

French Menu/Foods Glossary

à l'ancienne	in the old style
à la vapeur	steamed
à l'étouffée	stewed
à point	medium rare
abats	organ meats
abricot	apricot
addition	bill
affiné(e)	aged
agneau (de lait)	lamb (young-milk fed)
aiglefin, églefin	haddock
aigre	sour
aigre-doux	sweet & sour
aigrelette (sauce)	a sour or tart sauce
aiguillettes	thin slivers, usually of duck breast
ail	garlic
aile	wing of poultry or game bird
aile et cuisse	white meat (aile), dark (cuisse), usually chicken
aïoli	garlicky blend of eggs and olive oil
aligot	mashed potatoes with fresh Cantal cheese and garlic
alose	shad
alose à l'oseille	shad or other fish in light hollandaise garnished with sorrel
aloyau	loin area of beef
alumettes	puff pastry strips, also fried matchstick potatoes
amande	almond
ananas	pineapple
anchoiade	puree of anchovies, olive oil, vinegar
anchois	anchovy
andouillette	smaller chitterline (tripe) sausage
aneth	dill

anis	aniseed
arachide	peanut oil
araignée de mer	spider crab
ardoise	literally "slate" - refers to the day's specialties
argumes	citrus fruits
aromates	spices and herbs
artichaut	artichoke
asperge	asparagus
assiette	plate
assiette du pecheur	assorted fish platter
assorti(e)	assorted
au four	baked
aubergine	eggplant
aumonière	thin crêpe, filled, wrapped like bundle
aurore	béchamel or cream sauce with tomatoes
automne	autumn
auvergnat(e)	(style) often with cabbage, sausage, and bacon
avocat	avocado
baies	berries
baies roses	pink peppercorns
baigne	bathes
ballotine	usually poultry, boned, stuffed, rolled
banane	banana
bar	fish, similar to 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
beatilles	dish combining various organ meats
bécasse	woodchuck
beignet	fritter or doughnut
belon	prized, flat-shelled plate oyster
Bercy	fish-stock-based sauce thickened with flour, butter, shallots, white wine
berrichonne	garnish of braised cabbage, glazed baby onions, chestnuts, bacon
betterave	beet
beurre	butter
beurre noisette	lightly browned butter
biche	female deer
bifteck	steak (can be tough)
bigarade	orange sauce
bigarreau	cherry
Billy Bi, Billy By	cream of mussel soup
biscuits à la cuillère	ladyfingers
blanc (de poireau)	white part of leeks
blanc (de volaille)	usually breast of chicken
blanquette	veal, lamb, chicked, or seafood stew 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 (fish)	with shallots, parsley, mushrooms, potatoes
bonne femme (sauce)	white wine sauce with shallots, mushrooms, lemon juice

<i>bordeaux</i>	Bordeaux-style, also brown sauce of shallots, red wine, bone marrow
<i>bouchée</i>	tiny mouthful, bite-size
<i>boudin</i>	technically meat sausage, any sausage-shaped mixture
<i>boudin blanc</i>	white sausage (veal, chicken, or pork)
<i>boudin noir</i>	pork blood sausage
<i>bouillabaisse</i>	Mediterranean fish soup
<i>bouilli</i>	boiled
<i>bouillon</i>	light soup or broth
<i>boulette</i>	meatball or fishball
<i>bouquet</i>	large reddish shrimp
<i>bourdaloue</i>	hot poached fruit, sometimes wrapped in pastry
<i>bourguignon(ne)</i>	Burgundy-style, often with wine, onions, mushrooms, bacon
<i>bouribut</i>	spicy red wine duck stew
<i>bourride</i>	fish stew
<i>bouteille de</i>	bottle of
<i>braise</i>	live coals; braised
<i>braiser</i>	to braise, cook meat by browning, then simmering
<i>brandade (de morue)</i>	warm garlicky purée of salt cod, cream & sometimes mashed potatoes
<i>brebis (fromage de)</i>	sheep
<i>bretonne</i>	in the style of Brittany, dish served with white beans
<i>bretonne (sauce)</i>	white wine sauce with carrots, leeks, celery
<i>brioche</i>	buttery, egg-enriched yeast bread
<i>broche (à la)</i>	spit-roasted
<i>brochet</i>	pike
<i>brouillé(e)(s)</i>	scrambled, usually eggs
<i>brulé(e)</i>	literally, burned; dark caramelization
<i>brunoise</i>	tiny diced vegetables
<i>buffet froid</i>	cold buffet
<i>bugnes</i>	sweet fried doughnuts or fritters
<i>buisson</i>	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) (with hot milk)
café Liégeois	iced coffee served with whipped cream, sometimes ice cream
cagouille	small snail
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
canard de Barbarie	breed, with strong flavor
canard de Nantes	also canard de Challans, very delicate-flavored small duck
canard de Rouen	cross between domestic & wild, smothered not bled, special taste
canard sauvage	wild duck
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
carrelet	summer flounder
carte	menu
carvi	caraway seeds
casse-croute	snacks
casse-pierre	edible seaweed
cassis	black currant, black currant liqueur

