

Booklist

Advanced Review – Uncorrected Proof

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French Women Don't Get Fat Cookbook.

Guiliano, Mireille (Author)

Apr 2010. 288 p. Atria, hardcover, \$26.99. (9781439148969). 641.5.

Guiliano's French Women Don't Get Fat: The Secret of Eating for Pleasure (2004), a runaway best-seller, prompted a follow-up cookbook, French Women for all Seasons (2006) and a lifestyle Web site, where Guiliano advises Francophile devotees on everything from business strategies to scarf tying. Fans will recognize familiar material in her latest cookbook, which is organized loosely according to meals that all reflect her mantra: cook and eat seasonal, sense-pleasing foods in reasonable quantities; walk often; drink water; enjoy small moments. As usual, Guiliano employs the warm, personal tone that has earned her so many followers, and she frequently shares anecdotes from her own life as she introduces her recipes, which range from simple scrambled eggs (made velvety with a touch of cream) to recipes that incorporate trendier ingredients, such as quinoa. The menus and suggestions for staple ingredients and equipment all support the approachable, delicious dishes, but it's Guiliano's final list of reasons to cook (for love, self-expression, pleasure, education, and amusement) that may finally send readers into the kitchen to start following her sensible advice.

— Gillian Engberg