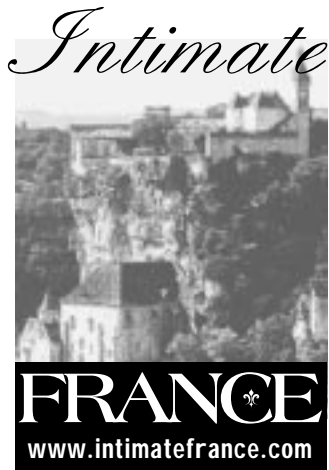


TAKE ME ON
YOUR TRIP!

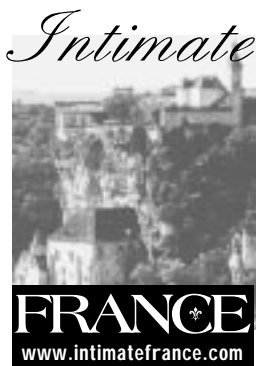


French Food Glossary and Wine Guide

Everything you need to know
about what's in the best cuisine
in the world • Includes menu terms

Contents

The wines of France	1
Provence	2
Burgundy	2
St. Emilion and the Dordogne	3
French food glossary	4



This food and wine guide produced by:

Intimate France

Creators of small-group tours to

- Provence
- Burgundy
- Dordogne
- Normandy and Brittany
- Loire Valley

For information, including
a full-color brochure, write or call:

Intimate France

PO Box 82

Point Reyes Station CA 94956

(800) 676-1247

www.intimatefrance.com

The wines of France

History

The cultivation of the grape and the making of wine go back to ancient times in France – at least to the time of the Phocceans, a Greek people who settled in Provence in the 600s BC. Before this time, the land was populated by Celts, who did not cultivate wine, as far as is known.

The first vines in France were probably planted in the Var, just to the east of Aix-en-Provence. Certainly we know that by Roman times, in about the first century BC, vineyards were well established not only there but throughout the province, and headed north up the Rhône. They soon spread to the area of Bordeaux.

These early vines were of no known varietal. It was many centuries before the concept of grape varieties came into existence. The first wine was made with whatever grape would grow well in the area, fermented with the yeast that occurred naturally on the grape skins, and often flavored (by the Romans) with honey, salt and chalk. Quite a different taste from today's wines!

By the first century AD, winemakers in Bordeaux, Burgundy and Provence were engaged in a lively trade of wine with Rome and other cities in the Roman world.

French wine industry

France is the country with the widest range of fine wines in the world. French, or French-adopted grape varieties are planted in every country that produces wines of quality, and in most cases French wine is used as a benchmark by which wines from other countries are judged.

You need look no further than the California wine country to get a sense of this truth. Arguably the two noblest grapes in the state are cabernet

sauvignon, the chief red grape of Bordeaux, and chardonnay, the main white grape of Burgundy. On a close second tier are sauvignon blanc (Bordeaux), pinot noir (Burgundy), merlot, chenin blanc and others. In California, only zinfandel among the great grape varieties is not considered of French origin.

In recent years, substantial advances in vinification methods have spread throughout the French wine industry – many of them perfected in the U.S. – and today the wines of France are more isolated from the great seasonal swings in quality than ever. This means that despite distinct differences in growing conditions from year to year, there are far fewer really bad vintages and far more very good ones.

California vs. French wines – the differences

To a wine consumer, there are four chief differences between California wine and French wine:

1. Most French wine is identified not by grape but by village or region. Occasionally you will see a varietal-specific bottle, but usually not. California wine, by contrast, is usually identified by varietal.

(If you're serious about French wines, you're supposed to know from the name of the village or region the type of wine and, possibly, the kind or kinds of grapes.)

2. The second difference is the fact that many great French wines are mixtures of two, three or more grapes. Over long years, winemakers have found how to bring out the best qualities of their terroir, a word loosely translated as "territory and soil." Usually, this involves mixing different varieties – in some cases, many kinds. The wines of Châteauneuf-du-Pape, for instance, may contain up to 13 grape varieties, though not every winemaker chooses to use all 13.

3. The third difference is the extent to which

the French government intrudes into the day-to-day activities of French winemakers. For instance, in order to call your wine by its “appellation,” or identifying name, you must use only specified grape varieties. You may not artificially water the vineyards. There is a maximum yield per hectare (about 2.5 acres per hectare), and there are other rules about where you may plant, how much alcohol the wine may have, how the vines may be pruned, how the wine can be made and even where it can be bottled.

4. The final difference is the exacting classification system used for wines. Only the best wine, that from specific growing areas and processed in specific ways, is entitled to the highest classification, that of *appellation d’origine contrôlée* (abbreviated AOC). These wines naturally command the best prices. The second tier of wine is *Vins délimités de qualité supérieur* (VDQS). There are fewer controls on how this wine can be made, its allowable degree of alcohol and what grapes may be used. Still, it is a quality product and has to pass a yearly taste test in order to retain its classification.

The French are also fond of *vin de pays*, or *vin de table*, which is lower priced but sometimes very adequate.

Tasting

The winery visit experience in France is at once more formal and more casual than in California. The main differences are that the wineries are quite small and are usually not set up for large numbers of visitors, and that oftentimes it will be a member of the winemaker’s family who greets visitors and pours tastes.

Some wineries have little baskets on the counter where people may leave a few coins for tasting. This is at your discretion.

If you wish to buy a bottle or two to enjoy while in France or to take home, please don’t hesitate. Wineries accepting visitors usually are glad to sell their wine. Prices are often very reasonable, in the 30-60F range, or \$5-\$10 per bottle (more in the higher-quality areas such as *Châteauneuf-du-Pape* and Burgundy).

Touring three wine areas

Provence

Most wines produced in Provence today are red – probably in the 90%-plus range. Almost all of the rest are rosés; the amount of white is less than

1%. This is because the grapes that produce red and rosé wines grow best here.

In the hot months, the people of Provence drink rosé. The rest of the year, red. Other regions of France produce wonderful whites, and these are readily available in stores and restaurants, but you’ll find just a few local whites.

PROVENÇAL WINE VARIETALS – You may be familiar with many kinds of wine grapes but not with those used here. The chief grape of Provence is *grenache*, followed by *cinsault*, *mourvèdre* and *carignan*. Occasionally, you may encounter the *syrah*, which dominates the northern Rhône region but not the southern parts that we will explore, and *viognier*, which has spread to the southern Rhône from the area around *Condrieu*, near Lyon.

CÔTES-DE-RHÔNE WINES – Although we do some tasting in the Var region, most of the wineries we visit will fall into the *Côtes-du-Rhône* category. Within this large region east of *Avignon* are several villages that have earned the AOC label, meaning they produce wines of superior quality. Some of these are *Beaumes-de-Venise*, *Gigondas*, *Séguret*, *Sablet*, *Rasteau*, *Vacqueyras*, *Châteauneuf-du-Pape* and *Cairrane*. Also along the way we will pass through the sandy flat areas near the mouth of the Rhône River, where we’ll find a very pale rosé called *Listel*, also called *vin des sables*, which means wine from the sands.

OTHER WINES – Two other wines that we will encounter should be noted: sweet wines, which the French call *apéritif* wines.

- *Rasteau*, a village in the *Côtes-du-Rhône*, produces a lovely wine from the *grenache* grape, either red or golden in color. Look for this wine on the menus of restaurants in *Vaison-la-Romaine*, under the name *Rasteau Dorée*.

