

COOK LIKE A FRENCH PERSON

25 Bilingual
(French-English)
Recipes

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TRAVELANGUES
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A collection of e-books on travel and language

Why this e-book?

This latest edition to our growing series of e-books presents a selection of 25 traditional French recipes, adapted to an international taste.

All the recipes in this new e-book were originally published, beginning in December 2006, in our e-publication *French Accent Magazine*. As *French Accent* is a family venture, all of them are creations of a member of the family (see page 61). Since most of us don't usually eat meat, all of these recipes are non-meat dishes, but many of them can easily be adapted to include meat or substitute meat for the fish in the fish recipes. Many can also be served as side dishes to accompany a main course containing meat.

The advantage of having all of these recipes published together in one easy-to-use document is that it is far easier to simply print out the pdf version of the recipe you would like to use, making it much simpler than using a large and heavy cookbook to place the recipe in a convenient place in the kitchen while you are cooking. And, if they might be soiled in the process, that really isn't much of a problem.

To make your life easier, all the recipes are bilingual, but we encourage students of French to read and use the French version also, and to take the opportunity to learn very useful vocabulary and expressions that are invaluable for those who travel or live in a French-speaking country.

Bon appétit!

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Gratin de pommes de terre au crabe

Ce plat original et savoureux est la spécialité de Céline. Les invités en redemandent...

This original and delicious meal is Céline's specialty. Dinner guests always ask for more...



Ingrédients (4 personnes)

3 à 4 boîtes de miettes de crabe (ou crabe frais). Total : 400 grammes
2 kilos de pommes de terre
33 cl de crème liquide
2 citrons verts
Une botte de ciboulette
Sel et poivre

Préparation

Eplucher les pommes de terre et faites-les cuire dans une casserole remplie d'eau salée.

Prendre un grand saladier et y mettre toutes les miettes de crabe (attention : parfois il y a un peu de cartilage dans les miettes de crabes qu'il faut prendre le temps d'enlever). Rajouter la ciboulette ciselée en tout petits mor-

Ingredients (4 servings)

3 to 4 cans crab meat (or fresh crab). Total: 400 g
2 kg potatoes
33 cl liquid cream
1 bunch of chives
2 limes
Salt et pepper

Preparation

Peel the potatoes and boil them in salted water in a large pot.

In a large bowl, break up all the crab in very small pieces (be careful: sometimes there are bits of cartilage in the crab pieces; take the time to remove them). Add the chives cut in tiny pieces with scissors, the zest of the limes





ceaux, le zeste des citrons verts râpés avec une petite râpe fine, et le jus des citrons. Rajouter un tiers de la crème et mélanger le tout.

(use a very fine grater) as well as their juice. Then add one third of the liquid cream and mix all the ingredients.

Préchauffez le four à 5-6 ou 180-200°C.

Preheat the oven to 5-6 or 180- 200°C.

Une fois que les pommes de terre sont bien cuites, les égoutter, les replacer dans la casserole, et les écraser avec une fourchette. Rajouter le reste de la crème, saler et poivrer. On peut aussi rajouter un petit peu de beurre.

Once the potatoes are well done, drain them, put them back in the pot, and then crush them with a fork. Add the rest of the cream, as well as some salt and pepper. If you want, you can add a bit of butter.

Prendre un grand plat à four. Etaler une première couche de purée de pommes de terre sur le fond, assez fine, la recouvrir de toute la préparation à base de crabe, puis étaler au-dessus le reste de la purée.

In a large baking dish, place a first thin layer of the mashed potatoes in the bottom, then make a smooth layer on top with all of the crab meat. Then, cover the crab meat with the rest of the mashed potatoes.

Mettre le plat dans le four chaud pendant à peu près 20-30 minutes, jusqu'à ce que le plat soit bien chaud.

Bake in the oven for approximately 20-30 minutes until the dish is thoroughly heated.

Le gratin au crabe se sert habituellement accompagné d'une salade verte.

The *gratin au crabe* is usually served with a green salad.



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