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Chef G Rald Passedat  
**Passedat**

The author of The Puglian  
Cookbook heads to the Italian

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island of Sardinia for a unique twist on the Mediterranean diet.

Sardinia, the isolated and majestic island off the southwest coast of Italy, has a rich and ancient history as home to different Mediterranean peoples whose customs have

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intertwined over the centuries. The result is an unparalleled richness of cuisine. The Sardinian Cookbook captures these wonderful flavors, delivering more than 100 easy-to-make recipes that are as healthful as they are delicious. Sardinia is an

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island of many distinct landscapes and nationalities, from its rugged interior and breathtaking coastline to its diverse blend of Spanish, French, Italian, and Moorish cultures. From myrtle, saffron, and honey to lamb, seafood, and

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specialty cheeses, Sardinian food features a broad variety of flavors for any occasion. Many traditional Sardinian recipes are simple and straightforward—reflecting the peasant cuisine heavy on legumes, fresh vegetables, olive oil, and

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bread. However, it is common for Sardinians to celebrate holidays with lavish feasts and special delicacies: suckling pig, lobster, bottarga (Sardinian caviar), and the full-bodied yet natural flavorings of Sardinian sausages. Praise for The

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Puglian Cookbook “ We love that  
before cranking up the heat at the  
stove, Todorovska pauses to make  
sure we have a deep understanding  
of the ingredients that are the  
fundamentals of Puglian cuisine.  
She writes for the home cook, with



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no fancy tricks, no hard-to-find ingredients.” —Chicago Tribune

“ For those who want a taste of excellent, yet different Italian cooking, The Puglian Cookbook is not to be missed. ” —Midwest Book Review

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Are you looking for a Lebanese and French cookbook for traditional Mediterranean recipes? In this 2 books in 1 edition by Adele Tyler you will learn 150 recipes for traditional food from Lebanon and France. In the first book, Lebanese

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Cookbook, you will find over 77 recipes for traditional Lebanese food. Falafel. Hummus. Baklava. Arak. This short words are the very core of one of the most appreciated cuisine in the world: the Lebanese cuisine. Lebanon is a small country

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in the middle-eastern area, with shores on the Mediteranean Sea, and its cooking tradition is rooted in the history of human kind. Roman, Greek, Persian, Arab and Byzantine culture heavily influenced the Lebanese food and

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traditions, making it a melting pot of different flavors and cooking methods. The main ingredients are vegetables and grains, with a wide usage of spices, but a generally low consumption of meat, mostly in form of chicken and lamb. The

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traditional Lebanese table  
resembles the Spanish Tapas or  
Italian Aperitivo, with small dishes,  
often grilled, baked or lightly  
cooked in olive oil. Dishes like  
Hummus - a delicious sauce made  
with chickpea, tahini sauce and

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olive oil - and falafel are known  
worldwide and can be found  
everywhere from street food trucks  
to Michelin starred restaurants. In  
Lebanese Cookbook by Adele Tyler  
you will learn: History of Lebanese  
cuisine How to cook 77 traditional

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Lebanese recipes Authentic recipes  
for Hummus, Falafel, Baklava and  
more Mediterranean recipes for  
spicy dishes and amazing flavors If  
you like complex flavors and enjoy  
spicy and entertaining meals, this  
cookbook is for you. In the second



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book, French Home Cooking, you  
will learn traditional and modern  
French recipes. Paris. Croissant.  
The most delicious pastry. Fancy  
food. Michelin started restaurants.  
French Riviera and Normandy  
shores. All this and a lot more is

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France. The history of French cuisine goes way back in the centuries and it is told that the first professional cooks - chef, nowadays - have been started to work 700 years ago, for the Kings of France and their court. The

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French cuisine is rich and  
gorgeous. The territory is generous  
and the country has always been  
relatively prosperous, therefore the  
ingredients have always been  
expensive and not second cuts.  
While Italian cuisine is historically

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based on poor dishes made of  
leftovers and less fancy meat and  
fish cuts, French cooking rhymes  
with fancy ingredients like foie  
gras, scallops, oysters and escargot.  
Also famous for its pastry, the  
French desserts are gorgeous,

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enriched sweet fillings and served  
from breakfast to dinner as one of  
the very best assets of the country.  
In French Home Cooking by Adele  
Tyler you will learn: History of  
French food and its evolution Over  
80 recipes from the most authentic

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French cuisine How to cook French dishes at home French pastry cookbook for homemade croissant, baguette and bread with chocolate If you want to cook French dishes at home to impress family and friends, this cookbook is for you!

