

WARKITCHEN



ISSUE 010

MARCH'23

what does it mean *to hunt?*

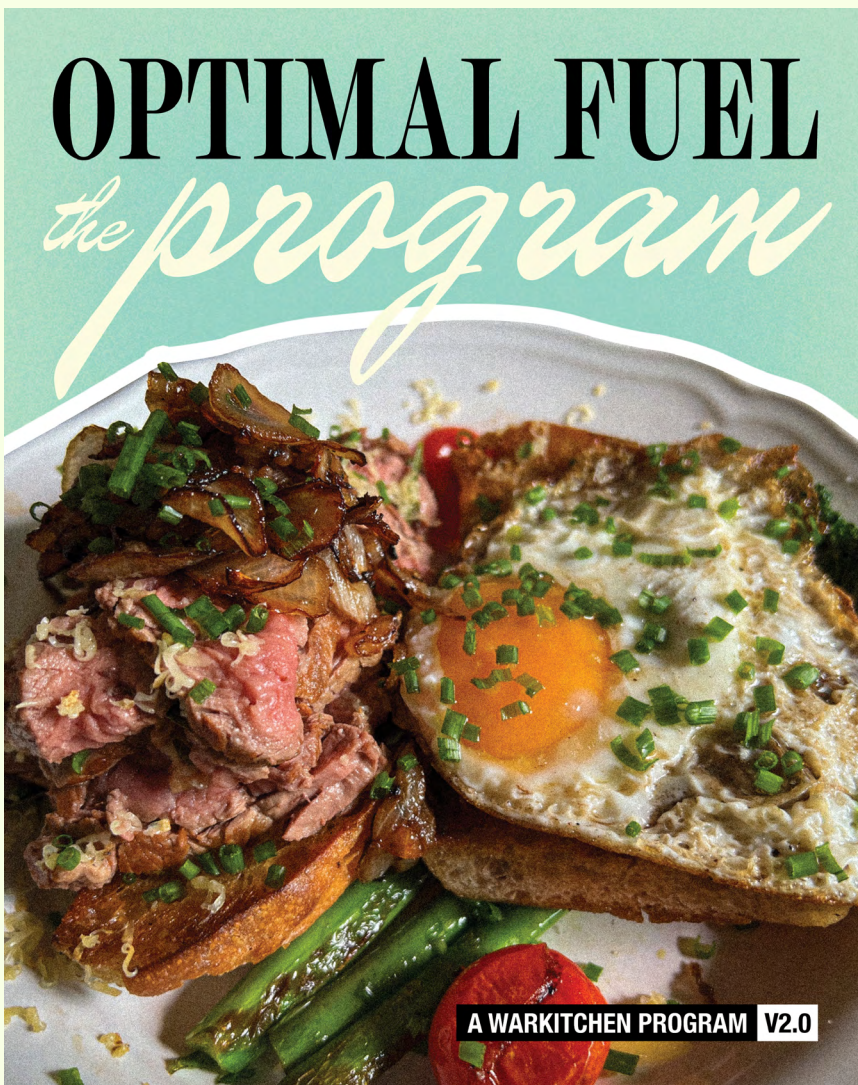
ARTWORK BY MORT KUNSTLER

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A FEW WORDS FROM ROCKY

Ladies & Gentlemen, it's with the utmost pleasure I welcome you to the 10th issue of the WarKitchen magazine. Some of you have been here from Issue 01 and for others, this might be the first issue you've stumbled upon. Either way, I'm so glad to have you here.

I don't think I've had more people asking for print versions the past month, and trust me that's something I want to make into reality. This is still the very early beginnings. There's a dearth of great magazines — especially ones that talk about *real nutrition & gastronomy*. We seek to blend elegance with style. Flavor with health. It's possible. And we're going to show the world. Thank you for being a part of the ride.

We start with one of my favorite pieces to date. Joe shares with us an intimate story of his time hunting last Thanksgiving, and it really brings home the importance of understanding where our food comes from. If you hunt, or it's always been something you've wanted to do, I highly recommend reading his words.

We then have Centiface bringing us through a funny parody of *American Psycho*, with a smoothie recipe to go with.

Kenan Todd shares his journey of building *Acorn Bluff Farms*, and how everything started from one fateful text message.

Boran Can details the importance of appropriate stomach acid levels, along with

what you can do if you find yourself with inadequate levels.

And as usual, we complete the magazine with the eats of the month, from readers of the WarKitchen themselves. Take some inspiration. Create your own pieces of Art that you share with your friends & family. Snap a picture, send it over & I'll feature it in the next month.

The new warkitchen.net site is also LIVE! You can now read every issue & previous newsletter there. ` And once again, thank you all for reading & sharing the magazine with all your friends and family.

