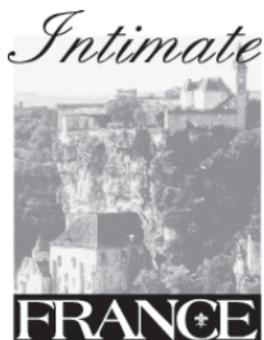


French Food Glossary

Everything you need to know
about food and menu terms

French Food Glossary



This guide is produced by
Intimate France Tours

For a color Tour Catalog and
further information, go to:

www.IntimateFrance.com

or contact:

Intimate France • 1826 Woodhaven Way
Oakland CA 9461 • (800) 676-1247

French food glossary

À l'ancienne in the old style

À la vapeur steamed

À l'étouffée stewed

À point medium rare

Abats organ meats

Abricot apricot

Addition bill

Affiné(e) aged

Agneau (de lait) lamb (young-milk fed)

Aigre sour

Aigre-doux sweet & sour

Aiguillettes thin slivers, usually of duck breast

Ail garlic

Aile wing of poultry or game bird

Aïoli garlicky blend of eggs and olive oil

Aligot mashed potatoes with fresh cantal cheese
and garlic

Alose à l'oseille shad or other fish in light hol-
landaise garnished with sorrel

Aloyau loin of beef

Alumettes puff pastry strips, also fried
matchstick potatoes

Amande almond

Ananas pineapple

Anchoiade puree of anchovies, olive oil, vinegar

Anchois anchovy

Andouillette smaller chitterline (tripe) sausage

Aneth dill

Anis aniseed

Arachide peanut
Araignée de mer spider crab
Ardoise “slate” - the day’s specialties
Argumes citrus
Aromates spices and herbs
Artichaut artichoke
Asperge asparagus
Assiette plate
Assiette du pecheur assorted fish platter
Assorti(e) assorted
Au four baked
Aubergine eggplant
Aumonière thin crêpe, filled, wrapped like
bundle
Aurore béchamel (cream) sauce with tomatoes
Auvergnat(e) (style) often with cabbage,
sausage, and bacon
Avocat avocado
Baies berries
Baies roses pink peppercorns
Baigné bathed
Ballotine usually poultry, boned, stuffed,
rolled
Banane banana
Bar ocean fish, similar to sea bass
Barbarie (canard de) breed of duck
Barbue brill, fish related to turbot
Baron hindquarters - lamb, rabbit, etc.
Barquette small pastry shaped like a boat
Basilic basil
Basquaise basque-style, usually with ham or
tomatoes or red peppers

Bavaroise cold dessert, rich custard with cream and gelatin

Bavette skirt steak

Beignet fritter or doughnut

Belon prized, flat-shelled oyster

Betterave beet

Beurre butter

Beurre noisette lightly browned butter

Bifteck steak (can be tough)

Blanc (de poireau) white part of leeks

Blanc (de volaille) usually breast of chicken

Blanquette stew of veal, lamb, chicken, or seafood w/rich white sauce

Blette swiss chard

Bleu bloody rare, usually for steak

Blinis small pancakes

Boeuf à la mode beef marinated and braised in red wine w/carrots, mushrooms, onions

Boeuf au gros sel boiled beef, with vegetables and coarse salt

Boissons (non) comprises drinks (not) included

Bombe molded, layered ice cream dessert

Bonne femme home style, meat with bacon, potatoes, mushrooms, onions

Bonne femme (sauce) white wine sauce with shallots, mushrooms, lemon juice

Bordelaise bordeaux-style, also brown sauce of shallots, red wine, bone marrow

Boudin meat sausage, any sausage-shaped mixture; often blood sausage

Boudin blanc white sausage (veal, chicken,
or pork)
Boudin noir pork blood sausage
Bouillabaisse Mediterranean fish soup
Bouilli boiled
Bouillon light soup or broth
Boulette meatball or fishball
Bouquet large reddish shrimp
Bourguignon(ne) Burgundy-style, often with
wine, onions, mushrooms, bacon
Bouribut spicy red wine duck stew
Bourride fish stew
Braise live coals; braised
Braiser to braise, cook meat by browning,
then simmering
Brandade (de morue) warm garlicky purée
of salt cod, cream & sometimes mashed
potatoes
Brebis (fromage de) sheep (cheese)
Bretonne in the style of Brittany, dish served
with white beans
Brioche buttery, egg-enriched yeast bread
Broche (à la) spit-roasted
Brochet pike
Brouillé(e)(s) scrambled, usually eggs
Brulé(e) literally, burned; caramelized
Brunoise tiny diced vegetables
Buffet froid cold buffet
Bugnes sweet fried doughnuts or fritters
Buisson literally bush; presentation (classical-
ly, crayfish)
Bulot large sea snail

