



Dictionary of French Culinary Terms

(French to English)

Version 1.0

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A

à point	nicely ripe (fruit or cheese), cooked medium
abaisse	a thin layer of rolled-out pastry, undercrust
abats	Offal or giblets, organ meats (other than poultry giblets)
abattis	poultry giblets (de volaille)
abricot	apricot
abricotier	apricot tree
acerbe	bitter, or tart to the taste
acajou	cashew nut
achatine	snail (imported from China and Indonesia – not a popular as other varieties)
addition	the bill
affinage	process of aging cheese
agneau	lamb
agnelet	baby milk-feb lamb
agrumes	citrus fruit
aïado	roast lamb shoulder stuffed with parsley, chervil and garlic
aiglefin	haddock (fish)
aïgo bouido	Provençal garlic soup served over pieces of bread
aïgo-sau d'ïou	Provençal fish soup made with "water and salt"
aigre	sour
aigre-doux	sweet-and-sour (bitter-sweet)
aigrelette	a tart sauce

aigrir	to turn sour (wine or milk)
ail	garlic - gousse d'ail clove of garlic
aile	wing of bird or poultry, or the white breast meat
ail semoule	garlic powder
aillé	flavoured with garlic
aïoli	Provençal garlic mayonaise sauce
airelle rouge	cranberry, bilberry
alevin	fry or bait fish - as in whitebait
alimentation	food (food, groceries, nourishment, nutrition)
algue	seaweed
allumette	flaky pastry finger (matchstick)
alose	shad (fish)
amande	almond
amande mollusque	queen scallop
amandine	with almonds or almond tart
amer	bitter (also <i>acerbe</i>)
amertume	bitterness
amuse-gueule	cocktail snack
amuse bouche	appetizer
ananas	pineapple
anchois	anchovies
anchoyade	anchovy purée
andouille	large smoked tripe sausage

aneth	dill		
ange à cheval	angel on horseback – grilled bacon wrapped oyster		
angélique	angelica		
anguille	eel		
anis étoilé	star anise		
arachide	peanut		
araignée de mer	spider crab		
ardoise	blackboard		
arête	fish bone		
aromate	aromatic plant; herb; spice		
arôme	aroma or flavour		
arroser	to sprinkle, spray or baste		
artichaut	artichoke		
artichaut à la barigoule	artichokes cooked with mushroom and oil		
asperge	asparagus	- botte d'asperges	bundle of asparagus
		- pointe d'asperges	asparagus tips
aspic	aspic jelly		
assiette	plate		
assaisonné	seasoned with		
assaisonner	to season		
assiofé	thirsty or parched		
aubergine	aubergine or eggplant		
autocuiseur	pressure cooker		

aveline hazelnut

avocat avocado

avoine oats

B

babeurre buttermilk

badiane star anis

badigeonner to brush with

baguette stick (of bread) - **baguettes pour manger** chopsticks

baie berry

baie rose pink peppercorn

ballotine boned, stuffed and rolled – usually poultry

banane banana

banon Provençal goat cheese wrapped in chestnut leaves, from Banon

barbe-à-papa candy floss

barbouillade stuffed aubergine or eggplant or aubergine stew (Provençal)

barbue brill (fish)

barder bard or cover poultry or meat with bacon strips to protect while roasting or baking

baron hindquarters of lamb, including both legs

barquette punnet or carton

batavia Webb lettuce

baton small white wand of bread – smaller than a baguette

bâtonnet	garnish of vegetables cut into small sticks
basilic	basil
baudroie	angler-fish (monkfish, frog-fish, sea-devil) also called <i>lotte de mer</i>
bavaroise	cold custard dessert
bavette	steak or minute steak cut from the top or skirt of beef
baveux	moist, runny
béarnaise	tarragon flavoured sauce of egg yolks, butter, shallots, wine , vinegar and herbs
bécasse	woodcock
becassine	snipe
beignet	doughnut or fritter
bellvue, en	classic presentation of a whole fish, usually in aspic on a platter
belon	river in Brittany famous for its oysters
belondines	oysters that are finished-off in the belon river
bercy	fish stock-based sauce thickened with flour, butter and flavoured with white wine and shallots
berlingot	boiled sweet or hard candy
bette	white beet
betterave	beet, beetroot
betterave rouge de Gardanne	a regional red beet
beurre	butter
beurre demi-sel	slightly salted butter
beurre blanc	classic reduced sauce of vinegar, white wine, shallots and butter (no cream!)

beurre cru	raw cream butter
beurre noir	sauce of browned butter, lemon juice or vinegar, parsley
beurre noisette	lightly browned butter sauce
bicarbonate de sodium	baking soda
biche	doe (female deer)
bien cuit	cooked well
bière	beer
bigarade	orange sauce
bigarreau Pélissier	a regional cherry
bigorneau	periwinkle
biologique	organic
biscotin d'Aix	cookie
bostrotier	bistro owner
blanc	white - fromage blanc white cheese; vin blanc white wine
blanc d'oeuf	egg white
blanc de poireau	leek (the white of the stem) :
blanchaille	tiny fish from the Mediterranean
blanchir	blanch
blanquette	classic mild stew of poached veal, lamb, chicken or seafood, enriched with a egg and cream white sauce
blé	wheat - germe de blé wheatgerm
blé noir	buckwheat
blette or bette	Swiss chard

bleu	blue - cooked very rare
bleu de Queyras	a regional blue moulded cheese
blini	small thick pancake often used with caviar
blonde de Nice	a regional orange of Nice
blondir	to go transparent or to turn golden eg: cook onions lightly until they are transparent
bocal	jar or bowl - glass or earthenware jar for preserves - Mettre en bocaux – to preserve or to bottle (fruits or veg)
boeuf	beef
boeuf à la ficelle	beef tied with string and poached in broth
boeuf à la mode	beef marinated and braised in red wine, served with carrots, mushrooms, onions and turnips
boeuf gros sel	boiled beef served with vegetables and coarse salt
boisson	beverage, drink
boisson (non) comprise	drink (not) included
bombe glacée	ice cream pudding
bonbon	sweet or candy
bonite	tuna or oceanic bonito
Bordelaise	Bordeaux style eg: entrecôte a la Bordelaise
botte	bunch
boucher	butcher
boucherie	butcher shop
bouchon	cork bottle stopper
bouchonné	corked - wine that's gone off, with the taste of its cork

bouchoteur	mussel fisherman or a dish containing mussels
boudin blanc	white pudding – veal, chicken or pork
boudin noire	black pudding – pork blood sausage
boudoirs	ladies fingers sponge biscuits
boudouses	tiny oysters from Brittany
bouillabaisse	a traditional fish soup identified with Marseille
bouillant	boiling
bouilli	boiled
bouilliture	eel stew with red wine and prunes
bouillon	stock or broth
bouillon de legumes	vegetable stock
bouillon de poulet	chicken stock
bouillon gras	meat stock
bouillon maigre	clear stock
boulangier	baker
boulangerie	bakery
boulghour	bulgar wheat
boule	large round crusty loaf of white bread
boulette	meatball
bouquet	large reddish shrimp
bouquet garni	bouquet of herbs
bourdaloue	hot poached fruit, often wrapped in pastry

bourguignonne, à la	Burgundy style – with red wine, onions, mushrooms and bacon eg : boeuf bouguignonne
bourride	Provençal fish soup, prepared with tomatoes, garlic, onions, herbs and olive oil, and served with aïoli sauce.
bouteille	bottle
braiser	to braise
braisé	braised
brandade de moreau	dish of puréed garlic, milk and cod – commonly with mashed potatoes
braserade	portable barbecue
brasser	to stir or mix
brassadeau	scalded ring cake
brebis	ewe - female sheep eg: fromage de brebis ewe's milk cheese
bretzel	pretzel
brioche	brioche – buttry egg-enriched yeast bread
brochet	freshwater pike (fish)
brochette	kebab of skewered meat or fish and vegetables
brocoli	broccoli
brosser	to scrub
brouillade	Provençal type of scrambled eggs
brouillé	scrambled, usually eggs
brousse du Rove	fresh goat-milk cheese, from a goat raised for meat rather than dairy products
brousse du Var	fresh sheep-milk cheese from the Var department
broutard	grass-fed calf

broyé	crushed or ground
brugnon	nectarine
brûlé	burned, singed - caramelized
brunoise	tiny diced vegetables
brut	dry – champagne, cider
buccin	whelk
bûche de Noël	Christmas cake shaped like a Yule log - Bûche glacée ice cream Yule log
buffet froid	cold buffet
buffet roulant	refreshments trolley
bugne	sweet fritter – usually deep-fried and coated with sugar
buisson	bush – referring to food arrangement eg: buisson de langoustines
bulot	whelk

