

BMGM4001

International Gastronomy Management

Introduction to Gastronomy

Week 2 – History of Gastronomy



Recap on Last Week

- The interdisciplinary nature of gastronomy
- Programme Information
- Module Information
- Introduction to the concept of gastronomy and its evolution.

Week 2 - Content

- Exploring the history of gastronomy, its origins, and development.
- Key figures and events that have shaped the culinary world
- The importance of studying the history of food and how it can provide insights into culture, trade, agriculture, and technology.
- The evolution of culinary traditions

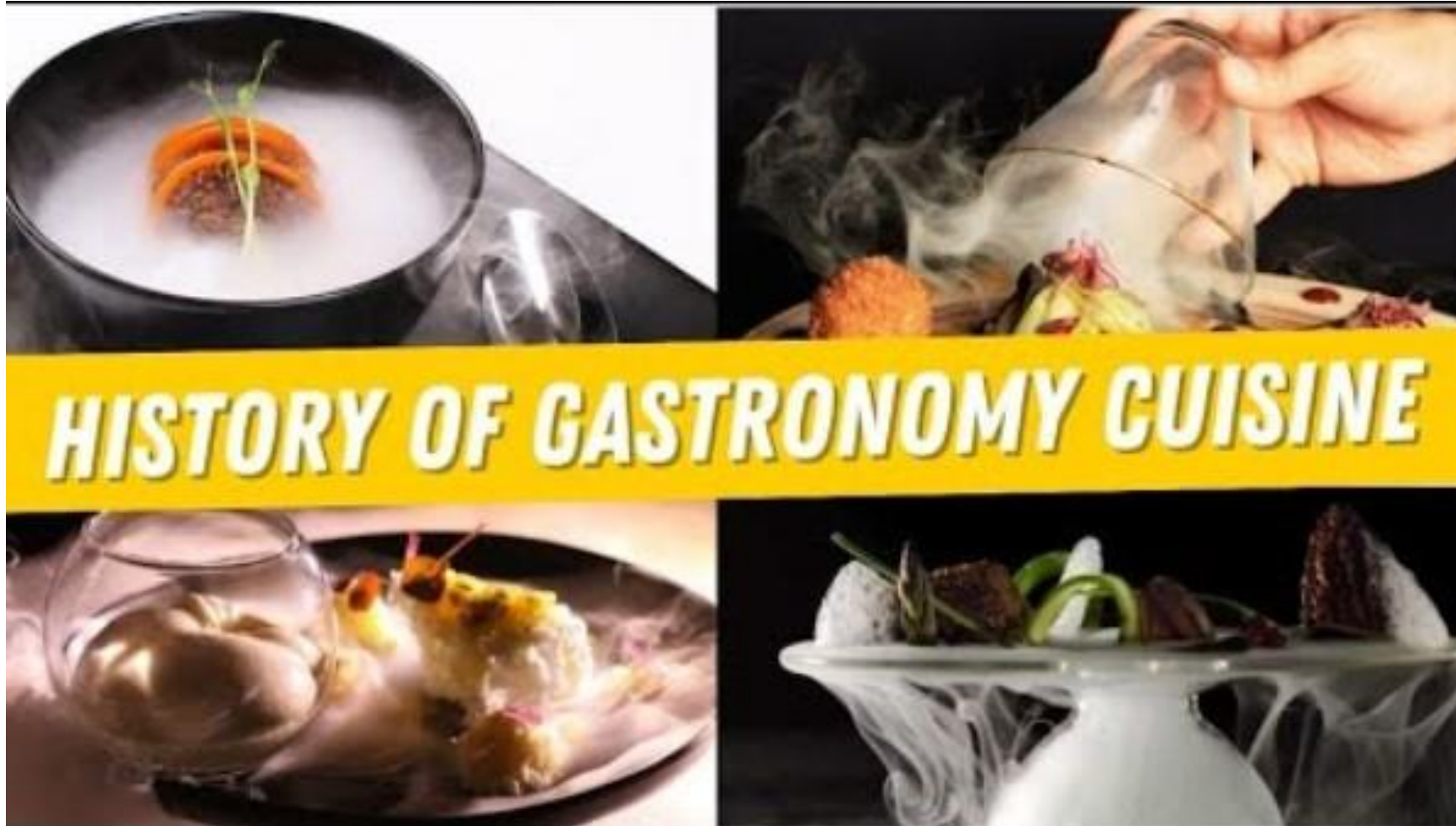
Importance of Understanding Gastronomic History

Understanding the history of gastronomy helps us appreciate how food has evolved and the role it plays in shaping societies.