Cabécou small round goat cheese
Cabillaud fresh cod
Caen (à la mode de) usually cooked in calva-
dos and white wine or cider
Café (crème) (au lait) coffee (with cream)
(with hot milk)
Caille quail
Calamar squid
Campagne (de la) country-style
Canard duck
Canard à la presse roast duck served with
sauce of juices, red wine, cognac
Caneton young male duck
Canette young female duck
Cannelle cinnamon
Carbonnade braised beef stew with beer and
onions
Cardon large, celery-like vegetable in arti-
choke family
Carré d'agneau rack or loin of lamb
Carré de porc rack or loin of pork
Carré de veau rack or loin of veal
Carte menu – the list of what's available
Carvi caraway seeds
Casse-croute snack
Casse-pierre edible seaweed
Cassis black currant, black currant liqueur
Cassolette dish presented in a casserole
Cassoulet casserole of white beans, including
various meats
Caudière chowder of fish and potatoes
Caviar d'aubergine cold eggplant purée

Céleri celery
Céleri branché celeriac
Cèpe large, meaty wild mushroom
Cerfeuil chervil
Cerise cherry
Cerise noire black cherry
Cerneau walnut meat
Cervelas garlicky pork sausage, or seafood
sausage
Cervelles brains, of calf or lamb
Chair fleshy portion of poultry, meat, crab
Champêtre rustic, simple presentation
Champignon mushroom (de bois) wild, (de
Paris) cultivated, (sauvage) wild
Chanterelle pale, curly-capped wild mush-
room
Chantilly sweetened whipped cream
Chapon capon
Chapon de mer fish in the scorpion family
Charcuterie cold cuts, sausages, terrines,
pâtés, also shop selling these
Chariot (de desserts) dessert cart
Charlotte molded dessert with ladyfingers,
custard, fruit compote; cold or hot
Charolais light-colored steer that produces
high-quality beef
Chartreuse dish of braised partridge and cab-
bage; also a liqueur
Chasse the hunt
Chasseur sauce with white wine, shallots,
mushrooms, tomatoes, herbs
Châtaigne chestnuts

Chaud(e) hot (or warm)
Chaud-froid cooked poultry dish served cold, usually covered with sauce, aspic
Chaudrée fish stew, sometimes with potatoes
Chausson filled pastry turnover, sweet or savory
Chemise (en) wrapped in pastry
Chevreuil young deer
Chèvre goat cheese
Chicorée curly endive
Chiffonnade shredded, herbs and vegetables, usually green
Chipiron squid
Choix (au) a choice, usually may choose from several offerings
Choron béarnaise sauce with tomatoes
Chou cabbage
Chou frise kale
Chou rouge red cabbage
Chou vert curly green savoy cabbage
Choucroute sauerkraut; also dish of sauerkraut, sausages, bacon, pork, potatoes
Chou-fleur cauliflower
Chous (pâte à) cream puff (pastry)
Choux de bruxelles brussels sprouts
Ciboulette chive
Cidre cider, apple, or pear
Citron lemon
Citron pressé fresh lemonade
Citron vert lime
Citronnelle lemon grass (oriental herb)
Citrouille pumpkin, gourd
Civelles spaghetti-like baby eels
Civet stew of game thickened with blood
Civet de lièvre jugged hare; stewed hare thickened with blood

Clafoutis tart, made with crepe batter and fruit
(often black cherries)

Clares oysters

Clémentine small tangerine, from Morocco or
Spain

Cloute studded with

Cochon (de lait) pig (suckling)

Cochonnaille pork products, usually an assort-
ment of sausages or pâtés (first course)

Cocotte casserole or cooking pot

Coeur heart

Coffret box-shaped pastry

Coing quince

Colin hake

Compote stewed fresh or dried fruit

Concassé(e) coarsely chopped

Concombre cucumber

Confit duck, goose, or pork cooked & preserved in
its own fat

Confit also fruit or vegetables preserved in sugar,
alcohol, or vinegar

Confiture jam

Confiture de Vieux garçon fruits in alcohol

Congeler to freeze **Congelé(e)** frozen

Congre eel or fish similar to eel

Contre-filet sirloin taken above the loin, tied for
roasting, braising, grilling

Convives (la totalité des) those gathered at a
single table

Copeaux shavings

Coq (au vin) mature rooster stewed in wine

Coque tiny mild-flavored clam-like shellfish

Coque (à la) soft cooked egg, or anything served in
a shell

Coquelet young, male chicken
Coquillage shellfish
Coquille shell
Coquille St. Jacques sea scallop
Corail egg sac found in scallops, lobster or crayfish
Corbeille (de fruits) basket (of fruit)
Coriandre coriander
Côte d'agneau lamb chop
Côte de boeuf beef blade or rib steak
Côte de veau veal chop
Cotelette thin chop or cutlet
Cou d'oie (de canard) neck skin of goose, stuffed
like a sausage
Couer de filet thickest (and best) part of beef filet
Coulis puree of raw or cooked vegetables or fruit
Coupe cup; dessert served in goblet
Courge squash or gourd
Courgette zucchini
Couronne ring or circle, usually of bread
Couvert place setting
Crabe crab
Crème chantilly sweetened whipped cream
Crème fouettée whipped cream
Crème patissière custard filling for pastries and
cakes
Crème plombières custard filled with fresh fruit
and egg whites
Crépinette small sausage patty wrapped in fat
Cresson watercress
Cressonade watercress sauce
Creuse elongated, crinkle-shelled oyster
Crevette grise tiny soft-fleshed shrimp that
remains gray when cooked
Crevette rose small firm fleshed shrimp that
turns red when cooked

