

# 2016

La boîte à outils du  
Contrat Grand Ouest : la Bretagne, la Normandie, les Pays de la Loire,  
tous ensemble sur le marché britannique

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## LE GLOSSAIRE GASTRONOMIE



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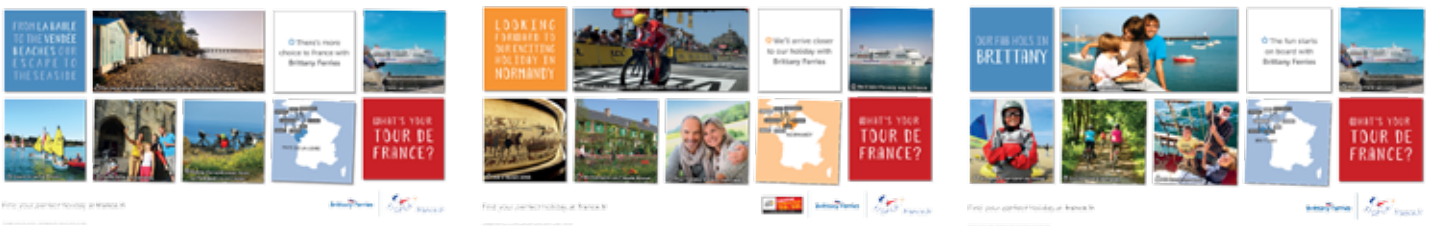


Ce glossaire vient enrichir la boîte à outil souhaitée dans le cadre du dispositif Contrat Grand-Ouest clientèle britannique, signé par les acteurs touristiques des Régions Bretagne, Pays de la Loire et Normandie.

Il vise à vous aider à traduire et expliquer vos menus. Conseiller, rassurer sur ce que vous proposez est primordial face à une clientèle internationale curieuse et grande

amatrice de notre cuisine. Son attirance naturelle est malheureusement parfois freinée par la barrière de la langue.

Ce guide est une première réponse. Il propose un vocabulaire de base, mais intègre également les spécialités régionales, afin de mieux faire connaître et défendre la richesse de nos Régions.



Avec l'aimable participation des associations des Logis des Pays de la Loire et de Bretagne.

## Glossaire



**agneau** • lamb

**agneau de pré-salé** • salt marsh lamb Fed From the Mont-St-Michel

**aigre doux** • sweet-and-sour

**aiguillette** • thin slice of meat, poultry or fish

**ail** • garlic

**aïoli** • garlic mayonnaise

**airelle** • bilberry

**aloyau** • sirloin

**amuse-gueule / amuse-bouche** • appetizer or cocktail snack

**ancienne (à l')** • a traditional way of cooking

**andouille** • large sausage made From chitterlings. Usually eaten cold

**andouille de Vire** • chitterling sausage, speciality From the town of Vire, made From smoked pork offal

**andouillette** • small chitterling sausage, usually grilled and eaten hot

**aneth** • dill

**angevine (à l')** • cooked in Anjou wine

**anguille** • eel

**apéritif** • Apéritif / any drink before lunch or dinner

**araignée de mer** • spider crab

**artichaut** • artichoke

**asperge** • asparagus

**assiette anglaise** • assorted cold meats

**aumônière** • a descriptive term For dishes in which the ingredients are rolled into a pancake

**avocat** • avocado



B

**baba au rhum** • rum baba

**ballottine** • any meat, poultry or fish that has been boned and rolled

**bar** • sea bass

**barbue** • brill

**basilic** • basil

**bavarois** • one of several cold desserts containing whipped cream and egg-custard, often served with fruit

**bavette** • cut of beef equivalent to the skirt or flank

**beignet** • a doughnut

**Bénédictine de Fécamp** • liqueur / spirit - blend of twenty seven plants and spices

**berlingot nantais** • twisted hard candy / sweet

**betterave** • beetroot

**beurre blanc** • butter whipped up with vinegar or white wine and shallots

**beurre salé** • salted butter

**beurre maître d'hôtel** • parsley butter served with grilled meat and fish

**biche** • venison = meat

**bière** • beer

**bigorneau** • periwinkle

**bisque** • thick fish soup, usually of purée seafood

**blé noir (Sarrazin)** • buckwheat flour

**blanquette** • stew made of veal, lamb, chicken or seafood which is first simmered, as in a fricasse and served in a creamy sauce thickened with egg-yolks