C

cabillaud	fresh codfish. - Morue salt cod
cabri	kid – young goat
cacahouète	peanut
cacao	cocoa – cacao poudre cocoa powder
cacaoté	chocolate flavoured
cachaille	cheese-product mixture
cade	Nice-Toulon pancake
café	coffee

café complet	continental breakfast
café crème	coffee with hot frothy milk
café express	espresso coffee
café faux	decaffeinated coffee
café filtre	filtered coffee
café en grains	coffee beans
café instantané	instant coffee
café au lait	coffee with milk – white coffee
café liégeois	iced coffee with ice cream
café noir	black coffee or café nature
caféine	caffeine
cahors	red wine made in the south-west of France
caille	quail
caillé	curds
caisse	till, cash register - petite caisse petty cash, or float
calamar or calmar	squid, or calamari
calebasse	calabash, gourd
calvados	calvados – an apple brandy from the region Basse-Normandie
cajou	cashew nut - noix de cajou
camomille	camomile herb infusion or tea
canapé	open sandwich or more usually, hors d'oeuvre
canard	duck
canard de Barbarie	Muscovy duck

canard laqué	Peking duck
canard à l'orange	duck in orange sauce
canard siffleur	wigeon
canard souchet	shoveler duck
canard sauvage	wild duck
canardeau	duckling
caneton	male duckling
canette	female duckling
canif	pocket knife
canneberge	cranberry
cannelle	cinnamon – bâton de cannelle – cinnamon stick
cantaloup	cantaloupe, muskmelon or rock melon
cantine	cafeteria or dining hall
câpres	capers
capucine	nasturtium
cappuccino	cappuccino coffee
carafe	decanter or pitcher of wine (vin ordinaire) or water (d'eau)
carambola	starfruit
caramel	caramel
caraméliser	to caramelize
carbonade	char-grilled meat
carcasse	animal carcass
cardamome	cardamon

cardon	cardoon or artichoke thistle – a thistle, related to the artichoke, with edible flower buds, stems and stalks
carnier	game bag
carotte	carrot
carpaccio	carpaccio – very thinly sliced meat or fish
carpe	carp (fish)
carrés	squares – or chopped into square dice
carré d’agneau	rack or loin of lamb
carré de porc	pork ribs or loin
carré de veau	loin of veal
carte	credit card
Carte Bleu®	debit card
à la carte	tailor-made – meaning dishes charged for individually from a full menu rather than fixed price
carrelet	plaice (fish)
carvi	caraway
casher	kosher
casse-croûte	snack
casse-noisettes	nutcrackers
casser	to break eg : eggs
casserole	braised meat dish or the saucepan or utensil it is cooked in
cassis	blackcurrant
cassis, crème de	blackcurrant liqueur
cassolette	earthenware dish

cassonade	brown sugar
cassoulet	meat or sausage and bean casserole – specialty of south-west France
cavaillon	melons originating from the town of Cavaillon in Provence
caviar	caviar
caviar rouge	salmon eggs
caviar d'aubergine	aubergine or eggplant seeds that look like caviar made into puree
cébette	vegetable similar to a leek from Provence, eaten raw and shredded for salads
cebiche	also ceviche or seviche . Citrus-marinated seafood dish. Both finfish and shellfish are used - finfish is typically used raw while shellfish is typically cooked.
Cédrat	variety of lemon
céleri	celery
celery-rave	celeriac
cendre	ash, cinders
cèpe	cep mushroom - edible (<i>boletus edulis</i>) mushroom
céréale	cereal
cerfeuil	chervil
cerise	cherry
cerneau	shelled walnuts
cervelas	savaloy
cervelle	brains eg: cervelle d'agneau lamb's brains
cervoise	barley beer
chair	flesh

champignon	mushroom
champoléon	moulded raw cheese
chanterelle	chanterelle or girolle - edible mushroom (cantharellus cibarius)
chantilly	sweet whipped cream
chapelure	bread crumbs
chapon	crust rubbed with garlic
chapon	capon
chapon de mer	rascasse rouge fish (for traditional bouillabaisse)
charcuterie	cold cuts of meats
charentais	melon from the Charentes
chariot de fromages	cheese trolley
charlotte	cake-like dessert lined with sponge or bread
charolais	breed of cattle from Burgundy producing high quality beef
chasseur	chicken or rabbit cooked with mushrooms and white wine
châtaigne	sweet chestnut
châtaigne d'eau	water chestnut
Chateaubriand	a thick fillet of grilled tenderloin steak, from the cattle in Brittany around the town of Chateaubriant.
chaud	warm or hot
chaudfroid	chill
chausson	turnover eg: chausson aux pommes apple turnover
chef	the boss! used more these days to denote a professional cook
cheval	horsemeat

chevrè	goat, nanny goat
chevreau	young goat, kid
chevreau de lait	goat's milk (kid)
chevreuil	venison
chevrier	haricot bean
cheveux d'ange	angel hair pasta or vermicelli (vermicelle)
chichi-frégi	a beignet
chicorée frisée	chicory lettuce
chiffonade	technique of cutting leaves and herbs into long thin strips
chipolata	chipolata, small sausage
chips	potato crisps
chocolat	chocolate
chocolat amer	bitter chocolate
chocolat blanc	white chocolate
chocolat chaud	hot chocolate
chocolat à croquer	plain dark chocolate
chocolat à cuire	cooking chocolate
chocolat fondant	fondant chocolate
chocolat liégeois	chocolate sundae
chocolat noir	dark chocolate
chocolat en poudre	drinking chocolate
chocolatier	chocolate maker
chocolatine	pain au chocolat or chocolate croissant

chou	cabbage
chou à la crème	cream-puff
chou-blanc	white cabbage
chou de Milan	savoy cabbage
chou frisé	kale
chou-rave	kohlrabi
chou-rouge	red cabbage
chou de Bruxelles	brussels sprout
chou-fleur	cauliflower
chou vert	green cabbage
choucroute	sauerkraut
chutney mangue	mango chutney
ciboule	spring onion
ciboulette	chives
cidre	apple cider or pear
cigale de mer	sculptured slipper lobster (Parribacus antarcticus)
cinabre	cinnabar - a bright-red pigment for coloring
ciseler	to finely chop
ciselé	finely chopped
citre	a regional vine plant (Citrullus lanatus) related to the watermelon, used for making jam
citron	lemon
citron de Menton	a regional lemon

citron vert	lime
citronnade	lemon squash or still lemon drink
citronnelle	lemon grass
citrouille	pumpkin
cive	spring onion
civet	stew
civet de lièvre	jugged hare
clafoutis	type of tart made of fruit and batter
claire	oyster bed – huître de claire fattened oyster
clam	clam
clémentine	Clementine, small tangerine
clovisse	small clam
cochon	pig
cochon de lait	suckling pig
cochonaille	pork products – assiette de cochonaille selection of cold pork or ham
coco rose	small bean, white with pink veins
cocotte	casserole eg: poulet à la cocotte chicken casserole
Cocotte Minute™	pressure cooker
coing	quince
compote	compote - stewed fruit
concasser	to grind
concombre	cucumber

confit	crystallized, candied (fruit), pickled or preserved. confit de canard is duck cooked and preserved in its own fat
confiture	jam confiture d'agrumes citrus-fruit jam confiture de genièvre juniper-berry jam
congre	conger eel
copeaux	shavings eg: of parmesan
coq	cock, rooster
coq	ship's cook
coq au vin	cockerel stewed in red wine with vegetables
coq de bruyère	capercallie or black grouse
coquelet	cockerel
coquelicot	poppy - wild
coquemar	cauldron or large kettle
coquerie	ship's galley
coquillage	shellfish
coquille	shell
coquille de beurre	shell of butter
coquille de noix	cockleshell
coquille d'oeuf	eggshell
coquille Saint-Jacques	scallop
cordon-bleu	blue ribbon – the largest hospitality education institution worldwide

coriandre	coriander
cornet	cone shaped paper, pastry etc. to contain food eg: cornet de frites a cornet of chips, or cornet de glace ice cream cone
cornichon	gherkin
côte	rib
côte d'agneau	lamb chop
côte de boeuf	rib of beef – joint or steak
côte de veau	veal chop
côtelette	cutlet
coulant	runny (cheese), smooth (wine)
coulemelle	parasol mushroom
coulis	puréed fruit usually eg: coulis de cassis blackcurrent coulis coulis de framboise raspberry coulis coulis de tomate tomato coulis coulis d'écrevisses crayfish bisque
counne	rind, skin - example: couenne de porc porc rind
coupe-frites	chip cutter
coupe-légumes	vegetable cutter
coupe-œufs	egg slicer
couperet	chopper or butcher's cleaver
courge	gourd, squash or marrow
courgette	courgette or zucchini

