

1 Reading for May 9

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3 Expression:

4 • Go to the donkey cock (talk about everything and anything, from one subject to another)

5 *Young people knew little and conversation going on at the donkey cock.*

6 • Howl with the wolves (do like everybody else)

7 *Paul is so soft and Goody-goody he yells with the wolves*

8 • Return to his sheep (return to his subject)

9 *At our meetings, we must often return to our sheep.*

10 • Like a fish in water (very uncomfortable)

11 *Since our return to our village, we are like fish in water.*

12 • Guilty pleasure (pronounced weakness leaning favorite)

13 *My parents find that I eat a lot; it's my guilty pleasure.*

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22 What's new? What is to stop the French to ask for a doggy bag to the restaurant?

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24 Encouraged from 2015, the doggy bag could soon become required in all restaurants.

25 French gourmets are yet struggling to use.

26 « ". *I feel ashamed.* ' ' To hit comments that accumulate under the articles of the Figaro, from

27 Point or of the world, no aucun mot Word doesn't seem strong enough to describe the French aversion for the

28 doggy bag.

29 While MPs hear making it mandatory - for restaurant owners, not customers,

30 bringing the remains of her duck breast L'Orange in his fridge sounds like an insult to the

31 nation. The Americanization of our country found its limit in a wax paper bag?

32 The first appearance of the doggy bag goes back to ancient Rome, around the 2nd century. At

33 the *Cena* (dinner), the guests were used to bring their own towel in their host

34 table. According to legend, whose remains are especially literary, guests are packaged with

35 remains of food that they were bringing home.

36 "Forged in My Briefcase"

37 In the *Satyricon* of Petronius, a character describes his meal: " ." *The second service was a pie*

38 *cold, drinking a hot honey, first quality of Spain: also I didn't to the tart the*

39 *less than the world; honey, I took to to slather me the mustache. All around chickpeas and*

40 *lupins, nuts at discretion, and fine Apple a head: I have however taken two here, established*

41 *in My Briefcase; because if I didn't earn something to my favorite slave, I would of*

42 nonsense. " " Practice is also illustrated by the latin poet Martial, in his *Epigrams* .
Dimitri Tilloi of Ambrosi, author of a thesis on culinary practices 43 and medicine in
44 the Roman Empire, comments on the text: " ." *Not content to eat like a real*
45 *glutton, [Santra] Roundup a multitude of victuals which he hides in his towel [...],*
46 *then used to bring gifts. It is even enough to contain all the dishes*
47 *he was trying to collect with greed, as he hides in his clothes. »*
48 Second hand fat
49 Habits of squirrel of the Romans were not infused our report to the remains. It's only the
50 Middle ages came by.
51 At the turn of the 5th century, Huns, Visigoths, Francs and other «barbarians» scrambling
supremacy
52 of the Roman Empire. Not happy to bag the Europe, the peoples of East and North
53 are also revolutionizing the meal. Of a mostly vegetarian diet, we go to a food
54 that glorifies the roasted meat. In this upheaval, the ancestor of the doggy bag disappears as
55 the gown and the sandals.
56 "The poor benefit from the crumbs that fall tables of the wealthy."
57 Martin Bruegel, food historian
58 Therefore, food remains - when there is - will integrate a kind of secondary circuit. At
59 In Paris, in the medieval bourgeoisie, cooks recover fat and food not used
60 at wealthy individuals. The trade of second hand specialists,
61 the hucksters, selling on the street small dishes at modest prices: pasta stuffed with meat, bits
62 fish cooked already...
63 In fact, since antiquity, " ." *the poor benefit from the crumbs that fall tables of*
64 *affluent, explains Martin Bruegel, historian of power. There was a form of redistribution,*
65 *who created a kind of patronage. " " This form of alms induces a dependency - and so a*
66 value judgment.
67 « " *. Its leftovers to the restaurant, it shocks me, explains Patrick Rambourg, specialist of*
68 *practical gourmet West and author of Art and the Table . There is something of*
69 *symbolically degrading. This isn't really in the French tradition, it is same*
70 *issue. ' ' Words: it is almost a sign of the " " . decline of civilization*
71 *French " " , as the New Yorker in 2016 was taunting.*
72 In French history of the restaurant, no sign of recovery of the contents of his plate. To the
73 19th century, when institutions are multiplying in Paris, each customer is served,
74 whatever his purse. It is *'to each his restaurant'*, summarizes Patrick Rambourg: elite feedeth
75 light kitchen, and workers have lunch in 'broth' soups filled with pieces of
76 meat.
77 Finish your plate
78 Today, if there is a doggy bag, is to get some paella of Uncle who actually
79 always for fifty or a piece of Yule log " " *. because really, we, we'll*
80 *not ».*
81 Out of commercial context, " ." *is a gift, an Exchange, a gift. It's love, it's*
82 *" totally different ' , assures Patrick Rambourg. It means our pleasure to extend the meal in*

