

The background of the entire page is a photograph of several lavender plants with purple flowers and green foliage in the foreground. Behind them is a light-colored, textured stone wall.

# XCentric Ideas

## Idées de XCentric

*Eating the French way*

*Consommation de la  
manière Française*

Recipes from the Internet  
All photos my own

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# French Phrases:

[www.bonjour.com](http://www.bonjour.com)  
(learn French online)

Hello - Bonjour ! *Pronounce: Boh(n)zhoor*

I don't speak French - Je ne parle pas le Français.  
*Pronounce: zhuh nuh pahrl pah luh frah(n)seh*

Please - S'il vous plait ! *Pronounce: Seel voo pleh*

Thank you - Merci ! *Pronounce: Mehrsee*

Where is the train station? - Où est la gare ? *Pronounce: Oo eh lah gahr?*

I would like a coffee, please - Je voudrais un café, s'il vous plait. *Pronounce: Zhuh voodreh uh(n) kahfay, seel voo pleh*

The bill, please - L'addition, s'il vous plait. *Pronounce: Lahdeesyoh(n), seel voo pleh*

See you soon - A bientôt *Pronounce: Ah byeh(n)toh*

# *Tuna Mint Dip*

## *Fraise Charlotte*

1 x 250g Philadelphia Cream Cheese (or any other)  
1 tbsp Sour Cream or Crème Fraiche  
1 tin of flaked Tuna, drained  
Pepper to taste  
4 tbsp Lemon juice  
Leaves from a very large bunch of mint, chopped  
Cucumber slices, carrot sticks

Cream the cheese in a bowl. Stir through the cream until smooth. Mix in the tuna, mashing with a fork to blend. Grind in some pepper, add the lemon juice and stir through the mint. Put in a serving bowl and serve with cucumber slices and carrot sticks for dipping.



Recipe – [www.foodtv.ca](http://www.foodtv.ca) Tested by myself. Photo – my own.

# Puff Pastry Pinwheels

## Pinwheels de Pâte Feuilletée

1 x Puff Pastry sheet, defrosted  
Parmesan cheese

1/2 cup Tapenade (black olive paste)

### **Olive Tapenade** (makes ½ cup)

20 black Olives, pitted

2 tbsp Olive oil

1 tsp Salt

1 tbsp Lemon juice

coarsely grated black Pepper

*Chop the olives coarsely. Mix well with lemon juice, oil, pepper and salt. Refrigerate.*

Roll the pastry into a rectangle. Smear over the tapenade, sprinkle the cheese over, roll lengthwise into a long snake. Wrap and freeze until hard. Cut into thin slices, no more than 1/4-inch/1/2 centimetre thick. Lay on a baking sheet, giving room for them to expand. Bake at 400°F/200°C until puffed up and golden, 10 minutes.



Recipe – [www.foodtv.ca](http://www.foodtv.ca) Tested by myself. Photo – my own.

# *Creamy Feta Potato Dish*

## *Pommes de terre crémeuses de feta*

900 g (3 big) Potatoes, peeled & cubed  
3 tbsp Butter  
1/3 cup Feta cheese, crumbled  
½ tsp Salt, to taste  
1-3 tbsp Milk, if necessary

¼ cup Sour Cream  
½ tsp Lemon zest  
½ tsp dried Rosemary, crushed  
1/8 tsp black Pepper

Boil potatoes until tender and then drain. Mash potatoes with all remaining ingredients, except the milk. If a creamier texture is desired, add milk – 1 tablespoon at a time. Serve hot or warm.



Recipe – <http://frenchfood.about.com> Tested by myself. Photo – my own.

