



# Provence Food and Wine: The Art of Living

*François Mille*

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Provence, the beautiful region that sits at the scenic crossroads of southern France, the Italian Alps, and the Mediterranean, has long been an area of historical import and distinct culture. It was the first Roman colony beyond Italy and serves as a modern-day commercial hub and resort area. Above all else, Provence is known as a producer of some of the finest food and wine France has to offer, with a cuisine that emphasizes healthful ingredients such as olive oil, fresh vegetables, Mediterranean seafood, as well as dry, aromatic rosé.

*Provence Food & Wine* is one of the only English-language books available on the cuisine, wine, and sights of this stunning Mediterranean enclave on the southern coast of France. Packed with 47 traditional Provençal recipes, all of which emphasize the incredibly popular and healthy Mediterranean diet, *Provence Food & Wine* also provides detailed information on regional wines, most notably rosé. This is the most famous wine of Provence and has made great strides in the US: sales of Provence rosé increased by 40% in 2012 with the trend continuing into 2013. Readers will be able to learn about pairing between wine and food, as Todorovska and Millo expertly explain what to look for and where to get these wines outside of Europe.

Full-color photography shows off all of these dishes, as well as the dazzling sights of the region's lush interior, sparkling coastline, and breathtaking vistas. Beyond its use as a cookbook and wine-pairing guide, *Provence Food & Wine* will also be a resource for travelers on how to have the complete *art de vivre* experience.

*Provence Food & Wine* is the third cookbook about the hidden gems of regional European cuisine by Viktorija Todorovska, who trained at the prestigious Florentine culinary academy Apicius and owns the food, wine, and travel company Oliva Cooking. Her books have been critically acclaimed for their simple recipes, straightforward advice, and unique yet accessible ingredients. François Millo is the author of several books on the foods and wines of Provence, including a book for the Brazilian market. He is also an acclaimed photographer, capturing the spirit of Provence, its landscapes, and its people. The blend of French, Italian, North African, and Mediterranean flavors brings readers on a tasting tour of this rich, historical land, and there is no better guide than the charming personalities of Viktorija Todorovska and François Millo.

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