Important Links:

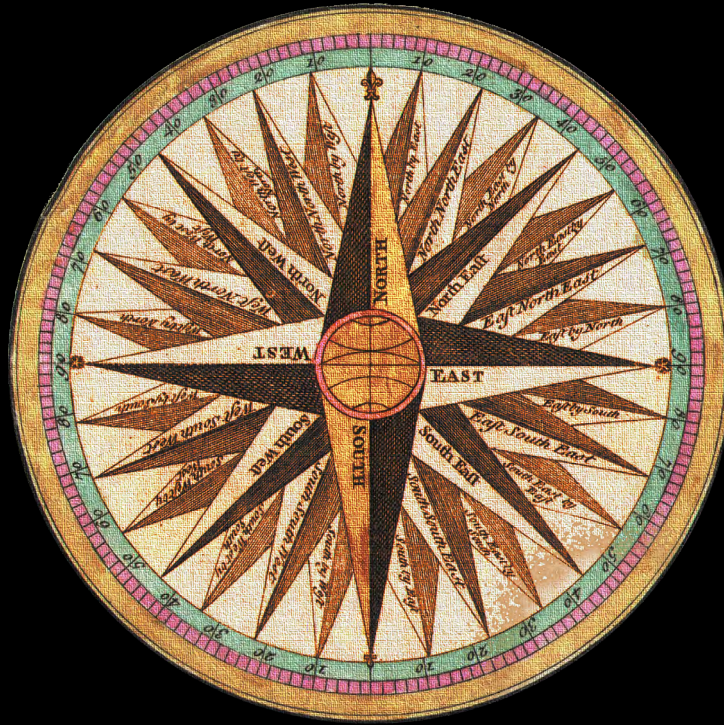
- @TheWarKitchen on [Twitter](#) & [Instagram](#)
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With that,
Enjoy the Experience.

Rocky

Founder, Editor, Designer
WarKitchen Magazine





The WarKitchen Hiking Club

we go where our hearts lead us
that's our compass.

An extremely moving piece on what it means to hunt for your own produce. Important for the times we're currently living in. Joe holds nothing back.

A nutritious spin to that popular scene in *American Psycho* — this time, with a chic smoothie recipe included. Margot Robbie, please take notes.

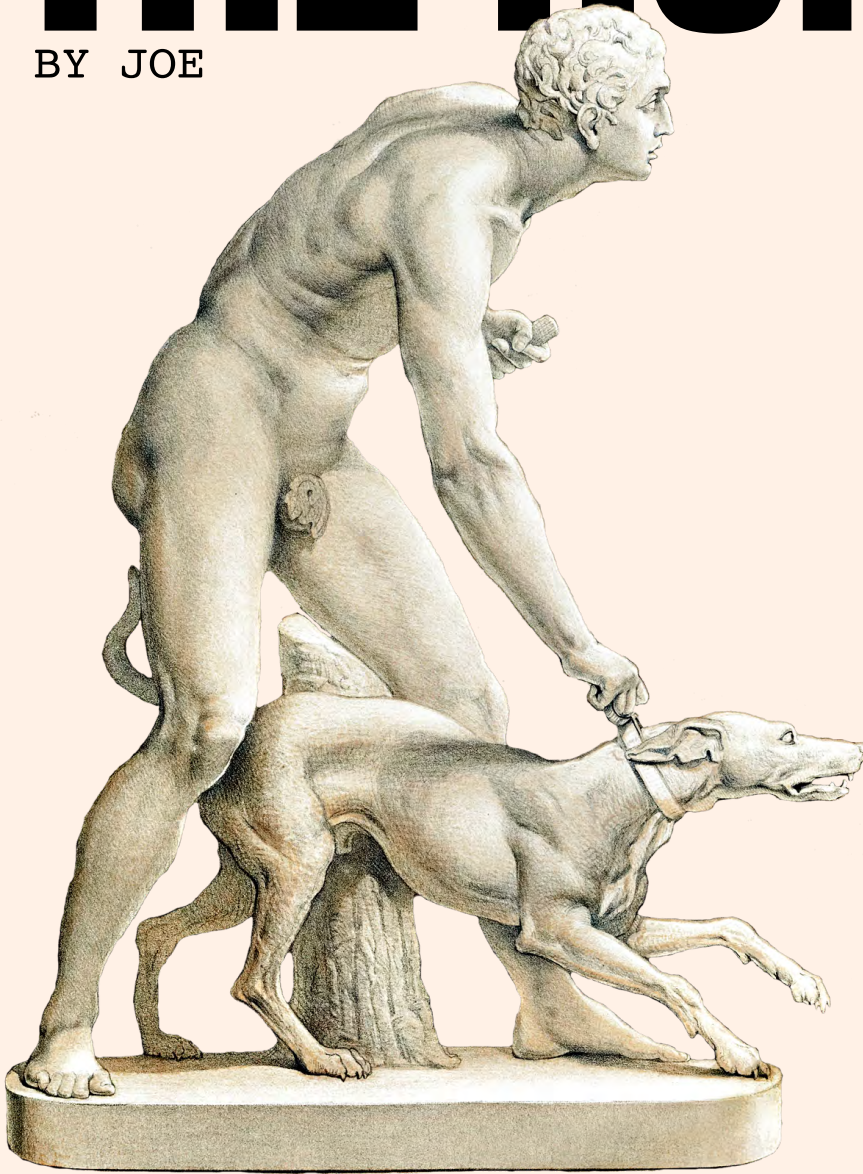
A frequently overlooked aspect of digestive problems is the role of stomach acid, or the lack thereof. Boran provides a comprehensive analysis.

The story of how one text led two brothers to start *Acorn Bluff Farms* & raise Mangalitsa pigs. Comes with an exclusive lemon rosemary porkchops recipe.

See what readers of the WarKitchen have been feasting on the past month. Get some inspiration. Set aside time to cook beautiful, nutritious food.

