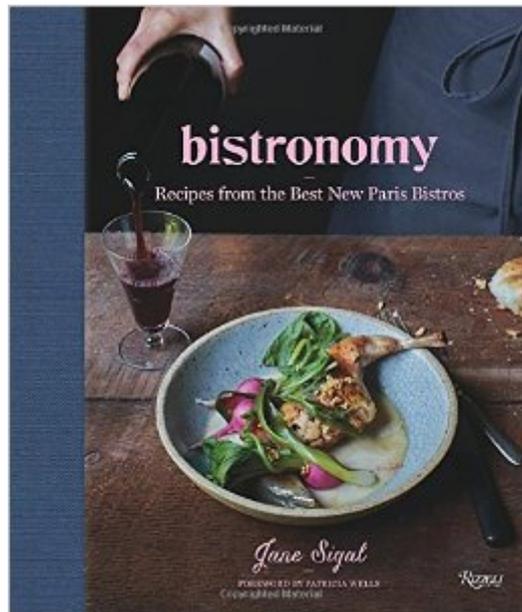


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# Bistronomy: Recipes From The Best New Paris Bistros



## Synopsis

Finalist for the IACP Cookbook Award, *Chefs and Restaurants* French food reimagined by a new generation of chefs. There is a new movement afoot in Paris. Young chefs have turned their backs on stuffiness and are creating an experience that is more fun and a lot less formal. In tiny independent bistros mostly on the outskirts of the city, they are turning out fantastically inventive food that bypasses many of the old sauces and relies instead on the vibrancy of responsibly sourced ingredients. Because they are working in tiny kitchens with little or no staff, advance preparation is esteemed. (Good news for the home cook looking to crib kitchen notes.) Among their tricks (which could fit easily into anyone's repertoire) are finding inspired uses for humble root vegetables like rutabaga and parsnips, presenting a vegetable raw and cooked in the same dish, and revitalizing the classic crumble for dessert. In *Bistronomy*, Jane Sigal captures these chefs' creative approach, culling recipes that translate their genius in ways the home cook can achieve. From *L'Ami Jean*'s chef Stéphane Jégo comes the soulful but unexpected Winter Squash Soup, accented with a cocoa whipped cream. Haricots Verts Salad with Strawberries and Feta is a charmer from Atsumi Sota at Clown Bar. And there is the showstopping Cherry and Beet Pavlova from Sean Kelly. The more than one hundred dishes in *Bistronomy* prove that these Paris bistros have become the idea factories of the culinary world. Like a trip to Paris, *Bistronomy* will make you fall in love with French cooking all over again.

## Book Information

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## Customer Reviews

The concept is good and with so few books printed in English from chefs in the "Bistronomie" style this book is useful. Love the recipes and concepts in the book but wish it was based on a single

chef not a group. Also, it seems there is a theme of spring/summer ingredients.

Bistronomy is an absolute winner. Who knew there was so much new energy and innovation in the staid world of French bistro cooking? This is a great story about the rise of young, talented and diverse chefs who are reinventing the concept of a bistro to make it better, fresher and more fun. Kudos to Jane Sigal. In addition to setting the stage for what the new bistro is all about, she's included lots of recipes that make you want to get in the kitchen and cook: Asparagus with Smoked Trout and Toasted Hazelnuts, Crisp Chicken with Potato Salad and Anchovy Vinaigrette, Slow-Cooked Lamb with Rutabaga Mash, Fresh Pineapple with Basil Syrup, Lemon Curd with Fresh Goat Cheese are a few of the many enticing titles. Jane has impeccable credentials "work at a Parisian cooking school, eating along side the cookbook author Patricia Wells and then as an editor at Food and Wine Magazine. Her lucid and entertaining writing style, the beautiful photos and a terrific layout make Bistronomy a very special book.

Jane Sigal's delightful and very useful new book. "Bistronomy" (Bistro + Gastronomy) takes you on a tour of the foods and faces of contemporary Parisian cuisine. "Bistronomy" showcases a diverse crop of chefs making their mark by defussifying French food, Their tiny kitchens are not conducive to much of classic French cuisine, so they cook without the mother sauces and often without a pastry chef. Instead, they feature the freshest ingredients in innovative ways. "Bistronomy" features their stories and philosophies, but there's much more here. This is also a highly useful cookbook, full of recipes that can be easily accomplished in a home kitchen to bring bright, fresh flavor profiles to your table. Recipes are exceedingly well written and easy to follow, with useful notes on preparation and do-ahead possibilities. Ms. Sigal's voice is like that of a warmhearted friend who makes you want to try something new. As if that weren't enough, the book is also a feast for the eyes, beautifully and thoughtfully designed. The lush photography by Fredrika Stjerne encompasses not only mouthwatering food photos but portraits of each chef and atmospheric shots of the bistros and the city that will make you feel you are there. "Bistronomy" will send you first to Paris and then to your own kitchen.

This is a cookbook worth sitting down and reading. You will learn the history of the neo-bistros, their cooks etc. You will learn how chef deal with locally sourced, seasonal, sustainable ingredients. The relationship between bistronomy and the slow-food movement. You'll see how even the best trained chef sometimes struggles with how to make the best of the ingredients they possess ... and how

best laid plans explode in unexpected ways e.g. experiment with bread - end up with a bakery. But the genius of the book is the ways in which it shows how to put these ideas into practice in your kitchen. My personal favorite is a Caprese salad transformed into tomatoes, ticklemore cheese and lovage - so simple and so perfect. Or variations such as radishes with smoked herring and herb butter - using the radish greens as herbs. I love both the sense of use everything, waste nothing and the slightly uncommon elements such as lovage. Even with herbal primer helps you use the slightly offbeat herbs - amaranth, borage, chervil, chickweed, fennel fronds, lemon verbena, lovage, mustard greens, nasturtium, oxalis, purslane, swiss chard and wild garlic. What a wonderful excuse to prowl the farmer's market. How easily you can make your food distinctively delicious without being fussy.

The pictures are excellent and the recipes are good but the writing is a bit like a travel magazine more than a cookbook. I'm not sure what "folded cloth napkins to covet" means but on a whole it's a worthwhile cookbook and look at the modern bistros of Paris.

Beautifully and lovingly put together. The author knows well the Paris bistro scene of today and fills her book with wonderful stories about the chefs who are making it happen. The recipes are thoughtfully chosen, clearly written and easy to follow. But what I love most is that this is more than a cookbook, the writing and the photographs are so personal, they make me feel like I am wandering the streets of this beloved city, deciding where to stop in for my next dinner. I'm giving it to everyone on my list who adores Paris and good food.

A beautiful book with recipes by great chefs made accessible with clear, concise instructions. The layout and design are lovely; there are interesting, thoughtful texts and informative passages that give an overview of the bistro scene and its evolution; the style is eminently readable. The photographs are so delightful that as a gift this could almost double as a coffee-table book.

This book has become a go-to gift for anyone who is going to, or has recently been to Paris, and has been lucky enough to eat a meal with one of the featured chefs. My own personal favorite, Stephane Jago, has four recipes of my favorite dishes from L'Ami Jean. The recipe for the Parmesan Soup is alone worth the price. I would love to take this book with me to Paris and get it autographed by some of the chefs.

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