

Fall 2024 Foreign Rights Guide

# Flammarion

**GASTRONOMY  
FOOD & DRINK**





## Around the World in 150 Breakfast Recipes

**Petit déjeuner**  
*Tout un monde en 150 recettes*

210 x 280 • 304 p • Hardcover  
59 000 words approx. • 133 illustrations  
35 € • September 2024

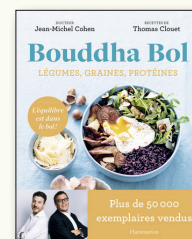
150 breakfast recipes from all over the world: during the week and at the weekend, at the office or at home, alone, with family or friends, healthy, traditional, on the go or as a proper meal.

**Thomas Clouet** is a chef and a food stylist, coach and food critic, he hosts several cooking shows on TV and has established a name for himself as the French specialist of finger food and street food.

**Claire Fauvain** is an independent graphic designer and illustrator.



By the same  
author:



50,000 copies sold

### Spreadable

Amlou (Morocco)  
Peanut butter (United States)  
Soft salted butter caramel  
Strawberry jam  
Dulce de leche (Argentina)

### Drinks

Api morado (Bolivia)  
Bellini (Italy)  
Bloody Mary (United States, Great Britain)  
Breakfast Martini  
Ca phe sua da (Vietnam)

### Cereals, seeds, pasta

Açaí na tigela (Brazil)  
Balaleet (Saudi Arabia, United Arab Emirates)  
Birchermüesli (Switzerland)  
Home-grown cereals (International)  
Champorado (Philippines)  
Chia pudding

### Pancakes

Aloo paratha (India, Pakistan)  
Baghrir or thousand-hole pancakes (North Africa)  
Bánh trắng nướng (Vietnam)  
Blinis (Russia)  
Crumpet (Great Britain)

### Cheese, vegetables, fruit, meat, fish

Akara (Nigeria)  
Baked beans (Great Britain, United States)  
Breakfast burrito (United States, Mexico)  
Breakfast sandwich (International)  
Chilaquiles (Mexico)

### Cakes, biscuits and pastries

Alfajores (Argentina)  
Bambalouni (Tunisia)  
Banana bread (United States)  
Boflotos (Ivory Coast/Togo)  
Bougatsa (Greece)

### Eggs

Changua (Colombia)

Cilbir (Turkey)  
Cloud eggs  
Dan bing (Taiwan)  
Egg bhurji (India)

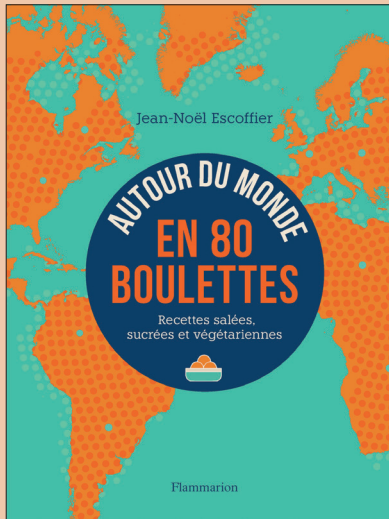
### Bread

Arepas de queso (Venezuela, Colombia, Bolivia)  
Bánh-mì (Vietnam)  
Bread and butter pudding (Great Britain)  
Pretzel (Germany/France)  
Eish or Aish baladi (Egypt)

### Toast

Avocado toast (Australia)  
Huevos motulenos (Mexico)  
Pan con tomate (Spain)  
Smørrebrød (Denmark)  
Chocolate vermicelli toast (Netherlands, Dutch Belgium)  
Tartine charentaise (France)  
Welsh rarebit (Wales)

(more recipes in every topic)



# Around the World in 80 Food Balls Recipes

**Autour du monde en 80 boulettes**

190 x 255 • 304 p • Hardcover  
 80 000 words approx. • 80 illustrations  
 26 € • April 2022

From the banks of the Mekong River to the beaches of Cariocas, amateurs of food balls can be found all around the world. Sweet or savory, food balls are one of the most familiar and modest dishes everyone loves to eat on the street or at home. In this journey through 80 food balls, the author shares traditional recipes from the five continents, covering a wide range of ingredients and cooking methods, and tells the story behind each recipe.

### Jean-Noël Escoffier

Enthusiastic traveller and gourmet, the author takes great pleasure in satisfying his curiosity and interest in recipes from popular cuisine around the world. For several years, he has focused on food balls and has compiled a list of almost 400 of them, aspiring in all modesty - and not without a sense of humour - to become the world's leading authority on the subject.

#### North America

Caribbean  
 - United States - Canada

#### South America

Brazil - Costa-Rica - Peru

#### Northern Europe

Denmark - Netherlands  
 -Belgium Sweden - UK

#### Central and Esatern Europe

Lithuania - Germany -  
 Poland - Balkans - Austria -  
 Switzerland  
 - Georgia - Russia

#### Southern Europe

Spain - Italy - France

#### Africa

South-Africa - Mozambic -  
 Mauritius Island - North  
 Africa - Tunisia West-Africa  
 - Central Africa

#### Turkey and Middle East

Turkey - Syria - Israel - Iran  
 - Armenia

#### South-East Asia

India - Tibet - Indonesia -  
 Maldives - Vietnam - Tonga

#### North-East Asia

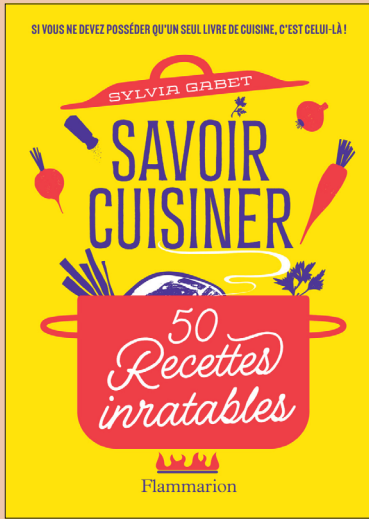
Japan - China - South-Korea

- Universal, food balls are a very popular dish all around the world.
- Traditional local recipes, beautifully illustrated.

**To be published in April 2025  
 by the same author:**

*Around the World in 80 Sandwich  
 Recipes*





# Unmissable: 50 Foolproof Recipes

## Savoir cuisiner: 50 recettes irratables

150 x 210 • 160 p • Softcover  
 22 000 words approx. • 50 illustrations  
 19.90 € • October 2024

### 50 essential recipes: tried, tested and unmissable.

These foolproof recipes are perfect for beginners and lovers of good food. Whether for everyday meals or special occasions, these dishes will delight from starters to desserts, including 9 ways to cook eggs as well as the perfect chocolate cake.

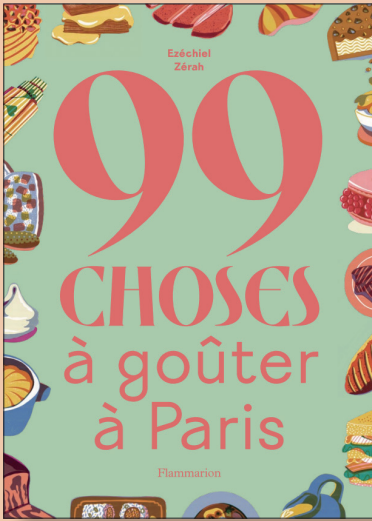
Sylvia Gabet is the author of over 30 cookbooks. A food critic for 15 years, she has worked with some of the world's top chefs, including Yves Camdeborde, Éric Frechon and Georges Blanc. The 7 volumes in her *On mange quoi ce soir?* (ed. La Martinière) series have sold over 200,000 copies.

