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

LE GLOSSAIRE GASTRONOMIE

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france.fr

Ce glossaire vient enrichir la boite 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

A

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 (savoury 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 • dieppoisapple toffee spread

carottes • vichyglazed 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 scores 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 • hellfish

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 sauteed with chopped shallots

E

eau de vie • liqueur / spirit

eau gazeuse • sparkling water

eau minéral • mineral water

eau plate • still water

échalotes • hallot

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'Etretat • goat cheese produced near the cliffs of Etretat

fromage • Le Pavé du Plessissoft 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'Etretat • 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

jardinière de légumes • garnish of several different fresh garden vegetables

jarret • shin and / or knuckle of veal or beef

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

lamproie • lamprey eel

langouste • spiny lobster

langoustine • scampi

langue de bœuf • ox tongue

lapin • rabbit

lard • bacon

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

légumes • vegetables

lieu jaune • pollock

lieu noir • colley

limande • dab, a flatfish similar to sole

Livarot • Norman soft cheese

lotte • monkfish

loup de mer • seabass

M

macédoine • mixture of vegetables or of fruit

mâche • lamb's lettuce

magret de canard • breast of duck

maison • homemade

maquereau • mackerel

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

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

marinade / mariné • marinade

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

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

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

médaillons • 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 • potroasted

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

Q

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

rissolé • 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 • hortbread 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 • bechamel 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?

× × ×

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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en attente

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