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Are you looking for a  
Mediterranean Cookbook with 150  
healthy recipes? In this 2 books in  
1 edition by Maya Zein, you will  
find over 150 recipes for healthy

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and typical Mediterranean dishes!  
Chef G. Rald Passadat  
In the first book, Mediterranean  
Bowls Cookbook by Maya Zein, you  
will discover 80 healthy and easy  
to make Mediterranean Bowls from  
European cuisine. The  
Mediterranean Diet is one of the



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most balanced and healthy diet  
ever. It includes a mix of carbs,  
proteins and fat derived from high  
quality ingredients, barely  
processed and mixed together in  
amazing hundred of years old  
recipes With pasta or rice as stable

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food and a variety of ingredients among the most interesting in the whole world, the Mediterranean Sea region is extremely rich of deep flavors and amazing ingredients that are perfect to be combined for balanced

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Mediterranean Bowls. From the shore of Southern Spain to the Middle Eastern Lebanese region, hundred of type of bowls can be prepared and each of them will have a strong character and unforgettable flavors. In

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Mediterranean Bowls Cookbook by  
Chef G. Rald Passedat  
Maya Zein you will learn: How to  
prepare typical and authentic  
healthy Mediterranean Bowls at  
home 80 recipes for Italian Greek  
Lebanese French and Spanish  
Bowls 80 recipes for a balanced

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healthy but full of flavors diet If  
you are looking for an healthy and  
delicious cookbook for  
Mediterranean Bowls this book will  
let you explore the depth of the  
European cuisine! In the second  
cookbook, French Cookbook by

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Maya Zein, you will discover the 75 most famous and easy to make recipes from French cuisine. From the vineyards in Bordeaux to the European gastronomic capital, Lyon. From the most amazing Michelin Starred restaurants in

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Paris to the reign of Champagne.  
From Normandy to French Riviera,  
France has one of the most  
amazing territories in the whole  
world. If even the chef as a  
profession has French origins,  
there must be a reason. French

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cuisine is rich, mostly due to the  
local ingredients and a generous  
territory and its recipes are  
gorgeous, sophisticated but easy to  
be made at home. In French  
Cookbook by Maya Zein you will  
learn: How to prepare traditional



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French food at home 75 recipes for  
the all time classic French dishes  
75 recipes with a bit of history and  
interesting facts for getting to  
know better the French cuisine If  
you like Mediterranean flavors and  
are interested in exploring

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traditional dishes from Korea, this  
cookbook is for you! Scroll up, click  
on buy it now and get your copy  
today!

On a trip to Turkey as a young  
woman, chef Ana Sortun fell in love  
with the food and learned the

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traditions of Turkish cooking from  
local women. Inspired beyond  
measure, Sortun opened her own  
restaurant in Cambridge,  
Massachusetts, the award-winning  
Oleana, where she creates her own  
interpretations of dishes

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incorporating the incredible array  
of delicious spices and herbs used  
in eastern regions of the  
Mediterranean. In this gorgeously  
photographed book, Sortun shows  
readers how to use this philosophy  
of spice to create wonderful dishes

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in their own homes. She reveals  
how the artful use of spices and  
herbs rather than fat and cream is  
key to the full, rich flavors of  
Mediterranean cuisine -- and the  
way it leaves you feeling satisfied  
afterward. The book is organized

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by spice, detailing the ways certain  
spices complement one another  
and how they flavor other foods  
and creating in home cooks a kind  
of sense-memory that allows for a  
more intuitive use of spice in their  
own dishes. The more than one

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hundred tantalizing spice  
categories and recipes include:  
Beef Shish Kabobs with Sumac  
Onions and Parsley Butter  
Chickpea and Potato Terrine  
Stuffed with Pine Nuts, Spinach,  
Onion, and Tahini Crispy Lemon

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Chicken with Za'atar Golden  
Gaspacho with Condiments Fried  
Haloumi Cheese with Pear and  
Spiced Dates Absolutely alive with  
spices and herbs, Ana Sortun's  
recipes will intrigue and inspire  
readers everywhere.



