Intimate France

French Food Glossary

Everything you need to know about food and menu terms
French Food Glossary
This guide is produced by

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French food glossary

À l’ancienne in the old style
À la vapeur steamed
À l’etouffée stewed
À point medium rare
Abats organ meats
Abricot apricot
Addition bill
Affiné(e) aged
Agneau (de lait) lamb (young-milk fed)
Aigre sour
Aigre-doux sweet & sour
Aiguillettes thin slivers, usually of duck breast
Ail garlic
Aile wing of poultry or game bird
Aïoli garlicky blend of eggs and olive oil
Aligot mashed potatoes with fresh cantal cheese and garlic
Alose à l’oseille shad or other fish in light hollandaise garnished with sorrel
Aloyau loin of beef
Alummettes puff pastry strips, also fried matchstick potatoes
Amande almond
Ananas pineapple
Anchoiade puree of anchovies, olive oil, vinegar
Anchois anchovy
Andouillette smaller chitterline (tripe) sausage
Aneth dill
Anis aniseed
Arachide peanut
Araignée de mer spider crab
Ardoise “slate” - the day’s specialties
Argumes citrus
Aromates spices and herbs
Artichaut artichoke
Asperge asparagus
Assiette plate
Assiette du pecheur assorted fish platter
Assorti(e) assorted
Au four baked
Aubergine eggplant
Aumônière thin crêpe, filled, wrapped like bundle
Aurore béchamel (cream) sauce with tomatoes
Auvergnat(e) (style) often with cabbage, sausage, and bacon
Avocat avocado
Baies berries
Baies roses pink peppercorns
Baigné bathed
Ballotine usually poultry, boned, stuffed, rolled
Banane banana
Bar ocean fish, similar to sea bass
Barbarie (canard de) breed of duck
Barbue brill, fish related to turbot
Baron hindquarters - lamb, rabbit, etc.
Barquette small pastry shaped like a boat
Basilic basil
Basquaise basque-style, usually with ham or tomatoes or red peppers
Bavaroise cold dessert, rich custard with cream and gelatin
Bavette skirt steak
Beignet fritter or doughnut
Belon prized, flat-shelled oyster
Betterave beet
Beurre butter
Beurre noisette lightly browned butter
Bifteck steak (can be tough)
Blanc (de poireau) white part of leeks
Blanc (de volaille) usually breast of chicken
Blanquette stew of veal, lamb, chicken, or seafood w/rich white sauce
Blette swiss chard
Bleu bloody rare, usually for steak
Blinis small pancakes
Boeuf à la mode beef marinated and braised in red wine w/carrots, mushrooms, onions
Boeuf au gros sel boiled beef, with vegetables and coarse salt
Boissons (non) comprises drinks (not) included
Bombe molded, layered ice cream dessert
Bonne femme home style, meat with bacon, potatoes, mushrooms, onions
Bonne femme (sauce) white wine sauce with shallots, mushrooms, lemon juice
Bordelaise bordeaux-style, also brown sauce of shallots, red wine, bone marrow
Boudin meat sausage, any sausage-shaped mixture; often blood sausage
Boudin blanc white sausage (veal, chicken, or pork)
Boudin noir pork blood sausage
Bouillabaisse Mediterranean fish soup
Bouilli boiled
Bouillon light soup or broth
Boulette meatball or fishball
Bouquet large reddish shrimp
Bourguignon(ne) Burgundy-style, often with wine, onions, mushrooms, bacon
Bourribut spicy red wine duck stew
Bourride fish stew
Braise live coals; braised
Braiser to braise, cook meat by browning, then simmering
Brandade (de morue) warm garlicky purée of salt cod, cream & sometimes mashed potatoes
Brebis (fromage de) sheep (cheese)
Bretonne in the style of Brittany, dish served with white beans
Brioche buttery, egg-enriched yeast bread
Broche (à la) spit-roasted
Brochet pike
Brouillée(s) scrambled, usually eggs
Brulé(e) literally, burned; caramelized
Brunoise tiny diced vegetables
Buffet froid cold buffet
Bugnes sweet fried doughnuts or fritters
