

#WorkKitchen

issue one

april 2022

THE LIFE OF JOËL
ROBUCHON

RED LIGHT
THERAPY

ASPARAGUS
PARMESAN

chef
of the
century

Joël Robuchon



FORE

Welcome to the inaugural #WarKitchen mini-magazine!

It's been a little more than a month since [Optimal Fuel: Your Nutrition Playbook](#) was released. The reception to the book has exceeded my expectations — by a lot! All the messages I've received from all of you has definitely made the time and effort spent creating the book worthwhile. It was also the catalyst that led to this whole idea of building on the #WarKitchen tag on Twitter.

The #WarKitchen is more than posting good food — it's an ideology of living that's encapsulated in health, nutrition & lifestyle.

We don't just want to eat food that's healthy. We want to optimise all areas of our lives.

We strive for quality, beauty & excellence. In all that we do.

The #WarKitchen serves as the

platform in which those of us who share this vision can come together.

Who knows what the future holds?

Imagine a #WarKitchen supermarket that ONLY sells food. No aisles filled with rainbow coloured cereal boxes. No seed oil milk alternatives. The best cheese selection in the world. Every cut of meat. Activated grains & nuts. Raw milk. A butter aisle filled with real butter. Just good, quality food.

Or even a #WarKitchen restaurant. Where you don't have to worry about getting machine lubricant on your plate. Where everything on the menu is constructed from the ground up, with your health in mind.

The possibilities are endless.

With Web 3.0, we are seeing a number of online communities built simply off the shared interests & hobbies of its members. Where members are able to hold

WORLD

tickets of membership that also serve as assets that offer real-world functionality. We could definitely tap on this technology in the future to build actual real world solutions in the health & wellness space.

What this mini-magazine seeks to do is to (1) showcase and (2) indoctrinate. Its the modern magazine on everything nutrition, lifestyle & aesthetics. It makes for a short, beautiful chic file you can send around your social circles.

The topics discussed in the community discord will be curated here, along with any contributions (articles, recipes, ads, memes, etc). Drop me an email at rocky@optimaldesign.net or a DM if you want to contribute!

In this first issue, Joël “Chef of the Century” Robuchon is on the cover. While he’s one of the best to ever do it, not many (especially in our generation) really knows of his existence. While the man left us in

2018, his legacy, I am sure, will live on forever. We discuss his climb to the top of culinary art as well as a breakdown of one of his most famous recipes.

For all the biohacking enthusiasts, there is a rundown of everything to do with red light therapy. I also share one of my go-to vegetable recipes — the asparagus parmesan.

Enjoy!

This issue of the #WarKitchen is best enjoyed with a cup of italian espresso and warm pain au chocolat.



What Is The #WarKitchen?

The #WarKitchen is a league of extraordinary gentlemen who want to better themselves, their cooking and their physical health.

VALUES

Strive for Quality

Especially with the essentials (cookware, clothes, bedsheets, shoes etc). Skimping on the things you use everyday is a bad habit.

Build from Scratch

Wherever possible, make it from scratch. Using store-bought condiments and sauces made with poor ingredients is one way to very easily ruin a dish.