- Starters and aperitifs
- Vegetables and Vegetarian
- Meat
- Fish
- Sauces
- Desserts
- Snacks

• Timeless, easy recipes, perfect for beginners.







# 99 Must-Taste in Paris

## 99 choses à goûter à Paris

130 x 180 • 128 p • Softcover  
 12 000 words approx. • 99 illustrations  
 9.99 € • October 2024

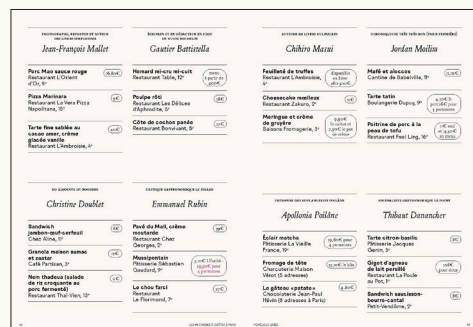
An insider's guide to the best dishes in the best places in Paris, with the contribution of 30 names from the culinary scene sharing their best secrets.

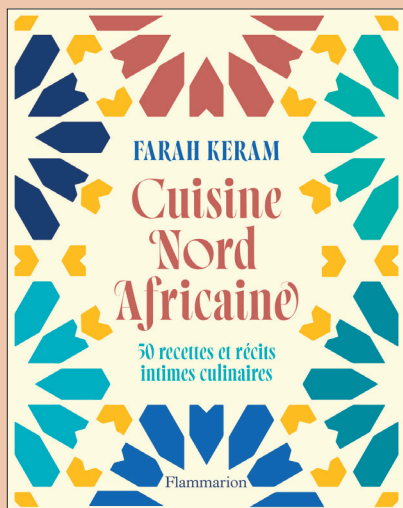
A selection spanning bistros, restaurants, canteens, palaces, patisseries, cheese shops, and grocery shops. From the €2.60 Fontainebleau in the 17th arrondissement to the €75 prime rib in the 4th arrondissement, there is something for every taste and budget.

33 contributors including: François-Régis Gaudry, Jean-François Mallet, François Simon, Zazie Tavitian, and Chihiro Masui...

Ezéchiel Zérah, former editor-in-chief of the gastronomy pages at *L'Express* French Magazine, is the creator of the online magazine *Pomelo*.

- Comprehensive culinary guide with a selection of 99 top culinary delights across Paris.
- Featuring insights and favorite spots from thirty renowned contributors in the culinary scene.





## North African Cuisine

*50 Recipes & Personal Culinary Accounts*

### Cuisine Nord Africaine

*50 recettes et récits intimes culinaires*

190 x 240 • 192 p • Softcover  
45 500 words approx. • 125 illustrations  
29.90 € • February 2025

A rich culinary journey through North Africa, featuring **50 emblematic recipes** like Chakchouka, Mteuem dumplings, Karentika, Harira, Tajine, and Msemen bread.

In addition to these traditional dishes, the book also delves into **50 unique cultural and sociological accounts**. These narratives explore themes of culinary transmission, the pivotal role of women in North African cooking, and the sacred seasonality that influences the region's cuisine.

**Farah Keram** is a culinary journalist who traced the footsteps of the women in her family to collect fifty recipes deeply rooted in seasonality and reflective of her cultural heritage.

- An embodied book with a **strong personality**.

### The Southern Shore

**The southern shore of the Mediterranean, also known as North Africa, containing recipes and stories unique to this region.**

Story #1: What is North Africa? What are its culinary boundaries and multiple influences?

Recipes

Story #2: Sacred Seasonality

Story #3: A Cuisine by Women – The Beauty of the Gesture

Story #4: Transmission and Silence in the Kitchen

### The Grey Zone

**The ambiguous area typical of any dual identity, featuring suspended recipes that fit the stories included in this section.**

### Recipes

Story #5: Food Rites and Rituals

Story #6: Couscous, Sacred Ancestral Art – Couscous is a Celebration

Story #7: Bread, the Binding Element

### The Northern Shore

**Recipes created here and themes that align with the northern shore.**

### Recipes

Story #8: Migration and Its Flavor in Cuisine

Story #9: The Taste of Diasporas

Story #10: Back and Forth: Not Quite Here, Nor There?





# Astro-Food

*A Handbook On Astrology For Food Enthusiasts*

## Astro Food

*Traité d'astrologie à l'usage des gourmands*

135 x 210 • 192 p • Softcover

15 illustrations

18.90 € • January 2025

### When astrology meets cuisine.

What does our sun sign say about our relationship with food? What does our moon sign reveal about our culinary emotions? Through the lens of cooking, astrology guides us to better understand ourselves and find harmony with others.

In a cheerful and dynamic tone, Amélie Weill unveils **the secrets of the dining table based on the signs of the Zodiac**, revealing how to treat loved ones at the next dinner party.

**Amélie Weill** is an astrologer and food journalist for *Time Out*. She also shares her knowledge through various workshops, talks, and publications, guiding people to better understand themselves and their relationships with others through astrology and gastronomy.

- Astrology, an exploding trend.

#### Purpose of astrology and its link with cuisine

(seasonality, celestial, earthly food)

How to use this book and understand your birth chart

#### Seasonal cuisine

Sun Sign in Astrology: Inner core and outward radiance

#### Spring

Aries, Taurus, Gemini: personality, dining traits, favorite dishes

Zodiac Signs' Picnic

#### Summer

Cancer, Leo, Virgo: personality, dining traits, favorite dishes

Zodiac Signs' Barbecue

#### Autumn

Libra, Scorpio, Sagittarius: personality, dining traits, favorite dishes

Zodiac Signs' Forest Return

#### Winter

Capricorn, Aquarius, Pisces: personality, dining traits, favorite dishes

Zodiac Signs' Christmas Dinner

#### Eating your emotions

Moon Sign in Astrology: emotions, comfort food, and memory

The 12 Moon Signs: rituals, ideal comfort meals

#### The starred menu

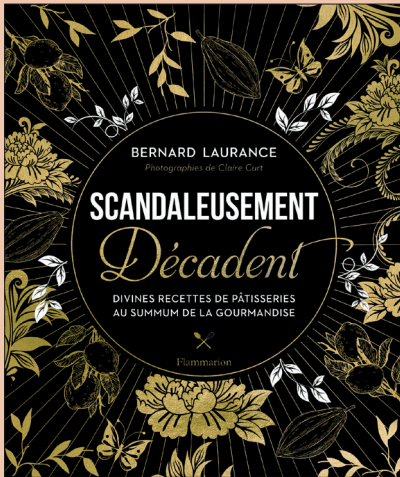
Ascendant and North Node: paths to potential

12 Ascendants: paths and anecdotes

12 North Nodes: best cooking practices

#### In the Zodiac tavern

Astrology and drinks: cocktails for each sign



## Gloriously Decadent

*Divine Pastry Recipes at the Pinnacle of Indulgence*

### Scandaleusement décadent

*Divines Recettes de Pâtisseries au Summum de la Gourmandise*

230 x 280 • 288 p • Hardcover  
 25 000 words approx. • 151 illustrations  
 29.90 € • November 2020

**100 gloriously decadent recipes**, replete with oozing chocolate, trickling toffee, and luscious cream.

From Paris at the end of the 19th Century, passing by Saint-Tropez in the 1960s, the Netherlands, Norway, Sweden, an Indian detour and then on to the United States, this globetrotting gourmet shares his new discoveries, bringing us unusual recipes, like Kenyan mahamri made from coconut milk and cardamom, Danish Aebelskiver, Russian medovik with honey and spices, Indonesian spekkoek, and even Viennese sachertorte. He helps us rediscover traditional recipes like Italian chocolate and almond biscotti, indulgent cookies with praline, toffee, chocolate and peanuts, and pistachio crème brûlée. And he revisits great French classics, including raspberry and pistachio choux buns, lemon meringue pie, rum babas and more.