Buisson literally bush; presentation (classically, crayfish)
Bulot large sea snail
Cabécou small round goat cheese
Cabillaud fresh cod
Caen (à la mode de) usually cooked in calvados and white wine or cider
Café (crème) (au lait) coffee (with cream)
(Caen à la mode de) usually cooked in calvados and white wine or cider
Café (crème) (au lait) coffee (with cream)
(with hot milk)
Caille quail
Calamar squid
Campagne (de la) country-style
Canard duck
Canard à la presse roast duck served with
sauce of juices, red wine, cognac
Caneton young male duck
Canette young female duck
Cannelle cinnamon
Carbonnade braised beef stew with beer and
onions
Cardon large, celery-like vegetable in artichoke family
Carré d’agneau rack or loin of lamb
Carré de porc rack or loin of pork
Carré de veau rack or loin of veal
Carte menu – the list of what’s available
Carvi caraway seeds
Casse-croute snack
Casse-pierre edible seaweed
Cassis black currant, black currant liqueur
Cassolette dish presented in a casserole
Cassoulet casserole of white beans, including
various meats
Caudière chowder of fish and potatoes
Caviar d’aubergine cold eggplant purée
Céleri celery
Céleri branché celeriac
Cèpe large, meaty wild mushroom
Cerfeuil chervil
Cerise cherry
Cerise noire black cherry
Cerneau walnut meat
Cervelas garlicky pork sausage, or seafood sausage
Cervelles brains, of calf or lamb
Chair fleshy portion of poultry, meat, crab
Champêtre rustic, simple presentation
Champignon mushroom (de bois) wild, (de Paris) cultivated, (sauvage) wild
Chanterelle pale, curly-capped wild mushroom
Chantilly sweetened whipped cream
Chapon capon
Chapon de mer fish in the scorpion family
Charcuterie cold cuts, sausages, terrines, pâtés, also shop selling these
Chariot (de desserts) dessert cart
Charlotte molded dessert with ladyfingers, custard, fruit compote; cold or hot
Charolais light-colored steer that produces high-quality beef
Chartreuse dish of braised partridge and cabbage; also a liqueur
Chasse the hunt
Chasseur sauce with white wine, shallots, mushrooms, tomatoes, herbs
Châtaigne chestnuts
Chaud(e) hot (or warm)
Chaud-froid cooked poultry dish served cold, usually covered with sauce, aspic
Chaudrée fish stew, sometimes with potatoes
Chausson filled pastry turnover, sweet or savory
Chemise (en) wrapped in pastry
Chevreuil young deer
Chèvre goat cheese
Chicorée curly endive
Chiffonnade shredded, herbs and vegetables, usually green
Chipiron squid
Choix (au) a choice, usually may choose from several offerings
Choron béarnaise sauce with tomatoes
Chou cabbage
Chou frise kale
Chou rouge red cabbage
Chou vert curly green savoy cabbage
Choucroute sauerkraut; also dish of sauerkraut, sausages, bacon, pork, potatoes
Chou-fleur cauliflower
Chous (pâte à) creampuff (pastry)
Choux de bruxelles brussels sprouts
Ciboulette chive
Cidre cider, apple, or pear
Citron lemon
Citron pressé fresh lemonade
Citron vert lime
Citronnelle lemon grass (oriental herb)
Citrouille pumpkin, gourd
Civelles spaghetti-like baby eels
Civet stew of game thickened with blood
Civet de lièvre juggled hare; stewed hare thickened with blood
Clafoutis tart, made with crepe batter and fruit (often black cherries)
Claire oysters
Clémentine small tangerine, from Morocco or Spain
Cloute studded with
Cochon (de lait) pig (suckling)
Cochonnaille pork products, usually an assortment of sausages or pâtés (first course)
Cocotte casserole or cooking pot
Coeur heart
Coffret box-shaped pastry
Coing quince
Colin hake
Compote stewed fresh or dried fruit
Concassé(e) coarsely chopped
Concombre cucumber
Confit duck, goose, or pork cooked & preserved in its own fat
Confit also fruit or vegetables preserved in sugar, alcohol, or vinegar
Confiture jam
