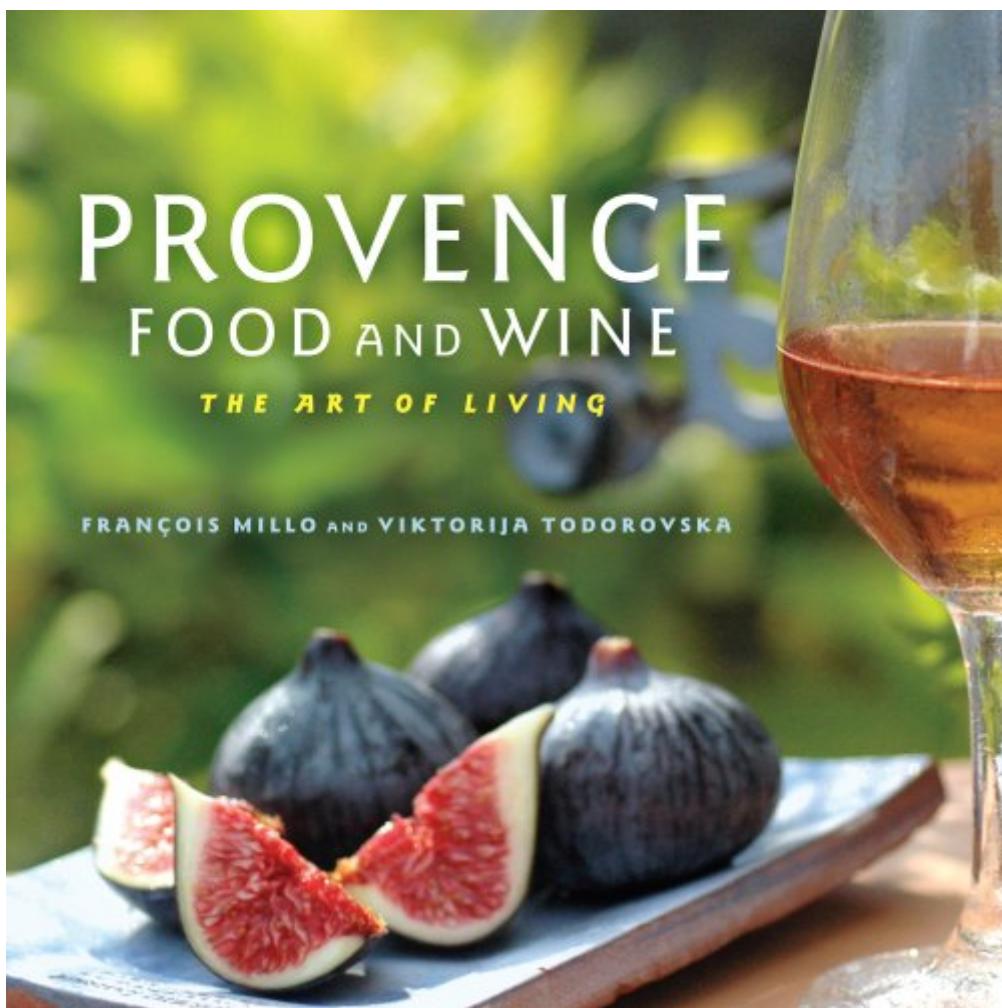


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# Provence Food And Wine: The Art Of Living



## Synopsis

Provence, the beautiful region that sits at the scenic crossroads of southern France, the Italian Alps, and the Mediterranean, has long been an area of historical import and distinct culture. It was the first Roman colony beyond Italy and serves as a modern-day commercial hub and resort area. Above all else, Provence is known as a producer of some of the finest food and wine France has to offer, with a cuisine that emphasizes healthful ingredients such as olive oil, fresh vegetables, Mediterranean seafood, as well as dry, aromatic rosé. Provence Food & Wine is one of the only English-language books available on the cuisine, wine, and sights of this stunning Mediterranean enclave on the southern coast of France. Packed with 47 traditional Provencal recipes, all of which emphasize the incredibly popular and healthy Mediterranean diet, Provence Food & Wine also provides detailed information on regional wines, most notably rosé. This is the most famous wine of Provence and has made great strides in the US: sales of Provence rosé increased by 40% in 2012 with the trend continuing into 2013. Readers will be able to learn about pairing between wine and food, as Todorovska and Millo expertly explain what to look for and where to get these wines outside of Europe. Full-color photography shows off all of these dishes, as well as the dazzling sights of the region's lush interior, sparkling coastline, and breathtaking vistas. Beyond its use as a cookbook and wine-pairing guide, Provence Food & Wine will also be a resource for travelers on how to have the complete art de vivre experience. Provence Food & Wine is the third cookbook about the hidden gems of regional European cuisine by Viktorija Todorovska, who trained at the prestigious Florentine culinary academy Apicius and owns the food, wine, and travel company Oliva Cooking. Her books have been critically acclaimed for their simple recipes, straightforward advice, and unique yet accessible ingredients. Françoise Millo is the author of several books on the foods and wines of Provence, including a book for the Brazilian market. He is also an acclaimed photographer, capturing the spirit of Provence, its landscapes, and its people. The blend of French, Italian, North African, and Mediterranean flavors brings readers on a tasting tour of this rich, historical land, and there is no better guide than the charming personalities of Viktorija Todorovska and Françoise Millo.