couronne	crown or ring-shaped loaf of bread
court-bouillon	herb-laced poaching stock or broth
couscous	couscous
couscousier	couscous maker
couteau	knife
couteau de boucher	butcher's knife
couteau de cuisine	kitchen knife
couteau à découper	carving knife
couteau à désosser	boning knife
couteau à légumes	vegetable peeler
couteau de table	table knife
couteau-scie	serrated knife
courge	squash
courgette	courgette or zucchini
couvert	place setting
crabe	crab
craquant	crunchy
crème	cream
crème aigre	sour cream
crème anglaise	thin custard made with eggs
crème au beurre	butter cream
crème brûlée	custard dessert topped with caramelized sugar
crème caramel	custard with caramel sauce

crème épaisse	double cream
crème fouettée	whipped cream
crème fraîche	thick sour, heavy cream
crème pâtissière	confectioner's custard
crème plombières	custard filled with fresh fruits and egg whites.
crêpe	pancake
crêpe Suzette	hot pancake dessert flambéed with orange liqueur
crépine	caul
crépinette	flat sausage in caul
crête de coq	cock's comb
crevette	prawn or shrimp
criste-marine	rock samphire
croquant	crisp, crunchy
croque-madame	toasted ham and cheese sandwich with fried egg on top
croque-monsieur	toasted ham and cheese sandwich
croquembouche	a pyramid of cream-filled choux pastry balls
croquette	meat or vegetables usually, bound with egg and coated in breadcrumbs and deep-fried
crosne	Chinese artichoke
croustillant	crusty, crisp or crunchy
croûte	crust or rind – or on toast eg: croûte au fromage cheese on toast
croûton	same term used in English for roasted or toasted bread cubes
cru	raw, uncooked

crudité	raw vegetable
crustacé	shellfish, crustacean
cuiller	spoon
cuiller à moutarde	mustard spoon
cuiller à pot	ladle
cuillerée	spoonful – you will see it in French recipes shortened as - cuil .
cuire	to cook
cuire à petit feu	to simmer
cuire au four	bake in the oven
cuisine	kitchen
cuissot	haunch of venison or wild boar
cuit	cooked eg: bien cuit well done
cuit vapeur	steamer
culote	rump
cullotage	seasoning
cumin	cumin
curcuma	tumeric
curry	curry eg: curry de poulet chicken curry

D

daguet	young stag
daim	fallow deer

daine	fallow doe
damier	draughtboard or checkerboard – pattern in a cake or biscuit or other foods arranged in this pattern
darne	steak – darne de poisson fish steak eg: salmon
datte	date, dattier date palm
daube	stew or casserole – boeuf en daube beef stew
dauphinoise	method of cook potato or other vegetable in layers eg: gratin dauphinoise
daurade	gilthead bream or sea bream (fish)
décaféiné	decaffeinated
décapsuler	bottle opener
déchets	scraps eg: déchets de viande – scraps of meat
décongeler	to defrost or thaw out
décortiquer	to shell, to hull or husk
décortiqué	shelled or peeled
découenné	rindless eg : jambon découenné – rindless bacon
découper	to carve or to cut
déglacer	to deglaze eg: déglacez au vinaigre – deglaze with vinegar
dégraissier	to skim off or remove fat – jambon dégraissé extra lean ham
déguster	to taste – dégustation tasting or sampling
déjeuner	to have lunch
délayer	to thin (a sauce)
demi	half eg: un demi biere a half pint of beer, demi-bouteille half bottle

demi-deuil	eg: poularde demi-deuil poached chicken served in white sauce with black truffles
demi-écrémé	semi-skimmed
demi-sel	slightly salted
démouler	to remove from a mould, or turn out
dénerver	devein eg: foie gras
dent-de-lion	dandelion
dentelle	very fine or thin (resemblance of lace) eg: crêpe dentelle thin pancake
dépecer	to cut up or carve up
dés	dice - <i>couper en gros dés</i> to dice, or cut into big chunks
désépaissir	to thin out eg: sauce
désossé	boned
dessert	dessert, sweet or pudding
dessous-de-plat	table mat
dessus	on top of, over eg: sauce, eggs etc
détailler	to chop
diable	devil – in a piquant sauce – à la diable
digestif	after dinner liqueurs or spirits such as Cognac or Armagnac
dinde	turkey - dinde hen turkey ; dindon tom turkey; dindonneau young turkey
dîner	to have dinner
dîner/-euse	diner
discrétion	unlimited or as much as you like – usually wine or bread eg: vin à discretion

dissoudre	to dissolve
distiller	to distil eg: eau distillée distilled water
dorade	sea-bream (fish)
doré	browned until golden
dosette	sachet eg: of mustard or sauce
double-crème	cream cheese
doucette	lambs lettuce
douceur	sweetness or mildness
doux	mild
douzaine	dozen
dragéfier	to coat with sugar
dur	hard or tough eg: bread, eggs
Duxelles	chopped and sautéed mushrooms and shallots, mixed with cream

E

eau	water
eau courante	running water
eau de cuisson	cooking water
eau gazeuse	sparkling mineral water
eau minérale	mineral water
eau potable	drinking water
eau de robinet	tap water

eau de source	spring water
eau-de-vie	brandy – usually fruit flavour eg : cherry, plum, pear
ébullition	boiling or bring to the boil – porter à ébullition
écaille	scale eg: fish scale
écailler	to shell eg: crabs, eggs, or scale a fish
échalote	shallot
echine	loin, chine or chop
écorce	rind eg: fruit rind, fruit peel/ skin, rice husk
écorcer	to peel (fruit)
écosser	to shell or to pod – petits pois à écosser – peas in the pod
écraser	to crush or flatten or squash
écrémer	to skim
écrevisse	crayfish
écumer	to skim, to froth or to foam
édam	Edam (cheese)
éfilé	frayed or flaked eg: amandes éfilées flaked almonds
églefin	haddock (fish)
égoutter	drain, drain off (water), strain (cheese)
émbeurreé	cooked in butter eg: émbeurreé de choux cabbage cooked in butter
émietter	to crumble
émincer	to slice thinly (meat or onions) or to cut into slivers
emmental	Emmenthal cheese

émonder	to blanch eg: almonds
emporte-pièce	pastry cutter
encornet	squid
encre	ink eg: calamars à l'encre squid cooked in their ink
endive	endive or chicory
endive frisée	chicory lettuce
enfourner	to put into the oven
entrecôte	rib steak
entrée	first course or starters
entremets	dessert (made with cream)
envelopper	to wrap
épaissir	to thicken
épaule	shoulder eg: épaule d'agneau - shoulder of lamb
épépiner	to deseed eg: raisins épépiner - seedless grapes
eperlan	smelt (fish)
épice	spice
épicé	highly spiced, hot
épicerie	greengrocer's shop
épinard	spinach
éplucher	to peel
équeter	to hull eg : a fruit – remove the stalk
équille	sand eel
escabèche	raw fish marinated in lemon or lime to cook it

escalope	escalope – thinly sliced meat or fish
escargot	snail
escargot de mer	whelk
espadon	swordfish
essorer	to wring eg: to dry salad
essuie-tout	paper kitchen towels
essuyer	to wipe dry
estival	summer (in season)
estragon	tarragon
esturgeon	sturgeon
étaler	to spread eg: butter
étendre	to roll out flat eg : dough, pastry
etoile	star eg: etoile d'anise star anise
étuver	to braise (fish meat, vegetables)
exocet	flying fish
express	espresso coffee

F

faisan	cock pheasant – faisane hen pheasant
faisander	to hang meat or game to age it
faisandé	well hung game or meat
faiselle	cheese strainer

fait	fully ripened or aged eg: fromage fait à coeur ripened cheese
faitout	stewing pan or cooking pot
fanés	green tops of root vegetable eg: fanés de carottes carrot tops
fané	wilted – faner to wilt
far	a Breton custard flan with prunes, or far aux poires custard flan with pears
farandole	selection eg: la farandole des desserts a selection of desserts
farci	stuffed eg: légumes farcis – stuffed vegetables, farcir to stuff
farine	flour
farines animals	bone meal
farine d’avoine	oatmeal
farine de blé	wheat flour or also farine de froment
farine complète	wholemeal or whole wheat flour
farine de gruau	fine wheat flour
farine de maïs	cornflour
farine de moutarde	mustard powder
farine de riz	rice flour
farine de sarrasin	buckwheat flour
farine de seigle	rye flour
farine tamisée	sifted flour
faux-filet	sirloin steak
favouille	small green crabs
fécule	starch – féculent starchy food

fenouil	fennel
fenugrec	fenugreek
ferme	tough – cette viande est un peu ferme this meat is a little tough
ferme	farm
ferme d'élevage	cattle farm
ferme marine	fish farm
fermé	shut or closed
feta	Greek style feta cheese
feuille	leaf
feuilles de basilic	basil leaves
feuille de laurier	bay leaf
feuilles de thé	tea leaves
feuille de vigne	vine leaf
feuilleté	Danish pastry or puff pastry
fève	broad bean
fève de cacao	coco bean
fèves vertes	string beans or French beans
ficelle	string, or a thin stick of French bread
fiélas (congre)	conger eel
figue	fig
figue de Barbarie	prickly pear
figuier	fig tree
figuier banian	banyan tree

