

## CULINARY ARTS IN THE PRESENT DAY

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### Abstract

Culinary arts have undergone significant transformation in the modern era, blending traditional techniques with innovative approaches to meet the demands of a diverse and dynamic global audience. This paper explores the current trends in the culinary industry, including the rise of fusion cuisine, the integration of technology in food preparation, and the growing emphasis on sustainability and health-conscious dining.

**Keywords:** Culinary arts, sustainable cooking, globalization in food, innovative culinary techniques, culinary education, food technology, food industry evolution.

### Introduction

In times of economic and financial crisis, saving money is especially important. The need for food has always existed and will always exist. But how can you eat well with limited funds? This is what culinary art is all about these days – choosing ingredients that are inexpensive and, at the same time, suitable enough to prepare tasty and healthy food with limited resources.

In order to cook deliciously every day, it is necessary to analyze the food market, choose those stores where the prices correspond to the quality. Then it is necessary to constantly fantasize - without creative ideas there can be no delicious dishes. As is known, from the same products you can cook a great variety of dishes. The main thing is to experiment.

There are various sources of cooking tips and recipes. For example:

- cookbooks;
- women's magazines;
- internet;
- cooking shows;
- grandma's recipes.

The main thing is not to be afraid to experiment. As the famous expression goes, "No risk, no champagne."

### HISTORY OF THE DEVELOPMENT OF CULINARY ARTS

Not tens, not hundreds – tens of thousands of dishes have been created by world cuisine throughout history. So many books have been written about food that if you were to start rereading them all, a human life would not be enough.

The primitive cuisine of primitive peoples has gone through a long and difficult path of development before finally turning into a refined Culinary Art that has absorbed the achievements of modern science.



The history of human development from ancient times to the present day has seen unprecedented rises in culinary art and equally sharp falls. Sometimes food was extolled to the skies, considering it one of the greatest pleasures, sometimes it was treated with almost contempt, considering that even talking about products and dishes was “unworthy of a true gentleman”. Take the ancient Greeks. In Sparta, they treated food with restraint: on campaigns and at war, it was necessary to make do with food that was easy to prepare. And very close by, in Athens, they were sophisticated in preparing an unheard-of festive dish: a tiny olive was baked inside a dove, a dove - in a kid, a kid - in a sheep, a sheep - in a bull, all this was roasted on a spit, and the most honored guest got that very olive...

Is it surprising that later in Ancient Rome the art of cooking reached its peak precisely with the help of Greek cooks? Chefs were taken into account, the prestige of this or that noble house depended on them.

During the Second Punic War, there were even rebellions of cooks who subjugated some cities. Under the emperors Augustus and Tiberius, the first schools of culinary art were organized, headed by the wizard of the cauldron and ladle - the great cook Apicius. Therefore, it is not surprising that some emperors were real gluttons. Under Vitellius, for example, a dish was prepared that cost a fortune - a million sesterces. It was made from the brains of pheasants, peacocks, flamingo tongues (poor little birds), liver and spleen of the rarest fish at that time.

Then, after a long period of stagnation, at the end of the Middle Ages, thanks to the rapid penetration of spices from the eastern colonies, fine cuisine developed further. The cradle of fine cuisine was Italy, especially the south and Sicily.

Under King Louis XIV, France experienced a rise in culinary art, and since then these European countries have been in constant competition in the culinary field.

Not only professional cooks, but also many scientists, philosophers, and statesmen participated in the development of culinary art. It is known that the inventors of new dishes were Richelieu, Mazarin, Michel Montaigne wrote the book "Science of Food". Dishes invented by the composer Rossini are still popular in Italian restaurants. France is proud that Alexandre Dumas père and the great Balzac contributed to the national cuisine.

In the 19th century, culinary schools began to open again one after another. And, oddly enough, the first of them was in England - the "National Training School for Chefs" - because it is generally believed that the British are not too passionate about food. Most likely, the opening of the school was caused by economic reasons: the expansion of the network of small cafes and restaurants. The culinary school, opened in Paris in 1891, had two departments: women's and men's. Women were taught how to run a home economy for free. Men had to pay for training - they learned the secrets of professional cooking. They were also taught the history of culinary art, botany, modeling, drawing, and accounting.

As early as the 16th-17th centuries, onions and garlic were included in the list of products that residents were required to provide to scribes who compiled scribe books.

## **MENU PLANNING DURING AN ECONOMIC CRISIS**

In order to buy products of normal quality at an acceptable price, it is necessary to periodically analyze the prices of products. This can include personal analysis, reading relevant literature, and advice from friends.



Let's conduct an approximate analysis of food prices in the city of Namangan. In our city there are a great many grocery stores, mini and supermarkets, as well as hypermarkets and markets. In food markets, prices are cheaper than in stores. But markets are inconvenient to use - they work from about 8 am to 3 pm, the buyer needs to spend a lot of time in order to choose a quality product. The market is very tiring.

