

FRENCH CLASSICAL MENU

HORS D'OEUVRE (APPETIZER):-it is the first course of the meal. This course is composed usually of tangy, salty, sour, hot-natured items which help to stimulate the appetite. This course consisted of a variety of compound salads. Hors d'oeuvre are divided into two main categories (1) Cold and (2) Hot.

Examples: - (1) Caviar: Roe of fish belonging to the sturgeon family. This roe is then sauted and packed in tins or glass jars. Caviar is made from the roe of -Beluga, Savruga.

(2) Caesar Salad:-Romaine lettuce with vinaigrette dressing along with garlic, croutons and grated parmesan cheese.

(3) Canapés:-Canapés are slices of bread approximately (6 mm) crusts removed, cut into a variety of shapes, then toasted or fried in oil or butter and garnished. Garnished can included smoked salmon, prawns, cheese, and egg.

(4) Melon (5) Smoked Salmon, Oysters, Snails

POTAGE (SOUP):-Soups are nutritional liquids which are made from the extractions of vegetables, meat bones etc. Two soups are usually provided on the menu one being a clear soup (consommé) and the other being a thick soup (crème, puree, veloute).

Usually soups are served piping hot, but many soups can also be served cold.

Examples: - (1) Consommé Julienne:-Clear soup garnished with juliennes of vegetables like carrot & turnip.

(2) Petite Marmite:-Chicken and beef flavoured consommé garnished with turnips, celery, and carrots.

(3) Gazpacho:-Thick cold international soup from Spain made from tomatoes, bell peppers, cucumber, garlic & olive oil.

(4) Minestrone

(Italian) (5) Turtle

soup (England)

OEUF (EGG): There are a great number of egg dishes beyond the usual omelettes.all preparations of eggs are served in this.

Examples:- (1)OmeletteEspagnole:-A flat omelette with onions, peppers and tomato.

(2)Scotch Eggs:- Hardboiled egg wrapped in a layer of force meat,bread crumbed,& deep fried.

(3)OmeletteAuxChampignons:-Mushroom omelettes.

04.FARINEAUX (PASTA&RICE):-This is usually a fourth course in a French classical menu. It includes all kinds of foods that are rich in carbohydrates like rice, pasta.

Example: - (1)SpaghettiBolognaise:-Spaghetti blended with minced lean beef in rich brown sauce.

(2)Ravioli:-Noodle-type pasta filled with a variety of stuffing, such as chiciken, beef, and spinach.

(3) Gnocchi Romaine:-Semolina based pasta with melted butter and gratinated.

05.POISSON (FISH): It consists of all dishes made from fish,both hot and cold.this can be served poached,boiled or fried.fish is easily digested and helps to prepare the appetite for heavier course that follow.

Example:- (1)PoissonOrly:-Fish fillet dipped in batter and deep-fried.

(2)HomardNewburg:-Cooked lobster cut into slices,sautéed in butter and oil,moistened with brandy & Madeira wine,dressed in timbale,coated with liaison of egg yolk and cream ,glaze.

(3)SupremedeCarbillardMornay:-Poached fish flavoured with chopped shallots coated with mornay sauce and gratinated under the salamander.

06.ENTR'EE (ENTRÉE):-This is the first meat course in a French classical menu. The word entrée literally means 'entrance'. Usually a single portioned item accompanied by a rich sauce or gravy and garnished.

Various types of organ meat such as kidneys, brain, and liver are served in this course. This course was initially served before the roast course, but now it is served the main course or releve.

Example:- (1)Steak Diane:-Minute steak shallow fried and flavoured with onion and mushroom sauce and finished with red wine sauce.

(2)Rognon d'agneau Champignon:-Lamb kidneys are cut into slices, tossed in butter, mixed with mushrooms and chopped shallots.

(3)Poulet Sauté Chasseur:-Saute chicken in rich brown sauce, flavoured with tomato and mushrooms.

07.RELEVE (RELEVE):-It is known as the main course in English. Big joints of veal, lamb, meat, poultry etc. are served with heavy accompaniments and garnish. A sauce or roast gravy, potatoes and green vegetables are always served with this course.

Example: - (1) Boeuf Strognoff:-Russian stew with capsicum, celery, mushrooms and onions and served on a bed of pulao rice.

(2)Poulet Maryland:-Breast of chicken dipped in egg, rolled in breadcrumbs and shallow fried. Its accompaniments are:-banana fritter, grilled tomato.

