

**Potatoes with its History, Usage in Turkish-French Cuisine and Outstanding  
Features in French Cuisine**

*Tarihçesi, Türk-Fransız Mutfağında Kullanım Şekilleri ve Fransız Mutfağında Öne Çıkan  
Özellikleri ile Patates*

\* Çağla ÖZER

\*\* Franck Gerard BRUWIER

\*\*\* Pelin OLGAY



**ÖZET**

Birçok şefin anavatanı olarak bilinen, klasik mutfağın doğduğu, birçok tekniğin temellerinin atıldığı ve çeşitli şekillerde topluma yayılan gastronomi ve yemek kültürünün kaynağı olan Fransa, dünyanın en köklü mutfakları arasında gösterilmektedir. Bu çalışmada patatesin kıtalar arasında ve Fransa'daki tarihi ve yayılışı kısaca özetlenirken, klasik Fransız mutfağında patates pişirme teknikleri üzerinde durulmaktadır. Buna ek olarak, öne çıkan bir özellik olan nişasta oranının patatesin yapısında ve ortaya çıkan tabaklarda çeşitlilik gösterdiği belirtilmektedir. Yüksek nişasta oranı ve unumsu yapısıyla bilinen Fianna patatesleri püre olarak yemeklerde kullanılırken, düşük nişasta içeriği ve mumsu olan Elodie patatesler ise haşlanarak ve sotelenerek kullanılmaktadır. Bu çalışmada, Fransız mutfağında pommes duchesse, pommes château, pommes fondant, pommes macaire, pommes boulangères, pommes pont-neuf, pommes allumettes, pommes paille, pommes soufflé ve pommes gaufrettes gibi klasik Fransız reçeteleri uygulanmış ve değerlendirilmiştir.

**Anahtar Kelimeler:** Fransız mutfağı, Gastronomi, Parmentier, Patates

**ABSTRACT**

France, known as the homeland of many chefs, where classical cuisine was born, the foundations of many techniques were laid and the source of gastronomy and food culture spread to the society in various ways, is shown among the deep-rooted cuisines in the world. This study aimed to briefly summarize the history and spread of potatoes across the continents, and France, and the cooking techniques of potatoes in classical French cuisine is emphasized. As a prominent feature, it is stated that the starch ratio differs considerably in the structure of the potato and the resulting dishes. Fianna potatoes, known with high starch content and as mealy, are used for the dishes that baked on a mash basis whereas Elodie potatoes, known with low starch content and as waxy were used for boiled and sautéed dishes. In this study classical dishes from French cuisine, which are pommes duchesse, pommes château, pommes fondant, pommes macaire, pommes boulangères, pommes pont-neuf, pommes allumettes, pommes paille, pommes soufflées and pommes gaufrettes are applied in practice and the results are deliberated.

**Keywords:** French cuisine, Gastronomy, Parmentier, Potatoes.

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**ORCID:**

\* 0000-0001-8471-8607

\*\*0000-0003-3037-6669

\*\*\* 0000-0003-1768-3613

**Email:**

\* cozer@istinye.edu.tr



## **INTRODUCTION**

Potato tubers are the fleshy parts of the plant's underground root. This product, originating from South America, has become extremely popular around the world over time and has taken its place in the cuisines of many countries. This food can be used in the kitchen in many ways; baked, boiled, fried and mashed. (Morgan, 2006)

Different factors play a role in the adoption of potatoes by many cultures and countries. Above all potatoes can be grown in highland and arid climates unlike wheat, corn, and rice; and one can achieve high efficiency with less effort. Additionally, potato is preferred because of its nutritional values, stands out in the balanced diet with its low sodium values as well as the vitamins and minerals it contains. Besides, it can be easily transported and stored for a long time. This food, which is known to be low cost, can be adapted to many dishes based on taste, consistency and aroma. (Smith, 2012)

In this study, the history and spread of potatoes, the forms of utilizations in French and Turkish cuisines, the varieties and properties used in the field of gastronomy were compiled. In the experimental basis pommes duchesse (duchess potatoes), pommes château (château potatoes), pommes fondant (fondant potatoes), pommes macaire (potatoes macaire), pommes boulangères (potatoes boulangères), pommes pont-neuf (potatoes pont-neuf), pommes allumettes (potatoes allumette), pommes paille (potatoes paille), pommes soufflées (potatoes soufflé) and pommes gaufrettes (potatoes gaufrettes), which are the basic and common uses in French Cuisine, were researched and applied.

