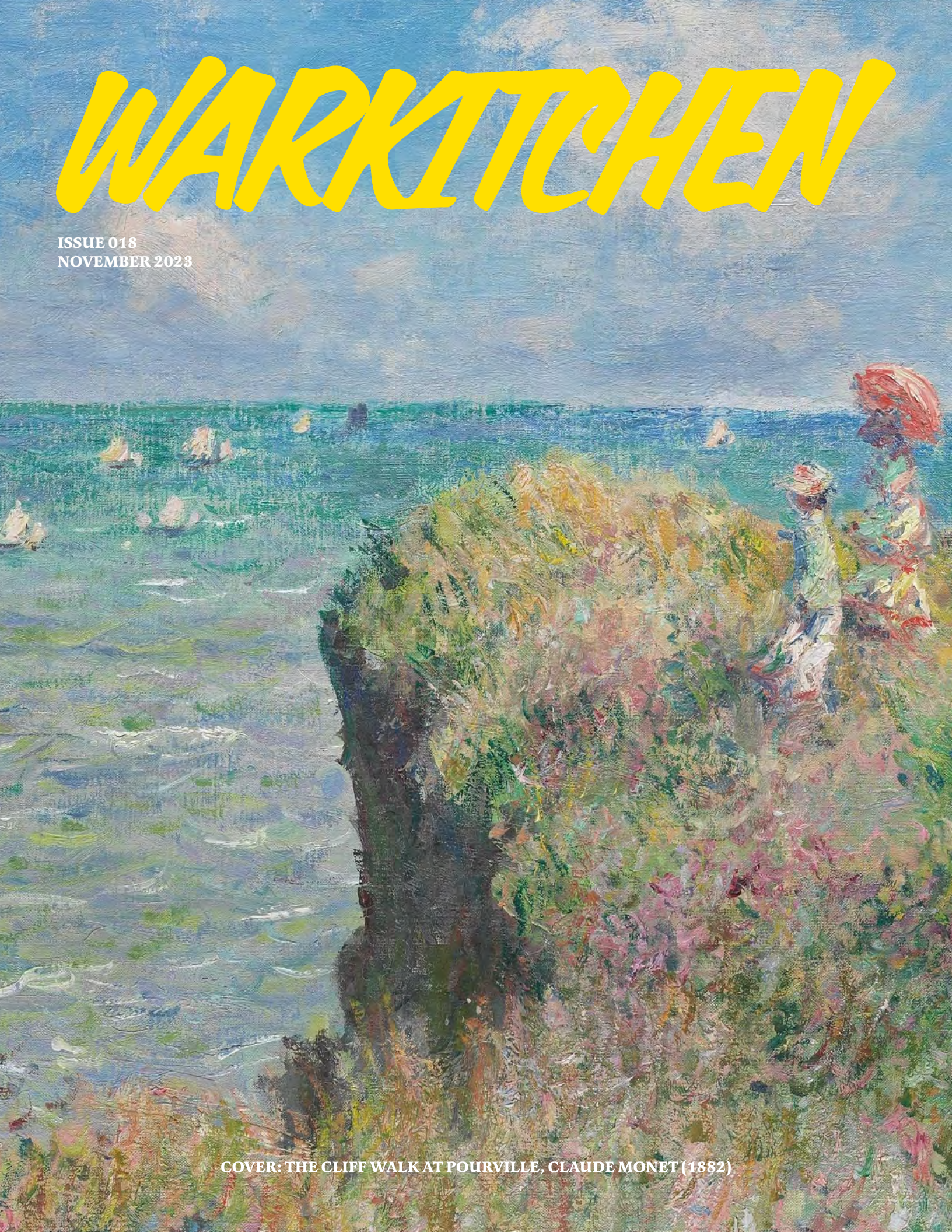


MARKITCHEN

ISSUE 018
NOVEMBER 2023



COVER: THE CLIFF WALK AT POURVILLE, CLAUDE MONET (1882)

REDISCOVERING ANCIENT BEAUTY

In an age where the past is always sacrificed for the new, the wonderful alchemists at Health y Sol have managed to achieve what was once thought impossible. By scrubbing through ancient hieroglyphs, they've combined the secrets of ancient soap making with modern day convenience.