**bœuf mode** • large piece of beef braised in red wine and served hot, with onions and carrots

**bottereaux** • kind of doughnut

**bouchée à la reine / vol au vent** • vol au vent / a small, hollow puff-pastry case which can be filled with various mixtures (savory creamed chicken)

**boudin blanc** • white sausage made from white meat, eggs and cream

**boudin noir** • black pudding

**brandade** • method of preparing salt cod

**broche (à la)** • spit-roasted

**brochet** • pike

**brochette** • anything grilled on a skewer / lamb kebab

**bulots** • whelks

C

**cabillaud** • cod

**caille** • quail

**caillebotte** • fresh and soft cheese with a mild, creamy taste (kind of cottage cheese)

**calamar** • squid

**canapé** • canapés/ little pastries or rounds of bread stuffed or spread with a tasty filling and eaten as a cocktail snack

**canard / canette** • duck

**cannelle** • cinnamon

**calvados** • famous apple brandy from Normandy

**camembert** • Normandy's most famous soft cheese

**canard au sang de Duclair** • Rouen style duck / smothered duck (more tender meat)

**câpres** • capers

**caramel beurre salé** • salted butter fudge

**caramel de pomme** • dieppois apple toffee spread

**carottes** • vichy glazed young carrots, sliced

**carré d'agneau** • rack of lamb

**cassolette** • an individual cooking-dish

**cassonade** • soft brown sugar

**cèpe** • cep or boletus mushrooms

**cerf** • deer = animal venison = meat

**cerfeuil** • chervil



- champignon** • mushroom
- chapelure** • breadcrumbs
- chapon** • capon
- charcuterie** • (the preparation and serving of) cold meats, usually pork
- charlotte** • charlotte/sponge cake with cream filling
- châtaigne / marron** • chestnut
- chateaubriand** • thick tenderloin of beef
- chausson** • name for various puff-pastry turnovers with sweet or savoury filling
- chèvre** • goat ; also short for goat's-milk cheese
- chevreuil** • venison
- chiffonnade** • leaves such as lettuce and sorrel, cut into thin strips
- chou** • cabbage
- chouchen** • aperitif made out of honey
- choucroute (de la mer / de l'Atlantique)** • sauerkraut served with different types of fish
- chou-fleur** • cauliflower
- ciboulette** • chives
- cidre** • cider
- cidre à la framboise** • raspberry cider
- citron** • lemon
- citron vert** • lime
- civelle** • elver
- civet** • stew or ragout
- clafoutis** • clafoutis / thick pancake with fruits
- coco Paimpol** • dry bean from Paimpol
- cointreau** • cointreau = orange liqueur
- colin** • hake
- confit / confite** • candied or crystallized fruit, and also potted meat : goose, duck or pork
- confiture** • jam
- confiture de lait** • milk jam, made from semi-skimmed milk and granulated sugar
- consommé** • general term for soups of different clear soups or broths
- coque** • seashell
- coquillage** • shellfish in general
- coquille** • scallop shell or shell-shaped bowl in which various hors d'œuvres are served
- coquille St Jacques** • scallop
- cornichon** • gherkin
- côte / côtelette** • chop or cutlet of meat
- cotriade** • fish stew of various fish, usually including conger, eel and shellfish, with onions, potatoes and herbs
- coucou de Rennes** • chicken from Rennes
- coulemelle** • parasol mushroom
- coulis** • general term for a thick sauce or purée
- craquelin** • typical cracker from Brittany
- crème anglaise** • (cream with) light (egg) custard
- crème brûlée** • crème brûlée / rich cream custard with a topping of burnt brown sugar
- crème caramel / crème renversée** • crème caramel / vanilla custard with caramel sauce
- crème chantilly** • whipped cream containing sugar and vanilla
- crème pâtissière** • dessert cream
- crémet d'Anjou** • fresh, mild and creamy cheese ; eaten with fruit, sugar and cream
- crêpe** • large, thin, wheat-flour pancake either sweet or savoury
- crêpe dentelle (Gavotte)** • thin wafer typical in Brittany
- crêpe suzette** • thin pancake flambéed with orange liqueur and served with orange butter sauce
- crevette grise** • shrimp
- Crevette rose** • prawn
- croquant** • crispy almond biscuit
- croustillant** • crusty
- croûtons** • croûtons / tiny cubes of crisp-fried bread
- crudités** • mixed vegetable salad as starter
- crustacés** • shellfish