filet (steak)	tenderloin steak
filet de dinde	turkey fillet
filet de poulet	chicken breast
filet mignon	filet mignon - the small choice end of tenderloin of beef (or of veal or pork)
filets de poissons	fish fillets
financier	almond sponge finger
financière	a sauce made with Madeira, essence of mushrooms and truffles
fine	liqueur brandy
fine Champagne	fine champagne cognac
fine de claire	green oyster
fine julienne	thin-sliced vegetables
flageolet	dwarf kidney bean
flamber	to burn or to blaze – used to describe the method of adding alcohol (brandy, whiskey, calvados, rum etc) to a dish in a pan and then igniting it to burn off the alcohol and flavouring the food (flambé) eg: bananes flambées banana flambé
flamiche	leek pie or tart
flan	custard tart
flanchet	flank cut of meat
flet	flounder (fish)
flétan	halibut
fleur de sel	best quality unrefined salt
fleur de courgette	courgette or zucchini flower
fleur de muscade	mace

flûte	a thick stick of French bread, or a champagne glass
foie	liver
foie de veau	calve's liver
foie de volaille	chicken liver
foie gras	duck or goose liver
fond	the bottom eg: of a plate
fond d'artichaut	artichoke heart
fond de tarte	pastry base or custard base
fondant	melting, or melt-in-the-mouth eg: fondant au chocolat chocolate fondant cake, also refers to high quality plain chocolate – chocolat fondant
fondre	to melt
fondu	melted or molten cheese mix for dipping bread
fondue bourguignonne	meat fondue
forestière	cooked with wild mushrooms eg: perdreau à la forestière partridge cooked with mushrooms
forêt-noire	black forest gateau
fouetter	to whisk or whip
fougasse	a flat bread made with olive oil and flavoured with herbs and olives
fougassette	an enriched bread
four	oven, or oven-baked eg: cuit au four
fourchette	fork
fourme	type of French blue-veined cheese
fouillé	filled or stuffed eg: gateau fouillé à la crème cream-filled cake

frais/ fraîche	cool, chilled or fresh
fraise	strawberry
fraise des bois	wild strawberry
fraise de veau	calf's caul – fraise de porc pig's caul
framboise	raspberry or raspberry liqueur
framboisier	raspberry gateau
frangipane	almond paste or custard filling – frangipane
frappé	iced or well chilled drink – wine, champagne or coffee
frémir	to simmer eg: eau frémissant simmering water
fretin	fry (fish)
friable	crumbly
friande	minced meat pie or sausage roll – friande au fromage cheese puff
friandise	titbit, delicacy, sweetmeat, petit four
fricassée	Method of stewing meat – chicken or veal typically – served with vegetables and a thick white sauce
Frigidaire®	refrigerator
frigo	refrigerator, fridge
frisée	curly endive
frit	fried
frite	French fries or chips – pommes frites
friterie	chip shop or burger stand
friture	deep frying method of cooking
friteuse	chip pan or deep fryer

fritons	pork scratchings
froid	cold
fromage	cheese
fromage blanc	soft white cheese like a thick yogurt
fromage de chèvre	goat's cheese
fromage de chèvre frais	fresh goat cheese
fromage à la crème	cream cheese
fromage gras	full-fat cheese
fromage maigre	low-fat cheese
fromage rapé	cheese, grated
fromage à tartiner	cheese spread
fromage de tête	pork brawn (headcheese)
froment	wheat
frotter	rub
fructose	fructose
fruit	fruit
fruits des bois	fruits of the forest
fruit confit	candied fruit
fruits de mer	seafood
fruits de la passion	passionfruit
fruits rafraîchis	fresh fruit salad
fruits rouges	red berries
fumage	smoking or curing

fumé	smoked
fumet	aroma (eg: meat) or bouquet (wine)

G

galantine	a dish of de-boned stuffed meat, most commonly poultry or fish, that is poached and served cold, coated with aspic
galette	various types of round, flat biscuits or crusty cakes. May also refer to a large, thin buckwheat pancake.
galinette	gurnard (fish)
gambas	Mediterranean prawns
ganache	icing, filling for pastries or glazes, made from chocolate and cream
garde-manger	meat safe, pantry or larder
gardon	roach (fish)
garni	served with.. (garnished)
garniture	added trimmings, embellishment or garnish
gaspacho	gazpacho – Spanish spicy tomato soup served cold usually
gâteau	cake
gâteau de miel	honeycomb
gaufre	waffle
gaufre en cire	honeycomb
gaufrette	wafer
gaufrier	waffle iron
gazeux	gaseous – boisson gazeuse fizzy drink

gazinère	gas cooker
gélatine	gelatine
gelée	jelly or aspic
geler	to freeze
gélinotte	grouse – gélinotte d’Ecosse red grouse
gélose	agar agar
gendarme	salted bloater or herring (fish)
genièvre	juniper berry – also genièvre
génoise	sponge cake
géranium	geranium
germes de blé	wheatgerm
germes de soja	bean sprouts
gésier	gizzard
gibelotte	fricasee of game in wine
gibier	game eg : pheasant, boar, etc.
gibier à poil	game animals
gibier à plume	game birds
gibier d’eau	waterfowl
gigolette	leg – gigolette de canard duck leg
gigot	leg – usually of lamb, mutton – gigot de chevreuil haunch of venison
gigue	haunch
gingembre	ginger

girelle	a rainbow wrasse (fish)
girofle	clove - clou de girofle – a stud, or nail of clove
girolle	chanterelle mushroom (cantharellus cibarius)
givrage	icing – orange givrée orange sorbet
glace	ice cream
glacé	iced, glazed or crystallized
glacer	to freeze or to chill
glacière	icebox or cool box
gloria	laced coffee
glucide	carbohydrate
glucose	glucose
gluten	gluten
gnocchi	gnocchi – Italian soft noodles or dumplings
gobelet	tumbler or goblet
godet	jar or pot
gonfler	inflate, puff up eg: rice
goret	piglet
gorgonzola	gorgonzola cheese
gouda	gouda cheese
goujon	gudgeon (fish) – also used to describe slices of fish or chicken coated in breadcrumbs and deep-fried
goulache	goulash
gourmand	gourmet – menu gourmande gourmet menu

gousse	clove or pod
gousse d'ail	clove of garlic
gousse de vanille	vanilla pod
goût	taste
goûter	to taste
goyave	guava fruit
grain	grain, seed (grape, mustard) or bean (coffee) – moutarde en grains wholegrain mustard
graine	seed of a plant – graine de moutarde mustard seed
graisse	fat or dripping – graisse de canard duck fat
granité	granita – Italian ice cream
granny smith	granny smith apple
grappe	bunch – grappe de raisin bunch of grapes
gras	fatty or fleshy
gras-double	tripe
gratin	baked, cheese topped dish eg: gratin dauphinoise or chou-fleur au gratin cauliflower cheese
grate-cul	rose hip
grattons	pork scratchings
grenadin	small medallion of meat – grenadin de veau veal medallion
grenadine	pomegranate
grenouille	frog – cuisse de grenouille – frog's legs
grésillement	sizzling, spluttering
gressin	breadstick

gribiche	vinaigrette sauce with chopped boiled eggs, gherkins, capers and herbs
gril	steak pan or grill pan
grillade	grilled meat or fish
grille	grilled
grille-pain	toaster
griotte	Morello cherry
grondin	gurnard (fish)
gros sel	rock salt - also suggested: coarse salt, sea salt, kosher salt.
groseille	redcurrant
gruau	hulled grain, groats
gruyère	gruyère cheese
guacamole	guacamole
guignolet	cherry liqueur
guimauve	marshmallow
guyot	guyot pear

H

haché	minced (meat)
hache-legumes	vegetable chopper
hacher	to chop or to mince
hachis	chopped vegetables or minced meat
hachoir	chopper, cleaver or chopping board

haddock	smoked haddock (fish)
halle	covered market
hamburger	hamburger
hareng	herring – hareng saur smoked herring or kipper
haricot	bean
haricot beurre	yellow French bean
haricot blanc	white beans
haricot d’Espagne	scarlet runner bean
haricot de mouton	lamb or mutton stew with beans
haricot grim pant	runner bean
haricot rouge	red kidney bean
haricot vert	French bean
haricot rouge	kidney beans
haricot sec	dried bean
haricot vert	green beans
harissa	harissa – spicy hot Moroccan red sauce
hase	doe or female hare
Herbes de Provence	Herbes de Provence – mixed herbs
h�risson de mer	sea urchin
homard	lobster
hors d’œuvre	appetizers – hors d’œuvres vari�s assorted cold meats and salads
huile	oil
huile d’amandes douces	sweet almond oil

huile d'arachide	groundnut oil or peanut oil
huile de colza	rapeseed oil
huile de friture	cooking or frying oil
huile de maïs	corn oil
huile de noix	walnut oil
huile d'olive	olive oil - huile d'olive extra vierge extra virgin olive oil
huile de sesame	sesame oil
huile tournesol	sunflower oil
huile végétale	vegetable oil
huilier	cruet or oil and vinegar bottle
huître	oyster
humer	to smell
hygiène	hygiene – hygiene alimentaire food hygiene