This means that for the first time ever, you don't have to compromise. Health y Sol's Tallow & Honey liquid soap comes in a familiar 16oz glass amber jar fit with a dispenser. It's consistent, easy to use, yet made with raw ingredients that nourishes the skin — the way soap was always meant to be.



The Power of Real Ingredients

We pride ourselves in using the best ingredients that work synergistically to produce the most nourishing soap in the world. Grass-fed tallow gives it a creamy lather. Extra virgin olive oil moisturizes. Unrefined coconut oil effectively strips dirt and impurities from the skin. Organic castor oil gives our soap that bubbly texture, elevating the experience. Raw, glyphosate-free honey moisturizes, cleanses and soothes the skin, while acting as a natural preservative. Lye saponifies our ingredients into one solution, just like how soap was made in Ancient Rome. Our custom formulation is time-tested and ensures these ingredients work together to hydrate the skin without drying it. This is skincare the way nature intended. **Get free shipping on ALL US orders with 'WARKITCHEN'**

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“First of all — the smell is AMAZING! Reminds me of homemade caramel or molasses, but subtle and natural. It dilutes very well! I’ve used it for dishes, body wash, my hair, hand soap, and plan on seeing how much more it can be used for. Absolutely love that the ingredients are so high quality. This brand NEVER disappoints. Excited to see what else they have in store for us” — Tifani E.

**HEALTH
Y SOL**

Content Navigation

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- **Rosie's Chips:** Get your pack of the world's #1 tallow cooked potato chips today
- **Seed Oil Scout:** Want to dine guilt-free? Download SOS and find a hidden gem in your area

CONTRIBUTORS

- **Madison**
- **Tyler Woodward**
- **Robert D. Johnstone**
- **Juliana Daidone**
- **Oswald Andrews**
- **Tan Man**

Rocky's Message

Welcome, Ladies, Gents to the penultimate issue of the WARKITCHEN this 2023. It's been one hell of a year, and while many seem to throw in the towel (usually around these few weeks), I want to remind you — *the year's not over yet*. This means you should unapologetically spark new creative projects. You should try new things. Heck, you should even look back at January's resolutions and sprint towards it. *Why wait?*

To spark some inspiration, we've curated a lineup this November that will undoubtedly add some color into your life.

Madison opens November's issue with a 101 on gardening that's perfect for new gardeners or gardeners to be.

Tyler Woodward breaks down the magic behind sourdough, and explains why sourdough's the original bread.

Juliana Daidone features again after her eclectic piece on Brazil in Issue 16. This time, she looks at the work of Claude Monet, exploring his love for aesthetics and cooking, inspired by the book, "Monet's Table".

Next, Robert D. Johnstone, talks about why you should be using more tallow.

Oswald Andrews features again as well, this time with a primer on coffee. It's much needed, especially in this age where there's so much misinformation in the world of caffeine.

Tan Man closes the articles for November with a timely piece on the seed oil counter signalling we've been witnessing recently.

And of course, we end November's issue with pictures of the beautiful food you've made!

We truly hope you enjoy this month's issue of the WARKITCHEN. We've

had such fun piecing this all together. As the temperature drops and the days get shorter, here's to finding joy in the little things. *In that warm cup of capuccino. Flaky French pastries. Beautiful books.*

Speaking of beautiful books, you can expect the very first PRINT edition of the WARKITCHEN to be released the first week of December. There is only a fixed number going into production, so we'll release more details in the following weeks on how you can reserve your copy. I know some of you have been looking forward to this (and so have we), so we're hoping each one of you gets it in your hands for cozy winter reading.

Thank you all for the support and here's to a powerful end to 2023.

As always,

*Enjoy the Experience,
Rocky*

THE AGE OF HEALTHY SNACKING IS HERE



ROSIE'S CHIPS ARE POTATO CHIPS COOKED THE OLD-FASHIONED WAY, FOR A CENTURY. WE'LL NEVER CLAIM THAT CHIPS ARE BAD FOR YOU. IT JUST DEPENDS ON HOW YOU FRY IT. **ROSIE'S CHIPS ARE WORLD'S #1 TALLOW COOKED POTATO CHIPS.**

For years, seed oils like soybean and canola oil have been marketed as “heart-healthy oils”. However, emerging research suggests these oils may be anything but beneficial. Frying foods in these omega-6 fatty acids have been linked with oxidative stress and inflammation — a recipe for chronic disease. Seed oils are ultimately why fried foods have been long demonized. But what if we told you that this depends on *the type of fat you use?*