83 giving a Tupperware as we manifest our joy to receive cooking ten times too.
84 Do Revel, is more than a form of gluttony, part of French gastronomy. And
85 this ritualized treat enjoins us indirectly to finish our plate, we eat one
86 plate of spaghetti at a friend or a Caesar salad in a bistrot.
87 For Blandine Machefert, psychologist, the social component of the power supply, look for
88 , is a pillar of our relationship with food. *"A bulimic person always will be in .*
sly, she says. An anorexic can force himself to the restaurant, 89 while it will be
90 impossible at home. Even without eating disorder, there is a mimicry. If
91 everyone takes a dessert, I'll look at the map, even if I'm not hungry any more. »
92 If we serine us since our childhood "to honour" served fried, it's also that the scarcity
93 is not so far. *"Do not waste, it's universal, commented on Patrick Rambourg. . Should not be*
94 forget that the rationing existed in France until 1949. »
95 Seventy years, in the scale of humanity, what is it? Remembrance - same unconscious -
96 lack pushes us to one side to empty our bucket. On the other hand, it prevents us from claiming a
97 « ". *to go box ' ' to mean well, we eat our fill.*
98
99 A dog and a poem
100 Is in a context of food restriction that the doggy bag was born in the United States.
101 Several stories intertwine, but all begin around the end of the second war
102 world.
103 The Government would, according to the Smithsonian, encouraged national Research Institute the
104 dog owners to pack the remains of their meals outside to give their
105 pets.
106 Of Jane and Michael Stern, authors of numerous books on American cuisine,
107 is a New York restaurateur who popularized the wax paper bag. Dan Stamper in another
108 a packaging decorated with a drawing of Scottie, whereby the company to manufacture it has
109 attached a poem:
110 « ". *Oh where, oh where have your leftovers gone?*
111 *Oh where, oh where can they be?*
112 *If you've had all you can possibly eat,*
113 *Please bring the rest home to me! »*
114 [*«Oh where, where'd your remains? ']*
115 *Oh where, where can they be?*
116 *If you ate everything you could,*
117 *Please, bring the rest home! »]*
118 The bag would have been reproduced 150 million times. Except that the food shortage has stopped
the States -
119 United as in Europe in the 1950s. The doggy bag, he continued.
120 The historian Martin Bruegel sees evidence of the symbiosis of capitalism and Protestantism,
121 the theory of sociologist Max Weber. *"Americans have a more utilitarian culture that .*
122 the Europeans, details there. The calculation is part of their lifestyle. However, if there is the doggy
123 bags, there are also a lot of food waste. What is a difference between the public, the

124 restaurant where one is virtuous to maintain appearances and domestic sphere of leave 125
go? " " Is an open question.

126

127 Culture: tell casserole, why you whistle?

128

129 Pressure cooker invented by the SEB brand celebrates 65 years. **The pot to the soft purr is still used**

130 to cook without blowing up everything, provided you do not push the envelope too far.

It is the Queen of the Chicken Piccata, much bigger than the sacrosanct 131 housewife Paulette and

132 its rolls. It is the soprano of the hiss, able to chain the spritz without ever soften.

133 Is the pressure cooker of SEB (for Burgundy stamping company) who is celebrating

134 triumphantly this year its 65... And 75 million devices sold worldwide.

135 The anniversary comes with the publication of a book entitled *SEB pressure cooker & Cie, a*

136 *industrial adventure and a history of family* (1), and it should be to celebrate with dignity. Because Yes,

137 the pressure cooker has history to resell. Let's start by saying that his real name is

138 pressure cooker. "Pressure cooker" is a trademark, acquired by the company in 1965,

139 as 'Fridge' and other jewels of the kitchen passed into common vocabulary. The pot

140 original SEB called first "great casserole. We need the Lescure brothers that enhance

141 the pressure cookers of the time using an industrial process called stamping.

142 Previously, there was too much impurities in the metal tanks, causing a risk of explosion.

143 With this manufacturing technique, more boom. This is the soft purr that appeals to start the

144 France, though, in 1954, the casserole is denied access to the influential household, art show

145 in Paris, not very visionary on this one. Lescure brothers retaliate and then climb a wall of

146 casserole right in front of the entrance of the show. Balance sheet? About 130 000 pieces passed
this year here.