THE HUNT.

BY JOE



"Maybe stalking the woods is as vital to the human condition as playing music or putting words to paper. Maybe hunting has as much of a claim on our civilized selves as anything else. After all, the earliest forms of representational art reflect hunters and prey. While the arts were making us spiritually viable, hunting did the heavy lifting of not only keeping us alive, but inspiring us. To abhor hunting is to hate the place from which you came, which is akin to hating yourself in some distant, abstract way."

— Steven Rinella

Last year's Thanksgiving was a special one. I had just acquired a piece of private land.

While I've always hunted deer, turkey and ducks with firearms, this was my first season with a compound bow.

It was a cool, crisp morning with freezing rain. I had been

sitting up in a tree for 2 hours just waiting, before coming to the conclusion that the deer were all bedded down. So, I decided to venture out and push towards where I had seen them on my scouting trips. Masked by the rain, I covered ground quickly and quietly.

As I walked, the constant white noise of rainfall and birds chirping was suddenly

interrupted by a snap of a twig. For a second I thought it was me, but all at once all the noise around me was muffled by the sound of my own heartbeat ringing in my ears. I looked up and there he was, an 8-point buck, glaring in my direction.

As the buck gradually approached, I stood there, frozen in awe. It felt like an eternity. From 50 yards away,

he moved another 10 closer, until an oak tree obscured his line of sight. I remember it all vividly. Everything almost happened simultaneously. I could see the steam coming off of him as his head peeked beyond the tree. The musty smell of wet deer fur. My heartbeat pounding in my ears... It felt like a scene out of *Jeremiah Johnson*.

This was my chance, or so I thought. I lifted my bow, feeling adrenaline in my veins. I *wasn't alone*. I felt no weight behind my camless draw, as if my all of my ancestors were helping me pull. Reassuring and steadying my aim, I could feel their presence. Especially my grandfather. I knew it was him. It felt as if I had gone back in time, and in that moment, there a calmness washed over me. I felt strength. I felt love.

Within milliseconds, the rush of emotions overtook me. I found myself smiling and crying at the same time. For those few fleeting seconds I was one with life and all of God's creation. Past, Present, and Future generations *were all there with me*, guiding my shot. Before I knew it, a feeling I wish I could bottle up and share with the world, was over in a flash. My mind had snapped back to reality, I was so caught up in what had just happened that I lost my sense of time.

Not knowing how long I had been standing there, both of our eyes locked on to each other. My conscious screamed "*Shoot!*" — so I let loose an arrow that had this broadsided buck dead to rights. Halfway to the buck, the arrow struck a branch whistled in the other direction. The majestic buck fled, disappearing into the thicket.

If you saw my face you would have assumed I had just bagged a *Bull Elk* in

Montana. I didn't care about the outcome. I felt like I had just reconnected with long lost relatives and I'd give anything to relive that feeling again. I returned home as a grateful and content hunter, still smiling as I relived the experience.

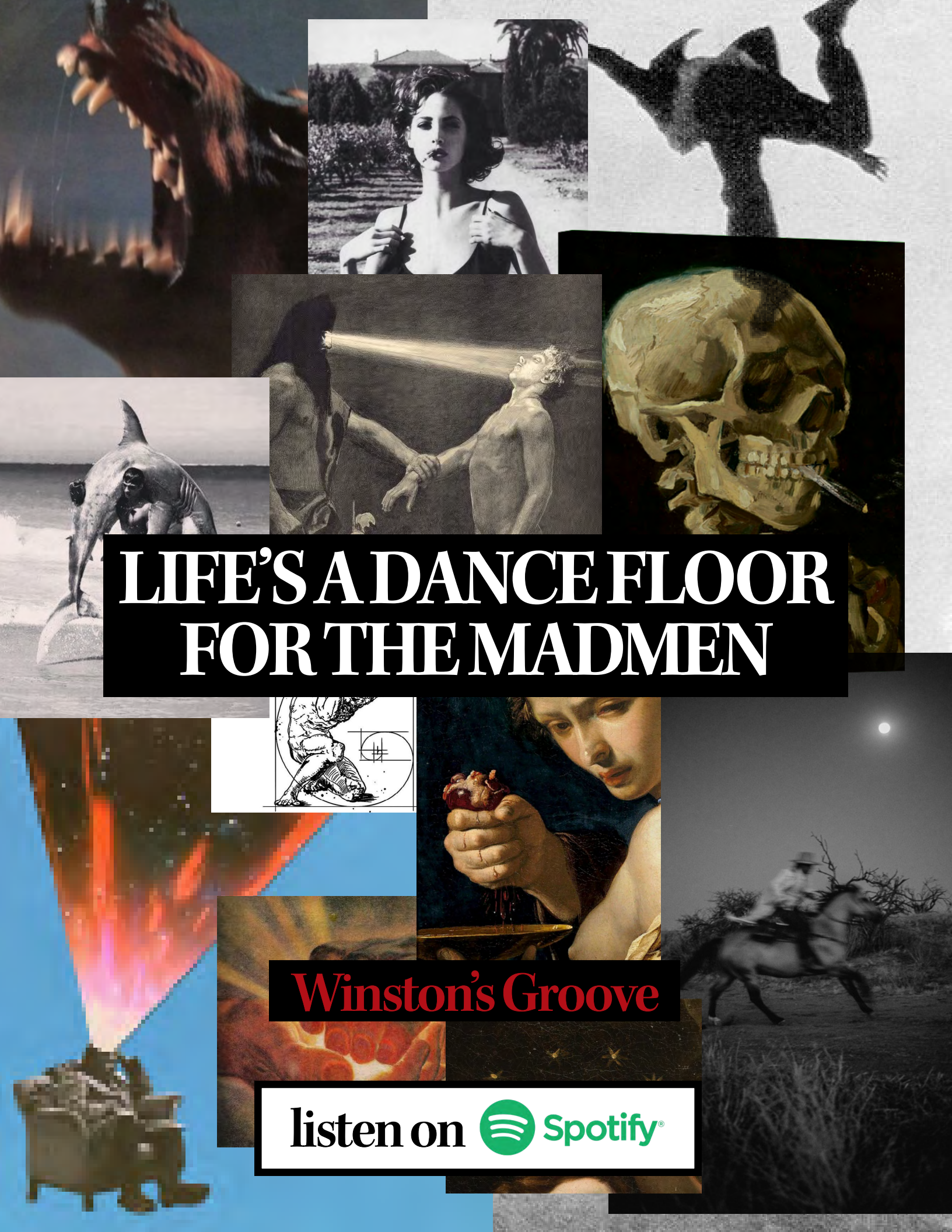
What transpired in those woods that morning was extremely rare. But it doesn't take something extraordinary for you to appreciate the wonders of nature. Hunting is more than just bagging game. It's an opportunity to connect with nature and experience its greatness. We are a part of nature, and no matter how hard we try to suppress our primal instincts, they remain.