Here at Rosie's Chips, we pay homage to Rose Adams, a 101 year old Pennsylvanian woman who's been frying chips the old-fashioned way for a century. We craft every chip with three ingredients — *russet potatoes, grass-fed tallow & microplastic free sea salt.* We are proud to create potato chips the way it should have always been done. Every crunch, guilt-free. Rosie's chips doesn't just taste healthier, but they allow you to snack in comfort. We produce our chips in small batches, replicating that home-cooked warmth you can enjoy anywhere. Don't just hear it from us though, here's what our loyal customers have had to say.



“I've been a chef for over 25 years. I've realized how terrible seed oils are for human health. Rosie's Chips are high quality and amazing in flavor, texture, color, and thickness.” - Greg
“Not only are these obviously healthier than anything else on the market, but they are also equally delicious.” - Daniel

Snack guilt-free today and get your 2-pack @ rosieschips.com.

It's been impossible to figure out which restaurants used seed oils... Until now.

We've been there. When we first discovered the detrimental effects of seed oils, we freaked out. We looked at the ingredients of 'food' in the supermarket and we couldn't believe it.

Everything was infected. And it was the same in restaurants. Almost every item on the menu was cooked in these rancid oils that we have since exiled from our homes. And so we thought to ourselves, "How do we even avoid this stuff? Is it possible?"

walking away from a meal feeling all bloated after ingesting servings of canola oil. We're also optimistic about the future. As more become seed oil aware, we hope to see a world where most restaurants cook with true, heart-healthy fats.

Building a Map That Reveals Everything

With over 8K+ restaurants and 160K+ happy scouts on our roster, we're proud to say that we've created the solution we dreamed of. Seed Oil Scout (SOS) is THE app for conscious diners who want to eat seed oil free.

How Does it Work?

SOS highlights restaurants that go to great lengths to cook their food the right way, using healthy fats. At the same time, we inform consumers about restaurants who do the opposite. Nobody enjoys

Easy Indicators

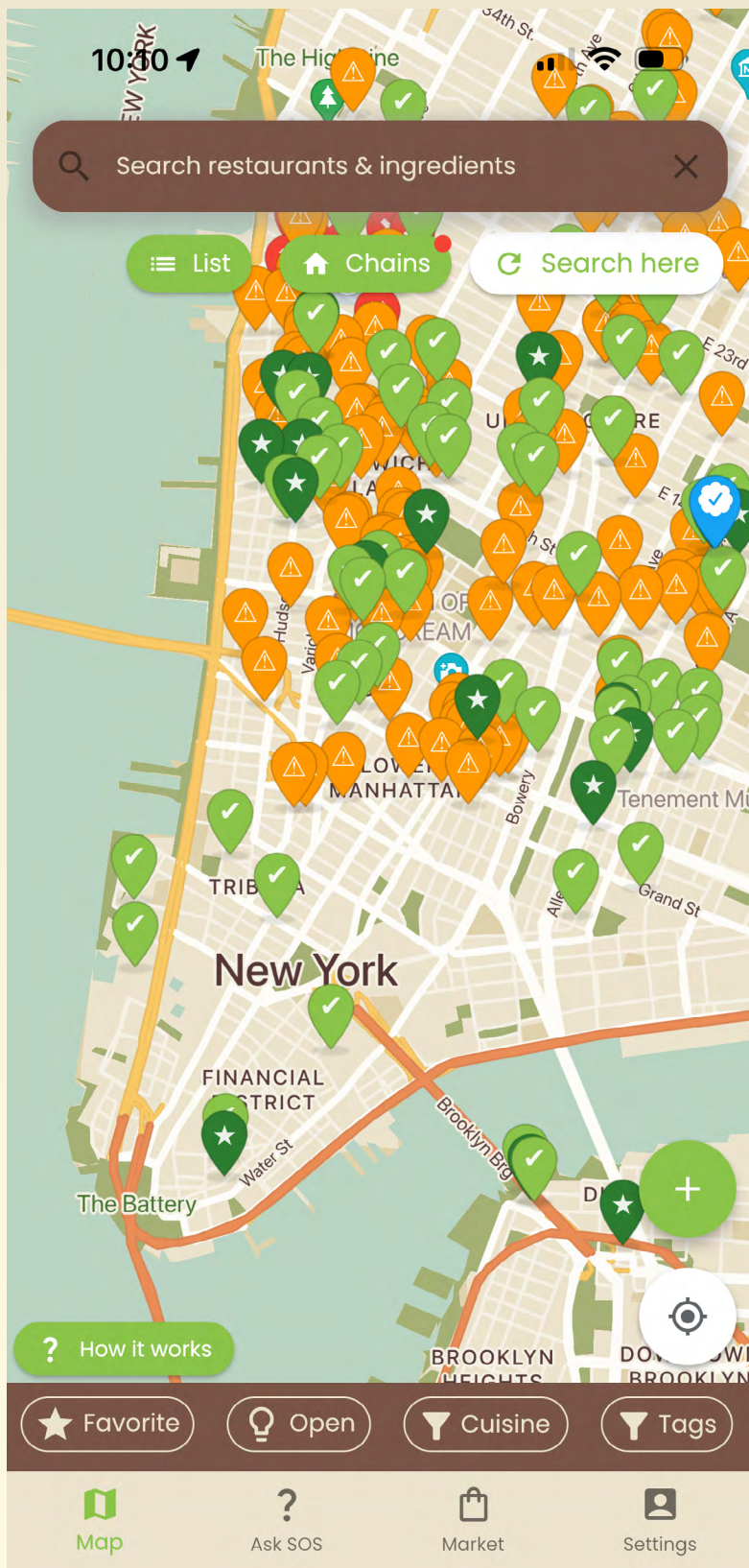
Every restaurant on the map is tagged with one of six indicators, allowing you to assess its health status at first glance. They rank from "assume the worst" to "verified". We also provide additional relevant information where applicable, including directions, cuisines offered, and reviews submitted by diners themselves.