Croquant(e) crispy
Croque-madame toasted ham and cheese sandwich topped with an egg
Croque-monsieur toasted ham and cheese sandwich
Croquette ground meat, fish, fowl or vegetables bound with eggs or sauce
Croquettes usually coated in crumbs and deep fried
Crottin (de chavignol) firm goat cheese
Croustade usually small, pastry-wrapped dish (e.g., filled with fruit)
Croute (en) in pastry
Croute de sel (en) in a salt crust
Cru(e) raw
Crudités raw vegetables
Crustaces crustaceans
Cuillère (à la) to be eaten with a spoon
Cuisse de poulet chicken drumstick
Cuisson cooking
Cuissot haunch of veal, venison, or wild boar
Cuit(e) cooked
Cul haunch or rear, usually of red meat
Dattes dates
Daube stew, usually meat
Daurade dorade or sea bream, similar to porgy
Décortiqué(e) shelled or peeled
Dégustation tasting or sampling
Déjeuner lunch
Délice delight, usually used to describe a dessert
Demi-deuil poached (usually chicken) with truffles inserted under skin
Demi-glace concentrated beef base
Désossé(e) boned
Diable with a peppery (often mustard-based) sauce

Dieppoise dieppe style, white wine, mussels,
shrimp, mushrooms, cream

Digestif after-dinner drink - liqueur

Dinde turkey

Dindon(neau) turkey in general

Discretion (à la) on menu usually refers to wine
without limit, at customer's discretion

Dodine cold, boned stuffed duck

Dos back, also refers to meatiest portion of fish

Dos et ventre back and front; both sides (usually
fish)

Douceurs sweets or desserts

Doux, douce sweet

Duxelles chopped mushrooms and shallots sauteed
in butter, mixed with cream

Eau du robinet tap water

Échalotes shallots

Échine spare ribs

Écrevisse freshwater crayfish

Éffiloche frayed, thinly sliced

Émincé thin slice, usually of meat

Encornet small squid

Endive chicory or belgian endive

Entrecôte beef rib steak

Entrecôte maître d'hotel with herb butter

Entrecôte marchand de vin with sauce of red
wine and shallots

Entrée first course

Entremets sweets

Épau shoulder of veal, lamb, mutton, pork

Épi de maïs ear of sweet corn

Épices spices

Épinard spinach

Escabeche sardines or marinated raw fish (vine-
gar or lemon juice and herbs)

Escalope thinly slices meat or fish, usually cut at an angle

Escargot snail

Escargot à l'alsacienne simmered in riesling, baked with garlic and parsley butter stuffing

Escargot de bourgogne land snail with butter, garlic, and parsley

Escargot petit-gris small land snail

Espadon swordfish

Estouffade stew of beef, pork, onions, mushrooms, orange zest, red wine

Estragon tarragon

Étrille small crab

Étuvé cooked in own juice, braised

Éventail (en) cut into fan shape (vegetables or fish)

Façon (à ma) my way (of preparing a dish)

Faisan(e) pheasant

Farandole rolling cart, usually of desserts or cheese

Farci(e) stuffed

Farine flour

Faux-filet sirloin steak

Fenouil fennel

Fera salmonlike lake fish

Ferme(fermier) farm-fresh

Feu de bois (au) cooked over a wood fire

Feuille de chêne oak-leaf lettuce

Feuilletage (en) (in) puff pastry

Fèves broad beans or favas

Ficelle (à la) tied with a string; also small, thin baguette

Figue fig

(au) Fil (caught on a) line, not netted (fish)

Financière madeira sauce with truffle juice

Fines de claire elongated crinkle shelled oysters

Flageolets small, pale green kidney-shaped beans

Flambe flamed
Flan sweet or savory tart or crustless custard pie
Flanchet (de veau) flank (of veal)
Fletan halibut
Fleur flower
Fleurons puff pastry crescent
Florentine with spinach
Foie de veau calf's liver
Foie liver
Foie gras d'oie (de canard) liver of fattened
goose (duck)
Fond cooking juices from meat, used to make
sauces; also, bottom
Fond d'artichaut heart and base of artichoke
Fondant melting; as in melted sugar flavored and
used for icing
Forestière garnish of wild mushrooms, bacon and
potatoes
Four (au) baked in oven
Fourchette fork
Fourre stuffed
Frais, fraiche fresh
Fraise strawberry
Fraise de bois wild strawberry
Framboise raspberry
Frangipane almond custard filling
Frappe drink served very cold
Friandises sweets, petits fours
Fricassé(e) ingredients braised in wine with but-
ter and/or cream added; stewed
Frisée curly, usually endive
Frit(es) french fries
Fritons coarse pork rillettes or minced spread
Fritot small organ meat fritter

