



WORLDWIDE
ALLIANCE

INSTITUT
PAUL
BOCUSE

École de Management
Hôtellerie
Restauration
& Arts Culinaires

Alliance 2010

Lexique – Vocabulaire



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GENERAL VOCABULARY

Cuisine

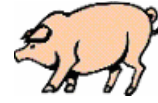
Abaisser	to roll the dough to the correct thickness
Abattis	(giblets) specific parts of an animal including head, neck, wing, tips and livers of poultry or feathered game
Abats	(offal) in nards including: head, heart, liver, brain, feet etc...
Abricoter	to glaze with a thin layer of sieved apricot jam to give a glossy appearance
Aiguillettes	aiguillette any meat cut into long, thin strips
Appareil	a prepared mixture of ingredients used alone or as an ingredient in another preparation
Aromates	plant ingredients, such as herbs and spices, used to enhance the flavour and fragrance of food; include thyme, bay leaf, nutmeg, cinnamon, and clove
Aspic	a clear jelly made from stock (or occasionally from fruit or vegetable juice) thickened with gelatine
Assaisonner	(season) to season with salt, pepper, nutmeg etc.
Bain-Marie	a water bath used to cook food gently by surrounding the cooking vessel with simmering water; also, a set of nesting pots with single, long handles used as a double boiler; also steam table inserts
Barder	(bard) to wrap a thin piece of bacon or pork fat around meat to keep the meat moist during cooking
Beurrer	(butter) to grease a mould with butter or the addition of pieces of butter to soup or sauce
Beurre clarifié	(clarified butter) melted and settled butter; butter with milk solids removed
Beurre manie	(kneaded butter) ; a mixture of equal amounts of whole butter and flour, used to thicken gravies and sauces
Beurre pomade	butter softened to a creamy consistency
Blanchir	(blanch) operation used for a number of different reasons, often it consists of putting a food in cold water and bringing it to a boil; in certain cases it can boil for up to 3 to 4 minutes: <ul style="list-style-type: none">- Removes excess salt from salted bacon- To firm up products especially offal such as sweetbreads- To purify ingredients such as bones vegetables, blanquettes etc.- To work yolks and sugar together until they foam
Blondir	(lightly brown food) to cook in fat until the food becomes translucent
Bouquet garni	(faggot of herbs) a small bundle of tied herbs
Brider	(truss) to truss with a needle
Buisson	a traditional method of arranging food in a pyramid, formerly widely used for vegetables and shellfish and still used today for crayfish
Caraméliser	(carmelize) the process of browning sugar by heating it; the temperature range in which sugar caramelizes is approximately 320 to 360°F (160 to 182°C)
Chapelure	breadcrumbs fine sieved bread crumbs
Chemiser	to line a mould with dough, aspic, ice - cream
Chiffonade	lettuce or sorrel finely shredded and braised in butter; used to garnish soup
Chiqueter	making notches in dough
Ciseler	(slash) cutting technique; to finely shred or mince

Clarifier	(clarify) – to remove solid impurities from a liquid; can be achieved with a mixture of ground meat, egg whites, mirepoix, tomato purée, herbs and spices to clarify broth for consommé
Concasser	(crush) – to roughly chop; used for parsley, chervil, tarragon
Corail	lobster or scallops roe, which is red or coral-coloured when cooked
Coucher	to plate mixtures such as ‘pate à choux’, meringue or pomme duchesse with a pastry bag
Couverture	fine, chocolate rich in cocoa butter for coating and decorating. It has a high cocoa butter content
Cuisson	poaching liquid, including stock, fumet, court bouillon or other liquid, which may be reduced and used as a base for sauce
Decanter	(to decant) to remove the bits of garniture which should not be served
Darne	a thick slice of a raw fish
Deglacer	(deglaze) to use liquid, such a wine, water or stock, to dissolve food particles and / or caramelized drippings left in a pan after roasting
Degorger	(detoxify) to eliminate impurities and blood, soak the meat poultry or fish in cold water.; sprinkle salt on certain foods such as cucumbers or eggplant to make them lose water; sprinkle food such as snails with salt so they give off their natural fluids
Depouiller	to skim the surface of a cooking liquid, such as a stock or sauce ; this action is simplified by placing the pot off center on the burner and skimming impurities as they collect at one side of the pot
Dessecher	continuous heating of dough over a flame to eliminate humidity
Detremper	paste made of flour, water salt used to prepare flaky pastry
Dorer	to brush with a mixture to make the surface shiny
Dresser	(arrange) to dress a plate
Ebarber	to remove the gills of a fish with scissors or to remove the strands from poached eggs
Ecaler	to shell eggs or nuts
Emincer	(slice, thinly) to cut in thin slices
Enrober	to cover either by pouring a covering on or by dipping
Escaloper	(escalope) to slice into scallops (meat, fish, and vegetables)
Etuver	(steam) to cook over low heat, covered, in fat without adding additional liquid
Flamber	(flambé) to pour spirits over a food, and then ignite it
Foncer	to garnish a dish with dough, to line with dough
Fonds	(stocks) a flavoured liquid prepared by simmering meat, poultry, seafood and/or vegetables in water with aromatics until their flavour is extracted; it is used as a base for soups, sauces and in other preparations
Fontaine	forming a well in a mound of flour into which eggs or other ingredients are poured
Fraiser	to work dough spreading it away from you with palm of the hand
Fremir	to simmer
Fumet	a liquid with concentrated flavour; usually fish
Garniture	(garnish) an edible decoration or accompaniment to a dish; aromatics used to increase flavour
Glacer	(glaze) to give an item a shiny surface by brushing it with a sauce; aspic, egg or other appareil; for meat, to coat with sauce and then brown in an oven or salamander
Gratiner	(cook au gratin)to grill a dish which has been sprinkled with bread crumbs or cheese in the oven to give it a golden color

Habiller	to dress: poultry – remove the feathers, singe, empty, truss; fish – remove gills, scale, empty, wash, sponge
Hacher	(chop) to chop
Hatelet	small coin of meat inserted into dish to hold up a decorative object
Inciser	to make shallow incisions in fish so it cooks evenly
Julienne	vegetables, potatoes or other items cut into thin strips
Larder	(lard) to insert thin strips of bacon fat into meat or poultry, etc...with a special larding needle
Liaison	a mixture of egg yolks and cream used to bind, thicken and enrich sauces
Limoner	to remove the skin, blood and impurities from brains by holding them under running water
Lustrer	to cover with jelly or butter to enhance and give luster
Macerer	(macerate) to macerate fruits in liquor
Mariner	(marinate) to keep meat in marinade to give it more tenderness and flavour
Masquer	(to cover) a sweet dessert with cream
Mijoter	(simmer) to simmer for a long time
Monder	to peel by blanching
Mortifier	to hang meat, poultry or game in order to make it tenderer
Napper	(coat) to coat with sauce
Paner	(coat with breadcrumbs) to coat with an egg and crumb mixture before frying: Paner à l'anglaise – dip the pieces to be cooked: In flour In fresh bread or bread crumbs Paner à la milanaise – same as above but add 1/3 volume in grated parmesan Paner au beurre brush the piece of meat with butter then coat it in fresh bread or bread crumbs
Parer	(trim) to trim
Pincer	to colour vegetables, bones or chicken slightly before moistening ; to crimp edges
Piquer	to insert in meat or poultry sticks of fat, truffles or ham
Pousser	to rice
Rafraichir	(cool) to refresh food, ex: by putting it under cold water
Raidir	to firm by cooking in fat without coloration
Reduire	(reduce) to boil a sauce or stock in order to reduce its volume and give it a thicker consistency
Rissoler	(brown) to brown
Faire revenir	to toss any meat or vegetable quickly in hot fat in order to colour them before moistening
Rouelle	carrots, onions, calf leg cut in regular slices
Ruban	to whip a mixture until it is stiff so that it takes on the appearance of ribbon when spooned out of the bowl
Saisir	to cook quickly using very high heat
Salpicon	a mixture of various diced ingredients
Sangler	to lower temperature of a mixture in order to get a desired consistency
Singer	to sprinkle with flour
Suer	to place meat, fish, etc. in a pan with fat and heat slowly under cover; to sweat
Tomber	reduce a cooking liquid (stock, juice, etc.) until it is syrupy
Tourner	to trim vegetables into a regular shape
Trousser	to arrange fowl or winged game in the appropriate form before trussing, with the legs straight out for roasting and folded in for braising or poaching

