

Glossary of Menu Terms

A point medium rare
Abatis (Abattis) poultry giblets
Abats offal
Ablette freshwater fish
Abricot apricot
Acajou cashew nut
Acarne sea-bream
Achatine snail (from Far East)
Ache celery
Acidulé(e) acid
Affiné(e) improve; ripen, mature (common term with cheeses)
Africaine (à l') African style: with aubergines, tomatoes, *cèpes*
Agneau lamb
Agneau de pré-salé lamb fed on salt marshes
Agnelet young lamb
Agnès Sorel thin strips of mushroom, chicken and tongue
Agrumes citrus fruits
Ajado lamb with herbs and garlic
Aiglefin haddock
Aigre-doux sweet-sour
Aigrette sharp sauce
Aiguillette thin slice
Ail garlic
Aile (Aileron) wing (winglet)
Aillade garlic sauce
Aioli mayonnaise, garlic, olive oil
Airelles cranberries
Albert white cream sauce, mustard, vinegar
Albuféra *béchamel* sauce, sweet peppers
Alénois watercress-flavoured
Algues seaweed
Aligot purée of potatoes, cream, garlic, butter and fresh Tomme de Cantal (or Laguiole) cheese
Allemande a *velouté* sauce with egg yolks
Allemande (à l') German style: with sauerkraut and sausages
Allumette puff pastry strip
Alose shad (river fish)
Alouette lark
Alouette de mer sandpiper
Aloyau sirloin of beef
Alsacienne (à l') Alsace style: with sauerkraut, sausage and sometimes *foie gras*
Amande almond
Amande de mer small clam-like shellfish with nutty flavour
Amandine almond-flavoured
Amer bitter
Américaine (à l') **Armoricaine (à l')** sauce with dry white wine, cognac, tomatoes, shallots
Amourettes ox or calf marrow
Amuse-bouche appetiser
Amuse-gueule appetiser
Amusette appetiser
Ananas pineapple
Anchoïade anchovy crust
Anchois anchovy
Ancienne (à l') in the old style
Andalouse (à l') Andalusian style: tomatoes, sweet red peppers, rice

Andouille smoked tripe sausage
Andouillette small chitterling (tripe) sausage
Aneth dill
Ange angel
Ange à cheval oyster, wrapped in bacon and grilled
Angevène (à l') Anjou style: with dry white wine, cream, mushrooms, onions
Anglaise (à l') plain boiled
Anguille eel
Anis aniseed
Anis étoile star anise (a star-shaped fruit)
Ansé basted with liquid
Arachide peanut
Araignée de mer spider crab
Arc en ciel rainbow trout
Ardennoise (à l') Ardenne style: with juniper berries
Arête fish bone
Argenteuil asparagus flavoured (usually soup)
Arlésienne stuffed tomatoes *à la provençale*, eggplant, rice
Armoricaine see *Américaine*
Aromates aromatic; either spicy or fragrant
Arômes à la gêne Lyonnais cow's or goat's cheese soaked in *marc*
Artichaut artichoke
Asperges asparagus
Assaisonné flavoured or seasoned with; to dress a salad
Assiette (de) plate (of)
Aubergine aubergine, eggplant
Aulx (plural of *ail*) garlic
Aumônière pancake drawn up into shape of beggar's purse
Aurore (à l') pink sauce, tomato flavoured
Auvergnate (à l') Auvergne style: with cabbage, sausage and bacon
Aveline hazelnut
Avocat avocado pear
Avoine oat(s)
Azyme unleavened (bread)
Baba au rhum sponge dessert with rum syrup
Baguette long bread loaf
Baie berry
Baigné bathed or lying in
Ballotine boned and stuffed poultry or meat in a roll
Banane banana
Bar sea-bass
Barbarie Barbary duck
Barbeau barbel
Barbeau de mer red mullet
Barbue brill
Barigoule (à la) brown sauce with artichokes and mushrooms
Baron de lapereau baron of young rabbit
Barquette boat-shaped pastry
Basilic basil
Basquaise (à la) Basque style: Bayonne ham, rice and peppers
Bâtarde butter sauce, egg yolks
Bâtarde pain crusty white loaf

Batavia salad lettuce
Bâton stick-shaped bread loaf
Baudroie monkfish, anglerfish
Bavaroise bavarois mould, usually of custard, flavoured with fruit or chocolate. Can describe other dishes, particularly shellfish
Bavette skirt of beef
Baveuse runny
Béarnaise thick sauce with egg yolks, shallots, butter, white wine and tarragon vinegar
Béatilles (Malin de) sweetbreads, livers, kidneys, cockscombs
BeaGENCY *Béarnaise* sauce with artichokes, tomatoes, marrow
Bécasse woodcock
Bécassine snipe
Béchamel creamy white sauce
Beignet fritter
Beignet de fleur de courgette courgette flower in batter
Belle Hélène poached pear with ice cream and chocolate sauce
Belon oyster (see *Huitres*)
Berawecka Christmas fruit bread stuffed with dried fruit, spices and laced with *kirsch*
Bercy sauce with white wine and shallots
Bergamot variety of pear or orange
Bergamote orange-flavoured sweet
Berlingot mint-flavoured sweet
Berrichone *Bordelaise* sauce
Bêtisse hard mint
Betterave beetroot
Beuchelle à la Tourangelle kidneys, sweetbreads, morels, cream and truffles
Beurre (Echiré) butter. (Finest butter from Poitou-Charentes)
Beurre blanc sauce with butter, shallots, wine vinegar and sometimes dry white wine
Beurre noir sauce with browned butter, vinegar, parsley
Biche female deer
Bière à la pression beer on tap
Bière en bouteille bottled beer
Bifteck steak
Bigarade (à la) orange sauce
Bigarreau type of cherry
Bigorneau winkle
Billy By mussel soup
Biscuit à la cuiller sponge finger
Bisque shellfish soup
Blanc (de volaille) white breast (of chicken): can describe white fish fillet or white vegetables
Blanchaille whitebait
Blanquette white stew
Blé corn or wheat
Blé noir buckwheat
Blettes Swiss chard
Blinis small, thick pancakes
Boeuf à la mode beef braised in red wine
Boeuf Stroganoff beef, sour cream, onions, mushrooms
Boletus type of edible fungi
Bombe ice cream

