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Phenomenally Talented And

Successful Young French Chef

Who Single Handedly Decided

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book Cuisine Minceur became a

cult item among foodies at

the time and is still as relevant and interesting today Since those heady days Guérard has been running his restaurant which gained three Michelin stars in 1977 and

guest house at Eugénie les

Bains in the south west of

France and maintaining his

reputation as one of France s
leading chefs ,

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that forced readers of
updike—admirers and
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new hard look at him the
present collection seems as
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at Eug nie les
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starred chef michel
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author of 1m copy
selling cuisine
minceur and a

driving force in
the nouvelle
cuisine movement
which redefined
french cooking in
the 1970s the
luxury spa hotel
and dining
establishment he
and his wife
christine guerard
opened in 1974

eugenie les bains
offers guests a
modern version of
the greco roman spa
experience and a
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from the horse's
mouth. Guérard is
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practitioner, some
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on their plate came
to our menu on day
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Michel Guérard
which recreated
lighter versions of
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nouvelle cuisine
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acknowledged that
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tasted better and
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the new cuisine is
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