Friture frying; also refers to preparation of small fried fish (ex. smelts)

Froid(e) cold

Fromage cheese

Fromage blanc smooth low-fat cheese, similar to cottage cheese

Fromage de tête head cheese, usually pork

Fromage maigre low-fat cheese

Fruit de la passion passion fruit

Fruits confits preserved fruits; generally refers to candied fruits

Fruits de mer seafood

Fumé(e) smoked

Fumet fish stock

Galantine boned poultry or meat stuffed, rolled, cooked, glazed with gelatin, cold

Galette crêpe made with buckwheat flour

Galette round, flat pastry, pancake or cake; sweet or savory

Gambas large prawns

Garbure generally a hearty soup of beans, cabbage, and pork or fowl

Garni(e) garnished

Garniture garnish

Gâteau cake

Gaufre waffle

Gelée aspic

Genièvre juniper berry

Genoise sponge cake

Germiny garnish of sorrel; sorrel and cream soup

Gésier gizzard

Gibier game

Gigot leg, usually of lamb (d'agneau)

Gingembre ginger

Girofle cloves
Girolle delicate, pale, orange wild mushroom
Glace ice cream
Glacé(e) iced, crystallized or glazed
Glaçons ice cubes
Gougère cheese-flavored chou pastry (puff)
Gourmandises small sweet things
Gousse (d'ail) clove (of garlic)
Graine de moutarde mustard seed
Graisse fat
Granite water ice
Gras fatty
Gratin crusty-topped dish; also refers to a casserole
Gratin dauphinois baked casserole of sliced potatoes w/cream and sometimes cheese
Gratiné(e) having a crusty, browned top; also onion soup
Grattons crisply fried pices of pork, goose or duck skin; cracklings
Gratuit free
Grecque (à la) cold vegetables, usually mushrooms, marinated in oil, lemon, water
Grenade pomegranate
Grenadin small veal scallop
Grenouille (cuisses de) frog legs
Gribiche (sauce) mayonnaise with capers, cornichons, and herbs
Grillade grilled meat
Grillé(e) grilled
Griotte shiny, slightly acidic reddish black cherry
Grive thrush
Gros sel coarse sale
Groseille red currant
Gruyère hard, mild cheese

Hachis minced or chopped meat preparation
Hareng herring
Haricot bean
Haricot blanc white bean; usually dried
Haricot de mouton stew of mutton and white beans
Haricot rouge red kidney bean; also preparation of red beans in red wine
Haricot vert green bean, usually fresh
Hochepot thick stew, usually oxtail
Homard lobster
Hongroise (à la) hungarian-style, usually with paprika and cream
Hors-d'oeuvre appetizer; also can refer to a first course
Huile oil
Huile d'arachide peanut oil
Huile de pépins de raisins grapeseed oil
Huitre oyster
Ile flottante classically layered cake covered w/whipped cream, w/custard sauce
Ile flottantes floating island of meringue in crème anglaise
Imperatrice (à l') usually rice pudding dessert with candied fruit
Infusion herb tea
Jambon ham; also refers to thigh or shoulder of meat, usually pork
Jambon cru usually salt cured or smoked ham that has been aged but not cooked
Jambon de Bayonne raw, dried, salt-cured ham

Jambon de Paris lightly salted, cooked ham, very pale in color

Jambon d'oie (canard) breast of fattened goose (duck), smoked or salted or sugar cured

Jambonneau pork knuckle

Jambonnette boned and stuffed knuckle of ham or poultry

Jardinière garnish of fresh cooked vegetables

Jarret de veau stew of veal shin

Jésus de Morteau smoked pork sausage from the Franche-Comté

Jeun(e) young

Joue cheek

Julienne slivered vegetables (or meat)

Jus juice

Kir a popular apéritif drink – crème de cassis and (usually) white wine (sometimes red)

Kir royal crème de cassis and champagne

Kougelhopf sweet, crown-shaped Alsatian yeast cake w/almonds and raisins

Lait milk

Laitue lettuce

Lamproie lamprey (eel shaped fish)

Langouste clawless spiny lobster; sometimes called crawfish or crayfish

Langoustine clawed crustacean, smaller than lobster or spiny lobster (prawn)

Langue (de boeuf) tongue (of beef)

Languedocienne garnish, usually of tomatoes, eggplant, and wild cèpe mushrooms

Lapereau young rabbit

Lapin rabbit
Lard bacon
Lardon cube of bacon
Larme (teardrop); a very small portion of liquid
Lèche thin slice of bread or meat
Léger(e) light
Légume vegetable
Lemelle very thin slice
Lieu (jaune) pollack, a prized small (yellow) saltwater fish
Lièvre hare
Limande sole-like ocean fish, not as firm as sole
Limande sole lemon sole
Lisette small mackerel
Lit bed
Lotte monkfish or angler fish; a large firm-fleshed ocean fish, rich in flavor
Lou magret breast of fattened duck
Loup (de mer) Mediterranean fish, also known as bar, similar to striped bass
Lyonnaise (à la) in the style of Lyon, often garnished with onions
Macérer to steep, pickle or soak
Mâche lamb's lettuce, a tiny, dark green lettuce
Madeleines small tea cakes
Madère madeira
Magret de canard (d'oie) breast of duck goose
Maigre thin, non-fattening
Maïs corn