I

infusion	herbal tea – infusion de tilleuil lime tea
ingrédient	ingredient (eg: of recipe)
inox	stainless steel

J

jambon	ham
jambon à l'os	ham on the bone
jambon blanc	boiled ham

jambon cru	cured ham
jambon cuit	cooked ham
jambon fumé	smoked ham
jambonneau	knuckle of ham
jardinière dés legumes	mixed vegetables
jarret	knuckle or shin – of veal or beef
jaune	glass of pastis
jaune d'oeuf	egg yolk
jéroboam	jeroboam – bottle containing 3 litres
joue	cheek – joue de boeuf ox cheek
julienne	vegetables sliced into fine batons or slivers
jus	juice – jus d'orange orange juice

K

kaki	persimmon or sharon fruit
ketchup	ketchup or catsup
kir	white wine with blackcurrant liqueur
kir royale	champagne with blackcurrant liqueur
kiwi	kiwi fruit
kola	cola
kouglof	kugelhopf (a kind of bun)

kummel kummel – a sweet, colourless liqueur flavoured with caraway seed, cumin and fennel

kumquat kumquat fruit

L

lactaire milk cap mushroom (*lactarius deliciosus*)

lactosérum whey

lagopède grouse – **lagopède d’Ecosse** red grouse

lait milk

lait de vache cow’s milk

lait de chèvre goat’s milk

lait d’ânesse ass ‘s milk

lait concentré sucre condensed milk

lait concentré non sucre evaporated milk

lait écrémé skimmed milk – **lait demi-écrémé** semi-skimmed milk

lait entier full cream milk

lait cru unpasteurized milk

lait de coco coconut milk

lait caillé curds

laitage dairy products

laitance soft roe (fish eggs)

laitier	industrially produced dairy products (as opposed to fermier farm made)
laitue	lettuce
lamelle	thin strip – lamelle de champignon mushroom gill
lamproie	lamprey or lamprey eel
lançon	sand eel
langouste	spiny or rock lobster
langoustine	Dublin Bay prawn
langue	tongue
langue de bœuf	ox tongue
langue-de-chat	cat's tongue – a flat finger biscuit
langue de veau	veal tongue
lanières	strips eg : cut into strips
lapereau	young rabbit
lapin	rabbit
lapin domestique	domestic or tame rabbit
lapin de garenne	wild rabbit
lard	bacon
lard fumé	smoked bacon
lard maigre	streaky bacon
lardons	diced bacon
lasagne	lasagna
laurier	bay tree – feuille de laurier bay leaf

lavande	lavender
lavaret	pollan (fish) – freshwater member of the salmon family - found only in Northern Ireland in the wild
laver	to wash – se laver les mains to wash one's hands
lave-vaisselle	dishwasher
lèche-frite	dripping pan or broiler
léger	light – cuisine légère low-fat cooking
légume	vegetable
lentille	lentil
lépiote	parasol mushroom (macrolepiota procera)
levage	rising
levain	leaven - pain au levain leavened bread - sans levain unleavened
levraut	levert – young hare
levure	yeast
levure chimique	baking powder
levure de boulanger	baker's yeast
lichette	a tiny piece – lichette de fromage a tiny piece of cheese
liege	cork
liégeois	of or from Liège – café liégeois coffee sundae
lier	bond or bind
lieu jaune	pollack (fish)
lieu noir	coley (fish)
lièvre	hare

light	diet or low calorie eg : drink or chocolate
limaçon	snail
limande	dab (fish)
limande-sole	lemon sole (fish)
limonade	lemonade
lingue	ling (fish)
lisse	smooth
livarot	creamy Normandy cheese
loche	loach (freshwater fish)
lotte de mer	monkfish (fish)
lotte de rivière	burbot (freshwater fish)
louche	ladle
loup de mer	sea bass (fish)

M

macaron	macaroon
macaroni	macaroni - macaroni au gratin macaroni cheese
macédoine	diced mixed vegetables (macédoine de legumes) or fruit (macédoine de fruits)
macérer	to macerate or to soak/ marinate

mâche	lamb's lettuce
macis	mace
macle	water chestnut
macreuse	shoulder of beef
madeleine	madeleine – small, scallop shaped sponge cake
madère	Madeira
magret	fillet or breast – magret de canard duck breast
maigre	lean (non-fatty, low fat) or thin
maïs	maize
maison	home-made, or chef's own – pâté maison – chef's own pâté
makaire	marlin (fish)
malard	mallard - drake
malaxer	to knead (dough), or to cream (butter), or blend
maltaise	a type of juicy orange
malvoisie	malmsey wine
mandarine	tangerine
mange-tout	mange tout peas
mangue	mango
maquereau	mackerel (fish)
marbré	marbled or veined (eg: cheese) – gâteau marbré marble cake
marcassin	young wild boar
marchand	merchant or vendor – marchand de poissons fish monger
marenes	Marenes oyster

mareyage	fish trade – mareyeur wholesale fish merchant
margarine	margarine
marinade	marinade
mariné	marinated
mariner	to marinate
marjolaine	marjoram
marmalade	stewed fruit compote – en marmalade reduced to pulp
marmite	cooking pot
marquise	charlotte - marquise au chocolat chocolate charlotte
marron	chestnut
mascarpone	mascarpone cheese
massepain	marzipan
matelote	matelote sauce (made with wine) – matelote d’anguilles – eel stewed in wine sauce
mayonnaise	mayo or mayonnaise
méchoui	BBQ of a whole roast sheep
médailлон	medallion (round slice or cut) of meat or fish
médoc	wine from or the region of Médoc
mélange	a mix or blend
mélanger	to mix or to blend
mélasse	treacle
méli-mélo	assortment of fish or vegetables
mélisse	lemon balm

melon	cantaloup melon
melon d'eau	water melon
melon d'Espagne	honeydew melon
mendiant	mixed dried fruits and nuts
menthe	mint
menthe poivrée	peppermint
menthe verte	spearmint or garden mint
menu	menu
merguez	merguez spicy sausage from North Africa
merlan	whiting (fish)
merlu	hake (fish)
merluche	dried cod
mérou	grouper (fish)
mesclun	mixed green salad
mets	dish
meule	millstone – also a round of cheese eg: meule de gruyère
meunière	sole or trout meunière – rolled in flour and fried in butter
meurette	red wine sauce
mi	half eg: à mi-cuisson half way through cooking
mi-blanc	white bread containing little bran
micro-ondes	microwave oven
mie	soft part of bread, or bread with the crusts removed
miel	honey

miette	crumbs or flakes eg: miettes de crabe flaked crab
mignon	fillet
mijoter	simmer or to stew slowly
mijoteuse ®	slow cooker
milanais	Milanese eg: escalope à la milanais escalope Milanese
millefeuille	‘a thousand leaves’ – a cream or vanilla slice made with layers of puff pastry
mimolette	a type of Dutch cheese
mince	thin eg: tranche mince thin slice
minestrone	minestrone soup
minute	minute steak or entrecôte – quickly grilled or fried
minuteur	timer
mirabelle	cherry plum or plum brandy
mirepoix	diced mixed vegetables
miroton	boiled beef in onion sauce
miso	miso – traditional Japanese seasoning used in sauces, spreads and soup
mitonner	to simmer or cook slowly
mode	method eg: mode de cuisson cooking method
moelle	bone marrow
moitié	half or to halve
moka	mocha coffee or mocha gateau or cream cake
mont-blanc	chestnut cream dessert
montmorency	morello cherry

morbier	cow's milk cheese from the Jura
morceau	a piece, a bit or a morcel eg: of bread
morille	morel mushroom (morchella)
mortier	mortar (pilon pestle)
morue	cod – morue séchée dried cod, morue salée salted cod
motte	lump or block eg : motte de beurre lump of butter
mouclade	creamed mussel stew
mouflon	wild mountain sheep
mouiller	dampen or make wet
mouillette	finger of bread or soldier
moule	mussel
moulé	moulded
moules	mussels
moules marinières	mussels cooked in white wine with onion or shallots
moulin à poivre	peppermill
moussaka	moussaka
mousse	mousse eg: mousse au chocolat chocolate mousse
mousseron	meadow mushroom
moutarde	mustard
moutarde à l'ancienne	grain mustard
mouton	mutton
mouge	mullet (fish)
muesli	muesli

mulet	mullet (fish)
munster	Munster cheese
mûr	ripe
mûre	blackberry
muscade	nutmeg
muscadet	muscadet wine or grape
muscat	Muscat grape
myrtille	bilberry or blueberry
mystère	ice cream with a meringue centre, decorated with chopped hazelnuts

