

NSCU

2010 French Study Abroad

French Cuisine Sampler



🍷 Onion & Tomato Tart 🍷

Savory tart naturally sweetened with caramelized onions and tomatoes cooked country style similar to a pizza on puff pastry dough.

🍷 Salade Nicoise 🍷

Crisp salad greens, vegetables and poached tuna lightly coated with a dijon vinaigrette. Specialty of the coastal town of Nice where freshly caught tuna is available.

🍷 Gougères 🍷

Classic preparation made from the versatile pâte à choux dough flavored with Gruyere cheese. These puffs are often served at wine tastings.



🍷 Coq Au Vin 🍷

Classic chicken preparation in a thickened red wine sauce with onions and mushrooms. Some versions use chicken blood to thicken the sauce, using all parts of the animal.

🍷 Cassoulet 🍷

Rich combination of white beans, baked with traditional meats such as pork, sausage and lamb. Local traditions influence this famous dish native to Southwestern France.

🍷 Ratatouille 🍷

The mild weather of the Mediterranean provides a bounty of fresh and colorful vegetables which are sautéed and presented in a casserole dish.

🍷 Gratin Dauphinois 🍷

Thinly sliced potatoes combined with milk, cream, garlic, salt and pepper transformed into a golden gratin with a cheese crust. Specialty of Dauphinois, an area around Grenoble at the base of the Alps.



🍷 Profiteroles 🍷

Another classic preparation using the versatile pâte à choux dough. These puffs are filled with vanilla ice cream and topped with a mixture of chocolate ganache. The same dough is used for éclairs.

🍷 Tarte aux Pommes 🍷

Rustic apple cake with a crunchy sugar topping.



Fromage