



The
GOOD LIFE FRANCE
Magazine

Intoxicating, Dreamy
Provence

Delicious
Paris!

Bike and Hike in
BURGUNDY

**Football
Fever in
France**

Perfect family holiday
in the north

Mont St Michel
Secret Brittany

**5 Minute
French
Lesson**

Ask the experts - Recipes - Property report



Gluten-free Cookery Courses in Provence

France is the land of baguettes, croissants, cakes and pastries, it's certainly not known for its gluten-free approach to gastronomy. Indeed it is as difficult to find a doctor who will test for intolerance as it is to find a restaurant that caters to those who need to avoid gluten. But that is all changing and Nadia Sammut is a big part of the change. Nadia, who is a celiac sufferer herself, teaches cooking classes in the kitchens of La Fenière. She has a passion for tasty dishes leaving out elements that are the main culprits for those who suffer food issues. She is the go-to guide for coaching other chefs on what gluten-free means and is re-writing the rule book on French recipes (leaving out gluten). She does admit with a wry smile, that a gluten-free croissant might be "a way off yet".

Nadia's tireless campaigning to bring gluten issues out into the public domain in France has resulted in her working with the government, helping to ensure consumers know what they're buying. From December 2016 it is anticipated that a new law will come into force ensuring food products list fourteen of the most common ingredients that cause problems – including gluten.

Watching Nadia work in the kitchen, and

enjoying a lesson in which you learn to make delicious and very French dishes is an inspiring experience. "It's not about gluten-free" she insists "it's about taste. **Just because you're gluten intolerant doesn't mean you can't have scrumptious food**".



Nadia sources products from around the world as well as from local markets and companies like [Bastide du Laval](#), an organic olive farm just down the road. Here French couple Carine and Roland Coupat make the most exquisite olive oil. After 15 years spent in Los Angeles in the tourism business, they returned to France and bought an old vineyard only to find the vines were past their sell-by date. Undaunted, they planted 4000 olive trees and have won awards for their olive oil which you can buy in the farm shop. While you're there, take a walk around their orchard and admire the trees which in the summer months vibrate to an orchestra of cicadas, the ever present, ever noisy



One of the lovely shaded terraces of La Fenière

Nadia's enthusiasm is infectious and no matter what level you're at when it comes to cooking (and believe me, I'm on the bottom rung of the ladder, my French friends call me "Flop Chef Not Top Chef"), she somehow manages to coax her pupils to produce something outstanding.

Naturally the restaurant has an outstanding gluten free menu!

