

French Regional Dishes

<u>Region/Location</u>	<u>Climate/Geography</u>	<u>Important Products</u>	<u>Regional Dishes</u>	<u>Translation</u>
Alsace/Lorraine	North Eastern corner valley of the Rhine	riesling gewurtztraminer fresh water fish eaux-de-vie goose foie gras, pork, game, Munster mirabelle plums	Foie Gras de Strasbourg Quiche Cuisses de Grenouille Coq au Riesling Choucroute Garni Spaetzle Baeckeffe Kugelhof Nid D'Abeilles	pate of goose liver savory custard tart sauteed frogs' legs chicken braised in wine sauerkraut with pork noodle dumplings oven braised meats sweet yeast bread with dried fruit cream filled yeast cake
Brittany	western penninsula bordering the Channel rocky wet maritime climate	oysters lobsters seafood artichokes crepes	Buckwheat Crepes Kig-Ha Farz Far Belon oysters Cotriade Choudree Morue Bretoise Gigot Roti aux Haricots Agneau des pres sales	buckwheat pudding with meat butter cake with prune filing flat shell, distinct metallic taste fish soup with sorrel seafood chowder salt cod with potatoes and leeks roasted lamb leg with white beans Salt plains lamb
Burgundy	North of the Rhone South of Alsace west of Savoie rolling and fertile	Pinot Noir, Chardonnay cassis, grappa (marc) beef, game, pork snails	Oeufs en Meurette Escargots Matelote Boeuf Bourignone Lapin a la Moutarde Civet de Lievre Chevreuil aux Champignons Jambon Persille Pets de Nonne Pain D'Epices	eggs in red wine snails in garlic butter red wine fish stew red wine beef stew rabbit roasted with mustard jugged hare venison with mushrooms ham in parsleyed aspic apple or cheese beignets spice cake
Gascony/ Languedoc	Southwset of France borders the Pyrenees sandy, dry forested cold winters hot summers	Armagnac duck foie gras Bayonne hams lentils cepes (boletus) garlic, tomato, eggplant	Garbure Soupe de Lentilles aux Geziers Brandade de Morue Foie Gras aux Raisins Confit de Canard Cassoulet Toro Braisee Glace De Pruneax a l'Armagnac	vegetable soup lentil soup with gizzard confit puree of warm salt cod seared foie with grapes duck confit bean stew with pork, confit, lamb Braised Bull Prune Ice Cream with Armagnac

French Regional Dishes

Region/Location	Climate/Geography	Important Products	Regional Dishes	Translation
Ile de France	Paris and surrounding plains gentle, temperate fertile	dairy, wheat freshwater fish garden vegetables Paris restaurants cultivated mushrooms fruit orchards	Canard Monmorency Blanquette de Veau Pot-au-Feu Steak au poivre Steak Frites Pommes Anna Pommes Soufflees Ouefs a la Neige Crepes Suzette Creme Caramel Gateau Paris Brest	duck with cherries creamy veal stew boiled beef and vegetables Pepper steak, rib eye steak with fries and Bearnaise shingled and baked potatoes twice fried potatoes soft meringues in vanilla custard crepes flamed with orange custard baked with caramel choux pastry cake /cream filling
Lyonnais/Bresse	east of Burgundy on the Rhone River West of the Alps rich, fertile farmland	chocolate poulet de Bresse chickens Charollais Beef Epoisses cheese fresh water fish, crayfish	Salad Lyonnaise Pate de Foie de Vollaille Quenelles Nantua Gratin des Ecrivisses Poulet a la Creme Poulet Demi Deuil a la Ficelle Coq au Vin Boudins aux Pommes Reinette Gateau au Chocolat Truffes au Chocolat	warm bacon and egg salad chicken liver pate poached pike with crayfish sauce crayfish with red wine glacage chicken fricasse with cream chicken roasted with truffles chicken stewed with red wine blood sausage with apples rich chocolate cake chocolate truffles
Normandie	North of Brittany West of Paris on the channel hilly, lush maritime rich pastures, orchards	Camembert apples and pears Cider, Calvados cream, creme fraiche butter seafood esp. mussels and shrimp	Marmite Dieppoisse Moules Marineres Sole Joinville Coquilles au Saffron Barbue Vallee D'Auge Poule au salsify Canard Rouennaise Sablees Normande Brioche au Brie Tarte aux Pommes	creamy fish stew mussels steamed with white wine sauteed sole, shrimp, mushrooms scallops with saffron brill, mushrooms, Calvados cream poached chicken with salsify, cream duck with liver sauce butter cookies buttery cheese bread apple tart
Perigord Limousin	middle southwest centers around Sarlat rich valleys, arid hills caves castles	duck and goose foie gras cherries walnuts and walnut oil	foie gras aux truffes confit de canard salade de choux rouge galette de pommes de terre clafoutis	foie gras with truffles confit warm cabbage salad with confit potato galette cherry soufflee custard cake

French Regional Dishes

Region/Location	Climate/Geography	Important Products	Regional Dishes	Translation
Pays Basque	Pyrenees mountainous influenced by Spain		piperade jambon de montagne	confit of peppers and onions prosciutto
Provence	maritime hills/mounts temperate on coast cold winters and hot summers on interior	Mediterranean fish olives, citrus, melons Chateaufeuf de Pape wines Mediterranean vegetables Truffles, wild mushrooms game Herbes de Provence perfumes lavender, lavender honey	Tapenade Ratatouille Tomates a la Provençal Artichoke Barigoule Brandae sur Lit de Blettes Grand Aioli Bouillabaisse Soupe de poissons Bar au Fenouill Sardines Grilles Ortolans Allouettes Sans Tetes Agneau Roti Daube Civet de Sanglier Fruits Glacees Pissaladiere	olive paste with anchovy and capers veg stew baked tomatoes braised artichokes with olive oil salt cod gratin on swiss chard boiled salt caod and veg With aioli fish soup with potatoes and rouille purreed fish soup sea bass roasted with fennel grilled fresh sardines thrushes brasied beef packets wood roasted lamb with herbs lamb stew with salt pork and olives wild boar stew candied fruits onion pizza tart
Savoy	east of Burgundy south of Alsace mountainous, alpine severe winters cool summers	cheese, franche Comte Morbier walnuts and walnut oil wild mushrooms chestnuts	Vin de Noix Morilles a la Creme Gratin Dauphinois Soufflee au Franche Comte Pintade aux Girolles Choux Farcie Grenoblois Mont Blanc	sweet walnut wine morels in cream potato gratin cheese soufflee guinea fowl with chanterells cabbage stuffed with pork walnut caramel cake chestnut mousse with whip cream
Tourraine The Loire Valey	rolling rich land interspersed with forests and vineyards 2 hours south of Paris Orleans to Nantes	goat cheeses Ste Maure, Berry, Pouigny game garden vegetables fresh water river fish Dairy, butter Cabernet Franc Sauvignon Blanc	Gratin de Cardon Saumon a l'Oseille Brochet au Beurre Blanc Rillettes de Porc Coq au Sang Poulet Grandmere Tarte Tatin Pitthiviers	cardoon gratin salmon with sorrel cream pike with butter sauce spread made of confit pork stewed capon, blood thickend sauce chicken roasted with potatoes/onions upside down caramelized apple tart almond filled puff pastry