

Culinary Terms

La cuisine Bourgeoise. Straightforward home cooking using good produce and invariably done well. The repertoire often seems to revolve around 20 to 30 dishes – wherever you are in France: *terrines, escalope, jambon, côte de veau, côte d'agneau, entrecôte, gigot, poulet* and so on.

La cuisine Régionale. Self-explanatory. Alas, authentic regional cooking continues to wither away at an alarming rate. (*Cuisine du terroir*: cooking of the local area, including both produce and ancient recipes.)

La haute cuisine (classical cooking). A repertoire of hundreds of rich sauces and garnishes combined with carved-in-stone recipes, techniques and preparation, developed over the last 200 years, make this style of cooking France's greatest contribution to the culinary arts. Many chefs bring a lighter, less rich, more modern touch to classical cuisine – described in this guide as neo-classical cooking.

La cuisine moderne. Dishes prepared to preserve natural flavours and with the simplest of sauces. Simplicity, and the quality and purity of produce, are essential keys. Improvisation, too, plays a vital part.

Regional Cuisine

In the notes which follow I examine first the French regions with Atlantic seaboard, starting in the north and finishing at the Spanish frontier; then the regions bordering Belgium, Germany, Switzerland, Italy and the Mediterranean; and, finally, the regions of inland France.

North Fish takes pride of place, freshly landed at the ports of Boulogne, Calais, and smaller ones like Le Crotoy. *Sole, turbot, maquereaux, barbue, lotte de mer, flétan, harengs, merlan, moules, crêvettes*; all appear on menus. So do soups and stews, many with root vegetables: *waterzooï* – fish or chicken stew; *hoche-pot* – meat and vegetable *pot-au-feu*; *carbonnade* – beef stew with beer. Leeks are super; enjoy *flamiche aux poireaux* (*quiche*-like pastry). Seek out the *hortillonages* (water-gardens) of Amiens and their fine vegetables. Try *gaufres* (yeast waffles) and *ficelles* (variously stuffed pancakes). Beer, too, is good.

Normandy Land of cream, apples and the pig. Vallée d'Auge gives its name to many dishes, including chicken, veal and fish; the term means cream, apples or cider, or apple brandy (Calvados) have been added. Cider is first class. Pork products are everywhere: *andouilles* – smoked tripe sausages, eaten cold; *andouillettes* – small grilled tripe sausages. Fish are superb: *sole à la Normande, à la Dieppoise, à la Fécampoise, à la Havraise* (the last three are ports); *plats de fruits de mer*; shrimps; oysters; *bulots* (whelks); mussels. Enjoy tripe; *ficelles* – pancakes; cow's milk cheeses; rich cream; butters, both salty and sweet; salad produce and potatoes from Caux; exquisite apple tarts; *canard à la Rouennaise*; and fish stews.

Brittany Fish and shellfish are commonplace: lobsters, *huîtres, langoustes*, crabs, of varying sorts, *moules*, prawns, shrimps, *coquilles St-Jacques*; to name just a few. Enjoy *cotriade* – a Breton fish stew with potatoes and onions; *galettes* – buckwheat flour pancakes with savoury fillings; *crêpes de froment* – wheat flour pancakes with sweet fillings; *far Breton* – a batter mixture with raisins; *gâteau Breton* – a mouthwatering concoction; *agneau de pré-salé* – from the salt marshes near Mont-St-Michel (fine omelettes are also made there); and *poulet blanc Breton*. Brittany is one of France's market-gardens: enjoy artichokes, cauliflowers, cabbages, onions and strawberries.

Charentes/Vendée western half of Poitou-Charentes. La Rochelle is a famed fishing port; consequently fish predominates. Oysters are glorious (see *Huîtres* in Glossary). The port of La Cotinière, on the island of Oléron, is renowned for its shrimps. Challans, in the Vendée, is reputed for its quality ducks. Charentes is second to none for butter, goat's milk cheeses, Charentais melons, Cognac, cabbages, mussels, *mojette* (white beans) and salt-marsh lamb from the Marais Poitevin.

Southwest One of the great larders of France; can be divided into several distinct areas. From the countryside that lies in a semicircle to the north-west, west, south and south-east of Bordeaux comes: lamb from Pauillac; oysters (*gravettes*) from Arcachon; eels (*pibales*); beef (*entrecôte Bordelaise* is the best-known); onions and shallots; *cèpes*; *alose* (shad); and *lamproie* – lamprey (eel-like fish). The Garonne Valley is one vast orchard: try prunes from Agen; peaches; pears and dessert grapes.

