

A man wearing a red cap and a tan jacket is shown from the chest up, leaning over a table. He is holding chopsticks and eating from a white bowl. The bowl is filled with a vibrant dish of yellow noodles, topped with sliced red chili peppers, fresh green herbs like cilantro and basil, and a lime wedge. The background is slightly blurred, showing a green plant and a white wall. The entire image is framed with a solid red border.

LAURENT DAGENAIS

ALWAYS
HUNGRY!





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INTRODUCTION

I have always believed that fate takes us where we need to go. I often remind myself of this at times of uncertainty in my personal and professional life. Sitting at my computer writing a cookbook is definitely proof that fate has more than one trick up its sleeve. Seeing how my life has totally changed since I created video content is like science fiction for me. We always say these things only happen to other people until they happen to us. Although I never show this side of myself in my videos, I am constantly battling impostor syndrome...

When I first started cooking, I was always the first person to joke about celebrity chefs. For me, the only way to be a “real” chef meant working as part of a kitchen team, being on the front lines, in the trenches, working 15 hours a day for starvation wages. Why? To become head chef is rare but a complete validation. Do I still think you have to experience this process to become a “real” chef or cook? 100%. But I also believe it’s important to do what you love. I hope I can encourage others to follow their passions wherever that may lead them... into a kitchen or in front of a camera!

Cooking has made me a better person. I don’t know where I would be today if I hadn’t been encouraged to take a cooking course ten years ago. I never liked school, and my average was living proof! I spent a year at Cegep (a junior college in Quebec) in a program that interested me less than my smoke breaks in the park, so I dropped out. Working in the local skateboard shop sounded like a lot more fun... Until my parents told me I had to pay rent if I wasn’t in school. That was a shock.

After a few years of navigating the culinary world, including a stint in Whistler, British Columbia, I lost the desire to work in a professional kitchen. I then turned to “the dark side”: catering! For a few months, my life took me behind a bar (as you’ll see here in this book). When I returned to Montreal, I managed the opening of a new restaurant and then worked my way up: general manager of another restaurant, partner and director of operations for two others... It was during this time that I started making my food videos. They helped me keep my passion for cooking alive and well!

When the pandemic hit and restaurants and bars had to close, I started creating more and more content. Even on a small scale (at the time), I saw that the handful of people who followed me seemed to really like my recipes and how I presented them. My girlfriend, Amandine, did the filming. She eventually convinced me to set up a TikTok account to broadcast them. Hmm... I hesitated, thinking that this app was just for teens and that all you would find there were dance videos of dubious taste. After posting one of our first videos, which went viral overnight, I realized the incredible potential of this platform. A few months later, I left my job, my financial stability, my insurance and all the benefits that came with that life to dedicate myself full-time to this new adventure.

Many people encouraged me; others tried to talk me out of taking this risk. Today, I can say that this leap into the unknown was the best decision I’ve ever made. As I said, the videos are one way to fire up my passion for cooking. I can now share this love with more than a million subscribers around the world and make my living from it.

The book you are holding in your hands is not meant to show you the latest cooking trends or ground-breaking techniques used in the restaurants with the most Michelin stars in the world. It reflects what you can see in my many videos on social media: unpretentious food, the promotion of quality ingredients treated with respect and the use of basic techniques done properly. This book is also an opportunity to share with you some bits of my life and some anecdotes related (or not) to the world of food – and it is a gentle reminder to everyone that cooking is sharing, cooking is love, cooking is friendship and, above all, cooking is pleasure.

I'll say it again: fate takes us where we need to go! If this book makes you want to cook, I will have achieved my goal. And I secretly hope that my recipes will always make you hungry...







BBQ SAUCE

INGREDIENTS

5 cups (1.25 liters) tomato sauce
 3/4 cup (180 ml) molasses
 1 cup (250 ml) honey
 1 cup (250 ml) vinegar
 1 1/2 tsp (7 ml) salt
 1 tsp (5 ml) garlic powder
 1 tsp (5 ml) Aleppo pepper
 1/4 tsp (1 ml) chili powder
 1/4 tsp (1 ml) hot sauce
 A few drops of Worcestershire sauce

To take your ribs or pulled pork to the next level, this is the sauce you want!

MAKES	PREP TIME	COOKING TIME
around 4 cups (1 liter)	5 minutes	10 to 15 minutes

In a saucepan, bring all ingredients to a boil over medium heat. Reduce heat to medium-low and cook for 10 to 15 minutes, until the mixture is reduced by half and has thickened to your desired consistency.