**Bernard Laurance** is a passionate self-taught cook. A fervent traveler, he takes advantage of every stopover to explore markets, taste new flavours, browse through products and try out recipes.

**Claire Curt** is a photographer who works both for the press and in publishing. She has contributed on many food and crafts titles.

- A best-selling author with **80,000 copies sold of his previous titles worldwide.**
- Unashamedly delicious and accessible recipes!

**To be published by the same author in October 2025:**

### *Asian Pastries*



*Asian Pastries* by Bernard Laurance offers a delightful journey through the diverse world of Asian desserts, featuring recipes from traditional treats like mochi and dorayaki to innovative fusion creations such as matcha tiramisu and coconut cream cheese tartlets. This book is a must-have for anyone looking to explore the unique flavours and textures of Asian confections.



TO BE PUBLISHED



Félicien Delorme © Flammarion



**Thierry Marx**, one of the most talented and popular Chefs with 3 Michelin stars, is now running “Madame Brasserie”, a restaurant on the first floor of the Eiffel Tower and a new sustainable gastronomy restaurant Onor, in Paris. He has been voted president of the Union of trades in the hotel industry.

In 2017, the European Space agency asked him to create a gastronomic menu to be enjoyed on board the International Space Station. Thierry Marx is also a martial art amateur, having a black belt in judo.

He is closely associated with molecular cuisine and is the author of *Easy Marx* and *Planet Marx*. A celebrity chef, he appears as a judge on the French version of the popular TV show Top Chef.

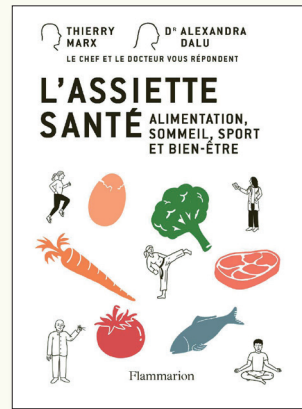
**BEST-SELLING AUTHOR**

To be published in April 2025:

*Cooking With Wild Spices*



150 x 210 • 192 p • Softcover  
19.90 € • May 2024



150 x 210 • 240 p • Softcover  
19.90 €

Over 20,000 copies sold!

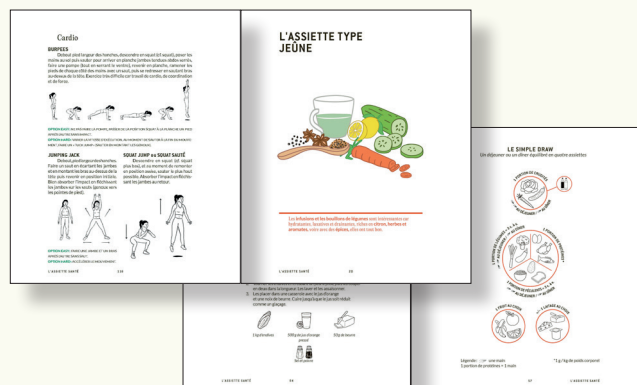
Thierry Marx presents a gastronomy guide advocating for a rethink of our food habits. He emphasizes that eating well doesn't equate to higher costs and promotes returning to simple, unprocessed foods.

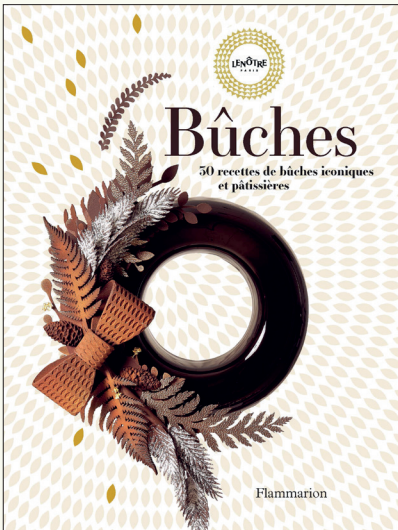
The book offers practical advice on smart consumption, storage, and anti-waste, along with 50 easy, healthy, and eco-friendly recipes. It's a pathway to benefits for health, budget, and environment.

Avoiding the trending diets, this book invites everyone to follow a healthy lifestyle.

Michelin-starred Chef and martial art amateur, Thierry Marx shares twenty-six everyday recipes, healthy, tasty, fast and at an affordable cost, as well as simple and effective exercises to practice ten minutes a day.

World renowned endocrinologue Dr. Alexandra Dalu presents all the benefits from a balanced diet, and the basic rules for a good sleep. Includes the interviews with multidisciplinary experts in food engineering and ecology, neuroscience, sports sociology and the media, giving a holistic approach to health.





210 x 280 • 272 p • Hardcover  
43 000 words approx.  
175 illustrations  
35 € • October 2024

Rights Sold in:  
English World



190 x 260 • 432 p  
Hardcover  
60 000 words approx.  
150 illustrations  
29.90 € • November 2020

Rights Sold: English  
World, Russian,  
Simplified Chinese

17,000  
copies sold

## Yule Logs by Lenôte

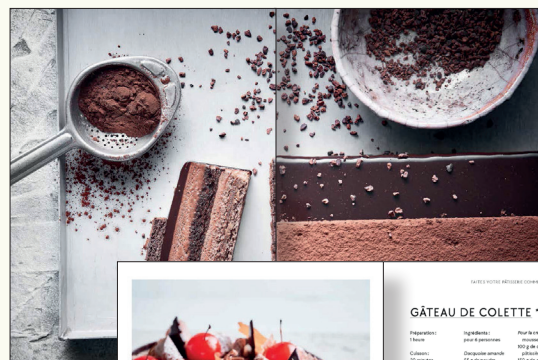
### 30 Recipes for Iconic Pastry Christmas Logs

La Maison Lenôte and Chef Guy Krenzer unveil the creative process behind their iconic yule logs. Featuring **15 original creations** and **15 variations for homemade versions**, the book showcases both innovative and traditional pastry recipes. It highlights Maison Lenôte's dedication to haute cuisine, sharing their culinary expertise and heritage. With recipes catering to a variety of tastes and skill levels, this book offers something for every yule log enthusiast.

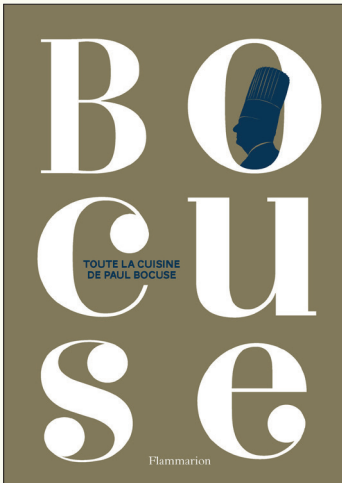
## French Pastries and Desserts by Lenôte

### 200 Classic Recipes

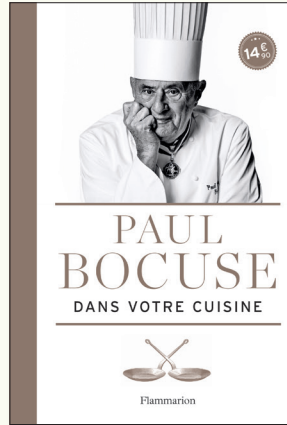
The "cult" pastry book that brings master French pastry chef Lenôte's sweet finales into the home kitchen. Paris "pastry genius" Gaston Lenôte is revered for making French pastries lighter and his techniques continue to influence pastry chefs worldwide, such as Pierre Hermé. In this illustrated edition, the Master chef's daughter, Sylvie Gille-Naves, revisits 200 original recipes, from classics like croissants, éclairs, madeleines, cherry clafoutis, crêpes, and baba au rhum, to innovations like sugared almond ice cream and chocolate hazelnut Tanghana. Recipes are adapted for home-made pastry, ensuring perfect results even for amateur bakers.