South of the Garonne is **Gascony**: famed for *foie gras* (duck and goose); *confit* (preserved meat from both birds); jams and fruits; and Armagnac. Try a *floc* (Armagnac and grape juice).

To the south and west of Gascony are **Béarn** and the **Landes**. From the latter came *palombes* and *ortolans*, ducks and chickens. Among traditional Béarn specialities are *garbue* – the most famous of vegetable soups; *poule au pot* – the chicken dish given its name by Henri IV; *tourin, ouliat* and *cousinette (cousinat)*. See the Southwest for further details.

West of Béarn is **Basque** country: tuna, anchovies, sardines and salmon (from Béarn also) are great; Bayonne ham, *piments* (peppers), *piperade, ttoro* (fish stew) and *gâteau Basque*.

Champagne-Ardenne & Ile de France Many of the specialities listed earlier in the North appear in the former, renowned for its potatoes and turkeys. In the Ardenne you'll enjoy smoked hams, sold in nets; *sanglier; marcassin*; and red and white cabbages. West of Verdun, at Ste-Menehould, try *pieds de cochon* (pig's trotters); *petits gris* (snails); and the many differing sweets and sugared almonds (Verdun is famous for them). Troyes is renowned for pork and *andouillettes*.

Regional specialities and produce are all but non-existent in the Ile de France. Look out for cherries from Poissy, beans from Arpajon and tomatoes from Montlhéry. Enjoy *pâtés* and *terrines* and tempting *pâtisseries* and *galettes*.

Alsace There is a strong German influence in much of the cooking; pork, game, goose and beer are common. *Foie gras* (fattened goose liver) is superb. So, too, is a range of tarts; *flammekuchen* – flamed open tart; and some with fruit (*linzertorte* – raspberry or bilberry open tart); jams, fruit liqueurs and *eaux-de-vie* (see Alsace wines). Stomach-filling *choucroute* and local sausages are on most menus; as are *kougelhopf, beckenoffe* and *lewerknepfle* (see Alsace specialities). Enjoy *tourte Alsacienne* – pork pie. Use *winstubs* (wine bars).

Lorraine on the north-west borders is known for its *madeleines* (tiny sponge cakes), *macarons*, mouthwatering *quiche Lorraine*, fruit tarts, omelettes and *potée*.

Jura This is dairy country; witness the numerous excellent cheeses encountered in the region. Try *Jésus de Morteau* – a fat pork sausage smoked over pine and juniper; *brési* – wafer-thin slices of dried beef; and many local hams. *Morilles* and other fungi are common; so are freshly-caught trout and other freshwater fish.

Savoie & Hautes-Alpes *Plat gratiné* applies to a wide variety of dishes; in the Alps this means cooked in breadcrumbs; *gratins* of all sorts show how well milk, cream and cheese can be combined together. Relish *fondue* and *gougère*. Freshwater lake fish are magnificent (see the regional specialities for Savoie). Walnuts, chestnuts, all sorts of fruits and marvellous wild mushrooms are other delights.

Côte d'Azur & Provence A head-spinning kaleidoscope of colours and textures fills the eyes: aubergines, peppers, beans, tomatoes, cauliflowers, asparagus, olives, garlic, artichokes, courgettes; the list is endless. Fruit, too, is just as appealing: melons from Cavaillon; strawberries from Montoux; cherries from Remoulins; glacé fruit from Apt; truffles from Valréas and Aups. Fish from the Med are an extra bonus: *bar* and *loup de mer, daurade, St-Pierre*, monkfish and mullet; these are the best. Lamb from the foothills of the Alps near Sisteron; herbs of every type from the *département* of Var; nuts from Valensole; honey and olive oil; *ratatouille*; sardines; *saucisson d'Arles*; *bouillabaisse* and *bourride*; *soupe de poissons* and *soupe au pistou*; what memories are stirred as I write.