<i>cassolette</i>	dish presented in a casserole
<i>cassoulet</i>	casserole of white beans, including various meats
<i>caudière</i>	chowder of fish and potatoes
<i>caviar d'aubergine</i>	cold eggplant purée
<i>céleri</i>	celery
<i>céleri branché</i>	celeriac
<i>cèpe</i>	large, meaty wild mushroom
<i>cerfeuil</i>	chervil
<i>cerise</i>	cherry
<i>cerise noire</i>	black cherry
<i>cerneau</i>	walnut meat
<i>cervelas</i>	garlicky pork sausage, or seafood sausage
<i>cervelles</i>	brains, of calf or lamb
<i>chair</i>	fleshy portion of poultry or meat
<i>champêtre</i>	rustic, simple presentation
<i>champignon</i>	mushroom (de bois) wild, (de Paris) cultivated, (sauvage) wild
<i>champignons à la grecque</i>	tiny mushrooms cooked with lemon, olive oil, spices
<i>chanterelle</i>	pale, curly-capped wild mushroom
<i>chantilly</i>	sweetened whipped cream
<i>chapon</i>	capon
<i>chapon de mer</i>	fish in the scorpion family
<i>charcuterie</i>	cold cuts, sausages, terrines, pâtés, also shop selling these
<i>chariot (de desserts)</i>	dessert cart
<i>charlotte</i>	molded dessert with ladyfingers, custard, fruit compote; cold or hot
<i>charolais</i>	light-colored cow that produces high-quality beef
<i>chartreuse</i>	dish of braised partridge and cabbage; also a liqueur
<i>chasse</i>	the hunt
<i>chasseur</i>	sauce with white wine, shallots, mushrooms, tomatoes, herbs
<i>châtaigne</i>	chestnuts
<i>chaud(e)</i>	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
chinchard	type of fish
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	jugged hare; stewed hare thickened with blood

clafoutis	tart, made with crepe batter and fruit (usually black cherries)
claires	oysters (sometimes put in beds and fattened up before market)
clamart	garnish of peas
clémentine	small tangerine, from Morocco or Spain
cloute	studded with
cochon (de lait)	pig (suckling)
cochonaille	pork products, usually an assortment of sausages or pâtés (1st course)
cocotte	casserole or cooking pot
coeur	heart
coffret	box-shaped pastry
coing	quince
colin	hake
colvert	wild duck
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	varied fresh fruits macerated in alcohol
congeler	to freeze
congre	eel or fish similar to eel
contre-filet	sirloin taken above the loin, tied for roasting, braising, grilling
convives (la totalité des)	all 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, spiny 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
cotriade	Brittany-style fish stew with butter, potatoes, onions, herbs
cou d'oie (de canard)	neck skin of goose, stuffed like a sausage
couer de filet	thickest (and best) part of beef filet (usually châteaubriand steaks)
coulis	puree or raw or cooked vegetables or fruit
coulibiac	hot Russian pâté, usually filled with salmon and covered with brioche
coupe	cup; dessert served in goblet
courge	squash or gourd
courgette	zucchini
couronne	ring or circle, usually of bread
couteau	knife
couvert	place setting
crabe	crab
crapaudine	preparation of grilled poultry or game bird, backbone removed
crécy	carrot garnish, or carrot-based dish
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 caul fat
cresson	watercress
cressonade	watercress sauce

<i>crête de coq</i>	cock's comb
<i>creuse</i>	elongated, crinkle-shelled oyster
<i>crevette grise</i>	tiny soft-fleshed shrimp that remains gray when cooked
<i>crevette rose</i>	small firm fleshed shrimp that turns red when cooked
<i>criste-marine</i>	edible algae
<i>croquant(e)</i>	crispy
<i>croque-madame</i>	toasted ham and cheese sandwich topped with an egg
<i>croque-monsieur</i>	toasted ham and cheese sandwich
<i>croquette</i>	ground meet, fish, fowl or vegetables bound with eggs or sauce
<i>croquettes</i>	usually coated in crumbs and deep fried
<i>crottin (de chavignol)</i>	firm goat cheese
<i>croustade</i>	usually small, pastry-wrapped dish (e.g., filled with fruit)
<i>croûte (en)</i>	in pastry
<i>croûte de sel (en)</i>	in a salt crust
<i>cru(e)</i>	raw
<i>crudités</i>	raw vegetables
<i>crustaces</i>	crustaceans
<i>cuillère (à la)</i>	to be eaten with a spoon
<i>cuisse de poulet</i>	chicken drumstick
<i>cuisson</i>	cooking
<i>cuissot</i>	haunch of veal, venison, or wild boar
<i>cuit(e)</i>	cooked
<i>cul</i>	haunch or rear, usually of red meat
<i>cure-dent</i>	toothpick
<i>dariole</i>	usually a garnish in a cylindrical mold
<i>darne</i>	a slice or steak from fish, often salmon
<i>dattes</i>	dates
<i>daube</i>	stew, usually meat
<i>daurade</i>	dorade or sea bream, similar to porgy
<i>décortiqué(e)</i>	shelled or peeled