- *Beaumes-de-Venise*, a village near *Gigondas*, produces a nectar-like white dessert wine from the *muscat* grape.

Burgundy

The Burgundy district accounts for 2 percent of the wine produced in France – about one-third of the quantity that comes from the Bordeaux area each year. More than three-quarters of the Burgundian wine is red, the remainder white. The two main grapes are the *Pinot Noir* and the *Gamay*, and the red wines of the region tend to mature quicker than those from Bordeaux.

The pattern of ownership in these two famous wine-producing regions is very different.

In Burgundy, there are many proprietors, each possessing a small parcel of land in different vineyards. This acts as an insurance against bad weather – particularly isolated bursts of hail, which can damage the grapes in one place, yet leave nearby vineyards untouched.

Thus, two bottles of wine coming from the same vineyard in the same year can be quite different when made by growers with varying production techniques.

There are very few châteaux in the Bordeaux sense of the word and, accordingly, domaine-bottled Burgundies (the equivalent of château-bottled Bordeaux wines) are rare and expensive.

Red Burgundy

The heart of the Burgundy country is the Cote d'Or, whose name may well have derived from the rich and splendid colour of the vine leaves in the autumn on the sloping hillside.

The Cote d'Or produces the greatest wines of Burgundy. There are two main divisions in this region, the Cote de Nuits and the Cote de Beaune, each of them producing wines of a different style. The wines of the Cote de Nuits are generous and tend to keep well. They are firmer, more robust and fuller bodied than those of the Cote de Beaune. The latter are more soft and supple and are inclined to develop at a faster rate.

White Burgundy

Some of the most famous white wines in the world come from Burgundy. Unlike the whites of Bordeaux, they are without exception dry.

If the Cote de Nuits produces the finest red wines, then the Cote de Beaune yields the most superb whites. Also famous for white Burgundy is the area around Chablis, a small town 90 miles north of Dijon.

White Burgundies are best drunk when young and fresh as, in general, they do not improve with bottle age. Some of the best known varieties are: Aloxe Corton; Mersault; Puligny Montrachet and Chassagne Montrachet; and Chablis.

Maconnais

The wines produced from the vineyards around Macon are classified as Burgundies although they are considerably lighter in texture and have less body and fruit than the wines from further north. Consequently, they develop more quickly and are best drunk while still young. The communes of Pouilly and Fuisse, so well-known for their whites, are in the Maconnais.

Beaujolais

This is one of the most picturesque of all the wine districts of France. The wines are light and fresh, and should be drunk when young. They have a delightful fruitiness with a brilliant purple colour, and are usually served at room temperature, but in the summer there is no reason why they should not be lightly chilled.

The Vines

Red Grapes

Cote d'Or: Pinot Noir

Chalonnais: Pinot Noir

Maconnais: Gamay, Pinot Noir (best wines only)

Beaujolais: Gamay

White grapes

Cote de Beaune: Pinot Blanc (Chardonnay)

Chablis: Pinot Blanc (Chardonnay)

Maconnais: Pinot Blanc (Chardonnay)

Some wine highlights

Much of Burgundy's success in wine producing comes from the exceptional quality of its three distinct, traditional wines: Pinot Noir and Gamay for the reds and Chardonnay for the whites.

The biggest wine-producing district of Burgundy stretches from Dijon to Mâcon and is home to some of the world's most famous wines, named according to their place of origin: the velvety Côtes de Nuits (such as Gevrey-Chambertin, Chambolle-Musigny, Nuits St. Georges), fruity Côtes de Beaune (Pommard, Volnay, Savigny-les-Beaune, Aloxe Corton, Puligny-Montrachet, Meursault), Châlon (Givry: Henri IV's preferred, Mercurey, Santenay), and Mâcon (Mâcon Villages, Pouilly Fuissé, Viré, Saint-Véran).

From South Saône-et-Loire and Rhône comes Beaujolais and Côte de Brouilly, whose short fermentation makes it a tender, fruity wine – one of the few reds which can be drunk at cool temperatures.

From the north, the "Golden Gate" of Burgundy between Auxerre and Tonnerre, comes Chablis, a dry white wine. On the banks of the Loire to the west is Pouilly sur Loire, which produces the wines of Côteaux du Giennois and the Loire, among them the fruity and soft Pouilly Fumé and Pouilly Fuissé.

St. Emilion and Dordogne

The two premium winegrowing areas of France are Burgundy and Bordeaux. Each has its supporters for the title of the best.

Among the wines of Bordeaux, St. Emilion stands

apart, not because it is considered the best of the best – though it is quite good – but because the grape varieties used there (chiefly merlot) produce a softer, more immediately approachable wine than those of the Médoc and Haut Médoc, whose wines are considered this region's finest.

Bordeaux as a whole stretches some 65 miles from north to south, and 80 miles from east to west. It produces a prodigious amount of wine yearly from close to 12,000 "châteaux." There are 53 appellations producing about 75 percent red and 25 percent white (there is almost no rosé) for a total of some 600 million bottles, of which a third are exported.

St. Emilion

This lovely town is full of wine. You'll have an opportunity to visit a wine center, where wine can be tasted and purchased, as well as to visit wine producers both humble and great in the surrounding areas. Vines are literally grown within the town limits.

Your visit to St. Emilion is your opportunity to taste the finest wines of the area at reasonable prices. Several wine bars serve fine wines by the glass, and though the prices may seem steep (up to 150 francs for a glass, or \$25), they are commensurate with the superb quality of these wines.

Bergerac

Bergerac, somewhat to the east of the Bordeaux region, is an appellation unto itself. It produces more white wine (4.4 million gallons per year) than red (3.3 million gallons). These wines can be excellent, though not up to the standards, or the price, of those of St. Emilion and the rest of Bordeaux. The most prevalent grape of Bergerac is the sauvignon blanc.

Perhaps the best-known wine of Bergerac is a sweet aperitif wine from Monbazillac. Made with the semillon grape (the same grape as the renowned wines of Sauternes, to the west), Monbazillac is excellent. Some of the finest of this type of wine come from the Château of Monbazillac, which your Intimate France tour visits.

The best red wine from Bergerac is Pecharmant, a region just to the northeast of the town. Pecharmant, exclusively a red wine, has a pleasingly earthy, loamy taste that goes well with the foods of the Dordogne.

Cahors

You'll also find wines from Cahors on wine lists in Dordogne. Cahors wines, mostly red, tend toward the robust, and highly tannic. They have been popular since Roman times and are suitable for the heartier dishes of this region.

