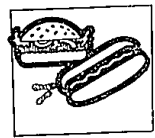


Bring French cuisine home with these recipes



From the cafe-riddled streets of Paris to the spectacular countryside of Bordeaux and Alsace, France is an American's version of paradise.

Those who have traveled across the Atlantic, or have just imagined the picturesque scenery and the smells and sounds of France, have learned to appreciate the longstanding customs and traditions of this country, and its people's painstaking striving for perfection which illuminates everything that is French, from fashion to food and wine.

On the subject of food, who can match the Parisians with their flair for taking the simplest of ingredients and bringing forth dishes which delight the eye and the senses.

The presentation of these dishes is magnificent, befitting the people and the culture of this country, unique in all the world.

It is an accurate tribute then, to these people, their homes and their cuisine, that a book be put together that mirrors their attention to detail and love of harmony, which is evident in every facet of their lifestyles.

IT IS a book which highlights more than the food offered in restaurants and inns but, through beautiful photos, enticing descriptions of the restaurants themselves, both interior and exterior, and the surrounding sights as well, bring to life the glorious country.

"The Gourmet's Tour de France" (Little, Brown and Co.) is written by Henry Viard, a highly regarded French food critic. Viard takes his readers on an enchanting trip through 27 of the most famous and picturesque restaurants in France.

For the fortunate who have visited France, this book is sure to rejuvenate memories of places visited, and embellish the experiences which make France such an extraordinary place to visit.

And for those who have postponed their visit, this book will may provide the necessary impetus. For anyone with a spirit of adventure, "The Gourmet's Tour de France" offers a tantalizing view of another culture, another lifestyle. Add to this an inherent interest in food and its preparation, and you will probably find yourself dangerously close to finally making the trip.

RESTAURANTS FEATURED In "The Gourmet's Tour de France" include the most popular (Maxim's and La Tour d'Argent) as well as ones which are less well-known, and which may perhaps be considered treasured finds. The restaurants are classified by region, with nine located in and around Paris, and the other 18 scattered throughout the countryside.

If a picture is worth a thousand words, then this text is virtually endless. The photography is splendid, better able to convey the mood and spirit of these restaurants and their people than the most gifted writer ever could.

Brought forth from these pages are detailed accounts of each restaurant, its staff, proprietor and food specialties. Each detail better brings home to the reader, the restaurant's own individuality.

Ingredients and preparations are as varied as the restaurants' actual locations, from the L'Hostellerie du Chateau set in ruins of the Chateau de Ferre in Tardoulet, to Fouquet's in the heart of Paris, on the bustling Champs Elysees.

INCLUDED BELOW are two recipes which enticingly evoke the culinary delights synonymous with the words "French Cuisine."

The recipe for Veal Steaks with Mustard Sauce and Mushrooms (Mignon de Veau a la graine de Moutarde) comes from La Vieille Fontaine located near Saint-Germain-en-Laye. The recipe for Apples in Pastry with Raspberry Sauce (Doulion aux Pommes) is from the Chateau d'Audrieu, located about 100 miles outside of Paris.

More than just another pretty picture book, "The Gourmet's Tour de France" whets the appetite for all of the beauty which exists in France awakening the senses, and enriching our lives.

VEAL STEAKS WITH MUSTARD SAUCE AND MUSHROOMS
(Mignon de Veau a la graine de Moutarde)

Serves 4

16 veal loin steaks (filet mignon) about 1 1/4 oz. (40 g) each

1 tsp. mustard seed

2 tsp. Meaux mustard (whole grain mustard)

1 cup and 1 tablespoon (250g) heavy cream

5 tbsp. (70g) butter, softened

Chives or chervil

Lemon juice

1 clove garlic, chopped

1 lb. (400 g) wild mushrooms (chanterelle, boletus or oyster mushrooms, etc.)

Oil - salt and pepper

Clean the mushrooms and cook over moderate heat in a frying pan with a tablespoon of butter and chopped garlic. Once they have given out their water, remove them from the pan with a slotted spoon. Keep warm.

Add the cream and the mustard seed to the pan and boil for 3 to 4 minutes to reduce the sauce. Add the mustard and 3/4 tablespoons of butter broken into little pieces. Whisk to combine. Do not boil the sauce. Add salt and pepper as needed and a little lemon juice.

Salt and pepper the veal. Cook it in an oiled frying pan about 2 minutes on a side so it will not dry out.

To serve, place the mushrooms on the center of each dinner plate, place four pieces of veal around them and spoon over the sauce. Garnish each piece of veal with a little chervil or sprinkle over some chopped chives and serve.

APPLES IN PASTRY WITH RASPBERRY SAUCE
(Doulion aux pommes)

Serves 6

6 large apples

For the dough

1 1/4 cup (250g) flour

1 1/2 tsp. salt

1/4 lb. (125g) butter

1 tsp. granulated sugar

1 egg yolk

7/8 cup (20 cl) water

To stuff the apples:

1/4 lb. (250g) butter, softened

4 tbsp. (50g) granulated sugar

2 tsp. powdered cinnamon

Make an ordinary pie dough with the ingredients indicated.

Roll it out and cut it into large circular pieces, each big enough to enclose a whole apple completely.

ly. Save any scraps of dough for decorating.

Core the apples using an apple corer. With the tip of a knife, draw a little line around the top quarter of each apple to keep it from bursting when baked.

Fill the center of each apple with butter mixed with sugar and cinnamon. Wrap each apple in a piece of dough and decorate with the scraps of dough - cut to look like leaves, for example.

Place the apples on a lightly oiled baking sheet and bake in a 375 degree (180 degree C) oven for 25 to 30 minutes. Serve the apples in dessert plates with raspberry sauce.

Dessert buffet is star

The dessert buffet - delightful looking, delicious and decidedly economical. When it's your turn to give a shower, reception or tea, entertain the neighbors or host an after-the-game gathering, surprise your guests with a sumptuous sweet table.

With proper planning, the only last-minute details involve adding garnishes, reading the beverage and setting your creations in place. Unless you choose differently, everything could be prepared at least a day ahead. Many desserts can even be made several weeks in advance of your party and stored in the freezer. Mixes for cookies, cakes, bars, frosting, pastry and other desserts can help you streamline your timetable even more.

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