



# The Essence of French Cooking

*Michel Roux*

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## **The Essence of French Cooking** Michel Roux

In this very personal book, Michel Roux distills a lifetime's knowledge into this definitive work on French food and cooking. Based around 100 classic recipes that have stood the test of time, this lavishly illustrated book explores the diversity of French cuisine, which for centuries has influenced so many other styles of cooking around the world. Michel gives modern interpretations of classic dishes, with his favorite variations and accompaniments. He provides expert guidance on classic techniques as well as fascinating stories about the origins of recipes, ingredients and regional culinary traditions.

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