N

nage	a court-bouillon or poaching liquor
napper	to top with or cover with
nappe	covered or covering eg: nappe de table tablecloth, nappé de chocolat chocolate topping
nappage	topping
natte	plait – pastry or bread
nature	plain or unadorned eg: riz nature plain boiled rice
naturel	natural eg: pêches au naturelle peaches in their own natural fruit juice
navarin	mutton or lamb stew
navel	navel orange
navet	turnip

navette	a boat-shaped pastry or biscuit
nectarine	nectarine
nèfle	medlar fruit – requires bletting before eating. Used in jellies and wine making or as a ‘cheese’ similar to lemon curd
nem	small spring roll – Vietnamese origin
Nescafé®	Nescafé instant coffee
niçoise	from Nice – salade niçoise
noircir	to blacken or discolour eg: fruit
noisette	hazelnut also refers to a small piece eg: noisette de beurre knob of butter or noisette d’agneau small round cut (noisette) of lamb
noix	walnut or nut generally, or to refer to a small nut-sized piece eg: noix de beurre knob of butter
noix du Brésil	Brazil nut
noix de cajou	cashew nut
noix de coco	coconut
noix de coquilles Saint-Jacques	the white flesh of the scallop
noix de muscade	nutmeg
noix de pécan	pecan nut
nonat	alevin - fry or young fish
non-fumeur	no smoking
nonnette	spiced bun
nougat	nougat
nouille	noodle
nourriture	food

nouveau	new or young eg : pommes de terre nouvelles new potatoes
noyau	stone, pit (fruit)
noyer	to water down or thin too much g : sauce or wine

O

oeuf	egg
oeuf à cheval	steak or hamburger topped with a fried egg
oeuf à la coque	soft boiled egg
oeuf à la moelle	egg, poached
oeuf à la neige	a dessert of beaten egg whites poached in milk and served in a caramelized vanilla custard
oeuf de caille	quail's egg
oeuf de poule	hen's egg
oeufs de poisson	fish roe
oeuf du jour	fresh laid egg
oeuf dur	hard-boiled egg
œuf en chocolat	chocolate egg
œuf mollet	soft boiled egg
oeuf poché	poached egg
oeuf sur le plat	fried egg
œufs au lait	egg custard
oeufs brouillés	scrambled eggs

œufs à la neige	floating islands
oie	goose
oignon	onion
olive	olive
olive noire	black olive
olive verte	green olive
olivette	plum tomato
omble	char (fish) – omble chevalier arctic char
ombre	grayling
omelette	omelette - omelette baveuse runny omelette
omelette norvégienne	baked Alaska
onctueux, -euse	smooth, creamy, unctuous
onglet	cut of beef flank steak
orange	orange
orange sanguine	blood orange
orangette	Seville orange
oreille de mer	abalone
oreillette	sweet dessert fritter
orge	barley
orge perlé	pearl barley
origan	oregano
ormeau	abalone
ortie	nettle

orphie	garfish
os, à la	on the bone
oseille	sorrel
oursin	sea urchin
ouvre-boîte	can opener
ouvre-bouteille	bottle opener

P

pacane	pecan – noix de pecane – pecan nut
paella	paella
pageot	red sea bream (fish), also called "rosseau"
paillasspm	thin potato pancake made with shredded potatoes.
paille	straw – paille pour boire – drinking straw
pailles pommes	fried potato sticks
pain	bread
pain au chocolat	chocolate croissant
pain azyme	unleavened bread
pain bis	brown bread
pain bouilli	regional rye bread
pain complet	whole wheat bread
pain d'épice	gingerbread

pain de campagne	country bread : usually a large, round loaf, dusted with flour.
pain de Gênes	sponge cake
pain de maïs	corn-bread
pain de mie	sandwich bread, or white, sliced bread
pain de sarrasin	buckwheat bread
pain de seigle	rye bread
pain de son	bran bread - similar to whole wheat bread (pan complet)
pain grillé	toast
pain perdu	french toast
pain pita	pitta bread
paleron	chuck steak (beef)
palette	shoulder
palmier	heart-shaped biscuit made of sugared flaky pastry
palombe	wood pigeon
palourde	clam
pamplemousse	grapefruit
panaché	mixed or mixture
panade	bread soup
panais	parsnip
paner	to coat with breadcrumbs
panetière	breadbin
panier	basket - usually wicker.

panier de crudités	raw vegetables - served whole or chopped, in a basket; eaten by hand, with or without "dipping".
panier à frites	chip basket
panier à salade	salad shake
panier-repas	picnic basket
panification	bread making
panini	pannini
panure	breadcrumbs
papaye	pawpaw, papaya
papier aluminium	aluminum foil
papier cuisson	baking paper
papier paraffiné	greaseproof paper
papillote	cooked in a paper parcel or bag – en papiollote
paprika	paprika
Pâques	Easter eg : Menu de Pâques – special menu for Easter
paquet	packet
parfait	a dessert or savoury mousse
parfum	flavour – parfum au citron – lemon flavoured
paris-brest	choux pastry ring filled with praline-flavoured cream
parisienne	long loaf of bread
Parme	Parma – jambon de Parme – Parma ham
parmesan	parmesan cheese
parois	inner surfaces eg : butter or to bard the inside of a mould or terrine

parsemer	to sprinkle with
passe-crassane	type of winter pear
passe-plat	serving hatch
passe-thé	tea strainer
passiflore	passionflower
passoire	colander
passoire conique	conical colander or chinois
pastèque	watermelon
pasteurisation	pasteurization
pastis	an alcoholic drink tasting of anise eg: Pernod, Ricard – normally mixed with water – also used to flavour dishes eg: flambée
patate douce	sweet potato
pâte	pastry, dough or batter mix or paste
pâte d'amandes	almond paste
pâte brisée	shortcrust pastry
pâte à choux	choux pastry
pâte à crêpes	pancake or crepe batter
pâte feuilletée	puff pastry
pâté	pâté
pâté de foie	liver pâté
pâté en croûte	pork pie
pâté imperial	spring roll
pâte verte	green pasta

pâtes	pasta
pâtisserie	cake shop
pâtissier	pastry cook or confectioner
pâtisson	custard marrow or squash
paupiette	fish or meat rolled and wrapped (in fish or meat respectively)
pavé	thickly cut – steak, salmon, cake
pavé de saumon	salmon steak
pavot	poppy – graines de pavot – poppy seeds
paysanne	country style, rustic
peau	skin eg : peau de banane – banana skin
pêche	peach
pêche	fishing eg : la pêche à la truite – trout fishing
pêcheur	fisherman – pêcheur à la mouche – fly fisherman
peler	to peel
pépite	nugget eg : chocolate
perche	perch (fish)
perdreau	young partridge
perdrix	partridge – perdrix blanche or des nieges – ptarmigan
persil	parsley
persillade	mix of chopped parsley, garlic and salt
persillée	marbled or blue-veined eg: blue moulded cheese
pétale	petal or very thin slice
petit-beurre	butter biscuit

petit déjeuner	breakfast
petit épeautre	a regional wheat
petit-gris	snail – escargot
petit-lait	whey
petit pain	roll
petit pois	garden peas
petit-suisse	cream cheese eaten as a dessert
petit salé	salt pork, or salt chine of pork
petit salé maigre	lean salt pork
pétoncle	queen scallop
pétrir	to knead eg: dough
pétrissage	kneading
pichet	pitcher or jug
pièce	piece or portion
pied-de-cheval	large specially cultivated oyster
pieds et paquets	sheep tripes
pierre à aiguiser	whetstone
pigeon	pigeon – pigeon ramier – woodpigeon
pigeonneau	young pigeon or squab
pignon	pine nut
pilaf	pilau rice
pilchard	pilchard (fish)
piler	to grind or crush (in a mortar)

pilon	drumstick, leg of poultry
pilon	pestle
piment	pepper or capiscum
piment doux	sweet pepper
piment rouge	red chilli – piment vert – green chilli
pimenté	hot, spicy
pimprenelle	salad brunet
pince	tongs or pliers
pince à escargots	tongs for eating snail
pince à glace	ice tongs
pincée	pinch eg: salt
pincettes	tongs or tweezers
pineau	pineau de Charentes – sweet fortified wine from Cognac. Apperitif or used as a jus reduction popular with foie gras
pintade	guinea fowl
piperade	kind of omelette with peppers and tomatoes
piquant	spicy, strong or hot to taste
pique-nique	picnic
pissaladière	Provençal pizza with onions, anchovy fillets and olives
pissenlit	dandelion
pistache	pistachio
pistou	Provençal garlic-basil sauce – also a vegetable soup
pita	pitta (bread)