French Menu and Foods Glossary

à l'ancienne	in the old style	au four	baked
à la vapeur	steamed	aubergine	eggplant
à l'étouffée	stewed	aumônière	thin crêpe, filled, wrapped like bundle
à point	medium rare	aurore	béchamel or cream sauce with tomatoes
abats	organ meats	automne	autumn
abricot	apricot	auvergnat(e)	(style) often with cabbage, sausage, and bacon
addition	bill	avocat	avocado
affiné(e)	aged	baies	berries
agneau (de lait)	lamb (young-milk fed)	baies roses	pink peppercorns
aiglefin, églefin	haddock	baigne	bathes
aigre	sour	ballotine	usually poultry, boned, stuffed, rolled
aigre-doux	sweet & sour	banane	banana
aigrelette (sauce)	a sour or tart sauce	bar	fish, similar to bass
aiguillettes	thin slivers, usually of duck breast	Barbarie (canard de)	breed of duck
ail	garlic	barbue	brill, fish related to turbot
aile	wing of poultry or game bird	baron	hindquarters - lamb, rabbit, etc.
aile et cuisse	white meat (aile), dark (cuisse), usually chicken	barquette	small pastry shaped like a boat
aïoli	garlicky blend of eggs and olive oil	basilic	basil
aligot	mashed potatoes with fresh Cantal cheese and garlic	basquaise	Basque-style, usually with ham or tomatoes or red peppers
alose	shad	bavaroise	cold dessert, rich custard with cream and gelatin
alose à l'oseille	shad or other fish in light hollandaise garnished with sorrel	bavette	skirt steak
aloyau	loin area of beef	beatilles	dish combining various organ meats
alumettes	puff pastry strips, also fried matchstick potatoes	bécasse	woodchuck
amande	almond	beignet	fritter or doughnut
ananas	pineapple	belon	prized, flat-shelled plate oyster
anchoïade	puree of anchovies, olive oil, vinegar	Bercy	fish-stock-based sauce thickened with flour, butter, shallots, white wine
anchois	anchovy	berrichonne	garnish of braised cabbage, glazed baby onions, chestnuts, bacon
andouillette	smaller chitterline (tripe) sausage	betterave	beet
aneth	dill	beurre	butter
anis	aniseed	beurre noisette	lightly browned butter
arachide	peanut oil	biche	female deer
araignée de mer	spider crab	bifteck	steak (can be tough)
ardoise	literally "slate" - refers to the day's specialties	bigarade	orange sauce
argumes	citrus fruits	bigarreau	cherry
aromates	spices and herbs	Billy Bi, Billy By	cream of mussel soup
artichaut	artichoke	biscuits à la cuillère	ladyfingers
asperge	asparagus	blanc (de poireau)	white part of leeks
assiette	plate	blanc (de volaille)	usually breast of chicken
assiette du pecheur	assorted fish platter		
assorti(e)	assorted		

blanquette	veal, lamb, chicked, or seafood stew w/rich white sauce	brochet	pike
blette	Swiss chard	brouillé(e)(s)	scrambled, usually eggs
bleu	bloody rare, usually for steak	brulé(e)	literally, burned; dark caramelization
blinis	small pancakes	brunoise	tiny diced vegetables
boeuf à la mode	beef marinated and braised in red wine w/carrots, mushrooms, onions	buffet froid	cold buffet
boeuf au gros sel	boiled beef, with vegetables and coarse salt	bugnes	sweet fried doughnuts or fritters
boissons (non) comprises	drinks (not) included	buisson	literally bush; presentation (classically, crayfish)
bombe	molded, layered ice cream dessert	bulot	large sea snail
bonne femme	home style, meat with bacon, potatoes, mushrooms, onions	cabécou	small round goat cheese
bonne femme (fish)	with shallots, parsley, mushrooms, potatoes	cabillaud	fresh cod
bonne femme (sauce)	white wine sauce with shallots, mushrooms, lemon juice	Caen (à la mode de)	usually cooked in calvados and white wine or cider
bordelaise	Bordeaux-style, also brown sauce of shallots, red wine, bone marrow	café (crème) (au lait)	coffee (with cream) (with hot milk)
bouchée	tiny mouthful, bite-size	café Liégeois	iced coffee served with whipped cream, sometimes ice cream
boudin	technically meat sausage, any sausage-shaped mixture; often blood sausage	cagouille	small snail
boudin blanc	white sausage (veal, chicken, or pork)	caille	quail
boudin noir	pork blood sausage	calamar	squid
bouillabaisse	Mediterranean fish soup	campagne (de la)	country-style
bouilli	boiled	canard	duck
bouillon	light soup or broth	canard à la presse	roast duck served with sauce of juices, red wine, cognac
boulette	meatball or fishball	canard de Barbarie	breed, with strong flavor
bouquet	large reddish shrimp	canard de Nantes	also canard de Challans, very delicate-flavored small duck
bourdaloue	hot poached fruit, sometimes wrapped in pastry	canard de Rouen	cross between domestic & wild, smothered not bled, special taste
bourguignon(ne)	Burgundy-style, often with wine, onions, mushrooms, bacon	canard sauvage	wild duck
bouribut	spicy red wine duck stew	caneton	young male duck
bourride	fish stew	canette	young female duck
bouteille de	bottle of	cannelle	cinnamon
braise	live coals; braised	carbonnade	braised beef stew with beer and onions
braiser	to braise, cook meat by browning, then simmering	cardon	large, celery-like vegetable in artichoke family
brandade (de morue)	warm garlicky purée of salt cod, cream & sometimes mashed potatoes	carré d'agneau	rack or loin of lamb
brebis (fromage de)	sheep	carré de porc	rack or loin of pork
bretonne	in the style of Brittany, dish served with white beans	carré de veau	rack or loin of veal
bretonne (sauce)	white wine sauce with carrots, leeks, celery	carrelet	summer flounder
brioche	buttery, egg-enriched yeast bread	carte	menu
broche (à la)	spit-roasted	carvi	caraway seeds
		casse-croute	snacks
		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	choix (au)	a choice, usually may choose from several offerings
caviar d'aubergine	cold eggplant purée	choron	Béarnaise sauce with tomatoes
céleri	celery	chou	cabbage
céleri branché	celeriac	chou frise	kale
cèpe	large, meaty wild mushroom	chou rouge	red cabbage
cerfeuil	chervil	chou vert	curly green savoy cabbage
cerise	cherry	choucroute	sauerkraut; also dish of sauerkraut, sausages, bacon, pork, potatoes
cerise noire	black cherry	chou-fleur	cauliflower
cerneau	walnut meat	chous (pâte à)	creampuff (pastry)
cervelas	garlicky pork sausage, or seafood sausage	choux de Bruxelles	brussels sprouts
cervelles	brains, of calf or lamb	ciboulette	chive
chair	fleshy portion of poultry or meat	cidre	cider, apple, or pear
champêtre	rustic, simple presentation	citron	lemon
champignon	mushroom (de bois) wild, (de Paris) cultivated, (sauvage) wild	citron pressé	fresh lemonade
champignons à la grecque	tiny mushrooms cooked with lemon, olive oil, spices	citron vert	lime
chanterelle	pale, curly-capped wild mushroom	citronnelle	lemon grass (oriental herb)
chantilly	sweetened whipped cream	citrouille	pumpkin, gourd
chapon	capon	civelles	spaghetti-like baby eels
chapon de mer	fish in the scorpion family	civet	stew of game thickened with blood
charcuterie	cold cuts, sausages, terrines, pâtés, also shop selling these	civet de lièvre	jugged hare; stewed hare thickened with blood
chariot (de desserts)	dessert cart	clafoutis	tart, made with crepe batter and fruit (usually black cherries)
charlotte	molded dessert with ladyfingers, custard, fruit compote; cold or hot	claires	oysters (sometimes put in beds and fattened up before market)
charolais	light-colored cow that produces high-quality beef	clamart	garnish of peas
chartreuse	dish of braised partridge and cabbage; also a liqueur	clémentine	small tangerine, from Morocco or Spain
chasse	the hunt	cloute	studded with
chasseur	sauce with white wine, shallots, mushrooms, tomatoes, herbs	cochon (de lait)	pig (suckling)
châtaigne	chestnuts	cochonnaille	pork products, usually an assortment of sausages or pâtés (first course)
chaud(e)	hot (or warm)	cocotte	casserole or cooking pot
chaud-froid	cooked poultry dish served cold, usually covered with sauce, aspic	coeur	heart
chaudrée	fish stew, sometimes with potatoes	coffret	box-shaped pastry
chausson	filled pastry turnover, sweet or savory	coing	quince
chemise (en)	wrapped in pastry	colin	hake
chevreuil	young deer	colvert	wild duck
chèvre	goat cheese	compote	stewed fresh or dried fruit
chicorée	curly endive	conçassé(e)	coarsley chopped
chiffonnade	shredded, herbs and vegetables, usually green	concombre	cucumber
chinchard	type of fish	confit	duck, goose, or pork cooked & preserved in its own fat
chipiron	squid	confit	also fruit or vegetables preserved in sugar, alcohol, or vinegar
		confiture	jam

