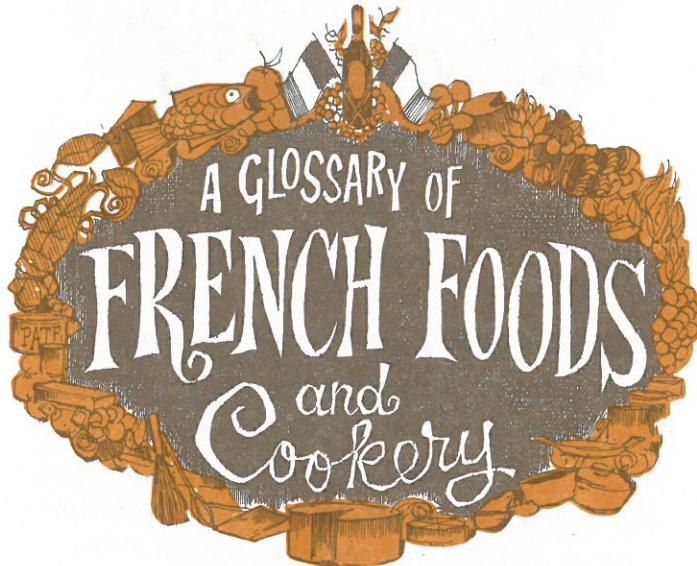
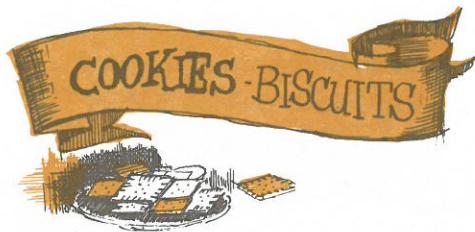




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Coupe ( <i>koop</i> )	An ice cream dessert
Côtellettes ( <i>kot'let</i> )	Ground or chopped mixture fried in the shape of a cutlet
Court Bouillon ( <i>kur-bu-yohn</i> )	Liquid in which fish has been boiled
Cru ( <i>kru</i> )	Uncooked, raw
Diable ( <i>dee-a-bl</i> )	Deviled
Duchesse ( <i>du-shess</i> )	Potatoes mixed with egg and forced through a pastry tube
En brochette ( <i>ahn-bro-shet</i> )	Broiled and served on a skewer
En coquille ( <i>ahn-ko-kee</i> )	In the shell; in shell-shaped ramekins
En gelée ( <i>ahn-je-lay</i> )	In jelly, aspic
En papillote ( <i>ahn-pa-piyot</i> )	Baked in an oiled paper bag
Epice ( <i>e-pees</i> )	Spice
Farce ( <i>farce</i> )	Forcemeat. Stuffing with chopped meat, fish, poultry or nuts, well-seasoned
Farci ( <i>far-cee</i> )	Stuffed
Fines Herbes ( <i>feenz-airb</i> )	Mixture of herbs like minced chives, parsley, and tarragon or thyme
Flambé ( <i>flahm-bay</i> )	A food served with light spirits poured over
Foie ( <i>fwah</i> )	Liver
Fond ( <i>fohn</i> )	Bottom
Fondue au fromage ( <i>fohn-du-oh-fro-mahj</i> )	A melted cheese dish
Fournée ( <i>for-nay</i> )	Baked
Frappé ( <i>fra-pay</i> )	Sweetened fruit juices frozen to a mush; iced drink
Fricassée ( <i>fri-ka-say</i> )	Braised meats or poultry
Frit ( <i>fri</i> )	Fried
Froid ( <i>frwah</i> )	Cold
Fumé ( <i>fu-may</i> )	Smoked
Galantine ( <i>ga-lahn-teen</i> )	Boned poultry, game, or meat stuffed and pressed into a symmetrical shape, usually with truffles. Served cold
Garni ( <i>gar-nee</i> )	Garnished
Garniture ( <i>gar-nee-tuhr</i> )	Garnish
Gâteau ( <i>ga-toe</i> )	Cake
Glace ( <i>glas</i> )	Ice; ice cream
Glacé ( <i>gla-say</i> )	Iced
Gras ( <i>grah</i> )	Fat
Grillé ( <i>gree-yay</i> )	Grilled or broiled
Haché ( <i>ah-shay</i> )	Finely chopped or sliced
Jardinière ( <i>jahr-di-niehr</i> )	Diced, mixed vegetables
Julienne ( <i>ju-l'yen</i> )	Match-like strips of meat, vegetables or cheese
Lyonnaise ( <i>lee-on-ez</i> )	Cooked with onions
Macédoine ( <i>mah-say-dwahn</i> )	Mixture of vegetables or fruits
Miettes ( <i>mee-yet</i> )	Flakes, bits or crumbs
Mousse ( <i>moos</i> )	Light airy dish, usually containing beaten egg whites or whipped cream, for dessert or main dish; meat, poultry or fish, finely ground served in a mold
Oeufs ( <i>oeh</i> )	Eggs
Pain ( <i>pehn</i> )	Bread
Panaché ( <i>pah-nay-shay</i> )	Mixed (usually two vegetables)
Pané ( <i>pah-nay</i> )	Prepared with bread crumbs
Pelé ( <i>peh-lay</i> )	Peeled
Purée ( <i>puh-ray</i> )	Mashed
Quenelles ( <i>kuh-nel</i> )	Dumplings
Ragoût ( <i>ra-goo</i> )	A stew with rich gravy
Râper ( <i>ra-pay</i> )	To shred or grate
Refroidi ( <i>reh-frwah-dee</i> )	Chilled
Revenir ( <i>reh-veh-neer</i> )	To fry lightly without actually cooking
Rillettes ( <i>ree-yet</i> )	Shredded meat and potted pork
Rôti ( <i>ro-tee</i> )	Roast
Rouleau ( <i>ru-loh</i> )	Roll of
Roux ( <i>ru</i> )	A mixture of butter and flour used for thickening soups or sauces
Sans arête ( <i>sahnz-aret</i> )	Boneless
Sans peau ( <i>sahn-poh</i> )	Skinless
Sauté ( <i>so-tay</i> )	Fried lightly in a little fat
Soufflé ( <i>su-flay</i> )	A baked fluffy main dish or dessert made of milk and egg yolks into which stiffly beaten egg whites are folded
Tarte ( <i>tart</i> )	Tart or pie
Terrine ( <i>teh-reen</i> )	Earthenware crock (usually used for foie gras)
Vinaigrette ( <i>vee-nay-gret</i> )	A marinade or salad sauce of oil, vinegar or wine, salt, pepper and herbs



Various kinds of biscuits are available, many in decorative tins. French bakery products are made with carefully selected, fresh ingredients. The term "biscuit" is used for all French cookies and crackers.