Vanner	to stir a cream, sauce or mixture with spatula to prevent a skin forming on the surface
Videler	to make a border around the edge of a piece of pastry by gently easing it with the fingers a little time, upward the towards the centre, to form a rolled edge
Zester	to remove yellow, glossy film of an orange or lemon; the zest is the white part of the peel

Main Vocabulary



Le porc Pork

Le carré de porc	Loin of pork	Le filet de porc	Fillet
Le cervelas	Type of sausage	Le jambon	Ham
La chair à saucisse	Sausage meat	Le lard	Bacon
La charcuterie	Cold cuts	Le pied de porc	Pig's trotters
La côte de porc	Pork cutlet, chop, rob	La poitrine de porc	Spare ribs of pork
L'épaule de porc	chop	La saucisse	Sausage
L'escalope de porc	Shoulder		
	Pork escalope		

Le mouton et l'agneau Mutton and lamb

Agneau	Lamb
L'agneau de lait	Spring or baby lamb
Le baron	Saddle with legs
Le carré	Rack, best neck, rib
La côtelette	roast
Le cou	Chops, cutlet
L'épaule	Neck
Le gigot	Shoulder
La selle	Leg of lamb
	Saddle



Volaille et gibier à plume Poultry and game birds

La bécasse	Woodcock	L'oie	Goose
La bécassine	Snipe	Le coq de bruyère	Grouse
La caille	Quail	Le perdreau	Partridge
Le canard	Duck	Le pigeon	Pigeon
Le canard sauvage	Wild duck	Pigeonneau	Young Pigeon
Le caneton	Duckling	La pintade	Guinea-fowl
Le chapon	Capon	La poularde	Fattened chicken
Le coq	Cock	La poule	Hen
La dinde, le dindon	Turkey	Le poulet	Chicken
Le dindonneau	Young Turkey	Le poussin	Poussin
Le faisan	Pheasant	La sarcelle	Teal



Gibier à poil Game animals

Le cerf	Stag	Le lapin de garenne	Wild rabbit
Le chevreuil	Venison	Le lièvre	Hare
Le chevreuil (la selle)	Saddle of venison	Le marcassin	Young boar
Le lapereau	Young rabbit	Le râble de lièvre	Saddle of hare
Le lapin	Rabbit	Le sanglier	Boar



Légumes / Vegetables

L'artichaut	Artichoke	La courgette	Zucchini
L'asperge	Asparagus	L'épinard	Spinach
L'aubergine	Egg-plant	Le haricot vert	String bean
L'avocat	Avocado	Le maïs	Corn
La betterave	Beets	L'oignon	Onion
Le brocoli	Broccoli	Le petit pois	Peas
La carotte	Carrot	Le poireau	Leek
Le champignon	Mushroom	Le poivron	Pepper
Le chou	Cabbage	Le radis	Radich
Le chou-fleur	Cauliflower	La tomate	Tomato
Le concombre	Cucumber	La pomme de terre	Potatoes



Aromates, épices, condiments Spices and herbs

L'aneth	Dill	Le laurier	Bay
L'angélique	Angelica	La feuille de laurier	Bay leaf
L'anis	Aniseed	La marjolaine	Marjoram
L'anis étoilé	Star anise	La menthe	Mint
Le basilic	Basil	La moutarde	Mustard
La bourrache	Borage	La muscade	Nutmeg
La cannelle	Cinnamon	L'origan	Oregano
Le cardamome	Cardamom	Le paprika	Paprika
Le carvi	cumin	Le pavot	Poppy
Le cerfeuil	Chervil	Le persil	Parsley
La ciboulette	Chives	La poudre de chili	Chilli powder
Le cinq épices (chinois)	5 spices (Chinese)	Le poivre	Pepper
Le clou de girofle	Cloves	Le poivre de Cayenne	Cayenne pepper
La coriandre	Coriander	Le poivre de Jamaïque	All spice
Le cumin	Cumin	Le poivre de Sechuan	Sichuan pepper
Le curcuma	Turmeric	Le quatre épices	4 spices
Le curry	Curry	Le raifort	Horse radish
L'estragon	Tarragon	Le romarin	Rosemary
Les fines herbes	Mixed herbs	Le safran	Saffron
Le Garam Masala (mélange d'épices indiennes)	Garam masala	La sarriette	Savory
Le genièvre	Juniper	La sauge	Sage
Le gingembre	Ginger	Le sésame (grains de)	Sesame seed
		Le tamarin	Tamarind
		Le thym	Thyme
		La vanille	Vanilla



Lait, fromage Milk, cheese

Le caillé	Curdled milk	La pâte dure	Hard crust cheese
La caséine	Casein	La pâte molle	Soft crust cheese
La crème	Cream	Le petit lait	Whey
Le fromage blanc	White cheese	La présure	Rennet
Le lait	Milk	Le yaourt, le yoghurt	Yoghurt



Graisse, huile Fat, oil

Le beurre	Butter	La margarine	Margarine
La graisse	Fat	La mayonnaise	Mayonnaise
L'huile d'arachide	Peanut oil	La moutarde	Mustard
L'huile de tournesol	Sunflower oil	Le saindoux	Shortening
L'huile de colza	Colza oil	Le vinaigre	Vinegar
L'huile de noix	Walnut oil	La vinaigrette	Vinaigrette
L'huile d'olive	Olive oil		Salad dressing

Fruits Fruits

L'amande	Almond	La noix de cajou	Cashew
La cacahuète	Peanut	La noix de coco	Coconut
La châtaigne	Chestnut	La noix de pécan	Pecan nut
La noisette	Hazelnut	La noix	Walnut
L'abricot	Apricot	La mure	Blackberry
L'ananas	Pineapple	La myrtille	Blueberry
La banane	Banana	L'orange	Orange
La cerise	Cherry	Le pamplemousse	Grapefruit
Le citron	Lemon	La pastèque	Watermelon
Le citron vert	Lime	La pêche	Peach
La fraise	Strawberry	La poire	Pear
La framboise	Raspberry	La pomme	Apple
Le raisin	Grapes	La prune	Plum



Céréales

L'avoine	Oat	L'orge	Barley
Le blé	Wheat	Le riz	Rice
La farine	Flour	Le sarrasin	buckwheat
Le flocon d'avoine	Oatmeal	Le seigle	Rye
Le maïs	corn	La semoule	Semolina



Oeufs / Eggs

Le blanc d'oeuf	Egg white	L'oeuf dur	Hard boiled egg
Le blanc en neige	Whipped egg white	L'oeuf mollet	Between soft and hard boiled
Le jaune d'oeuf	Egg yolk	L'oeuf à la coque	Boiled egg
La coquille d'oeuf	Egg shell	L'oeuf au plat	Fried egg
La crêpe	Crepe	L'oeuf poché	Poached egg
L'oeuf brouillé	Scrambled egg	L'omelette	Omelette
L'oeuf en cocotte	Soft boiled egg		



Abats Offal, giblets

La cervelle	Brain	L'aileron	Pinion
Le coeur	Heart	Le coeur	Heart
Le foie	Liver	Le cou	Neck
La langue	Tongue	La crête	Cock's comb
Le pied	Fet	Le gésier	Gizzard
La tête	Had	Le rognon	Kidney
Les tripes	Tripe		



Crustacés et mollusques Crustaceans and molluscs

L e bigorneau	Winkle (sea snail)	L'huître	Oyster
Le calamar	Squid/Ink fish	La langouste	Crawfish, rock lobster
La coque	Cockle	La langoustine	Norway lobster
Le coquillage	Shell-fish	La moule	Mussel
Le crabe	Crab	L'oursin	Sea - urchin
La crevette grise	Shrimp	La palourde	Clam
La crevette rose	Prawn	La pieuvre	Octopus
L' écevisse	Crayfish	Le poulpe	Octopus
L'encornet	Squid	La praire	Small clam
L'escargot	Snail	La seiche	Cuttle - fish
La gambas	Gambas (large or tiger prawns)	La St.Jacques	Scallop
Le homard	Lobster	Le tourteau	Crab



Poissons Fish

L'anchois	Anchovy	Le loup de mer	Sea bass
L'anguille	Eel	Le maquereau	Mackerel
Le bar	Bass	Le merlan	Whiting
Le barbus	Brill	La perche	Sea perch
La baudroie (lotte de mer)	Angler/Monkfish	La plie	Plaice
Le brochet	Pike	Le requin	Shark
Le cabillaud	Cod	Le rouget	Red mullet
La carpe	Carp	Le Saint-pierre	John Dory
Le colin	Hake	Le saumon	Salmon
Le congre	Eel	La sole	Sole
La daurade	Sea bream, gilt-head	Le thon	Tuna
Le flétan	Halibut	La truite	Trout
Le hareng	Herring	Le turbot (turbotin)	Turbot (small turbot)
La limande	Dab	Le caviar	Caviar

