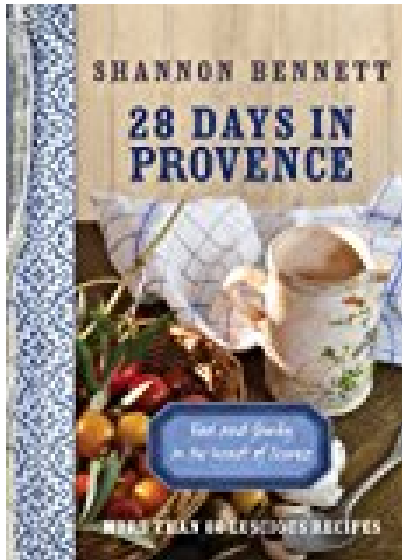


28 Days in Provence Food and Family in the Heart of France



BOOK DETAILS

- Author : Shannon Bennett
- Pages : 256 Pages
- Publisher : Melbourne University Publishing
- Language : English
- ISBN : 0522858074

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BOOK SYNOPSIS

In a glorious farmhouse just outside the village of Menerbes, Shannon immerses himself in the life of Provence. With no recipes from home, his first task is to find old books and learn the history of local dishes. His aim is to re-engage with a culinary tradition that has been such a part of his life, and to nourish and enjoy time with his young family. He invites us to join them all and step inside this beautiful part of France, to grab a glass of Cotes du Ventoux and live life like O la francais. Exploring village markets, cooking with local and seasonal produce, learning classic food techniques and soaking up the culture are all part of the daily life of a chef and his family on holiday. What began as a diary has become a beautiful record of regional food and Shannons home cooking, and includes more than 60 original recipes: from slow-cooked duck with honey and thyme to lamb cassoulet with preserved lemons, from artichoke stuffed with ratatouille to figs wrapped in olive oil brioche-all created on the spot to incorporate the fresh ingredients Shannon sources every day. To round out this luscious feast, the book includes many other tips and treasures, including overviews of the regions wines, as well as a personal guide to the best restaurants and hotels. Shannon and his familys journey will inspire and delight Francophiles and food lovers alike.

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