Confiture de Vieux garçon fruits in alcohol
Congeler to freeze Congelé(e) frozen
Congre eel or fish similar to eel
Contre-filet sirloin taken above the loin, tied for roasting, braising, grilling
Convives (la totalité des) those gathered at a single table
Copeaux shavings
Coq (au vin) mature rooster stewed in wine
Coque tiny mild-flavored clam-like shellfish
Coque (à la) soft cooked egg, or anything served in a shell
Coquelet young, male chicken
Coquillage shellfish
Coquille shell
Coquille St. Jacques sea scallop
Corail egg sac found in scallops, lobster or crayfish
Corbeille (de fruits) basket (of fruit)
Coriandre coriander
Côte d’agneau lamb chop
Côte de boeuf beef blade or rib steak
Côte de veau veal chop
Cotelette thin chop or cutlet
Cou d’oie (de canard) neck skin of goose, stuffed like a sausage
Couer de filet thickest (and best) part of beef filet
Coulis puree of raw or cooked vegetables or fruit
Coupe cup; dessert served in goblet
Courge squash or gourd
Courgette zucchini
Couronne ring or circle, usually of bread
Couvert place setting
Crabe crab
Crème chantilly sweetened whipped cream
Crème fouettée whipped cream
Crème patissière custard filling for pastries and cakes
Crème plombières custard filled with fresh fruit and egg whites
Crépinette small sausage patty wrapped in fat
Cresson watercress
Cressonade watercress sauce
Creuse elongated, crinkle-shelled oyster
Crevette grise tiny soft-fleshed shrimp that remains gray when cooked
Crevette rose small firm fleshed shrimp that turns red when cooked
Croquant(e) crispy
Croque-madame toasted ham and cheese sandwich topped with an egg
Croque-monsieur toasted ham and cheese sandwich
Croquette ground meat, fish, fowl or vegetables bound with eggs or sauce
Croquettes usually coated in crumbs and deep fried
Crottin (de chavignol) firm goat cheese
Croustade usually small, pastry-wrapped dish (e.g., filled with fruit)
Croute (en) in pastry
Croute de sel (en) in a salt crust
Cru(e) raw
Crudités raw vegetables
Crustaces crustaceans
Cuillère (à la) to be eaten with a spoon
Cuisse de poulet chicken drumstick
Cuisson cooking
Cuissot haunch of veal, venison, or wild boar
Cuit(e) cooked
Cul haunch or rear, usually of red meat
Dattes dates
Daube stew, usually meat
Daurade dorade or sea bream, similar to porgy
Décortiqué(e) shelled or peeled
Dégustation tasting or sampling
Déjeuner lunch
Délice delight, usually used to describe a dessert
Demi-deuil poached (usually chicken) with truffles inserted under skin
Demi-glace concentrated beef base
Désossé(e) boned
Diable with a peppery (often mustard-based) sauce
Dieppoise dieppe style, white wine, mussels, shrimp, mushrooms, cream
Digestif after-dinner drink - liqueur
Dinde turkey
Dindon(neau) turkey in general
Discretion (à la) on menu usually refers to wine without limit, at customer's discretion
Dodine cold, boned stuffed duck
Dos back, also refers to meatiest portion of fish
Dos et ventre back and front; both sides (usually fish)
Douceurs sweets ordessets
Doux, douce sweet
Duxelles chopped mushrooms and shallots sauteed in butter, mixed with cream
Eau du robinet tap water
Échalotes shallots
Échine spare ribs
Écrevisse freshwater crayfish
Éffiloche frayed, thinly sliced
Émincé thin slice, usually of meat
Encornet small squid
Endive chicory or belgian endive
Entrecôte beef rib steak
Entrecôte maitre d’hotel with herb butter
Entrecôte marchand de vin with sauce of red wine and shallots
Entrée first course
Entremets sweets
Épaule shoulder of veal, lamb, mutton, pork
Épi de mais ear of sweet corn
Épices spices
Épinard spinach
Escabeche sardines or marinated raw fish (vinegar or lemon juice and herbs)
Escalope thinly slices meat or fish, usually cut at an angle