Languedoc-Roussillon & Cévennes The same products and dishes listed under Provence are available here. Also oysters and mussels (*les coquillages*) from the lagoons (particularly the Bassin de Thau; visit Mèze and Bouzigues). Excellent shellfish; cherries from Céret; anchovies; apricots and pumpkins. Enjoy *brandade de morue* (salt cod), *confit d'oie* (and *canard*), *cassoulet* and *saucisses de Toulouse*.

Loire The river and its many tributaries provide *alose*, *sandre*, *anguille*, carp, perch, pike, salmon and *friture*. A tasty *beurre blanc* is the usual sauce with fish. *Charcuterie* is marvellous: *rillettes*, *rillons*, *andouillettes*, *saucissons*, *jarretons* and other delights. Cultivated mushrooms come from the limestone caves near Saumur.

The **Sologne** is famous for asparagus, frogs, game, fungi, lake and river fish and wildfowl. You'll be offered, too, many a *pâté*, fruit tarts (it's the home of *tarte Tatin*) and pies.

Burgundy Refer to the often seen regional specialities. Many dishes are wine based: *coq au Chambertin* and *poulet au Meursault* are examples. Enjoy hams, freshwater fish, vegetables, *escargots*, mustard and gingerbread from Dijon and blackcurrants (used for *cassis*, the term for both the fruit and the liqueur made from them).

Lyonnais The culinary heart and stomach of France. There is a variety of top-class produce on hand: Bresse poultry (*chapons* – *capons* – are unforgettable treats); *grenouilles* and game from Les Dombes; Charolais cattle from the hills west of Beaujolais; fish from the rivers and pools (pike *quenelles* appear everywhere); *charcuterie* from Lyon, particularly sausages called *sabodet*, *rosette*, *saucisson en brioche* and *cervelas*; and chocolates and *pâtisseries* from Lyon.

Auvergne & Ardèche Both areas which keep alive old specialities. Refer to the regional lists but here are some of the best: *potée Auvergnate* – a stew of cabbage, vegetables, pork and sausage; *friand Sanflorin* – pork meat and herbs in pastry; *aligot* – a purée of potatoes, cheese, garlic and butter; *pounti* – a small egg-based savoury soufflé with bacon or prunes; and delectable *charcuterie*, hams, *saucisson*, *saucisses sèches* (dried sausages), *pâtés* and so on. The quality and variety of cheeses are second to none. Cabbages, potatoes, bacon and cheese feature on menus. The area around Le Puy is famed for its lentils and Verveine du Velay – yellow and green liqueurs made from over 30 mountain plants. The Ardèche is renowned for its sweet chestnuts (relish *marrons glacés*).

Berry-Bourbonnais & Poitou – eastern half of Poitou-Charentes. The flat terrain of Berry-Bourbonnais is dull country, the granary of France. The area is renowned for beef, deer, wild boar, rabbits, hares, pheasants and partridge.

Much of Poitou lies in the deserted, wooded hills of Limousin (as do the western edges of Auvergne). Apart from the specialities listed look out for *mique* – a stew of dumplings; *farçidure* – a dumpling, either poached or sauteed; and *clafoutis* – pancake batter, poured over fruit (usually black cherries) and baked. Limousin is reputed for its *cèpes* – fine, delicate, flap mushrooms; and also for its reddish-coloured cattle.

Dordogne A land of truffles, geese, ducks, walnuts, *cèpes*, chestnuts, sunflowers and fruit. *Foie gras* (goose and duck) is obligatory on menus; as are *confits* of both birds (preserved in their own fat) and *magrets* (boned duck breasts which have become so popular in the last decade throughout France). *Pâtés* incorporating either poultry or game, and truffles, are common place. If you see *miques* (yeast dumplings) or *merveilles* (hot, sugar-covered pastry fritters) on menus, order them. In the south, in the Lot Valley and towards the Garonne, it's a land of orchards: plums, prunes, figs, peaches, pears and cherries.