The type of cookies are:

**Champagne** (*sham-pahn*) Lady-finger type of sweet cookie, sometimes referred to as boudoir cookies, to serve with Champagne or sweet wine.

**Crêpe dentelle** (*krep-dahn-tel*) A crisp, rolled pancake delicate, light and airy in texture, often served with ice cream.

**Gaufrette** (*go-fret*) Wafer, usually a semi-sweet thin, triangular cookie to serve with ice cream.

**Petit Beurre** (*p'tee-buhr*) Similar to tea biscuits; suitable for all occasions.

Types of non-sweet biscuits are called *biscuit salés*. They resemble crackers.

**Biscottes** (*bees-kot*) These are somewhat like rusks in texture and in France are usually served at breakfast. They are available in a variety of shapes and sizes — bite-sized are often served with canapés.

**Amuse gueule** (*ah-meuz-goel*) Term for cocktail crackers. There are a variety to choose from, i.e. pretzel sticks, cheese straws and spiced and seasoned crackers in a variety of shapes.



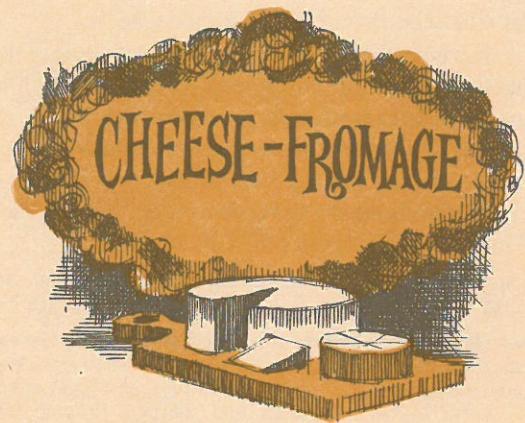
**La Baguette** (*la-bah-get*) Authentic long, slender loaf of French bread with crunchy crust.

**Brioche** (*bree-oh-sh*) Shaped like a fat muffin with a little cap on top, usually served at breakfast; also served stuffed with pâté or cheese as an appetizer or luncheon dish.

**Croissant** (*kwah-sahnt*) Crescent-shaped breakfast roll made from puff pastry.

**Vol-au-vent** (*vohl-oh-vahn*) Small pastry cup made from puff pastry for creamed dishes, i.e. chicken à la king.

**Tartelette** (*tar-teh-let*) Fluted pastry shell for fruit tarts or creamed dishes.



France produces almost 400 different varieties of cheese, each one is as distinctive as a fingerprint. This wide selection — more than any other country has to offer — includes cheeses made from cow's, ewe's or goat's milk, or in combination. Each region has its specialty — Normandy, France's kingdom of milk and cream, is famous for unctuous Camembert and Pont l'Evêque; the Loire Valley and Poitou for the tangy goat's milk cheeses; Alsace for robust Munster; the Alpine region for firmer, subtly-flavored cheeses, such as Reblochon and Beaumont; the Paris area for the world's most prestigious cheese, Brie — and from the Pyrénées comes Tourton, firm, slightly nutty-flavored.

Each region's specialty is made according to tradition which has existed for centuries. The professional cheesemaker learns his craft as painstakingly as an attorney the law. France's reputation for being a paradise for cheese lovers is well-deserved. Today, Americans are fortunate because they need no longer be on the original spot to relish their favorites—they can readily find them at local cheese retailers . . . almost 100 different varieties.

#### FRESH CREME CHEESES

What we Americans call cream cheese is a very distant relative to these rich, creamy, fresh cheeses from France. Uncured and only one step removed from milk, these cheeses boast no rind and vary in texture from thick sour or fresh cream to semi-firm cream. All are delicate with a refreshing tang and some are blended with a mixture of herbs and garlic or spices, such as pepper.

According to French law, cheeses are classified as *double crème* when they contain a minimum of 60 per cent butter fat (*matière grasse*) per gram and *triple crème* when they contain a minimum of 72 per cent butter fat per gram. Some fresh, unripened *crème* cheeses are *double* or *triple crèmes*;

most *double* and *triple crèmes*, however, are soft-ripened cheeses (see section on "Soft-Ripened Cheeses.")

Fresh *crème* cheeses are delightful at any time of day, for any menu or snack. Simply spread on crusty French bread, perhaps serve with fresh fruit in season (not citrus). Young fruity wines are ideal to accompany these cheeses, particularly white and rosé. Many Americans enjoy the herbed or peppered versions during the *apéritif* hour. Among the fresh *crème* cheeses available in the U.S. are:

**Boursin** (*boor-san*) ... A fresh cow's milk triple *crème*. It has a tangy taste and comes flavored with herbs or pepper.

**Gervais** (*jher-veh*) ... World renowned since 1850, Gervais is a tangy double *crème* from Normandy. Usually packaged in squares, its texture is similar to American cream cheese but its flavor is slightly richer and sharper. Pristine white in color, it is lightly salted and contains no preservatives.

**Petit Suisse** (*ptee-swees*) ... One of France's most popular double *crèmes*, this cheese is available in 1 oz plastic cups. Its texture is like American sour cream and it is usually served on top of fresh fruit or berries, or mixed with powdered sugar or jelly.

**Tartare** (*tahr-tahr*) ... This fresh, very creamy triple *crème* is only available flavored with herbs and garlic.

## SOFT-RIPENED CHEESES

The soft-ripened or surface-ripened cheeses cure from the outside in. There are three distinct categories: *double* and *triple crèmes*, those cheeses with white flowery rinds and those with orange washed rinds. Some *double* and *triple crèmes* have flowery rinds; others do not. Both rinds are edible and the interiors can range from runny to a pasty texture.