Escargot snail

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

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

Escargot petit-gris small land snail

Espadon swordfish

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

Estragon tarragon

Étrille small crab

Étuvé cooked in own juice, braised

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

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

Faisan(e) pheasant

Farandole rolling cart, usually of desserts or cheese

Farci(e) stuffed

Farine flour

Faux-filet sirloin steak

Fenouil fennel

Fera salmonlike lake fish

Ferme(fermier) farm-fresh

Feu de bois (au) cooked over a wood fire

Feuille de chêne oak-leaf lettuce

Feuilletage (en) (in) puff pastry

Fèves broad beans or favas

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

Figue fig

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

Financière madeira sauce with truffle juice

Fines de claire elongated crinkle shelled oysters

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

**Froid(e)** cold

**Fromage** cheese

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

**Fromage de tete** head cheese, usually pork

**Fromage maigre** low-fat cheese

**Fruit de la passion** passion fruit

**Fruits confits** preserved fruits; generally refers to candied fruits

**Fruits de mer** seafood

**Fumé(e)** smoked

**Fumet** fish stock

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

**Galette** crêpe made with buckwheat flour

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

**Gambas** large prawns

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

**Garni(e)** garnished

**Garniture** garnish

**Gâteau** cake

**Gaufre** waffle

**Gelée** aspic

**Genièvre** juniper berry

**Genoise** sponge cake

**Germiny** garnish of sorrel; sorrel and cream soup

**Gésier** gizzard

**Gibier** game

**Gigot** leg, usually of lamb (d’agneau)

**Gingembre** ginger
Girofle  cloves
Girolle  delicate, pale, orange wild mushroom
Glace  ice cream
Glacé(e)  iced, crystallized or glazed
Glaçons  ice cubes
Gougère  cheese-flavored chou pastry (puff)
Gourmandises  small sweet things
Gousse (d’ail)  clove (of garlic)
Graine de moutarde  mustard seed
Graisse  fat
Granite  water ice
Gras  fatty
Gratin  crusty-topped dish; also refers to a casserole
Gratin dauphinois  baked casserole of sliced potatoes w/cream and sometimes cheese
Gratiné(e)  having a crusty, browned top; also onion soup
Grattons  crisply fried pices of pork, goose or duck skin; cracklings
Gratuit  free
Grecque (à la)  cold vegetables, usually mushrooms, marinated in oil, lemon, water
Grenade  pomegranate
Grenadin  small veal scallop
Grenouille (cuisses de)  frog legs
Gribiche (sauce)  mayonnaise with capers, cornichons, and herbs
Grillade  grilled meat
Grillé(e)  grilled
Griotte  shiny, slightly acidic reddish black cherry
Grive  thrush
Gros sel  coarse salt
Groseille  red currant
Gruyère  hard, mild cheese
Hachis minced or chopped meat preparation
Hareng herring
Haricot bean
Haricot blanc white bean; usually dried
Haricot de mouton stew of mutton and white beans
Haricot rouge red kidney bean; also preparation of red beans in red wine
Haricot vert green bean, usually fresh
Hochepot thick stew, usually oxtail
Homard lobster
Hongroise (à la) hungarian-style, usually with paprika and cream
Hors-d’oeuvre appetizer; also can refer to a first course
Huile oil
Huile d’arachide peanut oil
Huile de pépins de raisins grapeseed oil
Huitre oyster
Ile flottante classically layered cake covered w/whipped cream, w/custard sauce
Ile flottantes floating island of meringue in crème anglaise
Imperatrice (à l’) usually rice pudding dessert with candied fruit
Infusion herb tea
Jambon ham; also refers to thigh or shoulder of meat, usually pork
Jambon cru usually salt cured or smoked ham that has been aged but not cooked
Jambon de Bayonne raw, dried, salt-cured ham
Jambon de Paris lightly salted, cooked ham, very pale in color
Jambon d’oie (canard) breast of fattened goose (duck), smoked or salted or sugar cured
Jambonneau pork knuckle
Jambonnette boned and stuffed knuckle of ham or poultry
