



The Beautiful Story of Mont-Saint-Michel

With 88 Recipes From Mere Poulard

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- A wonderful tale of love, art and cuisine in Mont Saint-Michel

For the 130th anniversary of La Mère Poulard, discover the incredible character of this leading figure in French cuisine. La Mère Poulard has managed to promote a cuisine that is genuine and truly reflects the land, as well as this centre of tourism and pilgrimage: Mont Saint-Michel! The bay, the abbey, the village... these are symbols of the French heritage that attracts more than 2.5 million tourists each year. As well as its history, this book reveals some of the secrets of La Mère Poulard, especially through its 88 recipes including: Mère Poulard's fresh, ten-egg omelettes with shellfish from the bay, grilled sardines, white butter sauce with fresh ginger, little cream pots, and a pudding based on French toast with caramelised apples. A wonderful homage to a gourmet cuisine that perfectly symbolises Mont Saint-Michel.

As mayor of Mont Saint-Michel for 24 years, Eric Vannier has played a key role in the safeguarding and development of this emblematic symbol of French heritage, and in promoting the image of France, Normandy and Mont Saint-Michel at an international level. Vannier is also the president of La Mere Poulard group, and he was appointed Knight of the Order of Arts and Letters and honorary mayor of Mont Saint-Michel to recognise his many years of work for the region.