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Prepare Delicious Simple French  
Recipes For Weight Loss And  
Healthier Living  
Mediterranean Flavors, California

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A Book of Mediterranean Food  
Provence

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Mediterranean food! In the first book,  
Mediterranean Bowls Cookbook by  
Emma Yang, you will discover 80  
healthy and easy to make

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Mediterranean Bowls from European cuisine. The Mediterranean Diet is one of the most balanced and healthy diet ever. It includes a mix of carbs, proteins and fat derived from high quality ingredients, barely processed and mixed together in amazing hundred of years old recipes With

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pasta or rice as staple food and a variety of ingredients among the most interesting in the whole world, the Mediterranean Sea region is extremely rich of deep flavors and amazing ingredients that are perfect to be combined for balanced Mediterranean Bowls. From the

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shore of Southern Spain to the  
Middle Eastern Lebanese region,  
hundred of type of bowls can be  
prepared and each of them will have  
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flavors. In Mediterranean Bowls  
Cookbook by Emma Yang you will  
learn: How to prepare typical and

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authentic healthy Mediterranean  
Bowls at home 80 recipes for Italian  
Greek Lebanese French and Spanish  
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let you explore the depth of the  
European cuisine! In the second  
book, French Cookbook by Emma  
Yang, you will learn how to prepare  
at home 70 French recipes for  
traditional and perfect French  
recipes. Where did the chef as  
profession come up for the first time?



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That's easy: France. In a country with rich lands, amazing landscapes and lot of resources, where nobles used to spend their lives ruling on vast areas, it is not a surprise that people started to offer personal cooking services to the local lords. Professional chefs started to

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populate the strict cycles of the lords and with their ideas, cooking skills and a bit of luck, they turned their fortunes, becoming around 400 years ago the first professional cooks. Jumping to 2021, how can a place with such history and tradition not provide one of the best cuisines in

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the world? French food is refined, delicate, perfectly executed following strict rules and, most of all, delicious. The skill and the respect of the ingredients is quintessential in French cuisine, yet preparing traditional French food at home is easier than expected. Ingredients

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can be found at the local  
supermarket and amazing dishes can  
come out from your own kitchen  
without much hustle. In French  
Cookbook by Emma Yang you will  
learn: How to prepare 70 easy  
recipes for soups, stews and more  
from French tradition 70 true recipes

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from classic and modern French dishes How to prepare classic and traditional French recipes at home If you want to cook easy and tasty French food at home for friends and family, this cookbook is for you! Scroll up, click on buy it now and get your copy today!

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Are you looking for a Mediterranean Cookbook with many fresh and easy recipes? In Mediterranean Cookbook by Emma Yang you will find 60 recipes for French, Greek, Italian, Spanish and Mediterranean Countries amazing food! Blue waves. Warm sun. These are the ingredients

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for any Mediterranean dish. Fresh vegetables. Olives and grapes. Wines and olive oils. These are the ingredients for being happy. The Mediterranean region is so rich in flavors and traditions that any country somewhat related with the big blue sea fabricated its own

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authentic way to produce, prepare and eat food. From the green land of France to the coasts of Italy and Greece. From the hot Spanish region to the Lebanese shores. Every dish within the Mediterranean cuisine has ages of evolution and did improve over time due to the high level of



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contamination that the area experienced during the centuries. Based on fresh vegetables, grains, rice and dairy products, alongside red and white meat, fish, game, herbs and more amazing ingredients, the Mediterranean cuisine is full of surprises and authentic flavors. In

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Mediterranean Cookbook by Emma Yang you will find: 60 recipes for amazing Mediterranean dishes Recipes from Spain, Greece, Italy, France, Lebanon and more 60 recipes with many pictures and an easy and friendly format If you love the Mediterranean cuisine and you

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want to prepare at home amazing classic dishes, this cookbook is for you! Scroll up, click on buy it now and get your copy today!

