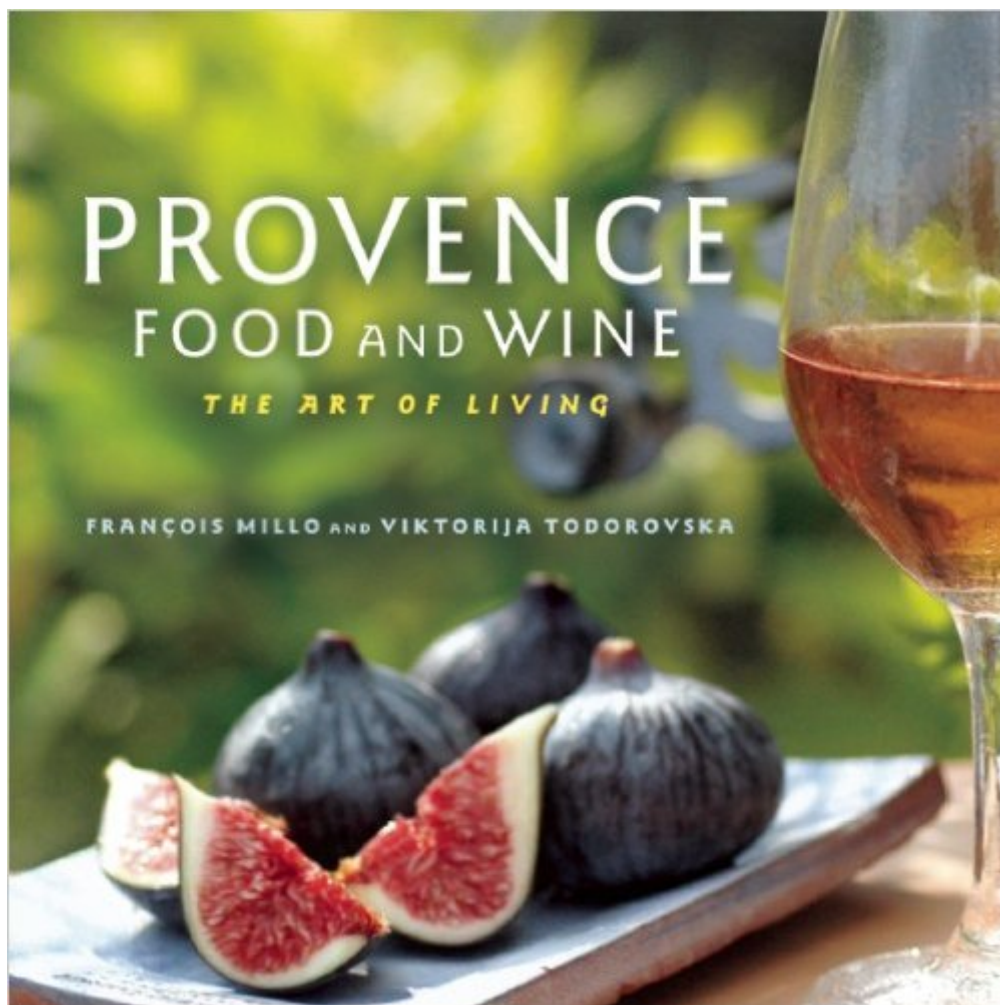


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# Provence Food And Wine: The Art Of Living



## 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, held the papal seat in Avignon, 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 like olive oil, garlic, fresh vegetables, and bountiful Mediterranean seafood. Packed with 40 traditional Provençal recipes, all of which emphasize the incredibly popular and healthy Mediterranean diet, *Provence Food and Wine* also provides detailed information on regional wines, including the region's famous rosé. Readers will learn about pairing wine and food 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 and Wine* is a resource for travelers, featuring tips on what to do, where to stay, and how to have the complete experience.

## Book Information

Paperback: 160 pages

Publisher: Agate Surrey (March 25, 2014)

Language: English

ISBN-10: 1572841583

ISBN-13: 978-1572841581

Product Dimensions: 0.5 x 9 x 9 inches

Shipping Weight: 15.2 ounces (View shipping rates and policies)

Average Customer Review: 4.9 out of 5 stars [See all reviews](#) (10 customer reviews)

Best Sellers Rank: #829,095 in Books (See Top 100 in Books) #48 in [Books > Travel > Europe > France > Provence](#) #103 in [Books > Cookbooks, Food & Wine > Beverages & Wine > Wine & Spirits > Wine Pairing](#) #332 in [Books > Cookbooks, Food & Wine > Regional & International > European > Mediterranean](#)

## Customer Reviews

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 <sup>^</sup>culinary<sup>TM</sup> book has ever held my attention so completely.

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