When fully ripened, flowery rind cheeses have light amber flecks and the center is soft to the touch. A soft-ripened cheese with a washed rind is, as the name implies, washed in a brine solution and then brushed to keep the rind supple and moist. *Double crèmes* contain a minimum of 60 per cent butterfat and *triple crèmes* have a minimum of 72 per cent butterfat.

As with all French cheeses, this type must be served at room temperature. Again, serve with crusty French bread, apples, grapes, peaches or pears; for most of this family a light to medium French red wine makes an ideal accompaniment.

### Double and Triple Crème Types

**Boursault** (*boor-soh*) ... A soft-ripened triple *crème*, this 8 oz. round cheese has an edible crust and is very creamy, almost like a mixture of Brie and heavy cream. It has a tart flavor.

**Brillat-Savarin** (*bree-ah-sah-vah-ran*) ... From Normandy, this triple *crème* is a plump white disk with a buttery texture, mild and delicate flavor.

**Caprice des Dieux** (*kah-prees-day-deeuh*) ... An oval shaped double *crème*, slightly creamier than Camembert, with an edible crust.

**Corolle** (*koh-rohl*) ... From the Poitou region, this double *crème* has a soft, creamy texture and derives its name from its shape ... a crown. A distinct characteristic: the center core never fully ripens.

**Explorateur** (*ex-ploh-rah-tuhr*) ... a soft-ripened triple *crème* produced in the Ile-de-France region. Available in a 14 oz. disk, it is highly appreciated for its very delicate flavor and texture.

**St. André** (*san-tahn-dray*) ... Appreciated for its fluffy texture, tangy flavor and pronounced bouquet. Wrapped in a gold band and packaged on a rattan mat, it is available in a 4 lb. wheel.

**Suprême** (*sew-prehm*) ... This triple *crème* is available as a small 7 oz. disk and also in a 2.2 lb. loaf. Originating in Normandy, it is cured in ventilated drying rooms for two weeks and has a natural, flowery rind.

### Flowery Rind Types

**Brie** (*bree*) ... The "King" of soft-ripened cheeses. Its flowery, edible crust is flecked light brown when fully ripened. Traditionally, Brie is produced in the Ile-de-France region outside of Paris. The finest examples are named after their towns of origin: Brie de Meaux (*bree-duh-moh*) and Brie de Melun (*bree-duh-meh-luhn*). Available in one kilo (2.2 lbs) and two kilo (4.5 lbs) pie thick disks.

**Camembert** (*ka-mahm-baer*) ... There are over 2,000 brands of Camembert made in France, 500 of which come from its place of origin—Normandy. Perfected by Mme Harel of the village of Camembert in the 1790's, this 8 oz. cheese is always packed in the traditional, small round light wooden box invented in the late 19th century specifically for this cheese.

**Chaource** (*shah-oors*) ... A specialty of Champagne country, this cheese is creamy, plump and round in shape. Its white crust is edible.

**Coulommiers** (*koo-loh-meeay*) ... Made in the same region as Brie, it is smaller and plumper than its cousin but similar in flavor and texture.

**Port Fleur** (*pohr-fleuhr*) ... A 4-lb. wheel with a flowery rind, soft creamy texture and mild flavor. Made in eastern France, it has a 50 per cent butterfat content.

**Valembert** (*vah-lam-baer*) ... This soft-ripened cheese, available in a 4 lb wheel, is made partially from skim milk. It is mild with a creamy texture.

### Washed Rind Types

**Epoisses** (*ay-pwahs*) ... A flat, cylinder-shaped cheese with a tangy flavor and smooth brick-colored rind. Produced in Burgundy, it is "washed" for one month in Burgundy Marc.

**Fromage des Chaumes** (*froh-mahj-day-shohm*) ... A large, flat 8 inch round with a rough, reddish-orange rind. Produced in the Massif Central region, it is highly aromatic and has a complex taste: tangy, slightly sweet and earthy.

**Livarot** (*lee-vah-roh*) . . . A famous specialty from Normandy, this is a round cheese with a strong and piquant flavor.

**Munster** (*muhn-stehr*) . . . From the province of Alsace, this cheese has an assertive aroma and taste. Plump, round and rather orange in color, it is sometimes flavored with cumin or caraway.

**Maroilles** (*mah-rwah*) . . . A creation of the monks at the Monastery of Maroilles in Picardy over a thousand years ago, this 5 inch square cheese has a strong, assertive flavor and has been the preferred cheese of many French kings down through the ages.

**Pont l'Evêque** (*pohn-lay-vehk*) . . . A Norman specialty, the name of this cheese means Bishop's Bridge. Square-shaped, this cheese has the impressions on its usually edible rind of the straw on which it ripened. It is strong and full-bodied in flavor.

**Vieux Pané** (*veuh-pah-nay*) . . . This large flat square produced in the south of France resembles Pont l'Evêque but is milder in flavor.

### SEMI-SOFT CHEESES

These are cheeses which are pressed, uncooked and contain little water. Their maturing process is slow which allows them to be stored for longer periods of time than other highly perishable cheeses such as fresh *crèmes*. They have a fresh tangy flavor which varies in strength depending on age. Most semi-soft cheeses have an inedible crust. Their interior is smooth, buttery and slightly resilient to the touch. They slice easily and have good melting qualities making them ideal for cooking. But they are also excellent for snacks or as a dessert course with bread, fruit and a young, fruity French red wine.

**Beaumont** (*boh-mon*) . . . A specialty of the Savoie region of France, this cheese has a distinct nutty flavor. It has a tannish crust which is not edible. Inside, the ivory colored cheese has many tiny "eyes" close together.

**Bonbel** (*bohn-behl*) . . . Also made from cow's milk, this cheese is firm in texture and has a yellow paraffin wrapper.

**Tourton** (*toor-tohn*) . . . Formerly known as Chiberta, this cheese comes from Pau in the Pyrénées region of France, is ivory-colored on the inside with tiny holes. It is available in 7.5-lb. wheels and has a dark orange inedible crust.

**Doux de Montagne** (*doo-duh-mohn-tah-nyuh*) . . . An 8-lb. round loaf, this cheese has a distinctive brown wax covering. Made in the Pyrénées, it has a pale yellow interior with small eyes and a mild flavor.

