



Always Hungry!

The Cookbook

Laurent Dagenais

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\$29.95 US / \$39.95 CAD

70 Recipes | 100 Photos | Hardcover | 8.25" x 10.5"

***Always Hungry!* is the eagerly anticipated debut cookbook from chef and social media phenomenon Laurent Dagenais.**

Chef and social media phenomenon Laurent Dagenais never imagined that one day he would leave his job in the restaurant business to devote himself exclusively to his social media networks, let alone write a cookbook. Laurent's audience is dedicated and vast. In less than one month, his Instagram following exploded from 200,000 followers to 1 million and growing (Currently 1.6 M). His 1.9 million TikTok followers have racked up more than 18.6 million likes on his humorous, energetic, and drool-worthy videos. Laurent is a sensation.

Encouraged by his success, Laurent now aims to conquer the publishing market with his new cookbook *Always Hungry!* Appealing to both amateur and more advanced cooks alike, you'll find over 70 recipes ranging from elevated everyday meals like creamy udon noodles with mushrooms to showstoppers like prime rib with garlic escargots. Laurent's scenic world travels and family history are blended into the book's beautiful photography, all designed to motivate you to get out and discover life through food. In a nutshell, *Always Hungry!* is everyday gourmet cooking infused with humor and professionalism nestled inside a deliciously wacky universe.

Key Takeaways:

- Laurent's food is about having a good time cooking and eating. Laurent wants everyone to have fun with food, but it also needs to taste great.
- This is aspirational cooking designed for cooks at all levels.
- Current social media following **3.5+ million** across all platforms. Leading platforms: **TikTok (1.9 million)** and Instagram (**1.6 million**).
- What other celebrity chefs are saying about Laurent:
 - *"Laurent's attention to detail and wholesome choice of ingredients reminds me of some of the greatest Michelin-star chefs I know. His food and personality are just gorgeous."* Nadia Caterina Munno, TikTok star and bestselling author of **The Pasta Queen** (5M+ followers).
 - *"Laurent inspires me with his food and style. What an absolute legend!"* **Andy Hearnden**, chef and creator of **Andy Cooks** (10M+ followers).
- For a taste of Laurent's one-of-a-kind culinary TikTok pizzazz, cue his incredible **Monte Cristo Sandwich** (712,000 views), **Mediterranean Grilled Octopus** (17 million views), and **Rabbit with Mustard Sauce** (12 million views).
- Author's following skews **65% male, aged 25 to 34**, primarily situated in the USA and English-speaking Canada.

About the Author:

Laurent Dagenais was born and raised in Montreal where he quickly carved out a space in the culinary scene. With his creativity and one-of-a-kind approach, he has attracted a committed community with more than 3.5 million followers across his social networks.

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