A - C

Bon-chrétien variety of pear
Bonne femme (à la) white wine sauce, shallots, mushrooms
Bonne femme (à la) potato, leek and carrot soup
Bordelais(e) (à la) Bordeaux style: brown sauce with shallots, red wine, beef bone marrow
Bouchée mouthful size (either a tart or *vol-au-vent*)
Boudin sausage-shaped mixture
Boudin blanc white coloured; pork and sometimes chicken
Boudin noir black pudding
Bouillabaisse Mediterranean fish stew and soup
Bouilliture eel stew (see *matelote d'anguilles*)
Bouillon broth, light consommé
Boulangère sauce of onions and potatoes
Boulette small ball of fish or meat
Bouquet prawn
Bouquet garni bunch of herbs used for flavouring
Bourdaloue hot poached fruit
Bourdelot whole apple pastry
Bourgeoise (à la) sauce of carrots, onions and diced bacon
Bourguignonne (à la) Burgundy style: red wine, onions, bacon and mushrooms
Bouribot duck stewed in red wine
Bourrache borage, a herb used in drinks and salads
Bourride creamy fish soup with *aioli*
Bourriole sweet or savoury pancake
Boutargue grey mullet roe paste
Braisé braised
Brandade de morue salt cod
Brassado (Brassadeau) doughnut
Bréjaude cabbage and bacon soup
Brème bream
Brési thin slices dried beef
Bretonne sauce with celery, leeks, beans and mushrooms
Brioche sweet yeast bread
Broche (à la) spit roasted
Brochet pike
Brochette (de) meat or fish on a skewer
Brouet broth
Brouillade stewed in oil
Brouillés scrambled
Broutard young goat
Brugnon nectarine
Brûlé(e) toasted
Brunoise diced vegetables
Bruxelloise sauce with asparagus, butter and eggs
Bucarde cockle
Buccin whelk
Bugne sweet pastry fritter
Cabillaud cod
Cabri kid (young goat)
Cacahouète roasted peanut
Cacao cocoa
Caen (à la mode de) cooked in Calvados and white wine
Café coffee
Cagouille snail
Caille quail
Caillé milk curds

Caillette pork and vegetable faggot
Cajasse sweet pastry (sometimes made with black cherries)
Cajou cashew nut
Calissons almond and crystallised fruit sweetmeats
Calmar (Calamar) inkfish, squid
Campagne country style
Canapé a base, usually bread
Canard duck
Canard à la presse (Rouennaise) duck breast cooked in blood of carcass, red wine and brandy
Canard au sang see above
Canard sauvage wild duck
Caneton (canette) duckling
Cannelle cinnamon
Capilotade small bits or pieces
Capoum scorpion fish
Caprice whim (a dessert)
Capucine nasturtium
Carbonnade braised beef in beer, onions and bacon
Cardinal béchamel sauce, lobster, cream, red peppers
Cardon cardoon, a large celery-like vegetable
Cari curry powder
Caroline chicken consommé
Carpaccio slice raw beef (term often now used for other produce)
Carré d'agneau lamb chops from best end of neck
Carré de porc pork cutlets from best end of neck
Carré de veau veal chops from best end of neck
Carrelet flounder, plaice
Carvi caraway seed
Casse-croûte snack
Cassis blackcurrant
Cassolette small pan
Cassonade soft brown sugar
Cassoulet casserole of beans, sausage and/or pork, goose, duck
Caviar d'aubergine aubergine (eggplant) purée
Cebiche raw fish marinated in lime or lemon juice
Cedrat confit a crystallised citrus fruit
Céleri celery
Célieri-rave celeriac
Cendres (sous les) cooked (buried) in hot ashes
Cèpe fine, delicate mushroom
Cerfeuil chervil
Cerise (noire) cherry (black)
Cerneau walnut
Cervelas pork garlic sausage
Cervelle brains
Cévenole (à la) garnished with mushrooms or chestnuts
Champignons (des bois) mushrooms (from the woods)
Chanterelle apricot-coloured mushroom
Chantilly whipped cream, sugar
Chapon capon
Chapon de mer *rascasse* or scorpion fish
Charbon de bois (au) grilled on charcoal
Charcuterie cold meat cuts

Charcutière sauce with onions, white wine, gherkins
Charlotte sponge fingers, cream
Charolais (Charollais) beef
Chartreuse a mould shape
Chasse hunting (season)
Chasseur sauce with white wine, mushrooms, shallots
Châtaigne sweet chestnut
Chateaubriand thick fillet steak
Châtelaine garnish with artichoke hearts, tomatoes, potatoes
Chaud(e) hot
Chaudrée fish stew
Chausson pastry turnover
Chemise (en) pastry covering
Cheveux d'ange vermicelli
Chevreau kid (young goat)
Chevreuil roe-deer
Chevrier green haricot bean
Chichi doughnut-like fritter
Chicon chicory
Chicorée curly endive
Chiffonnade thinly-cut
Chinoise (à la) Chinese style: with bean sprouts and soy sauce
Chipirones see *calmars*
Choisy braised lettuce, sautéed potatoes
Choix (au) a choice of
Choron *Béarnaise* sauce with the addition of tomatoes
Chou (vert) cabbage
Choucroute (souring of vegetables) usually white cabbage (sauerkraut), peppercorns, boiled ham, potatoes and Strasbourg sausages
Chou-fleur cauliflower
Chou-frisé kale
Chou-pommé white-heart cabbage
Chou-rave kohlrabi
Chou-rouge red cabbage
Choux (au fromage) puffs (made of cheese)
Choux de Bruxelles Brussels sprouts
Choux (pâte à) pastry
Ciboule spring onion
Ciboulette chive
Cidre cider
Citron (vert) lemon (lime)
Citronnelle lemon grass
Citrouille pumpkin
Civet stew
Civet de lièvre jugged hare
Clafoutis cherries in pancake batter
Claires oysters (see *Huitres*)
Clamart with petits pois
Clou de girofle clove (spice)
Clouté (de) studded with
Clouisse small clam
Cocherelle type of mushroom
Cochon pig
Cochonailles pork products
Coco coconut; also small white bean
Cocotte (en) cooking pot
Coeur (de) heart (of)