The roots of gastronomy can be traced back to ancient civilizations where food preparation and consumption held cultural significance/rituals.

[The History Of Gastronomy Cuisine \(youtube.com\)](https://www.youtube.com/watch?v=...)

History of Gastronomy Cuisine



FOOD A HISTORY



HOSPITALITY
AND
TOURISM
MANAGEMENT



Man Geni Addysg Uwch yng Nghymru
Where Higher Education Began in Wales



Prifysgol Cymru
Y Drindod Dewi Sant
University of Wales
Trinity Saint David

The Journey of the Potato

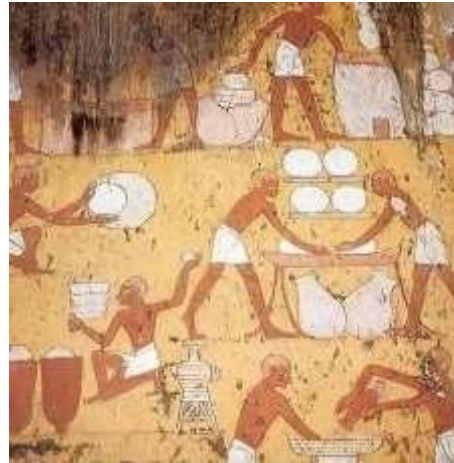
It is believed that in the 16th century, the potato, a staple in many modern diets, was introduced to Europe from the Andean region of South America by Spanish explorers. When the potato first arrived in Europe, it faced resistance and was often considered fit only for livestock or as a food source for the poor.

This was largely due to misconceptions about the potato's nutritional value and concerns that it might be toxic. Over time, as people began to understand the nutritional benefits of potatoes, they became a staple in European diets. The potato played a significant role in alleviating food shortages and famines in Europe. It was a reliable crop that could thrive in various climates and provided a steady source of calories. The potato's acceptance and integration into European cuisine had a profound cultural impact. It became a symbol of resilience and adaptation. Dishes like mashed potatoes, French fries, and potato gnocchi are now beloved parts of many national cuisines. In Ireland, the potato became a dietary staple and its dependence led to both prosperity and the devastating Irish Potato Famine in the 19th century. The widespread cultivation of potatoes had economic implications as well. It reduced pressure on traditional grain crops and allowed for diversification in agriculture.



Ancient Civilisations

The origins of gastronomy can be traced back to ancient civilizations, including the Egyptians, Greeks and Romans.



Evolution of Gastronomy

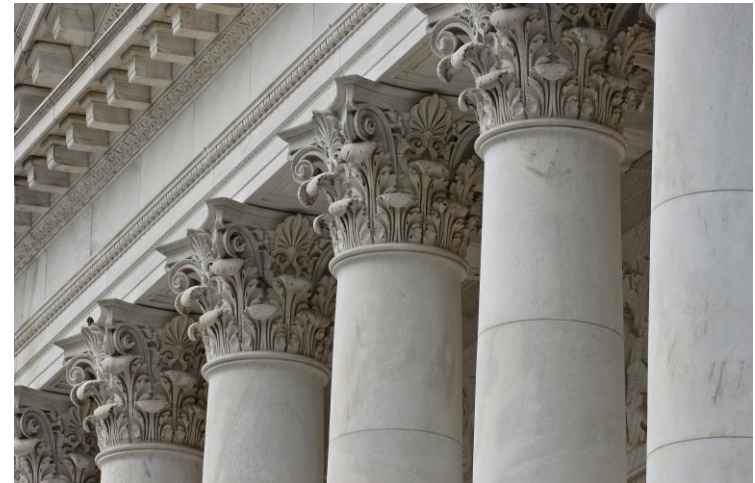
The use of fire by primitive humans.

