

Órgano Informativo De La Escuela De Lancaster, A.C.

FULCRUM®

“DAME UN PUNTO DE APOYO Y MOVERÉ AL MUNDO”

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- Crumbl Cookies®
- PAN...demia y masa madre
- Huertos urbanos
- El café oaxaqueño
- Hábitos alimenticios, ejemplos de lunch
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- Un día en la vida de un estudiante de Gastronomía



Gastronomía

Arte y cultura de la cocina del mundo

Incluye:
Recetario
del mundo

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Orly Echávarry es artista visual, gestora cultural y mamá de tiempo completo de Lila e Ilana. Ha participado en más de 30 exposiciones individuales y colectivas de dibujo, pintura, grabado, cerámica, fotografía e instalación.

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<https://lancaster.edu.mx/fulcrum/>

AVANT GARDE

Female Pioneers in Gastronomy

By Andrea Plancarte Maldonado • Illustrations by Carmen Tapia Alvarado

Throughout history, the culinary world has been shaped by those who dared to challenge norms and experiment with cooking. Among them, many amazing women have played key roles in gastronomy, pushing the established limits and introducing new flavors and techniques. In this article, we will explore the stories and achievements of four of the most influential women in the culinary world who have transformed our understanding of food: Fannie Merritt Farmer, Eugénie Brazier, Julia Carolyn McWilliams and Anne Sophie Pic.

FANNIE Merritt Farmer

1857-1915, United States

Born in Boston in 1857, she was the youngest of our sisters and was expected to attend college. However, Fannie suffered from leg paralysis at age 16, which left her incapable of doing so. Instead, she spent her youth helping in her home. At thirty years old, she was encouraged to attend the Boston Cooking School and began training as a cooking instructor. Her outstanding work during the program, which she graduated in 1889, gained her the job of Assistant Principal of the School. Later on, in 1891, she became the Principal and during this time, she published her most notable work: *The Boston Cooking-School Cookbook*. The cookbook did not only include detailed recipes that were easy to follow, but it also introduced clear measurements for the first time, which allowed people to replicate the recipes with precision. For this particular characteristic, she is known as “the mother of level measurements”. Her combined knowledge of science and cooking allowed her to open her own school, Miss Farmer’s School of Cookery, in 1902. Fannie taught housewives and professional cooks alike and gave well-attended lectures at Harvard Medical School. Eventually, she focused on cooking for the sick and the diseased and wrote *Food and Cookery for the Sick and Convalescent*. Afterwards, Fannie spent her years giving lectures weekly and continued to do so until ten days before her death in 1915.

EUGÉNIE

Brazier

1895-1977, France



Eugénie was born in 1895 on a small French farm. When she was just ten years old, her mother's death forced her to start working, and by the time she was 19, she had a son and had to move to Lyon. There, she began working as a house cook and eventually developed a love for cooking. However, a few years later Eugénie quit her job and began working in La Mère Filliou, a small women-owned business that sold homemade food. This new job allowed her to perfect her culinary skills and gain enough money to open her business in 1921. Her restaurant, called La Mère Brazier, soon became well-known. Brazier developed a culinary style that attracted tourists, presidents, prime

ministers and celebrities. Twelve years after its opening, Eugénie Brazier became the first woman to receive three stars on the Michelin Guide. A few years later, she expanded her business and established her second restaurant in the Alps. This second restaurant, Le Col de Luère, received as much recognition as the first and was awarded three Michelin stars in 1933. Both restaurants remained in the prestigious Guide for over twenty years, and Eugénie was the first person to ever hold six stars at once. In 1975, she started writing a cooking book, which was left unfinished due to her death in 1977. Eventually, the book was published in 2009 by her descendants.

