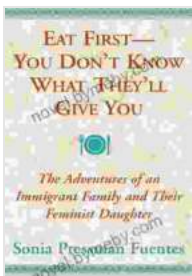


Eat First, You Don't Know What They'll Give You: A Culinary Memoir

In her debut memoir, *Eat First, You Don't Know What They'll Give You*, award-winning food writer and chef Yenny Wolfram shares her heartwarming and humorous journey of self-discovery through the lens of food.



Eat First -- You Don't Know What They'll Give You: The Adventures of an Immigrant Family and Their Feminist Daughter by Sonia Pressman Fuentes

★★★★☆ 4 out of 5

Language : English
File size : 2130 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 340 pages



Growing up in a traditional Filipino household in the San Francisco Bay Area, Wolfram was raised on a steady diet of rice, adobo, and pancit. But as she got older, she began to explore her own culinary identity, experimenting with different cuisines and flavors. In this deeply personal and evocative memoir, Wolfram recounts her culinary adventures, from her first taste of uni to her time spent cooking in Michelin-starred restaurants.

Throughout her journey, Wolfram discovers that food is more than just sustenance. It is a way to connect with her heritage, her family, and her community. She learns to appreciate the simple pleasures of a home-cooked meal, the joy of cooking for others, and the power of food to bring people together.

With her signature wit and warmth, Wolfram weaves together stories of her childhood, her family, and her travels, creating a rich tapestry of food, culture, and identity. *Eat First, You Don't Know What They'll Give You* is a love letter to food and a celebration of the human spirit.

Reviews

"Yenny Wolfram's memoir is a delightful and inspiring read. Her love of food and her passion for cooking shine through on every page. This is a book that will make you hungry for more, both in the kitchen and in life." — Anthony Bourdain

"A beautifully written and deeply moving memoir about the power of food to connect us to our heritage, our family, and our community. Yenny Wolfram is a gifted storyteller and a passionate advocate for the importance of food in our lives." — Alice Waters

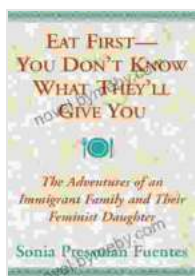
"Yenny Wolfram's memoir is a culinary adventure that will take you on a journey of self-discovery and cultural exploration. Her writing is both heartwarming and humorous, and her recipes are sure to inspire you to cook more often." — Julia Turshen

About the Author

Yenny Wolfram is a food writer, chef, and culinary instructor. She is the author of the award-winning cookbook *The Filipino Instant Pot Cookbook* and the founder of the popular food blog Yenny Wolfram's Filipino Kitchen. She lives in the San Francisco Bay Area with her husband and two children.

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