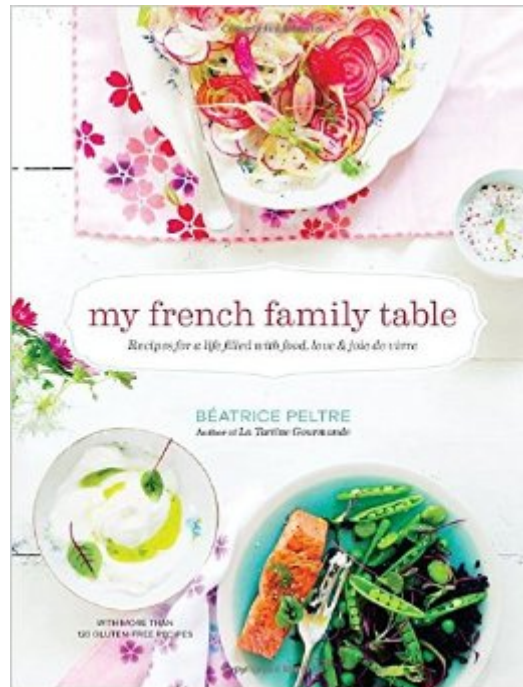


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My French Family Table: Recipes For A Life Filled With Food, Love, And Joie De Vivre



Synopsis

From celebrated author and blogger BÃ©atrice Peltre comes a much anticipated second book, focusing on everyday foods (all gluten-free) to share with family and friends. To the French, food is one of lifeâ€™s greatest pleasures, and in BÃ©atrice Peltreâ€™s home, each meal is a small celebration. In her kitchen, bright, colorful ingredients are transformed into wholesome, delicious dishes and served with love. Here, BÃ©atriceâ€™s relaxed, modern approach to classic French cooking meets the challenge of creating healthy meals for the whole familyâ€”meals to be shared Ã table, presented with grace and style. Â In *My French Family Table*, BÃ©atrice offers a beautiful assortment of over 120 recipes for naturally gluten-free dishes that feature whole grains, colorful produce, and distinctive spices. Every meal is an inspired work of loveâ€”from breakfast dishes such as Buttermilk, Lemon, and Strawberry Brunch Cake to a lunch of French Green Bean Salad with CroÃ»tons, Olives, and Ricotta Salata alongside a healthy soup or vegetable tart. In the afternoon BÃ©atrice loves to eat the traditional French goÃ»ter with her daughter, Lulu, whose favorite snack is Brown Butter Madeleines with Buckwheat and Chocolate Chips. Who could resist a Sunday supper of Chicken Stuffed with Herbs, Walnuts, and Grainy Mustard, followed by the sweet treat of Baked Apricots with Lemon Verbena or the indulgent Chocolate Mousse with Salted Caramel and Matcha Tea Cookies? BÃ©atrice also includes recipes that are particularly child-friendly to cook and eat, inspired by her kitchen adventures with Lulu. Â With her creative use of ingredients, BÃ©atrice ups the ante on what family foods can beâ€”incredibly tasty, beautiful, and nourishing. BÃ©atriceâ€™s signature bright photography, impeccable styling, and sweet storytelling make *My French Family Table* an inspiring collection of recipes for feeding a family and feeding them well.

Book Information

Hardcover: 392 pages

Publisher: Roost Books (May 31, 2016)

Language: English

ISBN-10: 1611801362

ISBN-13: 978-1611801361

Product Dimensions: 7.8 x 1.1 x 10.3 inches

Shipping Weight: 3.2 pounds (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 starsÂ Â See all reviewsÂ (18 customer reviews)

Best Sellers Rank: #64,382 in Books (See Top 100 in Books) #82 inÂ Books > Cookbooks, Food & Wine > Regional & International > European > French #223 inÂ Books > Cookbooks, Food & Wine

> Special Diet > Gluten Free

Customer Reviews

One of the best cookbooks ever. Why? Because it's amazingly useful, because the recipes are excellent and come out exactly as you see in the book, and because everyone will think you are the best cook ever (if you don't tell them you didn't just make these up yourself). I bought it for myself but will buy it for friends who are vegetarian (very veggie and gluten free friendly), for beginner cooks who like to eat healthily and look at dismay at the lovely but somewhat technically difficult and ingredient heavy Plenty by Ottolenghi (Peltre is a home cook, not a chef, what a relief!), for friends who love instagram and pinterest (the exquisite photos are inspiring and will send folks running to Anthropologie for kitchen implements), for people who like French food and for my dessert loving peeps. Oh, and for people who go crazy at the farmer's market and come home and say why did I buy celeriac? What will I do with this? Well you'll find out!! So it's a great first and last cookbook. As for me - I've made quite a few recipes from it and one thing that still surprises me is how much I end up loving recipes that have ingredients I never would have combined on my own like Tomato and watermelon gazpacho with crabmeat and creme fraiche. Kale and smoked salmon quiche. Use your leftover store bought chicken (that's me, not the author) and make Vanilla flavored chicken Clafoutis. See what I mean? You might think, hmmm, but then you serve it and your family goes nuts and back you dive, into the book! So totally original! So easy! Yes, there's tons of "plain" stuff, say chicken stuffed with herbs, walnuts and grainy mustard and stuff like that but when you buy Romanesco cause it looks so cool and then bring it home what do you do with it besides admire it? Make the gratin!!

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