JULIA Carolyn McWilliams

1912-2004, United States

Better known as Julia Child, she is one of the most widely recognised female icons in gastronomy. She was born in 1912 in California, the oldest of three siblings. After graduating from Smith College in 1934, she worked in corporations as a secretary until 1939. During the Second World War, she worked in the Office of Strategic Services, a secret intelligence branch for the US government. Afterwards, she married Paul Child and moved to Paris because of his job. Julia was amazed by the culinary scenery of France and decided to enroll in the prestigious Le Cordon Bleu Cooking Academy. It was here where she met Simone Beck and Louisette Bertholle, with whom she published a cookbook, *Mastering the Art of French Cooking*, in 1961. The three of them also opened a Cooking School called *L'École des Trois Gourmandes* for American women living in France. Later on, Julia was reached by TV executives to host a program called *The French Chef* based on her book. The program became widely recognised because it brought the complex French cuisine closer to American homes and remained on the air for over ten years. It also led Julia to gain international fame and win various awards. She went on to write several more cookbooks and open organizations for culinary training, like the Julia Child Foundation for Gastronomy and Culinary Arts, until her death in 2004.



ANNE-SOPHIE

Born in 1969, France

Pic



Anne Sophie Pic is arguably the most recognised contemporary female chef in the world. She was born in Valence in 1969, in a family of chefs. Both her grandfather and father had worked in the family restaurant, Maison Pic, and gained three Michelin stars for the establishment. Despite this, Anne decided to pursue a business career in New York. She worked there until 1997, when she returned to Valence. With the death of her father, Maison Pic had lost the third star, which led Anne to take charge of the restaurant. Under her command, the business regained the third Michelin star in 2007. Anne Sophie Pic went on to create the PIC group with her husband, which

includes a second large restaurant, a culinary school called SCOOK, and six other fine dining projects, most of which also have received awards from the Culinary Guide. She has held eleven Michelin stars throughout her multiple restaurants, making her one of the most largely recognised chefs. She has also published various books and cookbooks, including her *Scook: Complete Cookery Guide* in 2015 and *Le Livre Blanc* in 2012. In 2011, Anne was awarded the title of best female chef by The World's 50 Best Restaurants, one of the most prestigious awards in the culinary environment.

In summary, these four pioneering women have each left a unique mark on the world of cooking. Fannie Merritt Farmer revolutionized culinary education with her precise and accessible recipes, making cooking easier for everyone. Eugénie Brazier showed incredible strength, becoming a top chef despite many challenges. Julia Carolyn McWilliams, better known as Julia Child, inspired countless home cooks with her motivation and passion for French cuisine. Finally, Anne-Sophie Pic continues to impress with her innovative creativity, redefining modern gastronomy. Their contributions have not only enriched our culinary experiences but also opened doors for future chefs and food lovers. 🌸

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En **La Escuela de Lancaster, A.C.** buscamos formar personas críticas y sensibles, con confianza en sí mismas. Promovemos el respeto a la diversidad y los derechos humanos y rechazamos cualquier tipo de discriminación. Este ideal solo se puede alcanzar cuando cada uno de los miembros de nuestra comunidad mantiene una actitud abierta, promueve el diálogo y está dispuesto al cambio siempre dentro del respeto a los valores que compartimos.

La palabra *fulcrum* significa "punto de apoyo" en latín y es justo lo que la revista busca representar dentro de la comunidad. Con esta idea en mente, se formó un comité integrado por miembros de las familias Lancaster, estudiantes de cualquier nivel, exalumnos, docentes, personal administrativo y directivo interesados en dar forma a este proyecto editorial comunitario. Juntos creamos este espacio con varios propósitos: proporcionar un punto de apoyo desde el cual impulsar y divulgar las ideas, el análisis y la reflexión sobre temas de interés para la comunidad y sobre el proyecto educativo donde puedan florecer la creatividad y el pensamiento con absoluta libertad, fomentar la integración a través de la lectura y la expresión de nuestra comunidad, así como ofrecer un medio que informe sobre las actividades que se realizan día a día en nuestra escuela.

A lo largo de los años, la revista **FULCRUM®** ha pasado de ser un boletín a convertirse en una publicación formal con periodicidad anual, registro ISSN y distribución gratuita. Cada año, **FULCRUM®** se centra en un tema específico y el comité editorial busca abordar el contenido de cada edición desde puntos de vista diversos, tanto académicos como sociales y pedagógicos. Se procura de igual manera destacar aspectos que nos ayuden a mejorar como comunidad educativa. Creemos firmemente que una comunidad creativa, lectora y bien informada es más participativa y esa participación activa nos permite avanzar hacia una de nuestras metas más importantes: consolidarnos a través de estos puntos de apoyo como una verdadera organización de aprendizaje.