Coeur de palmier palm heart
Coffret (en) in a small box
Coing quince
Colbert (à la) fish, dipped in milk, egg and breadcrumbs
Colin hake
Colvert wild duck
Compote stewed fruit
Concassé(e) coarsely chopped
Concomb cucumber
Condé creamed rice and fruit
Confiserie confectionery
Confit(e) preserved or candied
Confiture jam
Confiture d'oranges marmalade
Congre conger eel
Consommé clear soup
Contrefilet sirloin, usually tied for roasting
Copeaux literally shavings
Coq (au vin) chicken in red wine sauce (or name of wine)
Coque cockle
Coque (à la) soft-boiled or served in shell
Coquelet young cockerel
Coquillages shellfish
Coquille St-Jacques scallop
Corail (de) coral (of)
Coriandre coriander
Cornichon gherkin
Côte d'agneau lamb chop
Côte de boeuf side of beef
Côte de veau veal chop
Côtelette chop
Cotriade Brittany fish soup
Cou (d'oie) neck (of goose)
Coulemelle mushroom
Coulbiaic hot salmon *tourte*
Coulis (de) thick sauce (of)
Coupe ice cream dessert
Courge pumpkin
Courgette baby marrow
Couronne circle or ring
Court-bouillon aromatic poaching liquid
Couscous crushed semolina
Crabe crab
Crambe sea kale
Cramique raisin or currant loaf
Crapaudine (à la) grilled game bird with backbone removed
Crapinaude bacon pancake
Craquelot herring
Crécy with carrots and rice
Crème cream
Crème (à la) served with cream or cooked in cream sauce
Crème à l'anglaise light custard sauce
Crème brûlée same, less sugar and cream, with praline (see *brûlée*)
Crème pâtissière custard filling
Crème plombières custard filling: egg whites, fresh fruit flavouring
Crémets fresh cream cheese, eaten with sugar and cream

Crêpe thin pancake
Crêpe dentelle thin pancake
Crêpe Parmentier potato pancake
Crêpe Suzette sweet pancake with orange liqueur sauce
Crépinette (de) wrapping (of)
Cresson watercress
Cressonnière purée of potatoes and watercress
Crête cockscomb
Creuse long, thick-shelled oyster
Crevette grise shrimp
Crevette rose prawn
Cromesquis croquette
Croque Monsieur toasted cheese or ham sandwich
Croquette see *boulette*
Crosne artichoke
Croustade small pastry mould with various fillings
Croustillant crisp, crusty
Croûte (en) pastry crust (in a)
Croûtons bread (toast or fried)
Cru raw
Crudité raw vegetable
Crustacés shellfish
Cuillère soft (cut with spoon)
Cuisse (de) leg (of)
Cuisson (de) haunch (of)
Cuit cooked
Cul haunch or rear
Culotte rump (usually steak)
Cultivateur soup or chopped vegetables
Dariable basket-shaped pastry
Darne slice or steak
Dartois savoury or sweet filled puff-pastry rectangles
Datte date
Daube stew (various types)
Daurade sea-bream
Décaféiné decaffeinated coffee
Dégustation tasting
Délice delight
Demi-glace basic brown sauce
Désoissé boned
Demi-sel lightly salted
Diable seasoned with mustard
Diane (à la) peppered cream sauce
Dieppoise (à la) Dieppe style: white wine, cream, mussels, shrimps
Dijonnaise (à la) mustard sauce
Dijonnaise (à la belle) sauce made from blackcurrants
Dinde young hen turkey
Dindon turkey
Dindonneau young turkey
Diot pork and vegetable sausage
Dodine (de canard) cold stuffed duck
Dorade sea-bream
Doré cooked until golden
Doria with cucumbers
Douceurs desserts
Douillon pear wrapped in pastry
Doux (douce) sweet
Dragée sugared almond

Du Barry cauliflower soup
Duxelles chopped mushrooms, shallots and cream
Echalote shallot
Echine loin (of pork)
Echiquier in checkered fashion
Eclade (de moules) (mussels) cooked over pine needles
Ecrasé crushed (as with fruit)
Ecrevisses freshwater crayfish
Ecuelle bowl or basin
Effiloché(e) frayed, thinly sliced
Emincé thinly sliced
Encornet cuttlefish, squid
Encre squid ink, used in sauces
Endive chicory
Entrecôte entrecôte, rib steak
Entremets sweets
Epaule shoulder
Eperlan smelt (small fish)
Epice spice
Epinard spinach
Epis de maïs sweetcorn
Escabèche fish (or poultry) marinated in *court-bouillon*; served cold
Escalope thinly cut (meat or fish)
Escargot snail
Espadon swordfish
Estouffade stew with onions, herbs, mushrooms, red or white wine (perhaps garlic)
Estragon tarragon flavoured
Esturgeon sturgeon
Etrille crab
Etuvé(e) cooked in little water or in ingredient's own juices
Exocet flying fish
Facon cooked in a described way
Faisan(e) pheasant
Fane green top of root vegetable
Far Brittany prune flan
Farci(e) stuffed
Farine flour
Faux-filet sirloin steak
Favorite a garnish of *foie gras* and truffles
Favouille spider crab
Fécule starch
Fenouil fennel
Fenouil marin samphire
Féra lake fish, like salmon.
Ferme (fermier) farm (farmer)
Fermière mixture of onions, carrots, turnips, celery, etc.
Feuille de vigne vine leaf
Feuilleté light flaky pastry
Fève broad bean
Ficelle (à la) tied in a string
Ficelles thin loaves of bread
Figure fig
Filet fillet
Financière (à la) Madeira sauce with truffles
Fine de claire oyster (see *Huîtres*)
Fines herbes mixture of parsley, chives, tarragon, etc.
Flageolet kidney bean

