



French Odyssey explained Rick Stein's Travels on Anjodi

Rick Stein travelled on European Waterways GoBarging's Anjodi barge while researching his latest book, French Odyssey.

May 31st, 2005 -- European Waterways of Wraresbury, England, UK were very proud when renowned chef Rick Stein chose the Anjodi barge for his base during the research of his new book "French Odyssey".

Travelling between Bordeaux and Marseille along the medieval Canal du Midi, the team explored the culinary delights of French life in the Aquitaine, Midi - Pyrenees, Languedoc-Roussillon and Provence regions of Southern France.

The serene beauty and seduction of the canals and waterways, together with the traditional character of Anjodi, inspired Rick as he made the eight berth classic barge his home for six weeks.



During this gastronomic journey through the idyllic waterways of Southern France onboard Anjodi, Rick Stein's French Odyssey explores French culinary tradition - perfect for aspiring cooks everywhere.

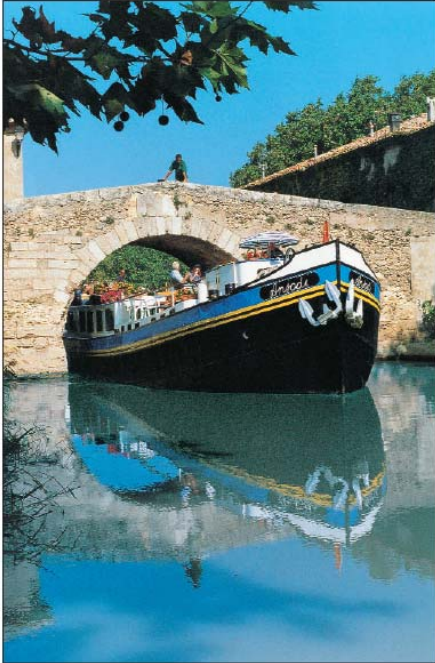
Beginning with a diary of his trip and then divided into 6 chapters, with classic recipes at the back, the book is illustrated throughout with stunning food and location shots.

Along the way he samples regional foods – from country stew in Castelsarrasin to the Montaine Noire hams of Castelnaudary. Further south he stops over in the Languedoc wine region and samples local delicacies before heading towards Marseilles via the Canal du Rhone. With over 100 recipes, Rick's gastro-tour will motivate every reader to try French cooking again and again.

Rick's culinary tour on the luxury barge Anjodi concludes at a little restaurant near Marseilles where several years ago he had the best seafood lunch imaginable.

For more than thirty years European Waterways have pampered discerning travelers exploring off-the-beaten-track rural back waters of France, Germany, Scotland, England, Ireland, Italy and the Czech Republic aboard their enchanting fleet of classic luxury hotel barges,

serving gastronomic food and wines of the region, visiting historic chateaux, vineyards and markets whilst meandering through exquisite scenery at a pace reserved for a bygone era.



One of their select groups of just eight luxury hotel barges travelling the inland waterways of France, Anjodi is the favourite of Managing Director, Derek Banks' unique GoBarging Hotel barge fleet.

European Waterways have a signed copy of French Odyssey to give away in a competition run in their monthly email newsletter the Lockkeeper.

Visit the www.gobarging.com website to enter.

Individual prices start at: \$ 1,990

Whole boat charters start at: \$ 10,700

For booking information and a brochure contact:

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