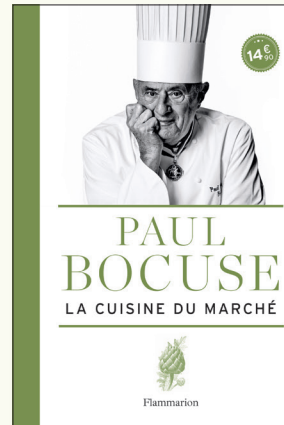




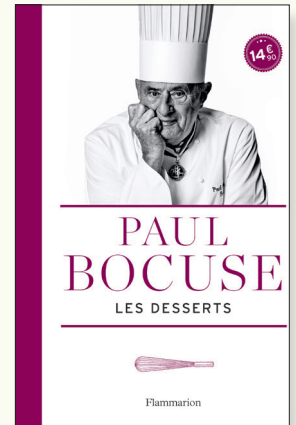
180 x 255 • 784 p •  
 Hardcover 35 €  
 126 000 words approx.  
 Rights Sold in: English World



180 x 255 • 240 p •  
 Softcover 14.90 €

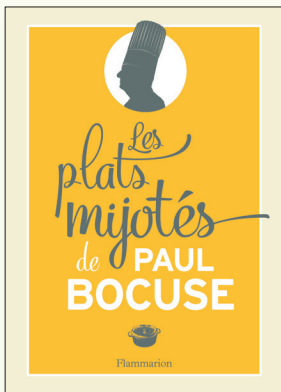


180 x 255 • 240 p •  
 Softcover 14.90 €

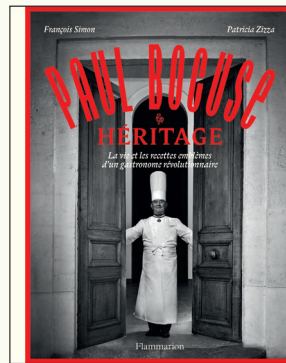


180 x 255 • 240 p •  
 Softcover 14.90 €

## Collection Paul Bocuse



180 x 255 • 187 p •  
 Softcover 19.90 €



190 x 240 • 208 p •  
 Hardcover 14.50 €



170 x 210 • 240 p •  
 Softcover 12 €

### Toute la Cuisine de Paul Bocuse (illustrated)

Rights Sold in: English World

### Paul Bocuse dans Votre Cuisine (illustrated)

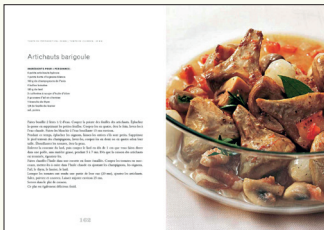
Rights Sold in: English World, Italian, German

### La Cuisine du Marché (illustrated)

Rights Sold in: Italian, English World

### Les Desserts (illustrated)

Rights Sold in: Italian, English World



### La Cuisine du Marché (original non-illustrated edition)

Rights Sold in: Italian, Dutch

### Les Plats Mijotés

### Paul Bocuse Héritage

### Mes Meilleures Recettes

Rights Sold in: English World





# Ferrandi: Meat & Poultry

*Recipes and Techniques from the Ferrandi School of Culinary Arts*

**Ferrandi: Viandes**

*Recettes et techniques d'une école d'excellence*

210 x 280 • 304 p • Hardcover  
44 000 words approx.  
35 € • October 2024

Rights Sold in:  
English World

*To be published in October 2025:  
Ferrandi: Fish & Seafood*

This book offers a complete course in cooking all varieties of meat: beef, veal, pork, lamb, poultry, and game. From trussing a chicken to tying a pork loin to dressing a rack of lamb, you will gain all the fundamentals for preparing meat, along with more advanced techniques such as preparing sweetbread or deboning and stuffing quail. Impress your dinner guests by serving dishes such as duck confit, wild boar tacos, moussaka, beef bourguignon, filet mignon, Texan pork ribs, osso bucco, or lamb tajine.

Written by the school's experienced teaching team of master chefs and adapted for the home cook, this fully illustrated cookbook provides a concise, expert guidance through forty-five fundamental techniques and seventy recipes that form the building blocks of the illustrious French cooking tradition, explained step by step in text and images. Practical information is presented in tables, diagrams, and sidebars for handy reference. Easy-to-follow recipes are graded by level of difficulty, allowing readers to develop their skills over time. Whether you are an amateur home chef or an experienced professional, this extensive reference provides everything you need to master the world-class culinary school's recipes for meat.

**Ferrandi Paris** cooking school opened in 1920 to train culinary professionals. Internationally renowned for excellence, Ferrandi offers courses of all levels to students from France and abroad, including masterclasses taught by celebrated Michelin-starred chefs.

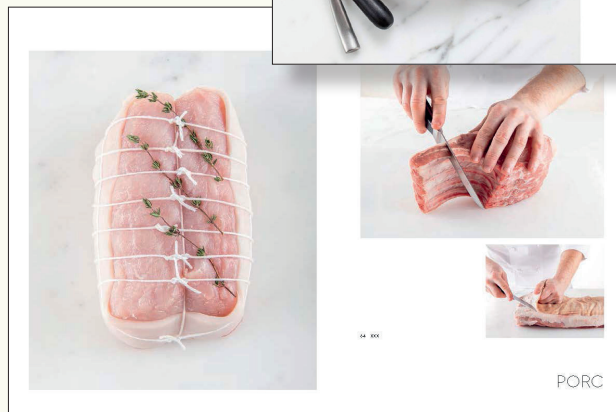
- Guided by **master chefs** with deep expertise.
- **Instructive approach** for fool-proof recipes.

**The Basics  
Equipment  
Techniques**

Beef  
Veal  
Pork  
Mutton/Lamb  
Poultry  
Game birds/hare

**Recipes**

Beef  
Veal  
Pork  
Mutton/Lamb  
Poultry  
Game birds/hare

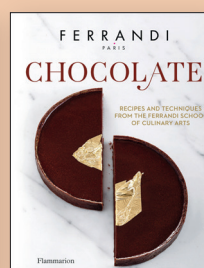
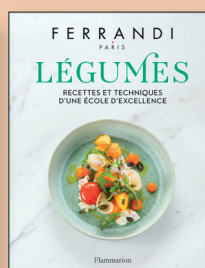
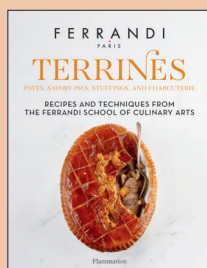




# École Ferrandi Best-Sellers



**200,000 copies sold worldwide**



210 x 280 mm., 300 p., Hardcover, 29.90 €

The ultimate reference books from Ferrandi Parisian School of Culinary Arts, internationally renowned for excellence.

Written by the school's experienced teaching team of master chefs and adapted for the home cook, these fully illustrated cookbooks provide all the fundamental techniques and recipes that form the building blocks of the illustrious French cooking tradition, explained step-by-step in text and images.

Practical information is presented in tables, diagrams, and sidebars for handy reference.

Easy-to-follow recipes are graded by level of difficulty allowing readers to develop their skills over time.