Flamande (à la) Flemish style: bacon, carrots, cabbage, potatoes and turnips
Flambé flamed
Flamiche puff pastry tart
Flan tart
Flétan halibut
Fleur (de courgette) flower (courgette flower, usually stuffed)
Fleurons puff pastry crescents
Flie small clam
Florentine with spinach
Flûte long thin loaf of bread
Foie liver
Foie de veau calves liver
Foie gras goose liver
Foies blonds de volaille chicken liver mousse
Foin (dans le) cooked in hay
Fond (base) basic stock
Fondant see *boulette*: a bon-bon
Fond d'artichaut artichoke heart
Fondu(e) (de fromage) melted (cheese with wine)
Forestière bacon and mushrooms
Fouace dough cakes
Four (au) baked in oven
Fourré stuffed
Frais (Fraîche) fresh or cool
Fraise strawberry
Fraise des bois wild strawberry
Framboise raspberry
Française (à la) mashed potato filled with mixed vegetables
Frangipane almond custard filling
Frappé frozen or ice cold
Friandises sweets (*petits fours*)
Fricadelle minced meat ball
Fricandeau slice topside veal
Fricassée braised in sauce of butter, egg yolks and cream
Frisé(e) curly
Frit fried
Frite chip
Fritot fritter
Frittons see *grattons*
Friture small fried fish
Frivolle fritter
Froid cold
Fromage cheese
Fromage de tête brawn
Fruit de la passion passion fruit
Fruits confits crystallised fruit
Fruits de mer seafood
Fumé smoked
Fumet fish stock
Galantine cooked meat, fish or vegetables in jelly, served cold
Galette pastry, pancake or cake
Galimafrée (de) stew (of)
Gamba large prawn
Ganache chocolate and *crème fraîche* mixture used to fill cakes
Garbure (Garbue) vegetable soup
Gardiane beef stew with red wine, black olives, onions and garlic

Gardon small roach
Gargouillau pear tart or cake
Garni(e) with vegetables
Garniture garnish
Gasconnade leg of lamb roasted with anchovies and garlic
Gâteau cake
Gâtinaise (à la) with honey
Gaufre waffle
Gayette faggot
Gelée aspic jelly
Géline chicken
Gendarme smoked or salted herring: flat, dry sausage
Genièvre juniper
Génoise rich sponge cake
Gentiane liqueur made from gentian flowers
Germiny sorrel and cream soup
Germon long-fin tuna
Gésier gizzard
Gibelotte see *fricassée*
Gibier game
Gigot (de) leg of lamb. Can describe other meat and fish
Gigot brayaude leg of lamb in white wine with red beans and cabbage
Gigue (de) shank (of)
Gingembre ginger
Girofle clove
Girolle apricot-coloured fungus
Givré frosted
Glacé iced. Crystallised. Glazed
Glace ice cream
Gnocchi dumplings of semolina, potato or *choux* paste
Godard see *financière (à la)*
Gougère round-shaped, egg and cheese *choux* pastry
Goujon gudgeon
Goujonnettes (de) small fried pieces (of)
Gourmandises sweetmeats; can describe *fruits de mer*
Gousse (de) pod or husk (of)
Graîne (de capucine) seed (nasturtium)
Graisse fat
Graisserons duck or goose fat scratchings
Grand Veneur sauce with vegetables, wine vinegar, redcurrant jelly and cream
Granité water ice
Gratis browned
Gratin Dauphinois potato dish with cream, cheese and garlic
Gratin Savoyard potato dish with cheese and butter
Gratiné(e) sauced dish browned with butter, cheese, breadcrumbs, etc.
Gratinée Lyonnaise clear soup with port, beaten egg and cheese (grilled brown)
Grattons pork fat scratchings
Gravette oyster (see *Huîtres*)
Grecque (à la) cooked vegetables served cold
Grelette cold sauce, based on whipped cream, for fish

Grenade pomegranate
Grenadin thick veal escalope
Grenouille (cuisses de grenouilles) frog (frogs' legs)
Gribiche mayonnaise sauce with gherkins, capers, hardboiled egg yolks and herbs
Grillade grilled meat
Grillé(e) grilled
Grilot small bulb onion
Griotte (Griottine) bitter red cherry
Griset mushroom
Grisotte parasol mushroom
Grive thrush
Groncin gurnard, red gurnet
Gros sel coarse rock or sea salt
Groseille à maquereau gooseberry
Groseille noire blackcurrant
Groseille rouge redcurrant
Gruyère hard, mild cheese
Gyromitre fungus
Habit vert dressed in green
Hachis minced or chopped-up
Hareng herring
à l'huile cured in oil
fumé kippered
salé bloater
saur smoked
Haricot bean
Haricot blanc dried white bean
Haricot rouge red kidney bean
Haricot vert green/French bean
Hochepot thick stew
Hollandaise sauce with butter, egg yolk and lemon juice
Homard lobster
Hongroise (à la) Hungarian style: sauce with tomato and paprika
Hors d'oeuvre appetisers
Huile oil
Huîtres oysters
Les claires: the oyster-fattening beds in Marennes terrain (part of the Charente Estuary, between Royan and Rochefort, in Poitou-Charentes).
Flat-shelled oysters:
Belons (from the River Belon in Brittany);
Gravettes (from Arcachon in the Southwest);
both the above are cultivated in their home oyster beds.
Marennes are those transferred from Brittany and Arcachon to *les claires*, where they finish their growth.
Dished oysters (sometimes called *portugaises*): these breed mainly in the Gironde and Charente estuaries; they mature at Marennes.
Fines de claires and *spéciales* are the largest; *huîtres de parc* are standard sized.
All this lavish care covers a time span of two to four years.
Hure (de) head (of). Brawn. Jellied
Ile flottante unmoulded soufflé of beaten egg white and sugar
Imam bayeldi aubergine with rice, onions and sautéed tomatoes