Parties de poissons Parts of fishes

L'arête	Fishbone	La nageoire	Fin
L'arête centrale	Back bone	L'oeuf	Roe
La chair	Flesh	L'ouïe	Gills
La coquille	Shell	La peau	Skin
L'écaille	Scale (poisson), Shell	La queue	Tail
La laitance	(huitre) Soft roe	La tête	Head

Most frequently used vocabulary

List of words that our chefs use very often in the kitchen☺:

French	English	French	English
Le papier sulfurisé	Parchment paper	La spatule	Spatula
Le papier film	Plastic wrap	La pince de cuisine	Kitchen tongs
La cellule de refroidissement	Blast	Le cul de poule	Steel bowl
La balance	Scale	Le fouet	Whisk
Le couteau de cuisine	Kitchen knife	Le rouleau	Rolling pin
L'économe	Vegetable peeling knife	Le pinceau	Brush
Les ciseaux de cuisine	Kitchen scissors	La poêle	Frying pan
Le mixer	Blender	Le four	Oven
Le tamis	Sieve	Le bain-marie	Water bath
Le chinois	Conical shaped strainer	La plaque de four	The baking sheet
L'écumoire	Skimmer	Le moule	Tin, mould
L'araignée	Wire strainer	L'aiguille à brider	Trussing needle
La louche	Ladle	Le tire-bouchon	Corkscrew
		L'entonnoir	Funnel

KITCHEN TECHNIQUES

Cutting techniques : Cutting description and products concerned

Name	Size and description	Which vegetables
MIREPOIX	Chop in large chunks	Carrots, onions, shallots, leeks, celery(iac)
MACEDOINE	Diced cubes of 5mm	Carrots, turnips, zucchini, eggplant, pumpkin, celeriac
BRUNOISE	Small cubes of 3mm	Carrots, turnips, zucchini, eggplant, pumpkin, celeriac, mushrooms, fennel, peppers, tomatoes, artichokes,...
MATIGNON	Very small cubes of 1 or 2mm	Carrots, turnips, zucchini, eggplant, pumpkin, celeriac, mushrooms, fennel, peppers, tomatoes, artichokes...
SALPICON	Small cubes of 1 or 2mm	Meat, fish
JARDINIERE	Sticks of 4cm length with a section of 5mm	Carrots, turnips, zucchini, celeriac
PAYSANNE	Squares with sides of 5mm to 10mm and 1 or 2mm thickness	Carrots, leeks, turnips, zucchini, potatoes, celeriac, celery,...
JULIENNE	Matchstick like strips about 1mm wide and 5cm long	Carrots, turnips, beetroot, zucchini, celeriac, leeks, snow peas,...
CHIFFONADE	Shred into filaments	Basil, lettuce, sorrel, spinach
LEGUMES TOURNES	Shape vegetable to obtain a regular size with an oblong form; different sizes: 4cm (cocotte and bouquetière), 5cm (anglaise), 7cm (château), 5 to 7cm with a flat side (fondants)	Carrots, turnips, zucchini, celeriac, Jerusalem artichokes, broccoli and cauliflower, marrow and especially potatoes
NOISETTES	Small balls made with a Parisian spoon (different sizes)	Carrots, turnips, zucchini, celeriac, melon, potatoes
HACHE	Minced, chopped	Fines herbs, garlic, onions, mushrooms
CISELE	Finely chopped or diced	Onions, shallots, chives
EMINCE	To slice	All vegetables
ROUELLE	Slice the whole vegetable to obtain slices. Rouelle can be 'canneler' with a kind of peeler	Carrots, onions, zucchini
CONCASSE	Crushed	Fine herbs, tomatoes, garlic, pepper


Cooking methods

AU GRATIN	Au gratin	FLAMBE	Flamed
BRAISE	Braised	FUME	Smoked
CUIT A LA BROCHE	Roasted on a spit	GRILLE	Grilled
CUIT A L ETOUFEE	Stewed	MARINE	Marinated
CUIT AU FOUR	Baked	MIJOTE	Simmered
CUIT COUVERT	Cooked covered	PANE	Fried in bread crumbs
COURT BOUILLON	Cooked in broth	POCHE	Poached
POELE	Fried	SAUTE	Sautéed
ROTI	Roasted	CUIT EN DAUBE	Braised in wine

Cooking process techniques




Cooking process	Techniques	Products
<p>BOILED POACHED Expansion Concentration Mixed</p> <p><u>Equipment:</u> Saucepan, Sauteuse, Pot</p>	<p>To cook a product in a large quantity of liquid (water, milk or liquid stock, syrup), starting with cold or hot liquid</p>	<p>All vegetables Fishes Crustaceans Meat (generally second category) Poultry Offal Bones for stock Eggs Rice and pasta, Fruit</p>
<p>STEAMED Concentration</p> <p><u>Equipment:</u> Steam oven Steam pot</p>	<p>To cook a product with vapor</p> <p>Advantages: Fat free, original flavour, speed.</p>	<p>All vegetables (except dried and strong ones) Fish Crustaceans Poultry Eggs Rice Fruit</p>
<p>ROAST Concentration</p> <p><u>Equipment:</u> Convection oven Oven Micro wave with resistances</p>	<p>To cook a product with hot dry heat (190° to 250°)</p> <p>Trim, tie, (marinate), season and (colour) pieces before cooking</p> <p>Choose a tray adapted to the size of the meat</p> <p>Baste frequently</p> <p>Never prick food with a fork</p> <p>Wait 15 to 30 min after cooking to slice</p>	<p>First category meat pieces (beef, veal, pork, kid, lamb game) Filletts, Saddle, Rack, Part of legs, Ribs, Rib eye, Shoulder Poultry and rabbit Fishes Potatoes Fruits (apple, fig)</p>
<p>POT – ROAST Concentration</p> <p><u>Equipment:</u> Conventional oven Oven Pot Saucepan Sauteuse with a lid</p>	<p>To cook meat in a covered pot with in an oven with hot dry heat (190° to 250°)with an aromatic garnish</p> <p>Trim, tie, (marinate), season and (colour) pieces before cooking</p> <p>Choose a pot adapted with the size of meat</p> <p>Add raw or sweated aromatic garnish (mirepoix, brunoise).</p> <p>You can add this aromatic garnish during the cooking process. Surmount with meat. Cover with the lid. Baste frequently</p> <p>Never prick food with a fork</p> <p>Make the pot roast juice Glaze meat with this juice</p>	<p>Big first category meat pieces (beef, veal, pork, kid, lamb, game) Filletts, saddle, Rack, Legs, Ribs, Rib eye, Shoulder Poultry and rabbit</p>
<p>GRILLED Concentration</p> <p><u>Equipment:</u> Grill (flat or with strip)</p>	<p>To cook a product on heat by contact. It develops a reaction call “Maillard”</p> <p>Clean and brush grill</p> <p>Marinate pieces in an instant marinade (oil, spices, thyme, bay leaf, rosemary)</p>	<p>Small meat pieces of first category (beef, veal, pork, lamb, game) Filletts, Saddle, Rack, Part of legs, Ribs, rib eye Poultry filletts</p>

