

French Flavor Profile

Spices and Herbs

Lavender
Parsley
Sage
Thyme
Rosemary
Tarragon
Herbes de Provence
Sorrel
Chives
Peppercorns (black, green or pink)

Main Vegetables

Eggplant
Tomato
Cucumber
Carrots
Fennel
Leeks
Potatoes
Lettuces
Brussels sprouts
Zucchini and summer squash
Delicate lettuces
Root vegetables

Proteins

White fish, seafood, caviar
Rabbit, duck, game meats
Lamb, chicken, and pork
Lentils
Beans

Other

Truffles and wild mushrooms
Soft cheeses like goat cheese and brie
Crème fraiche
Capers and cornichons
Good bread and pastries
Rich meat stocks or demi glace
Red wine vinegar or red wine
White wine vinegar or white wine
Champagne vinegar
Dijon mustard
Grapes
Olives