Impératrice (à la) desserts with candied fruits soaked in kirsch
Indienne (à l') Indian style: with curry powder
Infusion herb tea
Italienne (à l') Italian style: artichokes, mushrooms, pasta
Jalousie latticed fruit or jam tart
Jambon ham
Jambonneau knuckle of pork
Jambonnette (de) boned and stuffed (knuckle of ham or poultry)
Jardinière diced fresh vegetables
Jarret de veau stew of shin of veal
Jarreton cooked pork knuckle
Jerez sherry
Jésus de Morteau smoked Jura pork sausage
Joinville *velouté* sauce with cream, crayfish tails and truffles
Joue (de) cheek (of)
Judru cured pork sausage
Julienne thinly-cut vegetables: also ling (cod family, see *lingue*)
Jus juice
Kaki persimmon fruit
Lait milk
Laitance soft roe
Laitue lettuce
Lamproie eel-like fish
Langouste spiny lobster or craw-fish
Langoustine Dublin Bay prawn
Langue tongue
Languedocienne (à la) mushrooms, tomatoes, parsley garnish
Lapereau young rabbit
Lapin rabbit
Lapin de garenne wild rabbit
Lard bacon
Lard de poitrine fat belly of pork
Lardons strips of bacon
Laurier bay-laurel, sweet bay leaf
Lavaret lake fish, like salmon trout
Lèche thin slice
Léger (Légère) light
Légume vegetable
Lieu cod-like fish
Lièvre hare
Limaçon snail
Limande lemon sole
Limon lime
Lingue ling (cod family)
Lit bed
Livèche lovage (like celery)
Longe loin
Lotte de mer monkfish, anglerfish
Lotte de rivière (de lac) burbot, a river (or lake) fish; liver a great delicacy
Lou magret see *magret*
Loup de mer sea-bass
Louvine (loubine) grey mullet, like a sea-bass (Basque name)
Lyonnaise (à la) Lyonnais style: sauce with wine, onions, vinegar
Macédoine diced fruit or veg

Mâche lamb's lettuce; small, dark, green leaf
Macis mace (spice)
Madeleine tiny sponge cake
Madère sauce *demi-glace* and Madeira wine
Madrilène Madrid style: with chopped tomatoes
Magret (de canard) breast (of duck); now used for other poultry
Maigre fish, like sea-bass
Maigre non-fatty, lean
Maillot carrots, turnips, onions, peas and beans
Maïs maize flour
Maison (de) of the restaurant
Maître d'hôtel sauce with butter, parsley and lemon
Maltaise an orange flavoured *hollandaise* sauce
Manchons see *goujonnettes*
Mancholine tangerine
Mangetout edible peas and pods
Mangue mango
Manière (de) style (of)
Maquereau mackerel
Maraîchère (à la) market-gardener style: *velouté* sauce with vegetables
Marais marsh or market-garden
Marbré(e) marbled
Marc pure spirit
Marcassin young wild boar
Marché market
Marchand de vin sauce with red wine, chopped shallots
Marée fresh seafood
Marengo tomatoes, mushrooms, olive oil, white wine, garlic, herbs
Marennas (blanche) flat-shelled oyster (see *Huitres*)
Marennas (verte) green shell
Mareyeur fishmonger
Marinade, Mariné(e) pickled
Marinière see *moules*
Marjolaine marjoram
Marjolaine almond and hazelnut sponge cake with chocolate cream and praline
Marmite stewpot
Marquise (de) water ice (of)
Marrons chestnuts
Marrons glacés crystallised sweet chestnuts
Massepains marzipan cakes
Matelote (d'anguilles) freshwater red wine fish stew (of eels)
Matignon mixed vegetables, cooked in butter
Mauvette lark
Médailillon (de) round piece (of)
Mélange mixture or blend
Melba (à la) poached peach, with vanilla ice cream, raspberry sauce
Méli-Mélo medley
Mélisse lemon-balm (herb)
Ménagère (à la) housewife style: onions, potatoes, peas, turnips and carrots
Mendiant (fruits de) mixture of figs, almonds and raisins
Menthe mint
Mer sea

Merguez spicy grilled sausage
Merlan whiting (Provence: hake)
Merle blackbird
Merlu hake
Merluce dried cod
Mérou grouper (sea fish)
Merveilles hot, sugared fritters
Mesclum mixture of salad leaves
Meunière (à la) sauce with butter, parsley, lemon (sometimes oil)
Meurette red wine sauce
Miel honey
Mignardises *petits fours*
Mignon (de) small round piece
Mignonette coarsley ground white pepper
Mijoté(e) cooked slowly in water
Milanaise (à la) Milan style: dipped in breadcrumbs, egg, cheese
Millassou sweet maize flour flan
Mille-feuille puff pastry with numerous thin layers
Mimosa chopped hardboiled egg
Mique stew of dumplings
Mirabeau anchovies, olives
Mirabelles golden plums
Mirepoix cubes carrot, onion, ham
Miroir smooth
Miroton (de) slices (of)
Mitonée (de) soup (of)
Mode (à la) in the manner of
Moelle beef marrow
Mojettes pulse beans in butter
Moka coffee
Montagne (de) from mountains
Montmorency with cherries
Morilles edible, dark brown, honeycombed fungi
Mornay cheese sauce
Morue cod
Morvandelle (jambon à la) ham with a piquant cream sauce, wine and wine vinegar (from Burgundy)
Morvandelle rapée baked eggs, cream and cheese, mixed with grated potato (from Burgundy's Morvan)
Mostèle (Gâteau de) cod mousse
Mouclade mussel stew
Moule mussel
Moules marinière mussels cooked in white wine and shallots
Mourgnon Basque red bell pepper
Mourtayrol stew with beef, chicken, ham, vegetables and bread (from the Auvergne)
Mousse cold, light, finely-minced ingredients with cream and egg whites
Mousseline *hollandaise* sauce with whipped cream
Mousseron edible fungus
Moutarde mustard
Mouton mutton
Mulet grey mullet
Mûre mulberry
Mûre sauvage (de ronce) blackberry
Muscade nutmeg

