

BÖLÜM



PASTACILIK VE EKMEKÇİLİĞİN TARİHSEL GELİŞİMİ VE EĞİTİMİ

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GİRİŞ

Beslenme konusu insanlık tarihi kadar eski ve zengin bir konudur. Ancak insanların yaşadıkları yer, kullandıkları malzemeler, bu malzemelerin yetiştiği topraklar ve toplumlar arasındaki etkileşimler, yemeklerin hazırlanış şeklini, lezzetini ve beslenmenin çeşidini önemli ölçüde etkilemiştir.

İnsanların ne zaman hangi yemekleri yaptıklarını, nasıl yaptıklarını ve neden yaptıklarını anlamak, insanların yaşadığı coğrafyanın temel özelliklerine, sosyo-kültürel durumlarına, teknolojik gelişmelerine, ekonomik ve dini inançlarına ve gastronomi trendlerine ışık tutmaktadır. Yemek çeşitlerinin artması, yiyecek içecek sektörünün gelişmesi ve gastronomi turizmine artan talep, gastronomi bilimi ile alakalı yeni sahalarının ortaya çıkmasına neden olmuştur. Bu bilim sahaları liselerde aşçılık bölümleri ile üniversitelerin gastronomi ve mutfak sanatları, otel lokanta ikram hizmetleri, pastacılık ve ekmekçilik gibi alanlarda kümelenerek sayısını artırmış ve önemli hale gelmiştir.

Bu bölümde, yemek pişirme, pastacılık ve ekmekçiliğin tarihçesi üzerinde durulacak ve bu alanlarda gelişen meslekler için modern toplumlarda nasıl eğitim verildiğine dair bilgiler verilecektir. Ayrıca, bu

mesleklerin bugünkü iş pazarında nasıl yer aldıkları ve bu alanlarda çalışmayı düşünenler için hangi seçeneklerin bulunduğu hakkında bilgiler sunulacaktır.

1.1. Pastacılık ve Ekmekçiliğin Tarihsel Gelişimi

Pişirme eylemi, insan tarihinin erken dönemlerinden beri var olan bir uğraş olmasına rağmen, kesin tarihi bilinmemektedir. Yaklaşık 1,5 milyon yıl önce yaşamış olan Homo Erectus (dik duran insan) insanı türünün bıraktığı kamp ateşi kalıntıları, paleolitik çağ döneminde yaşayan insanların ateşi kullandıklarını göstermektedir (URL26). Bu dönem, avcı toplayıcı hayata adapte olmuş insanların, alet kullanmaya başladıkları, kendi aralarında iş bölümü yaptıkları ve ateşe hükmettikleri çağ olarak bilinmektedir (Zhenyu ve diğerleri, 2012). Ateşin bulunuşunun kazara olduğu düşünülme ile beraber insanlar ateşi pişirmede kullanmayı öğrenmeleri, bu dönemde pişirme pratiklerinin doğuşuna işaret ettiğini göstermektedir (Parker ve diğerleri, 2016). İlk pişirilen yiyeceklerin avlanmış hayvanların et parçaları ile meşe palamudu gibi bitkilerin olduğu ve ilk fırın benzeri

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