Prehistoric cave paintings such as those in southern France, depict early animals, which provided a food source.



In the ancient civilizations of Assyria, Babylonia, Persia, and Egypt, the selection, preparation, service, and enjoyment of food were practiced on an elaborate scale.

In ancient Greece, the Athenians believed that mealtime allowed nourishing the spirit as well as the body. They reclined on couches while eating and accompanied their repasts with music, poetry, and dancing.



Medieval Gastronomy – 5th to 15th centuries.

The Middle Ages saw the emergence of a feasting culture and elaborate banquets amongst the European nobility. The Renaissance period brought renewed interest in food and the arts of the table, with the refinement of culinary techniques and the exchange of culinary ideas across Europe. Spices and exotic ingredients became highly sought after, leading to the spice trade.



Pottage

Pottage was a staple peasant food because it was so simple – all you needed was water, vegetables, and some herbs – and in rural areas, there would have been at least one neighbour growing a small herb garden out back, if you didn't have one yourself.

Pea Pottage, Cabbage Pottage



Pottage wasn't just a dish for the peasantry. It was eaten by all those on the social ladder: a few pottage recipes appear in *The Forme of Cury*, a 1300s cookbook written by the Chefs of the royal household

The Age of Exploration:

(approximately 1401 – 1700/or 1418 – 1620)

The Age of Exploration in the 15th to 17th centuries introduced new foods and ingredients to Europe, such as spices, sugar, and exotic fruits, through trade routes with Asia, Africa, and the Americas. This era marked a significant shift in European gastronomy, as it incorporated these novel ingredients into traditional dishes.



Renaissance and Enlightenment

Approximate dates:

Ren: 1450 - 1600 En: 1715 - 1789

During the Renaissance, culinary arts saw a fusion with science and philosophy. During the Renaissance period, fine dining establishments began to emerge in Europe. Leonardo da Vinci, combined art, science, and cooking.

The Enlightenment era also brought about a greater focus on reason and science in culinary practices, influencing cooking methods and culinary knowledge. The Enlightenment period further integrated gastronomy with rational thought.



Activity

King Henry VIII: Banquet Menus

Discussion



The 18th century brought culinary revolutions, including the spread of coffeehouses, the publication of influential cookbooks like "The Art of Cookery" by Hannah Glasse, and the emergence of restaurants in France.

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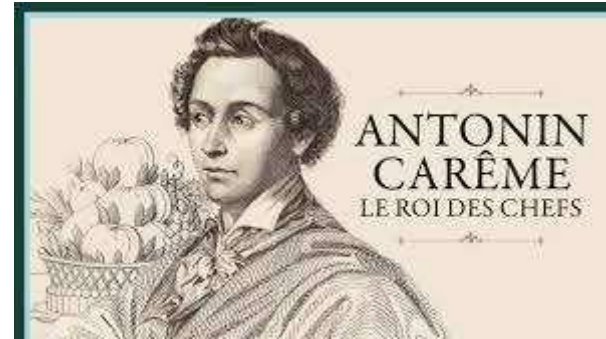


Potted Shrimp



French Influence

France, often considered the birthplace of modern gastronomy, played a pivotal role in shaping culinary techniques, terminology, and etiquette.