**cuisson** • cooking temperature

**cuisson : bien cuit** • well done

**cuisson : à point** • medium

**cuisson : saignant** • rare

**cuisson : bleu** • very rare

**curé nantais** • cheese, speciality of Loire-Atlantique

## D

**dame blanche** • vanilla ice-cream case filled with almond mousse

**daurade / dorade** • sea bream

**digestif** • after dinner drink/liqueur

**dinde** • turkey

**douillon d'Elbeuf** • apple or pear in puff pastry

**duxelles** • mixture of finely-chopped mushrooms sautéed with chopped shallots

## E

**eau de vie** • liqueur / spirit

**eau gazeuse** • sparkling water

**eau minéral** • mineral water

**eau plate** • still water

**échalotes** • shallot

**échine** • loin of pork

**écrevisse** • fresh water crayfish

**encornet** • squid

**endive** • chicory

**entrecôte** • rib or sirloin steak

**épaule** • shoulder

**éperlan** • sea or river smelt

**épinards** • spinach

**escalope** • slice of meat

**escargot** • snail

**espadon** • swordfish

**estragon** • tarragon

**étouffée (à l')** • method of cooking food very slowly in a tightly covered pan with almost no liquid

**étrille** • velvet swimming crab

## F

**faisan** • pheasant

**faisselle** • drained soft fresh cheese

**far** • wheat or buck-wheat flour porridge

**farce / farci** • stuffing

**faux-filet** • sirloin steak, cut from beside the fillet

**fenouil** • fennel

**fermier** • farm produced

**feuilleté** • puff-pastry parcel

**filet de maquereau à la fécampoise** • mackerel fillets cooked in wine served with mussels

**filet mignon** • the most tender fillet steak

**fine de claire** • type of cultivated oyster

**flambé** • flambéed dish

**flan** • sweet or savoury custard tart

**flétan** • halibut

**fleur de sel** • pure sea salt

**friture** • deep fried whitebait, which is particularly popular along the Loire

**fondant** • icing

**fondue de poireaux** • slow-simmered leeks



**forestière (à la)** • garnish for meat, poultry or game of potato balls, mushrooms and salt pork sautéed in butter

**fouaces ou fouées** • small bread rolls baked in a wood burning oven

**fraise** • strawberry

**framboise** • raspberry

**frangipane** • an almond pastry

**fressure vendéen** • pig's liver, heart, lungs and spleen cooked in blood and served cold

**frites** • French Fries = US / chips = UK

**friand** • sausage or cheese roll

**fricassé** • white meat or poultry served in a creamy sauce

**fromage** • cheese

**fromage de Neufchâtel** • often heart shaped soft cheese from Neufchâtel

**fromage Le Valaine d'Étretat** • goat cheese produced near the cliffs of Étretat

**fromage** • Le Pavé du Plessis soft square shaped cheese

**fruits de mer** • seafood

## G

**galantine** • a kind of meatloaf made from poultry or meat which is first boned and stuffed, then, pressed into a loaf and cooked in stock, served cold in slices

**galette (de blé noir)** • buck-wheat-flour pancake filled with cheese, meat or fish

**galets (les) d'Étretat** • chocolate sweets

**garniture** • garnish

**gâteau nantais** • type of almond biscuit with rum, a speciality of Nantes

**gambas** • king prawn

**genièvre** • juniper berry

**génoise** • sponge cake

**gésier** • gizzard

**gibier** • game

**gigot d'agneau** • leg of lamb

**gingembre** • ginger

**girolle** • kind of mushroom

**gîte** • shin of beef

**Grand Marnier** • Grand Marnier / an orange liqueur

**gratin / gratinée** • baked dish with a topping of grated cheese and / breadcrumbs

**gratin dauphinois** • sliced potatoes backed in cream

**grenadins** • small slices of braised veal fillet with bacon

**grenouille** • frog

**grillade** • food which has been grilled

**groseille** • redcurrant

## H

**hachis Parmentier** • shepherd's pie

**haricot** • bean

**homard** • lobster

**homard à l'armoricaine** • classic method of cooking lobster, in which it is sautéed in oil, flambéed in cognac and served in a cream-and-wine sauce with onions, garlic, tomatoes and herbs