Maison (de la) of the house, or restaurant
Maître d'hôtel head waiter; also compound
butter
Maltaise orange-flavored hollandaise sauce
Mandarine tangerine
Mange-tout literally, eat it all; podless green
bean, snow pea, type of apple
Mangue mango
Manière (de) in the style of
Maquereau mackerel
Maraichère (à la) market-garden style; dish
or salad that includes various greens
Marbré(e) marbled
Marc distilled residue of grape skins or other
fruit after they've been pressed
Marcassin young wild boar
Marchand de vin wine merchant; also sauce
made with red wine, meat stock, shallots
Marché market
Marée (la) literally the tide; usually used to
indicate that seafood is fresh
Marennnes flat-shelled, green-tinged plate
oysters; village where raised
Mariné marinated
Marinière (moules) mussels cooked in white
wine with onions, shallots, butter, herbs
Marjolaine marjoram; also, multilayered
chocolate and nut cake
Marmite small covered pot; also a dish cooked
in a small casserole
Marquise (au chocolat) rich chocolate
mousse cake

Marron large chestnut
Matelote (d'anguilles) freshwater stew (fish or eel)
Médailon round piece or slice
Mélange mixture or blend
Méli-mélo an assortment of fish and/or seafood,
usually served in a salad
Melon de Cavailon small canteloupe-like melon
Ménagère (à la) in the style of a housewife (sim-
ply prepared), onions, potatoes, carrots
Menthe mint
Menthe poivrée peppermint
Menu d'affaires businessman's lunch
Menu de la mer seafood menu
Menu dégustation tasting menu
Menu du marché fresh ingredients picked up by
chef at market that day
Menu du terroir regional menu
Menu gastronomique extravagant or richly luxu-
rious specialties
Meunière (à la) fish seasoned, floured, fried in
butter, served with lemon and parsley
Meurette in, or with, a red wine sauce; also a
Burgundian fish stew
Meurette red wine sauce w/mushrooms, onions,
bacon, carrots
Miel honey
Mignardises petit fours
Mignonette small cubes, usually of beef; also
refers to coarsely ground peppercorns
Mijoté(e) (plat) simmered (dish or preparation)
Mille-feuille refers to puff pastry
Mimosa garnish of chopped hard cooked egg yolks
Minute (à la) prepared at the last minute
Mirabeau garnish of anchovies, pitted olives, tar-
ragon and anchovy butter

Mirabelle yellow plum
Mirepoix cubes of carrots and onions, or mixed vegetables in braising for flavor
Mitonnée a simmered soup-like dish
Mode (à la) in the style of
Moelle beef bone marrow
Moka refers to coffee; coffee-flavored dish
Montagne (de) from the mountains
Montmorency garnished with cherries
Morceau piece or small portion
Morille wild morel mushroom
Mornay cheese sauce
Morue salted or dried codfish
Mouclade creamy mussel stew; sometimes flavored with curry
Moule mussel
Moules marinières mussels cooked in white wine, shallots, butter, herbs
Moules-frites a bowl of mussels (often *marinières*, see above) with fries on the side
Mousse light, airy mixture; sweet or savory
Mousseline ingredients lightened with whipped cream or egg whites (sauces)
Mousseron tiny, delicate, wild mushroom
Moutarde (à l'ancienne en) mustard (coarse grained)
Mouton mutton
Mulet mullet, a rustic-flavored ocean fish
Mure blackberry
Muscade nutmeg
Museau de porc (boeuf) vinegared pork (beef) muzzle
Myrtille type of blueberry
Mystère cone-shaped ice cream dessert; also meringue/ice cream/choc sauce

Nage (à la) aromatic poaching liquid (served in)
Nantua sauce of crayfish, butter cream and truffles; also garnish of crayfish
Nappe covered; as with a sauce
Nature refers to simple, unadorned preparations
Navarin refers to lamb or mutton
Navet turnip
Niçoise w/tomatoes, onions, anchovies, olives
Nid nest
Nivernaise in style of Nevers (carrots, onions)
Noilles noodles
Noisette hazelnut; hazelnut flavored
Noisette also refers to small round piece (such as potato) browned in butter
Noix walnut; nut; nut sized
Normande fish or meat cooked with cider or calvados; or sauce of seafood, cream, mushrooms
Normande also dessert with apples, usually served with cream
Nouilles à l'alsacienne noodles, usually with butter and cream
Nouveau (nouvelle) new or young
Nouveauté a new offering
Noyau stone or pit
Oeuf à la coque soft-cooked egg
Oeuf brouillé scrambled egg
Oeuf dur hard-cooked egg
Oeuf en meurette poached egg in red wine sauce
Oeuf mollet egg simmered in water for six minutes
Oeuf poche poached egg
Oeuf saut à la poêle fried egg
Oeuf sur le plat fried egg
Oeufs à la neige sweetened whipped egg whites poached in milk/in custard

