



Eat Your Memories

Michael Andrew Stugrin

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Eat Your Memories: Views from Los Altos is a memoir-cookbook, what critics currently call a "foodoir." The book covers the major phases of the author's life, from super-religious kid to English professor to executive speechwriter to book author; from rural Pennsylvania, around the world, to southern California. Along the way, at every stop, Michael was collecting cookbooks, developing recipes, and cooking. The book covers the "highs" of career and love and the "lows" of personal losses and cancer. 30 menus, 120 recipes, countless small stories.

Eat Your Memories Details

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Author : Michael Andrew Stugrin

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From Reader Review Eat Your Memories for online ebook

Portia says

I won this on Goodreads and I'm glad that I did. I found it to be an easy read, and includes many good recipes. Well worth some spare time for an enjoyable book.

Julie says

Self-published anything is a dime a dozen these days, and frankly, of the self-pubbed cookbooks I've read, most are often not worth the time it takes to download. Twenty-five pages of blog posts regurgitated and revamped as an ebook isn't a cookbook; at the very most, it's a pamphlet and -again- rarely worth \$0.99 and the few minutes it takes me to flip through and figure out I've been duped yet again.

This is most assuredly NOT the case with Michael Andrew Sturgin's "Eat Your Memories: Views from Los Altos."

As a member of Good Reads, I often enter giveaways. I was surprised to actually win and receive the cookbook in the mail accompanied by both an autograph and a hand-written note on high-quality stationery. That, people, is the classy way to do a giveaway and book promotion.

This paperback cookbook is 8" x 10" and contains recipes as well as stories of the author's life. I read through those stories in, oh, maybe one night? I read fast, and enjoyed how Sturgin tied together various parts of his life with specific recipes.

The graduate school chapter, for example, gives recipes for Gladys's Poor Man's Caviar, Crafty Macaroni & Cheese Six Ways, Never-Ending Ratatouille, Spam Schnitzle, and Stressed Student's Chicken and Gravy For A Week. I can relate to being a broke student as well as a cost-conscious worker bee these days; pretty sure over the years I've made Mac & Cheese at least four of the six ways.

There are plenty of recipes more sophisticated than Mac & Cheese and Spam, and I picked a handful to prepare.

The Lemon Chicken was easy-peasy to prepare and tasted divine. Making this in early February with snow on the ground made me think of summer time, and I can see that (as the author recommended) this would be good hot or cold.

The poached salmon and cauliflower & broccoli harlequin were equally enjoyable. I don't think I'd ever poached salmon quite that way before, and the result was melt-in-your-mouth delicious. The 'harlequin' was a bit of a 70s throwback recipe for me and (sure enough) did come from the late 70s/early 80s period of the author's life.

And seriously, if you like peanut butter, peanuts, and Rice Krispies, buy the cookbook just for the Crispy Peanut Butter Bars recipe. I couldn't help myself but think an itty-bitty drizzle of dark chocolate would send

these into the stratosphere. Unfortunately, I ate them all before I had a chance to try that out.

I have two quibbles with the cookbook. First, there is no index for either ingredients or recipes; while the table of contents is easy enough to flip through, an index would have been a good addition. Second, the recipes don't usually indicate number of servings.

Regardless, this is a well-written addition to the cookbook/memoir (Foodoir?) genre and certainly deserves a spot on your reading shelf.

Disclosure: I won this in a Good Reads giveaway. I'm under no obligation to be nice or polite about liking or whatever. It's a good read.

NOTE: This review published with pictures on www.cookbookfetish.com

Darlene says

Eat Your Memories is a book I won off the good reads-first read giveaway it kept laughing and has me eager to try the recipe's included in the book. it was a warm ,moving story that anyone can relate to.I recommend this book to anyone who enjoys memoirs,cooking,and old fashioned recipes from family members then you will absolutely love this book.....put this on your must buy,read list

Maarja says

* I won this book in the First Reads giveaway *

This book came to me at a time when life was hectic and reading a book was not high on the priority list. But once I started reading "Eat Your Memories", it fit so well into my schedule. I could read one chapter, look at the recipes and then put it down again (which I admit did not happen often, because the author pulled me into his story and I wanted to read more and learn more recipes).

The recipes are interesting and as a European, I had no heard of many of them. Now that I have finished the book, cooking some of the recipes is next on my list.

I would highly recommend this to not only someone who loves reading memoirs and/or about cooking, but to anyone, because I think everyone would find something interesting in this book.

Pam says

It was my privilege to receive this book as a Goodreads Giveaway. As anticipated, it was that particular blend of cookbook and memoir that I most enjoy. A story brings a recipe to life and gives it the context of community within our circle of family and friends. Mr. Stugrin graciously invites his readers to sit at his table, listen to the journey of his life, and sample the foods that were important along the way. As the story unfolds, we meet his parents, grandparents, teachers, and many unique friends who crossed his path and influenced his thoughts and style of cooking through the years.

Since I am close in age to the author, I often found myself in his story and enjoyed re-living those experiences and remembering foods so specific to a time. I also feel the camaraderie of his goal today to "live deliberately," to cook slowly and simply, and to observe each day "quiet exercises of thoughtful living."

There are some practical lists at the beginning and end of the book: a guide to a few essential ingredients worth being "fussy" over; cookbooks that stand out as foundational and trusted friends in the kitchen; indispensable pantry items to insure that a satisfying meal is always at hand; and priority cooking tools kept at hand vs. those used less often but important when needed.

And, of course, the recipes. My book is now decorated with flags of many colors. Even as a vegetarian, I tagged constantly...Gladys' Poor Man's Caviar, Never-Ending Ratatouille, numerous fresh salad combinations, Baked Yams, Black Beans and Rice, Chocolate Tart, Curried Walnuts, and many more. I especially want to learn to make some of the dishes his grandmother used to make, the comforting food that reminds me of my own grandmother...cabbage rolls, skillet cornbread, raisin cake. I'm even encouraged to cook for my meat-eating family with his help for a Perfect Roast Chicken. The menus give a good sampling of basic family-style cooking, ethnic, healthy, elegant, easy. I can't wait to work through the book, slowly enjoying the dishes I try and remembering the stories and people they represent. It's a book rich in memories and truly good food.
