

Bookshelf

A round-up of the latest books with a French theme, from novels and cookbooks, to cycling and planners

EDITOR'S CHOICE

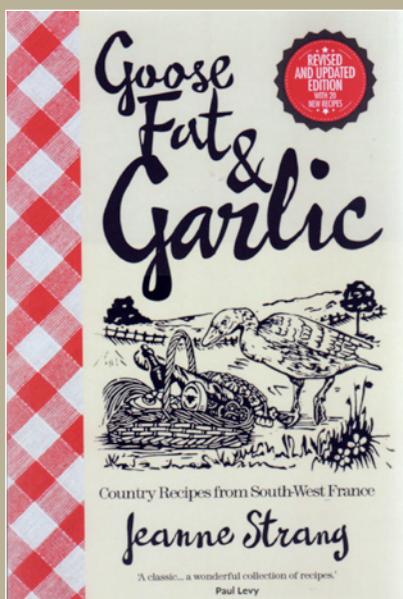
GOOSE FAT & GARLIC BY JEANNE STRANG
KYLE BOOKS, PAPERBACK, £14.99

This is the fourth edition – revised and updated – of a book which was first published 20 years ago. Jeanne Strang has lived in south-west France for nearly 50 years and is passionate about both the way of life and the food of the region.

As well as providing more than 200 local recipes, she also shares personal anecdotes and stories, explaining the tradition and the culture behind the cuisine of her adopted region. She gives you a real insight into domestic life in this part of the country and, as you turn the pages, you can almost hear the sizzle of duck fat in the pan and smell the *ceps* mushrooms and garlic in the larder.

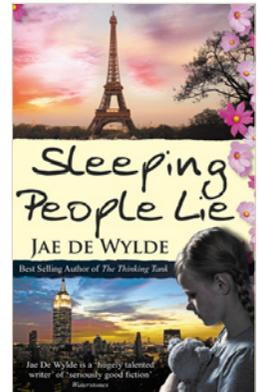
Unlike so many modern cook books, there are no photographs or illustrations in *Goose Fat & Garlic*. However, this is a book that you'll find yourself dipping into time and time again. Perhaps you will look in it to make one of the traditional country recipes like Pâté de Foie de Porc, or Lapin aux Pruneaux d'Agen, or a Tarte aux Myrtilles. However, every time you open the pages you're certain to find yourself caught up in the warm and fascinating descriptions of the traditions of the chestnut harvest, cheese making, garlic cultivation, hunting, prune preparation...

There's nothing new or trendy about the recipes in this book, but you know they're good because people have been cooking and eating them for longer than anyone can remember. And like her recipes, Jeanne Strang's beautifully written book is standing the test of time.



SLEEPING PEOPLE LIE BY JAE DE WYLDE
SUMMERTIME PUBLISHING, PAPERBACK, £7.99

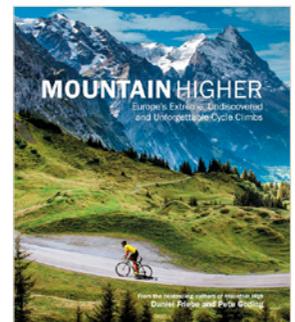
An intense romance is kindled when 26-year-old Sloane from England meets Nicholas, a sophisticated American 10 years her senior from America. But as is so often the way with passionate affairs, this one does not go smoothly. The story and the heartache develop against a background of Paris, the Loire Valley and New York, acquiring a sinister tone along the way, with the introduction of a dead child and a missing wife, together with Rodin and his mistress Camille Claudel. The tale is told through the letters that Sloane and Nicholas write to a mysterious character called Em, each relating their side of events. A love story with a twist.



MOUNTAIN HIGHER BY DANIEL FRIEBE & PETE GODING

QUERCUS, HARDBACK, £20.00

From the heights of the Ötztal Glacier Road in Austria to the 'secret' side of the legendary Alpe d'Huez in France, this book explores 50 amazing cycling locations and captures stunning scenery from off the beaten track. Focusing on Europe's spectacular mountain roads and passes – 14 of them in France – the book includes a range of technical details (among them maps, profiles, lengths and heights), as well as dynamic descriptions of the routes. Many of the spreads can be brought to life on smartphones or tablets via the QuercusEye app – an intriguing new piece of technology. A gem for cycling enthusiasts, whether on two wheels or in an armchair.



PARISIAN CHIC BY INES DE LA FRESSANGE & SOPHIE GACHET

FLAMMARION, FLEXI-BOUND, £12.95

A weekly planner packed with a year's worth of fashion, style and beauty advice from a celebrity model and a fashion journalist, all done in an amusing, slightly tongue-in-cheek way. What girl could resist the advice to: 'Team your chunky cardigan with a lace bra – central heating for the man in your life.' Or: 'Swimwear ahead – need to lose 6lbs? Dance around the kitchen while baking cookies.' It's wittily and prettily illustrated, with a weekly planner on every spread, together with lots of room for notes. It's an elegant little volume with a faux leather cover in deep red and gold stamped lettering. Handbag-sized, it's a perfect gift for any fashionista.