confiture de vieux garçon	varied fresh fruites macerated in alcohol	crème patissière	custard filling for pastries and cakes
congeler	to freeze	crème plombières	custard filled with fresh fruites and egg whites
congre	eel or fish similar to eel	crépinette	small sausage patty wrapped in caul fat
contre-filet	sirloin taken above the loin, tied for roasting, braising, grilling	cresson	watercress
convives (la totalité des)	all those gathered at a single table	cressonade	watercress sauce
copeaux	shavings	crête de coq	cock's comb
coq (au vin)	mature rooster stewed in wine	creuse	elongated, crinkle-shelled oyster
coque	tiny mild-flavored clam-like shellfish	crevette grise	tiny soft-fleshed shrimp that remains gray when cooked
coque (à la)	soft cooked egg, or anything served in a shell	crevette rose	small firm fleshed shrimp that turns red when cooked
coquelet	young, male chicken	criste-marine	edible algae
coquillage	shellfish	croquant(e)	crispy
coquille	shell	croque-madame	toasted ham and cheese sandwich topped with an egg
coquille St Jacques	sea scallop	croque-monsieur	toasted ham and cheese sandwich
corail	egg sac found in scallops, spiny lobster or crayfish	croquette	ground meet, fish, fowl or vegetables bound with eggs or sauce
corbeille (de fruits)	basket (of fruit)	croquettes	usually coated in crumbs and deep fried
coriandre	coriander	crottin (de chavignol)	firm goat cheese
côte d'agneau	lamb chop	croustade	usually small, pastry-wrapped dish (e.g., filled with fruit)
côte de boeuf	beef blade or rib steak	croute (en)	in pastry
côte de veau	veal chop	croute de sel (en)	in a salt crust
cotelette	thin chop or cutlet	cru(e)	raw
cotriade	Brittany-style fish stew with butter, potatoes, onions, herbs	crudités	raw vegetables
cou d'oie (de canard)	neck skin of goose, stuffed like a sausage	crustaces	crustaceans
couer de filet	thickest (and best) part of beef filet (usually châteaubriand steaks)	cuillère (à la)	to be eaten with a spoon
coulis	puree of raw or cooked vegetables or fruit	cuisse de poulet	chicken drumstick
coulibiac	hot Russian pâté, usually filled with salmon and covered with brioche	cuisson	cooking
coupe	cup; dessert served in goblet	cuissot	haunch of veal, venison, or wild boar
courge	squash or gourd	cuit(e)	cooked
courgette	zucchini	cul	haunch or rear, usually of red meat
couronne	ring or circle, usually of bread	cure-dent	toothpick
couteau	knife	dariole	usually a garnish in a cylindrical mold
couvert	place setting	darne	a slice or steak from fish, often salmon
crabe	crab	dattes	dates
crapaudine	preparation of grilled poultry or game bird, backbone removed	daube	stew, usually meat
crécy	carrot garnish, or carrot-based dish	daurade	dorade or sea bream, similar to porgy
crème chantilly	sweetened whipped cream	décortiqué(e)	shelled or peeled
crème fouettée	whipped cream	dégustation	tasting or sampling

déjeuner	lunch	épices	spices
délice	delight, usually used to describe a dessert	épinard	spinach
demi-deuil	poached (usually chicked) with truffles inserted under skin. Also could be sweetbreads with a truffled white sauce	escabeche	sardines or marinated raw fish (vinegar or lemon juice and herbs)
demi-glace	concentrated beef base	escalope	thinly slices meat or fish, usually cut at an angle
désossé(e)	boned	escargot	land snail
diable	with a peppery (often mustard based) sauce	escargot à l'alsacienne	simmered in riesling, baked with garlic and parsley butter stuffing
dieppoise	dieppe style, white wine, mussels, shrimp, mushrooms, cream	escargot de Bourgogne	land snail with butter, garlic, and parsley
digestif	after-dinner drink - liqueur	escargot petit-gris	small land snail
dinde	turkey ham	espadon	swordfish
dindon(neau)	turkey in general	estofinado	fish stew from Auvergne w/dried cod, eggs, garlic, cream
discretion (à la)	on menu usually refers to wine without limit, at customer's discretion	estouffade	stew of beef, pork, onions, mushrooms, orange zest, red wine
dodine	cold, boned stuffed duck	estragon	tarragon
dos	back, also refers to meatiest portion of fish	été	summer
dos et ventre	back and front; both sides (usually fish)	étrille	small crab
douceurs	sweets or desserts	étuvé	cooked in own juice, braised
doux, douce	sweet	éventail (en)	cut into fan shape (vegetables or fish)
duglere	white, flour-based sauce with shallots, white wine, tomatoes, and parsley	façon (à ma)	my way (of preparing a dish)
duxelles	chopped mushrooms and shallots sauteed in butter, mixed with cream	faisan(e)	pheasant
eau du robinet	tap water	farandole	rolling cart, usually of desserts or cheese
écailler	to scale fish, also an oyster opener or seller	farci(e)	stuffed
échalotes	shallots	farine	flour
échine	spare ribs	faux-filet	sirloin steak
écrevisse	freshwater crayfish	fenouil	fennel
éffiloche	frayed, thinly sliced	fera	salmonlike lake fish
églefin, aiglefin	haddock	fermé(e)	closed
émincé	thin slice, usually of meat	ferme(fermier)	farm-fresh
encornet	small squid	feu de bois (au)	cooked over a wood fire
endive	chicory or belgian endive	feuille de chêne	oak-leaf lettuce
entrecôte	beef rib steak	feuille de vigne	vine leaf
entrecôte maître d'hotel	with herb butter	feuilletage (en)	(in) puff pastry
entrecôte marchand de vin	with sauce of red wine and shallots	feuillete au foie gras	puff pastry layered with sausage and foie gras (extravagant first course)
entrée	first course	fèves	broad beans or favas
entremets	sweets	ficelle (à la)	tied with a string; also small, thin baguette
épaule	shoulder of veal, lamb, mutton, pork	figue	fig
épi de maïs	ear of sweet corn	(au) fil	(caught on a) line, not netted (fish)
		financière	madeira sauce with truffle juice
		fines de claire	elongated crinkle shelled oysters (fattened up in beds)