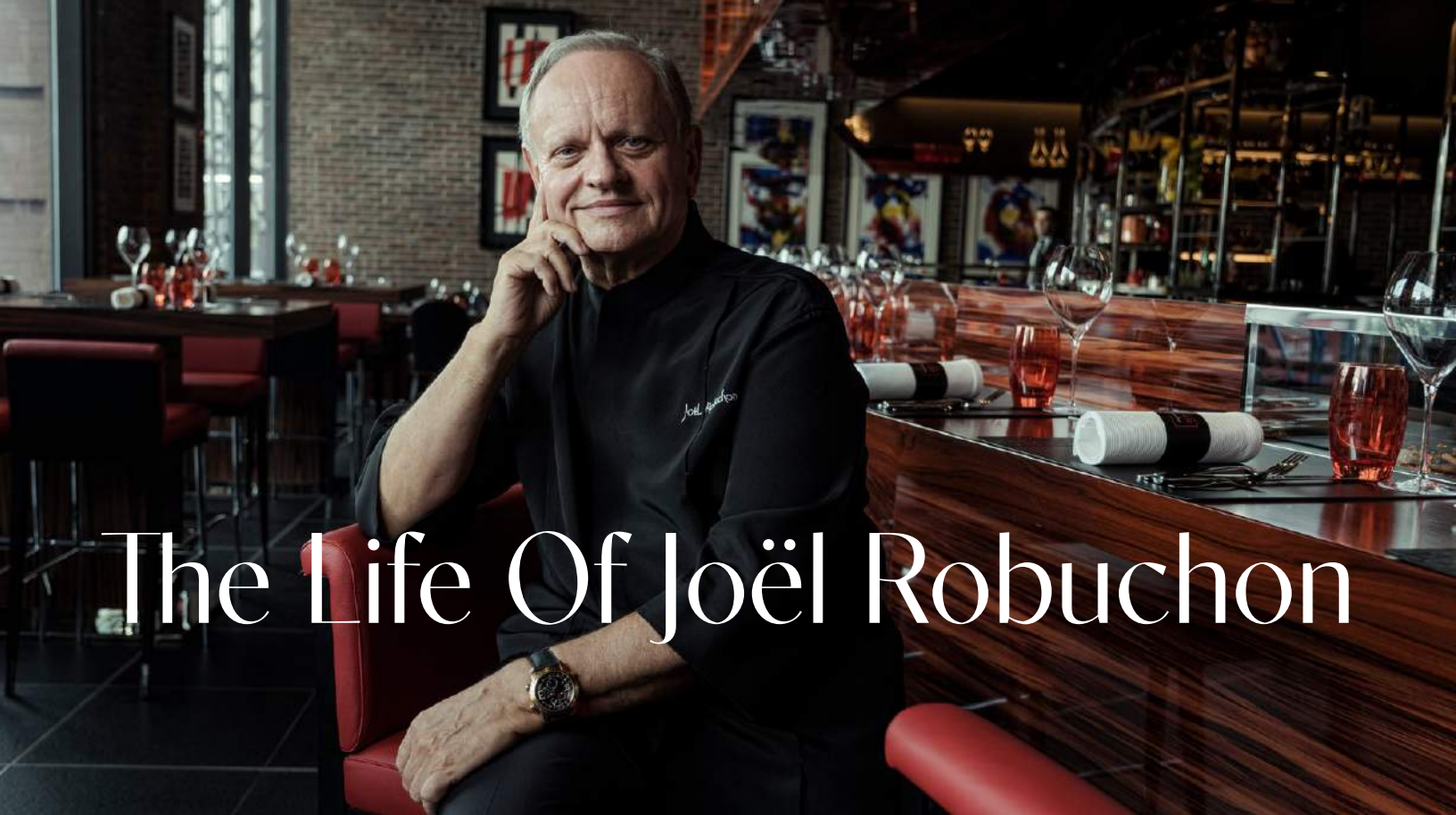
Beacon of Positivity

Always be the first one to initiate the hello, the smile and be the source of good vibes & energy without needing anything in return.

The Rest, is Up to You.



Greuze, Jean-Baptiste, 1725-
1805



The Life Of Joël Robuchon

Joël Robuchon was a world-renowned French master chef and restauranter who was awarded “Chef of the Century” by *Gault Millau* in 1989 and *Meilleur Ouvrier de France* in 1976. He was the chef with the most number of Michelin stars to his name – 32.

Chef of the century. That’s a title you don’t hear all too often. Robuchon was one of the greatest chefs of his generation. Not only does he have the most *Michelin* stars ever, he also achieved the *Meilleur Ouvrier de France*, which is one of the highest honours a chef can attain.