## **LITERATURE REVIEW**

### **The History and Spread of Potato**

Considering the consumption extent of basic foodstuffs globally, potatoes, which rank 4<sup>th</sup> after wheat, rice, and corn, preferred due to its accessibility, preservability, nutritional quality, and the diversity of utilizations in different cuisines. Potato, whose native land is America, has become recognized with the interaction of civilizations, and its production has spread to various regions and has become localized (Çetiner, 2016a; Çetiner, 2016b; Hamuroğlu, 2017). The crop is known to exist in the Andes Mountains along the whole western coast of South America, is crucial for the communities living in the territory today as it was in the past. It is reported that the potatoes acquired from the initial harvest were cooked in stone and introduced to Panchamama (Mother Earth) and Axomama (Potato Goddess) (Çetiner, 2016b). It is known that this society consumed potatoes that were grown and produced with ease in difficult agricultural land and climatic conditions, receive more calories among the other basic foods. It can be concluded that the survival of the societies attributed to consume potatoes with clay for a long time in order to reduce the effect of the toxic solanine it contains and it is known that with low content of harmful substances have been developed, produced and consumed over time. It is also reported that “Chuno” is a food made in Peru and Bolivia, which is estimated to be dating back 8,000 years ago, in the months of May-July, when intense frost is estimated. It is reported that after harvesting the potatoes spread to ground, covered with straw, and allowed to freeze for a few nights, then collected and crushed. It is known that it is preserved and consumed extended time without degradation by drying in the sun for ten days (Çetiner, 2016b; Pavlista, 1997).



The Andes, considered the native land of potatoes, were discovered only a few decades after Christopher Columbus discovered the West Indies in 1493. Although the Inca territory was captured after Spanish commander Francisco Pizarro explored Peru in 1532, potatoes were not mentioned until the declaration of Lopez and Gomara in 1552 and Cilamas de Leon in 1553. Almost forty years later the discovery of the New World (America), potatoes are reported to be a food unrecognized by the Europeans in Cajamarca until the discovery of the Andes in the north of Peru by Pizarro. The spelling similarity of potato (patata) and sweet potato (batata) caused an uncertainty about the main date of its arrival in Europe before 1532. According to some references it was first brought to the Canary Islands (1562), and then Belgium (1567) and finally to France (1574) (Hawkes & Francisco-Ortega, 1993).

Since the potatoes that Europe first acquainted with, were in the form of chuno (frozen, crushed, and sundried potatoes). Since it was considered as a food consumed by the underdeveloped society it did not attract enough attention for Spaniards. In 1570s the potatoes in the purchasing archives of the hospital in Seville which was under the auspices of the Carmelite cult pointed out that the production of potatoes might be started in the vicinity of Seville and it was thought the Carmelite cult transmitted to the monastery founded in 1584 around Genoa, Italy. It took 170 years for potatoes to arrive in France, with the reasons; in the fallow time it was not preferred to plant a new crop concerning to the spoilage and it was likened to the deformed limbs of leprosy patients due to their shape. It is also reported that after the expulsion of Huguenots from France towards the end of the 17th century, they brought potatoes and advanced farming techniques to the Netherlands and Germany, where they migrated. Nevertheless, potato recipes were first encountered in Germany in the mid-17th century (Çetiner, 2016a; Hawkes & Francisco-Ortega, 1992; Smith, 2012).

Antoine-Augustin Parmentier (1737-1813), who was captured while serving as an army pharmacist during the Seven Years' War (1756- 1763), including France and Prussians, survived by eating potatoes during his time in prison. It is known that when he reverted to France, he was the person who changed the perception of potato, which was still considered suspicious by the people, unfit for human consumption and dangerous due to its weakening effect. In his work in 1771, horse chestnut, acorn, and roots of bryonia, iris, gladioli, and canape, as well as vegetables that can be used during food scarcities, include potatoes. In 1773, he published his work titled "Chemical examination of potato, wheat and rice" and started research on panification of potato flour (Montagné, 1961). To Parmentier, who won the contest organized by the Besancon Academy in France to find a food that could reduce famine disasters, 50 acres (202 thousand m<sup>2</sup>) in Sablon Plain were provided in the year 1785 or 1787 (differs according to the different references). Parmentier convinced Louis XVI to encourage potato growing (Missel et. al., 2013; Montagné, 1961).