**Morbier** (*mohr-beeay*) . . . From Franche-Comté, this cheese is noted for its pronounced flavor. A large wheel easily recognized by a thin black streak of edible volcanic ash running horizontally through the creamy interior.

**Port Salut** (*pohr-sah-luh*) . . . Originated by the Trappist monks in their Monastery of Port-du-Salut in Entrammes, this popular cheese comes in a 4-lb. round with an inedible orange rind. It slices readily and is ideal in recipes. Mild in flavor with no aroma.

**Reblochon** (*ruh-bloh-shohn*) . . . A specialty of the Savoie region in the French Alps, the name derives from the word "reblocher," meaning to milk a second time. It comes in an 8-oz. or 18-oz. round disk and has a mild, nutty flavor.

**St. Nectaire** (*san-nehk-tehr*) . . . Drier in texture than most other semi-soft cheeses, it has a grayish crust and a tangy flavor.

**St. Paulin** (*san-poh-lan*) . . . A look-alike to Port Salut, in shape and flavor, with a yellowish-orange rind. This cheese is also a creation of the Trappist monks.

**Tomme des Pyrénées** (*tohm-day-peh-ray-nay*) . . . A cheese from France's Basque country, it is a large round cow's milk cheese with an inedible black rind.

**Tomme de Savoie** (*tohm-duh-sah-vwah*) . . . From the Alpine region, this cheese is made from cow's milk and has a low fat content. It is firm, subtly flavored and comes in a flat, round disk which weighs about 4 to 6 lbs.

### GOAT'S MILK CHEESES—CHEVRES

These cheeses are much prized by connoisseurs and almost every region of France has its own special goat's milk cheese. They are found in many sizes and shapes, 3 to 8-inch round patties, small logs, drums, pyramids, loaves, etc. Textures vary from soft but firm, somewhat like cream cheese, to hard. Flavor ranges from mild to sharp.

**Chèvres** make excellent dessert cheeses, served with bread and fruit. The French wines recommended to drink with these unique cheeses are fresh, young white wines or rosés—properly chilled, of course.

**Banon** (*bah-nohn*) . . . A round flat disk in small and large sizes, this cheese is a specialty of Provence. Wrapped in chestnut leaves and tied with raffia, it has a mild, winey taste.

**Bûcheron** (*bew-shuh-rohn*) . . . A large 3½-lb. log from the Poitou region with a light edible rind, chalky center, creamy edges and tangy flavor.

**Capricette** (*kah-pree-seht*) . . . This is fresh goat cheese with a low fat content and a delightful mild flavor. Available in 4-oz. plastic cups.

**Capricorne** (*kah-pree-kohrn*) . . . This moderately sharp, salty and fairly dry chèvre is produced in the form of a wheel with a hole in the middle.

**Chabichou** (*shah-bee-shoo*) . . . A small cone-shaped, soft goat cheese which is ideal for dessert. It is made in the Poitou region and its flavor varies from fruity to sharp, depending on its age.

**Crottin de Chavignol** (*kroh-tan-duh-shah-vee-nyohl*) . . . A small, 2-oz., hard, sharp-tasting chèvre in the shape of a button. Produced in the province of Berry, this cheese is at its best when aged.

**Lezay** (*luh-zay*) . . . Found either in the shape of flat disks, large logs or pyramids, these chèvres from Poitou are available with a natural rind or with an orange or ash coating. Firm textured with a chalky consistency and mild tang. Texture varies from soft to firm.

**Montrachet** (*mohn-rah-shay*) ... This is made in the province of Burgundy, and always comes in the shape of a log. Mild and creamy in flavor with a rind that may or may not be dusted with vine wood ash. Good keeping quality.

**Pyramide** (*pee-rah-meid*) ... This is, as its name implies, a pyramid-shaped cheese. It has a sharp nutty flavor, with an edible rind which may or may not be dusted with wood ash.

**St. Marcellin** (*san-mahr-suh-lan*) ... Originally this cheese from the Isère Valley was made strictly from goat's milk. Today, it is more often a combination of cow and goat. It is a soft round disk, with a mild, slightly acid flavor.

**Sainte Maure** (*sant-mohr*) ... A creation of the Loire Valley, this soft-ripened chèvre is log-shaped, with a thin edible crust and a mild flavor which becomes more pronounced as it ages.

### ROQUEFORT

The "King" of cheeses—as it is known throughout the world. Made exclusively from ewe's milk, aged and ripened in the limestone caves of the small village of Roquefort in the south of France. It is unique—unlike any other cheese in flavor and texture. Authentic Roquefort can be easily identified by the red sheep emblem on the label.

### BLUE-VEINED CHEESES

These cheeses have a blue-vein marbling mostly developed by natural fermentation processes, sometimes by inoculation to start or hasten ripening and maturing. The term *persillé*, which is often applied to these cheeses, has nothing to do with parsley. Rather it refers to the blue-green veining which looks like parsley. These cheeses have a tangy flavor, some more than others, are usually semi-soft, often crumbly, especially when cold. With the few exceptions such as Roquefort, almost all blue-veined cheeses are made with cow's milk. Natural blue cheeses are produced in many areas of France and are named after their region of origin.

Most blue-veined cheeses are marvelous with fruit, crusty bread or unsalted crackers, either for snacks, hors d'oeuvre or as a dessert course. Their robust flavor calls for a full-bodied French red wine.

**Belle Bressane** (*bel-breh-sahn*) ... This cheese shaped in a 4-lb. wheel with a center hole comes from the region of Bresse near the Alps. It has a buttery texture and is made from cow's milk. It has a mild flavor.

**Bleu d'Auvergne** (*bluh-doeh-vehr-nyuh*) ... From the mountains of the rustic region of the Auvergne, this cheese is made from cow's milk in the form of a 5-lb. cylinder. It has a rich, sharp flavor.

**Bleu de Bresse** (*bluh-duh-brehs*) ... Also made from cow's milk, in the region of Bresse, this cheese is available either in cylinders or long loaves. It has a tangy flavor characteristic of this type of cheese.

