

Slow Food



The Benefits of Making Food Faster

- With the advent of cooking came more time to do other things. For instance, instead of spending 6 hours a day chewing (like other primates do) we could spend that time writing symphonies or developing molecular gastronomy!

The Automat



Horn & Hardart automat in Times Square, 1930s

[That Touch of Mink](#) (1962)

[Easy Living](#) (1937)

Microwave Oven



- 1946 prototype: nearly 6 Feet Tall, Weighing 750 Pounds
- 1947: Radarange - First commercially available but at a hefty price of \$2000-\$3000!

The supermarket – centralizing the buying experience



The Supermarket and the Invention of shopping cart: 1937



Not just an American concept

- The French *hypermarché*



From the land of haute cuisine comes an attack on American fast food.



José Bové





SLOW FOOD MOVEMENT



Slow Food®

Obesity rates and time spent preparing food

- The French spend the most time per day eating, but have one of the lowest obesity rates amongst developed countries.
- The US?



The Ramping up of American Eating Habits

- Americans between the ages of 18-50 eat 1/5 of their meals in cars
- 1/3 of our children will eat in a fast food restaurant today
- In 1965 Americans spent 65 mins/day eating and 21 minutes cleaning up.
- In 1995, Americans spent 27 mins/day eating and 4 minutes cleaning up.

- “The great [French] chefs have the kind of status and prestige that only concert pianists, prize-winning novelists or movie stars have in other countries.” – Richard Bernstein *Fragile Glory. A Portrait of France and the French*



Bernard Loiseau

Benediction of the Calissons







Julia Child and Chef Max Bugnard, Gourmet's Cooking School, Paris.

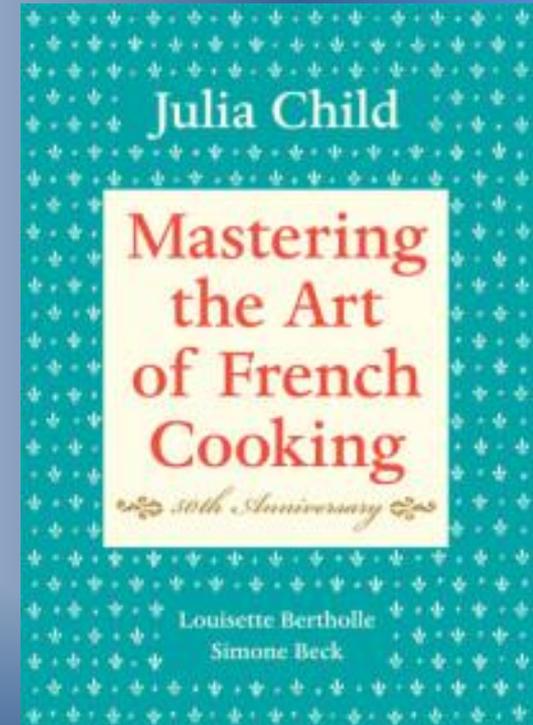
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Photograph: Paul Child, May 29, 1956

"JULIA CHILD
WITH CHEF
MAX BUGNARD,
GOURMETTE'S
COOKING
SCHOOL,
PARIS,"
photograph by
Paul Child, May
29, 1956.

Mastering the Art of French Cooking

- Published in 1961
- 734 pages
- 3 lbs
- 524 recipes (including a 13 page treatise on how to cook an omelette.)
- "for the servant-less American cook who can be unconcerned on occasion with budgets, waistlines, time schedules, children's meals, the parent-chaffeur-den-mother syndrome or anything else which might interfere with the enjoyment of producing something wonderful to eat."



The French Chef

- Premiered on PBS in 1962
- She initially earned \$50 per show.



Alice Waters

The Mother of Slow Food in America

- “When I got back from France, I wanted hot baguettes in the morning, and apricot jam, and café au lait in bowls, and I wanted a café to hang out in.”





New American Gourmet

"Alinea is not the type of restaurant where you go if you're in a hurry."
- Grant Achatz

[Grant Achatz](#) igniting oak leaves that are part of his pheasant breast dish, at his Chicago restaurant [Alinea](#).

The Catbird Seat in Nashville



The Catbird Seat



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- “faux-reos” made with dark Porcini mushroom cakes sandwiched around a Parmesan cream filling
- Spicy chicken postage stamp-sized piece of chicken skin is baked crispy between two pans and then brushed with sorghum before being sprinkled with a heavy coating of cayenne and paprika. A Wonder Bread puree is piped on top, and a final dash of dill salt



The best slow food – the food you grow!





First mint of the year!



Chervil



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