

Download Brittany, French Regional Cookery

Cooking or cookery is the art, technology, science and craft of preparing food for consumption. Cooking techniques and ingredients vary widely across the world, from grilling food over an open fire to using electric stoves, to baking in various types of ovens, reflecting unique environmental, economic, and cultural traditions and trends. France Today is the leading international journal of French travel & culture. France Today is now bigger, brighter and more beautiful, inspiring our readers with superb writing, authentic experiences, cultural insights and beautiful imagery across all regions of France. French cuisine is a style of cooking derived from the nation of France. It evolved through centuries of social and political change. The Middle Ages heralded in lavish banquets among the upper classes with ornate, heavily seasoned food while the era of the French Revolution saw a move toward fewer spices and a more liberal use of herbs. French Expressions is an independent specialist tour operator which was established in 1989 and offers tailor-made holidays to France with flexible, personal service.