



MEET

# LARA LYN CARTER

Emmy-Award Winning Chef,  
Author, founder Wicker & Whisk

**To connect with Lara Lyn:**

Rania Walker,  
PR & Media Relations

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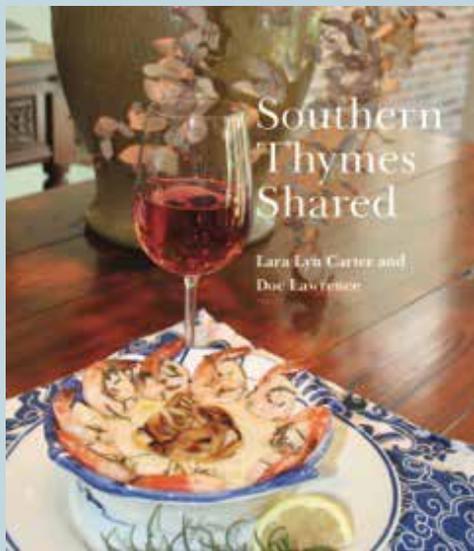


LaraLynCarter.com

# LARA LYN'S STORY

I was cooking before I could see the top of the kitchen counter. I learned the art of cooking at the side of my mother and grandmother - the way a young Southern girl does. However, it was the summer of my junior year in high school that really made me appreciate the value of that early "kitchen education" and made me realize how much I loved the experience of cooking.

That summer, my mother returned to work and I was in charge of the family meals. I planned the menus, purchased all of the groceries, and cooked the meals. Being the only cook in the kitchen allowed me to put into practice what I had learned and provided the opportunity to develop my own style - putting unique twists on the classics and bringing them up-to-date; and, I have been continually evolving these Southern classic recipes.



## ACCOMPLISHMENTS

Emmy Award winning host and creator of "Thyme for Sharing with Lara Lyn Carter"

Host and creator of Gabby Award winning show "Savor the Good Life"



# GETTING TO KNOW LARA LYN

**Q What or who inspired you to become a chef?**

**A** My grandmother. She was an amazing cook and she started me on my love for cooking.

**Q What is your favorite type of cuisine?**

**A** I love to find the authentic signature dishes anywhere I visit, but I must admit I am a lover of French cuisine!

**Q What is your favorite dish or meal?**

**A** Shrimp n Grits! Any version, they are always delicious!

**Q Wine or Whiskey?**

**A** Both! I love cooking with both. It really depends on the meal as to what I like to serve; however, I love to try small craft distillers and wine makers. There are so many amazing smaller producers.

**Q If you could do a chef collaboration with any chef in the world, who would it be?**

**A** Ina Garten is my all time favorite. I think she is authentic, classy, and so talented.

**Q What is your dream vacation?**

**A** I grew up watching re-runs of Julia Childs "The French Chef" and I have read numerous books on her and her life. I would love to go to Paris and trace her time there from her "Roo De Lou" home and the places that she shopped for her cooking pots, her favorite bread store and restaurants that she loved dining at, etc.

**Q What wouldn't you eat for a million dollars?**

**A** Organ meats. I can't stand liver or any other organ. YUCK!

**Q Who or what has been your greatest inspiration?**

**A** My children. They are always my heart.

**Q What is your favorite book?**

**A** I love to read historical fiction, so Philipa Gregory and Diana Gabaldon are both my favorite authors.

**Q What is your favorite cookbook?**

**A** That is a hard one. Well, I love my "Mastering the Art of French Cooking" by Julia Child, but I also absolutely love all of my Ina Garten cookbooks.

**Q What's your personal mantra?**

**A** It is actually the bible verse Hebrews 11:1 "Faith is the substance of things hoped for and the evidence of things not yet seen."

**Q What's the one tool every novice chef should have in their kitchen?**

**A** A very good cookbook and a big bowl of patience!

**Q What makes a dish 'Southern'?**

**A** Southern dishes are very diverse. A good example of that is the cuisine you see in New Orleans. The influence of French, Spanish, Native American, African American, etc. all play a part in the cuisine. I think you have to look at what dishes are common even among the diversity. Classic Southern dishes like shrimp n grits, cornbread, field peas, greens, fried chicken, and cobblers are all "Southern", but the recipes will vary based on the family influence.



# MEDIA COVERAGE/ FEATURE ARTICLES:

Here are some of her recent media appearances:



# TESTIMONIALS:

"Our state is truly blessed to have such a wonderful culinary ambassador in Lara Lyn Carter. Our goal at Georgia Grown is to improve the understanding and importance of the agricultural industry to the public, all while solidifying the connection between the grower and the consumer. Thanks to Lara Lyn's unique ability to communicate to those consumers, she easily translates our sometimes obscure dialect of farm to the familiar language of food."

**Gary W. Black**  
Georgia Agriculture Commissioner

## THE EARLY YEARS FILMING "SAVOR THE GOOD LIFE"

"It was evident from the moment I met Lara Lyn that she is extremely passionate about using locally grown products and highlighting the people producing them. When we launched "Savor the Good Life", a locally produced program introducing unique and interesting places to visit in South Georgia, she chose to feature Georgia Grown products in many episodes and always uses these products in her own kitchen. Her caring personality and smile is infectious to those around her."

**Don Norman**  
Marketing Director -WALB-TV

"She's a Georgia original. She's a natural more than anything else. You see it sometimes in sports or in the theater with performers. She's got it. What you see is what you get. She's a priceless gem."

**Doc Lawrence**  
Executive Producer  
& CEO, DOWN SOUTH TODAY



# GALLERY



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