As a reader of WarKitchen, you likely have a deeper understanding of nutrition and the complexity of the human body. That it's an intricate machine that can perform great things when fueled properly. One of the main pillars of nutrition is meat, and plenty of it. So why not cut out the middle man and go straight to the source for pennies on the dollar?

Hunting provides numerous benefits. A walk in the woods can be cathartic, allowing for quiet reflection and contemplation. Some of the greatest ideas in human history have been born in similar settings. Hunting also provides not just a vital survival skill but the ability to provide your family with the most natural, nutritious food you can possibly get.

As you harvest your game, you come to appreciate and respect life.
Preparing the





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next meal helps you understand how the animal provides nutrition for your family. You learn about the body structure, muscle, bone, and sinew, and the different cuts of meat and organs, including nature's very original multivitamin — the organs.

Confidence and pride grow with every successful hunt, spilling over into everyday life. There's nothing like knowing exactly where your food comes from and everything involved in obtaining it. When you hunt, you learn the habits of the deer you're tracking, such as their age and behavior. Do they act like a young buck, or are they a seasoned vet that doesn't chase the first sign of a doe during rut season? What do they like to munch on at different times of the year? And, in case of inclement weather, do you see them bedding under a cluster of pine trees? By tracking pathways, deer pellets, and rubs, you accumulate knowledge and deepen your appreciation and respect for the animal you're hunting. This understanding leads to a less wasteful approach to meat utilization, as you understand the effort it took to get it on your table. The more you put into the experience, the more you get out of it. A sense of inclusion and symbiosis with nature is one of the greatest accomplishments man can reap.

Hunting is all of these things and more. It's the wonderful memories made with you and your loved ones. The stories to tell, and the passing of this vital skill to future generations.

Recommended Resources:

- GrowingDeer.tv ([YouTube](#))
Dr. Grant Woods expert in deer biology. He dives into habitat management, herd management and predator management.
- Whitetail Habitat Solutions. ([Website](#), [YouTube](#)).
Jeff Sturgis. An avid conservationist who specializes in deer habits and agriculture. Jeff has been recording every hunt he's been on since his 20's!
- Meateater.com ([Website](#), [YouTube](#))
Steven Rinella, more well known for his show on netflix. He provides entertainment and

a more general introduction to hunting, cooking, and conservation. Personally I highly recommend his literature, which is available on [Amazon](#). Steven is also one of the most highly respected conservationists in the hunting community.

The hunter's horn sounds early for some, later for others. For some unfortunates, poisoned by city sidewalks and sentenced to a cement jungle more horrifying than anything to be found in Tanganyika, the horn of the hunter never winds at all.

But deep in the guts of most men is buried the involuntary response to the hunter's horn, a prickle of the nape hairs, an acceleration of the pulse, an atavistic memory of his fathers, who killed first with stone, and then with club, and then with spear, and then with bow, and then with gun, and finally with formulae.

— Robert Ruark



A DAY IN THE LIFE OF LAWRENCE VAN PATTEN.

