

Ingredients

- **Cream:** Cream is a high-fat dairy product made from the butterfat portion of milk, commonly used in classical cuisine for richness.
- **Eggs:** Eggs are a versatile ingredient commonly used in classical cuisine for their ability to bind, thicken, leaven, and enrich dishes.
- **Flour:** Flour is a powdery substance made by grinding grains, nuts, seeds, or roots, commonly used as a thickening agent in cooking.
- **Herbs:** Herbs are aromatic plants with culinary or medicinal uses, often used in classical cuisine to add flavor and fragrance to dishes.
- **Spices:** Spices are dried plant parts like seeds, roots, and bark used to flavor and season dishes in classical cuisine.
- **Stock:** Stock refers to a flavorful liquid made by simmering bones, vegetables, herbs, and spices in water, commonly used in classical cuisine.
- **Wine:** Wine refers to an alcoholic beverage made from fermented grapes and is commonly used in classical cuisine for cooking and pairing.
- **Butter:** Butter is a dairy product made from churning cream. It is commonly used in cooking and baking for its rich flavor.

Techniques

- **Deglaze:** To deglaze is to add liquid (such as wine or broth) to a pan to loosen and dissolve browned bits of food for a sauce.
- **Whisk:** To whisk is to beat ingredients vigorously with a whisk to incorporate air and create a smooth and light texture.
- **SautÃ©:** SautÃ© is a cooking technique where food is quickly cooked in a small amount of oil or fat over high heat.
- **Poach:** Poaching is a gentle cooking technique where food is submerged in liquid at a low temperature until fully cooked.
- **Mise En Place:** Mise en place refers to the preparation and organization of ingredients and tools before beginning to cook a dish.
- **Julienne:** Julienne is a cutting technique where food is cut into long, thin strips, typically used for vegetables in cooking.
- **Fold:** To gently combine two ingredients by using a cutting motion to maintain the airiness and texture of the mixture.

- **Braise:** Braise is a cooking technique where food is first seared at high heat and then simmered slowly in liquid.

Sauces

- **Velouté:** Velouté is a type of sauce made from a roux (butter and flour) and a light stock, typically chicken or fish.
- **Tomato Sauce:** Tomato sauce is a thick, savory sauce made from tomatoes, often cooked with herbs, garlic, and onions for flavor.
- **Hollandaise:** Hollandaise is a rich, creamy sauce made from butter, egg yolks, and lemon juice, commonly served with eggs Benedict.
- **Béchamel:** A creamy white sauce made from a roux of butter and flour cooked in milk, commonly used in classical cuisine.
- **Béarnaise:** Béarnaise is a rich and creamy sauce made with butter, egg yolks, white wine vinegar, shallots, tarragon, and peppercorns.
- **Aioli:** Aioli is a Mediterranean sauce made of garlic, olive oil, and often egg yolks, similar to mayonnaise but with garlic.
- **Espagnole:** Espagnole is a rich brown sauce made from brown stock, mirepoix, tomatoes, and brown roux, commonly used in classical cuisine.

Garnishes

- **Capers:** Capers are small, pickled flower buds commonly used as a garnish in classical cuisine, known for their tangy and slightly salty flavor.
- **Chives:** Chives are a type of herb commonly used as a garnish in classical cuisine, known for their mild onion flavor.
- **Croutons:** Croutons are small pieces of toasted or fried bread, often seasoned with herbs or cheese, used as a garnish in dishes.
- **Herbs:** Herbs are aromatic plants used to add flavor, color, and texture as garnishes in classical cuisine dishes.
- **Lemon Zest:** Lemon zest is thin strips of the outer, colored part of a lemon peel used to add flavor and garnish dishes.
- **Parsley:** Parsley is a bright green herb commonly used as a garnish in classical cuisine, adding color and flavor to dishes.
- **Pickles:** Pickles are vegetables or fruits that have been preserved in vinegar or brine, often used as a tangy garnish.

Cooking methods

- **Braise:** Braising is a cooking method where food is browned in fat, then simmered in a covered pot with liquid.
- **Sear:** To sear in cooking refers to browning the surface of meat quickly over high heat to seal in juices.
- **Saute:** Saute is a cooking method where food is quickly cooked in a small amount of fat over high heat.
- **Roast:** Roasting is a dry-heat cooking method that involves cooking food in an oven or over an open flame.
- **Poach:** To cook food gently in simmering liquid, typically water or broth, until fully cooked and tender. Often used for delicate proteins.
- **Grill:** Grilling is a cooking method that involves cooking food directly over an open flame or heat source, imparting smoky flavors.
- **Blanch:** Blanching is a cooking method where food is briefly submerged in boiling water, then immediately cooled in an ice bath.

Presentation

- **Culinary:** Culinary refers to the art or practice of cooking and preparing food, often associated with traditional or refined techniques.
- **Elegant:** Elegant in the context of Classical Cuisine presentation refers to refined, sophisticated, and tastefully arranged dishes that are visually pleasing.
- **Gastronomy:** Gastronomy in the context of Presentation refers to the art and science of food preparation and presentation in classical cuisine.
- **Presentation:** Presentation in Classical Cuisine refers to the visual arrangement of food on a plate to enhance its appeal.
- **Refined:** Refined in classical cuisine refers to dishes that are elegant, sophisticated, and meticulously prepared with attention to detail.
- **Sophisticated:** Sophisticated presentations in classical cuisine involve intricate plating techniques, elegant garnishes, and attention to detail in food arrangement.
- **Traditional:** Traditional in the context of Presentation belonging to Classical Cuisine refers to the customary and conventional way of serving dishes.