



# Cooking & Travelling in South-West France

*Stephanie Alexander*

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## **Cooking & Travelling in South-West France** Stephanie Alexander

First published in hardback in 2002, this book has been described by Stephanie Alexander as ‘...a personal response to a beautiful part of France.’ Part travelogue, part cookbook, it is a celebration of an area many regard as France’s gastronomic heartland. Stephanie provides evocative descriptions of the markets, villages, farms and vineyards, all beautifully illustrated with photographs by Simon Griffiths. She introduces us to the locals, many of whom are producers working with culinary traditions that date back centuries. Stephanie shares with us some of their favourite recipes, and offers another 80 original recipes inspired by her travels in this extraordinary part of the world.

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