

[PDF] The French Women Don't Get Fat Cookbook

Mireille Guiliano - pdf download free book

Books Details:

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Author: Mireille Guiliano

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Description:

From Publishers Weekly In this, the logical next step for the author of 2004's bestseller *French Women Don't Get Fat*, Guiliano stretches what amounts to a single weight loss tactic—don't eat so much—into a second book-length weight-loss guide, this time with recipes. Though they're meant to be nourishing and satisfying in small portions, Guiliano's recipes are devoid of nutritional information and, in many cases, descriptions of the finished dishes. Unremarkable but perfectly acceptable recipes abound, including sweet potato french fries, Spaghetti Carbonara, Ratatouille, chocolate mousse, and panna cotta, with occasional standouts like Eric Ripert's luxurious Croque Monsieur, incorporating brioche, caviar, smoked salmon and Jarlsberg cheese. In all, Guiliano seems more concerned with luxe details (tips on opening and preserving champagne, though salient, set

the tone), and never misses an opportunity to talk up her jet-setting lifestyle and TV appearances; as such, her self-regarding commentary is as likely to irritate as to inspire. Somewhat ironically, Guiliano's best advice comes in a tacked-on chapter inspired by the frequently asked questions of readers and television hosts, including sound advice on sodium, exercise, and getting families into better eating habits. Fans of the franchise will likely be satisfied, but those unfamiliar with Guiliano's approach will find this volume lacking.

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From Guiliano's *French Women Don't Get Fat: The Secret of Eating for Pleasure* (2004), a runaway best-seller, prompted a follow-up cookbook, *French Women for all Seasons* (2006) and a lifestyle Web site, where Guiliano advises Francophile devotees on everything from business strategies to scarf tying. Fans will recognize familiar material in her latest cookbook, which is organized loosely according to meals that all reflect her mantra: cook and eat seasonal, sense-pleasing foods in reasonable quantities; walk often; drink water; enjoy small moments. As usual, Guiliano employs the warm, personal tone that has earned her so many followers, and she frequently shares anecdotes from her own life as she introduces her recipes, which range from simple scrambled eggs (made velvety with a touch of cream) to recipes that incorporate trendier ingredients, such as quinoa. The menus and suggestions for staple ingredients and equipment all support the approachable, delicious dishes, but it's Guiliano's final list of reasons to cook (for love, self-expression, pleasure, education, and amusement) that may finally send readers into the kitchen to start following her sensible advice.

--Gillian Engberg

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