flageolets	small, pale green kidney-shaped beans	frit(es)	french fries
flagnarde, flaugarde	hot fruit-filled batter cake	fritons	coarse pork rillettes or minced spread (includes organ meats)
flamande (à la)	flemish style, usually with cabbage, carrots, potatoes, bacon	fritot	small organ meat fritter
flambe	flamed	friture	frying; also refers to preparation of small fried fish (ex. smelts)
flamiche	savory tart with rich bread dough crust	froid(e)	cold
flamiche aux poireaux	leek and cream tart	fromage	cheese
flan	sweet or savory tart or crustless custard pie	fromage blanc	smooth low-fat cheese, similar to cottage cheese
flanchet (de veau)	flank (of veal)	fromage de tête	head cheese, usually pork
fletan	halibut	fromage maigre	low-fat cheese
fleur	flower	fruit de la passion	passion fruit
fleurons	puff pastry crescent	fruits confits	preserved fruits; generally refers to candied fruits
florentine	with spinach	fruits de mer	seafood
foe de veau	calf's liver	fumé(e)	smoked
foie	liver	fumet	fish stock
foie gras d'oie (de canard)	liver of fattened goose (duck)	galantine	boned poultry or meat stuffed, rolled, cooked, glazed with gelatin, cold
foies blonds de volaille	chicken livers; chicken liver lousse	galette	crêpe made with buckwheat flour
foin (dans le)	cooked in hay	galette	round, flat pastry, pancake or cake; sweet or savory
fond	cooking juices from meat, used to make sauces; also, bottom	gambas	large prawns
fond d'artichaut	heart and base of artichoke	garbure	generally a hearty soup of beans, cabbage, and pork or fowl
fondant	melting; as in melted sugar flavored and used for icing	garni(e)	garnished
forestière	garnish of wild mushrooms, bacon and potatoes	garniture	garnish
four (au)	baked in oven	gâteau	cake
fourchette	fork	gaufre	waffle
fourre	stuffed	gayettes	small sausage made with pork liver and bacon
frais, fraîche	fresh	gelée	aspic
fraise	strawberry	genièvre	juniper berry
fraise des bois	wild strawberry	genoise	sponge cake
framboise	raspberry	germiny	garnish of sorrel; sorrel and cream soup
frangipane	almond custard filling	gésier	gizzard
frappe	drink served very cold or with ice	gibelotte	fricassée of rabbit in red or white wine
frémis	(quivering); barely cooked (oysters)	gibier	game
friandises	sweets, petits fours	gigot	leg, usually of lamb (d'agneau)
fricadelles	fried minced meat patties	gigot de mer	a preparation; usually large pieces of monkfish (lotte), oven-roasted
fricandeau	thinly sliced veal or rmp roast, braised with vegetables, white wine	gigue (de)	haunch (of) certain game meats
fricassé(e)	ingredients braised in wine with butter and/or cream added; stewed	gingembre	ginger
frisée	curly, usually endive	girofle	cloves
		girolle	delicate, pale, orange wild mushroom

glace	ice cream	hareng	herring
glacé(e)	iced, crystallized or glazed	haricot	bean
glaçons	ice cubes	haricot blanc	white bean; usually dried
gougère	cheese flavored chou pastry (puff)	haricot de mouton	stew of mutton and white beans
goujonnettes	generally describes small slices of fish, ex sole, usually fried	haricot rouge	red kidney bean; also preparation of red beans in red wine
goujons	small catfish; or any small fish; or small piece; breaded & fried	haricot vert	green bean, usually fresh
gourmandises	sweetmeats	hiver	winter
gousse (d'ail)	clove (of garlic)	hochepot	thick stew, usually oxtail
graine de moutarde	mustard seed	homard	lobster
graisse	fat	hongroise (à la)	Hungarian-style, usually with paprika and cream
graisserons	crisply fried pieces of duck or goose skin; cracklings	hors-d'oeuvre	appetizer; also can refer to a first course
grand veneur	usually a brown sauce for game, with red currant jelly	huile	oil
granite	water ice	huile d'arachide	peanut oil
gras	fatty	huile de pépins de raisins	grapeseed oil
gras-double	tripe baked with onions and white wine	huitre	oyster
gratin	crusty-topped dish; also refers to a casserole	hure de porc	head of a pig or boar; usually headcheese preparation
gratin dauphinois	baked casserole of sliced potatoes w/cream and sometimes cheese	hure de saumon	a salmon "headcheese", prepared with salmon meat, not the head
gratin savoyard	baked casserole of sliced potatoes w/bouillon, cheese, butter	ile flottante	classically layered cake covered w/whipped cream, w/custard sauce
gratiné(e)	having a crusty, browned top; also onion soup	ile flottantes	floating island of meringue in crème anglaise
grattons	crisply fried pieces of pork, goose or duck skin; cracklings	imperatrice (à l')	usually rice pudding dessert with candied fruit
gratuit	free	indienne (à l')	East Indian style, usually with curry powder
grecque (à la)	cold vegetables, usually mushrooms, marinated in oil, lemon, water	infusion	herb tea
grelot	small white bulb onion	jambon	ham; also refers to thigh or shoulder of meat, usually pork
grenade	pomegranate	jambon cru	usually salt cured or smoked ham that has been aged but not cooked
grenadin	small veal scallop	jambon de Bayonne	raw, dried, salt-cured ham
grenouille (cuisses de)	frog legs	jambon de Paris	lightly salted, cooked ham, very pale in color
gribiche (sauce)	mayonnaise with capers, cornichons, and herbs	jambon de York	smoked, English-style ham, usually poached
grillade	grilled meat	jambon d'oie (canard)	breast of fattened goose (duck), smoked or salted or sugar cured
grillé(e)	grilled	jambonneau	pork knuckle
griotte	shiny, slightly acidic reddish black cherry	jambonnette	boned and stuffed knuckle of ham or poultry
grive	thrush	jardinière	garnish of fresh cooked vegetables
grondin	type of ocean fish used in fish stews such as bouillabaisse	jarret de veau	stew of veal shin
gros sel	coarse salt	Jésus de morteau	smoked pork sausage from the Franche-Comté
groseille	red currant	jeun(e)	young
gruyère	hard, mild cheese		
hachis	minced or chopped meat preparation		

