World Central Kitchen

FRANCE

Tastes of France

A taste of French home cooking, shared by our team during the Gironde wildfire response

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TRADITIONAL RECIPES

The Food of France

French cuisine is proud, regional, and deeply tied to the seasons. From the crêpes of Brittany to the choucroute of Alsace, every region tells its own story — and food sits at the very heart of French culture.

Alongside the three recipes shared here, these beloved classics are found on tables all across the country — the comforting, familiar meals that bring families together, and the food our team turns to during the Gironde response.

Bœuf Bourguignon

Pot-au-Feu

Ratatouille

Salade Piémontaise

A French summer potato salad

One of France's most-loved salads — creamy, fresh, and on tables all summer long.

SUMMER CLASSIC | SERVED COLD

6–8
SERVES

INGREDIENTS

- 1.2 kg (2½ lb) waxy potatoes, boiled
- 4 medium tomatoes, diced
- 300 g (10 oz) cooked ham, diced
- 4 hard-boiled eggs, chopped
- 10 cornichons (pickles), sliced
- 2 shallots, finely chopped
- 250 g (1 cup) mayonnaise
- 1 tbsp Dijon mustard
- Salt & black pepper, to taste
- Fresh parsley, chopped

METHOD

1. Boil the potatoes in salted water until tender, cool and cut into chunks.

2. Hard-boil the eggs, cool, peel and chop.

3. Dice the tomatoes and ham; slice the cornichons; chop the shallots.

4. In a large bowl, mix the mayonnaise, Dijon mustard, salt and pepper.

5. Gently fold in the potatoes, tomatoes, ham, eggs, cornichons and shallots.

6. Chill for at least one hour, finish with parsley, and serve cold.

Bon appétit !

✦ *In France, food changes from region to region and is a proud part of the culture. This summer salad is a national favourite — simple, refreshing, and enjoyed all across the country.*

Created by Omer Aydemir | World Central Kitchen | France Response

Rougail Saucisse

A Creole sausage stew from La Réunion

The emblematic dish of La Réunion — smoky sausage simmered in a bold tomato sauce.

CREOLE CLASSIC | WITH RICE

6–8
SERVES

INGREDIENTS

- 1.2 kg (2½ lb) smoked pork sausages
- 800 g (1¾ lb) ripe tomatoes, chopped
- 3 large onions, thinly sliced
- 4 garlic cloves, minced
- 1 tbsp fresh ginger, grated
- 1 tsp turmeric
- 1–2 chili peppers, to taste
- 2 tbsp oil · 1 sprig thyme
- Salt & black pepper, to taste
- Steamed rice, to serve

METHOD

1. Boil the sausages for 10 minutes to remove excess fat, then slice into rounds.

2. Heat the oil and brown the sausage slices, then set aside.

3. Sauté the onions until soft, then add garlic, ginger and turmeric.

4. Add the chopped tomatoes and chili, and cook until they soften.

5. Return the sausages with the thyme; season with salt and pepper.

6. Cover and simmer on low for 20 minutes. Serve hot over steamed rice.

Bon appétit !

✦ *From the island of La Réunion in the Indian Ocean, rougail saucisse blends French and Creole flavours. Its name comes from Tamil — a taste of the island's rich, layered heritage.*

Created by Omer Aydemir | World Central Kitchen | France Response

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Beef & Taboulé

Sliced beef with a fresh summer taboulé

A light, refreshing plate — tender beef served with a cool, tangy couscous salad.

SUMMER PLATE | SERVED COLD

6–8
SERVES

INGREDIENTS

- 800 g (1¾ lb) beef, thinly sliced
- 400 g (2 cups) fine couscous
- 4 ripe tomatoes, finely diced
- 1 cucumber, diced
- 3 tbsp tomato paste
- Juice of 2 lemons
- 4 tbsp olive oil
- Fresh mint & parsley, chopped
- Salt & black pepper, to taste
- Courgette ribbons, to serve

METHOD

1. Place the couscous in a bowl, pour over the lemon juice and olive oil.

2. Stir in the tomato paste, then cover and let the couscous swell for 15 minutes.

3. Fluff with a fork, then fold in the diced tomatoes and cucumber.

4. Season with salt, pepper, and plenty of fresh mint and parsley.

5. Sear the sliced beef briefly, then season and let it rest.

6. Chill the taboulé, then serve alongside the beef and courgette. Serve cold.

Bon appétit !

✦ *Taboulé is a summer favourite across France — a cool couscous salad of tomato, cucumber and fresh herbs. Paired with beef, it makes a light, satisfying warm-weather plate.*

Created by Omer Aydemir | World Central Kitchen | France Response

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WORLD CENTRAL KITCHEN — FRANCE

Thank You

A plate of food is a plate of hope. Thank you for bringing the flavours of France to your table.

No One Hungry | worldcentralkitchen.org