**Fourme d'Ambert** (*foorm-dahm-baer*) ... Produced in the mountainous area of Auvergne, this cheese is named "Fourme" after its shape, a tall cylinder. It is a particularly tangy cheese, sharper than most blue-veined cheeses.

**Pipo Crem'** (*pee-poh-krehm*) ... This cheese, available in 6-lb. rolls, has a very distinct flavor and slices easily as it does not crumble. The thin crust is edible.

### SEMI-HARD AND HARD CHEESES

These are firm-textured cheeses produced primarily in the mountains of France. Most are cooked, then pressed and come in the form of large wheels. In France gruyère (*groo-yehr*) is the generic name for all the big cheeses such as Beaufort, Comté and Emmental. Usually they have many "eyes," the size of which is helpful in identifying the various kinds. These cheeses are often used in gratiné dishes, as an ingredient in many recipes, and are very popular in sandwiches or as snacks.

**Beaufort** (*boh-fohr*) ... Produced in mountain chalets and dairies of the Jura and Savoie regions, Beaufort is a rich, strong example of Gruyère-type cheeses. A pressed, cooked cheese made in large wheels with an ivory interior and few small holes.

**Comté** (*kahn-tahl*) ... A native of the Auvergne region, this is one of France's oldest and most famous cheeses. Has a piquant flavor but its hard crust is not edible. It is low in fat and high in protein—making it an excellent choice for dieters. Fine for cooking or as a simple table cheese with bread and red wine.

**Emmental Français** (*e-mahn-tahl-frahn-seh*) ... Identified by its eyes which are relatively large. This cheese has a nut-like tang that adds zest to such dishes as quiches, fondues and sauces.

**Gaperon** (*gah-peh-rohn*) ... Produced in the Auvergne region, this pressed, uncooked cheese is shaped like a baseball with a flat bottom. Grayish in color with an edible crust, it is flavored with pepper, onions and garlic and has a low fat content.

**Mimolette** (*mee-moh-leht*) ... Made in the north of France from cow's milk, it is about the size and shape of Edam. In texture and flavor, however, it is more similar to Cheddar. Outside it is orange and inside a bright yellow.

**Raclette** (*rah-kleht*) ... A firm, cooked cheese with a washed rind, produced in 13-lb. wheels. Its mild, nutty flavor is further intensified by heating it. It is often served bubbling hot on boiled potatoes.

**Tonnellait** (*tohn-lay*) ... A semi-firm cheese produced in 11-lb. wheels with a hard grey rind. Appreciated for its mild flavor and golden interior.

## FONDU OR PROCESSED CHEESES

Most of France's processed cheeses are a blend of different types of gruyère cheese and are often called in France "crème de gruyère." Soft, smooth and spreadable, they are sometimes covered with walnuts—sometimes with almonds or hazelnuts—sometimes with pistachios or ground pepper. They can also be flavored with fresh herbs, walnut extract, Kirsch or garlic.

**Gourmandise** (*goohr-mahn-deez*) . . . A creamy spread made from Emmental blended with butter, milk and cream. A party and dessert favorite, Gourmandise comes flavored with Kirsch, walnut extract, crushed almonds, whole raisins, fresh herbs, port wine and orange extract.

**La Grappe** (*lah-grahp*) . . . Another name for this cheese is Fondu au Raisin. A semi-soft cheese with a distinctive grape flavor imparted by its rind (inedible) of grape seeds, called "marc"—the remains from the pressed grapes.

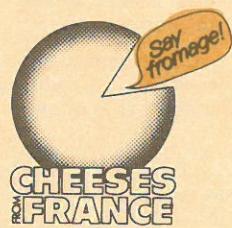
**Rambol** (*rahm-bohl*) . . . Available in small or large wheels, half-moons and logs, this processed cheese comes flavored and entirely encrusted with black pepper flambéed in Cognac or whole walnuts.

**Reybier** (*ray-bee-ay*) . . . A pasteurized Emmental cheese which comes in either a 4 lb. wheel or 4 oz. round and is flavored with the essence of nuts. Found with whole roasted almonds, pistachios or hazelnuts placed by hand around the exterior and through the middle.

**Reybino** (*ray-bee-noh*) . . . Another example of a rich, easily spreadable processed cheese, this one is either nut or Kirsch flavored.

**Six de Savoie** (*sees-duh-sah-vwah*) . . . Similar to La Vache Qui Rit (see below), it is packaged in small triangular wedges.

**La Vache Qui Rit** (*lah-vash-kee-ree*) . . . This means "laughing cow," a picture of which appears on the label. This has become an American favorite. It is available in cocktail-size pieces or in packages of individual wedge-shaped portions, plain or flavored with pimento, caraway or onion.



**Crème de Marrons** (*krem-de-mah-rohn*) Chestnut purée sweetened with sugar and pure vanilla. Used as a filling or topping for pies, tarts and cakes; also in puddings and gelatin desserts, also as is with heavy cream.

**Marrons entiers au Naturel** (*mah-rohn-an-t'yay-oh-nah-tu-rel*) Whole chestnuts in water, to be used as a vegetable, as stuffing or, when chopped, in meat or vegetable sauces.

**Marrons au Sirop** (*mah-rohn-oh-si-ro*) Chestnuts, whole or chopped, in pure, vanilla-flavored syrup. Used as topping for ice cream and desserts, cake and cake filling; delicious in omelets and soufflés.

**Purée de Marrons au Naturel** (*puh-ray-de-mah-rohn-oh-nah-tu-rel*) Unflavored and unsweetened purée of chestnuts. Used for stuffings, dessert soufflés and sauces for vegetables.



**Bonbons** (*bohn-bohn*) Any sweet, particularly candy.

**Caramels** (*kah-rah-mehl*) Chewy caramels in cordial, vanilla or chocolate flavor.

**Chocolats** (*sho-ko-lah*) Chocolates in various sizes and shapes filled with creams, cordials, nuts, etc., chocolate cigarettes, popular with children; also chocolate bars and chocolate mounds covered with crushed almonds.