dégustation	tasting or sampling
déjeuner	lunch
délice	delight, usually used to describe a dessert
demi-deuil	poached (usually chicked) with truffles inserted under skin. Also could be sweetbreads with a truffled white sauce
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 ham
dindon(neau)	turkey in general
discretion (à la)	on menu usually refers to wine without limit, at customer's discretion
dodine	cold, boned stuffed duck
dos	back, also refers to meatiest portion of fish
dos et ventre	back and front; both sides (usually fish)
douceurs	sweets or desserts
doux, douce	sweet
duglere	white, flour-based sauce with shallots, white wine, tomatoes, and parsley
duxelles	chopped mushrooms and shallots sauteed in butter, mixed with cream
eau du robinet	tap water
écailler	to scale fish, also an oyster opener or seller
échalotes	shallots
échine	spare ribs
écrevisse	freshwater crayfish
éffiloche	frayed, thinly sliced
églefin, aiglefin	haddock
émincé	thin slice, usually of meat
encornet	small squid
endive	chicory or belgian endive
entrecôte	beef rib steak

entrecôte maître d'hotel	with herb butter
entrecôte marchand de vin	with sauce of red wine and shallots
entrée	first course
entremets	sweets
épaule	shoulder of veal, lamb, mutton, pork
épi de maïs	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	land snail
escargot à l'alsacienne	simmered in riesling, baked with garlic and parsley butter stuffing
escargot de Bourgogne	land snail prepared with butter, garlic, and parsley
escargot petit-gris	small land snail
espadon	swordfish
estofinado	fish stew from Auvergne w/dried cod, eggs, garlic, cream
estouffade	stew of beef, pork, onions, mushrooms, orange zest, red wine
estragon	tarragon
été	summer
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

fermé(e)	closed
ferme(fermier)	farm-fresh
feu de bois (au)	cooked over a wood fire
feuille de chêne	oak-leaf lettuce
feuille de vigne	vine leaf
feuilletage (en)	(in) puff pastry
feuilleté au foie gras	puff pastry layered with sausage and foie gras (extravagant first course)
fèves	broad beans or favas
ficelle (à la)	tied with a string; also small, thin baguette
figue	fig
financière	madeira sauce with truffle juice
finés de claire	elongated crinkle shelled oysters (fattened up in beds)
flageolets	small, pale green kidney-shaped beans
flagnarde, flaugnarde	hot fruit-filled batter cake
flamande (à la)	flemish style, usually with cabbage, carrots, potatoes, bacon
flambe	flamed
flamiche	savory tart with rich bread dough crust
flamiche aux poireaux	leek and cream tart
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
foe de veau	calf's liver
foie	liver
foie gras d'oie (de canard)	liver of fattened goose (duck)
foies blonds de volaille	chicken livers; chicken liver lousse
foin (dans le)	cooked in hay
fond	cooking juices from meat, used to make sauces; also, bottom

<i>fond d'artichaut</i>	heart and base of artichoke
<i>fondant</i>	melting; as in melted sugar flavored and used for icing
<i>forestière</i>	garnish of wild mushrooms, bacon and potatoes
<i>four (au)</i>	baked in oven
<i>fourchette</i>	fork
<i>fourre</i>	stuffed
<i>frais, fraîche</i>	fresh
<i>fraise</i>	strawberry
<i>fraise des bois</i>	wild strawberry
<i>framboise</i>	raspberry
<i>frangipane</i>	almond custard filling
<i>frappe</i>	drink served very cold or with ice
<i>frémis</i>	(quivering); barely cooked (oysters)
<i>friandises</i>	sweets, petits fours
<i>fricadelles</i>	fried minced meat patties
<i>fricandeau</i>	thinly sliced veal or rmp roast, braised with vegetables, white wine
<i>fricassé(e)</i>	ingredients braised in wine with butter and/or cream added; stewed
<i>frisée</i>	curly, usually endive
<i>frit(es)</i>	french fries
<i>fritons</i>	coarse pork rillettes or minced spread (includes organ meats)
<i>fritot</i>	small organ meat fritter
<i>friture</i>	frying; also refers to preparation of small fried fish (ex. smelts)
<i>froid(e)</i>	cold
<i>fromage</i>	cheese
<i>fromage blanc</i>	smooth low-fat cheese, similar to cottage cheese
<i>fromage de tête</i>	head cheese, usually pork
<i>fromage maigre</i>	low-fat cheese
<i>fruit de la passion</i>	passion fruit
<i>fruits confits</i>	preserved fruits; generally refers to candied fruits
<i>fruits de mer</i>	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
gayettes	small sausage made with pork liver and bacon
gelée	aspic
genièvre	juniper berry
genoise	sponge cake
germiny	garnish of sorrel; sorrel and cream soup
gésier	gizzard
gibelotte	fricassée of rabbit in red or white wine
gibier	game
gigot	leg, usually of lamb (d'agneau)
gigot de mer	a preparation; usually large pieces of monkfish (lotte), oven-roasted
gigue (de)	haunch (of) certain game meats
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)
goujonnettes	generally describes small slices of fish, ex sole, usually fried

