.

**1948**

Conrad Hilton formed the Hilton International Company

Aaron Lapin, invents whipped cream in a can (USA)

**1950's?**

French Chef Raymond Oliver is recognised as the first Chef to use the media of television for cooking demonstrations.

**1954**

The Statler chain was bought by the late hotel mogul Conrad HILTON in 1954.

**1955**

April 15: Ray Kroc opens the first of the McDonald's franchise in Des Plaines, Illinois, U.S.A. after buying the rights of the name from a hamburger stand's owners in San