Use Seed Oil Scout and discover hidden gems in your area today. Let's transform our dining experience together. Join the revolution @ [seedoilscout](https://www.seedoilscout.com)



[seedoilscout.com](https://www.seedoilscout.com)

Dine Fearlessly With Seed Oil Scout



Tap into our shared (and continuously updating) database to finally dine without fear.

It's a Simple 4 Step Process:

1. Download Seed Oil Scout on iOS or Android
2. Select your 3 favorite foods
3. Indicate your diet & allergies
4. Then click on "Search Here"

This populates your map with icons, each serving as an indicator of how healthy the restaurant's food is.



VERIFIED

Restaurant verified seed oil free by Seed Oil Scout.



DINE FEARLESSLY

No seed oils on premises. Clean ingredients.



DINE HAPPILY

Mostly healthy. Fryer & sauces may contain seed oils.



DINE CAUTIOUSLY

Many dishes contain seed oils, ask for accommodations.



DINE SHAMEFULLY

Impossible to eat a complete meal without seed oils.



ASSUME THE WORST

No information has been reported for this restaurant.

85% of users say they found their new favorite restaurant on Seed Oil Scout. Try SOS risk-free by getting a complimentary 7-day trial. Available on iOS or Android.

seedoilscout.com

GARDENING FOR BEGINNERS

MADISON (BACK TO OUR ROOTS)



After years of living in a big city with no outdoor space, moving to Arizona was a breath of fresh air. Not only did I have sun all year round, but I finally had the outdoor space to start my own garden. Admittedly, the “outdoor space” was merely a concrete slab in the middle of a busy downtown area, but it was more than what I ever had, coming from a one-bedroom apartment in the heart of DC. I was bright-eyed and bushy tailed, knowing that was really all I needed to start growing my own produce. Contrary to common belief, you don’t need acres of land to start gardening. All you really need is access to a space outside where you can put a pot or two. You don’t even need grass or dirt!

Why Grow Your Own?

When you grow your own food, you know exactly what goes into it. From the exact varieties used, water, nutrients, fertilizer, to the lack of pesticides — you are the one making those decisions.