CUCUMBER GAZPACHO

INGREDIENTS

8 Persian cucumbers or 2 English cucumbers, coarsely chopped

2 cups (500 ml) buttermilk

12 drops jalapeño hot sauce (green Tabasco)

Salt and freshly ground black pepper

Olive oil

GARNISHES

1/4 cup (60 ml) sour cream

A few sprigs of dill

The perfect recipe to start summer off on the right foot! Serve it as is or add chunks of cucumber and feta cheese along with pickled red onions.

SERVINGS	PREP TIME	REFRIGERATION
4	15 minutes	1 hour

In a blender, combine cucumbers, buttermilk, hot sauce, salt and pepper and blend until smooth.

Add a drizzle of olive oil.

Strain gazpacho through a sieve and into a bowl. Refrigerate for at least 1 hour.

Serve very cold in chilled bowl. Garnish each bowl with 1 tablespoon (15 ml) of sour cream and a sprig of dill.



TOMATO, CORN, SNOW PEA AND RICOTTA SALAD

INGREDIENTS

2 tbsp (30 ml) olive oil, plus extra for drizzling

1 cup (250 ml) ricotta

Juice of 1 lemon

Fleur de sel

1 loaf bread or baguette, cut into 1-inch (2.5-cm) thick slices

4 or 5 heirloom tomatoes, cut into wedges

1 cup (250 ml) cooked sweet corn or 1 to 2 cobs of cooked corn, kernels shaven off

10 snow peas, trimmed and thinly sliced

A few basil leaves

HONEY VINAIGRETTE

1 tbsp (15 ml) chopped pickled garlic scapes or garlic cloves

1 tsp (5 ml) honey

Dash balsamic vinegar

Pinch hot pepper flakes

1/2 cup (125 ml) olive oil

Salt and freshly ground black pepper

SERVINGS	PREP TIME	COOKING TIME
2 to 4	30 minutes	6 minutes

In a bowl, combine ricotta, olive oil, lemon juice and a pinch of fleur de sel and mix until ricotta is fluffy, smooth and creamy.

Preheat a barbecue or broiler. Drizzle bread with oil and season with fleur de sel on both sides. Grill sliced bread until crusty. Cut into croutons.

Make the honey vinaigrette. In a bowl, combine all ingredients and mix well.

Spread ricotta in a shallow dish. Arrange tomatoes, corn and snow peas on top. Drizzle with vinaigrette, then garnish with basil and croutons.





MONTECRISTO

INGREDIENTS

- 1 loaf white bread
- 3 tbsp (45 ml) mayonnaise
- 1 tbsp (15 ml) whole grain mustard
- 1 cup (250 ml) finely grated Gruyère cheese, divided, plus extra to serve
- 1 cup (250 ml) finely grated Emmental cheese, divided
- 10 oz (300 g) old-fashioned ham, divided
- 3 large eggs
- 1/2 cup (125 ml) whole milk
- 5 tbsp (75 ml) butter, divided
- A good drizzle of maple syrup (the real stuff!)
- Freshly ground black pepper

The first time I tasted this legendary sandwich was at Au Pied de Cochon, a restaurant in the heart of Montreal. I counted seven different types of meat, a heavenly cheese mixture and way too much syrup for one plate. This sandwich is the ultimate combination of sweet and salty. Here is a simpler version (your liver will thank me!).

SERVINGS	PREP TIME	COOKING TIME
4 to 6	20 minutes	15 minutes

In a small bowl, combine mayonnaise and mustard. Using a bread knife or a sharpened chef's knife, trim crust from all sides of bread loaf. Shape bread into a perfect rectangle. Cut bread lengthwise into 3 equal slices.

Spread 3 tablespoons of mayonnaise on 3 slices of bread.

Assemble the sandwich: place half the cheese and half the ham on one slice of bread. Cover with a second slice of bread, mayonnaise side down, and spread the top with the remaining tablespoon of mayonnaise. Add the rest of the cheese and ham and top sandwich with the remaining slice of bread.

Crack eggs into a rectangular dish that is large enough to hold sandwich. Whisk until smooth, then add milk.

Dip sandwich in the egg-milk mixture on all sides for several minutes so bread can absorb it.

In a non-stick skillet, melt 2 1/2 tablespoons butter over medium heat. Add sandwich and grill on all sides until it forms a nice golden crust. Use a spatula to move sandwich often to prevent it from burning. Once butter turns brown, add more butter.

Transfer sandwich to a cutting board. Cut sandwich into 4 to 6 slices and garnish with a generous amount of maple syrup. Top with grated Gruyère and pepper.



INGREDIENTS

7 oz (210 g) bacon slices

3 tbsp (45 ml) butter

1 medium cauliflower (about 8 cups/800 g)

1 lemon, divided into segments and diced (see Note)

2 tbsp (30 ml) capers

1 cup (250 ml) fresh chopped parsley

Salt and freshly ground black pepper

GARNISH

1/2 cup (125 ml) store-bought fried onions

GRENOBLE-STYLE CAULIFLOWER

Legend has it that this popular garnish in French cuisine, which originated in the city of Grenoble, came to be when local chefs wanted to mask the strong taste of some fish of questionable freshness... This delicious garnish will enhance your favorite fish and vegetable dishes!

