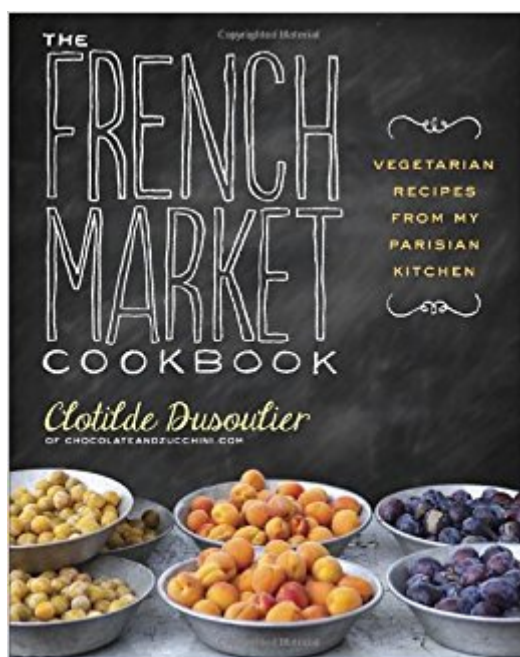


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The French Market Cookbook: Vegetarian Recipes From My Parisian Kitchen



Synopsis

Cook from the farmer's market with inspired vegetarian recipes—many of which are gluten-free and dairy-free—with a French twist, all highlighting seasonal produce. A Beloved ChocolateAndZucchini.com food blogger Clotilde Dusoulier is not a vegetarian. But she has, like many of us, chosen to eat less meat and fish, and is always looking for new ways to cook what looks best at the market. In *The French Market Cookbook*, she takes us through the seasons in 82 recipes—and explores the love story between French cuisine and vegetables. Choosing what's ripe and in season means Clotilde does not rely heavily on the cheese, cream, and pastas that often overpopulate vegetarian recipes. Instead she lets the bright flavors of the vegetables shine through: carrots are lightly spiced with star anise and vanilla in a soup made with almond milk; tomatoes are jazzed up by mustard in a gorgeous tart; winter squash stars in golden Corsican turnovers; and luscious peaches bake in a cardamom-scented custard. With 75 color photographs of the tempting dishes and the abundant markets of Paris, and with Clotilde's charming stories of shopping and cooking in France, *The French Market Cookbook* is a transportive and beautiful cookbook for food lovers everywhere.

Book Information

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Customer Reviews

I am building quite the collection of vegan, vegetarian, raw, plant based cookbooks but this one appealed to me as something a little different, and admittedly the front cover with pictures of fresh seasonal fruit drew me in! My experience with actual French food in France is limited to a school trip

, at the age of 13 while living in Britain; and as it was: A - a cheap school trip; B: We were kids and C: We were Brits, they probably thought it we would all enjoy the basic Continental breakfast, baguettes and pate for lunch, and some kind of fast food for dinner. However on a day excursion when allowed to shop ; my 13 year old self was already a foodie and I managed to make a beeline for a little patisserie and try some authentic French pastries and yes I was hooked! So I had to try this - French cooking, vegetarian and seasonal! What more could you ask for!! To begin with, I love the fact that this book is divided into seasons. Growing up in the UK in the 80s, we had to cook with what was available in season as that was pretty much all we had. That said, strawberries we only available in summer and they were red and flavorful not pale and bitter, the winter was dominated by root veggies from which we made soups! This book follows those principles! Each season looks at the produce that is typically found in those months - think peas and asparagus in Spring, berries and peaches in the summer - and then features recipes that feature these ingredients. Many of the recipes are simple and easy to prepare, though be ready for some that are more involved or require more steps such as the tarts which require you to make olive oil tart dough!

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