<p>salamander</p>	<p>Cross pieces on the grill on both side Finish cooking in oven Never prick food with a fork Season before or after cooking</p>	<p>Offal Fish (fillets or whole) Crustaceans Vegetables</p> 
<p>BRAISED Mixed</p>	<p>To cook a product in oven with an aromatic garnish and a (thickened) liquid using a covered pot. It's a long cooking process</p>	<p>Big meat pieces of second category (beef, veal, pork, kid, lamb, game) Big poultry Offal (Tang, Sweet bread) Fishes Vegetables</p>
<p>STEWED Mixed</p> <p><u>Equipment:</u> Sauteuse or pot or saucepan</p>	<p>To cook small pieces in the oven with an aromatic garnish and thicken liquid using a tray with a lid. It's a long cooking process. It can be a white or a brown stew</p>	<p>Meat pieces of second or third category (beef, veal, pork, kid, lamb, game) cut in small pieces Poultry in small pieces Offal (Kidneys, sweet bread) cut in small pieces Fish cut in small pieces Crustaceans</p>
<p>SHALLOW – FRIED Saute Concentration</p> <p><u>Equipment:</u> Frying pan Sauteuse</p>	<p>To cook product in a small quantity of fat product with high heat. It develops a reaction call "Maillard"</p>	<p>Small meat pieces of first category (beef, veal, pork, lamb, game): Fillets, Saddle, Rack etc. Poultry fillets, Offal Delicatessen Eggs, Fish, Crustaceans Vegetables (raw or cooked) and fruit Dessert (pancakes)</p>
<p>DEEP FRIED Concentration</p> <p><u>Equipment:</u> Deep fryer</p>	<p>To cook a product (raw or cooked) in oil (temperature changes according to the size of the piece and the result you expect) At low temperature, the cooking process is called "confit"</p>	<p>Small pieces of meat Small pieces of poultry Offal Fish Eggs Potatoes and vegetables Herbs Dessert (fritters)</p>
<p>MARINATED Concentration</p>	<p>The salt cooks the food in this cooking process Marinade made with sea salt, (sugar), spices and condiments The food is covered with the marinade for a long time Rinse under running water You can smoke it after</p>	<p>Fish Poultry Ham Foie gras</p>

CUISINE *Stocks*

Basic preparation

White Chicken stock, white veal stock, poultry stock and duck stock
 Fonds blancs (volailles et veau) 5 l/White chicken stock and white veal stock

Ingredients	U	Q	Key steps:
<u>Brown veal stock:</u> Veal bones + "trim" Carrots Onions Garlic (whole) Green part of leeks Celery or celeriac (Mushroom) Thyme Bay leaf White wine Oil Pepper (spices)	 KG Gr Gr U Gr Gr Gr Cl Cl	5 250 250 4 150 150 100 100 8	<ul style="list-style-type: none"> • Cut garlic in two, cut carrots, onions, leeks, celery and mushrooms into "mirpoix" • (sweat in oil) • Add bones and "trim", thyme, bay leaf, pepper and spices, moisten with white wine and water to cover bones • Cook over low heat for 6 hours • Skim regularly, add water if necessary • Strain, check colour with Patrel if stock is too white
<u>Poultry stock:</u> Poultry carcass Same ingredients as previous recipe	KG	5	Same way to realise this stock (remove excess of fat from carcass before starting the stock)
<u>Duck stock:</u> Duck carcass Same ingredients as previous recipe	KG	5	Same way to realise this stock (remove excess of fat from carcass before starting the stock)

Preparation equipment	Cooking equipment	Used for
1 cutting board 1 fine conical strainer 1 ladle	1 pot	<ul style="list-style-type: none"> • Base of white sauce • Consommé • To cook vegetable • To poach or braise meats • A soup base



Brown stocks

Fond et jus brun: veau, agneau, volaille et gibier / 5 liters/ Brown stocks: veal, lamb, poultry and game

Ingredients	U	Q	Key steps:
<p><u>Brown veal stock:</u></p> <p>Veal bones + 'trim'</p> <p>Carrots</p> <p>Onions</p> <p>Garlic (whole)</p> <p>Green part of leeks</p> <p>Celery or celeriac</p> <p>(Mushroom)</p> <p>Tomatoes</p> <p>Thyme Bay leaf</p> <p>(Red wine)</p> <p>(White wine)</p> <p>Flour</p> <p>Tomato paste</p> <p>Oil, Patrel arom, Pepper (spices)</p>	<p>Kg</p> <p>Gr</p> <p>Gr</p> <p>U</p> <p>Gr</p> <p>Gr</p> <p>Gr</p> <p>Gr</p> <p>Cl</p> <p>Cl</p> <p>Gr</p> <p>Spoon</p> <p>Cl</p>	<p>5</p> <p>250</p> <p>250</p> <p>4</p> <p>150</p> <p>150</p> <p>100</p> <p>500</p> <p>100</p> <p>100</p> <p>100</p> <p>3</p> <p>8</p>	<ul style="list-style-type: none"> • Cut bones in small pieces • Roast bones and 'trim' in hot oven until they become very colored (1h) • Cut garlic in two, cut carrots, onions, leeks, celery and mushrooms into "mirepoix", color in oil; add flour, make a kind of brown roux • Add bones, (wet with wine) and add other ingredients, add water to cover bones • Cook over low heat for 6 to 10 hours • Skim regularly, add water if it reduces too much • Strain , check color and consistency
<p><u>Lamb stock:</u></p> <p>Lamb bones + 'trim'</p> <p>Rosemary</p> <p>Some ingredients as veal stock</p>	<p>Kg</p>	<p>5</p>	<ul style="list-style-type: none"> • Same way to realise these stocks • Make stocks for each kind of poultry: pigeon, quail, duck,....
<p><u>Poultry stock:</u></p> <p>Poultry carcase</p> <p>Same ingredients as previous recipe</p>	<p>Kg</p>	<p>5</p>	
<p><u>Brown game stock:</u></p> <p>Game bones + 'trim'</p> <p>Carrots</p> <p>Onions</p> <p>Garlic (whole)</p> <p>Green part of leeks</p> <p>Celery or celeriac</p> <p>(Mushroom)</p> <p>Tomatoes</p> <p>Thyme Bay leaf</p> <p>Red wine</p> <p>Cognac</p> <p>Flour</p> <p>Tomato paste</p> <p>Oil</p> <p>Patrel arom</p> <p>Pepper, juniper berry, other spices</p>	<p>Kg</p> <p>Gr</p> <p>Gr</p> <p>U</p> <p>Gr</p> <p>Gr</p> <p>Gr</p> <p>Gr</p> <p>Cl</p> <p>Cl</p> <p>Gr</p> <p>Spoon</p> <p>Cl</p>	<p>5</p> <p>250</p> <p>250</p> <p>4</p> <p>150</p> <p>150</p> <p>100</p> <p>500</p> <p>400</p> <p>10</p> <p>100</p> <p>3</p> <p>8</p>	<ul style="list-style-type: none"> • Cut bones in pieces. Cut garlic in two, cut carrots, onions, leeks, celery and mushrooms into 'mirepoix'. Add thyme, bay leaf, pepper and juniper berry. Marinate with red wine and cognac for 24h minimum. • Roast bones and 'trim' in hot oven until they become very coloured (1h) • Sauté marinated vegetables in oil. Add flour or powdered stock; make a kind of roux and tomato paste. Add marinating liquid, bring to a boil and flame, add bones and moisten with water to cover bones. • Cook over low heat for 5 hours. • Skim regularly; add water when necessary. • Strain , check colour and consistency
<p>NB: Never salt stocks. To make juice use more trim and don't use flour</p> <p>If you only make veal stock, use it as a quick base to make other kinds of stocks .</p>			

Preparation equipment	Cooking equipment	Plate service
1 big strainer 1 fine conical strainer 1 ladle (to skim) 1 cutting board	1 big pot 1 roasting tray	All kinds of brown sauces All braised and stewed meat in brown sauce

Vegetable stock and fish stock

Bouillon de légumes (Nage) et fumet de poisson/Vegetable stock (Nage) and fish stock

Ingredients	U	Q
Butter	Gr	50
Carrots	Gr	500
Onions	Gr	500
Green parts of leeks	Gr	500
Celery	Gr	500
Garlic cloves	U	10
Thyme, bay leaf		
Parsley stems, cloves, pepper, coriander, juniper,...		
White wine	L	1



You can flavor it with other vegetables and spices

Ingredients	U	Q
Fish bones	Kg	2,5
Butter	Gr	50
Carrots	Gr	300
Onions	Gr	300
Leeks	Gr	300
Shallots	Gr	200
Celery	Gr	200
Garlic cloves	U	10
Thyme, Bay leaf, parsley stems, cloves, pepper, coriander,...		
White wine	L	1



Preparation equipment	Cooking equipment	Use for
	1 pot	<ul style="list-style-type: none"> • Base of white or butter sauce • Crustaceous cooking liquid • To cook vegetables • To poach or braise fish • As a soup base



Lobster stock

Bisque sauce et huile de crustacées

(Écrevisse, langoustine, homard, langoustes, crabes, crevettes, araignées de mer)

Crustaceans stocks 'bisque', crustaceans oil

(Crayfish, Norway lobster, lobster, sea crawfish, crabs, prawns, sea spider)