Catalan cuisine authority Daniel Olivella serves historical narratives alongside 80 carefully curated Spanish food recipes, like tapas,

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paella, and seafood, that are simple and fresh. In proud, vibrant Catalonia, food is what brings people together—whether neighbors, family, or visitors. By the sea, over a glass of chilled vermouth and the din of happily shared, homemade Pica Pica (tapas) is where you'll find the most

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authentic Catalonia. The region is known for its wildly diverse indigenous ingredients, from seafood to jamon Ibérico to strains of rice, and richly flavored cuisine that has remained uniquely Catalan throughout its complex and fraught history. In Catalan Food, the recipes

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are intended to be cooked leisurely and with love—the Catalan way. Featuring traditional dishes like Paella Barcelonata (Seafood Paella) and Llom de Porc Canari (Slow-roasted Pork Loin), as well as inventive takes on classics like Tiradito amb Escalivada (Spanish

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Sashimi with Roasted Vegetable Purees) and Amanida de Tomàquet amb Formatge de Cabra (Texas Peach and Tomato Salad with Goat Cheese), Catalan Food brings heritage into any home cook's kitchen, where Catalonia's cuisine was born. To know a culture, you

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must taste it; none is more rich and  
stunningly delicious than Catalonia's.  
Unforgettable tells the story of  
culinary legend and author of nine  
award-winning cookbooks, Paula  
Wolfert, who was diagnosed with  
Alzheimer's in 2013. This  
biographical cookbook written by



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Emily Kaiser Thelin and  
photographed by Eric Wolfinger,  
shares more than fifty of her most  
iconic dishes and explores the  
relationship between food and  
memory. The gripping narrative  
traces the arc of Wolfert's career,  
from her Brooklyn childhood to her

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adventures in the farthest corners of the Mediterranean: from nights spent with Beat Generation icons like Allen Ginsberg, to working with the great James Beard; from living in Morocco at a time when it really was like a fourteenth century culture, to bringing international food to

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America's kitchens through magazines and cookbooks. Anecdotes and adventuresome stories come from Paula's extensive personal archive, interviews with Paula herself, and dozens of interviews with food writers and chefs whom she influenced and influenced her-

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Chef, G. Paul Passadun,  
including Alice Waters, Thomas  
Keller, Diana Kennedy, André  
Daguin, and Jacques Pepin. Wolfert's  
recipes are like no other: each is a  
new discovery, yielding incredible  
flavors, using unusual techniques  
and ingredients, often with an  
incredible backstory. And the recipes

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are organized into menus inspired by Wolfert's life and travels--such as James Beard's Easy Entertaining menu; a Moroccan Party; and a Slow and Easy Feast. Unforgettable also addresses Wolfert's acknowledgement of the challenges of living with Alzheimer's, a disease

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that often means she cannot remember the things she did yesterday, but can still recall in detail what she has cooked over the years. Not accepting defeat easily, Wolfert created a new brain-centric diet, emphasizing healthy meats and fresh vegetables, and her recipes are

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included here. Unforgettable is a delight for those who know and love Paula Wolfert's recipes, but will be a delicious discovery for those who love food, but have not yet heard of this influential cookbook writer and culinary legend.

2 Books In 1: 100 Recipes For Classic

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60 Recipes For Authentic French  
Italian Spanish And Greek Food  
Authentic Food From France In 75  
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Traditional Food From France In 80  
Recipes  
France



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Catalan Food

Chef G. Paul Pasquet  
Bowls And French Cookbook

Gathers such recipes as  
salt cod and olive cakes  
and la Reine pizza that  
use olives, anchovies, and  
capers as a staple

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ingredient, and discusses  
the attributes,  
cultivation, and  
preservation of each  
ingredient.

This original  
Mediterranean book is a

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sensational experience I  
gained from traveling and  
testing the delicious food  
and appetizers. Through  
its pages, you will come  
to appreciate why the  
Mediterranean cuisine

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flavors are good for  
healthier you. Here, you  
will find recipes that are  
deeply rooted in ancient  
spices routes of the  
Mediterranean cooking.  
Because of the oral

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tradition and hand-down  
recipes from my mother, I  
was able to learn cooking  
putting a pinch of this  
and a pinch of that and  
lots of love.

Mediterranean cooking is

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all about emphasis of  
Chef G. Paul Passadat  
fresh ingredients and the  
aromatic species nuts,  
fruits, grains, and yogurt  
mixed and combined  
together for the most  
delicious dishes for

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exciting and healthier  
eating.