pithiviers	pastry with an almond paste filling
pizza	pizza
plat	dish or course of a meal eg: plat du jour – dish of the day plat garni – main course
plateau	tray, platter or board eg: plateau de fruits de mer
plateau-repas	tray meal or TV dinner
platée	dishfull or plateful
pleurote	oyster mushroom
plie	plaice (fish)
plombières	tutti-frutti ice cream
plonge	washing up, dishwashing
pluches	peel or sprig of herbs eg: pluches de cerfeuil – chervil sprigs
poche	pocket or bag eg: poche à douille – piping bag
poêle	frying pan
poêler	to fry
poêlon	casserole
point, à	just ripe or ready to eat – meat or fish cooked medium
poire	pear
poiré	perry
poirée	Swiss chard
poireau	leek
pois	pea
pois cassés	split peas

pois chiche	chick pea
pois gourmands	magetout peas
poisson	fish (generically)
poisson d'eau douce	freshwater fish
poisson de mer	saltwater fish
poisson-chat	catfish
poisson-épée	swordfish
poissonnière	fish kettle
poitrine	breast (poultry or game birds) or belly (pork)
poitrine salée	streaky bacon
poitrine de boeuf	brisket (beef)
poivrade	vinaigrette sauce with pepper
poivre	pepper
poivre blanc	white pepper
poivre de Cayenne	Cayenne pepper
poivre en grains	whole peppercorns
poivre gris	black pepper
poivre moulu	ground pepper
poivre noir	black pepper
poivre rouge	red pepper
poivre vert	green pepper
poivrier	pepperpot, peppermill
poivron	capsicum pepper (green, red, or yellow)

poivron pimenté	chilli pepper
polenta	polenta
pomélo	grapefruit
pomme	apple
pomme de terre	potato
pommes boulangère	fried potatoes with onions or cooked in juices under meat
pomme canelle	custard apple
pomme à cidre	cider apple
pomme à couteau	eating apple
pomme à couteau	eating apple
pomme à couteau	eating apple
pomme à couteau	eating apple
pomme à cuire	cooking apple
pommes frites	French fries
pommes mousseline	mashed potatoes
pomme sauvage	crab apple
pommes paille	straw potatoes
pommes vapeur	boiled potatoes
pompe à l'huile	an enriched bread
porc	pork
porcelet	suckling pig
portion	portion, helping
porto	port (wine)

Portugaise	type of oyster
potable	drinkable – non potable – not drinkable
potage	soup
potager	edible
potée	hotpot (pork and cabbage)
potimarron	variety of small pumpkin
potiron	pumpkin
poularde	fattened chicken
poule	hen
poule au pot	boiled chicken
poulet	chicken
poulet de grain	corn fed chicken
poulet fermier	free-range chicken
poulpe	octopus
poussin	chick
poutine	alevin - fry, young fish
praire	clam
pralin	filling for chocolates
praline	sugared or caramelized almonds
préchauffer	pre-heat
pré-salé (agneau/ mouton de)	salt meadow lamb/ mutton
presse-argumes	juice extractor
presse-ail	garlic crusher

presse-citron	lemon squeezer
presse- purée	potato masher
pression	draught beer
prêt-à-manger	ready made meals
primeur	early fruit and vegetables, or new season
printanier	spring eg: vegetables
prix fixe	set price menu
prix de gros	wholesale price
profiterole	profiterole – cream filled choux pastry puff balls dessert with chocolate sauce
Provençal	in the style of Provence (tomatoes, garlic, olive oil)
prune	plum
pruneau	prune
prunelle	sloe
pudding	close-textured fruit sponge

Q

quadrillage	criss-cross pattern topping on a tart
quart	quarter of a litre 250g eg : un quart de vin - a carafe with 25 cl of wine
quasi	cut of meat from upper part of leg of veal
quatre-épices	allspice
quatre-heures	afternoon tea or snack

quenelle	quenelle – shaped using spoons – fish, cream, ice cream etc.
quetsche	dark red or purple plum
queue	tail , tail end or stalk
quiche	quiche
quignon	crust or heel of a loaf of bread

R

râble de lièvre	saddle of hare
raclette	melted cheese served with boiled potatoes and cold meats
radis	radish
radis noir	black winter radish
rafraîchir	to chill, cool or freshen
ragoût	stew
raie	skate or ray (fish)
raifort	horseradish
raisin	grape
raisins de Corinthe	currants
raisins sec	dried grapes – raisins
raisins de Smyrne	sultanas
raisins de table	dessert or eating grapes
raisinet	red currant

ramequin	ramekin
ramier	woodpigeon
ramollir	to soften
rampon	lamb's lettuce
râpe	grater eg: râpe à fromage – cheese grater
râpé	grated or shredded.
rasade	glassful or full to the brim.
rascasse	scorpion-fish (used for traditional bouillabaisse)
rassis	stale (bread) or hung (meat)
ratafia	a liqueur
ratatouille	a Provençal vegetable stew – courgettes, tomatoes, garlic, olive oil
rave	turnip
ravigote	vinaigrette with hard-boiled eggs, shallots and herbs.
ravioli	ravioli - stuffed pasta
reblochon	kind of cheese from the Savoie
récépissé	receipt
recette	recipe
réchauffé	warmed or re-heated.
réduction	reduction by boiling
réfroïdir	to cool or chill.
réglisse	liquorice
rein-claude	greengage
reINETte	Cox's orange pippin apple

relevé	spicy or highly seasoned
religiuese	a nun – or iced or frosted cream puff made with choux pastry
rémoulade	dressing containing mustard and herbs
remuer	to stir slowly (sauce) or to toss (a salad)
repas	meal
requin	shark
réservation	reservation, booking
restaurant	restaurant
restaurateur	restaurant owner
rhubarbe	rhubarb
rhum	rum
rillettes	type of potted meat (usually pork) or fish, duck, rabbit
rillons	pork cooked in fat and served cold
rince-doigts	finger bowl – rince doigts en papier finger wipe
ris de veau	veal sweetbread - also ris d'agneau (of lamb or kid goat)
rissole	rissole
rissoler	to brown
riz	rice
riz à grains longs	long grain rice
riz basmati	basmati rice
riz complet	brown rice
riz cantonais	fried rice
riz gluant	sticky rice

riz au lait	rice pudding
riz pilaf	pilau rice
riz sauvage	wild rice
robe de chambre/ des champs	potatoes cooked in their jackets
rocamboles	rocamboles - Spanish garlic
rogatons	leftovers of a meal
rognon	kidney
romaine	romaine lettuce
romarin	rosemary
romsteck	rumpsteak
ronce	blackberry or bramble bush
rondelle	round slice eg: carrot, sausage, lemon
Roquefort	blue-veined cheese
roquette	rocket
rosbif	roast beef
rosette de Lyon	type of slicing sausage
rôt	roast
rôti	roasting joint
rôtir	to roast
rotisserie	steakhouse or grill
rôtissoire	rotisserie – roasting spit
rotengle	rud (fish)
rouelle	slice

rouget	mullet (fish)
rouget barbet	red mullet
rouget de vase	striped mullet
rouget grondin	gurnard (fish)
rougette	lettuce with small reddish leaves
rouille	spicy Provençal red sauce served with fish
roulade	stuffed meat or fish, rolled and sliced.
roulé	rolled
rouleau	a roll
rouleau à pâte	rolling pin
roussette	dogfish or rock salmon (fish)
roussir	to brown, singe
roux	sauce base – thickened flour and butter

S

sabayon	sabayon sauce
sablé	shortbread biscuit
saccharose	sucrose
sachet	small bag or packet eg: café en sachets – sachets of coffee
sac-poubelle	bin liner
safran	saffron

saignant	cooked rare
saindoux	lard
saint-jacques	sea scallops
saint-pierre	John Dory (fish)
saisir	to sear or to seal
saison	season - de saison – seasonal eg: fruit, vegetables
salade	lettuce
salade composée	mixed salad
salade de mesclun	salad of lettuce, dandelion, chicory, watercress, herbs and rocket
salade de tomates	tomato salad
salade de fruits	fruit salad
salade mixte	lettuce and tomato salad
salade niçoise	a salad of lettuce, tomatoes, olives, anchovies, tuna fish, bell peppers, hard-boiled eggs, etc.
salade russe	Russian salad
salade verte	green salad
saladier	salad bowl
salami	salami
salant	salt marsh eg: lamb
salé	salted or salty
saler	to add salt
salicorne	salicornia – species of salt-tolerant edible plants eg: marsh samphire
salière	salt cellar

salmis	salmi – a rich stew made from roasted poultry or game birds
salmonella	salmonella food bacteria/ poisoning
salmoniculture	salmon farming
salsifis	salsify
samosa	samosa
sancerre	type of wine from the Loire valley
sander	pikeperch or zander (fish)
sandwich	sandwich eg: sandwich au jambon – ham sandwich
sang	blood
sanglier	wild boar
sangiune	blood orange
sarcelle	teal (duck)
sardine	sardine (fish)
sarrasin	buckwheat
sarriette	savory
sashimi	sashimi
sauce	sauce
saucier	sauce chef or cook
saucière	sauce boat
saucisse	sausage
saucisse de Morteau	type of smoked sausage
saucisse de Franfort	frankfurter
saucisson	sausage eaten in cold slices