Ingredients	U	Q	Key steps / preparation methods
<u>Lobster stock:</u> Lobster heads (5 or 6 pieces) Water Onion or shallots Carrots Celery Mushroom Green leeks Garlic cloves Tomato paste Tomatoes Thyme, bay leaf Flour Cognac White wine Olive oil Heavy Cream Butter	Gr L Gr Gr Gr Gr Gr U Spoon Gr Spoon Cl Cl Cl Cl G	750 2 50 50 50 30 50 4 1 200 2 4 15 7 50 50	<u>Key steps (lobster stock):</u> <ul style="list-style-type: none"> Remove head shell, clean it out (keep everything). With a chef's knife, cut the main part (part with legs) in 4 or 5 pieces Color in hot olive oil, flame with cognac Add minced onions, carrots, celery, leeks, mushroom and garlic, sweat Add flour and continue cooking (like a roux) Add white wine, tomatoes and tomato paste, thyme and bay leaf, pour in the water and let cook at low heat for 1.30 hours Remove thyme and bay leaf, mix with hand mixer, strain through the fine conical strainer Check seasoning, consistency and color
Sea crawfish Sea spider Crabs Norway lobster			For the preparation: same way as lobster stock and sauce; remember to remove the hard part of shell, otherwise you will break hand mixer. Don't forget to remove the claws of Norway lobster
Crayfish Prawns Green crabs			Color the oil crayfish or prawn tails or whole crabs in hot olive oil, crush them, flame with cognac and follow like the previous recipe
<u>Crustacean oil:</u> Olive oil Grape seed oil Salt, paprika and chill pepper	Cl Cl	75 75	First method: Infuse oils for 24 hours with strained head Strain again in the fine conical strainer Check seasoning Keep in the refrigerator Second method: Same way as lobster stock but replace water with olive oil

NB: Replace cognac by any other spirit like pastis

add other spices (star anise, fennel seeds, coriander, ginger)

Preparation equipment	Cooking equipment	Use for
1 cutting board 1 fine conical strainer 1 ladle 1 basin 1 hand mixer	1 pot	Soup Base of many sauces Base of crustacean flan

Sauces

Butter sauce & white butter sauce

Butter sauce:

- ✓ Reduce spirits and (sweated) aromatic garnish together until syrupy
- ✓ (White wine, red wine, champagne, sweet wine, vinegar, cider, port wine, Noilly Pratt, Vermouth, lemon juice, Orange juice)
- ✓ Add stock and reduce (glaze)
- ✓ (White stock, brown stock, vegetable stock, mushroom juice, fish stock, mussel: seashell juice crustacean stock, crustacean bisque)

If you want to have a less fragile sauce, you can:

- ✓ Add a little bit of cream and reduce or add a little bit of “roux”
- ✓ Add butter in small knobs; bring to an emulsion using a whisk or liquidizer
- ✓ Strain the sauce through the fine conical strainer
- ✓ Add garniture (Fines herbs, tomatoes ‘brunoise’, vegetables ‘brunoise’, mushrooms, truffles, poultry fillets salpicon, seafood)

Beurre blanc/White butter sauce

Ingredients	U	Q	Key steps:
Beurre blanc: Shallots White wine White wine vinegar Softened butter Salt, Cayenne pepper	Gr Cl Cl Gr	40 20 20 200	<ul style="list-style-type: none"> • Peel, wash and finely chop the shallots • Place the shallots into a small saucepan together with the white wine and the white vinegar. Season with table salt and Cayenne pepper • Reduce to $\frac{3}{4}$ • Gradually add the butter in small knobs at the edge of stove and bring the whole to an emulsion using a small whisk (the butter must be creamy and smooth) • Never boil white butter

Preparation equipment	Cooking equipment	Use for:
1 cutting board 1 whisk	1 small saucepan (sauteuse)	Fish and seafood

Stable emulsified sauce (Mayonnaise)

Ingredients	U	Q	Key steps:
<u>Mayonnaise sauce:</u> Egg yolks Mustard Oil Vinegar Salt, pepper	U Spoon Cl spoon	1 1 25 1	<ul style="list-style-type: none"> • Combine in a small stainless bowl, the egg yolks, salt, pepper, mustard and vinegar • Gradually whisk in the oil • Check the seasoning • NB: All the ingredients must be at room temperature

Preparation equipment
1 large bowl 1 whisk

Aïoli

Ingredients	U	Q	Key steps:
Potatoes	Gr	80	<ul style="list-style-type: none"> • Boil potatoes, peel and mash with fork • Mince garlic • Whisk potatoes, yolks, garlic, lemon juice, salt and pepper • Gradually beat in the oil with a whisk
Olive oil	Cl	25	
Yolk	U	1	
Lemon juice	Spoon	2	
Garlic cloves	U	5	
Salt, pepper			
Preparation equipment			
1 large bowl 1 whisk or mortar and pillar 1 saucepan 1 fork 1 large bowl 1 whisk			

Sauce Hollandaise (Hollandaise sauce)

Ingredients	U	Q	Key steps:
Hollandaise sauce:			<ul style="list-style-type: none"> • Melt butter to clarify it • Separate the eggs • Put the yolks into a small sauteuse with 2cl of cold water and season with salt and cayenne pepper • Heat very gently on the corner of the stove-top continuously beating energetically until the temperature reaches 60° to 65° (hot to touch) and consistency becomes frothy. At each movement of the whisk, the mixture should leave the bottom of the pan clean • Remove the pan from the heat • Incorporate gradually the clarified butter • Add the juice of half a lemon • Check the seasoning
Egg yolks	U	4	
Butter	Gr	250	
Lemon	u	1/2	
Salt, Cayenne pepper			

Similar sauces

Sauce Moutarde (Mustard sauce)
Hollandaise sauce: mix with mustard or grain mustard
Sauce Mousseline (Mousseline sauce)
Hollandaise sauce: mixed with whipped cream (and creamy sauce)
Sauce Sabayon
Hollandaise sauce mix with (whipped cream and: bisque or coulis sauce or creamy sauce or brown sauce or herbs or condiment or spices or garniture (truffle,))

Sauce Béarnaise (Bearnaise sauce)

Ingredients	U	Q	Key steps:
<u>Bearnaise reduction:</u> Spirit vinegar Shallots Peppercorns Tarragon Chervil Parsley Clarified butter Yolks	Cl Gr B B Gr Gr U	8 40 ¼ ¼ 20 200 4	<ul style="list-style-type: none"> • Melt butter to clarify • Peel and finely chop the shallots • Wash, pluck and chop the tarragon, chervil and parsley • Crush the peppercorns • Combine in a small saucepan, the chopped shallots, half of the chopped tarragon, the crushed peppercorns • Add the vinegar and reduce the whole until nearly dry • Let the reduction cool • Emulsify yolks with reduction using same technique as hollandaise sauce • Incorporate clarified butter gradually • Add the chopped chervil and tarragon (and some chopper parsley if desired) • Check the seasoning
Preparation equipment			
1 small bowl, 1 whisk, 1 fine conical strainer, 1 small saucepan (sauteuse), 1 saucepan			

Similar sauces

Sauce Choron (Choron sauce) Bearnaise sauce mix with crushed tomato sauce

Sauce Foyot (Foyot sauce) Bearnaise sauce mix with brown veal or chicken stock glaze

Bechamel sauce

Ingredients	U	Q	Key steps:
<u>Bechamel sauce:</u> Butter Flour Milk Salt, Cayenne pepper, nutmeg	Gr Gr L	60 – 100 60 – 100 1	<ul style="list-style-type: none"> • Make the white roux and cool it quickly • Boil the milk and pour it boiling over the cold roux mixing it in with a whisk • Continue whisking and bring to a boil • Season with table salt, cayenne pepper and nutmeg • Pass the sauce through the fine conical strainer
Preparation equipment	Cooking equipment		Use for:
1 conical strainer 1 small Bain-marie	1 medium saucepan (russe)		

Similar sauces:

Mornay sauce: Béchamel + grated cheese + yolks

Sauce crème: Béchamel + cream + butter

Sauce Soubise: Béchamel + sweated onions


Concassée de tomates - crushed tomatoes sauce

Ingredients	U	Q	Key steps:
<u>Crushed tomatoes sauce :</u> Tomatoes Onions Garlic cloves Thyme, bay leaf, rosemary Olive oil Celery salt, chilli pepper	Klk Gr Gr U Cl	Kl 1000 200 4 8	<ul style="list-style-type: none"> • Poach tomatoes for 10 seconds in boiling water, cool, peel, seed and finely dice • Finely chop onions and garlic • Sweat onions in olive oil, add tomatoes and other ingredients, season and let cook slowly with a buttered pepper on top • You can sweat onions with an aromatic garnish (carrots, leeks and celery), you can add bacon; You can flavour sauce with pesto or add peppers or zucchini...
Preparation equipment	Cooking equipment		Use for:
1 cutting board	1 saucepan		Pasta, Side dish, Basics of many recipes



BAKERY

Traditional French bread

Ingredients		U	Q	Key steps:
Flour		Kg	1	<ul style="list-style-type: none"> • Mix ingredients in the spiral dough mixer: 4 minutes at the low speed; 6 minutes at the fast speed • Let rise 1 hour in a platter or in a plastic tub • Weigh and shape the dough • Let ferment a second time 1 hour 30 minutes • Split the bread and load it • Bake 40 minutes at 240° • Unload
Salt		Gr	20	
Water		Gr	640	
Fermented dough		Gr	200	
Baking yeast		Gr	20	

Baguette


Did you know?