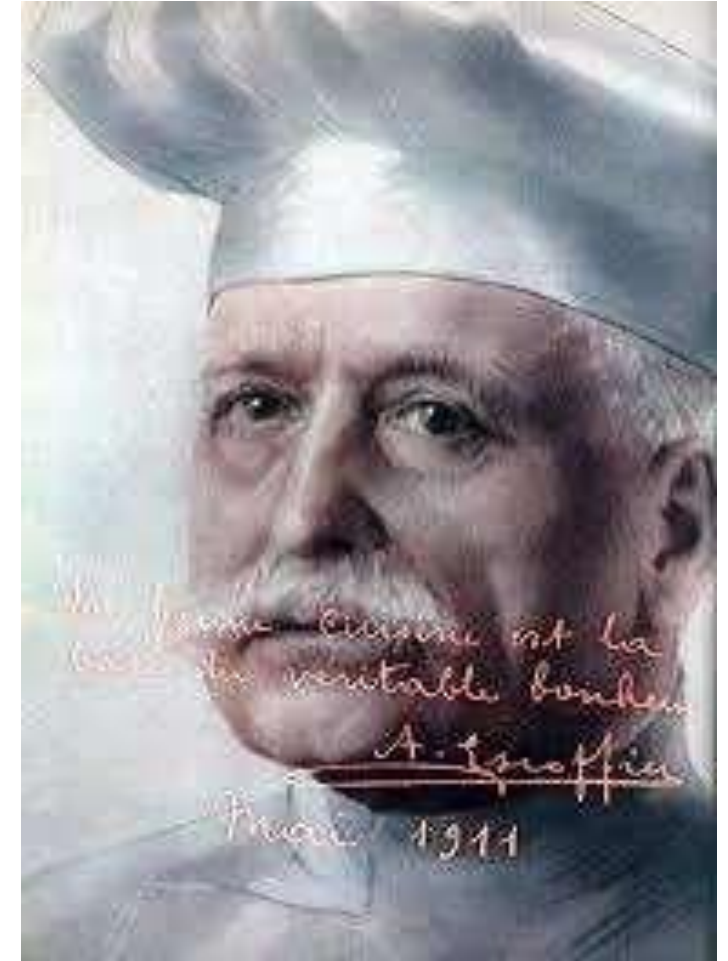
Notable figures like Auguste Escoffier and Antonin Carême made significant contributions



Escoffier's Culinary Revolution

Auguste Escoffier (1846-1935)

- A French chef who is often referred to as the "King of Chefs and Chef of Kings."
- Modernised and revolutionised French cuisine
- Introduced the brigade system in professional kitchens
- Emphasised the use of fresh ingredients and simplifying and standardising recipes.

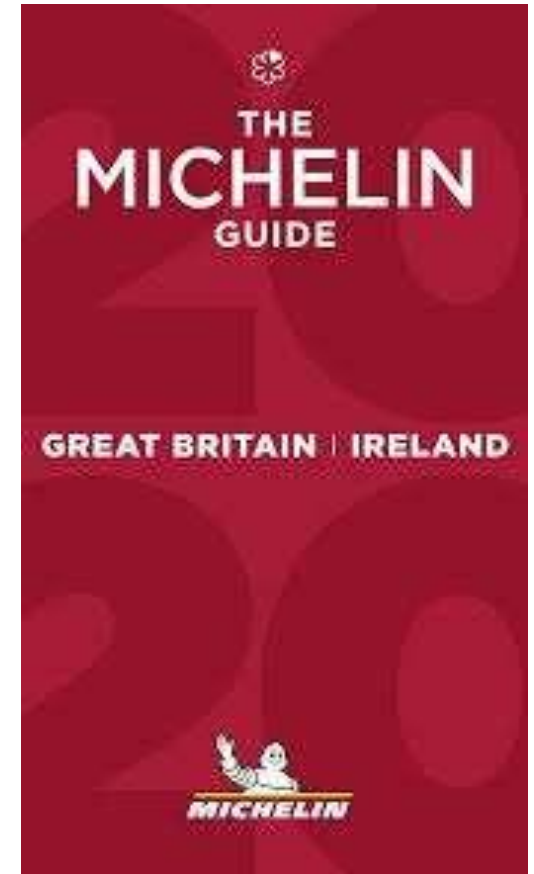


19th Century

The Industrial Revolution in the 19th century brought significant changes to food production, preservation, and distribution. Canned foods, refrigeration, and mass production revolutionised the culinary landscape.

The emergence of restaurant culture and the proliferation of culinary schools further shaped modern gastronomy.

The Michelin Guide, first published in 1900, became a gastronomic authority.

