

# French Influence in the Development of Cuisine at Monticello

**Title:** French Influence in the Development of Cuisine at Monticello

**Website Intro:** France had a significant impact on Thomas Jefferson during his time spent there as United States Ambassador to France. This lesson will explore the French influence within the cuisine the enslaved chefs cooked for Jefferson at Monticello.

**Project Format:** Whole group PowerPoint presentation to introduce French influence on cuisine at Monticello, small group of 3-4 for ice cream activity, and independent work for traditional family recipe/origin writing.

**Materials:**

- PowerPoint Presentation
- Thomas Jefferson's Vanilla Ice Cream Recipe
- Recipe Handout for classroom cookbook

**Grade level:** Upper elementary students.

**Prior knowledge:**

- Students should have a general knowledge of who Thomas Jefferson was and the time period he lived, including his use of enslaved people on his plantation.

**Duration:** 45- 60 minutes each day, over the course of 2-3 days.

**Objectives:**

*Students will understand that the cuisine we enjoy and appreciate today comes from a variety of origins and was brought to the United States from many different regions of the world.*

*Students will be able to create a classroom cookbook with recipes of food they enjoy and identify the origins of their dishes.*

**Steps:**

**Day One:**

1. PowerPoint: Teacher will go through slides with students, stopping at specific slides allowing time for discussions, questions, and think time.

\*\*Slide 2, pose question to students about what food they would rather eat. Macaroni and cheese OR ice cream?

\*\*Slide 5, ask students who they think did all the cooking at Monticello? Have students think, pair, share.

\*\*Slide 6, make sure to point out where France is in relationship to Virginia on the map below. Also, bring attention to the handwritten ice cream recipe written by Jefferson. This was one of 10 recipes found in his handwriting.

1. Teacher will put students in groups of 3-4 and pass out Thomas Jefferson's vanilla ice cream recipe adapted by Marie Kimball. Teacher will take the students step by step through the recipe. Teacher will be in charge of the countertop burner and double boiler.

Once ice cream is made, place in freezer overnight.

## **Day Two**

1. Teacher will review yesterday's discussion of the influence of France on Thomas Jefferson's cuisine at Monticello. Teacher will give an example of a food he/she may be fond of and discuss the origin of it. Once again, shedding light on the fact that many foods we enjoy today in the United States originate from other parts of the world.
  2. Teacher will tell students to partner up (or they may work individually). Teacher will ask students to come up with a food dish they enjoy. Students will then research the recipe and list ingredients along with directions to make the dish. Students will write a blurb on the background history of this dish including the region of the world it was introduced in. This recipe will go into a classroom cookbook that each student will receive a copy of.
1. Once all recipes are completed and turned in (ones that are not may go home as homework), teacher will pass out bowls for the students to enjoy their Thomas Jefferson vanilla ice cream made the previous day!

**Assessment:** Family Recipe Handout to contribute to classroom cookbook

Students will identify a recipe that they're familiar with and research the dish in order to gain a better understanding of the origin/region it came from.

## **Accommodations:**

The lesson can be taught as is, or modified to meet the different needs of students within the classroom. Students may be given a print out of the PowerPoint presentation to follow along with. The vanilla ice

cream activity is meant to be collaborative and therefore can be inclusive. The recipe writing can be done in partner work or individual.

The logo for The Jefferson Monticello. It features the name "The Jefferson" in a cursive script font, with "MONTICELLO" in a bold, uppercase, sans-serif font directly below it.

*The Jefferson*  
**MONTICELLO**