Sablon Plain was decided to be protected by the guards to encourage the production and removing the security during the maturation period thus the curious people grabbed the potatoes and planted in their individual gardens. It is also mentioned that the flower from the first harvest and it was the Parmentier's presentation to the Louis XVI that initiated a fashion trend in women's hats and dinner plates. It is reported that Lavoisier started planting trials in 1763 on the land in Fréchines with the methods proposed by Parmentier (Çetiner, 2016a; McNeill, 1999; Montagné, 1961).



## **Potato Varieties and Dishes in Turkish-French Cuisine**

When different cutting (julienne, fondant, batonette and pont-neuf etc.) and cooking (frying, boiling, baking etc.) techniques are applied in the same material, the sound, taste, and mouthfeel felt during eating correspondingly differs. According to the cooking categories, potatoes can be divided as mealy and waxy, for their textures when cooked. And it is recommended to choose the suitable type of potato to be used for the desired dish. The mealy potatoes, where the starch rate is up to 22%, are the most suitable types for frying process. When cooked the cells tend to swell and separate from each other by the rapid evaporation of the water in the frying process, producing a fine, dry, fluffy texture that ensures the desired crispness and the outer crust. In waxy types with a low amount of starch ratio, allowing the product to retain its shape especially for boiling process. The starch granules of the waxy potatoes retain water, the potatoes have more humid structure, while the mealy potato becomes drier with the starch molecules absorbing water. It is known that the mealy potatoes begin to break down at lower temperatures compared to the starch structure of the waxed potatoes and is also cause disintegration during scalding (Greenwood, 2016; McGee, 2004; O'Connor et. al., 2001).

The importance of potatoes in French cuisine is emphasized as “a good cook is known by her boiled potatoes” (Senn, 1895) and it is reported that potatoes exist with 300 different cooking styles and some of them include the name “Parmentier”. Bœuf Bouilli Sauté Parmentier (Boiled Beef Sauteed Parmentier), Carré d’Agneau Parmentier (Loin of Lamb Parmentier), Côtelettes de Mouton Parmentier (Mutton cutlets Parmaentier), Côtes de Veau Parmentier (Veal Chops Parmentier), Filets de Soles Parmentier (Fillets of Sole Parmentier), Hachis de Boueuf à la Parmentier (Beef Hachis Parmentier), Morue Parmentier (Salt Cod Parmentier), Œufs Parmentier (Parmentier Eggs), Omelette Parmentier, Potage Purée de Pommes de Terre Parmentier (Puree of Potato Soup Parmentier), Poulet Sauté Parmentier (Sauted Chicken Parmentier), Sauté d’Agneau Parmentier (Sauted Lamb Parmentier), Ouef Brouillés Parmentier (Scrambled Eggs Parmentier) can be given as an example of the dishes include the name “Parmentier”. (Cracknell&Kaufman, 2011; Montagné, 1961; Suzanne&Senn, 1907; Dubois&Bernard, 1856).

Although different opinions were suggested on how potato arrived to Anatolia, it is known that it was dispersed in 1870s from Russia and Caucasus to the Eastern Anatolia and in the beginning of the 20th century to western countries from Europe (İlisulu, 1957). It is reported that the first potato culture was carried out in the Akova district of Hendek, Sakarya, and produced in many different cities, especially in Nevşehir and Niğde (Hamuroğlu, 2017). Even though Anatolia met quite late, the potato was adopted very quickly by the society considering the positive effect and nutritional importance of the plant (Şenol, 1970). When we categorize the use of potatoes in local cuisines, it is possible to give the following examples: *in soups* (patates çorbası in Bolu and Isparta cuisines, kelecöş in Iğdır cuisine, kabak çorbası in Ordu and Düzce cuisine, patatesli bulgur çorbası in Karaman cuisine), *in moussakas* (kıymalı patates musakka in Kilis cuisine), *meat dishes* (bahtenis dolması, kammünlü kebab, sebzeli tepsi kebabı and zerzevatlı tepsi kebabı in Antakya cuisine, patatesli cirvila in Bingöl cuisine, kuzu kapama in Bursa cuisine, bozbaş in Iğdır cuisine, bicci and patates tarhanası in Karaman cuisine, kuşbaşı patates kebabı, kıymalı patates kebabı, etli patates in Kilis cuisine, patatesli kıymalı köfte in Mersin cuisine, yahni and karalahana döşemesi in Ordu cuisine, tavuklu patates tava in Osmaniye cuisine, patates aşı,