Cuisine from New York's  
four-star seafood  
restaurant, Le Bernardin,  
is made accessible to  
everyone in more than 100

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meticulously formulated  
and carefully tested  
recipes for all courses,  
from appetizers through  
dessert, in this cookbook  
from Le Bernardin chef  
Eric Ripert and owner



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Maguy Le Coze. The food served in Le Bernardin's beautiful dining room is as subtle and refined as any in the world, and because fish and shellfish are often best turned out

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quickly and simply, the  
Chef G. Paul Passadat  
recipes in this book can  
be reproduced by any home  
cook. Maguy Le Coze traces  
the origins of Le  
Bernardin's "simplicity"  
to her late brother,

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Gilbert, the restaurant's legendary cofounder and first chef. Today, Chef Eric Ripert carries on Gilbert's simplistic tradition with dishes such as Poached Halibut on

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Marinated Vegetables, Pan-  
Roasted Grouper with Wild  
Mushrooms and Artichokes,  
and Grilled Salmon with  
Mushroom Vinaigrette. And,  
of course, there are the  
desserts for which Le

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Bernardin is also so well known--from Chocolate Millefeuille to Honeyed Pear and Almond Cream Tarts. Essential to the experience of dining at Le Bernardin and to the Le

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Bernardin Cookbook are the dynamic and charming personalities of Maguy Le Coze and Eric Ripert, whose lively dialogue and colorful anecdotes shine from these pages as

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brightly as the recipes  
themselves.

Marseille, once notorious  
for its assorted mischief,  
has recently experienced a  
cultural renaissance,  
establishing it as a

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Mediterranean capital of film, fashion, music, literature, and, most assuredly, cuisine. From the city's beloved, world-famous bouillabaisse to enticing émigré flavors to



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venerable street treats to  
classic and contemporary  
Provençal bistro fare,  
this culinary crossroads,  
the Paris of Provence,  
offers an exciting array  
of tempting foods that,

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while global in scope,  
have a folksy, made-in-  
Marseille personality.

Join Daniel Young, author  
of The Paris Café  
Cookbook, as he explores  
the authentic flavors of

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France's oldest city, its  
great southern gateway,  
extending from the  
Marseille of antiquity,  
found intact in the  
limestone cliffs of the  
rocky coastline, to the

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Marseille of romantic  
intrigue, still apparent  
in the labyrinthine  
passageways of the  
historic Panier quarter,  
to its storied center, the  
Vieux Port. Of course

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there's bouillabaisse: an entire chapter on this legendary fish stew-soup, including rustic, home-style Marseille recipes adapted so they can successfully be made with

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North American fish—not entirely authentic but wholeheartedly delicious. There are many other definitive fish recipes from this seafood lovers' paradise as well,

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including the legendary  
pan-fried calamari with  
parsley and garlic from  
Chez Etienne and the  
foolproof formula for  
grilling fish from the  
Restaurant L'Escale. In

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addition, there are aromatic appetizers, traditional and newfangled desserts, savory pastries, meat and chicken dishes, and hearty vegetable stews, all prepared with



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the building blocks of the  
healthful, French-

Mediterranean diet: olive  
oil, garlic, tomatoes,  
zucchini, fennel,  
eggplant, artichokes,  
olives, basil, thyme,

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rosemary, bay leaves,  
almonds, figs, and honey.

It's a full cookbook,  
offering 120 recipes and  
also a remarkable portrait  
of France's "Second City."  
With evocative black-and-

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white photographs by  
Marseille native Sébastien  
Boffredo, Made in  
Marseille is a lively  
panorama of the food,  
flavors, culture, and  
mystique of France's vital

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and fascinating  
cosmopolitan seaport. Some  
text and images that  
appeared in the print  
edition of this book are  
unavailable in the  
electronic edition due to

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**A Michelin three-star French chef**

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Chef G. Bald Passédat**  
**divulges how to make eighty classic  
Mediterranean recipes at home.  
Overlooking the sparkling  
Mediterranean Sea, chef Gérald  
Passédat draws inspiration from the  
abundance of local seafood, sun-  
ripened vegetables, fragrant herbs,  
and sumptuous wines. Photographs**

