



Provençal Cooking: Savoring the Simple Life in France

Mary Ann Caws

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A savory tribute to the simple joys of life in Provence—great company, delicious food.

More than thirty years ago, Mary Ann Caws, then a young professor, moved to Provence to translate the poetry of Provençal poet René Char. What sounded like a simple romantic sojourn turned into a journey of self-discovery on the joys of living simply and enjoying the maxims of the Provençal "good life"—good company, good food, and great wine, preferably from your neighbor's vineyard. There was little else in the way of material goods. Her little cottage, her *cabanon*, had no running water, no heat, no electricity. When she arrived that first day with her young family in tow, the house was even missing a wall and almost half of the roof. The rest of the place seemed held together only by weeds and brambles. Mary Ann and her family were never happier.

The beauty of the olive trees, cherry orchards, marketplace and vineyards dictated the rhythm of their new lives. The process of preparing food and then sharing it with friends and neighbors came to embody the essence of their existence on the hillside of Mount Vertaux. Now, in this delightful and lyric meditation on Provence and its food, Mary Ann invites you to sit down at her table and share in some of her favorite recipes, the recipes of her neighbors, and her delicious memories of life in France.



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