Museau de porc (de boeuf) sliced muzzles of pork (beef) with shallots and parsley in *vinaigrette*
Myrtille bilberry (blueberry)
Mystère a meringue desert with ice cream and chocolate; also cone-shaped ice cream
Nage (à la) *court-bouillon*: aromatic poaching liquid
Nantua sauce for fish with crayfish, white wine, tomatoes
Nappé sauce covered
Nature plain
Navarin stew, usually lamb
Navets turnips
Nègre dark (e.g. chocolate)
Newburg sauce with lobster, brandy, cream and Madeira
Nid nest
Nivernaise (à la) Nevers style: carrots and onions
Noilly sauce based on vermouth
Noisette hazelnut
Noisette sauce of lightly browned butter
Noisette (de) round piece (of)
Noix nuts
Noix (de veau) topside of leg (veal)
Normande (à la) Normandy style: fish sauce with mussels, shrimps, mushrooms, eggs and cream
Nouille noodle
Nouveau (nouvelle) new or young
Noyau sweet liqueur from crushed stones (usually cherries)
Oeufs à la coque soft-boiled eggs
Oeufs à la neige see *île flottante*
Oeufs à la poêlé fried eggs
Oeufs brouillés scrambled eggs
Oeufs durs hard-boiled eggs
Oeufs moulés poached eggs
Oie goose
Oignon onion
Oison rôti roast gosling
Ombre chevalier freshwater char; looks like large salmon trout
Ombre grayling
Ombrine fish, like sea-bass
Omelette brayaude omelette with bacon, cream, potatoes and cheese
Onglet flank of beef
Oreille (de porc) ear (pig's)
Oreillette sweet fritter, flavoured with orange flower water
Orge (perlé) barley (pearl)
Origan oregano (herb)
Orléanaise (à l') Orléans style: chicory and potatoes
Orly dipped in butter, fried and served with tomato sauce
Ortie nettle
Ortolan wheatear (thrush family)
Os bone
Oseille sorrel
Osso bucco à la Niçoise veal braised with orange zest, tomatoes, onions and garlic
Ouillat Pyrénées soup; onions, tomatoes, goose fat, garlic

Oursins sea-urchins
Pageot sea-bream
Paillarde (de veau) grilled veal escalope
Paille fried potato stick
Pailleté (de) spangled (with)
Paillettes pastry straws
Pain bread
bis brown bread
de campagne round white loaf
d'épice spiced honey cake
de mie square white loaf
de seigle rye bread
doré bread soaked in milk and eggs and fried
entier/complet wholemeal
grillé toast
perdu French toast
Paleron shoulder
Palmier palm-shaped sweet puff pastry
Palmier (coeur de) palm (heart)
Palombe wood pigeon
Palomète fish, like sea-bass
Palourde clam
Pamplemousse grapefruit
Pan bagna long split bread roll, brushed with olive oil and filled with olives, peppers, anchovies, onions, lettuce
Panaché mixed
Panade flour or bread paste
Panais parsnip
Pané(e) breadcrumb
Panier basket
Panisse fried chickpea or maize fritter
Pannequets like *crêpes*, smaller and thicker
Pantin pork filled small pastry
Paon peacock
Papeton aubergines, fried or puréed, arranged in ring mould
Papillon small oyster (butterfly) from the Atlantic coast
Papillote (en) cooked in oiled paper (or foil)
Paquets (en) parcels
Parfait (de) a mousse (of)
Paris-Brest cake of *choux* pastry, filled with butter cream, almonds
Parisienne (à la) leeks, potatoes
Parmentier potatoes
Pascade sweet or savoury pancake
Pascaline (de) see *quenelle* (of)
Passe Crassane variety of pear
Passe-pierres seaweed
Pastèque watermelon
Pastis (sauce au) aniseed based
Pâté minced meats (of various types) baked. Usually served cold
Pâte pastry, dough or batter
Pâte à choux cream puff pastry
Pâte brisée short crust pastry
Pâte d'amande almond paste
Pâté en croûte baked in pastry crust
Pâtes (fraîches) fresh pasta
Pâtés (petits) à la Provençale anchovy and ham turnovers
Pâtisserie pastry

Pâtisson custard marrow
Patte claw, foot, leg
Pauchouse see *pochouse*
Paupiettes thin slices of meat of fish, used to wrap fillings
Pavé (de) thick slice (of)
Pavot (graines de) poppy seeds
Paysan(ne) (à la) country style
Peau (de) skin (of)
Pêche peach
Pêcheur fisherman
Pèlerine scallop
Perce-pierre samphire (edible sea fennel)
Perche perch
Perdreau young partridge
Perdrix partridge
Périgourdin (à la) goose liver and sauce *Périgueux*
Périgueux sauce with truffles and Madeira
Persil parsley
Persillade mixture of chopped parsley and garlic
Petit-beurre biscuit made with butter
Petit gris small snail
Petite marmite strong consommé with toast and cheese
Petits fours miniature cakes, biscuits, sweets
Petits pois tiny peas
Pétoncle small scallop
Pets de nonne small soufflé fritters
Picanchagne (piquenchâgne) a pear tart with walnut topping
Picholine large green table olives
Pied de cheval large oyster
Pied de mouton blanc creamcoloured mushroom
Pied de porc pig's trotter
Pigeonneau young pigeon
Pignon pine nut
Pilau rice dish
Pilon drumstick
Piment (doux) pepper (sweet)
Pimpernelle burnet (salad green)
Pintade (pintadeau) guinea-fowl (young guinea-fowl)
Piperade omelette or scrambled eggs with tomatoes, peppers, onions and, sometimes, ham
Piquante (sauce) sharp-tasting sauce with shallots, capers, wine
Piqué larded
Pissenlit dandelion leaf
Pistache green pistachio nut
Pistil de safran saffron (*pistil* from autumn-flowering crocus)
Pistou vegetable soup bound with *pommade*
Plateau (de) plate (of)
Pleurote mushroom
Plie franche plaice
Plombières sweet with vanilla ice cream, *kirsch*, candied fruit and *crème chantilly*
Pluche sprig
Pluvier plover
Poché(e) **Pochade** poached
Pochouse freshwater fish stew with white wine
Poêlé fried