I LIVE IN THE UTOPIAN GARDENS BUILDING ON WEST 444ST AVENUE. I'M 27 YEARS OLD. I TAKE CARE OF MYSELF. I EAT A BALANCED DIET WITH A RIGOROUS EXERCISE ROUTINE. EVERY MORNING, I START MY DAY WITH HIGH QUALITY ORGANIC GREEN TEA. WHILE I WAIT FOR MY REVERSE OSMOSIS¹ WATER TO BOIL, I DO MY PUSHUPS. I CAN DO 200 NOW BEFORE I HEAR THE KETTLE SING. GREEN TEA IS CRUCIAL. IT PROTECTS² ME FROM THE HARSH CITY. THEN, I CRACK SOME ORGANIC EGGS AND FRY THEM WITH RAW GARLIC. GARLIC PROTECTS AGAINST ACRYLAMIDE³ INDUCED HEPATOCYTE DAMAGE — A KEY ELEMENT TO MY LONGEVITY STRATEGY. ON THE SIDE, I SPREAD SOME COD LIVER ON TOAST WITH COARSE SALT (NOT TOO COARSE). I WASH THAT DOWN WITH A GLASS OF COLD WATER, TO WHICH I ADD A DASH OF COLD-PRESSED GINGER. THIS KEEPS ME SHARP. KEEPS MY SKIN TIGHT. BOOSTS MY IMMUNE SYSTEM⁴.

NOW I'M HYDRATED. I MOVE ON TO MY FULL-BODY WORKOUT ROUTINE. I ENJOY USING A VARIETY OF EQUIPMENT, EACH ONE DESIGNED TO PERFECTLY SCULPT MY BODY. DUMBBELLS, KETTLEBELLS, GYMNASTIC RINGS, ELASTIC BANDS. I USE THEM ALL.

I'LL THEN MAKE MYSELF WHAT I CALL THE SMOOTHIE.

IN THE SHOWER, I USE AN OLIVE OIL BASED FROM MARSEILLE. I DON'T KNOW HOW IT GOT THERE. THEN, I APPLY MOROCCAN BLACK SOAP AND LET IT SIT FOR 10 MINUTES BEFORE EXFOLIATING.

FOR LUNCH I'LL HAVE GRASS FED BEEF OR LAMB WITH BROCCOLI⁵ TO REPAIR ANY EXISTING DAMAGE TO MY DNA.

THERE IS AN IDEA OF A LAWRENCE VAN PATTEN, SOME KIND OF ABSTRACTION, BUT THERE IS NO REAL ME. I AM CONSTANTLY EVOLVING. AND THOUGH I CAN PUT A SNOBBISH DEMEANOR, YOU FEEL THE SINCERITY IN MY HANDSHAKE AND MAYBE YOU CAN EVEN SENSE OUR LIFESTYLES ARE COMPARABLE, I SIMPLY LET MY TRUE NATURE SHINE THROUGH. OR AT LEAST THAT'S WHAT YOU THINK.

1 [Removal of organic micro-pollutants during drinking water treatment by nanofiltration and reverse osmosis](#)

2 [Therapeutic properties of green tea against environmental insults](#)

3 [Garlic against acrylamide from frying](#)

4 [Beneficial effects of an aqueous ginger extract on the immune system](#)

5 [DNA damage and repair after broccoli intake in young healthy smokers](#)



THE SMOOTHIE™

THIS SMOOTHIE IS DESIGNED TO REPLACE A MEAL. IT CONTAINS ROUGHLY 20G OF PROTEIN (YOU CAN INCREASE THIS WITH WHEY DEPENDING ON YOUR GOALS), 120G OF CARBOHYDRATES AND 25G OF FAT.

IT ALSO PROVIDES HIGH AMOUNTS OF VITAMIN B1, B3, B6, B12, SELENIUM¹, POTASSIUM, COPPER², PHOSPHORUS AND MAGNESIUM,

IF YOU WANT TO CUT WEIGHT, REMOVE THE DATE PASTE AND/OR REPLACE THE MILK WITH SOME WATER

INGREDIENTS:

- WHOLE MILK
- 1 BANANA
- 4/50G DATES/DATE PASTE
- 1 TABLESPOON TAHINI
- 1-2 BRAZIL NUTS
- BLUEBERRIES
- COCOA
- MATCHA³

METHOD:

- POUR MILK (RAW, OBVIOUSLY) INTO A BLENDER WITH THE REMAINING INGREDIENTS
- BLEND
- POUR INTO A GLASS AND GARNISH WITH EXTRA MATCHA



This *American Psycho* parody was written by [@Centiface](#). It's an impersonation Margot Robbie would be proud of & it even comes with a cool recipe.

1 [The role of selenium in the pathophysiology of mercury toxicity](#)

2 [Copper and the immune system](#)

3 [Health Benefits and Chemical Composition of Matcha Green Tea: A Review](#)



Britt Ekland and Peter Sellers Rome 1965 by Douglas Kirkland

The Power of Stomach Acid

a journey to optimal digestion

by Boran CAN

Gastronomy and nutrition go hand in hand, but what's often overlooked is the *digestive system* — in particular our stomach acid, that's largely made up of *hydrochloric acid (HCL)*, a digestive fluid produced by the cells in the stomach lining.

Stomach Acid

In modern times, the focus on stomach acid has primarily been on reducing its production, rather than enhancing it. Low stomach acid, or *hypochlorhydria*, affects 20% of the population and is known to increase with age.