Meals Are Sacred

Robuchon grew up in a traditional French family and always appreciated the ceremonial baking

practices in the Catholic faith. He was in awe of how food was always blessed before consumption and so he wanted to be a priest. Food was sacred for him, even at a young age. He began helping out in the kitchen as a boy and before he knew it, he realised his true purpose, which was to master the culinary arts. He left the seminary in his teens and went straight into perfecting his craft. The boy from Poitiers embarked on a journey that would see him go from being like any

other French kid growing up in a low-income household in post-war France to one of the greatest chefs of all time.

Robuchon's Come Up

He started just like any other French through the *brigade de cuisine*, working his way from the bottom. He rose through the ranks at speed, from *aide pâtissier* (assistant pastry chef) to *chef de cuisine* (head chef) where he ran the kitchens in Concorde Lafayette (managing a team of 90 by the time he was 29) and Nikko hotel soon after, where he obtained two *Michelin* stars.

The Rise of Jamin

5 years after winning the *Meilleur Ouvrier de France*, Robuchon decided to open his very own restaurant in Paris — Jamin. What happened next, was history. It received a Michelin star year after year after year. Opened in 1981. 3 Michelin stars in 1984. It was also awarded “Best Restaurant in the World” by *International Herald Tribune*.

Ramsay & Robuchon

It's a well known fact

just how much of an inspiration Robuchon was to Gordon Ramsay, especially in his early days.

Robuchon was a pretty jovial guy, but he was a completely different animal in the kitchen. Ramsay, as most of us know, is hot-tempered and (slightly) arrogant. You could imagine just how the two would have clashed in the kitchen. One time, Robuchon was not happy with Ramsay's langoustine ravioli and Ramsay did not take the criticism well. One thing led to another and before you knew it he

Did You Know?

The Michelin Star was invented by the founders of the Michelin tire, Andre Michelin and Edouard Michelin. To advertise their tires, they distributed free copies of the Michelin guide that not only had instructions to change and repair tires, but a map showcasing the best restaurants and amenities in France. The first Michelin stars were given in 1926 and the 3-star rating system was made 4 years later in 1931.

JOIN THE DISCORD

(click on the golden button)

HEALTH

NUTRITION

LIFESTYLE



W a r K i t c h e n
be a part of the conversation

was slamming cookware around and Ramsay told Robuchon he would quit in the heat of the moment. Obviously, the man wasn't having any of it. Robuchon threw a plate of food in Ramsay's face. "That was the only time I've ever thrown a plate at anyone" said Robuchon in an interview to The Telegraph years ago. The two of them definitely shared a close relationship with there being a lot of respect. Ramsay to this day, refers to Robuchon as the "Godfather of Michelin".

The Magic Was In Simplicity

Robuchon was special in how he was always able to use a few ingredients in most of the meals he made. He did not go for extravagance, but instead focused on 2-3 flavours, letting them shine. He was a genius in manipulating the palate, and it is this attention to detail that catapulted him to the very top. "It is important to respect the integrity of the ingredients by preserving their flavors and

aromas".

Style & Innovation

Robuchon was a trailblazer. Not only was he one of the first chefs to start wearing black uniforms (simply because he thought it looked elegant), he actually created new techniques even before they became popular.

Robuchon was already using bags to nail the temperature of his food even before sous vide was a thing. His overall style was also against the grain, choosing to focus on simplicity in a time where *haute cuisine* (really complex dishes) was common.

"It is important to respect the integrity of the ingredients by preserving their flavors and aromas"

Joël Robuchon

Robuchon's World Renowned Pomme Purées





Yes, you read that right. The man's most famous dish is mash potatoes. Robuchon perfected the art of the mash and in the next few pages, I will break down his technique and recipe for the WarKitchen reader (you) to try in the comfort of your own home.