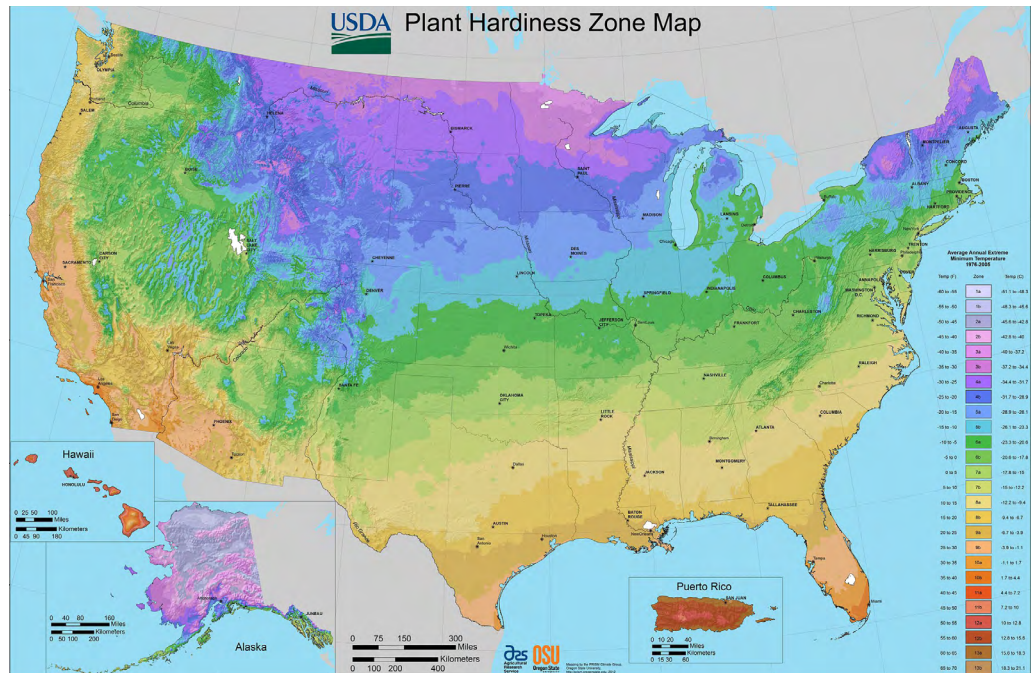
Unfortunately, we can’t depend on the labels we find at the grocery store these days. While these labels may read “organic” or “local”, what do they even mean? Regulations and limits vary greatly across different jurisdictions. Not to mention, large corporations, especially big agriculture, cannot be trusted. They are now spraying chemicals like *Apeel* on their produce to maintain freshness and extend an already prolonged shelf life.

Unless you see the plant growing, and how the particular farmer is treating and transporting it, there really is no guarantee. This is why gardening is so powerful – you are in control again.

Not to mention, gardening also helps with food security. If you have the skills to be completely self-sufficient and grow your own food, the government can't tell you what to eat or not to eat. We are already seeing a shift with countries starting to dictate how much meat their citizens can eat. What makes you think they won't be coming for fresh, organic fruits and vegetables next? Don't be naive – start learning the skills you need to keep your family self-sufficient, healthy and nourished. It all starts with growing your own food.

Start With Your Growing Region

When I first started gardening, I planted whatever transplants I could find at my local nursery. I assumed whatever they had was appropriate to plant in that season. Well, this was wrong. I was growing romaine lettuce and strawberries in June in Arizona when it was over 100 degrees Fahrenheit every day. This was way too hot and it led to those plants dying fairly quickly. I was frustrated and thought I was doing something wrong. In



hindsight, I set myself up for failure from the beginning. When starting a garden, the first thing you should do is look up your **plant hardiness zone**. Depending on where you live, you are assigned a certain zone which denotes when and what crops you should be planting. This is essentially a gardener's bible. You can then use this zone to find gardening blogs, planting guides, and even seed companies with seeds specifically for your climate.

Above Ground Container Growing

After figuring out your plant hardiness zone, it's time to find the container that will house your crops. Find one based on the size of the outdoor space you have available to you. This could be one pot or a 5-foot-long above-ground container. Make due with the space you have. You can find above-ground containers at hardware stores like *Lowes* or *Home Depot*, or, better yet, built by locals at the farmers market, or on Facebook marketplace. We found our original above-ground garden

container on Facebook marketplace, built by a local couple who also customized and built them completely by hand. The material doesn't really matter, as long as the container has good drainage for the soil that you will be filling it with.



