



Name: \_\_\_\_\_

Hour: \_\_\_\_\_

## VIDEO WORKSHEET

# Review

**Directions:** After watching “*World Foods French Cooking*”, answer the following questions.

1. Why do the French typically shop daily for their food?
2. What is “haute cuisine”?
3. How has modern French cuisine evolved?
4. What are some characteristics of the French way of eating?
5. Name 3 vegetables that are used in French cooking.

6. What herbs are included in the herb mixture Herbes de Provence?
7. How is sea salt collected?
8. What should you look for when selecting French bread? How do the French eat French bread?
9. Traditional French pans are made of \_\_\_\_\_.
10. A good French \_\_\_\_\_ is tender and makes a quick meal because it takes \_\_\_\_\_ to cook.
11. What is “mise en place”?
12. What is a croque monsieur?
13. How is a composed salad different from a regular tossed salad?
14. What ingredients are typically included in Salade Niçoise?



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## TEACHER'S KEY

## Review

**Directions:** After watching “*World Foods French Cooking*”, answer the following questions.

- Why do the French typically shop daily for their food?  
***The French shop daily because they place a high value on fresh ingredients.***
- What is “haute cuisine”?  
***Haute cuisine is historic French cooking with elaborate and rich dishes that call for lots of butter and cream that are labor intensive and most suited for trained chefs.***
- How has modern French cuisine evolved?  
***Dishes are lighter, using more vegetables and fewer high-fat ingredients, with simpler techniques and shorter cooking times, as well as an emphasis on ingredients that are seasonal and fresh.***
- What are some characteristics of the French way of eating?  
***Eat balanced meals, no snacking, serve small portions of meat, fish is served several times a week, and eat a wide variety of fruits and vegetables.***
- Name 3 vegetables that are used in French cooking.  
***Can include any of the following:***

<b><i>Potatoes</i></b>	<b><i>Tomatoes</i></b>	<b><i>Shallots</i></b>
<b><i>Haricots verts (French green beans)</i></b>	<b><i>White asparagus</i></b>	
<b><i>Mushrooms</i></b>	<b><i>Morels</i></b>	
<b><i>Onions</i></b>	<b><i>Leeks</i></b>	

6. What herbs are included in the herb mixture Herbes de Provence?  
***Basil, bay leaf, marjoram, lavender, rosemary, and thyme***
7. How is sea salt collected?  
***Seawater is trapped in salt marshes and the water evaporates from the sun and the wind.***
8. What should you look for when selecting French bread? How do the French eat French bread?  
***French bread should be crusty on the outside and chewy on the inside. The French serve it at room temperature without butter and break pieces off the loaf rather than slicing.***
9. Traditional French pans are made of   ***copper***   .
10. A good French   ***omelet***   is tender and makes a quick meal because it takes   ***less than a minute***   to cook.
11. What is “mise en place”?  
***Literally means “putting in place.” Every element of your recipe should be cleaned, cut into the proper size, measured and placed into individual bowls or plates to prepare for cooking.***
12. What is a croque monsieur?  
***Croque monsieur is a hot ham (or turkey) and cheese grilled sandwich served in French cafés and bistros.***
13. How is a composed salad different from a regular tossed salad?  
***A composed salad has artfully arranged salad components rather than a jumbled mixture.***
14. What ingredients are typically included in Salade Niçoise?  
***Cooked green beans***  
***Sliced cooked red potatoes***  
***Boiled egg slices***  
***Tomato slices***  
***Bell pepper slices***  
***Drained anchovies***  
***Niçoise olives***  
***French vinaigrette***  
***Tuna***



# World Foods French Cooking

# RECIPES

## RUSTIC CHICKEN AND POTATOES

Makes 4 servings

*This is typical of rustic French country-style cooking. Traditionally, the dish would call for bone-in chicken; but cooking goes more quickly with boneless chicken. You can use light or dark meat, or a combination. Serve with steamed baby carrots to add color to the plate.*

6 small red-skinned potatoes  
 1/4 cup coarsely chopped, thick-cut mild bacon, about 3 strips  
 1 tablespoon olive oil, or as needed  
 16 ounces boneless, skinless chicken breasts or thighs, or a combination  
 Salt and pepper to taste  
 1 cup frozen whole baby onions  
 Sprigs of fresh thyme for garnish

Put the potatoes in a 1 1/2-quart microwave-proof dish. Add 2 tablespoons water. Microwave on high for 6 minutes or until just tender. Drain well. When cool, cut into 3/4-inch cubes.