Regional Specialities

ALSACE

Beckenoffe (Baeckeoffe) (Baeckaoffa) “baker’s oven”; a stew, or hotpot, of potatoes, lamb, beef, pork and onions, cooked in a local wine

Choucroute garnie sauerkraut with peppercorns, boiled ham, pork, Strasbourg sausages and boiled potatoes. Try it with a beer (*bière*)

Chou farci stuffed cabbage

Flammekueche (Tarte flambée) bacon, onion and cream tart

Foie gras goose liver

Kougelhopf a round brioche with raisins and almonds

Krapfen fritters stuffed with jam

Lewerknepfle (Leber Knödel) liver dumpling (pork liver dumpling)

Matelote Alsacienne in Alsace made with stewed eels (in the past from the River Ill) – sometimes with freshwater fish

Pflutters Alsacienne potato puffs

Potage Lorraine potato, leek and onion soup

Schifela shoulder of pork with turnips

Tarte (aux mirabelles) golden plum tart. Also with other fruits

Tarte à l'oignon Alsacienne onion and cream tart

BERRY-BOURBONNAIS

Bignons small fritters

Bouquettes aux pommes de terre grated potato, mixed with flour, egg white and fried in small, thick pieces

Brayaude (gigot) lamb cooked in white wine, onions and herbs

Chargouère (Chergouère) pastry turnover of plums or prunes

Cousinat (Cousina) chestnut soup (*salée* – salted) with cream, butter and prunes; served with bread

Gargouillau a *clafoutis* of pears

Gouéron a cake of goat cheese and eggs

Gouerre (Gouère) a cake of potato purée, flour, eggs and *fromage blanc* (fresh cream cheese), cooked in an oven as a *tourtière*

Lièvre à la Duchambais hare cooked slowly in a sauce of cream, chopped-up shallots, vinegar and pepper

Milliard (Millat) (Milla) a *clafoutis* of cherries (see Poitou-Charentes); pancake batter, poured over fruit (usually black cherries)

Pâté de pommes de terre a tart of sliced potatoes, butter, bacon and chopped-up onions, baked in an oven. Cream added to hot centre

Poirat pear tart

Pompe aux grattons a cake, in the shape of a crown, made up of a mixture of small pieces of pork, flour, eggs and butter

Sanciau thick sweet or savoury pancake; made from buckwheat flour

Truffiat grated potato, mixed with flour, eggs and butter and baked

BRITTANY

Agneau de pré-salé leg of lamb, from animals pastured in the salt marshes and meadows of Brittany

Bardatte cabbage stuffed with hare, cooked in white wine and served with chestnuts and roast quail

Beurre blanc sauce for fish dishes; made from the reduction of shallots, wine vinegar and the finest butter (sometimes with dry white wine)

Cotriade fish soup with potatoes, onions, garlic and butter

Crêpes Bretonnes the thinnest of pancakes with a variety of sweet fillings; often called **Crêpes de froment** (wheat flour)

Far Breton batter mixture; vanilla-flavoured sugar, rum, dried prunes

Galette takes various forms: can be a biscuit, a cake or a pancake; the latter is usually stuffed with fillings like mushrooms, ham, cheese or seafood and is called a **Galette de blé noir** (buckwheat flour)

Gâteau Breton rich cake with butter, flour, egg yolks and sugar

Gigot de pré-salé same as *agneau de pré-salé*

Kouign-amann crisp, flaky pastries of butter, sugar and yeast

Palourdes farcies clams in the shell, with a *gratiné* filling

Poulet blanc Breton free-range, fine quality white Breton chicken

BURGUNDY

Boeuf Bourguignon braised beef simmered in red wine-based sauce

Charolais (Pièce de) steak from the excellent Charolais cattle

Garbure heavy soup; mixture of pork, cabbage, beans and sausages

Gougère cheese pastry, based on Gruyère cheese

Jambon persillé parsley-flavoured ham, served cold in its jelly

Jambon en saupiquet, **Jambon à la crème**, **Jambon à la Morvandelle** ham with a piquant cream sauce, wine and wine vinegar

Matelote freshwater fish soup, usually based on a red wine sauce

Meurette red wine-based sauce with small onions. Accompanies fish or poached egg dishes

Pain d'épice spiced honeycake from Dijon

Pochouse (Pouchouse) stew of freshwater fish and garlic, usually white wine based. Rarely seen on restaurant menus

Potée see *Garbure*

CHAMPAGNE-ARDENNE

Flamiche aux Maroilles see *Tarte aux Maroilles*

Flamiche aux poireaux puff-pastry tart with cream and leeks

Goyère see *Tarte aux Maroilles*

Rabotte (Rabote) whole apple wrapped in pastry and baked

Tarte aux Maroilles a hot creamy tart based on the local cheese

COTED'AZUR

Aïgo Bouido garlic and sage soup – with bread (or eggs and cheese)

