



# **Under the Sun: Caroline Conran's French Country Cooking**

*Caroline Conran*

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# Under the Sun: Caroline Conran's French Country Cooking

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## **Under the Sun: Caroline Conran's French Country Cooking** Caroline Conran

Inspired by the flavors found across the sun-drenched landscape of southern France, Caroline Conran guides readers through the classic ingredients and flavors of each region with her personal collection of 120 recipes from the Dordogne, Gascony, Languedoc, the Basque country, and Provence, illustrated with 160 vibrant color photos. This gastronomic foray opens with an exploration of the Midi region, sharing its specialties, intriguing ingredients, styles of cooking, and traditions. A section called "The Southern Larder" introduces local ingredients and specialties. Subsequent chapters include "An Introduction to the Warm South," "Fresh Vegetables, Pulses, and Gratins," "Sauces, Marinades, and Essentials," and more.

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