- Oeufs au jambon** eggs and ham
- Offert(e)** offered; free or given
- Oie** goose
- Oignon** onion
- Omble chevalier** member of trout family with firm, flaky flesh from white to deep red
- Omelette aux fines herbes; au fromage** (cheese); au jambon (ham)
- Onglet** cut similar to beef flank steak, biftek or entrecote (can be tough)
- Oreilles (de porc)** ears (of pig)
- Orties** nettles
- Ortolan** tiny wild bird (now protected)
- Os** bone
- Oseille** sorrel
- Oursin** sea urchin
- Paillard (de veau)** thick slice (of veal)
- Pailles (pommes)** fried straw potatoes (finely shredded)
- Paillettes** cheese straws, usually made with puff pastry and Parmesan cheese
- Pain** bread
- Paleron** shoulder of beef
- Paletot** (coat) skin, bone and meat of fattened duck or goose
- Palmier** palm-leaf-shaped cookie made of sugared puff pastry
- Palmier (coeurs de)** palm hearts
- Palombe** wood or wild pigeon
- Palourde** prized medium sized clam
- Pamplemousse** grapefruit
- Panache** mixed; liberally used menu term to denote any mixture
- Panade** thick mixture used to bind (flour and butter, bread crumbs, etc.)

Panais parsnip
Pané(e) breaded
Panier basket
Pannequet rolled crêpe filled with sweet or
savory mixture
Papillote (en) cooked in parchment paper or foil
Paquets (en) (in) packages or parcels
Parfait a dessert mousse; also mousse-like mix-
ture of chicken, duck liver
Parfum flavor
Parisienne (à la) varied garnish, always includes
fried potato balls tossed in meat glaze
Parmentier dish with potatoes
Partager share
Passe-pierre edible seaweed
Pastèque watermelon
Pastis refreshing long, cool drink; anise liqueur or
flavor w/ice and water
Pastise anise liqueur
Pâte pasta; pastry dough
Pâtes pasta
Pâte à choux cream puff pastry
Pâte Brisée pie pastry
Pâte sablée sweeter, richer than pâte sucrée
Pâte sucrée sweet pie pastry
Pâté molded, spiced, minced meat, baked and
served hot or cold
Pâté en crouste pâté baked in pastry crust
Pâtisserie pastry
Pâtissier pastry chef
Patte paw, foot, or leg or bird or animal
Patte blanche small crayfish
Patte rouge large crayfish
Paupiette thin slice of meat, usually beef or fish,
filled, rolled, then wrapped

Pavé thick slice of boned beef or calf's liver; any thick slice; also kind of pastry

Paysan(ne) (à la) country style; garnish of carrots, turnips, onions, celery, bacon

Peau skin

Pêche peach

Pêche melba poached peach with vanilla ice cream and raspberry sauce

Pêcheur usually refers to fish preparations

Pelure peelings, such as truffles, used for flavorings

Perce-pierre samphire, edible seaweed

Perche perch, finely flavored freshwater fish

Perdreau young partridge

Perdrix partridge

Périgourdine (à la) sauce, with truffles, foie gras

Persil parsley

Petit déjeuner breakfast

Petit-pois small green peas

Petits fours tiny cakes and pastries

Petits-gris small land snail

Petoncle tiny scallop, similar to bay scallops

Pets de nonne small, dainty fried pastry

Pibale small eel, also called civelle

Pièce portion or piece

Pied de mouton meaty, cream-colored wild mushroom; also sheep's foot

Pied de porc pig's foot

Pigeonneau young pigeon or squab

Pignons pine nuts, or pignoli

Pilau, pilaf rice cooked with onions and broth

Piment (poivre) de Jamaïque allspice

Piment doux sweet pepper

Pince claw; also tongs used when eating snails or seafood

Pintade guinea fowl
Pintadeau young guinea fowl
Pipérade Basque dish of peppers, onions, tomatoes, and often scrambled eggs
Pipérade au jambon above served on slice of ham
Piquant(e) sharp or spicy tasting
Pique larded; studded
Pissaladière a flat open-face tart garnished with onions, olives, anchovies; a Nice-style pizza
Pistache pistachio nuts
Pistil de safran thread of saffron
Pistou sauce of basil, garlic, olive oil; also a rich vegetable soup
Pithiviers classic puff pastry dessert filled with almond cream
Plat a dish
Plat principal main dish
Plate flat-shelled oyster
Plateau platter
Plateau de fruits de mer seafood platter (raw & cooked combined)
Plates côtes part of beef ribs usually used in pot-au-feu
Pleurote oyster mushroom
Plie franche flounder
Plombières dessert of vanilla ice cream, candied fruit, kirsch, whipped cream
Pluches leaves of herbs or plants, generally used for garnish
Poché(e) poached
Pochouse freshwater fish stew prepared with white or red wine
Poêlé(e) pan-fried
Pointe (d'asperge) tip (of asparagus)

