

Cook Like a French

Five Rules to Follow



French cooking has long been synonymous with elegance, rich flavors, and a certain *joie de vivre* that extends far beyond the kitchen. If you want to cook like a French, it's not just about recipes — it's about attitude, tradition, and a few golden rules that transform simple ingredients into unforgettable meals.

1. There's Never Enough Butter

Butter is king in French kitchens. Whether you're sautéing vegetables, glazing a sauce, or baking a tart, butter adds richness and depth you simply can't replicate. Don't be shy—generous pats of butter are a must. It's what makes French food decadently delicious.

2. Wine Is Part of the Recipe—and the Table

In France, wine isn't just a drink; it's an essential ingredient and an integral part of the dining experience. Whether you're cooking *coq au vin* or simply enjoying a cheese platter, a glass of wine elevates both the food and the mood. Wine and cooking are inseparable companions.

3. Take Your Time: Dining Is a Social Event

French meals aren't rushed affairs. They're long, leisurely gatherings

where conversation flows as freely as the wine. Cooking with care is one thing, but sitting down to savor your meal with loved ones is just as important. *Bon appétit* means "good appetite," but it also means "enjoy yourself."

4. Master the Basics—Sauces Are Everything

The foundation of French cooking lies in mastering classic sauces—from velvety *béchamel* to tangy *vinaigrette*. Sauces transform simple proteins and vegetables into dishes that feel luxurious. Don't skip this step. A great sauce is a French cook's secret weapon.

5. Fresh Ingredients, Seasonal and Local

Like Italians, the French honor freshness and seasonality. From crisp market greens to perfectly ripe strawberries, the best dishes come from the best ingredients. Shop local, trust the seasons, and let the produce guide your menu.

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