To increase drainage, you can lay something like *vermiculite* at the bottom but this isn't always necessary. I recommend starting out simple and then adding on if you feel like you need it.

Soil

Next, make sure you buy a high-quality, **organic container gardening mix**. You want to look for *equal parts nitrogen, phosphorous, and potassium*. These ratios are typically denoted at 10-10-10, or 5-10-

5, to represent the parts of each nutrient. If you don't want to think about ratios, look for a mix specific to what you want to grow. If you're looking to grow vegetables, make sure the mix supports vegetable growth! If you're growing flowers, the nutrient ratios may be a bit different, so look for a mix specific to that.

I recommend looking to see if you have a local nursery that creates its own mixes. Here in Phoenix, we have a place called the Arizona Worm Farm which uses worm castings to make an extremely nutrient-rich mix. If there's something like this by you, that's a great place to start!

Water

Watering can be tricky. If you're anything like me, you forget to water your plants for 4 days straight and when you finally remember, everything is dead. For this reason, if you have a big enough space, I recommend setting up some sort of automatic watering system. This is also ideal for those who like to travel and may be gone for a week at a time.

We were lucky enough to have a water system already built into our garden, but you can **build one yourself** using garden hoses and a hose timer. Or, if you have smaller pots, you can use something called an **olla** or **watering globe** to slowly release water into the soil.

And, if you can remember to water your plants, more power to you! Find yourself an aesthetic WARKITCHEN-approved **watering can**, and build the practice of

watering your garden into your morning routine. Just be sure to read the back of the seed packets to make sure you aren't overwatering your plants *(yes, it's a thing)!*

Transplants vs Seeds

Hands down, the most fun thing about gardening, is choosing what to grow each season. The options are truly endless. At the grocery store, you see the same old boring variety of vegetables every single day. With seeds, you can choose different colored flowers, heirloom vegetables, weird-shaped squash, and varieties you've never heard of.

We're currently growing **dragon tongue heirloom beans** in our garden. They are heirloom Dutch beans dating back to the 19th century. I mean, just how beautiful are these?

With gardening, you choose whether you want to start from seed or transplant. This is how any decision on what to grow starts. Transplants are seeds that have already been planted and have reached a stage where they are stable. They are a good place for beginners to start.

Seeds can be more finicky as they need proper amounts of water and sunlight to sprout. In general, they are more



susceptible to harsh weather conditions or disease since they aren't yet established.

Many long-term gardeners start seeds inside, using heating pads and sunlight lamps to help them grow into a strong enough sprout that can then be planted outside. Personally, I have yet to embark on this journey. I don't think you need to do that when you first start in order to be successful.

Try to grow some plants from seed and also pick out some transplants at the local nursery.

See what works for you! The fun in gardening is the experimentation process.

With this, it's also important to reference your plant hardiness zone. Depending on your zone, it will be recommended to start certain plants from transplant rather than seed. For example, in Zone 9b, it's recommended to plant tomatoes from transplant only. Because of this, we've gone to the Worm Farm to buy tomato transplants each season and they've been wildly successful. However, we've also broken "the rules" with cucumbers, growing them from seed. They ended up super strong and healthy! Again, experimentation.

Here are some seed companies I've bought from and have had success with:

- **San Diego Seed Company**
- **Rare Seeds**

When buying seeds, I tend to opt for non-GMO, organic seeds, choosing heirloom when possible.

Harvesting

There's nothing more rewarding than biting into that first fruit or vegetable you've been growing for weeks or months. Talk about delayed gratification! When you harvest the fruits of your labor, it will taste way better than anything you've ever had at the grocery store. You've nurtured it, given it love, and appreciated it every step of the way.

In terms of knowing when to harvest, I do a quick Google search on whatever plant I'm growing, looking for some guidance. I always find the answer I need along with more tips on how to keep the plant steadily producing.

Since my very first garden in the concrete jungle of downtown Phoenix, we've since upgraded to half an acre in a more "suburban" part of town. We have 7 large garden beds that are sometimes too much space to know what to do with. We've been experimenting with planting different vegetables and flowers, having fun with it, and learning as we go.