Aïgo saou fish soup (no *rascasse* – scorpion fish) with *rouille*

Aïoli (aïloli) a mayonnaise sauce with garlic and olive oil

Anchoïade anchovy crust

Berlingueto chopped spinach and hard-boiled eggs

Bouillabaisse a dish of Mediterranean fish (including *rascasse*, *St-Pierre*, *baudroie*, *congre*, *chapon de mer*, *langoustes*, *langoustines*, *tourteaux*, *favouilles*, *merlan* and, believe it or not, many others) and a soup, served separately with *rouille*, *safran* and *aïoli*

Bourride a creamy fish soup (usually made with big white fish), thickened with *aïoli* and flavoured with crawfish

Brandade (de morue) à l'huile d'olive a mousse of salt cod with cream, olive oil and garlic

Capoum a large pink *rascasse* (scorpion fish)

Pain Bagna bread roll with olive oil, anchovies, olives, onions, etc.

Pieds et paquets small parcels of mutton tripe, cooked with sheep trotters and white wine

Pissaladière Provençal bread dough with onions, anchovies, olives, etc.

Pistou (Soupe au) vegetable soup bound with *pommade*

Pollo pépitora Provençal chicken *fricassée* thickened with lemon-flavoured mayonnaise

Pommade a thick paste of garlic, basil, cheese and olive oil

Ratatouille aubergines, courgettes, onion, garlic, red peppers and tomatoes in olive oil

Rouille orange-coloured sauce with hot peppers, garlic and saffron

Salade Niçoise tomatoes, beans, potatoes, black olives, anchovy, lettuce and olive oil. Sometimes tuna fish

Tapénade a purée of stoned black olives, anchovy fillets, capers, tuna fish and olive oil

Tarte (Tourte) aux blettes open-crust pastry with filling of Swiss chard (not unlike Chinese cabbage) and pine nuts

Tian Provençal earthenware dish

DORDOGNE

Bourrioles d'Aurillac sweet pancakes, made from buckwheat flour

Cèpes fine, delicate mushrooms. Sometimes dried

Chou farci stuffed cabbage. Sometimes *aux marrons* – with chestnuts

Confit de canard (d'oie) preserved duck (goose)

Cou d'oie neck of goose

Foie de canard (gras) duck liver

Friands de Bergerac small potato cakes

Merveilles hot, sugar-covered pastry fritters

Mique stew or soup with dumplings

Pommes à la Sarladaise potatoes, truffles, ham or *foie gras*

Rillettes d'oie soft, potted goose

Sobronade soup with pork, ham, beans and vegetables

Tourin Bordelais (Ouillat) onion soup

Tourin Périgourdine vegetable soup

Truffles truffles; black and exotic tubers or fungi, as large as walnuts, which grow on the roots of certain oak and hazelnut trees

Truffles sous les cendres truffles, wrapped in paper (or bacon) and cooked in ashes

Walnut oil As you explore the region you'll soon realise that walnut trees thrive. Be sure to buy some *huile de noix*

HAUTES-ALPES

See those listed in the Savoie region

ILE DE FRANCE

Refer to these five regions: Normandy to the west; the North; Champagne-Ardenne to the east; and Burgundy and the Loire on the southern borders of the Ile de France.

JURA

Brési wafer-thin slices of dried beef

Gougère hot cheese pastry – based on Comté cheese

Jésus de Morteau fat pork sausage smoked over pine and juniper

Poulet au vin jaune chicken, cream and *morilles*, cooked in *vin jaune* (a rare wine, deep yellow and very dry)

LANGUEDOC-ROUSSILLON

Aïgo Bouido garlic soup. A marvellous, aromatic dish; the garlic is boiled, so its impact is lessened. Served with bread

Boles de picoulat small balls of chopped-up beef and pork, garlic and eggs – served with tomatoes and parsley

