



— FOODS OF —
FRANCE

Express!



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Cooking the French Way

French **cuisine** is one of the most respected cooking styles in the world. Chefs from all over travel to France to learn about food preparation. French chefs consider cooking an art. They make sure that the food looks and tastes great.

Three-Star Dinner

The fanciest French cooking is called *haute cuisine*. It is complicated and usually very expensive.



French people believe every part of the cooking process is important. They take great care in choosing recipes to make. Then they head to local markets. There, they choose the best products. Often, they will discuss different ways of preparing an ingredient with the seller or other shoppers. They like to include ingredients from other cultures. It adds **diversity** to the dishes.

Preparing the meal is a social affair. Friends and family share the kitchen and cook together. This way, parents pass on the **tradition** of cooking to their children.

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Eating the French Way



French people take their meals very seriously. Both lunch and dinner have several different **courses**, often three or four. Formal dinners have more courses. Each course is brought out separately and removed once it is finished. Vegetables or soup usually begin the meal. Next comes the main course of either meat or fish. A light dessert of fresh fruit, yogurt, or cheese rounds out the meal.

Many courses mean that French meals last at least an hour, and often longer. French people eat slowly to **savor** the food. They take pleasure in eating and identifying flavors in dishes. They also rarely snack between meals. That way, they are hungry for each meal and can appreciate the food more. Longer meals also allow French people to catch up with family and friends.



School Lunch

Even school lunches have courses. French school children eat in the *restaurant scolaire*, or school restaurant.



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