Ingredients (serves two)

- 1 Medium-Sized Potato
- 2 Generous Knobs of Grass-fed Butter chopped into tiny bits (about 40g)
- 40 ml Warm Whole Milk (equal portions milk to butter)
- S&P

Equipment

- Pot

- Saucepan x2
- Vegetable Mill (important for Michelin level consistency)
- Whisk

Technique

- Wash the potatoes and cook in a pot of salted water at a low simmer for 20-30 minutes.
- Once cooked, peel them immediately (protect your hands).
- While hot, pass them through the mill on its finest setting.
- Heat the mash on a saucepan in low-medium heat and stir continuously with a wooden spatula for a few minutes, you want it somewhat dry.
- Take it off the heat and add

butter while continuing to stir well. The faster you stir, the more smooth and creamy it becomes.

- Once the butter is fully incorporated, add the warm milk (heat it separately beforehand).
- Whisk well until everything is incorporated well, adding S&P to taste.

“It is this simple but tasty dish that has done the most for the reputation of my restaurant. For a good mash, choose potatoes of uniform size so that they are all cooked at the same time. For my



restaurant, I used only the best Rattes from the rigorous Jean-Pierre Clot in Jouy-le-Châtel (Seine et Marne), larger than the potatoes of this variety and above all of exceptional flavor.

Respect the proportion of salt in the water used to cook the potatoes: it is no coincidence that you salt at the beginning.

Once in the vegetable mill, plan a vigorous movement of the wrist to dry out the puree with a wooden spatula.

Add the fresh butter first and only then the whole milk. Finish with a whisk to make the puree lighter.

— Joël Robuchon



Roses and Lilies (1888)
Henri Fantin-Latour

A man is sitting on a wooden floor in a room bathed in red light. He is wearing a headband and has his legs extended forward. The background shows a window with vertical blinds and a large speaker on the right.

RED LIGHT THERAPY

Does it really work? There has been so much talk surrounding red light in recent time. From biohackers to the average girl on TikTok, red light has seen itself transcended every sphere of the Internet.

What even is Red Light?

To understand, we have to take a look at white light (what we see everyday). White light is made up of every colour of the rainbow combined — all of which have their

own specific wavelengths. We are able to see different colours when these wavelengths are isolated. These wavelengths (colours) penetrate our skin at different depths, with red light being able to go the deepest.

Red light is within 600-800nm (we cannot see anything beyond 800nm). These red light therapy devices are often filled with bulbs within this wavelength or even beyond that. Those above 800nm

are known as infrared wavelengths and they're able to go deeper in the skin and studied to have therapeutic effects. Its why some of these devices look like they have got some bulbs turned off. They're on — we just can't see them.

How Red Light Works

Red light works by targeting the powerhouse of the cell, the mitochondria, directly. The light helps in stimulating ATP production and it is this production of energy that leads to the widely discussed regenerative and therapeutic effects. The more ATP produced, the more healing, the more growth.

Benefits of Red Light

1. Reducing Inflammation

Red light can be used directly to increase the rate at which your body heals, with there being studies shown of osteoarthritis and joint pains being improved with targeted red light therapy.