**FERRANDI PARIS offers courses to students of all levels from all over the world, including master classes with Michelin-starred chefs.**

**The School has developed an international partnerships with prestigious culinary schools.**

**Also Available in the Series:**

## Pâtisserie -

250 x 295 mm., 656 p., HC, 49.90 €

Rights sold : English World, Hungarian, Russian, Simplified Chinese, Complex Chinese, Japanese, Spanish, Korean, Dutch

## Chocolate -

210 x 280 mm., 304 p., HC, 29.90 €

Rights sold : English World, Spanish, Hungarian, Simplified Chinese, Complex Chinese, Korean, Japanese

## Fruits -

210 x 280 mm., 304 p., HC, 29.90 €

Rights sold : English World, Simplified Chinese, Korean

## Vegetables -

210 x 280 mm., 304 p., HC, 29.90 €

Rights sold : English World, Simplified Chinese, Korean

## Terrines -

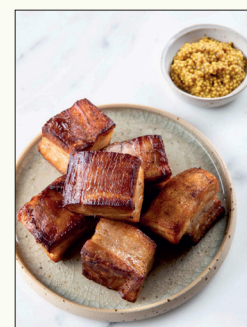
210 x 280 mm., 308 p., HC, 35 €

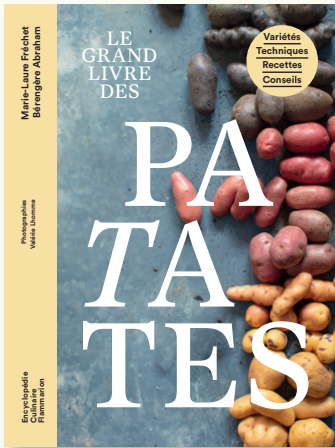
Rights sold : English World, Complex Chinese

## French Boulangerie -

210 x 280 mm., 304 p., HC, 35 €

Rights sold : English World





## The Encyclopedia of Potatoes

*Techniques and Recipes*

Le Grand Livre des Patates

210 x 280 • 240 p • Hardcover  
28 700 words approx. • 80 illustrations  
35 € • September 2023

Everything there is to know about potatoes is gathered here in this potato bible: history, varieties, textures, shapes, cooking and preservation methods, as well as more than fifty classic recipes (Pont-Neuf fries, pommes duchesse, mousseline mashed potatoes...), regional recipes (aligot, gratin dauphinois, Spanish tortilla...) and worldwide recipes (indian potatoes curry, accras, Stoemp...)

- An easy-to-use, practical book.
- 50 recipes by Bérengère Abraham.



To be published:

*The Encyclopedia of Nuts in October 2025*  
*The Encyclopedia of Mushrooms in October 2026*



## The Encyclopedia of Cheese

*Techniques and Recipes*

Le Grand Livre des Fromages

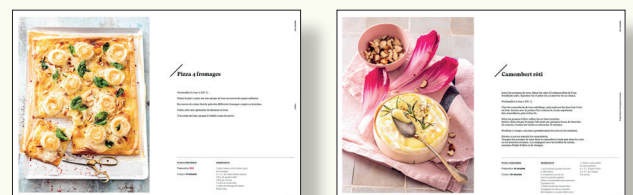
210 x 280 • 288 p • Hardcover  
48 250 words approx. • 80 illustrations  
35 € • October 2023

With over 1,200 varieties of cheese in France, where else to find specialist author to write a complete guide to :

- Understand the methods of production;
- Discover the different cheese families;
- Find the best combination of bread and drink;
- Create balanced cheese plates.

Fifty savoury and sweet recipes including: Cheddar crackers; Fresh cheese with fine herbs; Tartiflette; Cheese soufflé; Mac and cheese; Crêmet d'Anjou; Cheesecake; Ginger and Beaufort crumble and much more.

- An **exhaustive work** on one of France's speciality food.





# The Culinary Encyclopedia Series

Comprehensive guides to master cooking at home!

Practical guides with all the basic rules to master techniques and recipes, fully illustrated step by step. Each book contains 100 illustrated recipes by 20 renowned chefs, organized by level of difficulty.

Over 300,000 copies sold worldwide

240 x 270 mm (classic format) - 35 €

210 x 280 mm (new format) - 35 €

Gastronomie and Desserts (new format) - 39.90 €

Approx. 450p., HC with imitation cloth-binding

## New Format



Rights sold: Spanish,  
English World



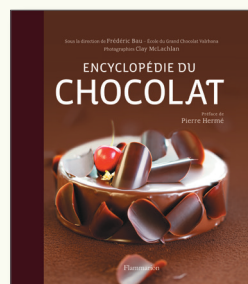
Rights sold: English World



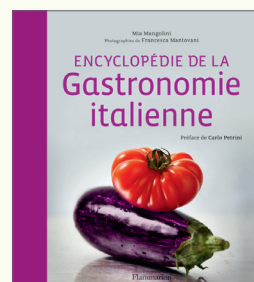
## Classic Format



Rights sold: Spanish,  
English World

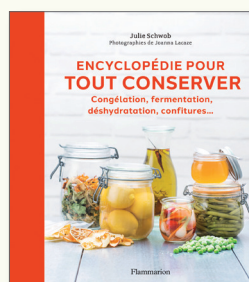


Small price: 24.90 €  
200 x 250 mm



Small price: 24.90 €  
200 x 250 mm

Rights sold: Portuguese, Spanish, Italian,  
English World



Rights sold: Portuguese,  
Italian, English World



## Exceptional Pastry

*The Alliance of 5 tastes*

**La Pâtisserie extraordinaire**  
*Les alliances des 5 goûts*

190 x 255 • 176 p • Hardcover  
19 400 words approx. • 170 illustrations  
26.90 € • April 2024

### A guide and a journey through the 5 tastes

Sweet, salty, bitter, sour, umami – each taste plays a role in the balance and success of a dish.

This illustrated guide is about exploring new sensations, creating surprise, and understanding how tastes can subtly combine for innovative and successful pairings. By the end, it is enabling everyone to craft their first blend of flavors for a unique and delightful result!

### Such a sweet acidity

**Fleur de sel on the tongue**

**A bouquet of bitterness on the palate**

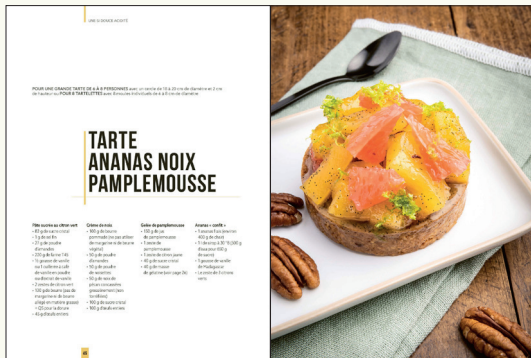
**Sweet as you like!**

**Invisible umami...**

**Create your own combinations of tastes and flavours!**

Chef **Cyril San Nicolas** is a renowned expert in the world of French patisserie, with over 25 years of experience. An experienced craftsman and entrepreneur, he ran a boutique and laboratory in Bordeaux for 25 years before opening other concepts. He travels all over France and the world for regular workshops, demonstrations and events. He founded his digital pastry school, which has earned him a reputation online.

- **Classic, revisited, new and daring recipes** at every stage.
- An **approved, fun, simple and progressive method** for educating one's palate.







# Pastry Renaissance

*Healthy and Tasty*

## Révolution Pâtisserie

*Enfin un livre pour réaliser des pâtisseries saines et gourmandes*

210 x 280 • 256 p • Hardcover

40 illustrations

35 € • September 2023

Rights Sold in:

English World, Brazilian Portuguese

If patisserie is a culinary art of excellence where technique is put at the service of beauty and flavour, it is now possible to think of healthy patisserie.

