



Dinner Chez Moi: 50 French Secrets to Joyful Eating and Entertaining (Hardback)

By Elizabeth Bard

Little Brown and Company, United States, 2017. Hardback. Condition: New. Language: English . Brand New Book. Tips, tricks and recipes to make your feasts and fetes more French, from the New York Times bestselling author of Lunch in Paris and Picnic in Provence When Elizabeth Bard, a New Yorker raised on Twizzlers and instant mac and cheese, fell for a handsome Frenchman and moved to Paris, she discovered a whole new world of culinary delights. First in Paris, then in a tiny village in Provence, Elizabeth explored the markets, incorporating new ingredients and rituals into her everyday meals and routines. After 15 years of cooking in her own French kitchen, making French friends--and observing her slim and elegant French mother-in-law--Elizabeth has gathered a treasure trove of information that has radically changed her own eating habits for the better. She realized that what most Americans call dieting --smaller portions, no snacking, a preference for seasonal fruits and vegetables, and limited sugar--the French simply call eating. And they do it with pleasure, gusto, and flair. With wit, sound advice, and easy-to-follow recipes, Bard lets her readers in on a range of delightful--and useful--French secrets to eating and living well, including hunger as...



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