

# THE TASTE OF PROVENCE



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## Chez Bettys Provence

Mikael Gröndal & Linus Ahlstedt

190x245, 160 pp

*Provence is where the fresh ingredients, the dishes and the knowledge of generations have created their very own corner in our collective memory. But in modern times, the description of the cuisine of Provence had been lost amidst a simplified colourful glitter. This book sets things straight with recipes where all the dishes are prepared from scratch with the proper ingredients and techniques. This is Provence from the inside – rustic French cooking when it is at its best.*

**C**hefs Mikael Gröndal and Linus Ahlstedt give their tips about favourite places and restaurants in the area. The recipes have been collected during 15 years of travelling and then perfected in their own restaurant Chez Betty in Stockholm. Their philosophy is as simple as it is self-evident: only the best is good enough. The book contains everything from simple olive oils, sardines fried in batter and the perfect steak tartare, to more demanding dishes requiring slow cooking, the secret behind a genuine bouillabaisse and desserts that are waiting to be rediscovered.

## About the authors:



**Mikael Gröndal & Linus Ahlstedt** have always returned to Provence during their entire life as professional chefs, and each time they have found new places, people and menus to be inspired by. When they had the chance to open their first own restaurant, the theme was given: the south of France. The Chez Betty restaurant immediately became a prize-winning favourite among Swedish gourmands.



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