Baguette Française:

- The French Baguette is known abroad thanks to Professor Raymond Calvel who made French bread famous☺
- We can talk about a typical French Baguette starting only from the 19th century; French Baguette was originally baked and sold in cities and it arrived in villages much later (the half of the 20th century)
- A real French Baguette must have 5 – 7 splits☺
- There is a strict method of producing the French Baguette: this is not leavened bread; One doesn't add any fermented dough to it. There is just a little bit of yeast☺ and the crispy golden bread is ready☺

Bon appétit ☺

Croissant

Ingredients (for 40 croissants of 65g each)		U	Q	Key steps:
Flour (type 55)		Kg	1	<ul style="list-style-type: none"> • Kneading: 3 minutes at first speed and 5 minutes at second speed • The dough temperature: about 23°C • Cooking time: 20 minutes at 220°C • Shaping is very important for the final presentation
Water		Cl	60	
Fermented dough		G	300	
Sugar		G	110	
Yeast		G	35	
Salt		G	20	
Powdered milk		G	15	
Butter		G	500	

PASTRY Vocabulary

Pâtes Pastry dough

Le biscuit roulé	Swiss roll	La pâte à milans	Cookie dough
La farce	Stuffing	La pâte à nouilles	Noodle dough
Le glaçage	Icing	La pâte à pain	Bread dough
La pâte à chou	'Choux ' dough	La pâte à savarin	Savarian dough
La pâte à baba	Baba dough	La pâte brisée	Short crust pastry dough
La pâte à beignet	Doughnut dough	La pâte feuilletée	Puff pastry dough
La pâte à brioche	Brioche dough	La pâte levée	Yeast dough, leavened dough
La pâte à cake	Cake batter	La pâte sablée	'Sable' dough
La pâte à crêpes	Pancake batter		
La pâte à génoise	Whisked sponge cake		

Produits de pâtisserie et boulangerie Pastry and bakery products

Le beurre en pommade	Softened butter	La pâte	Dough
Le chocolat à cuire	Cooking chocolate	L'appareil	Basic mixture
Le chocolat de couverture	Cover chocolate	La pâte à chou	Choux pastry dough
La crème anglaise	Custard cream	La pâte à crêpes	Pancake batter
La crème chantilly	Whipped cream with sugar	La pâte à frire	Frying batter
La crème fouettée	Whipped cream	La pâte à pain	Bread dough
La crème au beurre	Pastry cream	La pâte brisée	Short crust pastry dough
L' essence de	Essence of	La pâte d'amande	Almond paste
La farine d'avoine	Oatmeal flour	La pâte feuilletée	Puff pastry dough
La farine de froment	Wheat flour	La pâte sablée	'Sablé' pastry dough
La farine de maïs	Cornflower	La poudre à crème	Cream powder
La farine de sarrasin	Buckwheat flour	Le sucre brun	Brown sugar
La farine de seigle	Rye flour	Le sucre candi	Candy sugar
La gélatine	Gelatin	Le sucre cristallisé	Granulated sugar
Le levain	Leaven	Le sucre de canne	Sugar cane
Le bicarbonate de soude	Baking soda	Le sucre d'érable	Maple sugar
La levure	Yeast	Le sucre d'orge	Barley sugar
La levure de bière	Brewer's yeast	Le sucre en morceaux	Sugar lumps
La levure artificielle	Baking powder	Le sucre glace	Powdered sugar
La margarine	Margarine	Le sucre vanille	Vanilla sugar
Le miel	Honey	La cassonade	Soft brown sugar



Cake personality quiz

If a friend asked you what type of cake you'd like her to make you for your birthday. Which of the following would you choose?

- Angel food cake
- Brownies
- Lemon Meringue
- Vanilla with Chocolate Icing
- Strawberry Short Cake
- Chocolate with Chocolate Icing
- Ice Cream cake
- Carrot Cake



Now that you've made your choice, this is what research says about you!

Angel food - Sweet, loving, cuddly. You love all warm fuzzy items. A little nutty. Sometimes you need an ice cream cone at the end of the day.

Brownies - Adventurous, love new ideas, are a champion of underdogs and a slayer of dragons. When tempers flare up, you whip out your sabre.

Lemon Meringue - Smooth, sexy, and articulate with your hands, you are an excellent after-dinner speaker and a good teacher. But don't try to walk and chew gum at the same time.

Vanilla with Chocolate. Icing - Fun-loving, sassy, humorous. Everyone enjoys being around you, but you are a practical joker. Others should be cautious shaking hands, however, you are a friend for life

Strawberry Short Cake - Romantic, warm, loving. You care about other people and can be counted on in a pinch. You tend to melt.

Chocolate with Chocolate Icing - Sexy, always ready to give and receive, very energetic, and really likes to get into life. The opposite sex is always attracted to you.

Ice Cream cake- You like sports, whether baseball, football, basketball, or soccer. If you can, you like to participate, but you also enjoy watching sports. You don't like to give up the remote control.

Carrot Cake - You are a very fun loving person, who likes to laugh. You are fun to be with. People like to hang out with you. You are a very warm hearted person.

REGIONAL CULINARY DIFFERENCES

Alsace

There is a strong German influence in the food of Alsace with the emphasis on hearty stews, charcuterie of all sorts, and solid desserts and pastries. Pork, in all its forms, is the favoured meat. Vegetables are an important part of every meal.

Specialties : schifela, baeckenoffe, choucroute, matelote d'escargots, kugelhopf

Cheese: carré de l'Est, munster

Brittany

Renowned for its fish and shellfish. The cream and butter produced here are superb, as is the salt meadow sheep. The duckling from Nantes and the wide variety of game are famous.

Specialties : agneau pré-salé, cotriade, charcuterie, bardatte, galette, crêpes, blé noir, palourdes farcies, gâteau breton

Cheese: Campénéac, St Paulin

Burgundy

The cuisine of Burgundy is the best in France – at the same time robust but delicate. Burgundy is known for Charolais, the famous white cattle, the poultry of Bresse, its abundant fish and, of course, Dijon mustard. Meat stews and braised meats are complemented with rich wines or cream sauces. Both fish and meat dishes are often garnished with mushrooms and many types of onions. Poultry is raised and respected throughout Burgundy, 'coq au vin' originated here.

Specialties : boeuf bourguignon, garbure, daube aux poireaux, escargots à la crème, quenelles de brochet, nonettes de Dijon, tarte bressane, kyr (Cassis de Dijon with sharp white Bourgogne Aligoté)

Cheese: Soumaintrain, Epoisses

Champagne

The cuisine of this area is excellent if somewhat limited. The 'charcuterie' is superb, as is the locally raised lamb and poultry. Freshwater fish, such as carp, pike, salmon and trout are succulent and plentiful.

Specialties : boudin de lapin, andouillete, langues fourrées

Cheese: brie de Meaux, Langres, chaource

Ardennes, the North

The cuisine of Flanders is similar to that of Picardy. The food is robust, filling, and varied. Stews and casseroles of all sorts are the staple foods, as are waffles, pancakes and butter dishes

Specialties: andouilles/ettes, pâtés, all fish, both from sea and river – especially herring, eels, oysters, hochepot de nord, sanguette, soupe courquignoise, croquelot de Dunkirk, carbonnade flamande, waterzoi, croquelins de Roubaix, red plum tart, waffles with cherries

Cheese: Maroilles, boulette d'Aven, Mimolette

Dordogne

An area rich in fresh fruit and vegetables. Poultry of all kinds are reared here and pâté de foie gras, Confit de canard and cou d'oie (stuffed goose neck) are world famous. But the main pride of the area is the truffle. All dishes called "à la périgourdine" include a garnish of truffles and/or pâté de foie gras.