<i>goujons</i>	small catfish; or any small fish; or small piece; breaded & fried
<i>gourmandises</i>	sweetmeats
<i>gousse (d'ail)</i>	clove (of garlic)
<i>graine de moutarde</i>	mustard seed
<i>graisse</i>	fat
<i>graisserons</i>	crisply fried pieces of duck or goose skin; cracklings
<i>grand veneur</i>	usually a brown sauce for game, with red currant jelly
<i>granite</i>	water ice
<i>gras</i>	fatty
<i>gras-double</i>	tripe baked with onions and white wine
<i>gratin</i>	crusty-topped dish; also refers to a casserole
<i>gratin dauphinois</i>	baked casserole of sliced potatoes w/cream and sometimes cheese
<i>gratin savoyard</i>	baked casserole of sliced potatoes w/bouillon, cheese, butter
<i>gratiné(e)</i>	having a crusty, browned top; also onion soup
<i>grattons</i>	crisply fried pices of pork, goose or duck skin; cracklings
<i>gratuit</i>	free
<i>grecque (à la)</i>	cold vegetables, usually mushrooms, marinated in oil, lemon, water
<i>grelot</i>	small white bult onion
<i>grenade</i>	pomegranate
<i>grenadin</i>	small veal scallop
<i>grenouille (cuisses de)</i>	frog legs
<i>gribiche (sauce)</i>	mayonnaise with capers, cornichons, and herbs
<i>grillade</i>	grilled meat
<i>grillé(e)</i>	grilled
<i>griotte</i>	shiny, slightly acidic reddish black cherry
<i>grive</i>	thrush
<i>grondin</i>	type of ocean fish used in fish stews such as bouillabaisse
<i>gros sel</i>	coarse sale
<i>groseille</i>	red currant
<i>gruyère</i>	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
hiver	winter
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
hure de porc	head of a pig or boar; usually headcheese preparation
hure de saumon	a salmon "headcheese", prepared with salmon meat, not the head
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
indienne (à l')	East Indian style, usually with curry powder
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 de York	smoked, English-style ham, usually poached
jambon d'oie (canard)	breast of fattened goose (duck), smoked or salted or sugar cured
jambonneau	pork knuckle

<i>jambonnette</i>	boned and stuffed knuckle of ham or poultry
<i>jardinière</i>	garnish of fresh cooked vegetables
<i>jarret de veau</i>	stew of veal shin
<i>Jésus de morteau</i>	smoked pork sausage from the Franche-Comte
<i>jeun(e)</i>	young
<i>joue</i>	cheek
<i>julienne</i>	slivered vegetables (sometimes meat)
<i>jus</i>	juice
<i>kir</i>	crème de cassis and white wine (usually, sometimes red)
<i>kir royal</i>	crème de cassis and champagne
<i>kougelhof</i>	sweet, crown-shaped Alsatian yeast cake w/almonds and raisins
<i>lait</i>	milk
<i>laitance</i>	soft roe (often herring) or eggs
<i>laitue</i>	lettuce
<i>lamproie</i>	lamprey (eel shaped fish)
<i>langouste</i>	clawless spiny lobster; sometimes called crawfish or crayfish
<i>langoustine</i>	clawed crustacean, smaller than lobster or spiny lobster (prawn)
<i>langue (de boeuf)</i>	tongue (of beef)
<i>languedocienne</i>	garnish, usually of tomatoes, eggplant, and wild cèpe mushrooms
<i>lapereau</i>	young rabbit
<i>lapin</i>	rabbit
<i>lapin de garenne</i>	wild rabbit
<i>lard</i>	bacon
<i>lardon</i>	cube of bacon
<i>larme</i>	(teardrop); a very small portion of liquid
<i>lèche</i>	thin slice of bread or meat
<i>léger(e)</i>	light
<i>légume</i>	vegetable
<i>lemelle</i>	very thin slice
<i>lieu (jaune)</i>	pollack, a prized small (yellow) saltwater fish