Heat a large skillet over medium-high heat. Add the bacon. Cook, stirring occasionally, for about 5 minutes. Use a slotted spoon to transfer to a paper-towel-lined plate. (The bacon will become crisper as it cools.)

Heat the olive oil in the same skillet. Add the chicken and onions; sprinkle with salt and pepper. Cook for about 3 minutes per side, or until lightly browned.

Reduce the heat to low. Cover and cook, turning the chicken once, for about 8 minutes, or until it is no longer pink in the thickest portion when cut with a knife.

Transfer the chicken and onions to a platter. Cover with aluminum foil to keep warm.

Increase the heat to medium-high. Add the potatoes to the pan and cook, stirring occasionally, for 4 minutes, or until lightly browned. Stir in the bacon and add a dash of pepper.

Spoon the potato mixture over the chicken. Garnish with fresh thyme sprigs.

Adapted from *The One-Dish Chicken Cookbook* by Mary Ellen Evans.

## CROQUE MONSIEUR

Makes 4 servings

A classic croque monsieur, typically enjoyed in bistros throughout France, is basically a ham and cheese sandwich made with crustless, buttered bread and pan-fried in butter. This updated version makes a complete hearty meal with family appeal. Serve extra honey mustard on the side and accompany the sandwiches with French cornichons, the crisp, tart pickles that traditionally accompany pâté.

2 large eggs  
 1/4 cup milk  
 Dash of salt and pepper  
 8 (1/2-inch) slices artisan bread, such as Vienna or Italian  
 (from an oblong loaf)  
 4 teaspoons honey mustard  
 1 large tomato, cut into 8 thin slices  
 4 ounces thinly sliced deli smoked turkey or ham  
 4 slices (4 ounces) aged Swiss or Gruyère cheese  
 2 tablespoons unsalted butter  
 2 tablespoons olive oil

Whisk together the eggs, milk, salt, and pepper in a shallow bowl. Set aside.

Spread one side of 4 bread slices with mustard. Top each with 2 tomato slices, turkey, and cheese. Top with the remaining bread slices.

Melt the butter with the olive oil in a large skillet over medium heat. Dip both sides of each sandwich into the egg mixture. Place the sandwiches in the skillet. Cook for about 2 minutes per side or until the bread is golden brown and the cheese is melted.

Depending on the size of your skillet, it may be necessary to cook 2 sandwiches at a time.

Slice the sandwiches in half and serve warm.

Recipe from *The Complete 15-Minute Gourmet: Creative Cuisine Made Fast and Fresh* by Paulette Mitchell.

## TUNA SALADE NIÇOISE

Makes 4 servings

*In France, this salad is served with their special tuna that is canned in olive oil, which offers great flavor. But you can use the water-packed variety if you prefer.*

*The variations of the salad are infinite, and there's no need to follow the amounts exactly. You can add garbanzo beans and cucumber, or other salad ingredients you have on hand. Of course, accompany the salads with a crusty French baguette.*

4 small red potatoes, halved  
 8 ounces haricot verts (thin French green beans), ends trimmed  
 8 cups mesclun (mixed baby greens)  
 2 (6-ounce) cans solid white tuna packed in olive oil or water, drained and broken into large chunks  
 4 plum tomatoes, cut into 1/4-inch slices  
 1/2 yellow bell pepper, cut into 1/4-inch strips  
 2 hard-cooked eggs, each cut into 8 wedges  
 1/2 cup Niçoise olives  
 1 (2-ounce) can flat anchovies, drained, optional  
 1 cup Basic French Vinaigrette  
 Freshly ground pepper for garnish

Put the potatoes in a small saucepan and cover with water. Cover the pan and bring to a boil over high heat. Reduce the heat to medium and cook for 8 minutes or until tender. Drain well and rinse with cold water. Cut into 1/4-inch slices.

