Connaisseur de la Cuisine?

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Almost every menu and cookbook contains many foreign terms and expressions. We hear these words often but don’t always know exactly what they mean. Rate yourself on these common terms.

1. You have ordered ham a la king. Will it be (a) match-like strips, (b) cooked in a cream sauce, (c) covered with raisin sauce?
2. The recipe tells you to fix a dish au gratin. Will it be cooked with (a) crumb topping (b) in a white sauce (c) baked with tomatoes?
3. If you are given bouillon when you’re sick it will be a (a) vegetable soup (b) a clear soup (c) a cold jellied soup.
4. Will canapes be served as the (a) first (b) second (c) third course of a meal?
5. Charlotte is best described as a (a) frozen (b) whipped (c) gelatin dessert.
6. If you’re shopping for a fillet you’ll get (a) an inexpensive type of fish (b) a choice cut of meat or fish (c) a pre-seasoned steak.
7. Frappé would be served (a) in a dessert cup (b) on a small plate (c) in a glass.
8. A torte would be eaten with (a) a fork (b) a spoon (c) sipped through a straw.
9. A parfait is characterized by (a) a jelly-like consistency (b) a creamy texture (c) its hard sweet frosting.
10. A soufflé is (a) a potato casserole (b) a French pastry (c) a baked egg dish.

ANSWERS
1. (b) A la king refers to food served in a rich cream sauce usually containing mushrooms, green peppers, and pimento.
2. (a) Au gratin means a topping, usually of fine bread crumbs or sometimes with cheese.
3. (b) Bouillon is clear soup, usually made from lean beef.
4. (a) Canapes are midgit open-face sandwiches which are served first as appetizers.
5. (c) Charlotte is a gelatin dessert containing flavored whipped cream, molded in a form lined with sponge cake or lady fingers.
6. (b) A fillet is a long thin, boneless strip of lean meat or fish, usually a choice cut.
7. (c) Frappé is a diluted sweetened fruit juice frozen to a mushy consistency and therefore would be served in a glass.
8. (a) Since a torte is a rich cake usually made from crumbs, eggs, and nuts, or a hard meringue baked in the form of a cake, it would be eaten with a fork.
9. (b) Parfait is a frozen dessert that is less cold and more creamy than ice cream.
10. (c) A soufflé is a delicate baked egg dish containing cheese, fruit, minced meat or vegetables.

Rate yourself 1 point for each correct answer

SCORING
8–10 If you’re so well acquainted with these delicacies, better read our hints for diet and exercise in this issue.
6–8 You’re above average.
4–6 This is a good excuse to “bone-up” by persuading the date to take you to some nice spot for dinner.
1–4 Bet you haven’t taken any foods courses yet.