Let's take minimarkets. They often don't have the goods you need - minimarkets mainly specialize in fast food. The prices there are also quite high, and the selection is not great.

Namangan has a wide range of hypermarkets. Some of them are listed below:

- Korzinka;
- Makro;
- Tegen;
- Havas;
- Best Market.

The Makro wholesale trade center is a special hypermarket – here goods are not sold individually (except for household appliances, clothes, shoes), or are sold in large packages. This is very convenient for people who stock up on food for a week, or are going on vacation, or own smaller shops and cafes. Since goods are sold wholesale, prices are correspondingly cheaper than in other hypermarkets. But people who want to buy a single item, or a small amount of goods, should go to another shopping center.

Other hypermarkets listed above do not have any significant differences in price and quality of products. They are quite convenient for customers whose working day ends after 15:00, since they do not have time to get to the market. Also, in such hypermarkets you can buy a fairly wide range of goods - both essentials and clothing (Korzinka).

But if we still want to save money and buy quality goods, it is better to go to the market - it will take more time, but you will be able to choose the goods yourself (in the hypermarket, for example, vegetables are sold only by one manufacturer), buy products of your own production (for example, fermented milk products), as well as meat of domestic animals. It is also possible to choose the seller at the market who has lower prices, and thus save money.

### **How to save money correctly**

The main character of the film "Girls" said that you can cook many dishes from potatoes. And this is true. For delicious dishes, you don't necessarily need expensive ingredients with complicated names. You just need to use your imagination. But you need to eat right, i.e. the food we eat should be healthy. As you know, you can't save on health. Therefore, the menu should be tasty, varied and healthy.

But how can you be able to embody all three of these qualities? The answer is quite simple - you need to constantly study culinary literature (magazines, watch TV shows). It often happens that the ingredients listed in the recipe are very expensive and hard to find. You shouldn't immediately refuse such a dish - you can replace the spices, or take only part of the recipe (for example, a side dish).

The most favorable time of year for saving and improving the health of the body is the end of summer and the beginning of autumn. Vegetables and fruits are actively added to our diet, from which you can prepare many tasty and healthy dishes.



In winter, you should also not forget about your health. Since summer, you need to make preparations (sealing vegetables and fruits), because pickles in stores are quite expensive, often contain a lot of essence. Also in winter, there is a set of fruits that are cheaper than in summer, and also contain many vitamins and microelements.

The menu during an economic crisis, as well as in stable times, can be tasty and interesting. It just requires more effort.

### ADVICE FOR BEGINNER COOKERS

Beginner cooks should start cooking simple recipes, they will need the help of experienced cooks (mother, grandmother, girlfriends). It is better that these are family recipes.

Here are some simple and at the same time delicious dishes:

#### 1. Crab salad

Ingredients:

- 5 potatoes (or 250 g rice)
- 3 eggs (more is possible)
- 240 g crab sticks
- 1 medium-sized fresh cucumber
- 400 g corn
- mayonnaise
- salt



Cut the boiled potatoes and eggs into small cubes. Then cut the crab sticks. Also finely chop the cucumber. Now pour the corn (after draining the water from it) into everything that was previously chopped. Add the cucumbers. Add a little salt and mayonnaise, mix everything thoroughly. Put the prepared salad in a suitable form and decorate.

#### 2. Salad "Bunito"

Ingredients:

- chicken fillet,
- Korean carrots,
- eggs,
- mayonnaise.



Boil the chicken fillet and eggs. Cut the fillet into small cubes and place on the bottom of the plate. Grease the meat with a layer of mayonnaise. Chop the Korean carrots, place on top of the meat and grease with mayonnaise. Grate the egg on a fine grater and place it on top of the other layers. You can decorate with herbs.

#### 3. Pilaf with chicken fillet

Ingredients:

- 250 g rice (preferably long)
- 1 large carrot
- 1 large onion
- 300 g boiled chicken fillet
- vegetable oil



Cut the onion into cubes and grate the carrots on a coarse grater. Cut the boiled chicken fillet into small pieces. Lightly fry the chopped fillet in vegetable oil, then add the onion and carrot, sauté until golden brown, then add a little water and simmer for a little more - 5-10 minutes. While we were doing all this, our rice was cooking, of course, do not forget to add salt to taste. Now add everything we prepared earlier to the finished, slightly washed rice. Mix thoroughly and let it sit for about half an hour.

## CONCLUSION

The material reviewed above outlined the history of culinary art, advice on saving on food, ways to create a menu for each day during an economic crisis, as well as advice for beginning cooks with recipes provided.

The most important thing is the desire to cook - you need to put a part of yourself, your good mood, into the food you cook. And then any ingredients will make a great dish.

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