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patates tavaetisi in Isparta cuisine and patates oturtması in Şanlıurfa cuisine, Tokat kebabı in Tokat cuisine, *as the filling in pastries (in boreks)* (heşvet-patates böreği in Siirt cuisine and patatesli ekmek in Isparta cuisine), *as main ingredient* (lalezar in Bursa cuisine, patates dolması, patatesli kaygana and patates salatası in Isparta cuisine, pıncar patata-patates pancarı in Siirt cuisine, patates bostanası in Şanlıurfa cuisine, *in vegetable dishes* (patatesli köfte and yumurta öfelemesi in Antakya cuisine kereviz köftesi, içli patates and patates köftesi, in Bursa cuisine, yoğurtlu patates in Gaziantep cuisine, patates ezmesi and gatlet in Iğdır cuisine, patatesli içli köfte and buluklu usulü pırasa yemeği in Mersin cuisine, patates sulusu, patates kavurması, patatesli köfte, sini kömbesi and lepe in Osmaniye cuisine, *in pastries* (çiğ börek in Antakya cuisine, patatesli çarşaf böreği in Bolu cuisine, patates hamuru in Bursa cuisine, deli börek, patatesli kızartma börek and tava lokumu in Karaman cuisine, hengeli-haluj in Osmaniye cuisine, *in pilaff* (patatesli kazmak in Iğdır cuisine, paşa pilavı in Bolu cuisine) (Akalm, 2018; Akkor, 2011; Ay, 2019; Tütüncü Aydın, 2017; Belgin, 2015; Bursa Esnaf ve Sanatkarlar Odaları Birliği, 2012; İnce, 2017; Halıcı 2015; Kement, et. al., 2018; Lokmanoğlu, 2013; Sürmeli, 2012; Şengül & Türkay, 2017; T.C. Düzce Valiliği İl Kültür ve Turizm Müdürlüğü, 2019; T.C. Isparta Valiliği İl Kültür ve Turizm Müdürlüğü, 2014; T.C. Ordu Valiliği İl Kültür ve Turizm Müdürlüğü, 2019; Tanrıverdi, 2013; İlhan Tunç, 2015).

## METHOD

The first aim of this study is within the scope of qualitative approach is to interpret and evaluate the outcomes based on existing literature. In the trial plan that constitutes the other part of the research the prominent recipes of French cuisine were carried out according to Montagné (1961), Anton (2004) and Cracknell & Kaufman (2011).

Potato varieties used in the study; Fianna variety with a high starch ratio (16,9%) for mash/mash-based, oven and fried dishes and Elodie potato with low-starch (9,6%) varieties for techniques to be boiled were supplied from Aktohum Gıda Tarım İnş. Nak. İth. İhr. San. ve Tic. Ltd. The materials preserved in the dry storeroom at room temperature until the trials carried out. The other ingredients (milk, butter, vegetable oil, salt, onion, eggs, white pepper, black pepper, sugar, water and rock salt) were supplied from a local market in Istanbul and kept at room temperature in +4°C and/or dry storeroom. All applications were carried out with the equipment (pans, pots, piping bags, piping tips, trays, knives, spatulas, skimmer spoons, cast iron baking dish, paper towel, baking paper and mandolin) exists in the Practice Kitchen of Istinye University Gastronomy and Culinary Arts Department.

The recipes that applied in the second part of the study are; pommes duchesse (duchess potatoes), pommes château (château potatoes), pommes fondant (fondant potatoes), pommes macaire (potatoes macaire), pommes boulangères (potatoes boulangères), pommes pont-neuf (potatoes pont-neuf), pommes allumettes (potatoes allumette), pommes paille (potatoes paille), pommes soufflées (potatoes soufflé) and pommes gaufrettes (potatoes gaufrettes).