Jardinière garnish of fresh cooked vegetables
Jarret de veau stew of veal shin
Jésus de Morteau smoked pork sausage from the Franche-Comté
Jeun(e) young
Joue cheek
Julienne slivered vegetables (or meat)
Jus juice
Kir a popular apéritif drink – crème de cassis and (usually) white wine (sometimes red)
Kir royal crème de cassis and champagne
Kougelhopf sweet, crown-shaped Alsatian yeast cake w/almonds and raisins
Lait milk
Laitue lettuce
Lamproie lamprey (eel shaped fish)
Langoustine clawed crustacean, smaller than lobster or spiny lobster (prawn)
Langue (de boeuf) tongue (of beef)
Languedocienne garnish, usually of tomatoes, eggplant, and wild cèpe mushrooms
Lapereau young rabbit
Lapin rabbit
Lard bacon
Lardon cube of bacon
Larme (teardrop); a very small portion of liquid
Lèche thin slice of bread or meat
Léger(e) light
Légume vegetable
Lemelle very thin slice
Lieu (jaune) pollack, a prized small (yellow) saltwater fish
Lièvre hare
Limande sole-like ocean fish, not as firm as sole
Limande sole lemon sole
Lisette small mackerel
Lit bed
Lotte monkfish or angler fish; a large firm-fleshed ocean fish, rich in flavor
Lou magret breast of fattened duck
Loup (de mer) Mediterranean fish, also known as bar, similar to striped bass
Lyonnaise (à la) in the style of Lyon, often garnished with onions
Macérer to steep, pickle or soak
Mâche lamb’s lettuce, a tiny, dark green lettuce
Madeleines small tea cakes
Madère madeira
Magret de canard (d’oie) breast of duck goose
Maigre thin, non-fattening
Maïs corn
Maison (de la) of the house, or restaurant
Maître d'hôtel head waiter; also compound butter
Maltaise orange-flavored hollandaise sauce
Mandarine tangerine
Mange-tout literally, eat it all; podless green bean, snow pea, type of apple
Mangue mango
Manière (de) in the style of
Maquereau mackerel
Maraichère (à la) market-garden style; dish or salad that includes various greens
Marbré(e) marbled
Marc distilled residue of grape skins or other fruit after they’ve been pressed
Marcassin young wild boar
Marchand de vin wine merchant; also sauce made with red wine, meat stock, shallots
Marché market
Marée (la) literally the tide; usually used to indicate that seafood is fresh
Marennes flat-shelled, green-tinged plate oysters; village where raised
Mariné marinated
Marinière (moules) mussels cooked in white wine with onions, shallots, butter, herbs
Marjolaine marjoram; also, multilayered chocolate and nut cake
Marmite small covered pot; also a dish cooked in a small casserole
Marquise (au chocolat) rich chocolate mousse cake
Marron large chestnut
Matelote (d’anguilles) freshwater stew (fish or eel)
Médaillon round piece or slice
Mélange mixture or blend
Méli-mélo an assortment of fish and/or seafood, usually served in a salad
Melon de Cavaillon small canteloupe-like melon
Ménagère (à la) in the style of a housewife (simply prepared), onions, potatoes, carrots
Menthe mint
Menthe poivrée peppermint
Menu d’affaires businessman’s lunch
Menu de la mer seafood menu
Menu dégustation tasting menu
Menu du marché fresh ingredients picked up by chef at market that day
Menu du terroir regional menu
Menu gastronomique extravagant or richly luxurious specialties
Meunière (à la) fish seasoned, floured, fried in butter, served with lemon and parsley
Meurette in, or with, a red wine sauce; also a Burgundian fish stew
Meurette red wine sauce w/mushrooms, onions, bacon, carrots
Miel honey
Mignardises petit fours
Mignonette small cubes, usually of beef; also refers to coarsely ground peppercorns
Mijoté(e) (plat) simmered (dish or preparation)
Mille-feuille refers to puff pastry
Mimosa garnish of chopped hard cooked egg yolks
Minute (à la) prepared at the last minute
Mirabeau garnish of anchovies, pitted olives, tarragon and anchovy butter
Mirabelle yellow plum  
Mirepoix cubes of carrots and onions, or mixed vegetables in braising for flavor  
Mitonnée a simmered soup-like dish  
Mode (à la) in the style of  
Moelle beef bone marrow  
Moka refers to coffee; coffee-flavored dish  
Montagne (de) from the mountains  
Montmorency garnished with cherries  
Morceau piece or small portion  
