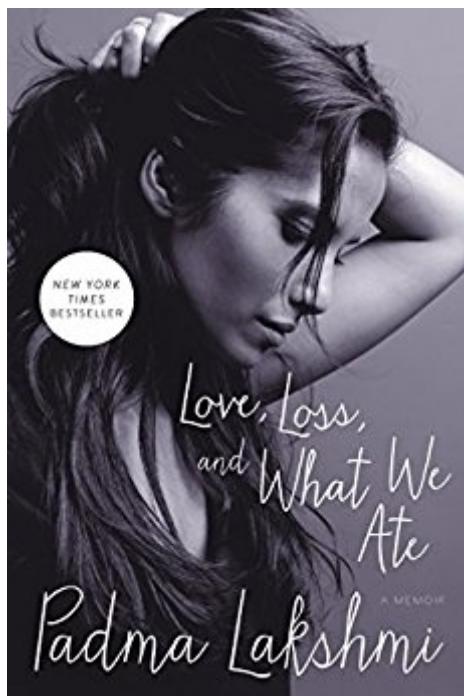


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# Love, Loss, And What We Ate: A Memoir



## Synopsis

A vivid memoir of food and family, survival and triumph, *Love, Loss, and What We Ate* traces the arc of Padma Lakshmi's unlikely path from an immigrant childhood to a complicated life in front of the camera—a tantalizing blend of Ruth Reichl's *Tender at the Bone* and Nora Ephron's *Heartburn*. Long before Padma Lakshmi ever stepped onto a television set, she learned that how we eat is an extension of how we love, how we comfort, how we forge a sense of home—and how we taste the world as we navigate our way through it. Shutting between continents as a child, she lived a life of dislocation that would become habit as an adult, never quite at home in the world. And yet, through all her travels, her favorite food remained the simple rice she first ate sitting on the cool floor of her grandmother's kitchen in South India. Poignant and surprising, *Love, Loss, and What We Ate* is Lakshmi's extraordinary account of her journey from that humble kitchen, ruled by ferocious and unforgettable women, to the judges' table of *Top Chef* and beyond. It chronicles the fierce devotion of the remarkable people who shaped her along the way, from her headstrong mother who flouted conservative Indian convention to make a life in New York, to her Brahmin grandfather—a brilliant engineer with an irrepressible sweet tooth—to the man seemingly wrong for her in every way who proved to be her truest ally. A memoir rich with sensual prose and punctuated with evocative recipes, it is alive with the scents, tastes, and textures of a life that spans complex geographies both internal and external. *Love, Loss, and What We Ate* is an intimate and unexpected story of food and family—both the ones we are born to and the ones we create—and their enduring legacies.

## Book Information

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## Customer Reviews

Imagine sitting with a new dear friend, sharing a meal and childhood stories, sometimes laughing, sometimes crying, asking "then what", and leaving mesmerized and amazed at the resilience a soul can possess. That is this memoir. I've watched Top Chef for ten (!) years, and have always been impressed with Padma's grace and poise, even while eating something less than appetizing (hunk of fat, anyone?). Beyond being beautiful, Padma guides the chefs and the show through each season with humor and a gentle touch. I decided to read "Love, Loss, and What We Ate" partly because of the title, and partly because of the revelation that she'd been molested as a child. As a survivor, I was dying to know how she came out on the other side. I got so much more. There is an immediacy and intimacy to this book, that feels like she is just sitting at my table, having a cup of tea, which I think is really remarkable for anyone sharing their story.

From India, to the US, to Europe, back to the US, modeling, writing cookbooks, hosting a reality TV show, running a jewelry and spice business, having a baby, fighting male and health issues, Padma's story is unfailingly interesting, Well worth the time to read, and the recipes sound as spicy as her life.

I did not expect much from this book but I had watched Top Chef for years, knew who Ms Lakshmi was and the price was right. So imagine my surprise to find that this is a beautifully well-written, honest, extremely interesting account of her life thus far. Very well done!

The book was somehow "all over" and at many times it seemed like the author was full of herself. Quick read though.

Well written, engaging, and often surprising. Padma reveals a depth of character and keen intellect that impresses. I especially like that she is attached to her roots and highly ambitious. A life as a

"swan" would never have satisfied this writer, performer, and social activist. My daughter-in-law is currently engrossed in the book and liking it as much as I did.

Well\_told and engaging, this is a modern story. I laughed. I cried. I learned more about Indian culture, feminism and cooking. Highly recommend it.

I primarily read fiction but Padma's memoir is excellent. Somewhere near the halfway point I was less inclined to put it down and attend to other things. It was that same draw a great mystery has where you need to know what happened next.

Loved the journey and the flavors described along the way.

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