joue	cheek	mâche	lamb's lettuce, a tiny, dark green lettuce
julienne	slivered vegetables (sometimes meat)	madeleines	small tea cakes
jus	juice	madère	madeira
kir	crème de cassis and white wine (usually, sometimes red)	magret de canard (d'oise)	breast of fattened duck (or goose)
kir royal	crème de cassis and champagne	maigre	thin, non-fattening
kougelhopf	sweet, crown-shaped Alsatian yeast cake w/almonds and raisins	mais	corn
lait	milk	maison (de la)	of the house, or restaurant
laitance	soft roe (often herring) or eggs	maître d'hôtel	head waiter; also compound butter
laitue	lettuce	maltaise	orange-flavored hollandaise sauce
lamproie	lamprey (eel shaped fish)	mandarine	tangerine
langouste	clawless spiny lobster; sometimes called crawfish or crayfish	mange-tout	literally, eat it all; podless green bean, snow pea, type of apple
langoustine	clawed crustacean, smaller than lobster or spiny lobster (prawn)	mangue	mango
langue (de boeuf)	tongue (of beef)	manière (de)	in the style of
languedocienne	garnish, usually of tomatoes, eggplant, and wild cèpe mushrooms	maquereau	mackerel
lapereau	young rabbit	maraichère (à la)	market-garden style; dish or salad that includes various greens
lapin	rabbit	marbré(e)	marbled
lapin de garenne	wild rabbit	marc	distilled residue of grape skins or other fruit after they've been pressed
lard	bacon	marcassin	young wild boar
lardon	cube of bacon	marchand de vin	wine merchant; also a sauce made with red wine, meat stock, shallots
larme	(teardrop); a very small portion of liquid	marché	market
lèche	thin slice of bread or meat	marée (la)	literally the tide; usually used to indicate that seafood is fresh
léger(e)	light	marennas	flat-shelled, green-tinged plate oysters; village where raised
légume	vegetable	mareyeur	wholesale fish merchant
lemelle	very thin slice	marine	marinated
lieu (jaune)	pollack, a prized small (yellow) saltwater fish	marinière (moules)	mussels cooked in white wine with onions, shallots, butter, herbs
lièvre	hare	marjolaine	marjoram; also, multilayered chocolate and nut cake
limande	sole-like ocean fish, not as firm as sold	marmite	small covered pot; also a dish cooked in a small casserole
limande sole	lemon sole	marquise (au chocolat)	rich chocolate mousse cake
lisette	small mackerel	marron	large chestnut
lit	bed	matelote (d'anguilles)	freshwater fish stew (or of eels)
lotte	monkfish or angler fish; a large firm-fleshed ocean fish, rich in flavor	mauviette	wild meadowlark or skylark
lou magret	breast of fattened duck	médailon	round piece or slice
loup (de mer)	Mediterranean fish, also known as bar, similar to striped bass	mélange	mixture or blend
lyonnaise (à la)	in the style of Lyon, often garnished with onions	méli-mélo	an assortment of fish and/or seafood, usually served in a salad
macédoine	diced mixed fruit or vegetables		
macérer	to steep, pickle or soak		

melon de cavailon	small canteloupe-like melon	morue	salted or dried and salted cod-fish
ménagère (à la)	in the style of a housewife (simply prepared), onions, potatoes, carrots	mouclade	creamy mussel stew; sometimes flavored with curry
menthe	mint	moule	mussel
menthe poivrée	peppermint	moule de parques	Dutch mussels; usually fattened in beds
menu d'affaires	businessman's lunch	moule d'Espagne	large mussel, often served raw as part of seafood platter
menu de la mer	seafood menu	moules marinières	mussels cooked in white wine, shallots, butter, herbs
menu dégustation	tasting menu	moules-frites	snack of steaming bowl of mussels, French fries w/mayonnaise
menu du marché	fresh ingredients picked up by chef at market that day	mousse	light, airy mixture; sweet or savory
menu du terroir	regional menu	mousseline	ingredients lightened with whipped cream or egg whites (sauces)
menu gastronomique	extravagant or richly luxurious specialties	mousseron	tiny, delicate, wild mushroom
mets	dish or preparation	moutarde (à l'ancienne en)	mustard (coarse grained)
mets selon la saison	seasonal preparation	mouton	mutton
meunière (à la)	fish seasoned, floured, fried in butter, served with lemon and parsley	mulet	mullet, a rustic-flavored ocean fish
meurette	in, or with, a red wine sauce; also a Burgundian fish stew	mure	blackberry
meurette	red wine sauce w/mushrooms, onions, bacon, carrots	muscade	nutmeg
miel	honey	museau de porc (boeuf)	vinegared pork (beef) muzzle
mignardises	petit fours	myrtille	type of blueberry
mignonette	small cubes, usually of beef; also refers to coarsely ground peppercorns	mystère	cone-shaped ice cream dessert; also meringue/ice cream/choc sauce
mijoté(e) (plat)	simmered (dish or preparation)	nage (à la)	aromatic poaching liquid (served in)
mille-feuille	refers to puff pastry	nantua	sauce of crayfish, butter cream and truffles; also garnish of crayfish
mimosa	garnish of chopped hard cooked egg yolks	nappe	covered; as with a sauce
minute (à la)	prepared at the last minute	nature	refers to simple, unadorned preparations
mirabeau	garnish of anchovies, pitted olives, tarragon and anchovy butter	navarin	refers to lamb or mutton
mirabelle	yellow plum	navet	turnip
mirepoix	cubes of carrots and onions, or mixed vegetables in braising for flavor	niçoise	w/tomatoes, onions, anchovies, olives
miroton (de)	slices (of); also stew of meats flavored with onions	nid	nest
mitonnée	a simmered soup-like dish	nivernaise	in the style of nevers, with carrots and onions
mode (à la)	in the style of	noilles	noodles
moelle	beef bone marrow	noisette	hazelnut; hazelnut flavored
moka	refers to coffee; coffee-flavored dish	noisette	also refers to small round piece (such as potato) browned in butter
montagne (de)	from the mountains		
montmorency	garnished with cherries		
morceau	piece or small portion		
morille	wild morel mushroom		
mornay	cheese sauce		

