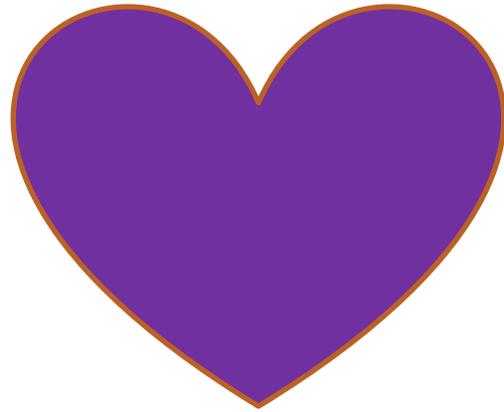


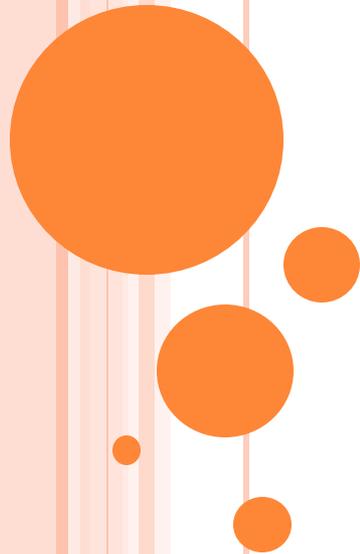
BACCALAUREATE



FOOD

PROJECT

The country I will be focusing on is France and their dishes.



MOOD BOARD:



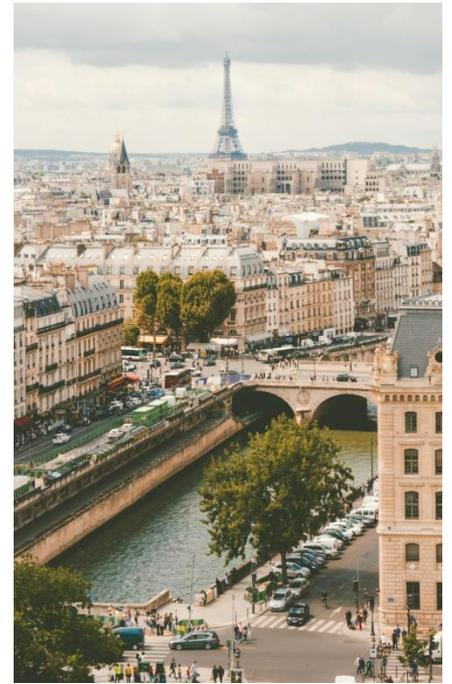




France:



Sorry I was unable to fit it on one slide.



FRENCH LIFE:

Is the country hot/cold/seasonal?:

In France the summers are hot and the winters are cold. In the mountains, temperatures can drop to 0 degrees Celsius or below.

Name five ingredients' grown in France:

Rosemary, fennel, basil, sage, oregano are all grown in France.

Name three popular meats in France:

The most popular meats in France are pork, beef and chicken.

Does France have a coastline?:

France does have a coastline which stretches 5,500 km.

Name three types of fish commonly eaten in France:

Three common fish eaten in France are scallops, squid and whiting.



FRENCH LIFE:

Common equipment used in cooking in France:

In France typical equipment used are a chef's knife, copper pots and pans, butter and olive oil.

Common cooking methods in France:

Common cooking methods in France are pastry arts, poaching, and flambéing.

Three typical main courses in France:

Three main courses in France are Salade Verte, which in English translates to green salad, Viande Avec Garniture, which in English translates to meat with garnish, Beef bourguignon, which in English translates to beef Burgundy.

Three French desserts:

Three French desserts are Macarons, Biscotins, Fried bugnes.



POTATO GRATIN INGREDIENTS

Ingredients:

- 1) 1.5kg of yellow fleshed potatoes.**
 - 2) 500ml of whipping cream.**
 - 3) 100ml of crème fraiche.**
 - 4) 100ml of whole milk.**
 - 5) 1 tablespoon of butter, which is plain, this will be used to coat the gratin dish.**
 - 6) Some seasoning which could be pepper, salt.**
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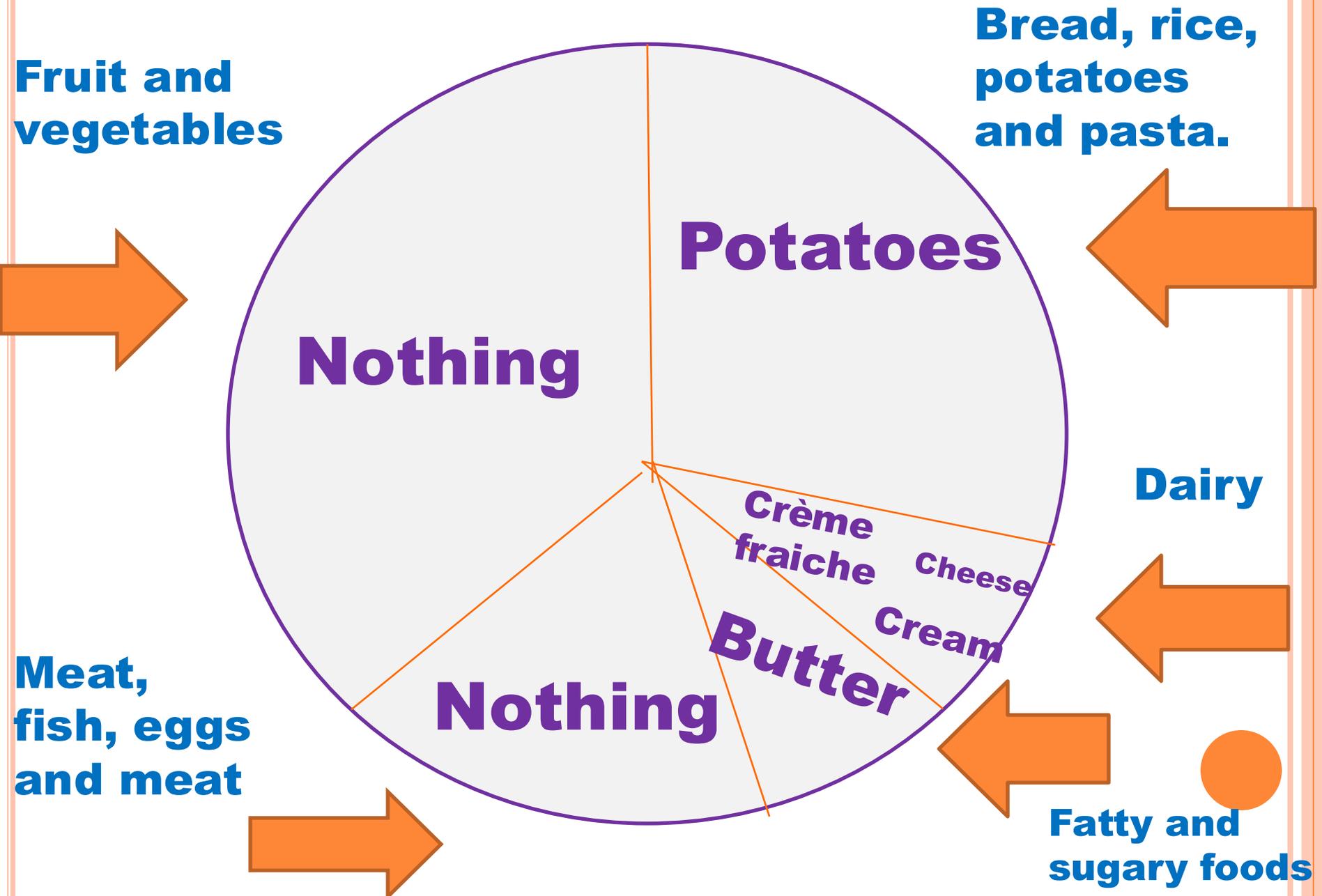
POTATO GRATIN RECIPE

Recipe:

- 1) Firstly, make sure to sort out your oven first. Preheat your oven to 200°C.
- 2) Slice potatoes into the same size each time around 4mm to 5mm.
- 3) Wash these potatoes in a bowl of cold water using a tea towel.
- 4) Pour 100ml of crème fraiche, 500 ml of whipping cream (if you don't have crème fraiche you can use 600ml of whipping cream) and 100ml of milk into a bowl.
- 5) You can add a tablespoon of salt, a pinch of pepper, 2 garlic cloves and some gratings of nutmeg.
- 6) Butter a gratin dish and put 2 slices of chopped garlic on the bottom and add a pinch of salt, a pepper and more nutmeg.
- 7) Use a slotted spoon and remove the potatoes from the pan and start to place them into the gratin dish. This will need to cover the base of the dish.
- 8) Sprinkle some more salt, pepper and nutmeg over this layer.
- 9) Continue to layer more layers of this remembering to add the salt, pepper and nutmeg after each layer.
- 10) Put the dish in the oven and cook it for roughly 45-60 or until you are able to cut through the potatoes with a spoon.
- 11) Lastly, let the dish cool for an hour . Make sure the cream settles before eating the dish. Now enjoy!