Pogne sweet brioche flavoured with orange flower water
Poire pear
Poireau leek
Pois peas
Poisson fish
Poitrine breast
Poitrine fumée smoked bacon
Poitrine salée unsmoked bacon
Poivrade a peppery sauce with wine vinegar, cooked vegetables
Poivre noir black pepper
Poivre rose red pepper
Poivre vert green pepper
Poivron (doux) pepper (sweet)
Pojarsky minced meat or fish, cutlet shaped and fried
Polenta boiled maize flour
Polonaise Polish style: with buttered breadcrumbs, parsley, hard-boiled eggs
Pommade thick, smooth paste
Pomme apple
Pommes de terre potatoes
à l'anglaise boiled
allumettes thin and fried
boulangère sliced with onions
brayaude baked
château roast
dauphine croquettes
duchesse mashed with egg yolk
en l'air hollow potato puffs
frites fried chips
gratinées browned with cheese
Lyonnaise sautéed with onions
vapeur boiled
Pomponette savoury pastry
Porc (carré de) loin of pork
Porc (côte de) pork chop
Porcelet suckling pig
Porchetta whole roasted young pig, stuffed with offal, herbs, garlic
Porto (au) port
Portugaise (à la) Portuguese style: fried onions and tomatoes
Portugaises oysters with long, deep shells (see *Huitres*)
Potage thick soup
Pot-au-crème dessert, usually chocolate or coffee
Pot-au-feu clear meat broth served with the meat
Potée heavy soup of cabbage, beans, etc.
Potimarron pumpkin
Potjevleisch northern terrine of mixed meats (rabbit, pork, veal)
Pouchouse see *pochouse*
Poularde large hen
Poulet chicken
Poulet à la broche spit-roasted chicken
Poulet Basquaise chicken with tomatoes and peppers
Poulet de Bresse corn-fed, white flesh chicken
Poulet de grain grain-fed chicken
Poulette young chicken
Poulpe octopus

Pounti small, egg-based, savoury soufflé with bacon or prunes
Pourpier purslane (salad green, also flavours dishes); a weed
Pousse-pierre edible seaweed
Poussin small baby chicken
Poutargue grey mullet roe paste
Praire small clam
Praline caramelised almonds
Praslin caramelised
Pré-salé (agneau de) lamb raised on salt marshes
Primeur young vegetable
Princesse *velouté* sauce, asparagus tips and truffles
Printanièr(e) (à la) garnish of diced vegetables
Produit (de) product (of)
Profiterole *choux* pastry, custard filled puff
Provençale (à la) Provençal style: tomatoes, garlic, olive oil, etc.
Prune plum
Pruneau prune
Purée mashed
Quasi (de veau) thick part of loin of veal (chump)
Quatre-épices four blended ground spices (ginger, cloves, nutmeg and white pepper)
Quatre-quarts cake made with equal weights of eggs, butter, sugar and flour (four-quarters)
Quenelle light dumpling of fish or poultry
Quetsche small, purple plum
Queue tail
Queue de boeuf oxtail
Quiche (Lorraine) open flan of cheese, ham or bacon
Râble de lièvre (lapin) saddle of hare (rabbit)
Raclette scrapings from specially made and heated cheese
Radis radish
Ragoût stew, usually meat, but can describe other ingredients
Raie (bouclée) skate (type of)
Raifort horseradish
Raisin grape
Raïto sauce served over grilled fish (red wine, onions, tomatoes, herbs, olives, capers and garlic)
Ramequin see *cocotte (en)*
Ramier wood pigeon
Rapé(e) grated or shredded
Rascasse scorpion fish
Ratafia brandy and unfermented Champagne. Almond biscuit
Ratatouille aubergines, onions, courgettes, garlic, red peppers and tomatoes in olive oil
Ratte de Grenoble white potato
Raves (root) turnips, radishes, etc.
Ravigote sauce with onions, herbs, mushrooms, wine vinegar
Ravioles ravioli
Ravioles à la Niçoise pasta filled with meat or Swiss chard and baked with cheese
Ravioles du Royans small ravioli pasta with goat cheese filling (from the terrain under the western edges of the Vercors)
Régence sauce with wine, truffles, mushrooms

Glossary of Menu Terms

Régisse liquorice
Reine chicken and cream
Reine-Claude greengage
Reinette type of apple
Réjane garnish of potatoes, bonemarrow, spinach and artichokes
Rémoulade sauce of mayonnaise, mustard, capers, herbs, anchovy
Rillettes (d'oise) potted pork (goose)
Rillons small cubes of fat pork
Ris d'agneau lamb sweetbreads
Ris de veau veal sweetbreads
Risettes small sweetbreads
Rivière river
Riz rice
Riz à l'impératrice cold rice pudding
Riz complet brown rice
Riz sauvage wild rice
Robe de chambre jacket potato
Robert sauce *demi-glace*, white wine, onions, vinegar, mustard
Rocambole wild garlic
Rognon kidney
Rognonnade veal and kidneys
Romanoff fruit marinated in liqueur; mostly strawberries
Romarin rosemary
Roquette salad green
Rosé meat cooked to pink stage
Rosette large pork sausage
Rossini see *tournedos*
Rôti roast
Rouelle (de) round piece or slice
Rouget red mullet
Rouget barbet red mullet
Rouget grondin red gurnard (larger than red mullet)
Rouille orange-coloured sauce with peppers, garlic and saffron
Roulade (de) roll (of)
Roulé(e) rolled (usually *crêpe*)
Rousette rock salmon; dog fish
Roux flour, butter base for sauces
Royan fresh sardine
Rutabaga swede
Sabayon sauce of egg yolks, wine
Sablé shortbread
Sabodet Lyonnais sausage of pig's head, pork, beef; served hot
Safran saffron (see *pistil de*)
Sagou sago
Saignant(e) underdone, rare
Saïndoux lard
St-Germain with peas
St-Hubert sauce *poivrade*, bacon and cooked chestnuts
St-Jacques (coquille) scallop
St-Pierre John Dory
Saisons (suivant) depending on the season of the year
Salade Niçoise tomatoes, beans, potatoes, black olives, anchovy, lettuce, olive oil, perhaps tuna
Salade panachée mixed salad