Bouillnade a type of *bouillabaisse*; with potatoes, oil, garlic and onions

Boutifare a sausage-shaped pudding of bacon and herbs

Cargolade snails, stewed in wine

Millas cornmeal porridge

Ouillade heavy soup of bacon, *boutifare*, leeks, carrots and potatoes

Touron a pastry of almonds, pistachio nuts and fruit

LOIRE

Alose à l'oseille grilled shad with a sorrel sauce

Bardette stuffed cabbage

Beuchelle à la Tourangelle kidneys, sweetbreads, morels, truffles, cream

Bourdaines apples stuffed with jam and baked

Rillauds chauds strips of hot bacon

Rillettes potted pork

Sandre freshwater fish, like perch

Tarte à la citrouille pumpkin tart

Tarte Tatin *upside-down* tart of caramelised apples and pastry

Truffiat potato cake

LYONNAIS

Bresse (Poulet, Poularde, Volaille de) the best French poultry. Fed on corn and, when killed, bathed in milk. Flesh is white and delicate

Gras-double ox tripe, served with onions

Poulet demi-deuil *half-mourning*; called this because of the thin slices of truffle placed under the chicken breast; cooked in a *court-bouillon*

Poulet au vinaigre chicken, shallots, tomatoes, white wine, wine vinegar and a cream sauce

Rosette a large pork sausage;

Sabodet see *Glossary of Menu Terms*

Tablier de Sapeur *gras-double* coated with flour, egg-yolk, breadcrumbs

MASSIF CENTRAL (Auvergne, Ardèche and Cévennes)

Aligot purée of potatoes with Tomme de Cantal cheese, cream, garlic and butter

Bougnette a stuffing of pork, bread and eggs – wrapped in *crépine* (caul)

Bourriols d'Aurillac sweet pancakes, made from buckwheat flour

Brayaude (gigot) lamb cooked in white wine, onions and herbs

Cadet Mathieu pastry turnover filled with slices of apple

Clafoutis baked pancake batter, poured over fruit, usually cherries

Confidou Rouergat ragout of beef, red wine, tomatoes, garlic and onions

Cousinat (Cousina) chestnut soup (*salée* – salted) with cream, butter and prunes and served with bread

Criques grated potato, mixed with eggs and fried – in the form of pancakes. Related to the *truffiat* of Berry

Farçon large *galette* of sausage, sorrel, onions, eggs and white wine

Farinette buckwheat flour pancakes – meat and vegetable filling

Friand Sanflorin pork meat and herbs in pastry

Jambon d'Auvergne a tasty mountain ham

Manouls see *Trénels*

Milliard (Millat) (Milla) a *clafoutis* of cherries (see Poitou-Charentes)

Mourtayol a stew with beef, chicken, ham, vegetables and bread

Omelette Brayaude eggs, pork, cheese and potatoes

Perdrix à l'Auvergnate partridge stewed in white wine

Potée Auvergnate stew of vegetables, cabbage, pork and sausage

Pountari a mince of pork fat in cabbage leaves

Pounti small, egg-based savoury soufflé with bacon or prunes

Rouergat(e) Rouergue; the name of the area to the west of Millau

Salmis de colvert Cévenole wild duck, sautéed in red wine, onions, ham and mushrooms

Soupe aux choux soup with cabbage, ham, pork, bacon and turnips

Trénels mutton tripe, white wine and tomatoes

Tripoux stuffed mutton tripe

Truffade a huge *galette* of sautéed potatoes

NORMANDY

Andouillette de Vire small chitterling (tripe) sausage

Barbue au cidre brill cooked in cider and Calvados

Cauchoise (à la) with cream, Calvados and apple

Douillons de pommes à la Normandie baked apples in pastry

Escalope (Vallée d'Auge) veal sautéed, flamed in Calvados and served with cream and apples

Ficelle Normande pancake with ham, mushrooms and cheese

Marmite Dieppoise a fish soup with some, or all of the following: sole, turbot, *rouget*, *moules*, *crevettes*, onions, white wine, butter and cream

Poulet (Vallée d'Auge) chicken cooked in the same way as *Escalope Vallée d'Auge*

Tripes à la mode de Caen stewed beef tripe with onions, carrots, leeks, garlic, cider and Calvados

Trou Normand Calvados – a “dram”, drunk in one gulp, between courses; claimed to restore the appetite

NORTH

Carbonnade de Boeuf à la Flamande braised beef with beer, onions and bacon; if only more chefs would prepare this great dish

Caudière (Chaudière, Caudrée) versions of fish and potato soup

Ficelles Picardes ham pancakes with mushroom sauce

Flamiche aux Maroilles see *Tarte aux Maroilles*

Flamiche aux poireaux puff-pastry tart with cream and leeks

Gaufres yeast waffles

Goyère see *Tarte aux Maroilles*

Hochepot a *pot-au-feu* of the North (see *Pepperpot*)

Pepperpot stew of mutton, pork, beer and vegetables

Sanguette black pudding, made with rabbit's blood

Soupe courquignoise soup with white wine, fish, *moules*, leeks and Gruyère cheese

Tarte aux Maroilles a hot creamy tart based on Maroilles cheese

Waterzooï a cross between soup and stew, usually of fish or chicken (Don't bypass Serge Pérard's exhilarating fish restaurant at 67 rue de Metz in Le Touquet; his *soupe de poissons* is fabulous.