<i>lièvre</i>	hare
<i>limande</i>	sole-like ocean fish, not as firm as sold
<i>limande sole</i>	lemon sole
<i>lisette</i>	small mackerel
<i>lit</i>	bed
<i>lotte</i>	monkfish or angler fish; a large firm-fleshed ocean fish, rich in flavor
<i>lou magret</i>	breast of fattened duck
<i>loup (de mer)</i>	Mediterranean fish, also known as bar, similar to striped bass
<i>lyonnaise (à la)</i>	in the style of Lyon, often garnished with onions
<i>macédoine</i>	diced mixed fruit or vegetables
<i>macérer</i>	to steep, pickle or soak
<i>mâche</i>	lamb's lettuce, a tiny, dark green lettuce
<i>madeleines</i>	small tea cakes
<i>madère</i>	madeira
<i>magret de canard (d'oie)</i>	breast of fattened duck (or goose)
<i>maigre</i>	thin, non-fattening
<i>mais</i>	corn
<i>maison (de la)</i>	of the house, or restaurant
<i>maître d'hôtel</i>	head waiter; also compound butter
<i>maltaise</i>	orange-flavored hollandaise sauce
<i>mandarine</i>	tangerine
<i>mange-tout</i>	literally, eat it all; podless green bean, snow pea, type of apple
<i>mangue</i>	mango
<i>manière (de)</i>	in the style of
<i>maquereau</i>	mackerel
<i>maraichère (à la)</i>	market-garden style; dish or salad that includes various greens
<i>marbré(e)</i>	marbled
<i>marc</i>	distilled residue of grape skins or other fruit after they've been pressed
<i>marcassin</i>	young wild boar
<i>marchand de vin</i>	wine merchant; also a sauce made with red wine, meat stock, shallots

<i>marché</i>	market
<i>marée (la)</i>	literally the tide; usually used to indicate that seafood is fresh
<i>marennnes</i>	flat-shelled, green-tinged plate oysters; village where raised
<i>mareyeur</i>	wholesale fish merchant
<i>marine</i>	marinated
<i>marinière (moules)</i>	mussels cooked in white wine with onions, shallots, butter, herbs
<i>marjolaine</i>	marjoram; also, multilayered chocolate and nut cake
<i>marmite</i>	small covered pot; also a dish cooked in a small casserole
<i>marquise (au chocolat)</i>	rich chocolate mousse cake
<i>marron</i>	large chestnut
<i>matelote (d'anguilles)</i>	freshwater fish stew (or of eels)
<i>mauviette</i>	wild meadowlark or skylark
<i>médailon</i>	round piece or slice
<i>mélange</i>	mixture or blend
<i>méli-mélo</i>	an assortment of fish and/or seafood, usually served in a salad
<i>melon de cavaillon</i>	small canteloupe-like melon
<i>ménagère (à la)</i>	in the style of a housewife (simply prepared), onions, potatoes, carrots
<i>menthe</i>	mint
<i>menthe poivrée</i>	peppermint
<i>menu d'affairs</i>	(businessman's) - avoid - cell phones
<i>menu de la mer</i>	seafood menu
<i>menu dégustation</i>	tasting menu
<i>menu du marché</i>	fresh ingredients picked up by chef at market that day
<i>menu du terroir</i>	regional menu
<i>menu gastronomique</i>	extravagant or richly luxurious specialties
<i>mets</i>	dish or preparation
<i>mets selon la saison</i>	seasonal preparation
<i>meunière (à la)</i>	fish seasoned, floured, fried in butter, served with lemon and parsley
<i>meurette</i>	in, or with, a red wine sauce; also a Burgundian fish stew
<i>meurette</i>	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
miroton (de)	slices (of); also stew of meats flavored with onions
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 and salted codfish
mouclade	creamy mussel stew; sometimes flavored with curry
moule	mussel
moule de parques	Dutch mussels; usually fattened in beds
moule d'Espagne	large mussel, often served raw as part of seafood platter
moules marinières	mussels cooked in white wine, shallots, butter, herbs
moules-frites	snack of steaming bowl of mussels, French fries w/mayonnaise
mousse	light, airy mixture; sweet or savory
mousseline	ingredients lightened with whipped cream or egg whites (sauces)
mousseron	tiny, delicate, wild mushroom

<i>moutarde (à l'ancienne en)</i>	mustard (coarse grained)
<i>mouton</i>	mutton
<i>mulet</i>	mullet, a rustic-flavored ocean fish
<i>mure</i>	blackberry
<i>muscade</i>	nutmeg
<i>museau de porc (boeuf)</i>	vinegared pork (beef) muzzle
<i>myrtille</i>	type of blueberry
<i>mystère</i>	cone-shaped ice cream dessert; also meringue/ice cream/choc sauce
<i>nage (à la)</i>	aromatic poaching liquid (served in)
<i>nantua</i>	sauce of crayfish, butter cream and truffles; also garnish of crayfish
<i>nappe</i>	covered; as with a sauce
<i>nature</i>	refers to simple, unadorned preparations
<i>navarin</i>	refers to lamb or mutton
<i>navet</i>	turnip
<i>niçoise</i>	w/tomatoes, onions, anchovies, olives
<i>nid</i>	nest
<i>nivernaise</i>	in the style of nevers, with carrots and onions
<i>noilles</i>	noodles
<i>noisette</i>	hazelnut; hazelnut flavored
<i>noisette</i>	also refers to small round piece (such as potato) browned in butter
<i>noix</i>	walnut; nut; nut sized
<i>normande</i>	refers to fish or meat cooked with apple cider or calvados; or sauce of seafood, cream, mushrooms
<i>normande</i>	also dessert with apples, usually served with cream
<i>noilles à l'alsacienne</i>	noodles, usually with butter and cream
<i>nouveau (nouvelle)</i>	new or young
<i>nouveauté</i>	a new offering
<i>noyau</i>	stone or pit
<i>oeuf à la coque</i>	soft-cooked egg
<i>oeuf brouillé</i>	scrambled egg
<i>oeuf dur</i>	hard-cooked egg

oeuf en meurette	poached egg in red wine sauce
oeuf mollet	egg simmered in water for 6 minutes
oeuf poche	poached egg
oeuf saut à la poêle	fried egg
oeuf sur le plat	fried egg
oeufs à la neige	(in the snow) sweetened whipped 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, and 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
ouvert	open
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