Morille wild morel mushroom  
Mornay cheese sauce  
Morue salted or dried codfish  
Mouclade creamy mussel stew; sometimes flavored with curry  
Moule mussel  
Moules marinières mussels cooked in white wine, shallots, butter, herbs  
Moules-frites a bowl of mussels (often marinières, see above) with fries on the side  
Mousse light, airy mixture; sweet or savory  
Mousseline ingredients lightened with whipped cream or egg whites (sauces)  
Mousseron tiny, delicate, wild mushroom  
Moutarde (à l’ancienne en) mustard (coarse grained)  
Mouton mutton  
Mulet mullet, a rustic-flavored ocean fish  
Mure blackberry  
Muscade nutmeg  
Museau de porc (boeuf) vinegared pork (beef) muzzle  
Myrtille type of blueberry  
Mystère cone-shaped ice cream dessert; also meringue/ice cream/choc sauce
Nage (à la) aromatic poaching liquid (served in)
Nantua sauce of crayfish, butter cream and truffles; also garnish of crayfish
Nappe covered; as with a sauce
Nature refers to simple, unadorned preparations
Navarin refers to lamb or mutton
Navet turnip
Niçoise w/tomatoes, onions, anchovies, olives
Nid nest
Nivernaise in style of Nevers (carrots, onions)
Noilles noodles
Noisette hazelnut; hazelnut flavored
Noisette also refers to small round piece (such as potato) browned in butter
Noix walnut; nut; nut sized
Normande fish or meat cooked with cider or calvados; or sauce of seafood, cream, mushrooms
Normande also dessert with apples, usually served with cream
Nouilles à l’alsacienne noodles, usually with butter and cream
Nouveau (nouvelle) new or young
Nouveauté a new offering
Noyau stone or pit
Oeuf à la coque soft-cooked egg
Oeuf brouillé scrambled egg
Oeuf dur hard-cooked egg
Oeuf en meurette poached egg in red wine sauce
Oeuf mollet egg simmered in water for six minutes
Oeuf poche poached egg
Oeuf saut à la poêle fried egg
Oeuf sur le plat fried egg
Oeufs à la neige sweetened whipped egg whites poached in milk/in custard
Oeufs au jambon  eggs and ham
Offert(e)  offered; free or given
Oie  goose
Oignon  onion
Omble chevalier  member of trout family with firm, flaky flesh from white to deep red
Omelette  aux fines herbs; au fromage (cheese); au jambon (ham)
Onglet  cut similar to beef flank steak, biftek or entrecote (can be tough)
Oreilles (de porc)  ears (of pig)
Orties  nettles
Ortolan  tiny wild bird (now protected)
Os  bone
Oseille  sorrel
Oursin  sea urchin
Paillard (de veau)  thick slice (of veal)
Pailles (pommes)  fried straw potatoes (finely shredded)
Paillettes  cheese straws, usually made with puff pastry and Parmesan cheese
Pain  bread
Paleron  shoulder of beef
Paletot (coat)  skin, bone and meat of fattened duck or goose
Palmier  palm-leaf-shaped cookie made of sugared puff pastry
Palmier (coeurs de)  palm hearts
Palombe  wood or wild pigeon
Palourde  prized medium sized clam
Pamplemousse  grapefruit
Panache  mixed; liberally used menu term to denote any mixture
Panade  thick mixture used to bind (flour and butter, bread crumbs, etc.)
Panais parsnip
Pané(e) breaded
Panier basket
Pannequet rolled crêpe filled with sweet or savory mixture
Papillote (en) cooked in parchment paper or foil
Paquets (en) (in) packages or parcels
Parfait a dessert mousse; also mousse-like mixture of chicken, duck liver
Parfum flavor
Parisienne (à la) varied garnish, always includes fried potato balls tossed in meat glaze
Parmentier dish with potatoes
Partager share
Passe-pierre edible seaweed
Pastèque watermelon
Pastis refreshing long, cool drink; anise liqueur or flavor w/ice and water
Pastise anise liqueur
Pâte pasta; pastry dough
Pâtes pasta
Pâte à choux cream puff pastry
Pâte brisée pie pastry
Pâte sablée sweeter, richer than pâte sucrée
Pâte sucrée sweet pie pastry
Pâté molded, spiced, minced meat, baked and served hot or cold
Pâté en croute pâté baked in pastry crust
Pâtisserie pastry
Pâtissier pastry chef
Patte paw, foot, or leg or bird or animal
Patte blanche small crayfish
Patte rouge large crayfish
Paupiette thin slice of meat, usually beef or fish, filled, rolled, then wrapped
Pavé thick slice of boned beef or calf’s liver; any thick slice; also kind of pastry