### **Pommes duchesse:**

500 g potatoes were peeled, cut into quarters, boiled in salty water, drained, sieved, and mashed. 50 g butter, 60 g egg yolks, salt and powdered white pepper were mixed smoothly, taken into a piping bag with a star shape tip (#350 close star). This mixture was piped on the



plate, baked under salamander, or piped on a tray and cooked for 8 minutes at 200°C and it is served while still hot (Figure-1, see appendix).

#### **Pommes château:**

5 potatoes were cut into a château form (large olives) in average weight of 80 g and then boiled in salted water for 15 minutes and dried. After 50 g clarified butter is heated in a sauté pan with a small amount of coloring, it is finished by frying the potatoes in colored butter until they have a thin crust. (Figure-2).

#### **Pommes fondant:**

2 large potatoes were cut into a small soap shape, each were 50 g, then boiled in low salted water for 20 minutes and dried. In a shallow pan added 50 g butter, 100 ml water and a dash of sugar, it is brightened and cooked gently with a coating consisting of sugar and butter. They should be golden on the outside and very soft inside when cooked. After it was placed on the serving plate, it was sprinkled with large pieces of rock salt (Figure-3).

#### **Pommes macaire:**

The mixture prepared for the potato duchess was taken into the piping bag with a star shape tip (#350 close star) and piped into form of a flat cake by drawing a spiral on the baking tray. Melted butter is poured and a cartridge suitable for the dimensions of the baking tray is placed in contact with the potato and baked for 15 minutes at 200°C until golden. After being removed from the oven, the plate was turned upside down and finished (Figure-4).

#### **Pommes boulangères:**

2 medium onions were cut into julienne and 50 g butter was melted in a sauté pan, and sautéed for 10 minutes with the melted butter, salt, and black pepper. 2 medium potatoes were cut with mandolin into thin discs (3 mm). Sautéed onions and potatoes in a 24 cm cast iron baking dish greased with melted butter were lined up and laid down on a regular basis and baked for 15 minutes at 200°C (Figure-5).

#### **Pommes pont-neuf / pommes allumettes / pommes paille:**

2 medium potatoes were cut square at the ends and sides then cut into batons of 7 cm x 1 cm for pommes pont-neuf, 2 medium potatoes were cut as 7 cm x 7 mm for pommes allumette and as 7 cm x 4 mm for pommes paille. Two separate frying pans were half-filled with frying oil and heated up to 140°C to form a crust, while the other pot is brought up to 180°C. After the potatoes were dried, pommes pont-neuf was fried for 8 minutes in 140°C, after the external crust were formed, in 180°C for 2 minutes; pommes allumette was fried for 6 minutes in 140°C, 2 minutes in 180°C and pommes paille was fried for 5 minutes in 140°C and 2 minutes in 180°C. The excess oil has been removed from the potatoes and taken into a serving plate and drizzled with some rock salt (Figure-6-7-8).

#### **Pommes soufflées:**

2 medium potatoes were sliced max 3 mm in a round or oval form, dried with paper towel and fried in two different oils, which is 150°C and 160°C for double cooking, respectively. During the frying process, the potatoes were swollen by paying attention to the waving of the pot continuously. At this temperature, the surface of the slices is transformed into



waterproof skin, which will swell a result of volatilization of the water inside. Baking process is completed with the golden color of potatoes in 160°C (Figure-9).

### **Pommes gaufrettes:**

2 medium potatoes were cut with mandolin's gaufrettes cutting apparatus, two separate frying pans were filled halfway with frying oil and heated to 140°C and 160°C. After the potatoes are dried with paper towel, they were fried in 140°C oil and 160°C respectively, until the golden color was achieved (Figure-10).

## **RESULTS**

In French gastronomy, which was included in the list of UNESCO's Spiritual Cultural Heritage in 2010 and where the artistic aspect of cooking is dominant compared to all national cuisines, the conversations and rituals associated with each meal, cooking and cutting techniques are important. Potato, the product which is examined in this study finds the way of usage areas in gastronomy such as; baking, boiling, frying, steaming, sweating, freezing, dehydrating, milling. It is also used quite extensively in Turkish cuisine, also varies by region, the recipes where potato is used as a main ingredient but widely with meat dishes. However, in French cuisine, potatoes are mostly used as side dish and served with seafood, meat and poultry and in this study, it is aimed to highlight some important garnishes of potatoes, which are complementary to main dish enriched by cutting and cooking techniques.