**Dragées Fourrées et Décorées** (*drah-zhay-foo-ray-ay-day-ko-ray*) Hard, vanilla-flavored sugar shells, encasing almonds, filberts, fruit paste, cordials or fondant. Pastel colored or silver, some have flowers handpainted on them. Traditional for all special occasions, particularly christenings, when they are presented in hand-painted boxes. Good for decorating cakes, cookies and pastries.

**Fleurs et Feuilles Cristallisées** (*floer-ay-feuy-creestahl-ee-zay*) Crystallized flowers, and leaves. Crystallized carnations, lilacs, violets, mimosas, acacia and rose petals and mint leaves. Unusual decoration for petit fours, cakes and pastry.

**Fruits Cristallisés** (*fru-ee-cree-stahl-ee-zay*) Whole crystallized apricots, pears, plums, figs, strawberries, and clementines. Wonderful with after-dinner coffee.

**Maroons Glacés** (*mah-rohn-gla-say*) Whole chestnuts cooked in sugar, then glazed or iced with sugar. A world-famous French delicacy, it is a wonderful accompaniment to after-dinner coffee.

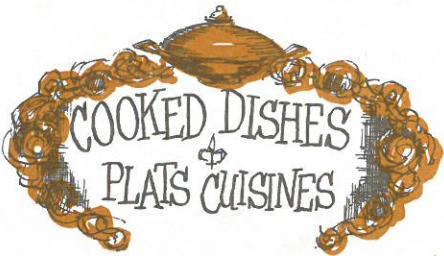
**Massepain** (*mahs-pehn*) Marzipan. Almond and sugar molded in various forms, realistic colors and shapes.

**Nougats** (*noo-gah*) Bars of nougats with almonds, flavored with honey and pure vanilla.

**Pastilles** (*pah-stee*) Hard, pure fruit-flavored colorful candy drops often in the shape of fruit, fish, etc.; also licorice, mint and many other flavors. Exquisitely packaged in handy tins with charming, old-fashioned illustrations.

**Pâte de Fruits** (*paht-de-fru-ee*) Fruit paste candies. True strawberry, raspberry, cherry, pear, orange, lemon or pineapple-flavored jellies dipped in granulated sugar.

**Sucettes en Forme de Fleurs ou Poupées au Caramel, Chocolat ou Fruits** (*su-set-ahn form de floer oo pupay o kah-rah-mel, sho-ko-lah oo fru-ee*) Lollipops with colorful life-like designs of flowers or children's faces ("dolly pops"); milk caramel pops, natural fruit-flavor and color pops. Ideal for children's party favors.



**Boeuf à la Mode** (*boef-a-la-mode*) Cubes of tender beef simmered with vegetables in a wine sauce.

**Boeuf à la Bourguignonne** (*boef-a-la-bour-gi-n'yun*) A traditional beef stew prepared with vegetables in a Burgundy red wine sauce.

**Boeuf en Daube** (*boef-ahn-dobe*) A beef stew made with cubes of meat and vegetables cooked in a red wine sauce.

**Boeuf Miroton** (*boef-mi-ro-tohn*) A beef stew made with cooked slices of beef, simmered with vegetables in a seasoned sauce.

**Cassoulet** (*ka-soo-lay*) See page 22.

**Choucroute Garnie** (*shoo-kroo-garnee*) See page 22.

**Confit d'Oie** (*kohn-fee d'wah*) Cooked goose preserved in salt and goose fat.

**Coq au Vin** (*kok-oh-vehn*) Chicken cooked in a red wine sauce.

**Poulet Chasseur** (*poo-lay-sha-suhr*) Chicken, Hunter Style, spiced with tomatoes.

**Quenelles** (*kuh-nehl*) Finger-shaped seasoned dumplings made of various forcemeats, cooked in a fish, or tomato sauce. May be served as a main dish, in patty shells or cut into bite size pieces for hors d'oeuvre.

**Tomates Farcies** (*toe-mah-far-see*) Small tomatoes stuffed with seasoned bread crumbs.

**Tripes à la mode de Caen** (*treep-a-la-mode-de-kahn*) Tripe cooked in apple cider, or white wine and Calvados.



**Brandade de Morue** (*brahn-dahd-de-mo-roo*) Poached salt cod pounded and flavored with garlic. May be served hot, or in a salad as with canned tuna fish.

**Coquilles St. Jacques** (*ko-kee-sehn-zhak*) Scallops prepared in butter and served with parsley butter or cream sauce in a scallop shell.

**Langoustine** (*lahn-goo-steen*) Spiny lobster or crawfish preserved in brine. Can be served as a hot or cold dish. Hot: as is, with parsley butter, or au gratin. Cold: in seafood cocktails; as hors d'oeuvre, or in salads with green mayonnaise.

**Homard** (*o-mar*) Lobster. Serve same as Langoustine.

**Maquereau** (*mah-kroh*) Mackerel. Usually prepared in a white wine sauce, it can be served as a main dish with salad; as hors d'oeuvre, or in aspic.

**Oeufs d'Alose** (*oeh-dah-lohz*) Shad Roe. Cooked eggs of shad. Can be served sautéed in butter with almonds or mushrooms; also in soufflés; or cold, as hors d'oeuvre.

**Sardines** (*sahr-deen*) Sardines, sometimes boneless and skinless. They come either in pure olive oil, peanut oil, tomato sauce or spiced. Serve cold: as hors d'oeuvre, in salads or seafood cocktails, or blended with cottage or cream cheese. Hot: broiled with lemon; in main dish casseroles; spread on pizza pies or open-face cheese sandwiches.

**Thon** (*tohn*) Flakes or filets of tuna fish in brine, pure olive oil or tomato sauce. Packed in brine, they are good heated, for casseroles with olives or creamed in patty shells. In oil or tomato sauce, they are excellent for hors d'oeuvre or in salads.



**Abricots** (*ah-bree-ko*) Apricots in pure sugar syrup, or in fine brandies or liqueurs. Wonderful for soufflés, omelets, salads, tarts and as a garnish for cakes and pies. Apricot jam, made with pure sugar is a good glaze for roasts, as well as a delicate filling for cakes, pies and cookies.

**Ananas** (*ah-nah-nah*) Pineapple in pure sugar syrup or in Kirsch. Excellent for fruit salads or with ice cream. Pineapple jam, made with pure sugar, is a favorite glaze for ham and a good filling for cakes, pies and cookies.