Johanna Le Pape, 2014 World Champion of the Sweet Arts, approaches patisserie from a new angle, that of dietetics and micronutrition. She offers an embodied, plural and committed vision based on 5 pillars:

- **Diversification** by integrating a wide variety of ingredients (plants, seaweed, flours, sugars, etc.).
- **Balance** between sugars and fibers for a low glucid index.
- **Innovation** by preserving micronutrients through adapted transformation and cooking processes.
- **Upcycling** our waste into new resources.
- **Sourcing** seasonal ingredients from committed producers.

Johanna shares, for each family of ingredients that can be used in her pastry, their nutritional value and glucid index information, their origin, taste and technical specificities before rejoicing with 50 recipes: from dough to macarons, meringues, travel cakes and cream-based desserts.

**Johanna Le Pape** is a talented pastry chef. She began her career at Lutetia, then at Le Meurice with Cédric Grolet and Maxime Frédéric. She continued her adventure at Ladurée and won the World Cup of Sweet Arts in 2014. She founded the Auae workshop, and devotes herself to creation, consulting and training. Johanna collaborated with Gwyneth Paltrow's magazine *Goop*.

**Mélanie Fréchon** is a dietitian nutritionist, specialised in sports nutrition.

- Bible of **healthy patisserie**.
- A **renown French pastry chef**.
- Complete introduction on **sugar and its different forms**.
- Health advisor to the chef of NBA star Ruby Gobert.
- A media savvy chef who lives between Paris and Los Angeles.

- Flours
- Sugars and sweeteners
- Seeds, oleaginous fruits & beans
- Dairy and vegetable products
- Fruits and vegetables
- Aromatic herbs
- Flowers
- Spices
- Texturizers and natural colorants
- Different cooking methods
- Johanna's recipes





## Grains by Manon Fleury

74 Recipes Combining Culinary Excellence and Sustainability

### Céréales

Les nouvelles recettes d'une cheffe engagée

190 x 255 • 224 p • Hardcover

50 000 words approx.

29.90 € • September 2022

Rights Sold in:

Spanish

By Michelin-starred Chef acclaimed in International Press

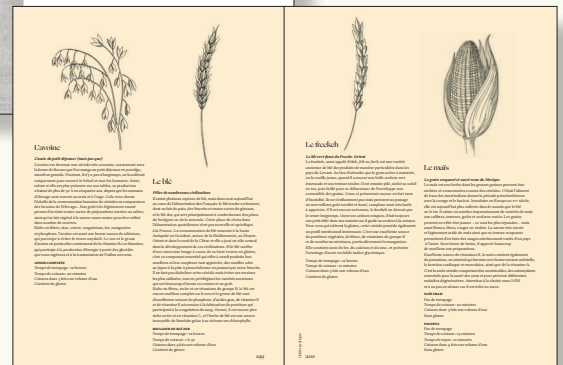
Young and talented Chef Manon Fleury puts cereals back at the heart of the ecological transition of our future diet.

Oat, bulgur, rye, quinoa, Sorgho... the author presents 14 varieties, from their botanical description to their cooking method, highlighting their nutritious properties and their sustainability aspect.

Includes 74 personal recipes covering breakfast, beverages, salads, soups, raw fish, vegetarian meals, fish, meat and desserts from "express recipes" that can be made in 15 minutes, to expert level mouth watering dishes.

### Chef Manon Fleury

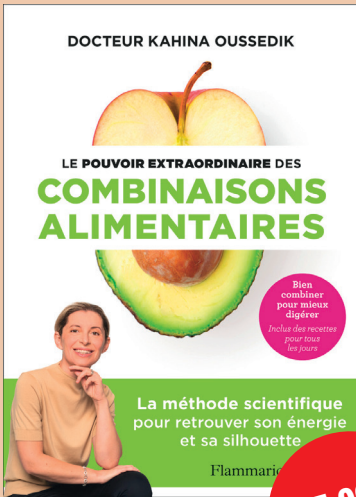
Trained at the prestigious Ecole Ferrandi - Paris, recently at the helm of the Michelin-starred Elsa Monte-Carlo, Manon Fleury is now in residency at Le Perchoir, one of the higest Parisian Top Floor restaurants. In either classical or trendy places, she delights with exceptional cuisine with high standards for product quality and origin, focusing on the terroir and local ecosystem.



• Acclaimed by both domestic and international media: ELLE, Le Figaro, Paris Match, Telerama, France Info etc.

• Cooking with English Michelin star chef Merlin Labron-Johnson in 4 hands dinner events.





**17,000 copies sold**

# The Extraordinary Power of Food Combinations

Le Pouvoir Extraordinaire des Combinaisons Alimentaires

150 x 210 - 176 p - Softcover  
 19 000 words approx.  
 19.90 € - January 2023

The integration of food combinations in our daily life is a question of biochemistry that will help especially over 40 years old. When food is well combined, digestion gets easier, intestinal absorption of nutrients is better and fat storage is reduced.

Well-combined food can also help prevent certain diseases (obesity, cancer, diabetes, etc.) and regain energy.

An effective method: how to combine 4 main food groups for a better digestion:

- Animal proteins
- Starches
- Acids
- Neutrals

**Dr. Kahina Oussedik** is a doctor in molecular biochemistry, a nutritionist and a specialist in nutritional balance. While working on her thesis on the effects of cancer treatment thanks to food combinations, she discovered that they also improve the patients' digestion system. The convincing effects of her research are now available to the greater public in this book.

**Food biochemistry, the middle way between medicine and nutrition**

**A modern diet in an ancestral digestive system**

**The main families of products according to their chemical reactions**

**The main stages of digestion: a little mechanics and chemistry**

**Combining for better digestion**

**What is the ideal time to eat each food family**

**The benefits of food combinations on our microbiota**

**Let's eat! Ideas for every day**

**Savory recipes**

**Starchy salad dressings**

**Sweet recipes**

**20,000 copies sold of the previous title**  
*La Magie de la Digestion* (ed. Le Livre de Poche).



## A History of Food in Japanese Art

*A Heritage from the Edo Period*

**Les Délices d'Edo**

*La gastronomie japonaise illustrée par les estampes*

200 x 280 • 256 p • Hardcover

33 300 words approx. • 150 illustrations

35 € • October 2023

Sushi, tofu, tempura, mochi, bento... Today, these dishes and desserts are beloved both in Japan and in many foreign countries, but their intriguing history stretches across the centuries.

This book spans the history of Japanese gastronomy in all its splendor and diversity: from the Edo period when the Japanese cuisine as we know it today was developed and took its definitive form through its elaborate celebrations and carefully-prepared dishes; from the creation of Soba and its establishment as a fast food; from the growing popularity of pilgrimages and travel through the island up to Japan's first contact with Western civilization.

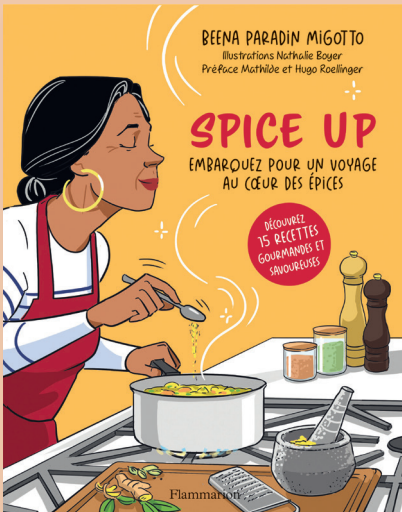
Brigitte Koyama-Richard offers an informative account of the internationally beloved Japanese cuisine paired with gorgeous illustrations faithfully representing the diversity and richness of the Japanese cuisine.

**Brigitte Koyama-Richard** is a professor of comparative literature and art history at Musashi University in Tokyo. She has published several works on Japan, including *One Thousand Years of Manga* (Flammarion, 2022) and *L'Animation japonaise* (Flammarion, 2010). She regularly works with Les Nouvelles éditions de la Scala specializing in Art and Japanese culture.