Meanwhile, put the haricots verts in a microwave-proof dish; add 2 tablespoons water. Cover and microwave on HIGH for 3 minutes or until crisp-tender. (Or cook the beans over simmering water in a stovetop steamer.) Drain and rinse with cold water.

To assemble the salads, spread the mesclun on dinner plates. Top the greens with an artful arrangement of the remaining ingredients, except the vinaigrette. Drizzle with the vinaigrette and garnish with pepper.

### Tip:

"Haricots verts" is French for "green string bean." It refers to the very slender green beans, which are found in most supermarket produce departments.

Recipe from *The Complete 15-Minute Gourmet: Creative Cuisine Made Fast and Fresh* by Paulette Mitchell.

## BASIC FRENCH VINAIGRETTE

Makes 1 cup

*As a versatile, all-purpose salad dressing, keep this on hand to add instant zest to all greens, steamed vegetables, bean salads, and potato salads. It also can transform chicken and fish into a salad meal.*

2/3 cup extra-virgin olive oil  
 1/4 cup white wine vinegar  
 2 teaspoons Dijon mustard

2 teaspoons minced garlic  
 3 green onions, finely chopped  
 Salt and pepper to taste

Whisk together the olive oil, vinegar, mustard, and garlic in a small bowl. Stir in the green onions. Season with salt and pepper.

Store in a tightly covered container in the refrigerator for up to 1 week.

Recipe from *The Complete 15-Minute Gourmet: Creative Cuisine Made Fast and Fresh* by Paulette Mitchell.

## FRENCH OMELET

Makes 1 serving

*Because small omelets are more tender, it's best to make two egg omelets. Each takes only a couple minutes, which makes it possible to prepare individual omelets when you are serving a group.*

*It's important to have the right pan, which has a long handle and sloping sides. A nonstick pan works best. The bottom diameter should be about 7 inches, which is perfect for a 2-egg omelet. The depth of egg in the pan should not be over 1/4-inch.*

*The omelet technique is simple and you will soon be an expert.*

2 eggs  
 1 tablespoon cold water  
 Dash of salt and pepper  
 1 tablespoon + 1/2 teaspoon butter, preferably unsalted, at room temperature

Break the eggs into a small bowl. Use a table fork to beat only long enough to thoroughly blend the whites and yolks. Add the water, salt, and pepper. Beat lightly again.

Heat a 7-inch omelet pan, preferably nonstick, over high heat. Add 1 tablespoon of the butter and tilt the pan as it melts to cover the bottom and partially up the sides. Reduce the heat to medium-high.

When the butter stops sizzling, pour in the eggs. Slide the pan back and forth over the heat as the eggs begin to set. Then use a small spatula to push the eggs around, making openings to allow the uncooked egg to flow to the bottom of the pan.

A perfect French omelet is cooked but still slightly moist. In about 1 minute, the omelet is ready to be removed from the pan. Use a spatula to turn over the third of the omelet closest to the pan handle. Place the edge of the pan (opposite the handle) on the serving plate. Turn the pan over allowing the omelet to drop into position on the plate. It will neatly fold into thirds, with the seam-side down.

Brush the omelet with the remaining 1/2 teaspoon butter.

**Variation:** For an herb-flavored omelet, add about 1 tablespoon minced fresh herbs when beating the eggs. It's traditional to use equal amounts of chives, flat-leaf parsley, chervil, and tarragon. But you can use any combination you like. It's also nice to chop a little extra of the fresh herbs to sprinkle over the cooked omelet.