

French Food/Menu Glossary

A

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 pêcheur: assorted fish platter

assorti(e): assorted

au four: baked

aubergine: eggplant

aumônière: 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

B

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

bordelaise: Bordeaux-style, also brown sauce of shallots, red wine, bone marrow
bouchée: tiny mouthful, bite-size
boudin: technically meat sausage, any sausage-shaped mixture
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
bourdaloue: hot poached fruit, sometimes wrapped in pastry
bourguignon(ne): Burgundy-style, often with wine, onions, mushrooms, bacon
bouribut: spicy red wine duck stew
bourride: fish stew
bouteille de: bottle of
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
bretonne: in the style of Brittany, dish served with white beans
bretonne (sauce): white wine sauce with carrots, leeks, celery
brioche: buttery, egg-enriched yeast bread
broche (à la): spit-roasted
brochet: pike
brouillé(e)(s): scrambled, usually eggs
brulé(e): literally, burned; dark caramelization
brunoise: tiny diced vegetables
buffet froid: cold buffet
bugnes: sweet fried doughnuts or fritters
buisson: literally bush; presentation (classically, crayfish)
bulot: large sea snail

C

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-crouste: snacks
casse-pierre: edible seaweed
cassis: black currant, black currant liqueur
cassoulette: 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 or meat
champêtre: rustic, simple presentation
champignon: mushroom (de bois) wild, (de Paris) cultivated, (sauvage) wild
champignons à la grecque: tiny mushrooms cooked with lemon, olive oil, spices
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 cow 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
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 fruites 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): basked (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

coullibiac: 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 pâtissière: custard filling for pastries and caked

crème plombières: custard filled with fresh fruit and egg whites

crépinette: small sausage patty wrapped in caul fat

cresson: watercress

cressonade: watercress sauce

crête de coq: cock's comb

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
criste-marine: edible algae
croquant(e): crispy
croque-madame: toasted ham and cheese sandwich topped with an egg
croque-monsieur: toasted ham and cheese sandwich
croquette: ground meet, 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
cure-dent: toothpick

D

dariole: usually a garnish in a cylindrical mold
darne: a slice or steak from fish, often salmon
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 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

E

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)

F

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
feuillete 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
fines de claire: elongated crinkle shelled oysters (fattened up in beds)
flageolets: small, pale green kidney-shaped beans
flagnarde, flaugarde: 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
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, fraiche: fresh
fraise: strawberry
fraise des bois: wild strawberry
framboise: raspberry
frangipane: almond custard filling
frappe: drink served very cold or with ice
frémis: (quivering); barely cooked (oysters)
friandises: sweets, petits fours
fricadelles: fried minced meat patties
fricandeau: thinly sliced veal or rmp roast, braised with vegetables, white wine
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 (includes organ meats)

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 tête: 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

G

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

goujons: small catfish; or any small fish; or small piece; breaded & fried

gourmandises: sweetmeats

gousse (d'ail): clove (of garlic)

graine de moutarde: mustard seed

graisse: fat

graisserons: crisply fried pieces of duck or goose skin; cracklings

grand veneur: usually a brown sauce for game, with red currant jelly

granite: water ice

gras: fatty

gras-double: tripe baked with onions and white wine

gratin: crusty-topped dish; also refers to a casserole

gratin dauphinois: baked casserole of sliced potatoes w/cream and sometimes cheese

gratin savoyard: baked casserole of sliced potatoes w/bouillon, cheese, butter

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

grelot: small white bult onion

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

grondin: type of ocean fish used in fish stews such as bouillabaisse

gros sel: coarse sale

groseille: red currant

gruyère: hard, mild cheese

H

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

I

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

J

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

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-Comte

jeun(e): young

joue: cheek

julienne: slivered vegetables (sometimes meat)

jus: juice

K

kir: crème de cassis and white wine (usually, sometimes red)

kir royal: crème de cassis and champagne

kougelhopf: sweet, crown-shaped Alsatian yeast cake w/almonds and raisins

L

lait: milk

laitance: soft roe (often herring) or eggs

laitue: lettuce

lamproie: lamprey (eel shaped fish)

langouste: clawless spiny lobster; sometimes called crawfish or crayfish

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

lapin de garenne: wild 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 sold