**Cerises** (*su-reez*) Cherries in pure sugar syrup or in brandy. Prized for fruit salads, pies, ice cream as well as omelets. Cherry jam, made with pure sugar, makes an excellent filling for tarts, pies, fruit cakes and cookies. Used as garnish for ham or roasts.

**Fraises** (*frehz*) Strawberries in pure syrup, to be used with ice cream and other desserts as well as in salads and omelets. Strawberry jam, made with pure sugar, is a tasty filling for tarts, cookies, cakes and pies, as well as an attractive and tasteful garnish for apricots or peaches. Wild strawberries are a famous French delicacy.

**Framboises** (*frahm-bwahz*) Raspberries in pure sugar syrup, or in the form of jam. Can be put to the same uses as strawberries, quoted above.

**Groseilles** (*groh-zay*) Red, white or black currants in pure sugar syrup. Used as topping for fresh fruits, served with creamed cheese, also in desserts and omelets. Bar-le-Duc, a town famous for currant and gooseberry jelly, gives its name to this confection.

**Mirabelles** (*mee-rahb-bel*) Small yellow variety of plums.

**Orange Rondelles** (*oh-rahnhz-rohn-del*) Candied orange slices in semi-liquid orange jelly. They make an exquisite glaze and garnish for roasts; also good and decorative on toast spread with cream cheese, or as dessert topping.

**Pêches** (*pesh*) Peaches in pure sugar syrup. A favorite for Peach Melba, fruit salads, cakes, pies, omelets and soufflés. Peach jam makes an interesting glaze for roasts; is excellent over ice cream and as a filling for cakes, pies, cookies and tarts.

**Poires** (*pwahr*) Pears in pure sugar syrup. They combine with chocolate sauce for an unusual topping for ice cream, and make an attractive and tasty addition to roasts and salads.

**Prunes** (*pruhn*) Tiny, yellow or purple French plums in pure sugar syrup. Green gages are also made into jam. All varieties, whether in syrup or as jam, make excellent fillings and toppings for tarts, pies, cakes, soufflés and omelets, and are a good accompaniment to ice cream.

**Quetsches** (*kwet-sh*) Alsatian plum.

**Reines-Claude** (*rehn-clohd*) Green Gage plums.



Tiny, delightfully flavored gherkins made from young fruits of certain varieties of cucumbers gathered green and immersed in brine of vinegar and spices.



**Acacia** A delicately flavored, non-crystallizing honey from the Rhône Valley.

**Fir Tree** An exceptionally fine, sweet, reddish-brown honey.

**Gâtinais** (*gah-tee-nay*) Yielded by the flower of sainfoin, it has a fine snow-white granulation. The flavor is mild. It is obtainable in either liquid or buttery consistency.

**Heather** Fragrant, dark and gelatinous, honey from the heather flowers found in the dunes south of Bordeaux.

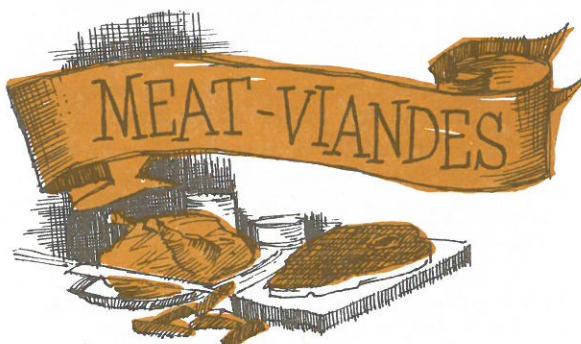
**Lavender** Sweet and creamy, fragrant with the lavender of sunny Provence.

**Meadow** Pale yellow and very clear honey chiefly from blossoms of lucerne, sainfoin and clover, found not far from Paris.

**Mountain** To the wild mountain flowers of the Pyrénées we owe this savory, amber honey.

**Mountain Pine** Dark, rich and hearty-flavored, this honey has been gathered for centuries in the Vosges Mountains.

**Rosemary** Praised by the Romans when they occupied south-eastern France, this honey is still famous for its fine texture and subtle sweetness.



**Agneau** (*anyoh*) Lamb

**Boeuf** (*boef*) Beef

**Cervelles** (*ser-vel*) Calves Brains

**Chevreuil** (*shev-roy*) Deer or Venison

**Jambon** (*zham-bohn*) Ham

**Lapin** (*lah-pehn*) Rabbit

**Lièvre** (*lieh-vre*) Hare

**Porc** (*porh*) Pork

**Ris de Veau** (*ree-du-vo*) Sweetbreads

**Rognon** (*ro-n'yohn*) Kidneys — either of lamb, pork or veal

**Tripe** (*treeep*) Tripe

**Veau** (*vo*) Veal



## MINERAL WATERS EAUX MINERALES

Delightful, bottled spring waters to which healthful properties are attributed. These pure sparkling waters are carbonated only with their own natural gases.



**Cassoulet** (*ka-su-lay*) Haricot (shell) bean stew which is made with pork and mutton, with goose or duck in an earthenware utensil known as the cassole d'Issel from which its name derives.

**Choucroute** (*shoo-kroot*) Sauerkraut: finely shredded cabbage which has fermented in brine, flavored with juniper berries.

**Couscous** (*koos-koos*) A wheat preparation, very popular in North African and Near Eastern cuisine.

**Escargots** (*es-kar-go*) Snails cooked in broth. (They may be served in their natural shells or in ceramic ones, or from a special, dimpled serving dish.) Snails should be placed in washed shells, and each snail covered with a butter sauce to which is added parsley, garlic, shallots or onions and a dash of nutmeg. Serve *very hot*.



Of the several types of French Mustard, Dijon, Orléans and Bordeaux are the best known.

Although now made in many parts of France, Dijon mustard was named after the town of Dijon, capital of the province of Burgundy and famous for its gastronomic achievements. Dijon mustard, considered by gourmets to be the finest in the world, is made of a complex formula which includes *verjus*, an acid juice extracted from large unripened grapes.

French mustards are often packed in decorative crocks. Terms used in label descriptions are: *Forte* — strong; *Extra-Forte* — extra-strong; *Fine* — delicate; *Aux fines herbes* — with herb seasoning; *A l'estragon* — with tarragon; *Aromatisée* — spiced.