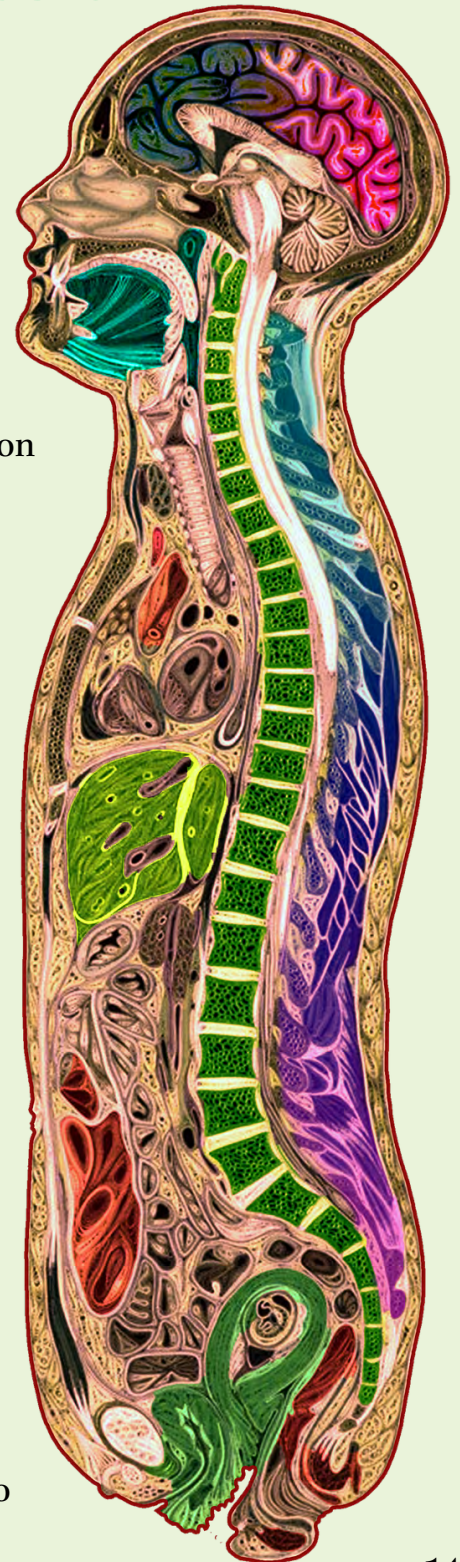
In the past, many cultures placed great value on the importance of digestion. In *Ayurveda*, a traditional system of medicine from India, specific foods and herbs were consumed to aid digestion by stimulating digestive juices. Meanwhile, in *traditional Chinese medicine*, bitter herbs like *dandelion* and *gentian* were commonly used to promote digestion by stimulating stomach acid production.

The pH of stomach acid is around 1, and can vary throughout the day based on factors such as food intake, stress, and exercise. Small amounts of stomach acid are secreted throughout the day, with there being a surge during meals. The pH level can reach *as high as 4.5* during a meal, dropping back down as food is digested and transferred to the intestine.

Stomach pH is at its lowest, around 0.8, in the morning and regulated by the circadian rhythm, indicating that the digestive capacity is at its highest in the morning and heavier meals should be consumed then for optimal digestion.

What Happens if Stomach Acid is Insufficient?

A lack of stomach acid has serious consequences for the digestive system. This can result in incomplete digestion, leading to a poor absorption of nutrients and calories. It can also





rest in power, eric bauer

result in bloating, indigestion, gas, feelings of heaviness after meals, and even nutrient deficiencies. This creates a vicious cycle, as the very vitamins and minerals needed to increase stomach acid production such as B1, B3, and zinc cannot be absorbed due to the low stomach acid levels. This leads to a decline in stomach acid production, exacerbating the problem.

The Surprising Link Between Low Stomach Acid and Heartburn

Despite the common belief that heartburn and acid reflux are caused by excessive stomach acid, most of the time they are actually caused by low stomach acid. The *lower esophageal sphincter (LES)* acts as a barrier between the stomach and the esophagus, preventing stomach acid and other digestive juices from flowing back into the esophagus.

However, when the stomach produces inadequate amounts of hydrochloric acid, the pH of the stomach may rise, causing the LES to relax, allowing stomach acid to flow back into the esophagus. This can irritate the sensitive lining of the esophagus, causing a burning sensation in the chest and throat known as *heartburn*¹.

The Consequences on Antacid Dependence

While prescription drugs like PPIs or antacids might provide temporary relief for acid reflux symptoms, they can often mask the root cause of the issue — *low stomach acid*. In fact, antacids can even exacerbate the problem by reducing stomach acid levels further. This can lead to imbalances in the stomach microbiome and cause other issues like SIBO and fungal overgrowth.

Maintaining a healthy level of stomach acid is crucial for proper digestion

and fighting off harmful microorganisms. Symptoms of low stomach acid include bloating, indigestion, gas, feeling heavy after meals, and nutrient deficiencies.

If you experience these symptoms, increasing your stomach acid production should be a top priority.

Ways to Increase Stomach Acid Production

To improve digestive health and combat low stomach acid, there are several effective treatments to increase acid secretion. These include taking Vitamin B1, B3, and B6, Zinc, incorporating apple cider vinegar into meals, consuming caffeine and coffee, using bitter herbs, salt (which provides chloride), reducing liquid intake during meals, and taking Betaine HCL supplements.

By incorporating these methods, individuals can improve their digestive health and ensure their stomach acid levels are sufficient for optimal digestion.

The Power of Betaine HCL

The use of Betaine HCL supplements has been shown to be an effective solution for those struggling with indigestion and GERD. When all other methods fail, Betaine HCL can help to reacidify the stomach, making it a true panacea in the world of digestive health.