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

**Peau** skin

**Pêche** peach

**Pêche melba** poached peach with vanilla ice cream and raspberry sauce

**Pêcheur** usually refers to fish preparations

**Pelure** peelings, such as truffles, used for flavorings

**Perce-pierre** samphire, edible seaweed

**Perche** perch, finely flavored freshwater fish

**Perdreaux** young partridge

**Perdrix** partridge

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

**Persil** parsley

**Petit déjeuner** breakfast

**Petit-pois** small green peas

**Petits fours** tiny cakes and pastries

**Petits-gris** small land snail

**Petoncle** tiny scallop, similar to bay scallops

**Pets de nonne** small, dainty fried pastry

**Pibale** small eel, also called civelle

**Pièce** portion or piece

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

**Pied de porc** pig’s foot

**Pigeonneau** young pigeon or squab

**Pignons** pine nuts, or pignoli

**Pilau, pilaf** rice booked with onions and broth

**Piment (poivre) de Jamaïque** allspice

**Piment doux** sweet pepper

**Pince** claw; also tongs used when eating snails or seafood
Pintade  guinea fowl
Pintadeau  young guinea fowl
Pipérade  Basque dish of peppers, onions, tomatoes, and often scrambled eggs
Pipérade au jambon  above served on slice of ham
Piquant(e)  sharp or spicy tasting
Pique  larded; studded
Pissaladière  a flat open-face tart garnished with onions, olives, anchovies; a Nice-style pizza
Pistache  pistachio nuts
Pistil de safran  thread of saffron
Pistou  sauce of basil, garlic, olive oil; also a rich vegetable soup
Pithiviers  classic puff pastry dessert filled with almond cream
Plat  a dish
Plat principal  main dish
Plate  flat-shelled oyster
Plateau  platter
Plateau de fruits de mer  seafood platter (raw & cooked combined)
Plates côtes  part of beef ribs usually used in pot-au-feu
Pleurote  oyster mushroom
Plie franche  flounder
Plombières  dessert of vanilla ice cream, candied fruit, kirsch, whipped cream
Pluches  leaves of herbs or plants, generally used for garnish
Poché(e)  poached
Pochouse  freshwater fish stew prepared with white or red wine
Poêlé(e)  pan-fried
Pointe (d’asperge)  tip (of asparagus)
Poire pear
Poireau leek
Poires belle hélène poached pears served on vanilla ice cream with hot chocolate sauce
Pois peas
Poisson fish
Poitrine breast (of meat or poultry)
Poitrine demi-sel unsmoked slab bacon
Poitrine fumée smoked slab bacon
Poivrade peppery brown sauce of wine, vinegar, and cooked vegetables (strained)
Poivre pepper
Poivre frais de Madagascar green peppercorns
Poivre noir black peppercorns
Poivre rose pink peppercorns
Poivre vert green peppercorns
Poivron (doux) sweet bell pepper
Polenta cornmeal cooked with butter and cheese
Pommade (en) a thick, smooth paste
Pomme apple
Pomme en l’air caramelized apple slices usually served with blood sausage
Pommes (de terre) potatoes
Pommes à la vapeur steamed or boiled potatoes
Pommes à l’anglaise boiled potatoes
Pommes allumettes very thin fries
Pommes boulangère potatoes cooked with the meat; gratin with onions, sometimes bacon
Pommes dauphinoise baked dish of sliced potatoes w/milk, garlic, cheese
Pommes dauphine mashed potatoes mixed with chou pastry, shaped into balls & fried
Pommes duchesse mashed potatoes with butter, egg yolks, nutmeg garnish
Pommes en robe potatoes cooked with skins on
Pommes frites french fries
Pommes gratinées baked dish of potatoes, browned, often with cheese
Pommes lyonnaise potatoes sautéed with onions
Pommes paillés potatoes cut into julienne strips, then fried
Pommes pont-neuf classic fries, cut 1/2 x 2-1/2
Pommes soufflées small thin slices of potato fried twice (inflate like pillows)
Porc (carré de) pork (loin)
Porc (côte de) pork (chop)
Porcelet young suckling pig
Porto (au) with port
Portugaises type of oyster
Potage soup
Pot-au-feu boiled beef with vegetables, often served in two or more courses
Pot-de-crème individual custard or mousseline dessert, often chocolate
Potée hearty soup of pork and vegetables, generally cabbage and potatoes
Poularde fattened hen
Poule d’inde turkey hen
Poule faisane female pheasant
Poulet (rôti) chicken (roast)
Poulet basquaise basque style chicken, with tomatoes and sweet peppers
Poulet de Bresse high-quality, free-running, corn-fed chicken
Poulet de grain corn-fed chicken
Poulet fermier free-range chicken
Poulpe octopus
Pousse-pierre edible seaweed
Poussin baby chicken
Praire small clam
Pralin  ground caramelized almonds
Primeur  refers to early fresh fruits and vegetables
Printanière  garnish of spring vegetables, cut into dice or balls
Prix fixe  fixed-price menu
Prix net  service included
Profiterole  chou pastry dessert, filled with ice cream and topped with hot, melted chocolate
Provençal(e)  in the style of Provence; with garlic, tomatoes, olive oil
Prune  fresh plum
Pruneau  prune
Pâtes (fraiches)  pasta (fresh)
Purée  mashed
Quenelle  dumpling, usually of veal, fish, or poultry
Quetsch  small purple damson plum
Queue (de boeuf)  tail (oxtail)
Rable de lièvre (lapin)  saddle of hare (rabbit)
Radis  small red radish
Ragout  stew, usually of meat
Raie  skate (fish)
Raifort  horseradish
Raisin  grape
Ramequin  small individual casserole
Rapé(e)  grated or shredded