Poire pear
Poireau leek
Poires belle hélène poached pears served on
vanilla ice cream with hot chocolate sauce
Pois peas
Poisson fish
Poitrine breast (of meat or poultry)
Poitrine demi-sel unsmoked slab bacon
Poitrine fumée smoked slab bacon
Poivrade peppery brown sauce of wine, vinegar,
and cooked vegetables (strained)
Poivre pepper
Poivre frais de Madagascar green peppercorns
Poivre noir black peppercorns
Poivre rose pink peppercorns
Poivre vert green peppercorns
Poivron (doux) sweet bell pepper
Polenta cornmeal cooked with butter and cheese
Pommade (en) a thick, smooth paste
Pomme apple
Pomme en l'air caramelized apple slices usually
served with blood sausage
Pommes (de terre) potatoes
Pommes à la vapeur steamed or boiled potatoes
Pommes à l'anglaise boiled potatoes
Pommes allumettes very thin fries
Pommes boulangère potatoes cooked with the
meat; gratin with onions, sometimes bacon
Pommes dauphinoise baked dish of sliced pota-
toes w/milk, garlic, cheese
Pommes dauphine mashed potatoes mixed with
chou pastry, shaped into balls & fried
Pommes duchesse mashed potatoes with butter,
egg yolks, nutmeg garnish
Pommes en robe potatoes cooked with skins on

Pommes frites french fries
Pommes gratinées baked dish of potatoes,
browned, often with cheese
Pommes lyonnaises potatoes sautéed with onions
Pommes paillés potatoes cut into julienne strips,
then fried
Pommes pont-neuf classic fries, cut 1/2 x 2-1/2
Pommes soufflées small thin slices of potato fried
twice (inflate like pillows)
Porc (carré de) pork (loin)
Porc (côte de) pork (chop)
Porcelet young suckling pig
Porto (au) with port
Portugaises type of oyster
Potage soup
Pot-au-feu boiled beef with vegetables, often
served in two or more courses
Pot-de-crème individual custard or mousselike
dessert, often chocolate
Potée hearty soup of pork and vegetables, general-
ly cabbage and potatoes
Poularde fattened hen
Poule d'inde turkey hen
Poule faisane female pheasant
Poulet (rôti) chicken (roast)
Poulet basquaise basque style chicken, with
tomatoes and sweet peppers
Poulet de Bresse high-quality, free-running, corn-
fed chicken
Poulet de grain corn-fed chicken
Poulet fermier free-range chicken
Poulpe octopus
Pousse-pierre edible seaweed
Poussin baby chicken
Praire small clam

Pralin ground caramelized almonds
Primeur refers to early fresh fruits and vegetables
Printanière garnish of spring vegetables, cut into dice or balls
Prix fixe fixed-price menu
Prix net service included
Profiterole chou pastry dessert, filled with ice cream and topped with hot, melted chocolate
Provençal(e) in the style of Provence; with garlic, tomatoes, olive oil
Prune fresh plum
Pruneau prune
Pâtes (fraîches) pasta (fresh)
Purée mashed
Quenelle dumpling, usually of veal, fish, or poultry
Quetsch small purple damson plum
Queue (de boeuf) tail (oxtail)
Rable de lièvre (lapin) saddle of hare (rabbit)
Radis small red radish
Ragout stew, usually of meat
Raie skate (fish)
Raifort horseradish
Raisin grape
Ramequin small individual casserole
Rapé(e) grated or shredded
Rascasse scorpion fish
Ravigote thick vinaigrette sauce w/vinegar, white wine, shallots, herbs, mayonnaise

- Réchauffer** to reheat
- Reine-claude** greengage plum
- Rémoulade** sauce of mayo, capers, mushrooms, herbs, anchovies, gherkins
- Rillettes (d'oie)** minces spread of pork (goose), or duck, fish, rabbit
- Rillons** usually pork belly, cut up and cooked
- Ris d'agneau** lamb sweetbreads
- Ris de veau** veal sweetbreads
- Riz à l'imperatrice** cold rice pudding with candied fruit
- Rognonnade** veal loin with kidneys attached
- Rognons** kidneys
- Romarin** rosemary
- Rondelle** round slice
- Rosette (de porc)** dried sausage (of pork)
- Rosé** rare (meat)
- Rôti** roast
- Rouelle (de)** slice of meat or vegetable cut at an angle
- Rouget (rouget barbet)** sweet, red-skinned fish commonly called red mullet
- Rouille** thick, spicy, rust-colored sauce, w/olive oil, peppers, tomatoes, garlic
- Roulade** roll, often stuffed
- Roulé(e)** rolled
- Roux** butter and flour mixed together to thicken sauce
- Sabayon** light sweet sauce of egg yolks, sugar, wine, flavoring, whipped as cooked
- Sable** shortbread-like cookie; also sweet pastry dough
- Safran** saffron