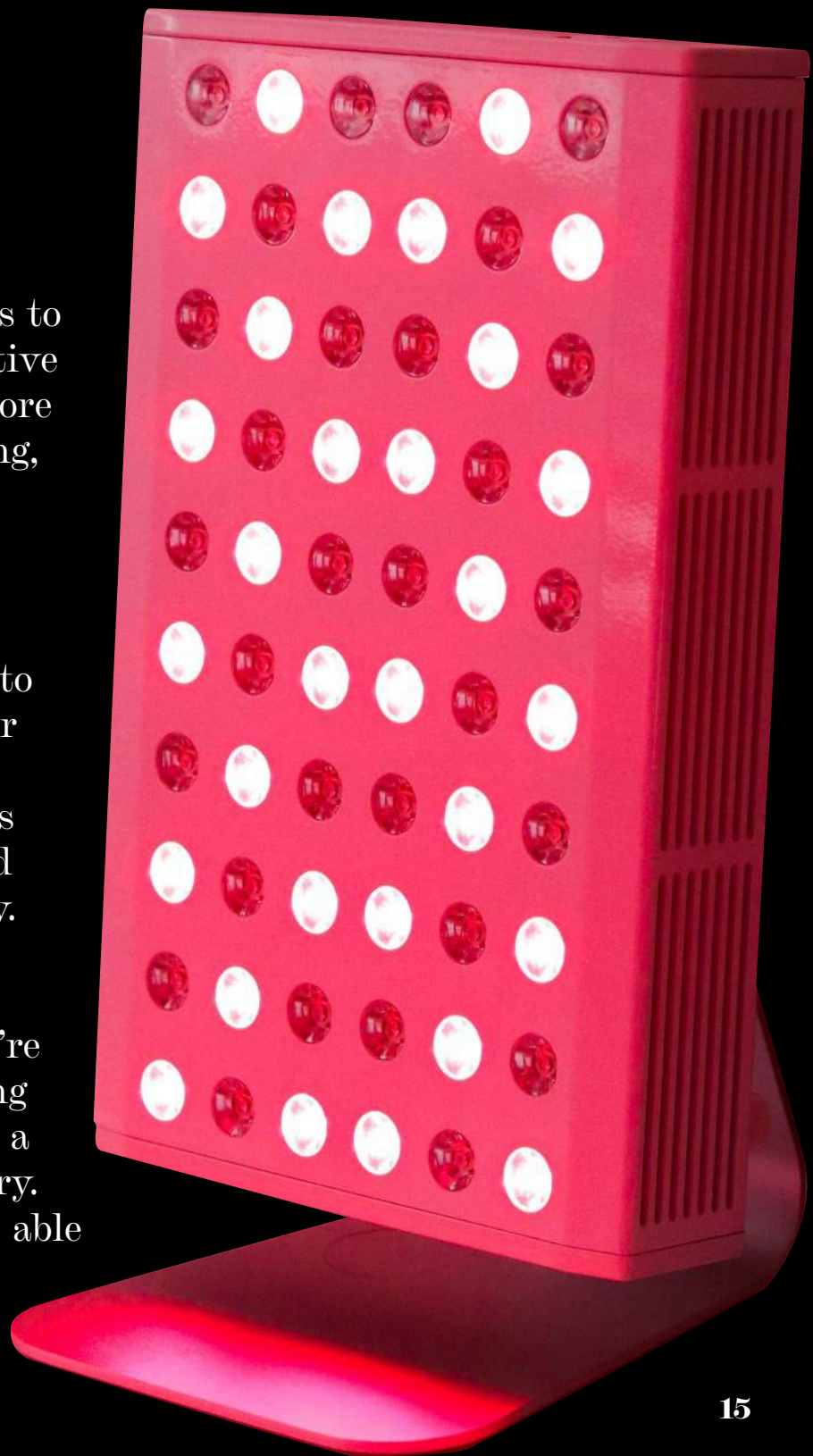
2. Improving Recovery

You don't have to wait till you're injured to use red light. Shining red light on sore muscles after a workout helps improve recovery. This happens because cells are able to regenerate more quickly and there is increased blood

flow in the muscles. It also helps reduce the chances of injuries occuring in the future.

3. Improving Thyroid Function & Boosting Testosterone

Red light stimulates the increase



in thyroid hormone levels. The thyroid is essential in regulating our metabolic rate and an increase means a rise in daily energy levels. Red light has also been shown to increase testosterone production.

There are a whole host of other benefits but they all stem from the fact that red light's able to increase ATP production, without releasing too much heat which could be damaging.

Red Light Therapy Protocols

So now you know that they're good for you and you're wondering how you can incorporate red light in your life and what type you should get.

Let's talk about the types first, since there is a whole range of red light devices on the market. You see a ton of cheaper options that are individual bulbs on the market (targeted for facial rejuvenation) up to higher end full body panels that Joov offers. If you have the money to spare, you can get them as they are one of the best in the business. It comes with a remote and can also be easily mounted on walls. If not, you can get by with \$50+ square panel devices that you can find on Amazon. Just make sure that it says its red bulbs that are

within 600-800nm at least! If its too ridiculously cheap, chances are its not the real thing. You can also get individual lamps, but those are more for spot treatment. I suggest getting a bigger one so more of your body can get exposed to it at one time.

