

FERRANDI

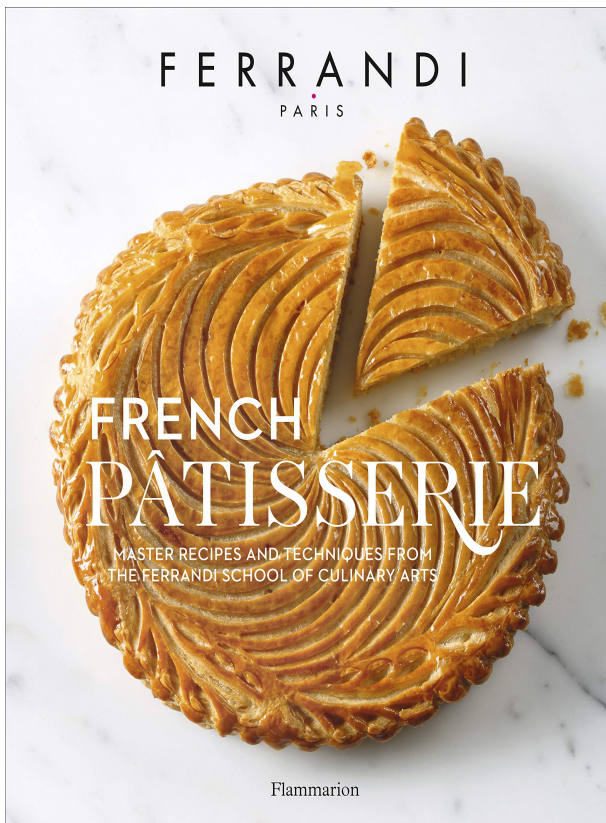
PARIS



FRENCH
PÂTISSERIE

MASTER RECIPES AND TECHNIQUES FROM
THE FERRANDI SCHOOL OF CULINARY ARTS

Flammarion



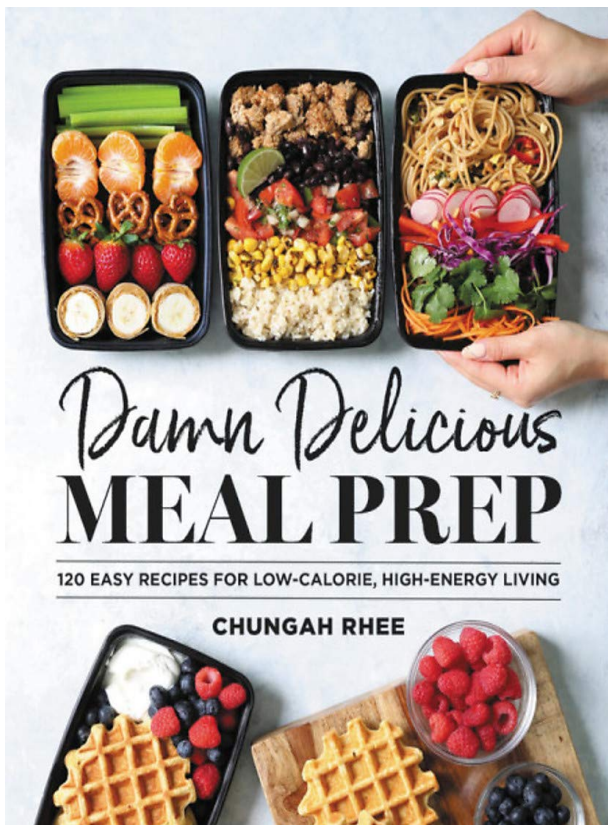
French Patisserie: Master Recipes and Techniques from the Ferrandi School of Culinary Arts (Langue anglaise)

Book Synopsis

Ferrandi, the French School of Culinary Arts in Paris--dubbed the Harvard of gastronomy by Le Monde newspaper---is the ultimate pastry-making reference. From flaky croissants to paper-thin mille-feuille, and from the chestnut cream-filled Paris-Brest to festive yule logs, this comprehensive book leads aspiring pastry chefs through every step--from basic techniques to Michelin-level desserts. Featuring advice on how to equip your kitchen, and the essential doughs, fillings, and decorations, the book covers everything from quick desserts to holiday specialties and from ice creams and sorbets to chocolates. Ferrandi, an internationally renowned professional culinary school, offers an intensive course in the art of French pastry making. Written by the school's experienced teaching team of

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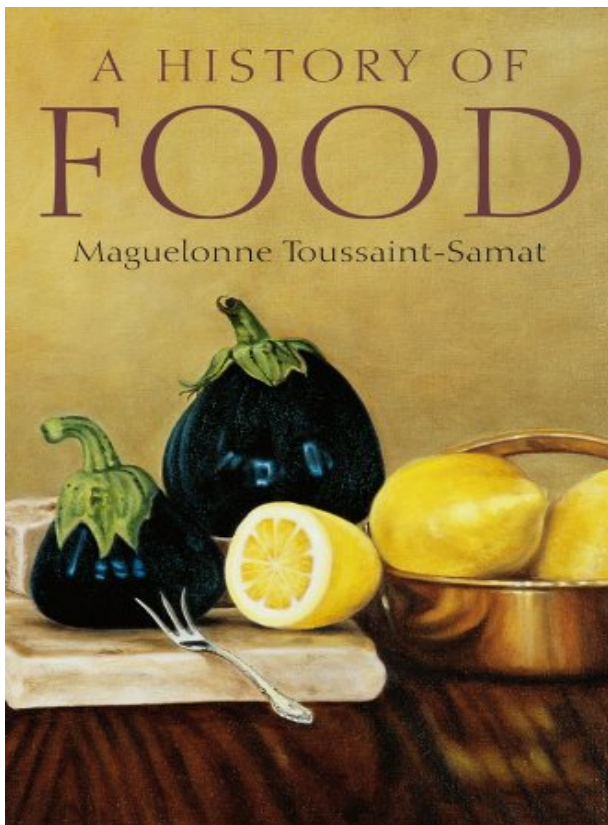
Damn Delicious Meal Prep: 115 Easy Recipes for Low-Calorie, High-Energy Living

Book Synopsis

Meal prep is the best thing to happen to healthy eating -- and Damn Delicious Meal Prep makes it tastier than ever! It's 6:00 pm, and you have nothing planned for dinner. Again. If you're like many folks, including blogger and author Chungah Rhee, this happens more often than you care to admit! Wanting to regain control of her health and eating habits, Chungah turned to meal prep: the secret weapon that keeps everyone from celebrities and athletes to busy parents and young professionals on-track and eating well. Chungah quickly found that meal prep is an amazing way to save time and money and to keep you and your family eating healthy all week long. By taking the time to plan your meals, prep ingredients, and do some cooking ahead of time, it's easy to have perfectly portioned healthy

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A History of Food

Book Synopsis

The story of cuisine and the social history of eating is a fascinating one, and Maguelonne Toussaint-Samat covers all its aspects in this classic history. New expanded edition of a classic book, originally published to great critical acclaim from Raymond Blanc, The New York Times, The Sunday Telegraph, The Independent and more Tells the story of man's relationship with food from earliest times to the present day Includes a new foreword by acclaimed food writer Betty Fussell, a preface by the author, updated bibliography, and a new chapter bringing the story up to date New edition in jacketed hardback, with c.70 illustrations and a new glossy color plate section Indispensable, and an endlessly fascinating book. The view is staggering. Not a book to digest at one or several sittings. Savor

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