

French Culinary Terms

A partial list

Broth	The liquid made from cooking meat and vegetables for long periods of time
Clarified Butter	Whole butter which has been cooked long enough to separate the three layers, milk solids on top, butter fat and whey and casein at the bottom
Collagen	A protein in connective tissue and joints. Turns to gelatin and water during prolonged wet cooking
Deglaze	Using water, stock or wine to remove the bits of food which remain on the bottom of a pan after meat or bones are cooked
Fond	Foundation. It is the bits being deglazed
Lié	To thicken. Frequently used to refer to thickening with arrowroot or corn starch
Mire Poix	A combination of at least carrots, celery and onions, with onions being 50% by volume. Also possible are leeks, part of the onion, and fennel, mushroom stems, and parsnips, part of the carrot/celery

Onion Pique	A bay leaf stuck to a small portion of white onion affixed with two cloves.
Pincer	To cook tomato paste in a sauté pan or oven until lightly browned. This removes the acid before adding the paste to brown stock or Espagnole sauce
Reduce	Boil a stock or sauce to remove the liquid and intensify the flavor and consistency
Roux	A thickening agent composed of 125 g clarified butter and 150 g all purpose flour. Roux is cooked on the stove top to get a proper mix of the flour into the butter. The main three stages of roux are white, blond, and brown
Sachet	Parsley stems, bay leaf, garlic clove, black pepper corns, fresh thyme and a leek green wrapped in a piece of cheesecloth and added to stock near the end of cooking
Scum	The foamy yuck which floats on top of stock as it starts to boil. It is to be removed and disgarded
Slurry	A mix of corn starch or arrowroot and water which is a thickening agent

Stock	Similar to broth except stock is mostly bones with very little meat.
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