



Les Marches Francais: Four Seasons of French Dishes from the Paris Markets (Hardback)

By Brian Defehr

Running Press,U.S., United States, 2017. Hardback. Condition: New. Language: English . Brand New Book. This luscious cookbook was inspired by the unparalleled experience of shopping the open-air markets of Paris. Author Brian DeFehr was raised on the prairies of Canada and struck out to greener pastures in Winnipeg, Chicago, Montreal, and finally landed in Paris, where he developed an appreciation for the French way of shopping the markets, being in tune with the seasons, and allowing the flavors of an exceptionally delicious country to influence what's for dinner. The star of any French book, though, is always France itself: from the bright and clear ocean flavors of the coastal Mediterranean and the Germanic influences in Alsace and Lorraine to the rich comfort foods and cheeses from the mountainous regions near the Alps, the familiar foie gras and cassoulet of Bordeaux, and the piquant Basque flavors closer to Spain in the South, stirred together in the cosmopolitan melting pot of the City of Light--all of this and more, in 75 glorious dishes. They all happen to be gluten-free, inspired by seasonal market produce, and you'd never guess how healthy they are. Photographer Pauline Boldt has shot every dish in the...

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