- By the author of *One Thousand Years of Manga* translated in **6 languages**.
- **150 illustrations** carefully chosen by the author from a wide range of museums and institutions.
- **Japanese culture's popularity**, from its cuisine to manga, is booming worldwide.



**The origins of Japanese gastronomy**  
**Nihonbashi, the belly of the capital in the Edo period**  
**The treasures of the sea**  
**Preparation methods and condiments**  
**Drinks**  
**Desserts**  
**Seasonal and annual festivals**



# Spice Up

*Spice Up your Plate Without Mistakes*

## Spice Up

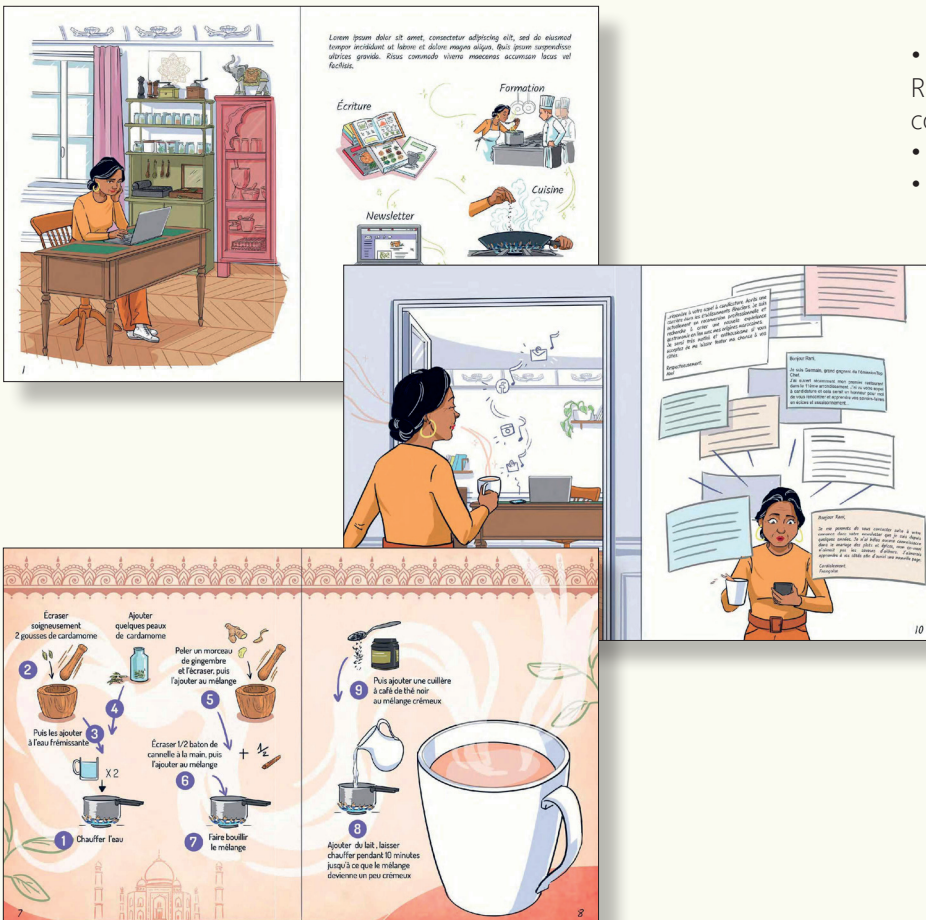
*Embarquez pour un voyage au coeur des épices*

190 x 240 • 144 p • Softcover with flaps  
 10 000 words approx.  
 22 € • May 2023

*Non-fiction graphic novel*

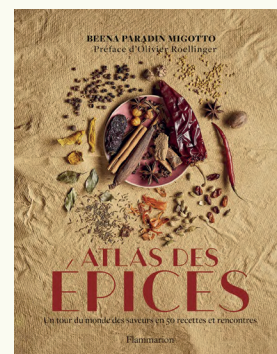
A playful and graphic approach to spices. Rani, a 60-year-old Indian woman is looking for disciples to whom she can pass on all her knowledge of the world of spices. Three characters as different as they are appealing help discover different spices and nearly twenty incredible recipes.

**Beena Paradin Migotto** is a founder of the organic and vegetarian formula brand Beendhi. She has also been developing for many years a range of spice blends «Olivier Roellinger by Beena».



- An introduction by Mathilde and Hugo Roellinger, a head of Roellinger spices company and a Michelin-starred chef.
- No-pressure approach to spices.
- Simple and inspiring recipes.

Already published in 2021:







## Giant Chefs!

*An Initiatory Journey to the Most renowned French Restaurants*

### Sacrés Chefs!

*Voyage fabuleux au cœur des plus grandes cuisines françaises*

198 x 268 • 224 p • Hardcover

17 000 words approx.

25 € • January 2021

Rights Sold in:

Korean, Complex Chinese, Turkish

Watching his grand-son struggle as a wannabe journalist, Guillaume's grand-father, a retired gastronomy critic, decides to help, and invites him to draw the portraits of eight of the most famous French Chefs for a culinary magazine.

Alain Ducasse, Arnaud Donckele, Alain Dutournier, Gilles Goujon, Michel Guérars, Laurent Petit, Anne-Sophie Pic, and Guy Savoy open their restaurants' doors to the young ingenuous for one day, sharing their art and philosophy with him.

Beyond visiting the gastronomy scene's backstage, Guillaume discovers each chef's very singular culinary esthetic and sensibility, deeply rooted in a terroir. A new world opens to him, where textures, colours, flavour blossom at every bite.

### Christian Regouby

Member of The Culinary College of France, founded in 2011 by 27 great French Chefs, among which Alain Ducasse, promoting a new eco-food system based on craftsmanship and diversity, he is the co-author with Alain Ducasse of *Manger est un acte citoyen* (Les Liens Qui Libèrent, 2017).

### Emmanuelle Delacomptée

Former literature teacher, she is an editor and an author.

### Fanny Briant

Literature teacher and an illustrator.

- A tasty graphic novel to discover 8 world-renowned chefs' culinary art.
- An initiatory journey to French gastronomy.

*"Giant Chefs delightfully immerse us in the gourmet world of enthusiasts who are convinced that eating is also a civic act."*  
Le Figaro





# Fermentation

*History, Uses and Recipes*

## Au Coeur de la fermentation

*Usages, histoire et recettes*

240 x 270 • 208 p • Hardcover  
 44 000 words approx. • 140 illustrations  
 29.90 € • February 2022

Rights Sold in:  
 English World, Spanish, Simplified Chinese

### Fermentation is life!

They're present everywhere in our environment, and they make the fermented foods and drinks that are at the heart of cuisines around the world. From hanging game to "age" in prehistoric times, to the latest technological research, the methods of fermentation have been greatly refined but the principle remains the same: we rely on living organisms to improve taste and human nutrition.

Through the exploration of food history that is almost as old as humanity, and an overview of key products — including bread, cheese, wine, beer, coffee and yogurt — this book immerses us in a world of unexpected flavors and textures. Some thirty tasty recipes — from simple (pickles, salmon gravlax, pretzel and kombucha) to sophisticated which were conceived by the experts of the Institut Paul Bocuse — enable everyone to discover the rich flavors offered by fermentation.

**Mathilde Fenestraz** is a Paris-based journalist and editor. Passionate about good food, she has co-written a number of cookbooks. Since writing this one, her kitchen has been invaded by jars, which has made her very happy!

**Stéphane Ros** is an art historian and art director. A graduate of the Ecole du Louvre, he is passionate about the history of food and nutrition and its representation in art.

