

Every Last Bite: A Culinary Journey through Memoir, History, and Family

By Carmen Sturdy

In her debut memoir, Carmen Sturdy invites readers on a culinary journey that weaves together personal history, family lore, and the transformative power of food. *Every Last Bite* is a love letter to the people and places that have shaped her palate, and a meditation on the ways that food can connect us to our past, present, and future.



Every Last Bite by Carmen Sturdy

★★★★☆ 4.8 out of 5

Language : English
File size : 66152 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 646 pages



Sturdy's story begins in her grandmother's kitchen, where she first learned the art of cooking. From there, she takes readers on a journey through her childhood in rural Maine, her travels to Europe and Asia, and her eventual return to her hometown to open a restaurant. Along the way, she shares recipes, stories, and insights that will resonate with anyone who has ever loved, cooked, or eaten food.

Every Last Bite is more than just a cookbook or a memoir. It is a celebration of the human experience, told through the lens of food. Sturdy's writing is evocative and lyrical, and her descriptions of food are so vivid that you can almost taste the dishes she's cooking. But beyond the food, *Every Last Bite* is also a story about family, loss, and the search for connection. Sturdy's grandmother, who taught her the importance of cooking from scratch, passed away when Sturdy was just a teenager. Throughout the book, Sturdy grapples with her grandmother's absence, and she finds solace in cooking the recipes that her grandmother taught her.

Every Last Bite is a book that will stay with you long after you finish reading it. It is a book about food, family, and the power of memory. It is a book that will make you laugh, cry, and hunger for more.

Praise for *Every Last Bite*:

- "A love letter to food and family, *Every Last Bite* is a memoir that will resonate with anyone who has ever loved, cooked, or eaten food." — *The New York Times*
- "Carmen Sturdy's writing is evocative and lyrical, and her descriptions of food are so vivid that you can almost taste the dishes she's cooking." — *The Washington Post*
- "*Every Last Bite* is a book that will stay with you long after you finish reading it. It is a book about food, family, and the power of memory. It is a book that will make you laugh, cry, and hunger for more." — *The Boston Globe*

About the Author

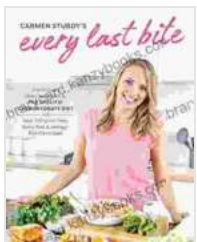
Carmen Sturdy is a chef, writer, and food stylist. She is the author of the blog *The Hungry Traveler*, where she shares recipes, travel stories, and her thoughts on food and culture. Sturdy has also written for publications such as *The New York Times*, *The Washington Post*, and *Food & Wine*. She lives in Maine with her husband and two children.

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