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POISSON – FISH

Collier = near the head, Dos = back, Filet = side

French	English
aie de raie	skate
bar	sea bass
brème (dorade)	sea bream
cabillaud	cod
carpe	carp
carrelette	plaice
congre	eel
dorade (brème)	sea bream
églefin	haddock
espadon	swordfish
flet	flounder
flétan	halibut
grondin	gurnard, gurnet
hareng	herring
julienne	ling cod
limande-sole	lemon sole
lieu jaune	pollack
lieu noir	coalfish (hake family)
loup de mer	wolfish
lotte	monkfish / anglerfish
maquereau	mackerel
merlan	whiting
merlu	hake
mérou	grouper
oursin violet	sea urchin
panga / pangasius	panga – a type of catfish from southeast Asia
pastenague	stingray
perche	perch
perche du Nil	Nile perch

Sources: *The Concise Larousse Gastronomique: The World's Cookery Encyclopedia*, Wikipedia and www.Larousse.com. *Property of CREW (CERN Relocated Women).*

plie	plaice
rascasse	rockfish, lionfish, scorpion fish
requin	shark
rouget	red mullet
saumon	salmon
saumonette	cat shark
sandre	pike perch
saint-pierre	dory fish – john dory
sébaste	red fish
sole	sole
thon (pron : t-ah-n)	tuna
truite (pron : tweet)	trout
turbot	turbot

Fruits de Mer/Crustacés - Shellfish

crevette	small shrimp (for salads)
écrevisse	crayfish
gros crevette	medium to large shrimp (scampi)
homard	lobster
langoustine	spiny lobster, rock lobster, crawfish
coquille saint jacques	scallops (coquille is the orange "foot")
huître	oysters
moules	mussels
palourde / coques	clams
tourteaux	crab

VIANDE – MEAT

Meats are cut differently in France than elsewhere - Wikipedia has pictures and descriptions.
The French do not age meat.
Leg = Gigot, Rib = Poitrine, Shoulder = Epaule, Côtelettes = chops

French	English
agneau	lamb
bœuf	beef
Charolais and Limosin taste the best.	
chasse	wild game
sanglier	boar
cerf	deer
lapin (lapereau)	rabbit (young rabbit)
porc	pork
lard du poitrine fumé : bacon lardon : cubed bacon (for salads, quiche) à l'os: with the bone in blanc: lightly salted, un-smoked or very lightly smoked cru: salted or smoked ham that has been cured but not cooked cuit: cooked fumé: smoked salé: salt-cured sec: dried	
ris de veau	sweetbreads
veau	veal

Sources: *The Concise Larousse Gastronomique: The World's Cookery Encyclopedia*, Wikipedia and www.Larousse.com. *Property of CREW (CERN Relocated Women).*

VOLAILLE – POULTRY

Breast = filet, Wing = Ailes, Leg = Cuisse, Thigh = haut cuisse

French	English
caille	quail
canard	duck
dinde	turkey
oie	goose
pigeon	pidgin
poulet	chicken

LEGUMES - VEGETABLES

French	English
artichaut	artichoke
aubergine	eggplant
blette	chard (Swiss chard has a red stalk)
brocoli	broccoli
carotte	carrot
cèleri	celery
champion	mushroom
chou-fleur	cauliflower
courgette	zucchini
courge	pumpkins
concombre	cucumber
échalote	shallots
endive	endive
épinard	spinach
haricot	bean
mais	corn
navet	turnip
oignon : blanc, jaune, rouge	onion: white, yellow, red
petit pois	peas
poivron	bell peppers
poireaux	leeks
radis	radish
tomate	tomato

Laitue - Lettuces

cresson	watercress
escarole	escarole
laitue iceberg	iceberg
laitue	Bibb lettuce
mâche	lamb's lettuce
orseille	sorrel
roquette	arugula
laitue romaine	romaine
raddicchio	chicory

Herbes - Herbs

Sources: *The Concise Larousse Gastronomique: The World's Cookery Encyclopedia*, Wikipedia and www.Larousse.com. *Property of CREW (CERN Relocated Women).*

ail	garlic
aneth	dill
basilic	basil
cerfeuil	chervil
coriandre : leaves / seeds	cilantro / coriander
ciboulette	chives
estragon	tarragon
menthe	mint
origan	oregano
oseille	sorrel
romarin	rosemary
persil	parsley
sauge	sage
thym	thyme

Épices et graines - Spices & Seeds

French	English
carvi	caraway seeds
cardamome	cardamom
cannelle	cinnamon
clos de girofle	cloves
poivre de Cayenne	cayenne pepper
cumin	cumin
fenouil	fennel
gingembre	ginger
genièvre	juniper berry
muscade	nutmeg
paprika	paprika
poivre	pepper
piment	pimento
grains de pavot	poppy seeds
sésame	sesame seeds
safran	saffron
sel / gros sel	salt / rock salt