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**of his beautifully prepared recipes  
are complemented by the  
spectacular land- and seascapes of  
the south of France--rolling  
vineyards, olive groves, shady  
terraces, bustling summer markets,  
and medieval towns aglow in the  
warm golden light of afternoon**



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**sun. The Mediterranean diet is the world's healthiest delicious cuisine, and chef Passédat shares eighty of his classic, generous, and easy-to-prepare recipes that celebrate fresh produce and an overall healthy lifestyle. Appetizers include Provençal-style stuffed vegetables,**

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**homemade tabbouleh, pizzas and  
pissaladières, squid marinades, and  
delicious fresh salads. Main  
courses range from gnocchi,  
herbed meatballs, roasted duck,  
and spelt risotto to the region's  
famous bouillabaisse fish stew.  
Desserts include fruit and verbena**

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**soup, roasted figs, or a bright  
lemon tart. Chef Passédat earned  
the famed Michelin guide's highest  
honor, a three-star rating, in  
2008--one of only twenty-seven  
chefs in France and 117 in the world  
to enjoy such a distinction. Here, he  
divulges his tips and tricks**

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garnered over nearly four decades  
in the kitchen along with suggested  
wine pairings for each dish.

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Zein you will discover the 75 most  
famous and easy to make recipes

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from French cuisine. From the  
vineyards in Bordeaux to the  
European gastronomic capital,  
Lyon. From the most amazing  
Michelin Starred restaurants in  
Paris to the reign of Champagne.  
From Normandy to French Riviera,  
France has one of the most

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**amazing territories in the whole world. If even the chef as a profession has French origins, there must be a reason. French cuisine is rich, mostly due to the local ingredients and a generous territory and its recipes are gorgeous, sophisticated but easy to**

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**be made at home. In French  
Cookbook by Maya Zein you will  
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French food at home 75 recipes for  
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75 recipes with a bit of history and  
interesting facts for getting to know  
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beginners The French may not have  
invented cooking, but they certainly  
have perfected the art of eating  
well. In this definitive French**

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make the timeless, tasty cuisine  
served up at French dinner tables  
and in beloved bistros and  
brasseries. In The Truly Healthy  
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What makes French Cuisine unique**

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a full range of recipes from  
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affordable ingredients at your local  
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expensive imports once and for all  
... And much more! This amazing**

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makes this city so beloved. Chef  
Bartali provides you with tips and  
time-saving techniques, along with  
clear, step-by-step instructions for  
130 satisfying and truly delicious  
recipes, from hors d'oeuvres and  
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Crave a dessert that reimagines: I'll**

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you to plan the trip of your dreams  
and indulge in flavours that deliver  
a pleasant surprise. Co-authors,  
Cathy Connally and Charley Best,  
are obsessed with developing new  
approaches to iconic flavours**

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The author of Cocina de la

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unforgettable odyssey through  
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heritage with full-color photos  
and 130 magnifico recipes  
Recipes and stories from the  
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for the perfect pesto, the best  
bouillabaisse, the purest paella.

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divulges how to make eighty  
classic Mediterranean recipes at  
home. Overlooking the sparkling  
Mediterranean Sea, chef G é rald

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Pass é dat draws inspiration from the abundance of local seafood, sun-ripened vegetables, fragrant herbs, and sumptuous wines. Photographs of his beautifully prepared recipes are complemented by the

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spectacular land- and seascapes  
of the south of France—rolling  
vineyards, olive groves, shady  
terraces, bustling summer  
markets, and medieval towns  
aglow in the warm golden light of  
afternoon sun. The



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Mediterranean diet is the world's healthiest delicious cuisine, and chef Pass é dat shares eighty of his classic, generous, and easy-to-prepare recipes that celebrate fresh produce and an overall healthy lifestyle. Appetizers

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Chef G. Rald Passedat  
include Provençal-style stuffed  
vegetables, homemade  
tabbouleh, pizzas and  
pissaladière, squid marinades,  
and delicious fresh salads. Main  
courses range from gnocchi,  
herbed meatballs, roasted duck,

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and spelt risotto to the region's  
famous bouillabaisse fish stew.