A study² done in 2013 has demonstrated the efficacy of Betaine HCL. Participants with normal stomach acid levels were given rabeprazole, a common PPI drug, to induce low acid levels. The results showed that their

“Despite the common belief that heartburn and acid reflux are caused by excessive stomach acid, most of the time they are actually caused by low stomach acid.”

1 [Increased intragastric pressure gradients are involved in the occurrence of acid reflux in gastroesophageal reflux disease](#)

2 [Gastric Re-acidification with Betaine HCl in Healthy Volunteers with Rabeprazole-Induced Hypochlorhydria](#)

stomach pH became very alkaline. However, after taking 1,500 mg of Betaine HCL, the volunteers' gastric pH dropped to a healthy level of 1, within just 30 minutes. The short-term use of betaine HCL did not decrease gastrin production, indicating that it did not create a negative feedback loop to reduce stomach acid production.

It's important to note that Betaine HCL should always be taken with meals that contain protein, and if you ever experience stomach pain, it's advised to stop taking the supplement as it may indicate that your stomach lining is not strong enough. In conclusion, Betaine HCL supplements can be a powerful tool for those looking to improve their digestive health and combat indigestion and GERD. If you're struggling with these issues, it's worth exploring the benefits of Betaine HCL as part of your overall health and wellness strategy.

Evaluating Effectiveness

When it comes to improving your digestive system, you want to make sure that the supplements you take are actually working.

Here are some ways to determine if betaine HCL supplements are effective for you:

- *Improved Stool Quality:* You should notice a change in the color, formation, and consistency of your stools. They should be darker in color, well-formed, and less loose or watery.
- *Reduced Bloating and Indigestion:* You should experience a reduction in bloating and symptoms of indigestion.

If you have *dysphagia* (difficulty swallowing), you should avoid taking betaine HCL supplements as they may get stuck in your throat or esophagus and cause severe damage. There are many anecdotal reports online that betaine HCL supplements can solve heartburn. However, it's important to note that research suggests that it shouldn't be used for more than 2-3 months to be safe. You shouldn't need it after anyway.

In conclusion, if you experience improved

digestion and reduction in bloating and indigestion symptoms, it's safe to say that the Betaine HCL supplements are working for you. However, it's always best to consult a healthcare professional before starting any new supplement regimen.

Digestive Issues Are Too Common

Aside from the methods mentioned earlier, reducing stress is also vital for the production of stomach acid. The parasympathetic system, which is responsible for the "rest and digest" response, is when stomach acid is secreted most efficiently. However, that's a topic for another article in of itself.

All in all, it's a shame to put effort into preparing nutritious meals only to be unable to properly digest them. This is why addressing low stomach acid is crucial, especially in today's world where digestive issues are becoming increasingly common.

The author, Boran Can, is a professional content writer with expertise in the health, supplement and biohacking niches.

For any questions or business inquiries, you can reach out to him at borancan94@hotmail.com. He is happy to assist. You can also find more of Boran's work [here](#).

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Black Garlic, Maurizio Di Iorio

TEXT TO FARM: THE JOURNEY OF RAISING MANGALITSA PIGS



Article written by Kenan Todd, Acorn Bluff Farms
Art by Olivia Beaumont.

It was a fateful text message from my brother in 2016 that started it all. “Do you want to get pigs?” he asked. Without hesitation, I said “Yes.” That simple exchange set off a journey filled with adventure, passion, and a love for food.

The first time I laid eyes on those woolly *Mangalitsa* piglets, I was struck by their friendly grunts and curious snorts. And now,

years later, as I tend to the pigs I’ve come to love, I am reminded of that text message and the journey that my brother and I embarked on together.

If you’re reading this and are passionate about animals, you might think we’re wealthy or inherited a farm. But that couldn’t be further from the truth. Let me take you back to where it all began.”



Source

When we started, we knew we couldn't raise pigs *the traditional way*. We simply didn't have the resources to buy buildings & play by the big boy rules. We were determined to find a way to bring these fascinating creatures into our lives, but without the typical trappings of conventional pig farming. So, we delved into research and stumbled upon two breeds that caught our attention: *Mangalitsa* and *Mulefoots*. The former, known for its marbled meat and creamy fat, and the latter, prized for its hams, were the perfect candidates for their ability to grow with relatively little effort on the islands of the Mississippi.

After a four-hour trip to Minnesota, we brought home our first *Mangalitsa* piglets, and it was love at first sight. They were friendly, hairy hogs that were unlike many of the other pigs we've encountered. And so, in that moment, we decided *Mangalitsa* was the way to go.

Farming, for us, is not just a business. It's a passion for food and a love of cooking. As a hobbyist chef, I had always dreamed of having access to the highest quality ingredients and that wasn't easy to do in high school, college, grad school, or as a young Doctor of Physical Therapy who graduated with

student debt. But through raising these *Mangalitsas*, I had the chance to make that a reality. So the initial goal was simple - to raise pigs for both ourselves and a few close friends. But, as we soon discovered, selling top-notch pork was more challenging than we had anticipated.

We had pigs to sell, but no customers. We sold at a discount to close friends who shared it with their friends, and before we knew it, we had a growing customer base with a limited pork supply. This led us to the purchasing of breeding stock, and today, we are balancing the fine line between expanding our product and customer base while maintaining our high standards. Two years from birth to butcher, plus a three-month wait in the womb, is a long timeline. But the reward has been a breakfast plate filled with the best bacon and sausage we have ever had, and a community of customers who appreciate the care and quality that goes into each pig. Raising *Mangalitsa* pigs has brought us closer to nature and taught us to appreciate the journey, not just the destination.