SERVINGS	PREP TIME	COOKING TIME
4 to 6	20 minutes	25 minutes

Preheat the oven to 375°F (190°C).

Place bacon on a baking sheet and bake for 15 minutes. Transfer bacon to a plate and reserve fat for later. Set aside to cool, then chop.

Heat a large skillet over medium-high heat. Add butter and bacon fat. Once butter starts to brown, add cauliflower, salt and pepper. Cook for 10 minutes, or until cauliflower is nicely toasted and tender.

Add bacon, chopped lemon, capers and parsley. Transfer to a plate, garnish with fried onions and serve.

Note: To segment a citrus, use a sharp paring knife to trim off the top and bottom. Hold the citrus upright and carefully slice off the peel, following the shape of the fruit. Remove as much of the white pith as possible. Hold the fruit in your palm and carefully make two cuts inside the membrane walls to cut out the segment. Rotate the citrus and repeat until all segments have been removed.



INGREDIENTS

2 (5 oz/150 g) pieces halibut
with skin on

1/4 cup (60 ml) olive oil

3 onions, divided

2 sprigs thyme

3/4 cup (175 ml) butter, divided

1/2 cup (125 ml) heavy or
whipping 35% cream

4 tbsp (60 ml) sliced almonds

1/2 bunch tarragon, coarsely
chopped, plus extra to garnish

Salt and freshly ground
black pepper

HALIBUT WITH AMANDINE SAUCE

Not only is this sauce delicious, it shares a name with my girlfriend...

SERVINGS	PREP TIME	COOKING TIME
2	20 minutes	15 minutes

Preheat the oven to 425°F (220°C).

Place halibut pieces on aluminum foil, add salt and drizzle with olive oil.

Slice 1/2 onion. Cover halibut with onion slices and sprigs of thyme, then seal foil to form a pouch. Set aside.

In a medium saucepan, melt 2 tablespoons (30 ml) of butter over medium heat. Add chopped onion and 1/4 cup (60 ml) water. Add salt and pepper and stir. Cook, covered, for 3 minutes or until onions are soft and liquid has completely evaporated.

Coarsely chop the remaining 2 1/2 onions into chunks. Transfer onions to a blender or food processor and purée until smooth. Pour in cream and blend.

Bake halibut in the oven for 12 minutes.

Meanwhile, heat the rest of the butter and toast almonds in a small skillet. When butter and almonds are well toasted (browned), add tarragon and remove from heat.

Take fish out of the oven. Remove the skin (if it doesn't come off easily, the halibut is not fully cooked).

Serve fish with onion purée and browned butter. Garnish with chopped tarragon.

SAUCY OYSTERS

INGREDIENTS

4 large Pacific or 12 small Atlantic oysters

Coarse sea salt (optional)

MORNAY SAUCE

1 tbsp (15 ml) butter

1/3 cup (75 ml) all-purpose flour

1 cup (250 ml) milk

1/2 cup (125 ml) grated cheese, such as Gruyère or Emmental

1 tsp (5 ml) Dijon mustard

1 large egg yolk

1/4 broccoli, blanched and coarsely chopped

GARNISHES

1/4 cup (60 ml) panko crumbs

Freshly ground black pepper

SERVINGS	PREP TIME	COOKING TIME
2 or 3	30 minutes	15 minutes

Steam oysters in a steamer for 3 to 5 minutes or until they open. Remove oyster meat, cut into chunks and store in a cool place.

Line a baking sheet with coarse salt or foil so oysters are stable during cooking. Clean oyster shells and arrange them on the sheet.

Make the Mornay sauce. In a saucepan, over low heat, melt butter. Blend in flour and cook for 2 minutes. Whisk milk in gradually, mixing until smooth. Cook for 4 minutes. Remove from heat and add cheese, mustard and egg yolk.

Add oysters and broccoli to the Mornay sauce. Pour sauce into the shells on the baking sheet.

Preheat oven to broil.

Sprinkle panko crumbs on the oysters and add pepper. Place the pan in the oven and let the oysters brown for a few minutes. Serve immediately.