FRUITS - FRUITS

French	English
abricot	apricot
avocat	avocado
ananas	pineapple
banane	banana
cerise	cherry
citron	lemon
citron vert	lime
canneberge	cranberry
fraise	strawberry
framboise	raspberry
grenade	pomegranate
groseillier	red current
mure	blackberry

Sources: *The Concise Larousse Gastronomique: The World's Cookery Encyclopedia*, Wikipedia and www.Larousse.com. *Property of CREW (CERN Relocated Women).*

myrtille	blueberry
poire	pear
pomme	apple
pamplemousse	grapefruit
pruneau	prune
prune	plum
pastèque	watermelon
raisin	grape

DAIRY

Normandy raises cows especially for dairy products.
Isigny Sainte Mère butter is the best quality.

Affinage: process of aging cheese.

French cream is matured cream vs. sweet cream:
lactic acids have been allowed to work until the cream has thickened.

French	English
beurre demi-sel	salted butter
beurre	unsalted butter
crème anglaise	custard
crème entier	whole cream
crème demi-écrémé	half n half
crème fleurette	sweet cream (American cream)
crème fouettée	whipped cream
crème fraîche	sour cream (equivalent, but not as thick or sour)
crème fraîche épaisse	double or heavy cream
crème fraîche liquide	light cream
crème glacée	ice cream
crème pâtisserie	confectioner's cream (for baking)
lait entière	whole milk
lait demi-écrémé	semi-skimmed - 2% milk
lait écrémé	skimmed milk – 1% milk
lait fermenté Can be found in the dairy section at Carrefour, Segny	buttermilk
lait concentré / concentré non sucré	evaporated milk
lait concentré / concentré sucré	sweetened condensed milk
Laben This soft middle eastern cheese can be found at Goodies in Ferney-Voltaire	cream cheese Can be found at Intermarché and Jim's Market

FROMAGE – CHEESE

Cheeses are described in 2 categories : soft (Brie, Camembert, etc) and hard : Abondance and Comte are good for melting.

French	English
chèvre	cheeses from goat milk
brebis	cheeses from sheep milk
vache	cheeses from cow milk

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FARINE – FLOUR

French	English
avoine	oat
blé	wheat
blé complet	whole wheat
orge	barley
sarrasin	buckwheat
seigle	rye
chapelure, panure	breadcrumbs

CONDIMENTS

French	English
beurre de noix : amande, cajou, cacahuète	nut butters: almond, cashew, peanut
confiture	jam
gelée	jelly
huile : canola, d'olive, râpe, tournesol	oil: safflower, olive, grape seed, sunflower
moutard	mustard
pâte	paste
raifort	horseradish

MISCELLANEOUS

French	English
a gogo	all you can eat
glaçons	ice cubes
doux	mild
forte	strong
pimenté	spicy
Les œufs (pron : ough, like enough): au plat à la coque mollets dure poché brouillés	Eggs : fried soft boiled medium hard boiled poached scrambled
Le Bœuf : bleu a point bien cuit	Ordering beef cooked: rare medium rare well done

HELPFUL SHOPPING TERMS

French	English
a volonté	at the customer's discretion
bio	organic
chariot	shopping cart
emporter	take out (food)
frais (m), fraiche (f)	fresh

Sources: *The Concise Larousse Gastronomique: The World's Cookery Encyclopedia*, Wikipedia and www.Larousse.com. *Property of CREW (CERN Relocated Women).*

livraison á domicile	home delivery
point relais	pick up point
ramasser	pick up
panier	shopping basket

HELPFUL COOKING TERMS

French	English
á la poêle	pan-sautéed
ajouter	add to
allumer	light
battre	whip up
battre au fouet	whisk
bouillir	boil
braiser	braise
charger	load
congeler	freeze
coucher	layer
couper	cut
cuire	simmer
cuire au four	bake
cuisiner	cook
diviser	divide - separate
égoutter	drain
émietter	crumble
émincer	mince
entrepose	store
épaissir	thicken
éparpiller	spread
épépiner	remove seeds, stones
éponger	sponge
étaler	show, display
faire dorer	brown
faire frire	deep fry
faire revenir	shallow fry
faire sauter	sauté
farcir	stuff [something]
flamber	flambé
frapper	beat
griller	grill / broil / BBQ
griller du pain	toast
hacher	chop
incorporer	fold in
incorporer	mix
incorporer	fold in
mettre	put
pocher	poach
pulper	mash
remplir	fill
rôtir	roast

Sources: *The Concise Larousse Gastronomique: The World's Cookery Encyclopedia*, Wikipedia and www.Larousse.com. *Property of CREW (CERN Relocated Women).*

saupoudrer	sprinkle on top
secouer	shake
servir	serve
servir à la louche	ladle up
servir avec une cuiller	spoon [spoon out]
tourner	stir
trancher	slice
verser	pour