

Cooking in Provence



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Alex Mackay is the chef who runs Delia Smith's renowned cookery school in Norwich; a man she has described as having a 'rare and special gift' for cookery. After working with Raymond Blanc, first as a sous-chef at Le Manoir au Quat' Saisons then as Director of Blanc's cookery school, in 2000, Alex and photographer Peter Knab opened Le Baou d'Infer, a cookery school in the heart of the Provencal countryside. "Cooking in Provence" is a collection of recipes born out of this experience - dishes cooked by Alex and his students and inspired by their love not just of the intoxicating flavours and food of the region, but its way of life. The recipes reflect the changing seasons, from refreshing summer dishes such as Salade Niçoise and Pissaladière to the warming comfort of Daube en Boeuf and Bouillabaisse, authentically evoking the region's unique identity. Peter Knab's stunning photographs sit alongside Alex's vivid descriptions of the scenery, markets and people. Together they conjure a vision of Provence and the food integral to the region - from the fish caught along its beautiful coastline, to the aromatic herbs and vegetables harvested from its fields and the fruit grown in its orchards. This book provides not just a wonderful collection of mouthwatering dishes, but a slice of the warmth and beauty of Provence itself.

作者介绍:

目录:

[Cooking in Provence 下载链接1](#)

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