PRIME RIB AND GARLIC ESCARGOTS

INGREDIENTS

- 1 (2 lb/1 kg) prime rib, 2 inches (5 cm) thick
- 10 shallots, quartered
- 1 (750 ml) bottle red wine
- 1 tbsp (15 ml) red wine vinegar
- 1/2 cup (125 g) butter, softened
- 1/4 bunch fresh parsley, chopped
- 3 garlic cloves, finely chopped
- Salt and freshly ground black pepper
- 1 (4 oz/125 g) can escargots, rinsed and drained (see Note)

Wandering the streets of Amsterdam one warm fall day, looking for a natural wine bar, my girlfriend and I stumbled upon GlouGlou. With a glass of Burgundy in hand, we ordered garlic escargots and prime rib. The intermingled flavors of these two dishes gave me the idea of combining them on the same plate.

SERVINGS	PREP TIME	COOKING TIME	RESTING TIME
4 to 6	10 minutes	30 minutes	2 hours

Let the prime rib rest at room temperature for 2 hours before cooking.

In a saucepan, combine shallots, wine and vinegar and bring to a boil over medium-high heat. Reduce heat to low and cook until wine has almost completely evaporated.

In a bowl, mix butter, parsley, garlic, salt and pepper. Set aside 1/4 cup (60 ml) of this mixture for the escargots and roll up the rest in plastic wrap. Refrigerate.

Wrap escargots and 1/4 cup (60 ml) of the garlic-butter mixture in aluminum foil. Set aside.

Preheat barbecue to high.

Generously salt both sides of the prime rib, then sear both sides on the barbecue until it has visible grill marks. Grill on low heat on the upper grill for 8 minutes per side.

Put the foil-wrapped escargots on the upper grill grate and cook for 9 minutes, until both sides are seared and cooked through. Meanwhile, take the beef off the barbecue and let it rest, covered with foil, for 12 minutes. Transfer escargots to a plate.

Cut chilled garlic butter into discs. Slice prime rib and garnish with butter discs and escargots.

Note: You can purchase escargots at specialty supermarkets or from reputable online shops such as Peconic Escargot.

CHOCOLATE RASPBERRY MOUSSE

INGREDIENTS

6 oz (175 ml) bittersweet (dark) chocolate

1/3 cup (80 ml) hot milk

2 oz (60 ml) Chambord raspberry liqueur

1 large egg yolk

1/2 cup (125 ml) egg whites

2 1/4 tsp (11 ml) granulated sugar

Raspberries

SERVINGS	PREP TIME	COOKING TIME	REFRIGERATION
4	20 minutes	10 minutes	3 hours

Melt chocolate in a double boiler. (Alternatively, place a large heatproof bowl over a saucepan of gently boiling water.)

Pour in hot milk and Chambord. Whisk egg yolk. Add 2 tablespoons of the hot milk mixture to the egg yolk and whisk. Whisk egg yolk into the hot milk mixture. Remove the pan from the heat.

In a bowl, beat egg whites with sugar until soft peaks form. Blend a third of the beaten whites into the chocolate mixture. Whisk vigorously. Gently fold the remaining egg whites into the mixture.

Divide into four bowls and refrigerate for at least 3 hours. Garnish with fresh raspberries and serve.



FUN PUNCH

INGREDIENTS

4 limes, cut into wedges
1 (1-inch/2.5 cm) piece
gingerroot, thinly sliced
9 oz (280 ml) green Chartreuse
2 (375 ml) bottles ginger beer
Ice
2 cups (500 ml) raspberries

PORTION	PREP TIME
4 to 6	10 minutes

In a mortar, combine limes with ginger and crush. Transfer the mixture to a 6-cup (1.5-liter) pitcher or punch bowl.

Add Chartreuse and ginger beer. Fill the pitcher or bowl with ice and add raspberries. Serve and enjoy!



This highly anticipated, debut cookbook by TikTok sensation Laurent Dagenais features 70+ delicious, easy-to-follow recipes



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 currently boasts 1.8 million followers. His 2 million TikTok followers have racked up more than 19.8 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 mushroom risotto to showstoppers like prime rib with garlic escargots. *Always Hungry!* includes 20 of Laurent's most popular recipes from his social media accounts, alongside 50 brand-new recipes. 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.

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.

MARKETING & PUBLICITY

- Robert Rose will launch a highly targeted marketing and publicity campaign across North American platforms.
- Extensive national and regional print and online publicity campaign.
- Exclusive pre-order campaign targeting Laurent Dagenais's social media audience and beyond to bolster pre-publication sales.
- Leverage existing author partnerships.
- Blogger and reviewer campaign targeting all food, health and lifestyle sites.
- Strategic social media campaign including all author and publisher platforms and channels (YouTube, Website, Facebook, Pinterest, TikTok, Instagram, newsletters).
- Digital sample, shareable graphics, and recipe-feature campaign.
- Exploring select virtual and in-person author appearances and influencer collaborations.
- Focus on special online and virtual opportunities for advertising and direct-to-consumer marketing



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Average Views per Story 8.7K

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