noix	walnut; nut; nut sized	palmier	palm-leaf-shaped cookie made of sugared puff pastry
normande	refers to fish or meat cooked with apple cider or calvados; or sauce of seafood, cream, mushrooms	palmier (coeurs de)	palm hearts
normande	also dessert with apples, usually served with cream	palombe	wood or wild pigeon
nouilles à l'alsacienne	noodles, usually with butter and cream	palourde	prized medium sized clam
nouveau (nouvelle)	new or young	pamplemousse	grapefruit
nouveauté	a new offering	panache	mixed; liberally used menu term to denote any mixture
noyau	stone or pit	panade	thick mixture used to bind (flour and butter, bread crumbs, etc.)
oeuf à la coque	soft-cooked egg	panais	parsnip
oeuf brouillé	scrambled egg	pané(e)	breaded
oeuf dur	hard-cooked egg	panier	basket
oeuf en meurette	poached egg in red wine sauce	pannequet	rolled crêpe filled with sweet or savory mixture
oeuf mollet	egg simmered in water for 6 minutes	papillote (en)	cooked in parchment paper or foil
oeuf poche	poached egg	paquets (en)	(in) packages or parcels
oeuf saut à la poêle	fried egg	parfait	a dessert mousse; also mousse-like mixture of chicken, duck liver, etc.
oeuf sur le plat	fried egg	parfum	flavor
oeufs à la neige	(in the snow) sweetened whipped whites poached in milk/in custard	parisienne (à la)	varied garnish, always includes fried potato balls tossed in meat glaze
oeufs au jambon	eggs and ham	parmentier	dish with potatoes
offert(e)	offered; free or given	partager	share
oie	goose	passe-pierre	edible seaweed
oignon	onion	pastèque	watermelon
omble chevalier	member of trout family with firm flaky flesh from white to deep red	pastis	refreshing long, cool drink; anise liqueur or flavor w/ice and water
omelette	aux fines herbs; au fromage (cheese); au jambon (ham)	pastise	anise liqueur
onglet	cut similar to beef flank steak; biftek, and entrecote (can be tough)	pâte	pasta; pastry dough
oreilles (de porc)	ears (of pig)	pâtes	pasta
orties	nettles	pâte à choux	cream puff pastry
ortolan	tiny wild bird (now protected)	pâte brisée	pie pastry
os	bone	pâte sablée	sweeter, richer than pâte sucrée
oseille	sorrel	pâte sucrée	sweet pie pastry
oursin	sea urchin	pâté	molded, spiced, minced meat, baked and served hot or cold
ouvert	open	pâté en croute	pate baked in pastry crust
paillard (de veau)	thick slice (of veal)	pâtisserie	pastry
pailles (pommes)	fried straw potatoes (finely shredded)	pâtissier	pastry chef
paillettes	cheese straws, usually made with puff pastry and Parmesan cheese	patte	paw, foot, or leg or bird or animal
pain	bread	patte blanche	small crayfish
paleron	shoulder of beef	patte rouge	large crayfish
paletot	(coat) skin bone and meat of fattened duck or goose	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	pissenlit	dandelion (leaves)
paysan(ne) (à la)	country style; garnish of carrots, turnips, onions, celery, bacon	pistache	pistachio nuts
peau	skin	pistil de safran	thread of saffron
pêche	peach	pistou	sauce of basil, garlic, olive oil; also a rich vegetable soup
pêche melba	poached peach with vanilla ice cream and raspberry sauce	pithiviers	classic puff pastry dessert filled with almond cream
pêcheur	usually refers to fish preparations	plat	a dish
pelure	peelings, such as truffles, used for flavorings	plat principal	main dish
perce-pierre	samphire, edible seaweed	plate	flat-shelled oyster
perche	perch, finely flavored fresh water fish	plateau	platter
perdreau	young partridge	plateau de fruits de mer	seafood platter (raw & cooked combined)
perdrix	partridge	plates côtes	part of beef ribs usually used in pot-au-feu
périgourdine (à la)	sauce, usually with truffles and foie gras	pleurote	oyster mushroom
persil	parsley	plie franche	flounder
petit déjeuner	breakfast	plombières	dessert of vanilla ice cream, candied fruit, kirsch, whipped cream
petit-pois	small green peas	pluches	leaves of herbs or plants, generally used for garnish
petits fours	tiny cakes and pastries	poché(e)	poached
petits-gris	small land snail	pochouse	freshwater fish stew prepared with white or red wine
petoncle	tiny scallop, similar to bay scallops	poêlé(e)	pan-fried
pets de nonne	small, dainty fried pastry	pointe (d'asperge)	tip (of asparagus)
pibale	small eel, also called civelle	poire	pear
pièce	portion or piece	poireau	leek
pied de mouton	meaty, cream-colored wild mushroom; also sheep's foot	poires belle hélène	poached pears served on vanilla ice cream with hot chocolate sauce
pied de porc	pig's foot	pois	peas
pigeonneau	young pigeon or squab	poisson	fish
pignons	pine nuts, or pignoli	poitrine	breast (of meat or poultry)
pilau, pilaf	rice cooked with onions and broth	poitrine demi-sel	unsmoked slab bacon
piment (poivre) de Jamaïque	allspice	poitrine fumée	smoked slab bacon
piment doux	sweet pepper	poivrade	peppery brown sauce of wine, vinegar, and cooked vegetables (strained)
pince	claw; also tongs used when eating snails or seafood	poivre	pepper
pintade	guinea fowl	poivre frais de Madagascar	green peppercorns
pintadeau	young guinea fowl	poivre noir	black peppercorns
pipérade	basque dish of peppers, onions, tomatoes, and often scrambled eggs	poivre rose	pink peppercorns
pipérade au jambon	above served on slice of ham	poivre vert	green peppercorns
piquant(e)	sharp or spicy tasting	poivron (doux)	sweet bell pepper
pique	larded; studded	polenta	cornmeal cooked with butter and cheese
pissaladière	a flat open-face tart garnished with onions, olives, anchovies; a Nice-style pizza	pommade (en)	usually refers to a thick, smooth paste
		pomme	apple
		pomme en l'air	caramelized apple slices usually served with blood sausage

<i>pommes (de terre)</i>	potatoes	<i>primeur</i>	refers to early fresh fruits and vegetables
<i>pommes à la vapeur</i>	steamed or boiled potatoes	<i>printanière</i>	garnish of spring vegetables, cut into dice or balls
<i>pommes à l'anglaise</i>	boiled potatoes	<i>prix fixe</i>	fixed-price menu
<i>pommes allumettes</i>	very thin fries	<i>prix net</i>	service included
<i>pommes boulangère</i>	potatoes cooked with the meat; gratin with onions, sometimes bacon	<i>profiterole</i>	chou pastry dessert, filled with ice cream and topped with chocolate
<i>pommes dauphinoise</i>	baked dish of sliced potatoes w/milk, garlic, cheese	<i>provençal(e)</i>	in the style of Provence; with garlic, tomatoes, olive oil
<i>pommes dauphine</i>	mashed potatoes mixed with chou pastry, shaped into balls & fried	<i>prune</i>	fresh plum
<i>pommes duchesse</i>	mashed potatoes with butter, egg yolks, nutmeg garnish	<i>pruneau</i>	prune
<i>pommes en robe</i>	potatoes cooked with skins on	<i>ptes (fraiches)</i>	pasta (fresh)
<i>pommes frites</i>	French fries	<i>purée</i>	mashed
<i>pommes gratinées</i>	baked dish of potatoes, browned, often with cheese	<i>quenelle</i>	dumpling, usually of veal, fish, or poultry
<i>pommes lyonnaises</i>	potatoes sautéed with onions	<i>quetsch</i>	small purple damson plum
<i>pommes paillés</i>	potatoes cut into julienne strips, then fried	<i>queue (de boeuf)</i>	tail (oxtail)
<i>pommes pont-neuf</i>	classic fries, cut 1/2 x 2-1/2	<i>rable de lièvre (lapin)</i>	saddle of hare (rabbit)
<i>pommes soufflées</i>	small thin slices of potato fried twice (inflate like pillows)	<i>radis</i>	small red radish
<i>porc (carré de)</i>	pork (loin)	<i>radis noir</i>	large black radish
<i>porc (côte de)</i>	pork (chop)	<i>ragout</i>	stew, usually of meat
<i>porcelet</i>	young suckling pig	<i>raie</i>	skate (fish)
<i>porto (au)</i>	with port	<i>raifort</i>	horseradish
<i>portugaises</i>	type of oyster	<i>raisin</i>	grape
<i>potage</i>	soup	<i>ramequin</i>	small individual casserole, also small tart
<i>pot-au-feu</i>	boiled beef with vegetables, often served in two or more courses	<i>rapé(e)</i>	grated or shredded
<i>pot-de-crème</i>	individual custard or mousse-like dessert, often chocolate	<i>rascasse</i>	scorpion fish
<i>potée</i>	hearty soup of pork and vegetables, generally cabbage and potatoes	<i>rave</i>	root vegetables - celery, turnip, radish
<i>poularde</i>	fattened hen	<i>ravigote</i>	thick vinaigrette sauce w/vinegar, white wine, shallots, herbs, mayonnaise
<i>poule d'inde</i>	turkey hen	<i>réchauffer</i>	to reheat
<i>poule faisane</i>	female pheasant	<i>reine-claude</i>	greengage plum
<i>poulet (rôti)</i>	chicken (roast)	<i>reinette</i>	fall and winter variety of apple
<i>poulet basquaise</i>	basque style chicken, with tomatoes and sweet peppers	<i>rémoulade</i>	sauce of mayo, capers, mushrooms, herbs, anchovies, gherkins
<i>poulet de Bresse</i>	high-quality, free-running, corn-fed chicken	<i>rillettes (d'oie)</i>	minces spread of pork (goose), or duck, fish, rabbit
<i>poulet de grain</i>	corn-fed chicken	<i>rillons</i>	usually pork belly, cut up and cooked 'til crisp
<i>poulet fermier</i>	free-range chicken	<i>rince doigt</i>	finger bowl
<i>poulpe</i>	octopus	<i>ris d'agneau</i>	lamb sweetbreads
<i>pousse-pierre</i>	edible seaweed	<i>ris de veau</i>	veal sweetbreads
<i>poussin</i>	baby chicken	<i>rivière</i>	river
<i>praire</i>	small clam	<i>riz à l'imperatrice</i>	cold rice pudding with candied fruit
<i>pralin</i>	ground caramelized almonds	<i>riz complet</i>	brown rice
		<i>rognonnade</i>	veal loin with kidneys attached