Currently, three of our garden beds are exploding with *roselle hibiscus*. I've quickly fallen in love with the roselle hibiscus plant and the bees and

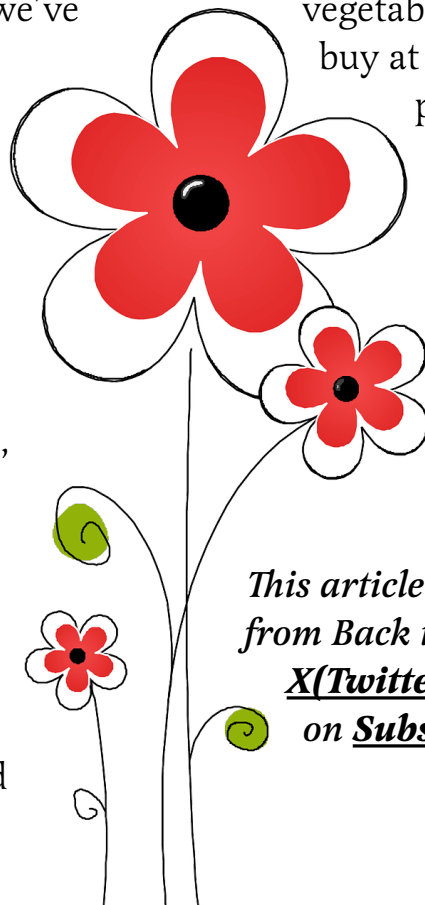
hummingbirds it attracts. I'm currently in the process of learning how to prevent mold from growing on a lot of the calyxes (which is the part of the plant that you eat).

Gardening is by no means easy — this challenge is eating away at me! You spend so long nurturing these plants that you want the harvest to be bountiful. And having to toss beautiful fruits away to mold is devastating... But the reward of eating what you sow, and getting to share that with friends, family, and your community makes it all worth it in the end. You can feel confident knowing what you eat has come from your own backyard, left zero negative footprint on the Earth, and is organic and as nutrient-dense as possible.

You don't have to start big- start with one pot and one transplant. Choose an herb, vegetable, or fruit that you regularly buy at the grocery store. Nurture that plant and let it replace a regular staple in your diet.

And remember, every gardener starts somewhere! Once you begin, you'll gain the confidence to continue growing. And you might just fall in love with it like I did.

This article is written by Madison from Back to Our Roots. Follow her on [X\(Twitter\)](#) and read more of her work on [Substack](#).





SOURDOUGH EXPLAINED

TYLER WOODWARD

Sourdough might seem like just another health fad, but I promise you it's anything but. Sourdough is steeped in tradition. Some even say it's the *original form* of bread itself. In fact, before the invention of commercial yeast, all bread was sourdough.



What's the Difference?

The difference between sourdough & commercially leavened bread is the type of yeast used to leaven the bread or make it rise. If you've never made bread before, it starts off basically as a big lump of mixed water and flour with a dash of salt.

The yeast eats (ferments) the sugar, starches, proteins, and other compounds in the flour and releases carbon dioxide gas (CO₂) as it does. CO₂ causes the bread to rise, and is responsible for that bubbly texture that we love in a crisp, airy loaf. Without adding yeast, the bread never rises and you get a flatbread like matzah, also known as unleavened bread.

Where sourdough & commercial bread differ is the type of yeast used. In sourdough, the yeast is taken from what's called a starter. A starter is a live culture of active yeast & bacteria that you feed and water like your favorite pet. As the starter grows it becomes home to a diverse, thriving community of microorganisms, home to potentially hundreds to thousands of different strains of yeast & bacteria. Whereas commercial bread uses a single isolated strain of yeast, resulting in a vastly different end product. The strength of sourdough is in its diversity. In

commercial bread, the single strain of yeast only consumes the sugar and starch from the flour. In contrast, the living, breathing community of yeast found in the starter devours everything in its path. This includes the sugars and starches found in flour, but also certain unwanted proteins and **anti-nutrients** typically found in bread. In doing so, the yeast (starter) not only produces CO₂, but other beneficial compounds including soluble fiber and certain **B-vitamins**. In fact, sourdough can contain up to 97% **less gluten!** On top of that, our body uses the additional B-vitamins produced in the fermentation process to help burn the calories from carbohydrates found in **sourdough**. The end result is sourdough being much easier to digest, more nutritious and potentially less fattening.

Why Should You Care?