Potato varieties were determined according to the cooking techniques to be applied in the study. Recipes can be divided as; 1- *baked* (pommes boulangères-potato boulangères), 2- *puree based and baked* (pommes duchesse-potato duchess and pommes macaire-potato macaire); 3-*fried* (pommes pont-neuf-potato pont-neuf, pommes allumettes-potato allumette, pommes paille-potato paille, pommes soufflés-potato souffle and pommes gaufrettes-potato gaufrette); 4-*boiled and sautéed* (pommes château-château potatoes and pommes fondant-potatoes fondant). Fianna potatoes, known with high starch ratio and mealy are used for the category 1,2 and 3; while for the 4th category Elodie potatoes, which has low starch content and waxy structure are used. Due to the use of Fianna potato with its chemical properties, unpreferable gummy texture was avoided in mash/mash-based potatoes, and the desired crispness, color and texture were provided in baked and fried potatoes. The potatoes in boiled and sautéed category have preserved their structure and shape in the techniques applied due to the use of Elodie potatoes.

When we examine the nomenclature of potato dishes in French cuisine; “boulangères” means baker and the name makes sense as the potato stew prepared with a piece of lamb given to local baker for to be cooked before Sunday rituals when ovens are not popular in households. According to CIA (2008), pommes gaufrettes (potato gaufrette) is also referred to as waffles because of the similarity of the shape that the structure is obtained with mandolin. When we peruse the enlightenment about pommes soufflé the railroad between Paris-Saint Germain-en-Laye that allocated in 1837, it is reported that because the train had great difficulty in clambering up the final slope, the chef had to stop frying the potatoes and presented the potatoes he had stopped cooking, after cooking them again for the second time. In this way these prepared fries for the planned time got cool and at the time of new service they were thrown in the boiling oil rapidly and it was observed that they were puffed up, became a form of balloon with golden colour and this is how the pommes soufflées (potato



soufflé) came out (This, 2002; Montagné, 1961). Pommes fondant (potato fondant), is described by chef Bruno Loubet as a "national classic", while according to Michel Roux "fleshy, delicious and rich without being greasy" and therefore can be defined as "fondant (melting softness)". The word "Macaire" is a name attributed to Robert Macaire, who performed in a fictional melodrama, which was known to be very popular in the first half of the 19th century and was first applied in a menu in 1866. On the other hand, pommes duchesse (duchess potato), which is a classic French dish and interpolates an artistic touch to the dishes, is a creation believed to have been made for a British duchesse that came to France. Pommes pont-neuf (potato pont-neuf), which is another classic French potato recipe and usually served as structured on top of each other, is known to take its name from the New Bridge in Paris due to the similarity of its shape. This potato recipe, which is referred to as steak fries, is chopped without cutting the round part of the potato when it is desired to be similar to the bridge shape, and if a thin appearance is desired, straight potatoes pont-neuf is obtained by cutting these curved edges. (CIA, 2008)

## CONCLUSION

In this study, it can be conceded that; desired end-product requires choosing the right raw material that provides conscious production and sustainability in the field of gastronomy. And it should be emphasized that techniques and methods are as important as raw material quality. It has been also observed that potatoes in French cuisine are more prominent in terms of taste and visuality with more detailed preparation stages and different cooking techniques compared to the usage patterns of in any other cuisines and the recipes spread around the world. In various regions although the use of potatoes differs from bakery products to accompanying precious dishes, the simple use must be forefront in the recipes which is aimed in this study to attract attention. When the current position of the potato, which was excluded by society in the past, it can be observed that it has gained an important place in all cuisines. For further studies, it is recommended to investigate the usage of different ingredients in different cuisines and to emphasize their potential usages and specialities.

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APPENDIX



Figure 1. Duchess potato



Figure 2. Château potato



Figure 3. Fondant potato



Figure 4. Macaire potato



Figure 5. Boulangères potato



Figure 6. Pont-Neuf potato



Figure 7. Potato allumette



Figure 8. Potato paille



Figure 9. Potato soufflé



Figure 10. Gaufrette potato