Saignant(e) very rare (for the cooking of meat)

Saint Pierre mild, flat, white ocean fish;
John Dory

Saint-Hubert sauce poivrade with chestnuts and bacon

Saint-Jacques (coquille) sea scallop

Saison (suivant la) according to season

Salade aux noix green salad with walnuts dressed with walnut oil

Salade folle mixed salad, usually including green beans and foie gras

Salade panachée mixed salad

Salade verte green salad

Salé(e) salted

Salicorne edible algae

Salmis stewlike preparation of game birds

Salpicon diced vegetables, meat and /or fish in a sauce

Salsifis salsify, or oyster plant

Sandre perchlike freshwater fish

Sang blood

Sanglier wild boar

Saucisse small fresh sausage

Saucisson large dried sausage

Saucisson de Lyon pork sausage with garlic, pepper, sometimes truffles or pistachios

Sauge sage

Saumon (sauvage) salmon (wild, non-cultivated)

Saumon d'Ecosse Scottish salmon

Saumon fumé smoked salmon

- Sauté(e)** browned in fat
- Savarin** yeast-leavened cake shaped like a ring, soaked in sweet syrup
- Savoyarde** usually, flavored with Gruyère cheese
- Scarole** escarole
- Seiche** large squid
- Sel** salt
- Selle** saddle (of meat)
- Service (non) compris** service (not) included
- Serviette** napkin
- Sole Normande** sole poached in cider, garnished with mussels, shrimp, cream sauce
- Sorbet** sherbet
- Souffle** light sweet or savory mixture, served hot or cold
- Steack** beef steak
- Stockfish** salted and air-dried codfish
- Succes au pralin** meringue cake flavored w/caramelized almonds, layered w/butter cream
- Sucre** sugar
- Suprême** a veal- or chicken-based white sauce thickened with flour and cream
- Suprême** a boneless breast of poultry or a fillet of fish
- Tagine** spicy North African stew of veal, lamb, chicken, or pigeon with vegetables
- Tapenade** blend of black olives, anchovies, capers, olive oil, lemon juice
- Tart tatin** caramelized upside-down apple pie

Tartare chopped raw beef, seasoned and garnished with raw egg

Tarte tart; open-face pie or flan, usually sweet

Tarte au fromage cheesecake

Tartine open-face sandwich; buttered bread

Tasse cup

Tendre tender

Terrine earthenware container; also mixture cooked in the container

Tête de veau (porc) head of veal (pork), usually used in headcheese

Thé tea

Thon tuna

Thym thyme

Tian earthenware gratin dish; also vegetable mixture cooked in dish

Tiède lukewarm

Tilleul lime or linden blossom herb tea

Timbale small mold; mixture prepared in mold

Topinambour Jerusalem artichoke

Tortue turtle

Tournédos center portion of beef filet, usually grilled or sautéed

Tournédos rossini sauteed tournedos garnished with foie gras and truffles

Tourteau large crab with large claws full of deliciously sweet meat

Tranche slice

Travers de porc spare ribs

- Tripes à la mode de Caen** beef tripe, carrots, onions, leeks, spices
- Trompettes des mort** dark brown “horn of plenty” mushrooms
- Tronçon** cut of meat or fish (sliced from widest part)
- Truffe (truffé[e])** truffle (with truffles)
- Truite** trout
- Truite saumonée** salmon trout
- Tuile** literally, tile; delicate almond-flavored cookie
- Turban** usually mixture or combination of ingredients cooked in ring mold
- Turbot(in)** turbot (small turbot) considered the finest of fish (and most expensive)
- Vacherin** dessert of baked meringue, with ice cream and cream; also a cheese
- Vallé d’ange** region of Normandy; also garnish of cooked apples and cream
- Vanille** vanilla
- Vapeur (à la)** steam(ed)
- Veau** veal
- Velouté** creamed soup
- Velouteé** veal or chicken based sauce thickened with flour
- Venaison** venison
- Ventre** belly or stomach
- Venus** American clam
- Verjus** juice from unripe grapes; once used in sauces instead of vinegar
- Vernis** large, fleshy clam

Vert-pré watercress garnish, sometimes includes potatoes

Verviene lemon verbena (herb tea)

Vessie (en) cooked in a pig's bladder (usually a chicken)

Viande meat

Vichy with glazed carrots; also a brand of mineral water

Vichyssoise cold, creamy leek and potato soup

Vierge (beurre) whipped butter sauce with salt, pepper, and lemon juice

Vierge (huile d'olive) virgin olive oil

Vieux (vieille) old

Vigneron wine grower

Vinaigre (vieux) vinegar (aged)

Vinaigrette oil and vinegar dressing

Vivier fish tank

Vol au vent puff pastry shell

Volaille poultry

Xeres sherry (vinegar)

Yaourt yogurt

Zeste citrus peel



Intimate France
1826 Woodhaven Way
Oakland CA 9461
(800) 676-1247