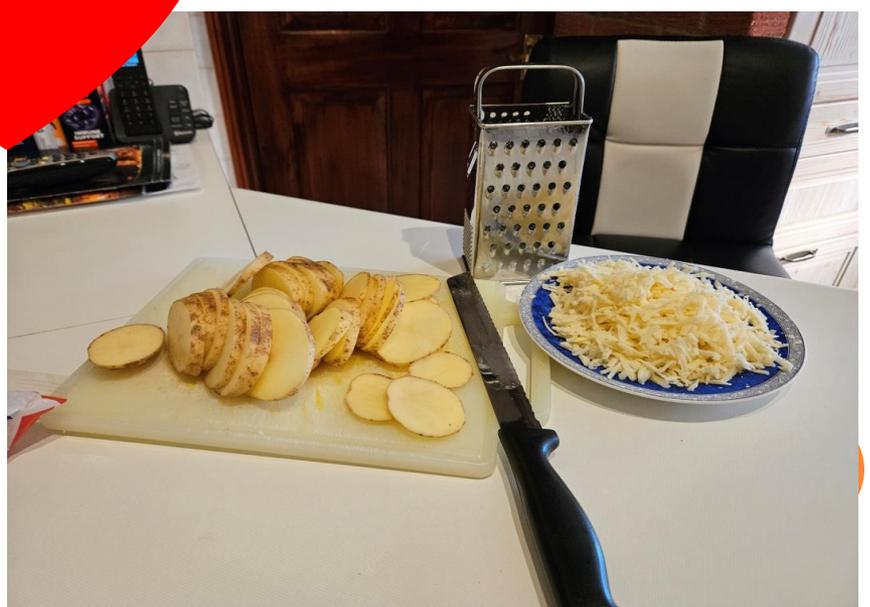
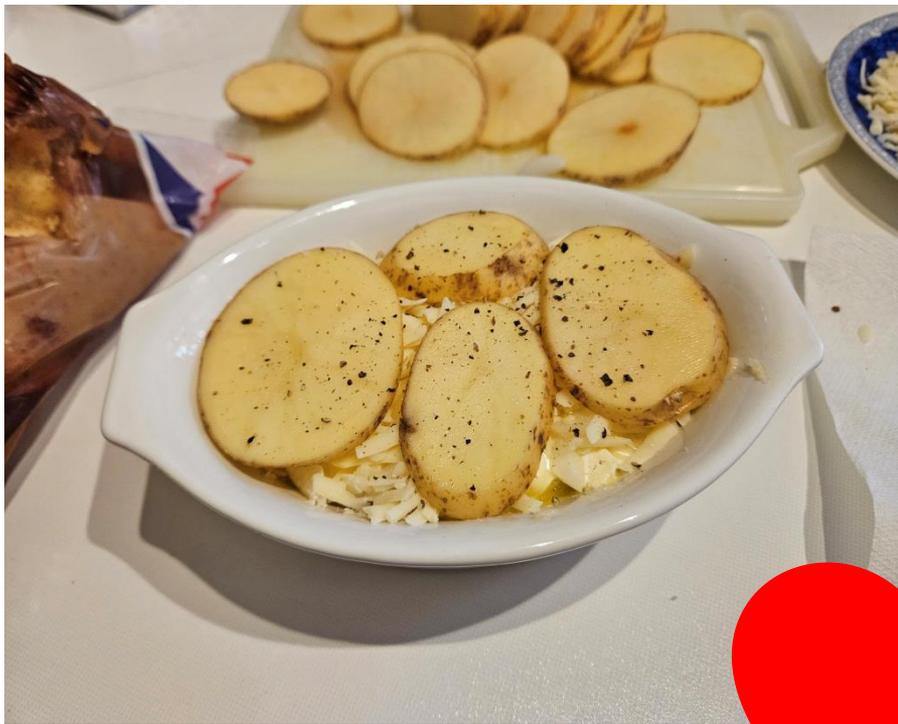


HOW HEALTHY IS POTATO GRATIN?:



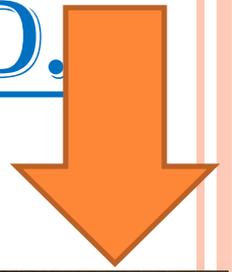
MAKING POTATO GRATIN







AFTER IT
HAS BEEN
COOKED.



READY TO
GO IN THE
OVEN.

