



Food for Thought

Francis Foucachon

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FOOD FOR THOUGHT represents a lifetime of reflection on the place of food in the Christian life. For pastor and chef Francis Foucachon, food is not just fuel for our bodies-it is about community and family relationships, it is about beauty and flavors, it is about God-given pleasure and art. In Food for Thought, Francis also shares a collection of delicious personal recipes and sage counsel for readers considering the restaurant business. Francis has a trio of passions-his faith, his family, and his food. He was trained to become a chef in the elite world of gastronomy in Lyon, France before being trained as a minister of the Gospel at the Reformed Seminary in Aix-en-Provence. He worked as a chef in France and Switzerland, and later created his own high-end restaurant in the USA. He was ordained in the Presbyterian Church in America in 1987, and ministered as a church planter in France and in Quebec for 24 years. Francis now works with Huguenot Heritage in partnership with Third Millennium Ministries. He and his wife Donna have five children and seventeen grandchildren.

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