I've been using it for almost 2 years and it actually feels like a supplement. I set it up in a corner of my room. At night, I look at the opposite end of room so that red light primarily hits the back of my head

I do this to avoid staring right into it at night as it may make it more difficult to fall asleep (wear some eye protection if needed). I leave the red light in the same spot in mornings and turn the other way (so it's pointing towards face).

Getting it in your eyes feels good in the morning but you have to get used / build up to it. Always stop if you feel any discomfort. If you're getting headaches, use it for less time.





asparagus parmesan

Asparagus Parmesan is one of my favourite things to have with steak and its also so simple to prepare. Here's how to do it.

Ingredients

- Asparagus (the bigger ones are better for this)
- Finely grated parmigiano reggiano (shred into a small bowl)
 - Few knobs of grass-fed butter
 - Dash of EVOO
 - S&P

*You'll want to use a stainless steel pan for this
The size depends on how big your asparagus spears are*

Method

Get butter sizzling in the pan with a dash of EVOO

Season asparagus lightly with S&P and let it cook

After about 2 minutes, add half of the parmigiano

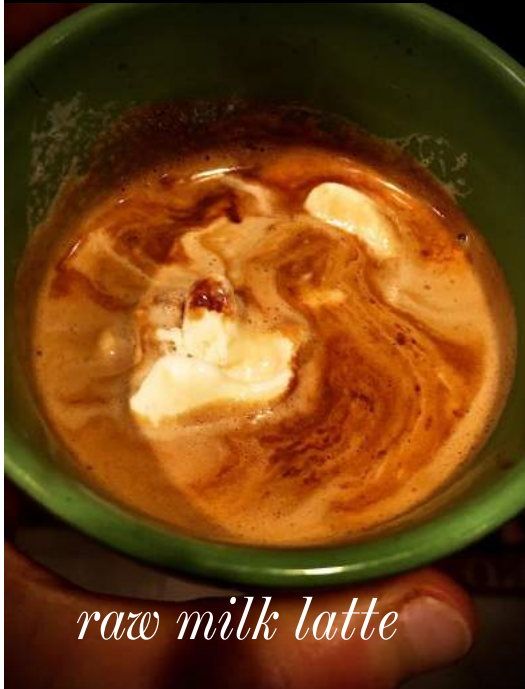
Another 30 seconds and plate with the rest of the parmigiano

Alternatively: You could cook the asparagus in whatever pan you've used to cook the main (steak etc) and get a nice char. Then you could add the butter and the parmigiano.

(IN PICTURE: Asparagus parmesan served with grass-fed sirloin, lamb liver pâté and caramelised onions. I've eaten this exact combination so many times. ne of my absolute go-tos for a weekday lunch when I'm home.)