<i>pamplemousse</i>	grapefruit
<i>panache</i>	mixed; liberally used menu term to denote any mixture
<i>panade</i>	thick mixture used to bind (flour and butter, bread crumbs, etc.)
<i>panais</i>	parsnip
<i>pané(e)</i>	breaded
<i>panier</i>	basket
<i>pannequet</i>	rolled crêpe filled with sweet or savory mixture
<i>papillote (en)</i>	cooked in parchment paper or foil
<i>paquets (en)</i>	(in) packages or parcels
<i>parfait</i>	a dessert mousse; also mousse-like mixture of chicken, duck liver, etc.
<i>parfum</i>	flavor
<i>parisienne (à la)</i>	varied garnish , always includes fried potato balls tossed in meat glaze
<i>parmentier</i>	dish with potatoes
<i>partager</i>	share
<i>passe-pierre</i>	edible seaweed
<i>pastèque</i>	watermelon
<i>pastis</i>	refreshing long, cool drink; anise liqueur or flavor w/ice and water
<i>pastise</i>	anise liqueur
<i>pâte</i>	pastry dough
<i>pâte à choux</i>	cream puff pastry
<i>pâte Brisée</i>	pie pastry
<i>pâte sablée</i>	sweeter, richer than pâte sucrée
<i>pâte sucrée</i>	sweet pie pastry
<i>pâté</i>	molded, spiced, minced meat, baked and served hot or cold
<i>pâté en croute</i>	pate baked in pastry crust
<i>pâtisserie</i>	pastry
<i>pâtissier</i>	pastry chef
<i>patte</i>	paw, foot, or leg of bird or animal
<i>patte blanche</i>	small crayfish
<i>patte rouge</i>	large crayfish

<i>paupiette</i>	thin slice of meat, usually beef or fish, filled, rolled, then wrapped
<i>pavé</i>	thick slice of boned beef or calve's liver; also king of pastry
<i>paysan(ne) (à la)</i>	country style; garnish of carrots, turnips, onions, celery, bacon
<i>peau</i>	skin
<i>pêche</i>	peach
<i>pêche melba</i>	poached peach with vanilla ice cream and raspberry sauce
<i>pêcheur</i>	usually refers to fish preparations
<i>pelure</i>	peelings, such as truffles, used for flavorings
<i>perce-pierre</i>	samphire, edible seaweed
<i>perche</i>	perch, finely flavored fresh water fish
<i>perdreau</i>	young partridge
<i>perdrix</i>	partridge
<i>périgourdine (à la)</i>	sauce, usually with truffles and foie gras
<i>persil</i>	parsley
<i>petit déjeuner</i>	breakfast
<i>petit-pois</i>	small green peas
<i>petits fours</i>	tiny cakes and pastries
<i>petits-gris</i>	small land snail
<i>petoncle</i>	tiny scallop, similar to bay scallops
<i>pets de nonne</i>	small, dainty fried pastry
<i>pibale</i>	small eel, also called civelle
<i>pièce</i>	portion or piece
<i>pied de mouton</i>	meaty, cream-colored wild mushroom; also sheep's foot
<i>pied de porc</i>	pig's foot
<i>pigeonneau</i>	young pigeon or squab
<i>pignons</i>	pine nuts, or pignoli
<i>pilau, pilaf</i>	rice cooked with onions and broth
<i>piment (poivre) de Jamaïque</i>	allspice
<i>piment doux</i>	sweet pepper
<i>pince</i>	claw; also tongs used when eating snails or seafood

<i>pintade</i>	guinea fowl
<i>pintadeau</i>	young guinea fowl
<i>pipérade</i>	basque dish of peppers, onions, tomatoes, and often scrambled eggs
<i>pipérade au jambon</i>	above served on slice of ham
<i>piquant(e)</i>	sharp or spicy tasting
<i>pique</i>	larded; studded
<i>pissaladière</i>	a flat open-face tart garnished with onions, olives, anchovies
<i>pissenlit</i>	dandelion (leaves)
<i>pistache</i>	pistachio nuts
<i>pistil de safran</i>	thread of saffron
<i>pistou</i>	sauce of basil, garlic, olive oil; also a rich vegetable soup
<i>pithiviers</i>	classic puff pastry dessert filled with almond cream
<i>plat</i>	a dish
<i>plat principal</i>	main dish
<i>plate</i>	flat-shelled oyster
<i>plateau</i>	platter
<i>plateau de fruits de mer</i>	seafood platter (raw & cooked combined)
<i>plates côtes</i>	part of beef ribs usually used in pot-au-feu
<i>pleurote</i>	oyster mushroom
<i>plie franche</i>	flounder
<i>plombières</i>	dessert of vanilla ice cream, candied fruit, kirsch, whipped cream
<i>pluches</i>	leaves of herbs or plants, generally used for garnish
<i>poché(e)</i>	poached
<i>pochouse</i>	freshwater fish stew prepared with white or red wine
<i>poêlé(e)</i>	pan-fried
<i>pointe (d'asperge)</i>	tip (of asparagus)
<i>poire</i>	pear
<i>poireau</i>	leek
<i>poires belle hélène</i>	poached pears served on vanilla ice cream with hot chocolate sauce
<i>pois</i>	peas

