

# How Would You Like Your Meat Cooked?

## Quelle Cuisson Votre Viande?



### Technique

Hold your thumb to your forefinger as if making the OK symbol

### BLUE

#### BLEU

- touch the soft pad under the thumb with your other forefinger
- singed on the outside, raw inside; bloody, almost not cooked) would be like;
- grilled for 1 minutes on each side

### RARE

#### SAIGNANT

- touch the thumb to the middle finger--the bump gets a bit taut
- this is what rare meat feels like
- bloody, very rare

### MEDIUM RARE

#### A POINT

- perfectly cooked
- medium rare---touch your thumb to the ring finger
- this is medium but in France it is usually a little closer to rare
- medium has the core temperature is 63- 65 C

### MEDIUM

#### CUIT

- while the term "à point" is used more often to refer to medium, if you really just want medium and not close to rare, ask for "cuit"

### WELL DONE

#### BIEN CUIT

- well cooked
- touch your thumb to your pinky; firm
- this is well done or "Americaine"



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