



THE HISTORY OF FINE DINING

HISTORICAL
STUDY

FROM ANCIENT TO
MODERN TIMES.

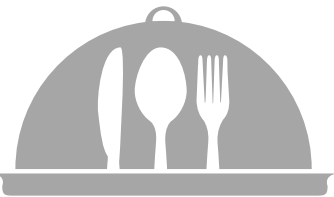
The History of Fine Dining: The Beginning



Restaurants are an institution in nearly every country and culture in the world. The restaurant, which emerged during the French Revolution, continues to serve as a place where people come together to eat, drink, and socialize. But even before Marie Antoinette and Louis XVI were sent to the guillotine, restaurants have been around in one form or another for thousands of years.

Restaurants in Ancient Times

The idea of selling food for profit existed during the earliest civilizations. It's no coincidence the growth of restaurants through history correlates with the growth of cities. The need for public eateries was firmly established as far back as the Roman Empire and Ancient China. When peasants and farmers brought their livestock and other goods to urban markets, often they traveled for several days at a time and needed a place to eat and rest. This brought about the earliest form of restaurants, the roadside inn.



The History of Fine Dining: The Beginning



Usually located in the middle of the countryside, inns served meals at a common table to travelers. There were no menus or even options from which to choose. Every night was chef's choice. Within city walls, where living conditions were cramped and many people did not have the means to cook their own meals, vendors sold food from small carts or street kitchens, which is still popular in many parts of the world. The meals they sold were usually precooked and affordable, a forerunner to modern fast food. These early inns and taverns were more than just a place to eat; they served an important social function by bringing people together.

The Etruscan Society Contribution

The Etruscans, the indigenous people who inhabited the modern day Tuscany before the rise of the Roman Empire, were the first people to have grand banquets and feasts where food, drink and socializing were the main focus of the evening.

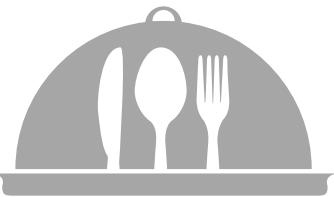


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Restaurants in the Middle Ages

In Europe through the Middle Ages and into the Renaissance, taverns and inns continued to be the main place to buy a prepared meal. In Spain, these establishments were called bodegas, which served small savory Spanish dishes called "tapas." In England, food such as sausage and shepherd's pie were popular; while, in France, stews and soups were offered. All of these early restaurants served simple fare commonly found in peasant or merchant homes. Following Columbus's voyage to the Americas in 1492, global trade increased, introducing new foods to Europe. Coffee, tea, and chocolate were soon being served in public houses alongside beer, ale, and wine. By the 17th century, while full meals were still typically eaten at home, moderately well-to-do people would hire a caterer or take their meals in a private salon, rather than in the main dining room of a public house.



The History of Fine Dining: Setting the Table



The French Revolution and the Rise of Fine Dining

In France throughout the Middle Ages, guilds had monopolies on many aspects of prepared food. For example, charcutiers were the guild who prepared cooked meats for sale. If you did not belong to that particular guild, it was illegal to sell cooked meat in any form. In 1765, a man named Boulanger added cooked lamb to a stew he sold in his shop near the Louvre. The caterer's guild sued him, but Boulanger won the case. Over the next 20 years leading up to the French Revolution, more shops like Boulanger's began opening in Paris.

Where does wine originate from?

The oldest known wine producing area is in China (some dispute this and cite Georgia as the origin). The oldest known formal winery is in Armenia. The Oldest demarcated wine region is the Douro Valley in Portugal.



The History of Fine Dining: Setting the Table



When Marie Antoinette and Louis XVI went to the guillotine, the old ways of French society went with them. The guilds were swept away and many chefs employed in aristocratic, even royal, households found themselves unemployed. Many of these displaced workers opened their own restaurants in Paris, bringing with them a new way of dining. Delicate china, cutlery, and linen tablecloths, all trappings of aristocracy, were now available to a whole new echelon of French citizens. Menus became more diverse, offering both prix fixe and a la carte options.

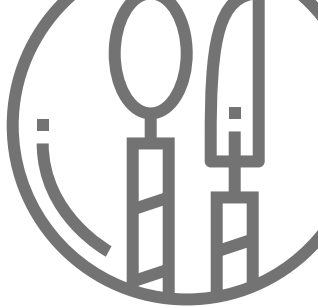
Though public houses continued to exist, the rise of fine dining in France would soon spread throughout Europe and into the New World.

What is the oldest restaurant in America?

The White Horse Tavern, founded in 1673 in Newport, Rhode Island, is said to be the oldest tavern in the U.S. and is still serving booze to this day!



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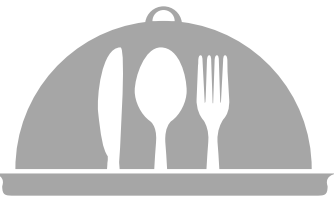


The History of Fine Dining: Setting the Table

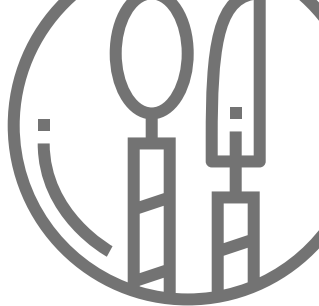


Public gatherings over food and drink have long been a part of human society, as they offer a place for people to come together for a meal and to socialize with others. Following the French Revolution, fine dining restaurants expanded across Europe and to other parts of the world. In the United States, the restaurant industry would become one of the leading employers during the 20th century.