<i>poisson</i>	fish
<i>poitrine</i>	breast (of meat or poultry)
<i>poitrine demi-sel</i>	unsmoked slab bacon
<i>poitrine fumée</i>	smoked slab bacon
<i>poivrade</i>	peppery brown sauce of wine, vinegar, and cooked vegetables (strained)
<i>poivre</i>	pepper
<i>poivre frais de Madagascar</i>	green peppercorns
<i>poivre noir</i>	black peppercorns
<i>poivre rose</i>	pink peppercorns
<i>poivre vert</i>	green peppercorns
<i>poivron (doux)</i>	sweet bell pepper
<i>polenta</i>	cornmeal cooked with butter and cheese
<i>pommade (en)</i>	usually refers to a thick, smooth paste
<i>pomme</i>	apple
<i>pomme en l'air</i>	caramelized apple slices usually served with blood sausage
<i>pommes (de terre)</i>	potatoes
<i>pommes à la vapeur</i>	steamed or boiled potatoes
<i>pommes à l'anglaise</i>	boiled potatoes
<i>pommes allumettes</i>	very thin fries 1/4 x 2-1/2
<i>pommes boulangère</i>	potatoes cooked with the meat; gratin with onions, sometimes bacon
<i>pommes dauphinoise</i>	baked dish of sliced potatoes w/milk, garlic, cheese
<i>pommes dauphine</i>	mashed potatoes mixed with chou pastry, shaped into balls & fried
<i>pommes duchesse</i>	mashed potatoes with butter, egg yolks, nutmeg garnish
<i>pommes en robe</i>	potatoes cooked with skins on
<i>pommes frites</i>	French fries
<i>pommes gratinées</i>	baked dish of potatoes, browned, often with cheese
<i>pommes lyonnaises</i>	potatoes sautéed with onions
<i>pommes paillés</i>	potatoes cut into julienne strips, then fried
<i>pommes pont-neuf</i>	classic fries, cut 1/2 x 2-1/2
<i>pommes soufflées</i>	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 mousse-like 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 chocolate
provençal(e)	in the style of Provence; with garlic, tomatoes, olive oil
prune	fresh plum
pruneau	prune

<i>ptes (fraiches)</i>	pasta (fresh)
<i>purée</i>	mashed
<i>quenelle</i>	dumpling, usually of veal, fish, or poultry
<i>quetsch</i>	small purple damson plum
<i>queue (de boeuf)</i>	tail (oxtail)
<i>rable de lièvre (lapin)</i>	saddle of hare (rabbit)
<i>radis</i>	small red radish
<i>radis noir</i>	large black radish
<i>ragout</i>	stew, usually of meat
<i>raie</i>	skate (fish)
<i>raifort</i>	horseradish
<i>raisin</i>	grape
<i>ramequin</i>	small individual casserole, also small tart
<i>rapé(e)</i>	grated or shredded
<i>rascasse</i>	scorpion fish
<i>rave</i>	root vegetables - celery, turnip, radish
<i>ravigote</i>	thick vinaigrette sauce w/vinegar, white wine, shallots, herbs, mayo
<i>réchauffer</i>	to reheat
<i>reine-claude</i>	greengage plum
<i>reINETte</i>	fall and winter variety of apple
<i>réMoulade</i>	sauce of mayo, capers, mushrooms, herbs, anchovies, gherkins
<i>rillettes (d'oie)</i>	minces spread of pork (goose), or duck, fish, rabbit
<i>rillons</i>	usually pork belly, cut up and cooked 'til crisp
<i>rince doigt</i>	finger bowl
<i>ris d'agneau</i>	lamb sweetbreads
<i>ris de veau</i>	veal sweetbreads
<i>rivière</i>	river
<i>riz à l'imperatrice</i>	cold rice pudding with candied fruit
<i>riz complet</i>	brown rice
<i>rognonnade</i>	veal loin with kidneys attached