Salade verte green salad
Salé salted
Salicornes marsh samphire (edible sea-fennel)
Salmigondis meat stew
Salmis red wine sauce
Salpicon meat or fish and diced vegetables in a sauce
Salsifis salsify (vegetable)
Sanciau thick sweet or savoury pancake
Sandre freshwater fish, like perch
Sang blood
Sanglier wild boar
Sanguine blood orange
Sanguines mountain mushrooms
Santé potato and sorrel soup
Sarcelle teal
Sarrasin buckwheat
Sarriette savory, bitter herb
Saucisse freshly-made sausage
Saucisson large, dry sausage
Saucisson cervelas saveloy
Sauge sage
Saumon salmon
Saumon blanc hake
Saumon fumé smoked salmon
Sauté browned in butter, oil or fat
Sauvage wild
Savarin see *baba au rhum*
Savojarde with Gruyère cheese
Scarole *endive* (chicory)
Scipion cuttlefish
Séché dried
Seiche squid or cuttlefish
Sel salt
Selle saddle
Selon grosseur (S.G.) according to size
Serpolet wild thyme
Sévigé garnished with mushrooms, roast potatoes, lettuce
Smitane sauce with sour cream, onions, white wine
Socca chickpea flour fritter
Soissons with white beans
Soja (pousse de) soy bean (soy bean sprout)
Sole à la Dieppoise sole fillets, mussels, shrimps, wine, cream
Sole Cardinale poached fillets of sole in lobster sauce
Sole Dugléré sole with tomatoes, onions, shallots, butter
Sole Marguéry sole with mussels and prawns in rich egg sauce
Sole Walewska *mornay* sauce, truffles and prawns
Sorbet water ice
Soubise onion sauce
Soufflé(e) beaten egg whites, baked (with sweet or savoury ingredients)
Soupière soup tureen
Sourdon cockle
Souvaroff a game bird with *foie gras* and truffles
Spaghettis (de) thin strips (of)
Spoom frothy water ice

Strasbourgaise (à la) Strasbourg style: *foie gras*, *choucroute*, bacon
Sucre sugar
Suppion small cuttlefish
Suprême sweet white sauce
Suprême boneless breast of poultry; also describes a fish fillet
Sureau (fleurs de) elder tree (flowers of); delicious liqueur
Tacaud type of cod
Talleyrand truffles, cheese, *foie gras*
Talmousse triangular cheese pastry
Tanche tench
Tapé(e) dried
Tartare raw minced beef
Tartare (sauce) sauce with mayonnaise, onions, capers, herbs
Tarte open flan
Tarte Tatin upside down tart of caramelised apples and pastry
Telline small clam
Tergoule Normandy rice pudding with cinnamon
Terrine container in which mixed meats/fish are baked; served cold
Tête de veau vinaigrette calf's head *vinaigrette*
Thé tea
Thermidor grilled lobster with browned *béchamel* sauce
Thon tunny fish
Thym thyme
Tiède mild or lukewarm
Tilleul lime tree
Timbale mould in which contents are steamed
Tomate tomatoe
Topinambour Jerusalem artichoke
Torte sweet-filled flan
Tortue turtle
Tortue sauce with various herbs, tomatoes, Madeira
Toulousaine (à la) Toulouse style: truffles, *foie gras*, sweetbreads, kidneys
Tournedos fillet steak (small end)
Tournedos chasseur with shallots, mushrooms, tomatoes
Tournedos Dauphinoise with creamed mushrooms, *croûtons*
Tournedos Rossini with goose liver, truffles, port, *croûtons*
Touron a cake, pastry or loaf made from almond paste and filled with candied fruits and nuts; also see *ouïllat*, a Pyrénées soup
Tourte (Tourtière) covered savoury tart
Tourteau large crab
Tourteau fromager goat's cheese *gâteau*
Tranche slice
Tranche de boeuf steak
Traver de porc spare rib of pork
Tripes à la mode de Caen beef tripe stew
Tripettes small sheep tripe
Tripoux stuffed mutton tripe
Trompettes de la mort fungi
Tronçon a cut of fish or meat
Trou water ice

R - Z

Truffade a huge sautéed pancake, or *galette*, with bacon, garlic and Cantal cheese
Truffe truffle; black, exotic, tuber
Truffée with truffles
Truite trout
Truite (au bleu) trout poached in water and vinegar; turns blue
Truite saumonée salmon trout
Tuiles tiles (thin almond slices)
Turbot (turbotin) turbot
Vacherin ice cream, meringue, cream
Valenciennes (à la) rice, onions, red peppers, tomatoes, white wine
Vallée d'Auge veal or chicken; sautéed, flamed in Calvados and served with cream and apples
Vapeur (à la) steamed
Varech seaweed
Veau veal
Veau à la Viennoise (escalope de) slice of veal coated with egg and breadcrumbs, fried
Veau Milanaise (escalope de) with macaroni, tomatoes, ham, mushrooms
Veau pané (escalope de) thin slice in flour, eggs and breadcrumbs
Velouté white sauce with *bouillon* and white *roux*
Velouté de volaille thick chicken soup
Venaïson venison
Ventre belly or breast
Verdurette *vinaigrette* dressing with herbs
Vernis clam
Véronique grapes, wine, cream
Verte green mayonnaise with chervil, spinach, tarragon
Vert-pré thinly-sliced chips, *maitre d'hôtel* butter, watercress
Verveine verbena
Vessie (en) cooked in a pig's bladder; usually chicken
Viande meat
Vichy glazed carrots
Vichyssoise creamy potato and leek soup, served cold
Viennoise coated with egg and breadcrumbs, fried (usually veal)
Vierge (sauce) olive oil sauce
Vierge literally virgin (best olive oil, the first pressing)
Vigneron vine-grower (wine-maker)
Vinaigre (de) wine vinegar or vinegar of named fruit
Vinaigre de Jerez sherry vinegar
Vinaigrette (à la) French dressing with wine vinegar, oil, etc.
Viroflay spinach as a garnish
Volaille poultry
Vol au vent puff pastry case
Xérès (vinaigre de) sherry (vinegar)
Yaourt yogurt
Zeste (d'orange) rubbing from (orange skin)