

# PLACES TO EAT IN AND AROUND CAHORS

Kristen Dissing Sandahl



Press Release

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*'Places to Eat in and around Cahors'* is a new concept in showing the way to restaurants and local culture in the Cahors-area in South West France. This book gives the many English-speaking visitors unique inside information about good and unusual places to eat – at a low price, too.

The thousands of visitors to Cahors and its surroundings can at last get really good inside tips about the fantastic restaurants here. These are authentic French restaurants where the locals themselves

lunch and dine – and which tourists do not normally have a chance of discovering. Many of the best eating places are often down side streets or a bit out in the country.

‘Places to Eat in and around Cahors’ is special in that it reviews the more modest and budget-priced restaurants, where the quality is still first-class. In short, restaurants where you eat well and cheaply. They are also places where you meet the real, local cuisine with its long-standing traditions. Cahors and the area around it are just like a fantastic larder, where the departments of Lot, Tarn and Garonne especially provide a cornucopia of prime ingredients and delicious raw materials.

‘Places to Eat in and around Cahors’ is written by Kristen Sandahl, who has taught French all his life. Furthermore, his inside knowledge of the places he describes derives from living in this area for many years and gathering a wealth of tips from local friends and acquaintances. His reviews are spiced with sensory observations of the lovely surroundings and personal accounts of French culture and history – especially seen with local eyes.

This book gives you a fine insight into authentic French cuisine and the culture surrounding it – and shows you many places where you can actually get your teeth into it. Bon appétit!

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For further information, interviews and press photographs and reviewers’ copies, please contact Morten Ehrhorn

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