## Book Information

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## **Customer Reviews**

Provence Food and Wine: The Art of Living is a beautifully illustrated cookbook. The photographs are so beautiful you could almost call this book a coffee table book. The cookbook features both wine and food information so this is a complete book. Some of the recipes you will find include: Tapenade, Layered Omelettes, Creamy Polenta, Langoustines with Watercress, Pancetta, Cream and Asparagus, Aioli, Octopus Stew with Rose, Grilled Peppers in Extra Virgin Olive Oil, Wild Boar Stew, Lemon Tart, and Strawberry Tiramisu. There is an interactive table of contents making navigation easy. Highly recommend.

A few days ago I received a much anticipated book. Not just any ordinary book for I would not order one of those. But a book I felt would stimulate my desire to experience a new cuisine, a new wine, new people. I was not disappointed. In fact, I became more and more enthused and exhilarated with each line. As I devoured it page by page I realized something wonderful was happening within me. Long ago I had traveled to a faraway land. Memories lingered in my mind. Smells would on occasion cause a scene to flash before my eyes. A song would stop me in my step. I often found a longing tugging my heart. I had known for a brief moment the art of living. I remember watching men, usually elegant, gentleman thoughtfully holding round objects in their hands and then after careful deliberation gently tossing those balls into the air. Each would follow the ball through the air and hold themselves frozen in a graceful stance until the ball hit the ground at precisely the point they

had aimed for. The game of Petanque, played in the Provence like no other place. I could not stop reading this book! At 5:00PM with the cool air and bright afternoon sun streaming across the deck I settled down in the chair to begin my read. Like magic I was immediately transported back to Provence! The words, the flow, the experiences continually painted on each page accented by lush and beguiling photos... no stopping. Only the darkness and hunger forced me inside where I quickly satisfied the hunger and retired to my favorite reading spot to continue. Arriving at the recipe section provided me another thrill as I read through each of them savoring every potential taste! No *French Culinary* book has ever held my attention so completely. I wanted to immediately order 50 more copies to share with every client who is planning travel to Provence. What a totally wonderful introduction this book is for any potential traveler to this complex region. There is something in this book that I only began to grasp in Todorovska's *French* *Food And Wine The Art of Living*, brought forth a desire and longing I had buried deep within. The desire to return to Provence! I cannot begin to fully explain this. I am so hungry to return and explore Provence. To fully live the life of Provence, to taste the food and to smell the wine. To experience again the Art of Living Provencal style. Never has a book so touched me. Thank you, Viktorija, for writing and creating such a treasure. Francois Millo must be a jewel to work with. The thoughtful sharing one feels throughout this book is both gratifying and stimulating. Please express to Francois my joy at being in the pictures! I do hope to see more from Todorovska and Millo in the near future. Au revoir! Harold D. Partain

I love the pictures and the recipes

Everything I was hoping for! I was looking for a cookbook, yes, but I was more excited reading about my wonderful new favorite place! It covers it all and- a bonus-There are recipes! I especially love the in-depth detail about Provençal wine! I look at it a lot, but sadly I cannot attest to the recipes. Yet. They look authentic and delicious so I'm hoping to try some soon.

my favorite book on a topic that has been widely tackled; but this one is both practical and beautiful, and the recipes easy to follow. bon appétit!

Wonderful recipes, descriptions and photos.

One of the most beautifully composed stories of regional cuisine currently on the market. The two authors are at their creative best when describing the incredibly rich food and wine culture of Provence. This is much more than a cookbook, but I dare you to find better tested recipes in the most fastidious of cook only projects. This is simply excellent. I have traveled Europe extensively and cooked for many years. I have seen few books that are this well organized, distinct, and elegantly photographed. At the same time, the material is succinct, the recipes written for American and Metric measurements, and the stories completely engaging. I am thrilled to have purchased this book.

Fabulous photos and recipes. This bright, evocative book makes sunny Provence feel a lot closer.

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