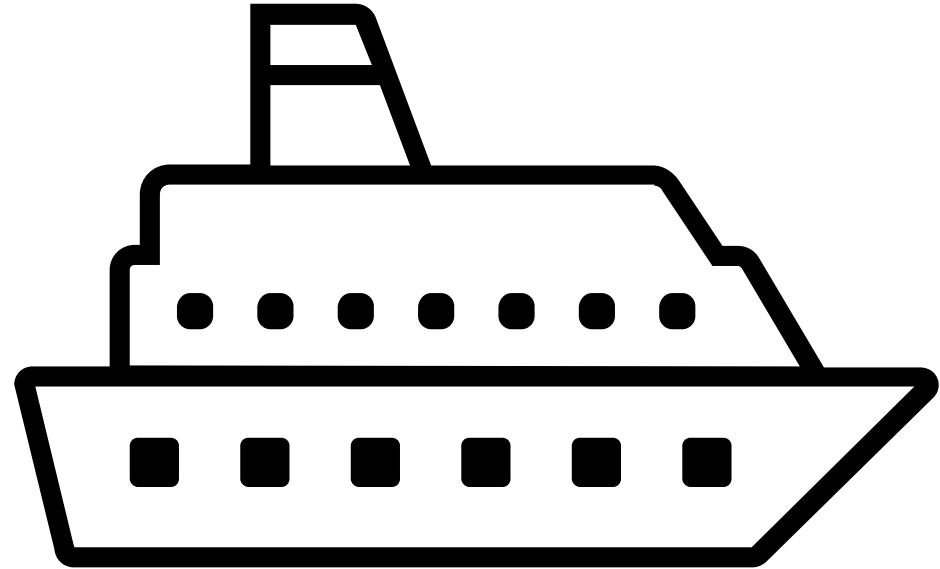


Activity

Titanic:

Menus

Discussion



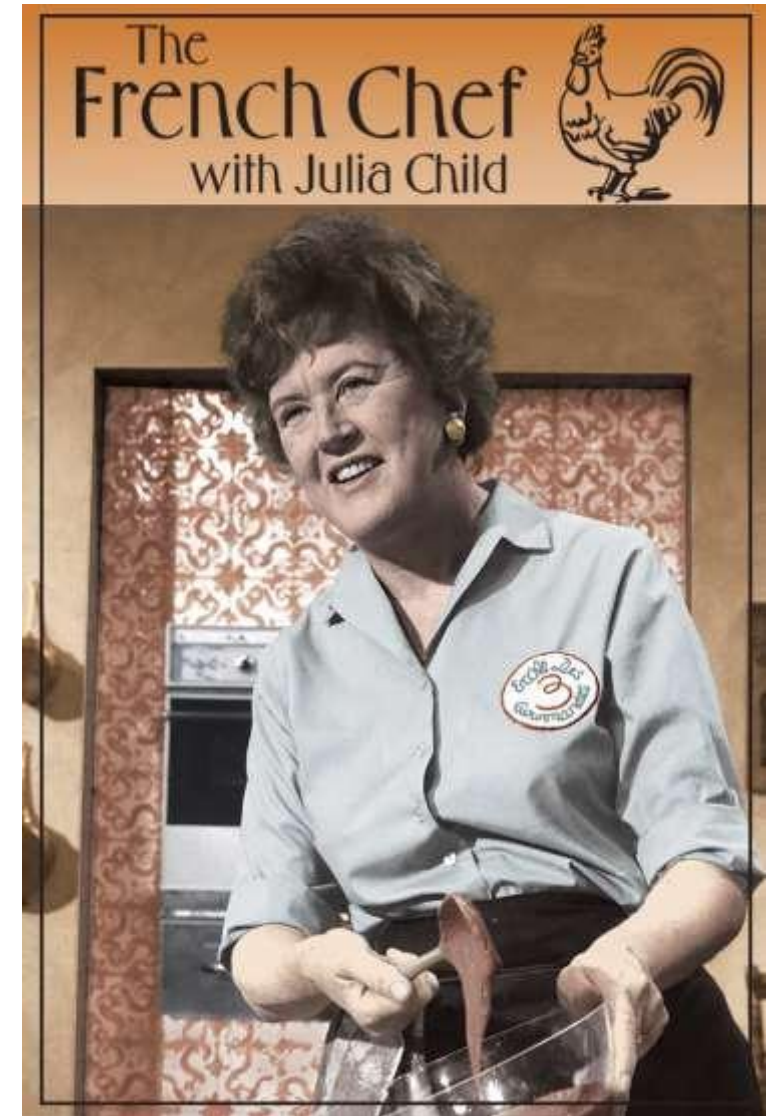
20th Century

The 20th century brought culinary globalisation, with influences from various cultures influencing food trends.