**hors d'œuvre** • starter

**huître** • oyster

**huître creuse** • creuse oyster / hollow oyster



I

**île flottante** • a dessert of whipped egg-whites floating in vanilla custard, topped with almonds

**infusion** • herbal tea

J

**jambon de Vendée** • lightly-smoked raw ham

**jarret** • shin and / or knuckle of veal or beef

**jardinière de légumes** • garnish of several different fresh garden vegetables

**julienne de légumes** • matchstick strips of vegetables

K

**Kig ha farz** • Breton stew with beef, pork

**Kouign Amann** • rich pastry made of puff pastry folded in butter, typical of Brittany

L

**lait ribot** • buttermilk

**légumes** • vegetables

**lamproie** • lamprey eel

**lieu jaune** • pollock

**langouste** • spiny lobster

**lieu noir** • colley

**langoustine** • scampi

**limande** • dab, a flatfish similar to sole

**langue de bœuf** • ox tongue

**Livarot** • Norman soft cheese

**lapin** • rabbit

**lotte** • monkfish

**lard** • bacon

**loup de mer** • seabass

**larmes (les) de Jeanne d'Arc** • chocolate powder coated almonds

M

**macédoine** • mixture of vegetables or of fruit

**marennnes** • an oyster raised in the oysters bed at Marennes, on the west coast of France

**mâche** • lamb's lettuce

**marinade / mariné** • marinade

**magret de canard** • breast of duck

**marmite dieppoise** • fish stew of various fish and seafood and cream

**maison** • homemade

**maquereau** • mackerel

**marmite sarthoise** • typical stew from the Sarthe region made with chicken, rabbit, ham, mushrooms, cabbage, carrots, and cooked in white wine (jasnière) and cream

**marengo** • sautéed chicken or veal cooked with onions, tomatoes and garlic in white wine, garnished with mushrooms, fried croutons

**matelote** • freshwater fish stew with white wine, onions and mushrooms



**médailles** • a general term for any food that is cut into the shape of a medallion

**méli-mélo** • mixture

**merlan** • whiting

**merlu /merluchon / colin** • hake

**mesclun** • mixed salad greens

**meunière (à la)** • method of preparing fish by seasoning and flouring lightly and frying in butter, then serving sprinkled with parsley and lemon juice in hot butter

**mignardise** • alternative name for a petit-four

**mille-feuilles** • cake consisting of paper-thin layers of puff-pastry

**mirliton** • praline and chocolate cake

**mise en bouche** • appetizer

**mojette / mogette** • kind of haricot bean, a speciality of Vendée

**morille** • morel mushrooms

**morue** • salt cod

**mouclade** • mussels cooked in a creamy sauce with tumeric and saffron

**moule** • mussel

**moules à la marinière** • mussels cooked in white wine, with shallots and herbs

**mousse** • mousse

**mûre** • blackberry

**muscade** • nutmeg

**moutarde** • mustard

**myrtille** • blueberry

N

**navarin** • ragout of mutton or lamb cooked with onions and potatoes, and spring vegetables

**navet** • turnip

**noisette** • hazelnut

**noix** • walnut

**noix de veau** • cushion of veal

**noyau de Vernon** • cherry liqueur

O

**octroi d'Odemer** • praline sweet

**omelette de la Mère Poulard** • fluffy omelette typical of the Mont Saint-Michel

**onglet** • flank of beef

**oseille** • sorrel

**oursin** • sea urchin

P

**pain** • bread

**pain de Dieppe** • speciality brioche bread from Dieppe

**pain d'épices** • spiced honey gingerbread

**pain perdu** • bread and butter pudding

**palet breton** • shortbread from Brittany

**palourde** • clam

**panais** • parsnip

**papillote** • a cut of meat or fish baked inside foil parcels

**Paris-Brest** • large, crown-shaped choux pastry filled with praline butter cream and topped with chopped almonds

**Parlementin** • pastry with almonds, apples and cider from Rennes

**pâté** • pâté

**pâté aux prunes** • pie made with plums





**pâté en croûte** • a rich preparation of meat, game, fowl or fish baked in a rectangular pastry case and served cold, in slices