147 Today, a million copies are produced each year in the original, cradle

148 factory of Selongey, North of Dijon, in Côte-d'Or. Of course, some models are high149

Tech, offering an easy opening lid or electronics... But

150 we love the true, the original, one that whistles in the kitchen and who turned into a real

151 object do pop tribute to this icon to all (or almost).

152

153 To braise under the stars

154

155 No luck, it seems that Michel Guérard, the Pope of the "nouvelle cuisine" in the early 1970s, don't

156 had not mastered perfectly the opening of oysters... nor that of the pressure cooker. Yet, this

157 new utensil stimulates the creations in the kitchen and accompanies the evolutions of the
menus. First

158 pedestrian and local regional produce: beef bourguignon, preparation, or even Algiers
couscous. Then the guide

159 recipes offered for the purchase of each pressure cooker since 1953 starts to vegetables and

160 fish slimer in the 1970s. And more recently the merger with ravioli kitchen of

161 shrimp. The chefs take over the machine. '80s, Joël Robuchon invents a

162 express cooking for crayfish in three minutes. 2000s, Anne - Sophie Pic offers a liver
163 fat in six minutes chrono (dipped in a mixture of red wine, spices, sugar and cream of)
164 Blueberry). 2004: the Cook Ernestine Frederick Grasser-Hermé, punk trend, publishes
165 119 recipes in his book *Super pressure cooker* (Hachette), which this dessert of SAPID mango to the
166 Rosemary (seven minutes). Recalling in passing that the Pan, one of the most magical tools for
167 (e) Cook, allows not only to cook but also of braise.

168 For other "hungers" or for other cravings

169 Uncle David was kind of rake, not the style to hire a stripper to paper painted to redo
170 his living room. But watching we slaughtered the walls with a spatula to remove scenes of
171 hunting print, he had to face the fact: you can be naked and steam when we
172 tinker. By dint of having sea urchins in the pockets, Dede was ingenious: he borrowed the
173 pressure cooker of Auntie Dédée to take off his paper painted, all windows and doors closed.
174 Tropical atmosphere with extra perfume Leek-Potato engraved in the
175 casserole.

In a more refined for the throat, register the pressure cooker recycles also 176 in alembic. Just
177 to connect a hose long enough to allow its passage in a bucket or a sink
178 filled with cold water. After that, it's simple as drunk. Heat at your leisure and
179 cores of cabbage or fermented plums which the alcohol vapors are condenseront in the
180 hose to flow to Hooch. Of course, it is to be handled with great care, and all
181 way, it is forbidden. The day where you distillerez, plan also to cook a hotpot or
182 a sauerkraut, history to divert the pif Eliot Ness and his gabelles.

183 Looking for valve

184 "*But where is the valve?*" also called in some families 'nubbin'. ' *But .*

185 "*Yes, where is she?*" Conscious that this cry often tear the kitchens, the savvy company SEB mit
186 after-sales service in 1953, with the possibility to acquire spare parts.

187 By the way, is this famous rotating valve really necessary? We risk a

188 explosion of blanquette of veal so we forget? Even today, many consumers

189 question on the Internet. However, since the launch of the bike, the founder of SEB,

190 Frédéric Lescure, took care to reassure the crowds by indulging in a little cooking demonstration
191 without valve and a valve blocked in order to show that the caliper (the room that used to dump)
192 the lid) is deformed well and let off steam safely.

193 But this does not exempt you to the nubbin. To avoid the risk of

194 burn when end of grub, it opens its pot. It isn't Denis Papin, inventor,

195 in 1679, the steam engine and the ancestor of the pressure cooker, who would say
otherwise. Sound

196 "food digester" had a valve. Alas, his bike Cook meat so brutally and

197 If at such a temperature that in the end he not harvested nor hotpot or ravioli, but a foul frozen.

198

199 To keep the vitamins

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201 It was fooled us with this story of vitamins. It was the great obsession of

202 doctors in the 1950s. The U.S. Government had already fixed daily doses to

203 reach for its civilian population during the second world war. Vitamins would give
204 a facelift and would prevent disease. Manufacturers of pressure cookers so rush
205 in the mother lode at full steam: "You will eat fresh vegetables full of vitamins" (ad)
206 of SEB in 1963). It is true that cooking in pressure cooker preserves vitamins most of
207 foods the oven, Pan or the traditional cast-iron casserole. Thus, cooking on valve becomes
208 means good health and nutrition. But in the early 2000s, doctors and
209 naturopaths are heard serious reservations: according to them, the casseroles to pressure
produce
210 a too strong heat (from 100 ° C to 140 ° C), which destroyed including vitamin C (it disappears)
211 above 60 ° C-75 ° C). To do plenty of vitamins, therefore theoretically eat the
212 carrot sweet steam - heated some casseroles offer this option. Or raw.