Specialties: Confit de canard, pâté de foie gras, chou farci, truffes and cèpes, cou d'oie, tourin bordelais

Cheese: bleu d'Auvergne, cantal, fourme d'Ambert, roquefort, cabécou de Rocamadour

Languedoc – Roussillon

The cuisine of this area can be robust but many delicate dishes have originated here. Fine game and poultry are raised and menus always offer a varied selection of saltwater and freshwater fish. Tomatoes, peppers, zucchini and aubergines feature prominently, together with herbs and garlic.

Specialties: pâté de foie gras with truffles, cargolade, boles de picoulat, aigo bouide, boutifare, brandade de morue fricandeau de thon à la catalane, touron

Cheese: Pélardon des Cévennes

Loire

The Loire Valley is abundant with fish – salmon, trout, eels and pike among others; Pork is a favourite meat (les rilleaux d'Anjou are well – known), poultry, venison and baby goat are delicious. Game is plentiful. Dishes using rabbit and hare are most inventive and use large quantities of fresh herbs. All vegetables prosper in the rich soil, as do fruits. Pears, apples and prunes are freely used.

Specialties: Beuchelle à la Tourangelle (kidneys, sweetbreads, morels, truffles and cream), bardette, biquet en pot, aloes à l'oseille, gateau Pithiviers, Amandin aux Belles Angewines

Cheese: Olivet cendré, crottin de Chavignol

Lorraine

The cuisine of Lorraine is similar to that of Alsace but the influence is Polish rather than German. The dishes are very substantial and filling.

Specialties: potée lorraine, quiche lorraine, tarte à la mirabelle, bergamote de Nancy

Normandy

An area of high gastronomic reputation. Excellent butter and cream are produced here and are used liberally. Cattle and sheep, especially salt - meadow sheep, provide high quality meat. Charcuterie, fish, and shellfish are plentiful. Fruit production is important and apples appear in many menus. Apples are used to make 'cidre bouché' (sparkling cider) and Calvados, a distilled apple brandy.

Specialties: Tripes à la mode de Caen, ficelle normande, barbue au cidre, trou Normand, cassolette de Saint - Jacques à la normande, canard au sang à la rouennaise, bourdelots.

Cheese: Livarot, Pont l'Evêque, Neufchâtel, Camembert

Provence

A region of garlic, herbs, tomatoes, peppers, eggplant and zucchini.. Ratatouille, aioli, pistou and pissaladière appear in some form on most menus. Production of high quality meat is not attempted in this arid climate. Beef must be cooked long and slowly - 'à la daube'; fish stews (bourride, bouillabaisse) are popular, as are mussels, salt cod and mullet.

Specialties to look for: Aigo-sacu, red mullet with fennel, sartadagagnano, esquinado de Toulon, gayettes, soufassum, bignes d'Arles

Cheese: Brousse du Rove, picodon de Valréas, Banon

TEMPERATURES CONVERTER

General information

Temperatures: Celsius/Fahrenheit

Exact conversion:

°F to °C

subtract 32

multiply by 5

divide by 9

$$\text{E.G: } (37^{\circ}\text{F} - 32) = 5 \times 5 = 25/9 = 2.777^{\circ}\text{C (3}^{\circ}\text{C)}$$

°C to °F

multiply by 9

divide by 5

add 32

$$\text{E.G: } (180^{\circ}\text{C} \times 9) = 1620: 5 = 324 + 32 = 356^{\circ}\text{F (350}^{\circ}\text{F)}$$

Table

Celsius - Fahrenheit										
'C	'F		'C	'F		'C	'F		'C	'F
-100	-148		5	41		105	221		205	401
-95	-139		10	50		110	230		210	410
-90	-130		15	59		115	239		215	419
-85	-121		20	68		120	248		220	428
-80	-112		25	77		125	257		225	437
-75	-103		30	86		130	266		230	446
-70	-94		35	95		135	275		235	455
-65	-85		40	104		140	284		240	464
-60	-76		45	113		145	293		245	473
-55	-67		50	122		150	302		250	482
-50	-58		55	131		155	311		255	491
-45	-49		60	140		160	320		260	500
-40	-40		65	149		165	329		265	509
-35	-31		70	158		170	338		270	518
-30	-22		75	167		175	347		275	527
-25	-13		80	176		180	356		280	536
-20	-4		85	185		185	365		285	545
-15	5		90	194		190	374		290	554
-10	14		95	203		195	383		295	563
-5	23		100	212		200	392		300	572
0	32		105	221		205	401		305	581