(3)Lamb Shaslik:-Boneless lamb, skewered along with slice of onions, tomato and capsicum marinated with lemon juice, cooked on an open fire.

08.SORBET (SORBET):- Sorbet is refreshment or rest between the courses-relieve and roti.It helps in digestion.10-12 minutes are allotted for the sorbet service.

Russian and Egyptian cigarettes & cigars are passed with sorbet. It is iced water flavoured with champagne or any other liqueur. It is sweetened and coloured with fruit and fruit juices.

Example: - (1)Spoom:- Iced-water flavoured with champagne to which double the quantity of meringue is added.

(2)Sorbet Alexandar:-Juices of fruits combined with desired liqueur, filled with strawberry water and served in a parfait glass.

(3) Sorbet A L’Americain:-Lemon or orange juice flavoured with champagne served chilled in a stemmed glass.

09. ROTI (ROAST):- In this course roasted game birds are served. For example chicken, pigeon, turkey, duck etc. each dish is accompanied by its own particular sauce and gravy with a green salad.

Example: - (1) Poulet Roti:- Seasoned roasted chicken finished with bread sauce.

(2) Dinde Roti:- Roasted turkey.

(3) Caneton Roti:- Roasted duckling.

10. LEGUMES (VEGETABLES):- Different types of vegetables like mushroom, artichokes, asparagus, carrot are served in this course, accompanied with sauces such as hollandaise and melted butter.

Vegetables can be served as an accompaniment to the main course also.

Example:- (1) Petit Pois au Beurre:- Green peas tossed in butter.

(2) Chou-Fleur Mornay:- Cauliflower with cheese sauce.

(3) Asperges Flamande:- Asparagus boiled coated with sauce made from butter and egg yolk.

11. SALADE (SALAD):- It often refers to a small portion of salad that is taken immediately after or along with the main course and is quite often a green salad and dressing.

Salad can be vegetarian or non-vegetarian. Salad consists of base, dressing, and a garnish.

Example: - (1) Coleslaw Salad

(2) Greek Salad

(3) Green Salad with Vinaigrette.

12. BUFFET FROID (COLD BUFFET):-This course includes a variety of cold meats and fish, together with a range of salad leaves and dressings.

Cold items such as salmon, lobster, pates, terrines .galantines are served.

Example: - (1) Cold Boiled Chicken

(2) Lobster

(3) Smoked Salmon.

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13. ENTREMET (SWEETS):-Is a sweet course. Hot and cold puddings, mousse, pastries, cake and soufflés are served.

Example:- (1) Apple Strudel:-Thinly rolled out dough made of flour, egg, baking powder, stuffed with cooked apples, nuts and flavoured with cinnamon.

(2) Crepes Suzette:- Pancakes in fresh orange juice flambéed with brandy.

(3) Crème Caramel:-Mixture of egg, milk, sugar which is poured into a jelly mould, lined with caramelized sugar and baked in the oven on a double boiled and served cold or hot.

14. SAVOUREUX (SAVOURY):-In this course some tartlets ,savory fillings, fried cheese, savory soufflés are served. Savory items often coincide with items that are served as hors d'oeuvre and entrée in small quantities.

Examples: - (1) Canapé Diane:-Chicken livers rolled in bacon & grilled placed on warm toast.

(2) Welsh rarebit:-Cheese sauce with ale on toast and gratinated.

(3) Champignons Sur Crouste:-Mushrooms on toast.

15. FROMAGE (CHESSE):-All types of cheese are offered with the appropriate accompaniments. The accompaniments are salt, pepper, mustard, bread & butter and water biscuits. Castor sugar with cream cheese.

Example: - (1)Stilton -Blue
Cheese. (2)Camembert -
Cream Cheese. (3)Cheddar
-Hard cheese.

16. DESSERT (FRUITS AND NUTS):-All forms of fresh fruits and nuts are served .Fruits are accompanied with castor sugar, Dates, Figs, Bananas, Grapes, Pistachio, Almonds etc.

Generally nuts are accompanied with salt. A nutcracker is passed on for nuts.

Example: - (1)FreshGrapes
(2)Banana
(3)CashewNuts.

17. BOISSONS (BEVERAGES):-Traditionally this referred to coffee but nowadays includes a much wider range of beverages being generally available.

Generally coffee is served in a demitasse cup. Brownies, Biscuits and Liqueur chocolates are offered . Cognac and Liqueurs are also offered in this course.

Example: - (1)CaféNoir:- Black Coffee.
(2)The'Noir:-Black Tea.
(3)CaféauLait:-Coffee with Milk.