**pâtisserie** • general term for pastries

**paupiette de veau** • veal olive

**pavé** • a term for various thick and / or square items

**pavés (les) d'Evreux** • toffee praline sweet

**pêche melba** • peach melba / vanilla ice-cream topped with peaches in syrup and coated in a raspberry purée

**perche** • perch

**perdrix** • partridge

**persillade** • finely-chopped parsley and shallots (or garlic) used as flavouring in a wide variety of dishes

**persil / persillé** • seasoned with parsley

**petit-beurre** • popular tea biscuit made with butter

**petit gris** • little snail

**petit salé** • salted pork

**pétoncle** • a queen scallop

**pigeon / pigeonneau** • pigeon / young pigeon

**piment** • chili

**pintade** • guinea-fowl

**pissenlit** • dandelion

**pleurote** • kind of mushroom

**poêlée** • pot-roasted

**poire** • pear

**poire Belle Hélène** • poached pear with ice-cream and hot chocolate sauce

**poiré** • perry / pear cider

**poireau** • leek

**poisson** • fish

**poitrine de porc** • bacon or pork belly

**poivre** • pepper

**poivron** • pepper

**pommeau** • apéritif made with calvados and cider, a sort of apple sherry

**pomme** • apple

**pommes au calvados** • apples in calvados

**pommes / poires tapées** • dried apples or pears, speciality of Anjou region

**pommes dauphines / duchesse** • deep-fried croquettes of puréed potato mixed with choux paste

**pommes de terre** • potatoes

**Pont l'Evêque** • soft, washed or brushed rind cheese made from cow's milk

**porc** • pork

**potage** • thick soup

**pot-au-feu** • beef stew

**potée** • any concoction of meat and vegetables cooked in an earthenware pot, but it generally means a hearty dish based on pork, cabbage and potatoes with as many variations like pot-au-feu

**potiron** • pumpkin

**poulet** • chicken

**praire** • small clam

**Pré salé (de)** • salt marsh lamb fed from the Mont-St-Michel

**préfou** • garlic bread

**primeur** • new or young

**profiteroles** • profiteroles / little choux-pastry balls filled with sweet custard, pastry-cream or vanilla ice-cream and served with a chocolate sauce

**purée** • purée/mash

**quatre Quart** • pound cake

**quernon d'ardoise** • candy with nougatine caramelized in almonds and hazelnuts, coated with blue chocolate





R

**râble** • saddle of hare or rabbit

**ragoût** • stew / casserole

**raie** • skate

**raifort** • horseradish

**raisin** • grape

**ratatouille** • Provençal dish comprising tomatoes, aubergine, onions, sweet peppers, courgettes and garlic, stewed in olive oil and served either hot or cold

**ravioles** • ravioli

**rillauds / rillons** • bits of pork cooked in seasoned lard and preserved in jars

**rillettes** • bits of pork or goose meat which are first prepared as rillauds (see above), then pounded to a paste in a mortar and preserved in stoneware pot

