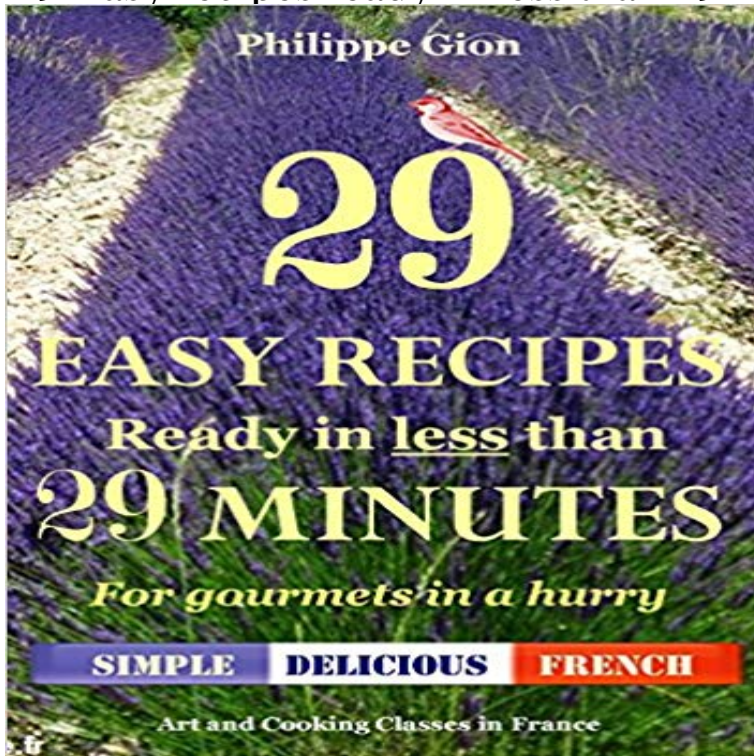


29 Easy recipes ready in less than 29 minutes: - For gourmets in a hurry.



WHY A BOOK FOR GOURMETS IN A HURRY ? This cookbook is a short version of my other cookbook A Culinary Adventure in Provence. 29 is intended to the people in hurry and who do not have much time for cooking when they come back home, or dummies who are scared as soon as they put a foot in a kitchen. All recipes have been adapted to this modern time of life. By experience I understand the cornelian dilemma: cooking at home or going to the restaurant. Worst, ordering a terrible industrial food delivered by a lousy courier! Here you will find a friend next to you in the kitchen, happy to help you. You will be able to cook in a few minutes a delicious and healthy dish. TETIAORA ATOLL, 1983 When he removed the skillet from the oven he was amazed by his wonderful Omelet soufflee au Parmesan, three inches high! We fold it on the serving plate. - Philippe, I made a souffle? And looking at the turquoise lagoon he whispered Here Tetiaroa, my so dear island God bless my island Thank you Phil. - Yes Chef Brando you did it in sixteen minutes! We ate the omelet together and my last words were Marlon, do not forget, if you can beat an egg you can make a souffle. ABOUT THE AUTHOR Philippe Gion has been a professional French chef for over 40 years. He grew up in the south west of France and was the executive chef in his own restaurants: LAuberge de Pey in France (1974), LAuberge Landaise in Tahiti -French Polynesia (1979) and Le Cafe Landais in San Francisco (1986-2000). He has been also an executive chef at Stanford University in California, in a private Chateau in France, and a food consultant in Hawaii and in Tahiti at the famous Kia ora Hotel and at Marlon Brandos legendary village hotel at Tetiaroa atoll (1983), the private island of the actor. He found in 1995 Art and Cooking Classes in France a cooking school in Provence dedicated to bringing you the best of the joie de vivre in

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