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

M

macédoine: diced mixed fruit or vegetables

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 fattened duck (or goose)

maigre: thin, non-fattening

mais: 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 a sauce made with red wine, meat stock, shallots

marché: market

marée (la): literally the tide; usually used to indicate that seafood is fresh

marennnes: flat-shelled, green-tinged plate oysters; village where raised

mareyeur: wholesale fish merchant

marine: 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 fish stew (or of eels)

mauviette: wild meadowlark or skylark

médailon: round piece or slice

mélange: mixture or blend

méli-mélo: an assortment of fish and/or seafood, usually served in a salad
melon de cavillon: 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) - avoid - cell phones
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
mets: dish or preparation
mets selon la saison: seasonal preparation
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
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

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) muzzie

myrtille: type of blueberry

mystère: cone-shaped ice cream dessert; also meringue/ice cream/choc sauce

N

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 the style of nevers, with carrots and 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: refers to fish or meat cooked with apple 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

O

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 6 minutes

oeuf poche: poached egg

oeuf sauté 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 herbes; 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

P

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, etc.
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: pastry dough
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: pate baked in pastry crust
pâtisserie: pastry
pâtissier: pastry chef
patte: paw, foot, or leg of 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 calve's liver; also king 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 fresh water fish
perdreau: young partridge
perdrix: partridge
périgourdine (à la): sauce, usually with truffles and 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
pie de mouton: meaty, cream-colored wild mushroom; also sheep's foot
pie de porc: pig's foot
pigeonneau: young pigeon or squab
pignons: pine nuts, or pignoli
pilau, pilaf: rice cooked 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
pissenlit: dandelion (leaves)
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): usually refers to 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 1/4 x 2-1/2

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 lyonnaises: 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 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

ptes (fraiches): pasta (fresh)

purée: mashed

Q

quenelle: dumpling, usually of veal, fish, or poultry

quetsch: small purple damson plum

queue (de boeuf): tail (oxtail)

R

table de lièvre (lapin): saddle of hare (rabbit)

radis: small red radish

radis noir: large black radish

ragout: stew, usually of meat

raie: skate (fish)

raifort: horseradish

raisin: grape

ramequin: small individual casserole, also small tart

rapé(e): grated or shredded

rascasse: scorpion fish

rave: root vegetables - celery, turnip, radish

ravigote: thick vinaigrette sauce w/vinegar, white wine, shallots, herbs, mayo

réchauffer: to reheat

reine-claude: greengage plum

reinette: fall and winter variety of apple

rémoulade: sauce of mayo, capers, mushrooms, herbs, anchovies, gherkins

rillettes (d'oise): minces spread of pork (goose), or duck, fish, rabbit

rillons: usually pork belly, cut up and cooked 'til crisp

rince doigt: finger bowl

ris d'agneau: lamb sweetbreads

ris de veau: veal sweetbreads

rivière: river

riz à l'imperatrice: cold rice pudding with candied fruit

riz complet: brown rice

rognonnade: veal loin with kidneys attached

rognons: kidneys

romarin: rosemary

rondelle: round slice

rosette (de porc): dried sausage (of pork) usually from Beaujolais

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; smaller, better

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

S

sabayon: light sweet sauce of egg yolks, sugar, wine, flavoring, whipped as cooked

sable: shortbread-like cookie; also sweet pastry dough

safran: saffron

saignant(e): very rare (for the cooking of meat)

saint pierre: mild, flat, white ocean fish; john dory

saint-germain: with peas

saint-hubert: sauce poivrade with chestnuts and bacon added

saint-jacques (coquille): sea scallop

saison (suivant la): according to the 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

salicorne: edible algae

salmis: stewlike preparation of game birds or poultry

salpicon: diced vegetables, meat and /or fish in a sauce

salsifis: 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: classic 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

T

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
fasse: 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
toulousaine: Toulouse-style; usually with truffles or sweetbreads; cock's combs, etc.
tournédos: center portion of beef filet, usually grilled or sautéed
tournédos rossini: sauteed tournedos garnished with foie gras and truffles
tourteau: large crab with large claws full of deliciously sweet meat
tourtière: shallow cooking vessel; also pastry dish filled w/spples and/or prunes
tranche: slice
travers de porc: spare ribs
tripes à la mode de Caen: beef tripe, carrots, onions, leeks, spices, cooked w/cider and brandy
tripoux: mutton tripe
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)

V

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
velouteé: 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)

vinaigre de Xeres: sherry vinegar

vinaigrette: oil and vinegar dressing

vivant(e): living

vivier: fish tank

vol au vent: puff pastry shell

volaille: poultry

X

Xeres: sherry (vinegar)

Y

yaourt: yogurt

Z

zeste: citrus peel, with white pith removed