cul de poule inox



bassin à blancs



poêle à crêpes



marmite



fouet



araignée



poêle anti adhésive



mandoline



spatule



verre mesureur

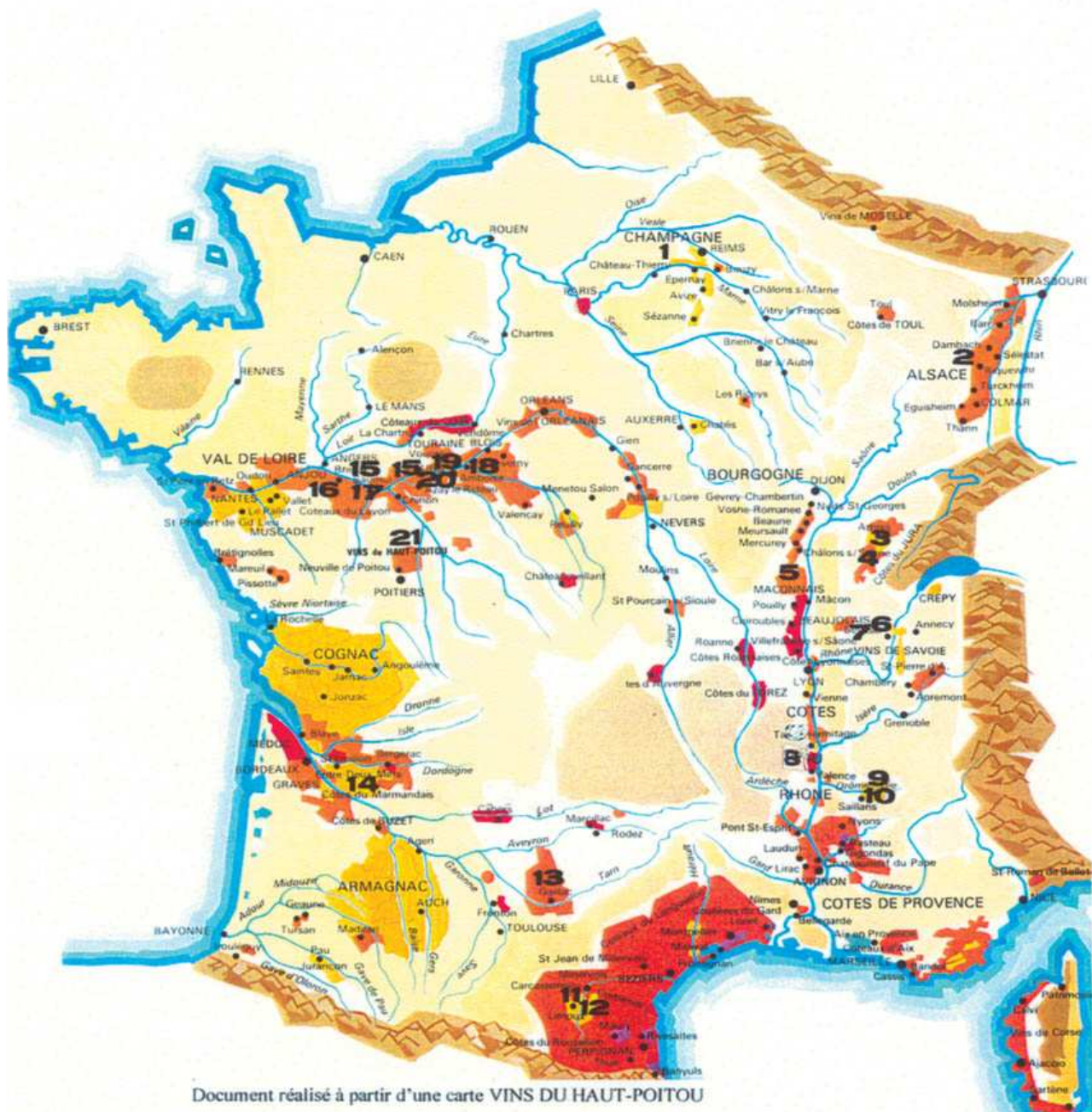


chinois



bac gastronorme

WINE



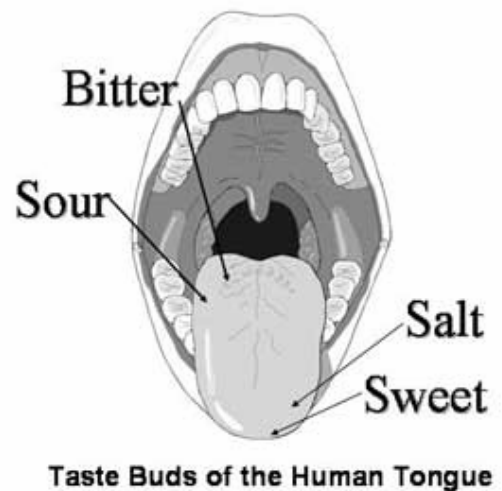
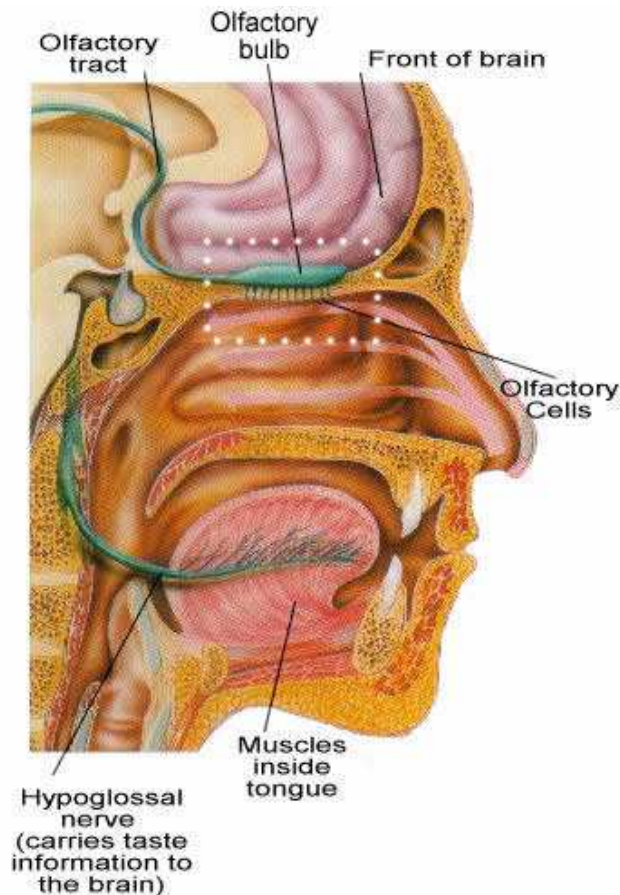
Document réalisé à partir d'une carte VINS DU HAUT-POITOU

Some Wine Vocabulary

Récolte	harvesting
Fouloir	destalker
Egrappoir	destemmer crushing also occurs
Raffles	Stems and stalks
Cuve de fermentation	Fermentation vat
Vin de Goutte	Run off wine/ free run wine
Marc	Must
Vin de Presse	Pressed Wine
Fut	barrel/ casque
Tirage	bottling
Bouchage	corking
Etiquetage	abeling
Appellation d'Origine Controlé (A.O.C.)	Regulated Wine of Origin
Appellation d'Origine Vin deQualité Superieur (AOVDQS)	Higher quality wine of origin
Vin de Pays	country wine
Levure	yeast
Vin Doux Naturels (V.D.N.)	Fortified wine
Ouillage	topping off the vat
Soutirage	separating sediment from the wine
Elevage	Aging in oak barrels

1 Hectare = 2.5 acres

1 Hectoliter= 26.42 U.S. gallons



FRUITY

Green apples crisp dry whites, Mosel Kabinett Riesling.

Stewed apple softer whites such as Fume Blanc and lighter styles of Chardonnay.

Pear Chenin Blanc.

Peardrops (which can also smell like nail polish or bubblegum) is found in young wines such as Beaujolais.

Lemon Crisp dry whites. In riper New World wines such as Semillon and Sauvignon the flavour is more lemon peel than lemon juice.

Grapefruit Crisper styles of Chardonnay, Scheurebe.

Orange Many sweet Muscats, particularly Orange Muscat. Marsala.

Lime Australian Riesling, Semillon, New Zealand Sauvignon Blanc.

Gooseberry Sauvignon Blanc.

Grape Muscat, German Riesling.

Pineapple Fresh ultra-ripe Chardonnays and Semillon.

Pineapple Roast/caramelised older semillon and Marsanne.

Melon Lighter styles of Chardonnay, Chenin Blanc.

Banana Beaujolais Nouveau and other newly made wines.

Peach Chardonnay, white Bordeaux, botrytised dessert wines.

Apricot Viognier.

Mango New World Chardonnay and Semillon.

Lychee Gewurztraminer, Irsai Oliver.

Cherry Valpolicella, Beaujolais and other light fruity reds.

Strawberry Pinot Noir Rosd, younger Pinot Noirs.

Raspberry Young Pinot Noir, Cabernet Franc, Beaujolais.

Plum Fresh Merlot, Zinfandel.

Plum Cooked: vintage port.

Blackberry Many red wines, including Bordeaux.

Blackcurrant Cabemet Sauvignon.

Raisin Sweet oloroso sherry, Malmsey, liqueur Muscat.

Prune Southern Italian reds.

Fig Sweet oloroso sherry, Malmsey, liqueur Muscat.

Strawberry jam Grenache, Rioja.

Black cherry/blackcurrant jam Full-bodied New World reds.

SWEET

Chocolate Richer styles of red, particularly Merlot and Shiraz.

Toffee Australian liqueur Muscats, amontillado sherry.

Butterscotch Big, barrel-fermented Chardonnays.

Honey Vouvray, aged Chenin Blanc, vintage Champagne, Sauternes.

WOOD

Vanilla Oaked Chardonnays, Rioja and other traditional Spanish reds.

Oak Newly released oaked or oak chipped) whites and reds.

Cedar Red Bordeaux and other top Cabernet Sauvignons.

SPICE

Tobacco Red Bordeaux.

Smoke Pouilly-Fume., Syrah. Can also come from heavily charred barrels.

Liquorice Big full-bodied reds such as Zinfandel.

White pepper Cruner Veltliner, Cabernet Franc. Black pepper Syrah and Shiraz.

Cinnamon Mature Syrah.

SAVOURY

Ground coffee Top quality Bordeaux and Italian reds.

Leather Old fashioned Hunter Valley Shiraz, aged Rhone reds.

Bacon Big savoury reds such as Syrah from the Rhone and Pinotage.

Game Mature red burgtmdy and other aged Pinot Noir.

Truffles Aged Pinot Noir.

HERBAL

Eucayptus Southern Australian Cabernet Sauvignon.

Mint New World Cabernet Sauvignon, some Australian Shiraz.
Green (bell) pepper Cabernet Sauvignon and Cabernet Franc.
Asparagus Sauvignon Blanc.
Cut grass Sauvignon Blanc and Sauvignon-style wines.
Hay Vintage Champagne.

FLORAL

Blossom Mosel Riesling, Viognier.
Elderflowers Muscat.
Red roses Gewurztraminer. Sometimes there's a touch in Pinot Noir.
Violets Top quality red Bordeaux; Syrah, particularly Cote-Rotie. Also top Chinon and Bourgueil; top Pinot Noir.

NUTTY

Almonds Soave, Bianco di Custoza and similar dry Italian whites.
Biscuits Vintage Champagne.
Grilled nuts Top white burgundy, vintage Champagne, drier styles of sherry, tawny port.
Toast Barrel-fermented Chardonnay, vintage Champagne.
Bread Non-vintage Champagne.
Yeast Muscadet and drier styles of Champagne. Fino and manzanilla sherry.

DAIRY

Cream Richer styles of Chardonnay and Chenin Blanc.
Butter Richer styles of Chardonnay, especially ones that have undergone malolactic fermentation

MINERAL

Petrol Mature Riesling.
Earth Ultra dry whites such as Muscadet, and traditional southern French whites.
Stones Dry Italian whites.
Flint Chablis, Sancerre and other Loire Sauvignons.