From late-night deliveries to impromptu phone conversations with potential customers, it's been an unpredictable journey, but one that we embrace wholeheartedly. We have made new friends along the way, and the pigs have become an integral part of our lives. They are not just animals on a farm; they are our woolly companions who love back scratches and piglets who nibble on our boots.

Raising *Mangalitsa* pigs has been an adventure, and we look forward to growing every day, both in the field and in the kitchen. It's a journey that started with a simple text from my brother, but it's one that has enriched our lives in ways we never could have imagined.

LEMON ROSEMARY PORK CHOPS RECIPE



Ingredients:

- 2 Mangalitsa Pork Chops
- Kosher Salt
- Fresh Ground Black Pepper
- Fresh Rosemary
- Freshly Squeezed Lemon Juice & Zest

Step 1

- Preheat the oven to 250°F and set a wire rack inside a rimmed baking sheet
- Pat the pork chops dry and season with salt and pepper
- Add fresh rosemary, freshly squeezed lemon juice, and a little lemon zest
- Roast until the pork chops reach an internal temperature of 135°F
- If you cook them beyond, you are unnecessarily drying out the meat and not giving the Mangalitsa pork chop the homage it deserves

Step 2

- Heat a cast iron skillet over high heat (*No need to add oil as the pork fat will provide ample fat for searing*)
- Once adequate temperature is reached, place the pork chops in the skillet, with a sprig of rosemary.
- Sear until a golden crust is formed, turning once.
- Remove from skillet to cutting board and rest.
- Most recommend letting pork chops rest 5 minutes, but I find they are more tender after a longer rest, waiting up to 10 minutes before slicing into them.



The Todd brothers are doing real good work at Acorn Bluff Farms.

If you've got any questions about their story, the recipe or you want to get some Mangalitsa?

Reach out to them on [Twitter](#) or make an order on their [site](#). They ship to your door in all 48 states.



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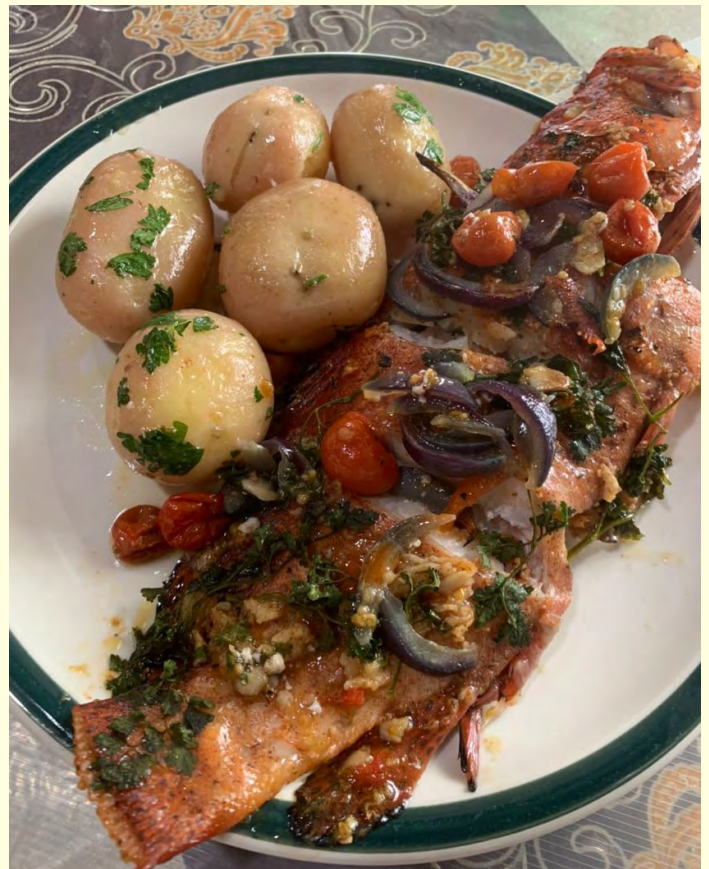
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warkitchen.net



Baked potato bacon soup
100% from scratch with raw
dairy
— Ian



Fresh Fish on a Beautiful
Friday
— Gibauski



**Wild Duck
Confit Ramen.
Soft Egg.**



**First-Time
Hollandaise.
Perfect Sauce.
Egg Yolk.
Lemon. Butter.
S&P to Taste.
That's It.**

— George



Osso Bucco from the weekend.
— Marko



First loaf of homemade sourdough. A process that asks for patience but also requires you to be fully present.
— Ante Tecic



“Spread”
—Ty



Timeline Barely Readable
These Days
— Shaw

Be Featured in the Next.

The WarKitchen magazine is an entirely *community-driven project*. It's because of people like you that we manage to publish an issue every month.

So, thank you.

If you'd like to submit an article, recipes, pictures of your food, or if you are a brand looking to get an ad in, you can reach us on [twitter](#), [instagram](#) or by sending an email to rocky@warkitchen.net

We thank you for reading & sharing.

Remember to check out all past issues of the magazine & newsletters on warkitchen.net

See you next month

May God Bless.

Cheers,
Rocky