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Dinner for One

How Cooking in
Paris Saved Me

a memoir





Photo Credit: Samar Trad

NOTE FROM AUTHOR

Bonjour,

Merci for choosing my memoir to be a part of your book club discussion!

I wrote this book with a lot of heart, honesty, vulnerability and hard-won wisdom. It wasn't easy and there were many times during the process when I wanted to give up, but I am happy that I persevered. Along with my podcast, this book was an essential part of my healing and I feel even more prepared and excited about what my future holds.

I hope that as you read my story you laugh with me and cry with me but, ultimately, my greatest wish is that by the time you finish this book you will prioritize self-care and self-love above all.

Merci encore for welcoming me into your hearts, homes, and kitchens. :)

À bientôt j'espère

Sutanya



PARIS TIPS

My tips will reflect my Paris. Don't expect the regular tourist spots or ideas. And who knows, if you find yourself in Paris and decide to visit one of these places maybe you'll bump into me there.



MUSEUMS

Musée de Montmartre
The Espace Dalí
Musée de la Vie
Romantique
The Musée Carnavalet

RESTAURANTS & CAFES

Paris 18ème

Comestibles
et marchand de vins

Café Francoeur

Les Darons

L'Esquisse

Sunset

THINGS TO DO

Picnic in Parc Monceau

Apéro on the Seine

Take a leisurely walk
along the Coulée verte
René-Dumont

A FEW FRENCH PHRASES / VOCABULARY

Ça va? — How are you?

Et voilà — And there it is

Salut! — Hey!

À bientôt j'espère — See you soon, I hope

S'il vous plaît — Please

De rien — You're welcome

Je voudrais essayer... — I would like to try

J'aime mon vin... — I like my wine...

(insert here whether you like sweet, dry, mineral, fruity, etc)

BURRATA WITH TOASTED NOISETTES AND OLIVE OIL

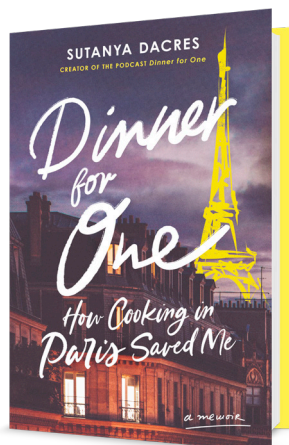
1 small burrata (about 120-125 grams)

3 teaspoons roughly chopped skinless hazelnuts
(about 10-12 grams of whole hazelnuts)

1 teaspoon olive oil

Dash of salt

1. Remove burrata from container or plastic wrap, shaking off excess liquid before putting it on a plate or in a bowl. This first step is very important; straight out of the refrigerator burrata is not the way to go. Room temperature is ideal.
2. Heat a skillet on medium-low heat; once hot add hazelnuts in a single layer. Nuts burn easily so don't walk away. Stir occasionally for about 5-6 minutes until fragrant.
3. Remove from heat and put to the side.
4. Soft slice in the middle of burrata. Soft slice means cut in the middle just enough to open the cheese, without slicing in half.
5. Sprinkle salt all over the cheese.
6. Sprinkle the hazelnuts on top of the salt and cheese.
7. Drizzle with olive oil.



MOULES FRITES

“FRITES”

2 potatoes cut into wedges
(Yukon or russet potatoes are great options)

½ tablespoon olive oil

1 teaspoon salt

1 teaspoon ground black pepper

¼ teaspoon onion powder

¼ teaspoon paprika

Preparation—“FRITES”

1. Wash potatoes and leave the skin on.
2. Add enough water in saucepan to cover the potatoes.
3. Bring potatoes to a boil until they can be easily pierced; this usually takes about 7-10 minutes.
4. Remove the potatoes from the pot and immediately dunk into cold water to stop the cooking process.
5. Pat dry with paper towel then slice them lengthwise.
6. Mix olive oil, salt, pepper, paprika, onion powder in a decent sized bowl, taste and adjust accordingly and then add potatoes in the bowl. Mix to ensure that the potatoes are covered with all of the marinade.
7. Place potatoes on a baking sheet lined with parchment paper.
8. Roast at gas mark 8/450°F/230°C for 25 minutes, flipping halfway.

MUSSELS

1 lb (500 grams) fresh mussels

2 teaspoons (10 grams) butter

3 garlic cloves, thinly sliced

1 shallot, thinly sliced

1 cup dry white wine

1 parsley branch, roughly chopped

¼ teaspoon red pepper flakes (optional)

Preparation—MUSSELS

1. Thoroughly clean the mussels and discard any that do not close after applying pressure to them.
2. Melt the butter in a large pan and add garlic and shallots on medium heat. Cook until soft.
3. Add the mussels to the pan then white wine and mix well.
4. Cover and let cook for 5 minutes; give the pan a little shake to encourage any mussels that haven't opened. Sprinkle with parsley and mix before covering again for another 5-7 minutes.
5. Remove from heat when most of the mussels are opened; discard any unopened mussels.