Television shows, such as Julia Child's "The French Chef," popularised cooking at home.

Nouvelle cuisine became desirable in the 1960's.

[julia childs french chef - Google Search](#)



Julia Child



Where are we now?

In recent decades, gastronomy has continued to evolve with the rise of fusion cuisine, molecular gastronomy, and farm-to-table dining. Food from various cultures has become more accessible, leading to fusion cuisine, where culinary traditions from different parts of the world are combined to create new and exciting dishes.

In the 21st century, there is a growing emphasis on sustainable and healthy gastronomy, with a focus on reducing food waste, promoting organic farming, and making responsible food choices. Food ethics has also become important. Gastronomy has become a key aspect of tourism, with destinations promoting their unique culinary traditions. Food diplomacy has also emerged as a means of cultural exchange between nations. Technology has played a significant role in gastronomy, with innovations like sous vide cooking, molecular gastronomy techniques, and the use of social media for culinary exploration.

Birth of Fast Food

The development of fast-food restaurants in the mid-20th century, led by figures like Ray Kroc (founder of McDonald's), revolutionised the way people eat. Fast food chains standardised food preparation, introduced drive-through service, and shaped modern fast-food culture.



Farm to Fork

Farm to fork emphasises sourcing and using locally grown, seasonal ingredients in food preparation. This movement promotes a direct relationship between farmers and chefs, prioritising fresh, high-quality, and often organic produce and other food products. In 1971, Alice Waters (American chef, restaurateur, and author) opened Chez Panisse, a restaurant in Berkeley, California, famous for its role in creating the farm-to-fork movement and for pioneering California cuisine



How Flour is Made



Organic eggs



The Slow Food Movement

Founded in the 1980s by Carlo Petrini (Italian activist and author) SFM advocates for the preservation of traditional and regional cuisine, and sustainable farming practices (in contrast to fast food and industrial agriculture).

SFM emphasises the importance of local, high-quality ingredients and has had a significant impact on the way people think about food and sustainability. This links in nicely with the Farm to Fork movement.



Slow Food Movement



The Gastropub Movement

The 1990s saw the rise of the gastropub, a type of pub that combines the traditional atmosphere of a pub with high-quality food.

This movement revolutionised the British pub scene and elevated pub dining to a new level of culinary excellence



Hand & Flowers: Tom Kerridge



Street Food Revolution

The street food scene in the UK has exploded, with diverse vendors offering a wide range of international cuisines. This has contributed to the diversity and accessibility of food options in British cities.

There are now street food festivals all-over the UK, even here in Swansea!



Street Food



Driving Culinary Revolution

Culinary traditions are dynamic and ever-evolving, influenced by a variety of factors, including migration, colonisation and globalisation. Migration: The movement of people from one place to another, often for reasons such as seeking better opportunities, escaping conflict, or reuniting with family. Colonisation: The process by which a nation establishes control over a foreign territory, often involving the settlement of its people and the imposition of its culture, government, and economic systems. Globalisation: The interconnectedness of economies, cultures, and societies on a global scale, facilitated by advances in technology, transportation, and communication



Robots in Restaurants



Evolution of Culinary Traditions

The gradual transformation and development of cooking practices, recipes, and food customs within a specific culture or region over time, often influenced by factors such as migration, cultural exchange, technological advancements, and changing tastes.

This evolution can lead to the creation of new dishes, cooking techniques, and flavour profiles, reflecting the dynamic nature of food culture.



Regenerative Agriculture



Assignment 1: 1500 Essay

**Review the assignment in the
Module Handbook**

**Draft
Due date**

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