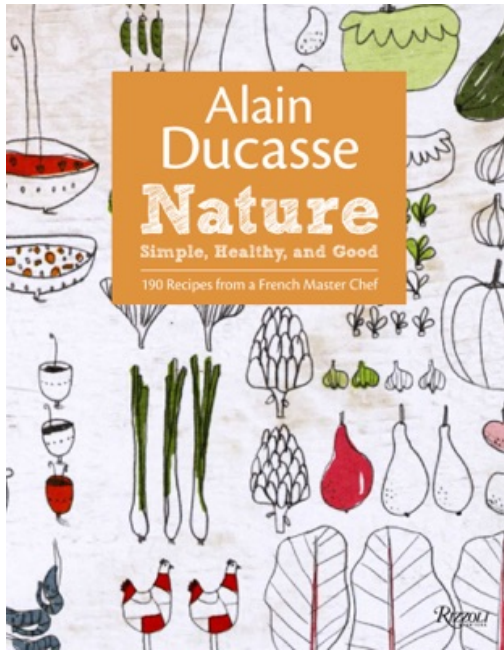


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Michelin-starred chef Alain Ducasse challenges the clichéd image of French food as complicated and heavy. Here he goes back to basics and rediscovers the pleasures of simple French food based on healthy, locally sourced ingredients that are in season, without the fat and without the fuss.

The book features charming line drawings and mouthwatering food photography by one of France’s most acclaimed food photographers. Sidebars and asides containing useful snippets of Ducasse’s experience and advice are peppered throughout.

With over 190 simple yet sublime dishes, Ducasse highlights a wide range of flavor combinations in which vegetables, fruits, and grains take pride of place, while animal protein is used sparingly for flavor. Ducasse casts aside preconceived notions of French food to reveal its essence—seasonal produce, fresh flavors, and hearty, healthy dishes meant to be shared with friends and family.

« It’s time to come back to the bare essentials and regain the pleasure of cooking simple vegetables, cereals and fruit that are so key to a healthy and balanced diet. It is my role as a cook to bring people back to the tastes of nature, because to eat well is to live a better life. » ALAIN DUCASSE

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Author : Alain Ducasse, Christophe Saintagne & Paule Neyrat
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