213
214 To succeed the perfect crime
215
216 It is well known, in any kitchen is a fact. In December, in Nice, a man has
217 summer sentenced to life imprisonment, with a twenty-two years of security, for the murder of a
218 school custodian. His ex-girlfriend accused him of boiling the head of one of his victims
219 in a pressure cooker and have, on another occasion, tasted seasoned human flesh ' with .
220 " garlic and parsley ' (a recipe that does not appear in the official booklet). The pressure cooker is
also become a lethal weapon in the hands of terrorists who fill it 221 of explosives and
222 nails, as was the case during the deadly double bombing of Boston, in April 2013
223 After the surin, the container became the second knife crime with household utensil.
224 Object of all suspicions: no one can count the evacuated places and interventions of deminers
225 due to abandoned cooker. Sometimes it's the simple carelessness, as in Saint-just -
226 Saint-Rambert (Loire) in December 2016, when a man gave up his pot to steam in
227 public reason of urge, causing mass panic...

228
229 To 'release' the woman
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231 "Moulinex liberates women." Not bad this slogan that, beginning of the sixties, is printed in the
232 available (either between two chores of potatoes) brain time housewives and
233 their kind husband supposed to slam their salary in household appliances (preference for partying
with)
234 mothers). Yes, well seen. But the little game of ladies-earn-from-time (to make you beautiful,
read)
235 a romance and why not start collecting Bras to throw later in the fires of
236 May 68), SEB ("Sebo, sebon, is happiness") and his great pressure cooker ' good at all .
237 " do" is not outdone. Since its beginning, the brand concocts an advertising strategy: contest
238 showcases with miss casserole at the ironmongers; ads in the press - often with
239 magazine, in which women are esbaudissent on their terrible craft: ' I start my .
240 " kitchen twenty minutes before the lunch hour, and this time won, I use it at my leisure."
241 Derivatives also have the wind in their sails: casserole, ashtrays, keychains

242 thermometers... And then there are the posters with women who look like out of the Barber
243 and wear earrings to clip. These declare 'good food, it's the .

244 "happiness", put forward their talents of saving - mode 'my discharge of gas is light'-
245 and their lives better - with the slogan "a life less meals she Cook for you!" Really? Uh, we
246 turned pale when we discover that lady who proclaims: "It's my 12 year old daughter who
uses..." And we

247 totally fails when SEB dares the "Sir, you who love the good kitchen, offer him a .
248 "great casserole", with this precision: "The pot of luxury within reach of all." Oh, my
249 hen.

250

251 Bonus: A course on happiness as packed at Yale University

252

253 Titled "Psychology and life", it attracted 1,200 students at this prestigious University
254 American.

255 If their own development was a subject that fascinated students? It is the bet that did
256 American University Yale with his new course "Psychology and the Good Life", or "the".
257 'psychology and the good life'.

258 The *New York Times* reports from the opening of registrations, January 12, 300 students
259 had come forward. Six days later, the course was relocated to accommodate the 1,200
260 registered, nearly a quarter of the students of.

261 Laurie Santos, the Professor of Psychology who teaches this class, explains in an interview in the
262 TV channel *NBC News* that the idea he came to reading studies about the State
263 emotional campus. 'Students are in an environment where they feel anxious .
264 because of the notes, stressed by the time they have available, overwhelmed by everything they have to
do...

265 And I have the feeling that we might miss out on their potential. »

266 Meditating ten minutes a day

To enter a university like Yale, which is part of the "Ivy League . 267 " "- that is the
268 eight best colleges of the United States-, youth work intensely for several years,
269 and once inside, they often continue on the same path.

270

271 As evidenced by Alannah Maynez, a first year student in the *New York City*
272 *Times*. "The fact that a course like this attracts as many students illustrates how the .
273 students are tired of indifferent to their emotions - what are positive or
274 negative - so they can focus on their work, the next step, the next
275 success. »

276 But a course on happiness does not mean a course without personal work. Meditating ten minutes
277 by day, sleep eight hours, do a good deed, or write five things for
278 which we're grateful... This is the kind of 'homework' to which Alannah and the thousand
279 other students who have chosen this course will have to be addressed. The teacher recommends
280 also to try to reduce the time they spend on a task far from social - networks
281 the easiest.

Microsoft*
Translatorx

Original

La marmite au doux ronron sert toujours