

Life in French Food: From Martinborough to Montjoux

The French Culinary Experience: A Journey through Flavors

Who can resist the allure of French food? The mere thought of aromatic herbs, rich wines, and the delicate balance of flavors is enough to transport any food lover to the romantic streets of Paris or a cozy countryside village. In this article, we invite you on a culinary adventure from the enchanting vineyards of Martinborough, New Zealand to the charming hills of Montjoux, France.

Martinborough: Where the Vineyards Tell a Story

Our journey begins in Martinborough, a picturesque town located in the heart of New Zealand's wine-growing region. Here, surrounded by sprawling vineyards, lies an opportunity to savor some of the finest French-inspired cuisine outside of France.

The restaurants in Martinborough are known for their commitment to showcasing fresh, locally-sourced ingredients in a fusion of French and Kiwi flavors. From authentic charcuterie boards to heavenly crème brûlée, the menus are a reflection of the region's dedication to modern French techniques combined with New Zealand's unique produce.

My Two Heavens: A Life in French Food, from Martinborough to Montjoux

by Adam Morgan (Kindle Edition)

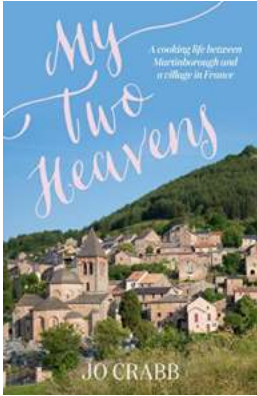
★★★★☆ 4 out of 5

Language : English

File size : 4899 KB

Text-to-Speech : Enabled

Screen Reader : Supported



Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 432 pages



One must-visit establishment is the award-winning "Le Petit Bistro," where the aroma of freshly baked baguettes and the colorful display of macarons immediately transport you to a bustling French market. Indulge in classic dishes like Coq au Vin while sipping on local Pinot Noir and immerse yourself in the true essence of French cuisine, with a touch of Kiwi charm.

Montjaux: A Culinary Haven Nestled in the French Countryside

From the picturesque vineyards of Martinborough, our culinary journey takes us to Montjaux, a charming village nestled in the rolling hills of southern France. In this idyllic setting, you'll uncover the soul of French food and experience the magic of traditional regional cuisine.

The locals of Montjaux take pride in their culinary heritage and the use of locally-sourced ingredients. Respecting age-old recipes passed down through generations, the restaurants in this town bring unparalleled flavors to your plate.

Immerse yourself in the rustic atmosphere of "L'Auberge du Village," a quaint restaurant at the heart of Montjaux. Indulge in savory Cassoulet, a slow-cooked bean stew with succulent meats, or savor a tender slice of Tarte Tatin, a

caramelized apple pastry that's simply divine. The menu changes with each season, as the ingredients showcase the flavors of the surrounding countryside.

La Vie Est Belle: The Beauty of French Food

The beauty of French food lies not only in its sensory appeal but also in the way it effortlessly brings people together. Whether you're sharing homemade Crêpes Suzette with friends or toasting over a flute of champagne, food plays a central role in celebrating life's precious moments.

As you indulge in the flavors of Martinborough and Montjaux, you'll discover that French food embodies the art of living. With each bite, you'll uncover a vibrant culture that celebrates the pleasures of the table, an appreciation for quality ingredients, and an undeniable sense of joie de vivre.

: A Gastronomic Journey to Remember

Embarking on a journey through the world of French food from Martinborough to Montjaux is an experience that will leave an everlasting impression. Whether you're a seasoned food enthusiast or a curious traveler, these culinary destinations will awaken your taste buds and ignite a passion for flavors that transcends borders.

So pack your bags, open your mind, and let the enchantment of French gastronomy guide you through a tapestry of unforgettable moments. Bon appétit!

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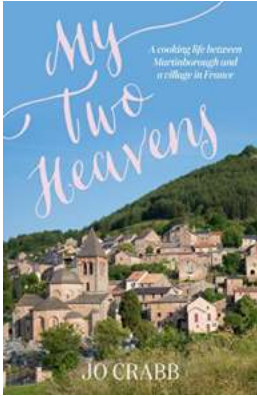
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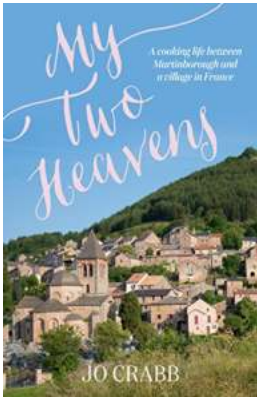
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A memoir of restaurateur and chef Jo Crabb, the story of her enviable life between Martinborough and southern France, with recipes from her cooking school Careme.

Jo Crabb and her husband artist Stephen Allwood spend most of the year in Martinborough, Jo running her cooking classes from Palliser Estate vineyard and Stephen painting full-time. Jo and Stephen moved to Martinborough in 1995, right at the beginning of the wine and food culture boom. They ran the famous Café Medici in Martinborough for 11 years before setting up the Careme in 2009, and it's fast becoming an institution amongst the Wellington dinner party set. Jo runs beginner cooking courses from 'easy' right up to 'master', mostly focusing on her love for French cooking techniques.

This is the story of Jo's life in food, filled with recipes, and the story of finally realising her greatest aspiration by buying a house in France profonde - deepest France, beautifully illustrated with Stephen's drawings and paintings. ·



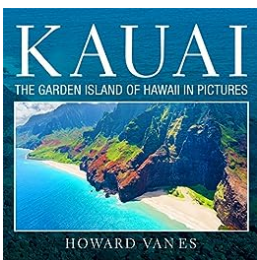
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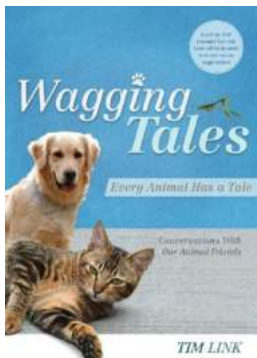
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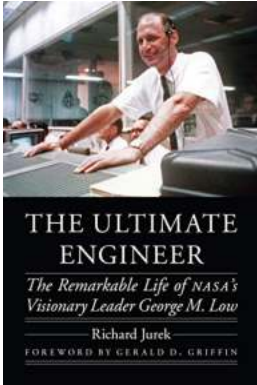
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