Desserts include fruit and  
verbena soup, roasted figs, or a  
bright lemon tart. Chef Pass é dat  
earned the famed Michelin  
guide's highest honor, a three-

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star rating, in 2008—one of only  
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such a distinction. Here, he  
divulges his tips and tricks  
garnered over nearly four  
decades in the kitchen along with

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suggested wine pairings for each  
dish.

Following his internationally best-selling book on olive oil with chef Jacques Chibois, author Olivier Baussan has teamed up with another talented chef, Jean-

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Marie Meulien, to give readers  
Chef G. Rald Passedat  
recipes full of the sunny tastes  
and aromas of the  
Mediterranean tradition. The  
authors first present the  
ingredients, condiments, and  
cooking methods common to the

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Mediterranean region, before  
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laying out 90 recipes to suit  
every occasion. Through the  
different chapters-- Seasonal  
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Produce, Meat and Game, and  
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Produce--readers are treated to recipes ranging from olive soup with anchovies and three-pepper caviar to roast peaches with basil and lime-blossom juice. The table is set for unforgettable meals.



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territories in the whole world. If  
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be a reason. French cuisine is  
rich, mostly due to the local  
ingredients and a generous***

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***territory and its recipes are  
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any country somewhat related***

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***within the Mediterranean cuisine  
has ages of evolution and did  
improve over time due to the  
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the area experienced during the  
centuries. Based on fresh  
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of surprises and authentic  
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***Starred restaurants in Paris to  
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Normandy to French Riviera,  
France has one of the most  
amazing territories in the whole  
world. If even the chef as a  
profession has French origins,***

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cuisine is rich, mostly due to the  
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territory and its recipes are  
gorgeous, sophisticated but easy  
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Cookbook by Maki Blanc, you  
will find 70 recipes for cooking at  
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***origin of the first chefs: Paris.  
Why France has always been so  
into cooking and fine cuisine?  
The main reason is historical.  
Since King Luis XIV in mid 1600  
the French territory has always  
been rich and people exited***

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***sooner compared to other  
European Countries from a stage  
of poverty and countryside  
lifestyle. The new upper class  
started to value food and fine  
dining, hiring professional cooks  
for parties and everyday's life,***



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***ending up in creating a real  
school for chefs preparing young  
students for what would have  
become a regular job. The other  
reason for the richness of the  
French cuisine can be spotted in  
the high quality ingredients that***

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***the French territory is capable to produce. With lot of space for farming and raising animals, the quality of the ingredients have always been superior. Of course, when superior ingredients match people's desire for high end***

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***food, only the best recipes and  
dishes can come out from the  
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Blanc you will learn: 70 recipes  
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French dishes 70 recipes for  
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working aboard the classic yacht  
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**Spanish cuisine. Spanish cuisine is known worldwide mostly in the images of the rounded pan containing paella for everybody. Surely paella, both "de pescado" - with fish - or "de carne" - meat - and vegetables is delicious but Spanish cuisine goes way beyond**

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**that. Moving south, in the Seville area, tapas are the real queens of the kitchen. A tapa is a small dish, usually eaten before dinner or in many servings as dinner, made with local ingredients, fish, red meat and vegetables. Given the Spaniards' habit of having dinner**

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**very late, they started to have small dishes with wine or beer right after work, before the proper meal. In Tapas Cookbook by Maya Zein you will learn: How to prepare traditional Spanish food at home 75 recipes for the all time classic Spanish and tapas dishes 75**



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Chef, G. Paul Passadat  
introduces the flavors of Southern  
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From easy weeknight meals to  
more elaborate Sunday dinners,  
learn the recipes and cooking**

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**methods of the "other" French  
cuisine—the light, fresh flavors of  
the French Riviera. Like most  
Mediterranean fare, Cuisine Niçoise  
uses olive oil rather than butter,  
and focuses on fresh, locally  
sourced produce rather than rich  
sauces. Cooking instructor Hillary**

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**Davis was a resident of the Niçoise region for more than a decade. Now she shares recipes and cooking techniques that celebrate the South of France in Cuisine Niçoise. The recipes range from salads to pizzas and from starters to desserts.**

**Traditional Salade Niçoise, Pistou**

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**Tomato Tart in a Basil Crust, and  
Limoncello Cake with Towering  
Meringue are just a few of the  
featured delights. Filled with  
information, tips, and stories, this  
complete guide also includes  
sidebars about Niçoise culture and  
food markets; additional recipes**

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from three cutting-edge Niçoise  
chefs; a section on typical Niçoise  
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by Adele Tyler you will learn 150

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**recipes for traditional food from  
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the first book, Lebanese Cookbook,  
you will find over 77 recipes for  
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Hummus. Baklava. Arak. This short  
words are the very core of one of  
the most appreciated cuisine in the**

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world: the Lebanese cuisine.