<i>rognons</i>	kidneys
<i>romarin</i>	rosemary
<i>rondelle</i>	round slice
<i>rosette (de porc)</i>	dried sausage (of pork) usually from Beaujolais
<i>rosé</i>	rare (meat)
<i>rôti</i>	roast
<i>rouelle (de)</i>	slice of meat or vegetable cut at an angle
<i>rouget (rouget barbet)</i>	sweet, red-skinned fish commonly called red mullet; smaller, better
<i>rouille</i>	thick, spicy, rust-colored sauce, w/olive oil, peppers, tomatoes, garlic
<i>roulade</i>	roll, often stuffed
<i>roulé(e)</i>	rolled
<i>roux</i>	butter and flour mixed together to thicken sauce
<i>sabayon</i>	light sweet sauce of egg yolks, sugar, wine, flavoring, whipped as cooked
<i>sable</i>	shortbread-like cookie; also sweet pastry dough
<i>safran</i>	saffron
<i>saignant(e)</i>	very rare (for the cooking of meat)
<i>saint pierre</i>	mild, flat, white ocean fish; john dory
<i>saint-germain</i>	with peas
<i>saint-hubert</i>	sauce poivrade with chestnuts and bacon added
<i>saint-jacques (coquille)</i>	sea scallop
<i>saison (suivant la)</i>	according to the season
<i>salade aux noix</i>	green salad with walnuts dressed with walnut oil
<i>salade folle</i>	mixed salad, usually including green beans and foie gras
<i>salade panachée</i>	mixed salad
<i>salade verte</i>	green salad
<i>salé(e)</i>	salted
<i>salicorne</i>	edible algae
<i>salmis</i>	stewlike preparation of game birds or poultry
<i>salpicon</i>	diced vegetables, meat and /or fish in a sauce
<i>salsifis</i>	salsify, or oyster plant

sandre	perchlike freshwater fish
sang	blood
sanglier	wild boar
sarriette	summer savory; also called poivre d'âne
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
saupiquet	classis aromatic wine sauce thickened with bread crumbs
sauté(e)	browned in fat
sauvage	wild
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)
serpolet	wild thyme
service (non) compris	service (not) included
serviette	napkin
sirops	flavored syrup w/mineral water, seltzer, lemon soda (bar or cafe)
smitane	sauce of cream, onions, white wine and lemon juice
soissons	dried or fresh white beans
sole normande	sole poached in cider, garnished with mussels, shrimp, cream sauce
sorbet	sherbet
soubise	onion sauce
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
tablier de sapeur	tripe that is marinated, breaded, and grilled
tagine	spicy North African stew of veal, lamb, chicken, or pigeon with veg
tanche	tench, a freshwater fish with mild, delicate flavor
tapenade	blend of black olives, anchovies, capers, olive oil, lemon juice
tarama	mullet roe, often made into a spread of the same name
tart tatin	caramelized upside-down apple pie
tartare	chopped raw beef, seasoned and garnished with raw egg, etc.
tarte	tart; open-face pie or flan, usually sweet
tarte au fromage	cheesecake
tartine	open-face sandwich; buttered bread
tasse	cup
tendre	tender
tendrons	cartilaginous meat cut from beef or veal ribs
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 fish
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

<i>toulousaine</i>	Toulouse-style; usually with truffles or sweetbreads; cock's combs, etc.
<i>tournédos</i>	center portion of beef filet, usually grilled or sautéed
<i>tournédos rossini</i>	sautéed tournedos garnished with foie gras and truffles
<i>tourteau</i>	large crab with large claws full of deliciously sweet meat
<i>tourtière</i>	shallow cooking vessel; also pastry dish filled w/spples and/or prunes
<i>tranche</i>	slice
<i>travers de porc</i>	spare ribs
<i>tripes à la mode de Caen</i>	beef tripe, carrots, onions, leeks, spices, cooked w/cider and brandy
<i>tripoux</i>	mutton tripe
<i>trompettes des mort</i>	dark brown "horn of plenty" mushrooms
<i>tronçon</i>	cut of meat or fish (sliced from widest part)
<i>truffe (truffé[e])</i>	truffle (with truffles)
<i>truite</i>	trout
<i>truite saumonée</i>	salmon trout
<i>tuile</i>	literally, tile; delicate almond-flavored cookie
<i>turban</i>	usually mixture or combination of ingredients cooked in ring mold
<i>turbot(in)</i>	turbot (small turbot) considered the finest of fish (and most expensive)
<i>vacherin</i>	dessert of baked meringue, with ice cream and cream; also a cheese
<i>vallé d'ange</i>	region of Normandy; also garnish of cooked apples and cream
<i>vanille</i>	vanilla
<i>vapeur (à la)</i>	steam(ed)
<i>veau</i>	veal
<i>velouteé</i>	veal or chicken based sauce thickened with flour
<i>venaison</i>	venison
<i>ventre</i>	belly or stomach
<i>venus</i>	American clam
<i>verjus</i>	juice from unripe grapes; once used in sauces instead of vinegar
<i>vernis</i>	large, fleshy clam
<i>vert-pré</i>	watercress garnish, sometimes includes potatoes
<i>verviene</i>	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)
vinaigre de Xeres	sherry vinegar
vinaigrette	oil and vinegar dressing
vivant(e)	living
vivier	fish tank
vol au vent	puff pastry shell
volaille	poultry
Xeres	sherry (vinegar)
yaourt	yogurt
zeste	citrus peel, with white pith removed