w a r k i t c h e n



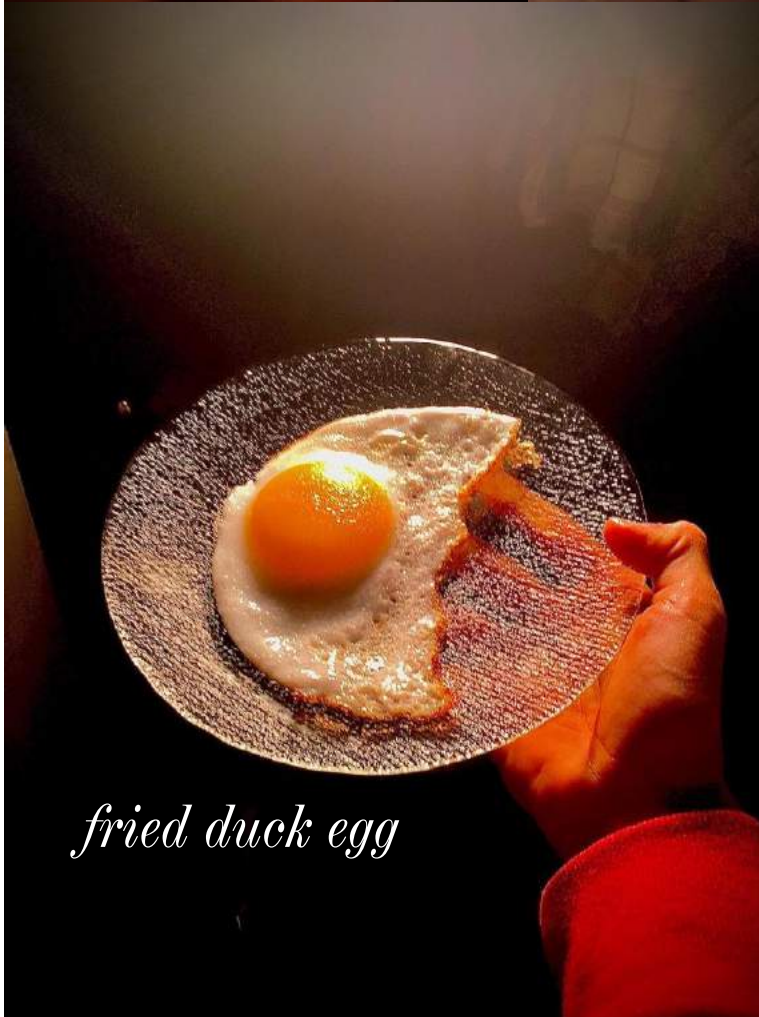
raw milk latte



*zaatar &
crushed black
olives*



tiger prawns



fried duck egg



*paccheri al
pesto*

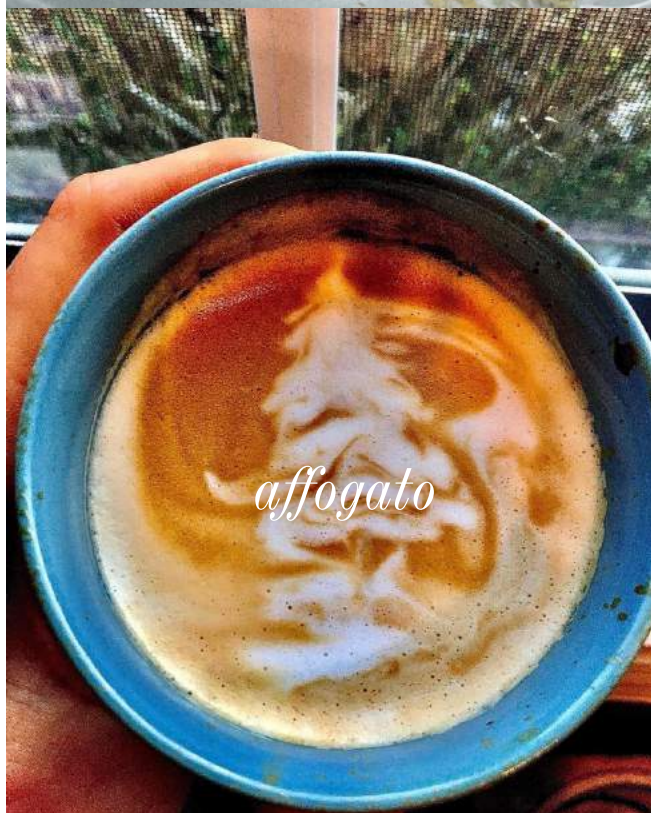
#warkitchen



*lamb leg, #warkitchen
fries & asparagus
parmesan*



oysters



affogato



*beef liver tacos with homemade
masa harina tortillas*

Do you have something for the #WarKitchen?

drop me an email :

rocky@optimaldesign.net

feel free to submit anything from

- *writings on nutrition, health, lifestyle*
- *pictures / recipes of your food*
- *advertisements / memes*

[Click here to join the #WarKitchen discord](#)

It's Yours, If You Want It



WarKitchen