



Paris to Provence: Childhood Memories of Food & France

Ethel Brennan, Sara Remington

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Paris to Provence is a culinary travelogue of separate summers spent in France, interweaving a collection of simple recipes with evocative memories and stories of those years.

“This beautiful *mémoire* will beguile everyone who loves France and should be essential reading for anyone going there for the first time. Ethel and Sara have captured a beloved place through the rosy, whimsical, wacky, tender, and honest lens of childhood. Forget three-star dining and luxury travel; this is the France that I love and remember with pleasure. The recipes are simple and soul satisfying—from café fare and home cooking to street food and a village feast. I was enchanted with the evocative photos and charmed by every memory.”

—Alice Medrich, author of *Sinfully Easy Delicious Desserts*

“To read *Paris to Provence* is to take a beautiful and wonderfully nostalgic journey to the France of my childhood, the France of sweet dreams. If you’ve ever had your soul captured by the magic that exists in the lighter side of *la France profonde*, and if you have a sensitivity toward joyful moments created around food, family, and friends, then *Paris to Provence* is for you. It’s a lovely book filled with classic and simple yet delicious French recipes. Somebody needs to open a restaurant here in the United States that uses this book to inspire its menu. I’d eat there at least once a week!”

—William Widmaier, author of *A Feast at the Beach*

Ethel and Sara beguile you with recipes and stories from their summer childhoods as they traveled with their respective families from Paris to Provence. In markets, cafés, truck stops, bakeries, bistros, and French family homes, the girls experienced their first taste of France, re-created here through recipes, stories, and photographs.

Inspired by her memories of truck stop lunches sitting next to tables of grizzled truckers, Ethel gives us *Steak au Poivre à la Sauce aux Morilles* (pepper steak with morels). Sara’s whimsical game of using her asparagus as soldiers’ spears to guard her food from her sister is the source of her recipe for *Les Soldats* (soft-boiled eggs and fresh asparagus spears). Lingering over late-night dinners with grown-ups and listening in on their stories of the resistance and wild boar hunts inspired Ethel’s recipe for *Fraises au Vin Rouge* (strawberries in red wine syrup). Rosemary and its powerful scent, first discovered by Sara while hiking with her family in the Luberon Mountains in the south of France, infuses her recipe for *Cotes d’Agneau Grillées au Romarin* (grilled lamb chops with rosemary). From *Îles Flottantes* (poached meringues in crème anglaise) to *Escargots* (snails in garlic butter), and from *Merguez* (spicy grilled lamb sausage patties) to *Ratatouille* (summer vegetable stew), each recipe reflects Sara and Ethel’s childhood experiences in Paris and Provence. Sixty thoughtful, simple, and traditionally French dishes complemented by over one hundred luscious photographs will send you to your kitchen, and maybe even to France.

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Edward Christensen:

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Lisa Buffington:

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John Bennett:

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