



# Hot Sun, Cool Shadow: Savoring The Food, History, And Mystery Of The Languedoc

*Angela Murrills*

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**Hot Sun, Cool Shadow: Savoring The Food, History, And Mystery Of The Languedoc** Angela Murrills  
More than a decade ago, Angela Murrills and husband Peter Matthews began their love affair with the Languedoc, an area in southern France near the Mediterranean coast and the Pyrenees. One of Europe's oldest and most historic regions, it is rich with wonders including castles, wild white horses, Roman ruins, and Carcassonne, Europe's greatest fortified town. What really drew them to this area, however, was the locals' love of food and wine. As their visits to the region became longer and their dream of owning a home intensified, they began to discover another way of living—a slower one based on gastronomic pleasure and the really important things in life: hunting for mushrooms, morning trips to the bakery, long lunches, and heated debates about the best way to make cassoulet. Including mouthwatering recipes and delightful duotone drawings, this wonderful memoir is for the fans of Peter Mayle and Frances Mays



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