rognons	kidneys	saucisson de Lyon	pork sausage with garlic, pepper, sometimes truffles or pistachios
romarin	rosemary	sauge	sage
rondelle	round slice	saumon (sauvage)	salmon (wild, non-cultivated)
rosette (de porc)	dried sausage (of pork) usually from Beaujolais	saumon d'Ecosse	scottish salmon
rosé	rare (meat)	saumon fumé	smoked salmon
rôti	roast	saupiquet	classis aromatic wine sauce thickened with bread crumbs browned in fat
rouelle (de)	slice of meat or vegetable cut at an angle	sauté(e)	wild
rouget (rouget barbet)	sweet, red-skinned fish commonly called red mullet; smaller, better	sauvage	yeast-leavened cake shaped like a ring, soaked in sweet syrup
rouille	thick, spicy, rust-colored sauce, w/olive oil, peppers, tomatoes, garlic	savarin	usually, flavored with Gruyère cheese
roulade	roll, often stuffed	savoyarde	escarole
roulé(e)	rolled	scarole	large squid
roux	butter and flour mixed together to thicken sauce	seiche	salt
sabayon	light sweet sauce of egg yolks, sugar, wine, flavoring, whipped as cooked	sel	saddle (of meat)
sable	shortbread-like cookie; also sweet pastry dough	selle	wild thyme
safran	saffron	serpolet	service (not) included
saignant(e)	very rare (for the cooking of meat)	service (non) compris	napkin
saint pierre	mild, flat, white ocean fish; john dory	serviette	flavored syrup w/mineral water, seltzer, lemon soda (bar or cafe)
saint-germain	with peas	sirops	sauce of cream, onions, white wine and lemon juice
saint-hubert	sauce poivrade with chestnuts and bacon added	smitane	dried or fresh white beans
saint-jacques (coquille)	sea scallop	soissons	sole poached in cider, garnished with mussels, shrimp, cream sauce
saison (suivant la)	according to the season	sole normande	sherbet
salade aux noix	green salad with walnuts dressed with walnut oil	sorbet	onion sauce
salade folle	mixed salad, usually including green beans and foie gras	soubise	light sweet or savory mixture, served hot or cold
salade panachée	mixed salad	souffle	beef steak
salade verte	green salad	steack	salted and air-dried codfish
salé(e)	salted	stockfish	meringue cake flavored w/caramelized almonds, layered w/butter cream
salicorne	edible algae	succes au pralin	sugar
salmis	stewlike preparation of game birds or poultry	sucre	a veal- or chicken-based white sauce thickened with flour and cream
salpicon	diced vegetables, meat and /or fish in a sauce	suprême	a boneless breast of poultry or a fillet of fish
salsifis	salsify, or oyster plant	suprême	tripe that is marinated, breaded, and grilled
sandre	perchlike freshwater fish	tablier de sapeur	spicy North African stew of veal, lamb, chicken, or pigeon with vegetables
sang	blood	tagine	tench, a freshwater fish with mild, delicate flavor
sanglier	wild boar	tanche	
sarriette	summer savory; also called poivre d'âne		
saucisse	small fresh sausage		
saucisson	large dried sausage		

tapenade	blend of black olives, anchovies, capers, olive oil, lemon juice	trompettes des mort	dark brown “horn of plenty” mushrooms
tarama	mullet roe, often made into a spread of the same name	tronçon	cut of meat or fish (sliced from widest part)
tart tatin	caramelized upside-down apple pie	truffe (truffé[e])	truffle (with truffles)
tartare	chopped raw beef, seasoned and garnished with raw egg, etc.	truite	trout
tarte	tart; open-face pie or flan, usually sweet	truite saumonée	salmon trout
tarte au fromage	cheesecake	tuile	literally, tile; delicate almond-flavored cookie
tartine	open-face sandwich; buttered bread	turban	usually mixture or combination of ingredients cooked in ring mold
tasse	cup	turbot(in)	turbot (small turbot) considered the finest of fish (and most expensive)
tendre	tender	vacherin	dessert of baked meringue, with ice cream and cream; also a cheese
tendrons	cartilaginous meat cut from beef or veal ribs	vallé d'ange	region of Normandy; also garnish of cooked apples and cream
terrine	earthenware container; also mixture cooked in the container	vanille	vanilla
tête de veau (porc)	head of veal (pork), usually used in headcheese	vapeur (à la)	steam(ed)
thé	tea	veau	veal
thon	tuna	veloutée	veal or chicken based sauce thickened with flour
thym	thyme	venaison	venison
tian	earthenware gratin dish; also vegetable mixture cooked in dish	ventre	belly or stomach
tiède	lukewarm	venus	American clam
tilleul	lime or linden blossom herb tea	verjus	juice from unripe grapes; once used in sauces instead of vinegar
timbale	small mold; mixture prepared in mold	vernis	large, fleshy clam
topinambour	Jerusalem artichoke	vert-pré	watercress garnish, sometimes includes potatoes
tortue	turtle	verviene	lemon verbena (herb tea)
toulousaine	Toulouse-style; usually with truffles or sweetbreads; cock's combs, etc.	vessie (en)	cooked in a pig's bladder (usually a chicken)
tournédos	center portion of beef filet, usually grilled or sautéed	viande	meat
tournédos rossini	sautéed tournedos garnished with foie gras and truffles	vichy	with glazed carrots; also a brand of mineral water
tourteau	large crab with large claws full of deliciously sweet meat	vichyssoise	cold, creamy leek and potato soup
tourtière	shallow cooking vessel; also pastry dish filled w/apples and/or prunes	vierge (beurre)	whipped butter sauce with salt, pepper, and lemon juice
tranche	slice	vierge (huile d'olive)	virgin olive oil
travers de porc	spare ribs	vieux (vieille)	old
tripes à la mode de Caen	beef tripe, carrots, onions, leeks, spices, cooked w/cider and brandy	vigneron	wine grower
tripoux	mutton tripe	vinaigre (vieux)	vinegar (aged)
		vinaigre de Xeres	sherry vinegar
		vinaigrette	oil and vinegar dressing
		vivant(e)	living
		vivier	fish tank

<i>vol au vent</i>	puff pastry shell
<i>volaille</i>	poultry
<i>Xeres</i>	sherry (vinegar)
<i>yaourt</i>	yogurt
<i>zeste</i>	citrus peel, with white pith removed