**Lebanon is a small country in the middle-eastern area, with shores on the Mediterranean Sea, and its cooking tradition is rooted in the history of human kind. Roman, Greek, Persian, Arab and Byzantine culture heavily influenced the**



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**Lebanese food and traditions, making it a melting pot of different flavors and cooking methods. The main ingredients are vegetables and grains, with a wide usage of spices, but a generally low consumption of meat, mostly in form of chicken and lamb. The**

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**traditional Lebanese table  
resembles the Spanish Tapas or  
Italian Aperitivo, with small dishes,  
often grilled, baked or lightly  
cooked in olive oil. Dishes like  
Hummus - a delicious sauce made  
with chickpea, tahini sauce and  
olive oil - and falafel are known**

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worldwide and can be found  
everywhere from street food trucks  
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you will learn: History of Lebanese  
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**found in the Mediterranean Sea  
area is impressive. The warm  
winds, the salty sea and the sunny  
days allows to thousands of  
vegetables, fruits, spices and more  
to grow from Spain to Greece  
without even caring too much  
about weather and seasonal**

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**changes. It's not a mistake if the people living in these areas have a long life expectancy. They follow one of the most balanced and complete diet around. The Mediterranean diet. Rich in vegetables, diary products, meat and fish there are infinite recipes**

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that can be made with these  
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Athens. Like Rome. Like summer.  
In Instant Pot Mediterranean Diet  
Cookbook you will learn: Brief intro



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**over 100 simple recipes  
passed to her from  
generations of family who  
have farmed, foraged, and  
cooked there. Provence is  
the fruit and vegetable  
garden of France, where**

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**much of its most  
beautiful produce is  
grown. These ingredients,  
combined with Provence's  
unique identity, position,  
and history have resulted  
in a cuisine full of heart,**

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cuisine that showcases its  
peoples' reverence for the  
produce, the changing  
seasons, and the land.  
Caroline Rimbart Craig's  
maternal family comes**



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foothills of Mont Ventoux,  
where the sun beats hard  
and dry, but aromatic  
herbs, vines, and fruit  
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guide to cooking the**

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dishes that rhyme with  
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**Mediterranean at home,  
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French Riviera and  
Normandy shores. All this  
and a lot more is France.**

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**The history of French  
cuisine goes way back in  
the centuries and it is  
told that the first  
professional cooks - chef,  
nowadays - have been  
started to work 700 years**



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**ago, for the Kings of  
France and their court.  
The French cuisine is rich  
and gorgeous. The  
territory is generous and  
the country has always  
been relatively**

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**prosperous, therefore the  
ingredients have always  
been expensive and not  
second cuts. While Italian  
cuisine is historically  
based on poor dishes  
made of leftovers and less**

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**fancy meat and fish cuts,  
French cooking rhymes  
with fancy ingredients  
like fois gras, scallops,  
oysters and escargot. Also  
famous for its pastry, the  
French desserts are**

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recipes from French  
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the reign of Champagne.**



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French Riviera, France  
has one of the most  
amazing territories in the  
whole world. If even the  
chef as a profession has  
French origins, there**

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**must be a reason. French  
cuisine is rich, mostly due  
to the local ingredients  
and a generous territory  
and its recipes are  
gorgeous, sophisticated  
but easy to be made at**

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vegetable garden of  
France, where much of its

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most beautiful produce is  
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unique identity, position  
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in a cuisine full of  
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maternal family hail from  
the southern foothills of

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simply but well, who love  
to cook dishes that rhyme  
with the seasons, and who  
want to recreate the  
flavours of the  
Mediterranean at home,  
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south. 'Not only did she  
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delight to read' Express  
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