



The gastronomic atmosphere of Paris

*Book shows 200 gourmet addresses in the French capital, chosen by chef
Alain Ducasse*

"Paris wasn't born yesterday, it combines history with its famous culinary tradition. I love Paris for its plural, never predictable diversity, the city never ceases to amaze me." This statement by French chef Alain Ducasse, with three Michelin stars to his credit, reflects well the spirit of the book *J'aime Paris*, which arrives in the Brazilian market through Senac São Paulo Publishers, in December, with the title *Amo Paris*.

The book, released in France this year, is a gourmet tour of the French capital to get to know it not just as a tourist, but as a local resident. *Amo Paris (J'aime Paris)* shows Ducasse's passion for the city, the cuisine and culture of Paris. Included with the book is a handy pocket guide to take along during any tour.

From a good croissant for breakfast at the Saint-Martin channel, for example, to a dinner at the Eiffel Tower, Ducasse presents his 200 favorite places. The reader will find sophisticated restaurants, small bistros, brasseries, patisseries, shopping markets, stores with cooking utensils or cafes, all with comments such as the best dish served or the best product found, as well as curiosities. Each recommendation has photos of the ambiance, the chefs or dishes, as well as the address of the establishment.

Among the chef's suggestions are his own restaurants, RECH, Benoit, Aux Lyonnais, Relais Plaza and Alain Ducasse au Plaza Athenée, as well as other trendy places such as Inaki Aizpitarte's Chateaubriand, 58 Tour Eiffel, headed by Alain Soulard, or Atelier Joel Robuchon. There are also less famous but very traditional restaurants in the city, or ones that are frequented by those who live in Paris, among them Écailler Du Bistrot, according to Ducasse, Edith Piaf's favorite place, or the Fontaine de Mars bistro.

The influence of cuisines from other countries appears with suggestions such as Japanese chef Kei Kobayashi's Kei, which Ducasse says is: "*A creative palette, rich in subtle combinations where different flavors offer a perfect and accessible cuisine.*" Another recommendation is the small Betsy Bernardaud restaurant, which serves sandwiches like the Reuben, originally from Eastern Europe, made with white bread and cumin, browned in butter in a skillet, with pastrami added.

Ducasse also chooses bars and places that serve fast food, such as Le Jeu de Quille, a small épicerie counter for every taste. About Le Forum, the chef

says: "*Why the hell is it so good? Alcoholic drinks of every color, recorded over the course of time. An atmosphere of London's third millennium.*"

The final chapter is devoted to sweets, where the reader can see typical establishments such as Ladurée and Lenôtre, as well as the chocolatier Jean-Paul Hévin. There are many other lesser-known, but very well evaluated establishments, among them Nani, the first kosher patisserie in Paris, or Mulot, which opened 25 years ago.

"If the day had more than 24 hours, what a joy it would be to stroll, chat and have dinner, choosing neighborhoods at random. In Paris I'm very far from my south, but I often have daydreams here that invite me on imaginary trips in time and space," adds the author.

About the author:

Alain Ducasse was born in Les Landes in the South West of France. He discovered Mediterranean cuisine with its colors and flavors while still quite young, and even today these references appear in his restaurants and creations. In 1998, Ducasse was the first chef to receive three Michelin stars simultaneously. In the following years, Ducasse also became an entrepreneur and mentor. Curious about the diversity of world cuisine, he owes his success to his passion for passing along his experience and knowledge to other chefs, many of them who work in his restaurants today, such as Christophe Saintagne, who runs the Alain Ducasse au Plaza Athénée kitchen, and Marc Philippe at Le Relais Plaza.

Service:

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