Rascasse  scorpion fish
Ravigote  thick vinaigrette sauce w/vinegar, white wine, shallots, herbs, mayonnaise
Réchauffer to reheat
Reine-claude greengage plum
Rémoulade sauce of mayo, capers, mushrooms, herbs, anchovies, gherkins
Rillettes (d’oie) minces spread of pork (goose), or duck, fish, rabbit
Rillons usually pork belly, cut up and cooked
Ris d’agneau lamb sweetbreads
Ris de veau veal sweetbreads
Riz à l’imperatrice cold rice pudding with candied fruit
Rognonnade veal loin with kidneys attached
Rognons kidneys
Romarin rosemary
Rondelle round slice
Rosette (de porc) dried sausage (of pork)
Rosé rare (meat)
Rôti roast
Rouelle (de) slice of meat or vegetable cut at an angle
Rouget (rouget barbet) sweet, red-skinned fish commonly called red mullet
Rouille thick, spicy, rust-colored sauce, w/olive oil, peppers, tomatoes, garlic
Roulade roll, often stuffed
Roulé(e) rolled
Roux butter and flour mixed together to thicken sauce
Sabayon light sweet sauce of egg yolks, sugar, wine, flavoring, whipped as cooked
Sable shortbread-like cookie; also sweet pastry dough
Safraan saffron
Saignant(e) very rare (for the cooking of meat)
Saint Pierre mild, flat, white ocean fish; John Dory
Saint-Hubert sauce poivrade with chestnuts and bacon
Saint-Jacques (coquille) sea scallop
Saison (suivant la) according to season
Salade aux noix green salad with walnuts dressed with walnut oil
Salade folle mixed salad, usually including green beans and foie gras
Salade panachée mixed salad
Salade verte green salad
Salé(e) salted
Salicorné edible algae
Salmis stewlike preparation of game birds
Salpicon diced vegetables, meat and/or fish in a sauce
Salsifis salsify, or oyster plant
Sandre perchlike freshwater fish
Sang blood
Sanglier wild boar
Saucisse small fresh sausage
Saucisson large dried sausage
Saucisson de Lyon pork sausage with garlic, pepper, sometimes truffles or pistachios
Sauge sage
Saumon (sauvage) salmon (wild, non-cultivated)
Saumon d’Ecosse Scottish salmon
Saumon fumé smoked salmon
Sauté(e) browned in fat
Savarin yeast-leavened cake shaped like a ring, soaked in sweet syrup
Savoyarde usually, flavored with Gruyère cheese
Scarole escarole
Seiche large squid
Sel salt
Selle saddle (of meat)
Service (non) compris service (not) included
Serviette napkin
Sole Normande sole poached in cider, garnished with mussels, shrimp, cream sauce
Sorbet sherbet
Souffle light sweet or savory mixture, served hot or cold
Steack beef steak
Stockfish salted and air-dried codfish
Succes au pralin meringue cake flavored w/caramelized almonds, layered w/butter cream
Sucre sugar
Suprême a veal- or chicken-based white sauce thickened with flour and cream
Suprême a boneless breast of poultry or a fillet of fish
Tagine spicy North African stew of veal, lamb, chicken, or pigeon with vegetables
Tapenade blend of black olives, anchovies, capers, olive oil, lemon juice
Tart tatin caramelized upside-down apple pie
Tartare chopped raw beef, seasoned and garnished with raw egg
Tarte tart; open-face pie or flan, usually sweet
Tarte au fromage cheesecake
Tartine open-face sandwich; buttered bread
Tasse cup
Tendre tender
Terrine earthenware container; also mixture cooked in the container
Tête de veau (porc) head of veal (pork), usually used in headcheese
Thé tea
Thon tuna
Thym thyme
Tian earthenware gratin dish; also vegetable mixture cooked in dish
Tiède lukewarm
Tilleul lime or linden blossom herb tea
Timbale small mold; mixture prepared in mold
Topinambour Jerusalem artichoke
Tortue turtle
Tournédo center portion of beef filet, usually grilled or sautéed
Tournédo rossini sauteed tournedos garnished with foie gras and truffles
Tourteau large crab with large claws full of deliciously sweet meat
Tranche slice
Travers de porc spare ribs
Tripes à la mode de Caen beef tripe, carrots, onions, leeks, spices
Trompettes des mort dark brown “horn of plenty” mushrooms
Tronçon cut of meat or fish (sliced from widest part)
Truffe (truffé[e]) truffle (with truffles)
Truite trout
Truite saumonée salmon trout
Tuile literally, tile; delicate almond-flavored cookie
Turban usually mixture or combination of ingredients cooked in ring mold
Turbot(in) turbot (small turbot) considered the finest of fish (and most expensive)
Vacherin dessert of baked meringue, with ice cream and cream; also a cheese
Vallé d’ange region of Normandy; also garnish of cooked apples and cream
Vanille vanilla
Vapeur (à la) steam(ed)
Veau veal
Velouté creamed soup
Veloutéé veal or chicken based sauce thickened with flour
Venaison venison
Ventre belly or stomach
Venus American clam
Verjus juice from unripe grapes; once used in sauces instead of vinegar
Vernis large, fleshy clam
Vert-pré watercress garnish, sometimes includes potatoes
Verviene lemon verbena (herb tea)
Vessie (en) cooked in a pig’s bladder (usually a chicken)
Viande meat
Vichy with glazed carrots; also a brand of mineral water
Vichyssoise cold, creamy leek and potato soup
Vierge (beurre) whipped butter sauce with salt, pepper, and lemon juice
Vierge (huile d’olive) virgin olive oil
Vieux (vieille) old
Vigneron wine grower
Vinaigre (vieux) vinegar (aged)
Vinaigrette oil and vinegar dressing
Vivier fish tank
Vol au vent puff pastry shell
Volaille poultry
Xeres sherry (vinegar)
Yaourt yogurt
Zeste citrus peel