sauge	sage
saumon	salmon
saumon fumé	smoked salmon
saumon cru mariné à l'aneth	gravadlax
samure	brine
saumuré	pickled (in brine)
saupiquet	spicy wine-based sauce or stew
saupoudrage	sprinkling or dusting
saupoudrer	sprinkle
saurer	to smoke or to cure
sauté	to brown in oil or fat
sauteuse	a high-sided frying pan
sauvage	wild
savarin	rum baba
saveur	flavour
savoie	a type of biscuit
scampi	scampi – Norwegian lobster tails or also Dublin Bay prawns
scarole	endive
sec	dry or dried
seiche	cuttle-fish
sel	salt
sel de céleri	celery salt
sel de cuisine	cooking salt

sel de marin	sea salt
selle	saddle of meat
semence	seed (that you sow)
semoule	semolina
serpolet	wild thyme
serveur	waiter or barman
serveuse	waitress or barmaid
service	the serving of food, or the service charge for a meal
service compris	service charge included in the menu price list
service non compris	service charge not included
servir	to serve
sésame	sesame – graines de sésame – sesame seeds
sirop	syrup, mixture – fruit drink or cordial
soja	soya
sole	sole (fish)
sommelier	wine waiter
sorbet	sorbet
sorbetière	ice cream maker
soucoupe	saucer
soufflé	soufflé eg: soufflé au fromage – cheese soufflé
soupçon	a drop (of wine, milk etc)
soupe	soup
souper	supper

soupière	soup tureen
souris	knuckle joint eg: souris d'agneau – knuckle of lamb
sous chef	second in command in the kitchen
spaghetti	spaghetti
spatule	spatula
spigol	a spice similar to safran
steak	steak
steak - bavette	minute steak - the top or skirt of beef
steak - entrecôte	beef ribsteak; cut from the front ribs and wing-end ribs
steak - faux-filet	sirloin steak
steak - filet	Fillet steak or tenderloin steak
steak - filet mignon	the small choice end of tenderloin of beef (or of veal or pork)
steak - pavé	thick piece of prime grilled steak
steak haché	minced or ground beef
steak tartare	finely ground, raw lean beef mixed with raw egg yolk and garnished with chopped onion, capers and parsley.
stockfish	haddock
sucre	sugar
sucre de betterave	beet sugar
sucre brun	brown sugar
sucre candi	sugar candy
sucré	sweet or sweetened
sucrerie	sweetie, bonbon

sulfurisé	grease-proof paper
sultane	sultana
suprême	chicken or veal in white sauce – suprême de volaille – chicken supreme
surchoix	prime or top quality eg: meat or fruit
suret	sharp, tart
surgeler	to deep freeze or fast freeze
sushi	sushi

T

tabasco ®	tabasco sauce
table	table – table de salle à manger – dining table
table basse	coffee table
table de cuisson	cooking hob
table d'hôte	guest house
tablette	bar, block or cube
tablette de chocolat	chocolate bar
tablette de bouillon	stock cube
tablier	apron, pinafore
tablier de sapeur	tripe in breadcrumbs
taboulé	tabbouleh
taco	taco

tagine	tajine – North African clay cooking pot – or the stew dishes cooked in it, eg : lamb tajine
tagliatelles	tagliatelle pasta
talé	bruised (fruit)
tamarin	tamarind
tambouille	grub (food)
tamis	drum sieve
tamiser	to sift or sieve – farine tamisée – sifted flour
tanche	tench (fish)
tandoori	tandoori
tangerine	tangerine
tapas	tapas
tapenade	tapenade – a savoury spread made with pureed olives
tapioca	tapioca
tarama	taramasalata
tarif	tariff or price list
tartare	tartar sauce or raw chopped beef or thinly sliced raw fish
tarte	tart
tarte au fruits	fruit tart
tarte aux pommes	apple tart
tarte tatin	tarte tatin – upside-down apple tart
tartelette	tartlet
tartiflette	dish made with potatoes, bacon and cheese

tartine	slice or piece of bread
tartiner	to spread
tasse	cup – tasse à thé - teacup
taureau	bull
téflon ®	teflon ®
telline	small clam
température	temperature – température ambiante – room temperature
tempura	tempura
tendre	tender or soft
terminer	completed or finished – terminer? – have you finished your meal?
terrine	earthenware cooking vessel or pâte
tête-de-nègre	chocolate covered meringue
tétras	grouse
thé	tea
thermostat	thermostat – thermostat 7 – gas mark 7
thon	tuna - thon au naturel – tuna in brine
thon blanc	long fin tuna
thon rouge	blue fin tuna
thym	thyme – thym sauvage – wild thyme
tiède/ tiédasse	lukewarm, tepid
tiédir	to cool down
tige	stem or stalk
tilleul	lime or linden (tree, colour or flavour)

timbale	small mould or the dish made in the mould eg: timbale de langouste – lobster timbale
tiramisu	tiramisu dessert
tirebouchon	corkscrew
tisane	herbal tea
toast	toast (slice of toast or to drink a toast)
toasteur	toaster
tomate	tomato
tomates farcies	stuffed tomatoes
tomates en grappes	vine tomatoes
tomates à la Provençale	baked tomatoes with garlic, parsley and breadcrumbs
tomates cerises	cherry tomatoes
tomates vertes	green tomatoes
tomme	cheese
tonneau	barrel or cask
tonnelet	small cask or keg
topinambour	Jerusalem artichoke
torréfier	to roast (coffee beans, malt etc)
tortue marine	turtle
touiller	to stir (eg: sauce, coffee) or to toss (salad)
tournebroche	roasting spit, or rotisserie
tournedos	centre part of beef fillet
tournesol	sunflower eg: huile tournesol – sunflower oil

touron	kind of nougat
tourte	pie, covered
tourteau	round spongecake made with fromage frais
tourteau	crab
tourtière	pie tin or dish
traiteur	caterer or delicatessen
tranchant	sharp (knife)
tranche	slice
travers de porc	spareribs
tremper	to soak, dip or dunk
trévisé	radicchio lettuce
tripaille	guts, innards
tripes	tripe
tripous	dish of sheep offal and feet
trognan	core (eg: apple)
trompette-de-la-mort	mushroom known as horn of plenty
tronçon	a slice or cut of meat or flat fish with the bone on
tronçonner	to cut up (into sections or lengths)
trousser	to truss (eg: a chicken)
truelle	fish slice
truffe	truffle
truffer	to garnish with truffles
truite	trout

truite arc-en-ciel rainbow trout

truite de mer sea trout

tuile thin sweet biscuit

turbot turbot (fish)

U

usagé used, old, worn – **huiles usagées** – waste oil

ustensiles de cuisine kitchen utensils

utilisation using – **utilisation des restes** – using up

V

vache cow

vacherin type of cheese

vaisselle crockery, dishes

vandoise dace or chub (fish)

vanille vanilla – **vanilliné** – vanilla flavoured

vapeur steam - **cuit à la vapeur** – steamed

varech seaweed - kelp

veau calf or veal - **foie de veau** – calf's liver

végétalien/ ne vegan

végétarien/ ne vegetarian

velouté	thickened, velvety creamed sauce
ventre	stomach or belly
vénus	type of clam
vergeoise	type of brown sugar
vermicelle	vermicelli (angel hair) pasta
vermicelle chinois	fine rice noodles
vermout	vermouth
verre	glass – un verre d'eau – a glass of water
verser	to pour
vessie	bladder
verveine	verbena or vervain
viande	meat
viande en dés	meat chunks
viande hachée	minced meat
vichy	syrup or glaze – carottes vichy – glazed carrots
vichyssoise	creamed leek and potato soup served cold
vide-pomme	apple corer
vielle	wrasse (fish)
viennoiserie	sweetbreads and buns such as brioches, croissants, pains au chocolat
vierge	virgin - oil from a first pressing of olives. Also sauce vierge – olive oil, lemon, garlic, chopped tomato and herbs.
vieux	old or aged
vigne	vine

vigneau	winkle
vin	wine
vin blanc sec	dry white wine
vin chaud	mulled wine
vin doux	sweet wine
vin rouge	red wine
vinaigre	vinegar
vinaigre de Xérès	sherry vinegar
vinaigrette	French dressing – oil and vinegar dressing
violette	violet
vive	weever (fish)
vol-au-vent	puff pastry case
volonté, à	as much as you like or to your taste

W

waterzoï	waterzooi – chicken stew
williams	williams pear
wishbone	wishbone

X

Xérès sherry

Y

yaourt yogurt

yaourt à la Grecque Greek yoghurt

Z

zeste zest or peel of citrus fruit scraped off the fruit

zesteur a rasp or grater for scraping peel of citrus fruit

End