

My France in food...



Food writer and blogger Jamie Schler Dagneaux moved from the States to France nearly 30 years ago and now lives in Nantes with her French husband and two sons

“ Growing up, I really didn't know what French food was until French class in high school; even then, it wasn't something that was cooked and eaten in our house. I grew up on the convenience foods of the 1960s and 70s so it was with great passion that I discovered French food while living in New York before rediscovering it when I finally lived in France.

My style of cooking has definitely changed since I moved to France and my husband is passionate about food and wine. It was he who really taught me how to cook. When we married I very quickly adopted the French way of eating, cooking, shopping and serving meals. It just makes more sense to me: it is convivial as well as slower and healthier than what I grew up with. We also always make a point of eating *en famille* and whoever happens to be home comes to the table for a real sit-down meal.

I love the local food: lots of fresh fish and seafood, asparagus, tomatoes, strawberries and lamb's lettuce. My husband makes a wonderful *Choucroute de la Mer* (with fish and shellfish) with *beurre blanc Nantais*. My passion is baking and I am proud of my recipes for *gâteau Nantais* and *fouace Nantaise*, local specialties that are little known outside the area. **LF**
www.lifesafeast.blogspot.com ”