# Lentil Salad

## Salade de lentille

230 g Lentils, raw, washed  
1 tsp Salt  
½ cup Onion, chopped  
black Pepper  
Several cups of water

1 tbsp Wine Vinegar  
1 clove Garlic, peeled  
¼ cup fresh Rosemary, chopped  
2 tbsp Olive oil

Combine water, salt, lentils and whole garlic clove in sauce pan, using enough water to cover by several inches. Bring to a boil, lower heat, and simmer, stirring occasionally, until tender, 30-40 minutes. Drain and discard garlic. Let cool for a few minutes. *(I heated a drained can of lentils in microwave for 2 ½ min.)*

Stir in onion, rosemary and pepper, then toss with oil and vinegar. Taste, adjust seasonings, and serve. Compliments the 'Creamy Feta Potato recipe' perfectly!



Recipe – [www.theveggietable.com](http://www.theveggietable.com) Tested by myself. Photo – my own.

# Mustard Chicken

## Poulet a la moutarde

6-8 pieces of skinned Chicken breasts  
2 tbsp Olive oil  
5 large Mushrooms, sliced  
1 tablespoon dried Herbs  
2 tablespoons prepared Dijon mustard

Salt and Pepper  
1 tbsp Butter  
¼ cup Cream  
1/2 cup dry White Wine

Sprinkle the chicken with salt and pepper. Heat the butter and olive oil on medium heat in a heavy-bottomed pan and add the chicken, browning it on all sides (about 5 minutes).

Remove chicken from pan and add the mushrooms to pan. Cook and stir occasionally for five minutes. Put the chicken back in the pan, sprinkle with the herbs and pour the wine on top. Cover pan tightly and cook on low heat for 30 minutes or until the chicken is cooked to your liking.

Remove the chicken to a serving plate. Into the sauce that remains in the pan, stir in the mustard and heavy cream. Warm on low heat for five minutes, then pour over chicken to serve.



Recipe – [www.easy-french-food.com](http://www.easy-french-food.com) Tested by myself. Photo – my own.

# Marinated Mushrooms

## Champignons Marinés

250g small button Mushrooms  
3 tbs Red Wine Vinegar  
1 Large Shallot – chopped (optional)  
Salt And Pepper -- to taste  
3 tbs Parsley – chopped (I used dried mixed herbs)

1/3 cup Olive Oil  
1 clove Garlic, crushed  
1 tsp Dijon Mustard

Combine all ingredients except the mushrooms and shake or beat well. Pour over mushrooms in a glass bowl with a lid. Stir the mushrooms so that they are coated with the marinade. Marinate in refrigerator at least 6 hours, longer is better (not more than 24, they get mushy).



Recipe – [www.recipes.wuzzles.org](http://www.recipes.wuzzles.org) Tested by myself. Photo – my own.

# Lavender Sables

## Sables de Lavande

1/2 cup Butter  
1 x Egg beaten  
1 tsp Baking powder  
4 tbsp fresh chopped Lavender

1/2 cup brown Sugar  
1-1/2 cups Cake Flour  
1 cup Icing Sugar  
1-2 tbsp boiling Water

Heat the oven to 350°F/180°C. Cream the butter and sugar together until smooth. Beat in the egg. Stir through 2 tbsp of the lavender. Sift the flour and baking powder and beat in.

Place teaspoon-size balls on a greased baking sheet. Wet your fingers with water and flatten each ball into a flat round cookie. Bake 15 to 20 minutes until browned on top and cooked through. Cool on wire racks. Mix the icing sugar with boiling water to a paste. Stir in the remaining 2 tsp lavender and drop on cookies.



Recipe – [www.foodtv.ca](http://www.foodtv.ca) Tested by myself. Photo – my own.

# Grilled Coconut Bread

## *Pain grillé de noix de coco*

1 or 2 loaves French bread  
1 bag coconut

1 can sweetened condensed milk

Cut bread into large pieces. Place in bowl and allow to harden slightly.

In a large bowl, mix sweetened condensed milk and coconut. Dip the bread into the milk mixture. (If it's too stiff, melt in microwave 10 seconds at a time.)

Pierce with long handled forks or toasting forks. Grill over hot coals until toasted brown. Cool and eat.



Recipe – [www.francethisway.com](http://www.francethisway.com) Tested by myself. Photo – my own.