- A key trend in today's cuisine.
- Recipes that can be easily recreated at home and key products explained.
- Tasting lessons of fermented products offered by experts from the Institut Paul Bocuse.
- A lovely mix of photos and illustrations by Sixtine Ros.

### A World History of Fermentation

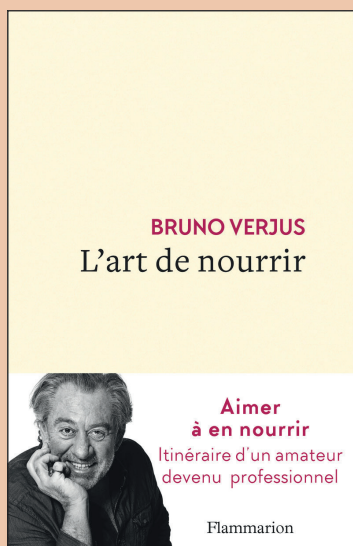
#### Fermentation types and techniques

The main fermented products and sophisticated and tasteful recipes with flavours from around the world.

#### Tips from Institut Paul Bocuse

Recipes and tasting tips for pairing fermented products proposed by chefs from Institut Bocuse.





## The Art of Nurturing

### L'art de Nourrir

135 x 210 - 192 p - Softcover  
40 000 words approx.  
17.90 € - May 2021

Rights Sold in:  
Spanish  
Text Available in: English

#### « The way we eat shapes the world we are living in. »

In this essay, Bruno Verjus, shares his personal food philosophy. Authentic products are the heart of his art of cooking. He sublimes them in a spontaneous gesture, as an urge to explore new flavors.

This text is an ode to the sensual experience of touching and observing the fish, flowers and plants, picking them from their natural environment, and to the creative spirit it stimulates. With all his generosity, the starred chef describes in an intimate way the range of pleasures and desires that comes with the art of nurturing people sitting at his table.

About 80 sophisticated recipes of a wide range of seasoning, salt doughs, seafood, vegetables, and desserts.

#### Spirit of cooking

Generosity  
Art of feeding  
Wonderment  
Walks  
Wild plants  
Colors  
Gesture  
Precision  
Harmony  
Humility  
Heritage

#### Intro to something more than recipes

Sweet and Sour  
Ashes  
Condiments

Mousses and soups  
Pasta  
Seawater  
Well-cooked  
Half undercooked  
Half-overcooked  
Tempura or the art of cooking the living  
Singing Butter  
Roasting  
Heritage  
Beautiful Products for Beautiful Cooking  
Frozen freshness:  
Ice creams  
Ice milks  
Slushes

#### Chef Bruno Verjus

Former doctor, businessman, traveler, and journalist for magazines and radio programs dedicated to food and gastronomy, he is a self-taught chef. He opened at the age of 54 A Table, a restaurant in Paris. Six years later, he was awarded with his first Michelin Star. In 2020, he obtains the Michelin green star, as a sustainable restaurant.

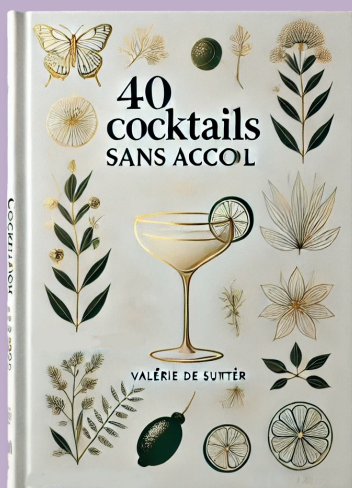
• **Food blogger since the early 2000's, Bruno Verjus is very active on social media, with 240 K followers on Instagram.**

• A book by a Michelin-starred chef, written from the heart.

*"A reflection on the art of exploring flavors, the need for sharing, coupled with an ode to chance and transmission." Libération*

*"An invitation to leisurely exploration, a culinary treatise, and an art of indulgence." Le Figaro*





Provisional cover

## 40 Alcoholic-Free Cocktail Recipes

40 recettes de cocktails sans alcool

190 x 240 • 160 p • Hardcover  
9 000 words approx. • 50 illustrations  
29.90 € • January 2025

### For an alcoholic-free yet festive aperitif!

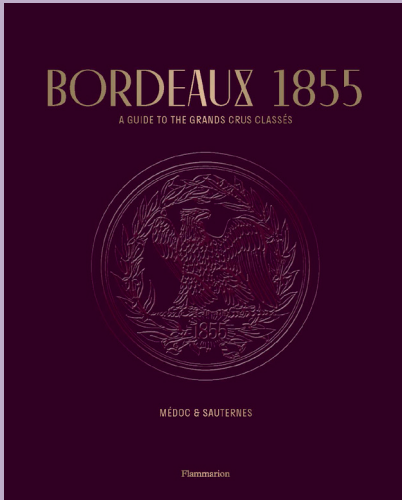
Juniper is an evergreen tree found in Europe, North America and Asia. It is used in medicine and its berries have been used as a flavouring in foods and alcoholic beverage such as gin.

This book features 40 alcohol-free cocktail recipes, including sugar-free options with medicinal plants. From revised classics to original Juniper Sprits creations, it offers a versatile guide to non-alcoholic mixology.

**Valérie de Sutter** is a founder of JNPR (Juniper Sprits brand), new kind of distillation spirit, made in France, with no sugar and 0.0% alcohol.

- An inspiring guide to the world of sophisticated, alcohol-free mixology.
- Recipes by a renown and talented Italian barman Flavio Angiolillo.
- Sugar-free cocktail recipes infused with medicinal plants.

Reimagined Classic Cocktails  
Low or No-Sugar Cocktails  
JNPR Signature Creations  
Functional Cocktails (plant-based drinks with specific effects: uplifting, calming, etc.)



## Bordeaux 1855

*A Guide to the Grands Crus Classés Médoc & Sauternes*

### Bordeaux Route 1855

*Rencontre des grands crus classés du Médoc et du Sauterne*

170 x 210 • 256 p • Flexibound  
39 000 words approx. • 120 illustrations  
26 € • June 2022

Rights Sold in:  
English World

*New edition to be published to celebrate the 170<sup>th</sup> anniversary of the Conseil des Grands Crus Classés*

A chic, highly illustrated, and practical guide to some thirty-five wine châteaux producing the finest red and white wines in Bordeaux.

Each winery featured is presented with its history, four unmissable wines to discover, wine and food pairings, geographical specifications and all of the technical information needed to have a pleasant trip through the Bordeaux wine country. Also included are suggestions for wine related tourist activities (the Médoc marathon or the ultra-modern Bordeaux Cité du vin museum), where to eat and sleep, family activities, must-see destinations in the area, practical advice for arriving by plane, train, car or bicycle, and details for contacting the estates.

This comprehensive guide is perfect for wine aficionados planning a trip to France as well as wine-loving armchair travelers who want to enjoy their Bordeaux wines with discernment. Includes detailed maps.

### Conseil des Grands Crus Classés

The Conseil actively protects and promotes the highest quality wines and their wine estates in Bordeaux.

- This beautiful guide reveals new information, giving access to some of the most secretive châteaux and estates of Bordeaux.
- Newly updated and authoritative, this guide discloses the know-how gathered by the Conseil des Grands Crus Classés.
- Wine tourism is growing and Bordeaux is the perfect region for wine tasting par excellence.

#### Médoc

Margaux  
Château Giscours  
Saint-Julien  
Château  
Beychevelle  
Haut-Médoc  
Pauillac  
Saint-Estèphe  
Pessac

#### Sauternais

Barsac  
Château de Myrat  
Château Coutet  
Château Climens  
Sauternes  
Château d'Yquem  
Château Suduiraut  
Château Guiraud







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