POITOU-CHARENTES

Bouilliture (Bouillette) a freshwater eel stew with shallots and prunes in Sauvignon white wine

Boulaigou thick sweet or savoury pancake

Bréjaude cabbage, leek and bacon soup

Cagouilles (also called **Lumas**) snails from the Charentes

Casserons en matelote squid in red wine sauce with garlic and shallots

Cèpes fine, delicate, flap mushrooms; please do try them

Chaudrée a ragout of fish cooked in white wine, shallots and butter

Chevrettes local name for *crevettes* (shrimps)

Clafoutis pancake batter, poured over fruit (usually black cherries), and then baked; another treat you must not miss

Embeurrée de chou white-heart cabbage, cooked in salted water, crushed and served with butter

Farcidure a dumpling – either poached or sautéed

Farci Poitevin a *pâté* of cabbage, spinach and sorrel, encased by cabbage leaves and cooked in a *bouillon*

Migourée a sort of *chaudrée*

Mique a stew of dumplings

Mogette (Mojette) small pulse beans in butter and cream

Mouclade mussels cooked in wine, egg yolks and cream; can be served with some Pineau des Charentes

Oysters for an explanation of *les claires*, *belons*, *gravettes*, *marennnes* and other terms see the *Glossary of Menu Terms* (under *Huitres*)

Soupe aux fèves des Marais soup of crushed broad beans with bread, sorrel, chervil and butter

Soupe de moules à la Rochelaise soup of various fish, mussels, saffron, garlic, tomatoes, onions and red wine

Sourdons cockles from the Charentes

Tartisseaux fritters

Tourtou thick buckwheat flour pancake

PROVENCE

Please see the specialities listed in the Côte d'Azur

SAVOIE

Farcement (Farçon Savoyard) potatoes baked with cream, eggs, bacon, dried pears and prunes; a hearty stomach filler

Féra a freshwater lake fish

Fondue hot melted cheese and white wine

Gratin Dauphinois a classic potato dish with cream, cheese and garlic

Gratin Savoyard another classic potato dish with cheese and butter

Lavaret a freshwater lake fish, like salmon

Longeole a country sausage

Lotte a burbot, not unlike an eel

Omble chevalier a char, it looks like a large salmon trout

Tartiflette potato, bacon, onions and Reblochon cheese

SOUTHWEST

Besugo *daurade* – sea-bream

Chorizos spicy sausages

Confit de canard (d'oise) preserved duck meat (goose)

Cousinette (Cousinat) vegetable soup

Echassier a wading bird of the Landes

Garbure (Garbue) vegetable soup with cabbage and ham bone

Gâteau Basque a shallow, custard pastry – often with fruit fillings

Grattons (Graisserons) a *mélange* of small pieces of rendered down duck, goose and pork fat; served as an appetiser – very filling

Hachua beef stew

Jambon de Bayonne raw ham, cured in salt. Served as paper-thin slices

Lamproie eel-like fish; with leeks, onions and red Bordeaux wine sauce

Lou-kenkas small, spicy sausages

Loubine (Louvine) grey mullet (like a sea-bass)

Ortolan a small bird (wheatear) from the Landes

Ouillat (Ouliat) Pyrénées soup; onions, tomatoes, goose fat, garlic

Palombes (Salmis de) wild doves and wood pigeons from the Landes and Béarn, sautéed in red wine, ham and mushrooms

Pastiza see *Gâteau Basque*

Ramereaux ring doves

Salda a thick cabbage and bean soup

Tourin (Tourain) see *Ouillat*. (*Touron*: see Languedoc-Roussillon)

Tourtière Landaise a sweet of Agen prunes, apples and Armagnac

Ttoro (Ttorro) a Basque fish stew