



# FRENCH CULINARY TERMS



**Al denté**(al DEN-tay) Firm to the bite, not soft or mushy; said of vegetables or pasta.

**À la carte** (aah-la-CART) Referring to a menu on which each individual item is listed with a separate price.

**Bouquet garni** (bookAY gar-NEE) A combination of fresh herbs tied together and used for flavoring.

**Crêpes** ('krep) An unleavened flat, thin pancake of cooked dough or batter which is used as a wrapper for another food.

**Entrée** (AN-tray) Main dish, even though in French, strictly speaking, an entrée is a light course following the appetizer and may or may not a main course.

**Flambé** (flahm-BAY) Flamed, usually in spirits.

**Julienne** (ju-lee-EN) Cut into small, thin strips.

**Hollandaise Sauce** (HOL-en-daze) A creamy sauce made of butter, yolks of eggs, lemon juice or vinegar and seasonings.

**Hors d'oeuvre** (or-DURV) Various small dishes served before or at the beginning of a meal.

**Meringue** (mer-RANG) Baked whites of egg and sugar usually used with pastries.

**Mirepoix** (meer-PWAH) A mixture of rough cut or diced vegetables, herbs, and spices used to flavor roasts and stocks.

**Mise en place** (meez-onh-PLASS) All in place. All ingredients and utensils must be in place before food production can begin.

**Nicoise** (nee-swahz) Prepared in the style used in Nice, France; garnished with or containing chopped tomatoes cooked with garlic.

**Quiche** (keesh) A savory pie or tart consisting of custard baked in a pastry shell.

**Petit four** (pet-e FOR) A small pastry with four layers.

**Prix fixe** (pree FIX) Fixed price; refers to a menu offering a complete meal for one given price.

**Sauté** (saw-TAY) To cook quickly over high heat with a small amount of fat.

**Sachet** (sa-SHAY) A mixture of herbs and spices tied in a cheesecloth bag and used for flavoring of a soup or stock.

**Soufflé** (soo-FLAY) A light, fluffy, baked dish consisting of a base mixed with egg yolks and flavoring ingredients into which beaten eggs are folded just before baking.



1-800-432-2433

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