After the French Revolution at the end of the 18th Century, displaced chefs from aristocratic households paved the way for the modern restaurant dining experiences we enjoy today. Creating à la carte menus featuring gourmet food, the chefs focused on fine dining experiences by cooking private dinners for people.



The History of Fine Dining: Modern Example



The Birth of Fine Dining

The chefs added touches of the upper class to their establishments. Guests did not have to take their meals at a common table, for instance, as was typical of taverns and roadside inns. Instead, diners sat at private tables, which were held by reservations—a new concept. Guests dined with fine china and cutlery on tablecloths, trademarks of modern-day fine dining.

Menus, either *prix fixe* or *à la carte*, were framed for presentation.

At the end of the meal, guests were presented with a check tallying the amount of their bill.

What is the world's oldest resurant?

Sobrino de Botín (Madrid, Spain), founded in 1725, is the oldest restaurant in the world in continuous operation, according to the Guinness Book of Records.



The History of Fine Dining: Modern Example



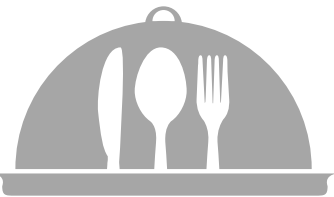
The Rise of Restaurants in France After the Revolution

Many fortunes were made for these professional chefs-turned-restaurateurs. They catered to a new class of provincial deputies that came to Paris following the end of the Revolution. Savvier restaurateurs adapted their eateries to include such amenities as bathrooms, for which there was a charge to use.

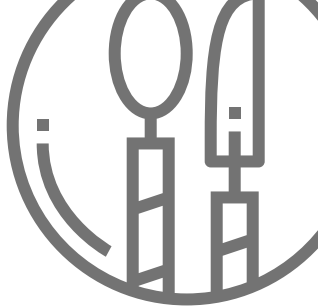
Before the Revolution, there were fewer than 50 restaurants in Paris. By 1814, the *Almanach des Gourmands*, a popular travel guide, listed 3,000 restaurants in the city. Thanks to advancements in travel, luxury dining destinations were subsequently established across Europe and abroad in the 19th Century. By the 20th Century, restaurants evolved into the familiar concepts we see today.

The French Create New Restaurant Concepts

During the 19th Century, the number of restaurants in Paris continued to rise thanks to advancements in travel. After the defeat of Napoleon, wealthy Europeans flocked to Paris to partake in the many gourmet dining options. This was especially true of the allied officer gentlemen—a trend that would be repeated following the end of WWII.



The History of Fine Dining: Modern Example



The 19th Century also marked the rise of cafés, a style of restaurant which doesn't offer table service. Rather, customers order their food from a counter and serve themselves. Outside of Paris, soup kitchens and dairy shops offered home-style cooking for cheap, attracting members of the lower working class.

Gourmet Dining Goes Global

By the end of the 19th Century, travel advancements stoked luxury tourism, which inspired travelers to want to eat when they were away from home. Eating became an art rather than merely a necessity. Part of the travel experience involved dining at famous Parisian cafés and restaurants, which by then had built a solid reputation for excellent food and service.

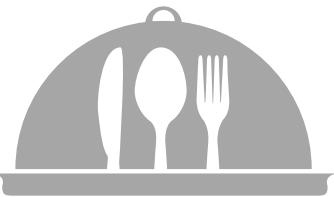


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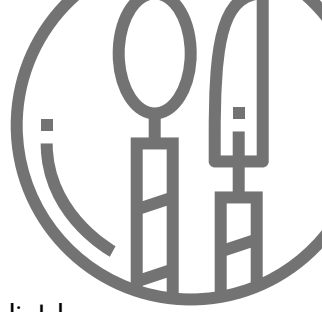


In the 1880s, César Ritz, a Swiss developer, partnered with prominent French chef **Auguste Escoffier** at the Grand Hotel of Monte Carlo, which became the first place to offer luxury accommodations and gourmet dining all under one roof. Other luxury hotels soon began popping up all over Europe.

The 20th Century saw the French Restaurant go global. In Spain, it was a "restaurant." In Italy, it was called a "ristorante." In Great Britain and the United States, it remained "restaurant," but would soon evolve to fit the demands of changing consumers. By the end of that century, restaurants in the United States would evolve further, introducing the world to restaurant chains, fast food, and an eventual return to farm-to-table dining.



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Thank you to the following people and reliable sources in the creation of this training guide:

Lori Mealley for "The Balance Small Business" at thebalancesmb.com.

Wikipedia.

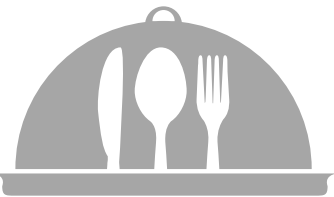
New York Times weekly dining, wine & education.

Alchemy Market education pieces.

and of course...

GOOGLE search.

THANK
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