



Provence Food and Wine: The Art of Living

François Millo, Viktorija Todorovska

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Provence, the beautiful region that sits at the scenic crossroads of southern France, the Italian Alps, and the Mediterranean, has long been an area of historical import and distinct culture. It was the first Roman colony beyond Italy, held the papal seat in Avignon, and serves as a modern-day commercial hub and resort area.

Above all else, Provence is known as a producer of some of the finest food and wine France has to offer, with a cuisine that emphasizes healthful ingredients like olive oil, garlic, fresh vegetables, and bountiful Mediterranean seafood. Packed with 40 traditional Provencal recipes, all of which emphasize the incredibly popular and healthy Mediterranean diet, *Provence Food and Wine* also provides detailed information on regional wines, including the region's famous rosé.

Readers will learn about pairing wine and food and where to get these wines outside of Europe. Full-color photography shows off all of these dishes, as well as the dazzling sights of the region's lush interior, sparkling coastline, and breathtaking vistas. Beyond its use as a cookbook and wine-pairing guide, *Provence Food and Wine* is a resource for travelers, featuring tips on what to do, where to stay, and how to have the complete experience.

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