**Cèpes** (*sehp*) Wild, Edible Boletus (Lat.). Large, strongly-flavored mushrooms ranging in color from yellow-brown to reddish-brown. To be sautéed in butter with garlic and parsley. Especially good with veal chops.

**Champignons de Paris** (*sham-pee-n'yohn-duh-Paree*) A creamy, white cultivated mushroom, pinkish white in the "button" stage. Good broiled, baked, grilled, sautéed, marinated. To be used as a vegetable, in sauces, salads, soufflés, omelets, and as an hors d'oeuvre.

**Chanterelles—Girolles** (*shahn-t'rehl-zhee-rohl*) Wild Cantharellus. A bright yellow, trumpet-shaped mushroom that is delicately flavored. Sautéed in butter and garlic, in tarragon-flavored cream sauce, or plain baked, it is especially good with steaks.

**Freeze-dried mushrooms** Sliced, fresh mushrooms readily reconstituted in a little liquid. Available in cans and need no refrigeration.

**Morilles** (*moh-ree*) Wild morels, often called the "queen of mushrooms." This delicately flavored, deeply honey-combed delicacy is excellent baked or stewed as a vegetable and in all sauces and egg dishes.

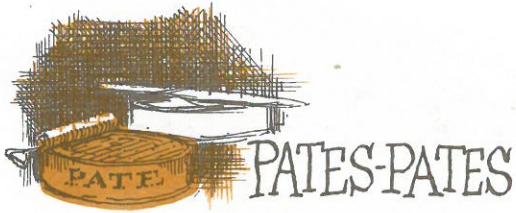
**Truffles (troof)** Truffles, an aromatic, flavorsome member of the fungus family. The finest, coming from France, are often called "black diamonds", and are found growing wild under oak trees. Unsurpassed as a flavoring agent for numerous dishes; meats, fowl, game, and in sauces, pâtés and omelets. As a garnish, they lend an elegant touch.



**Huile d'arachide (weel d'ah-rah-sheed)** Peanut oil, used in salad dressing or when a bland, odorless cooking oil is desired.

**Huile de noix (weel-duh-nwah)** Walnut oil, imported in earthenware jugs or tins. Has a decidedly nutty flavor, and is a favorite of many gourmets. Use in salad dressing.

**Huile d'olive (weel d'oh-leev)** Olive oil from the olives of Provence, considered excellent. It is imported in bottles or tins.



**Pâté (pah-tay)** Any finely ground mixture of meat or poultry, with the addition of salt and spices, with or without truffles. Pâté is always served well chilled, without any garnish or dressing, usually at the beginning of the meal. There are several classifications, depending on the ingredients and proportions used.

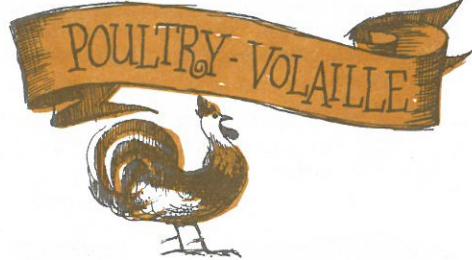
**Pâté Doré (pah-tay-doh-ray)** Well-seasoned baked pork liver pâté sometimes including bits of truffles. To be served cold as canapé spread or with deviled eggs; excellent for hors d'oeuvre when sliced.

**Foie Gras (fwah grah)** Foie gras, foie gras "au naturel", "naturel" or "aux truffes" contains 100% pure goose liver, with the sole addition of seasonings.

**Pâté de Foie Gras (pah-tay-duh-fwah-grah)** Or Bloc de Foie Gras, Purée de Foie Gras, or Roulade de Foie Gras. Contains at least 75% goose liver, and up to 25% other meats, salt, spices and perhaps truffles.

**Pâté de Foie (pah-tay-duh-fwah)** Contains any kind of liver (poultry or meat) and spices, with or without truffles.

**Pâté de Foie d'Oie (pah-tay-duh-fwah-d'wah)** Or Purée de Foie d'Oie, Mousse de Foie d'Oie, Crème de Foie d'Oie, Roulade de Foie Gras. Contains at least 50% goose liver, and up to 50% other meats (Oie means goose) with salt, spices with or without truffles.



**Caille (kye)** Quail

**Canard (kah-nar)** Duck

**Coq (kok)** Rooster

**Dinde (dehnd)** Turkey

**Faisan (feh-zahn)** Pheasant

**Oie (wah)** Goose

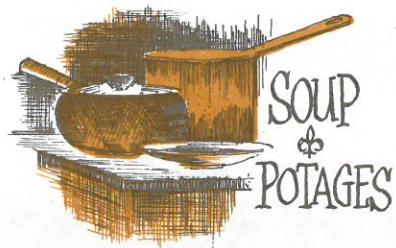
**Perdreau (per-dro)** Partridge

**Pigeon (pee-zhohn)** Pigeon

**Poularde (puhl-ahrd)** Fat pullet

**Poule (puhl)** Hen

**Poulet (puh-lay)** Chicken



**Bisque de Homard (beesk-duh-o-mar)** Purée of lobster meat served as a soup or sometimes as a sauce.

**Bouillabaisse (bou-ya-bess)** Mediterranean fish soup or stew which in France is served as a main dish with crusty bread.

**Consommé Madrilène (kohn-so-may-mah-dree-lehn)** Consommé à la Madrid. A clear soup made of chicken or beef stock and tomatoes, either hot or cold. When cold, it is jellied. Sour cream or whipped cream garnished with chives may be added.

**Potage au Cerfeuil (potahj-oh-serfoel)** A soup delicately flavored with chervil, which is also used as a sauce for fish or vegetables or in casseroles.

**Potage au Cresson (potahj-oh-kre-sohn)** A creamy soup made of French watercress, also used as a sauce for poultry and in casseroles.

**Potage Pistou (potahj-pee-stoo)** Provencal soup specialty made with vegetables, garlic, herbs and spices.

**Potage Saint-Germain (potahj-sehn-jher-mahn)** Green split pea soup, served with crumbled bacon, ham slivers, cheese or croutons.