



Food Culture in France (Food Culture around the World)

Julia L. Abramson

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French cooking has been seen as the pinnacle of gastronomy. Food Culture in France provides an accessible tour of haute cuisine but also mainly the everyday food culture that sustains the populace. It illuminates the French way of life as well as showing what the popular cooking shows, such as Julia Child's, were based on. Readers will find the basics discussed in narrative chapters on food history, major foods and ingredients, cooking, typical meals, eating out, and diet and health.

The information-packed volume is also indispensable for learning about regional cultivation and specialties that France is so famous for. The French appreciation for seasonal food is illuminated in descriptions of shopping, cooking, and eating habits. All students of French culture and language and Francophiles will benefit from the overview presented here.

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