**ris de veau** • veal sweetbreads

**risolé** • Fried or sautéed

**rognon** • kidney

**romarin** • rosemary

**roquefort** • blue-veined cheese made from ewe's milk

**rossini** • a garnish of truffles and sliced foie gras, served in particular with tournedos and with eggs

**rôti** • roast

**rouget** • red mullet

**rouille** • fiery sauce to go with fish soups, made by blending chili and garlic with a mayonnaise

**roulade** • menu term for various rolled meat or fish dishes

S

**sabayon** • zabaione / whipped wine and egg-yolks, served as a frothy sauce or eaten as a dessert

**sablés** • shortbread biscuit

**Saint-Jacques (coquille)** • scallop

**saint-pierre** • John Dory

**salicorne** • glasswort

**sandre** • pike-perch

**sanglier** • wild boar

**sardine** • sardine or pilchard

**sauce aurore** • creamy béchamel sauce with tomato purée

**sauce béarnaise** • a creamy sauce made with egg-yolks, vinegar, shallots, butter, white wine and tarragon

**sauce béchamel** • béchamel sauce / a creamy sauce made with flour, butter and milk

**sauce grand veneur** • sauce for game

**sauce Mornay** • sauce composed of white béchamel sauce and cheese

**sauce tartare** • tartare sauce / cold sauce of mayonnaise made with pounded hard-

boiled egg-yolks and containing chopped, mustard, gherkins, caper and herbs

**saucisse** • sausage

**saucisse de Pont Audemer** • sausage with pommeau

**saumon fumé** • smoked salmon

**sauté** • pan-fried

**sel** • salt

**sole** • dover sole, considered the most delicate-tasting of all flatfish

**sole dugléré** • sole baked with tomatoes, onions and herbs in white wine, served in a white wine sauce

**soupe angevine** • cocktail with Cointreau

**soufflé** • various sweet or savoury dishes made of puréed ingredients with egg-yolks and stiffly-beaten egg-whites which puff up when baked

**steak tartare** • raw beef mixed with chopped onions, capers, parsley and worcester sauce, served with a raw egg

**sucre d'orge de Rouen** • Rouen barley sugar

**suprême** • breast and wing fillets of poultry (usually chicken)



T

**tapenade** • thick paste made of tuna, capers and olives pounded with anchovies, spread on toast

**tarte aux pommes** • apple tart

**tarte tatin** • upside down apple tart

**terrine** • a paté mixture of meat game, fowl or fish baked in a bacon-lined pottery dish called a terrine, and always served cold

**teurgoule** • rice pudding with cinnamon, typical of the Pays d'Auge

**thon** • tuna

**tian / timbale** • either a flan for vegetables or a timbale

**tournedos** • small, round fillet beef steaks

**tourte** • covered pie

**tourteau** • a type of large crab

**tourteau fromagé** • kind of cheese cake

**tripes à la mode de Caen** • tripe Caen-style cooked in stock

**trompette de la mort** • kind of mushrooms

**trou normand** • calvados brandy which is consumed in the middle of a long meal to help the palate savour the dishes that are yet to come

**truite** • trout

V

**vacherin** • an elaborate dessert of stacked meringue rings filled with whipped cream or ice-cream. This is also a name given to certain cow's-milk cheese

**vanille** • vanilla

**veau** • veal

**velouté** • creamy soup

**vinaigrette** • traditional oil-and vinegar dressing for salads

**volaille** • general term for poultry and fowl

X

**xérès** • sherry

Z

**zeste** • rind

## La cuisson de la viande



### Comment souhaitez-vous votre viande ?

How would you like your meat cooked?

x x x

**Bleu** • Very rare

**Saignant** • Rare

**Saignant-à-point** • Medium rare

**À point** • Medium

**À point-bien cuit** • Well done

**Bien cuit** • Very well done



## Le petit-déjeuner



**Biscotte** • French toast

**Boisson chaude** • hot drink

**Café** • coffee

**Céréales** • cereals

**Chocolat chaud** • hot chocolate

**Chocolat en poudre** • chocolate powder

**Compote** • compote

**Confiture** • jam

**Croissant** • croissant

**Fromage blanc** • cottage cheese

**Jus d'ananas** • pineapple juice

**Jus d'orange** • orange juice

**Jus de pamplemousse** • grapefruit juice

**Jus de pomme** • apple juice

**Jus de pommes rouges** • red apple juice

**Lait** • milk

**Œuf** • egg

**Œuf à la coque** • boiled egg

**Œuf brouillé** • scrambled egg

**Orange pressé** • Freshly squeezed orange juice

**Pain** • bread

**Pain au chocolat** • chocolate croissant

**Pain grillé** • toasted bread

**Quatre-quarts** • pound cake

**Salade de fruits** • Fruit salad

**Sucre** • sugar

**Thé** • tea

**Yaourt** • yoghurt

## Divers



**Assiette** • plate

**Couteau** • knife

**Déjeuner** • lunch

**Dessert** • dessert

**Dîner** • dinner

**Eau gazeuse** • sparkling water

**Eau plate** • still water

**Salière et poivrière** • salt and pepper pots

Les partenaires du Contrat Grand Ouest :  
la Bretagne, la Normandie, les Pays de la Loire,  
tous ensemble sur le marché britannique

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