Whether it's feeling bloated, post-meal fatigue, diarrhea or weight gain many people don't mix well with bread and are forced to make the harsh decision to either suffer the consequences or steer clear of bread entirely. And this is not a decision we should take lightly, as who would

voluntarily forgo the incredible taste, crisp crumb, and flaky texture that you find in a well crafted loaf.

Many people don't realize that sourdough might be the solution they've been looking for. The issues many people face with bread are often as a result of how the bread is prepared, not from bread itself. The long-fermentation process required to make sourdough acts as a form of pre-digestion, breaking down many of the difficult-to-digest compounds typically found in bread, so you can kiss those tummy aches goodbye. Not to beat a dead horse, but remember sourdough can contain up to 97% less gluten than regular bread! This allows for many individuals who can't eat commercial bread to eat sourdough without issue. **One study even indicated that individuals with celiac disease could consume sourdough without adverse reactions,** though it should be approached with caution.

Another concern with bread is its high starch content, which can contribute to weight gain and the well-known post-meal fatigue. Luckily, sourdough also solves these problems. During the fermentation process, the yeast synthesizes B-vitamins & soluble fiber. Our body uses these extra B-vitamins to help burn the starch found in bread. These additional B-vitamins assist our bodies in metabolizing the bread's carbohydrates, rather than storing them as fat. The fiber also aids in easing digestion, slowing the release of carbs into the bloodstream and in turn helping our body to burn the carbs.

Why Isn't All Bread Sourdough?

If sourdough is so astounding, why isn't all bread sourdough bread? There's a few reasons for this...

Sourdough is Time Consuming

Sourdough usually requires a minimum of 8-12 hour fermentation, while commercial bread can rise in less than one.

Sourdough is Less Consistent

It doesn't yield as uniform a product as commercial yeast, which almost invariably produces an identical loaf of bread.

Sourdough Requires a Starter

Instead of using cheap, readily available commercial yeast, sourdough requires you to maintain an active starter, adding another step to the bread making process.

Final Thoughts

In the eyes of some, bread has become the alluring devil that sits at the center of every restaurant table, making them fat, cranky and bloated... and maybe they're right. The truth is, not all products lend themselves to commercialization. The bun you find atop your McDonald's burger has little in common with the hand-made loaf from your local baker, outside of sharing a name. Just as the stereotypical Italian family scoffs at store bought marinara, maybe, just maybe, not all bread is created equal. And with bread, like many products, you get what you pay for...

This article is written by Tyler Woodward, you can connect with him on his Instagram, YouTube, or X (Twitter).

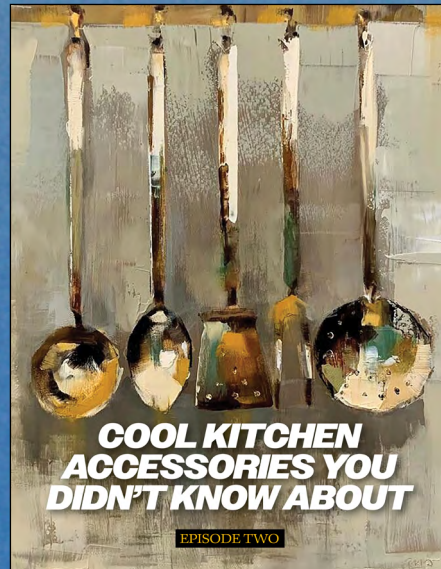
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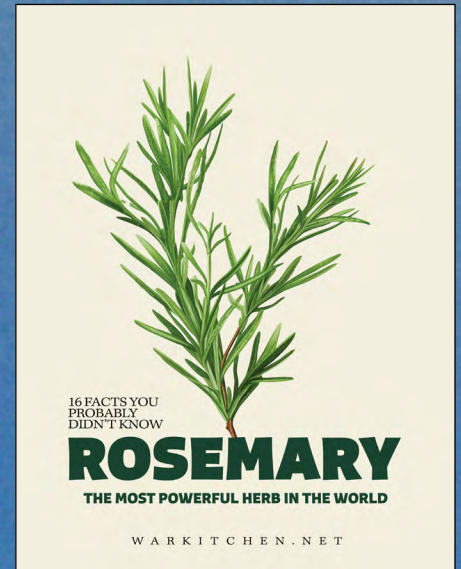
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The best cooking pan material*



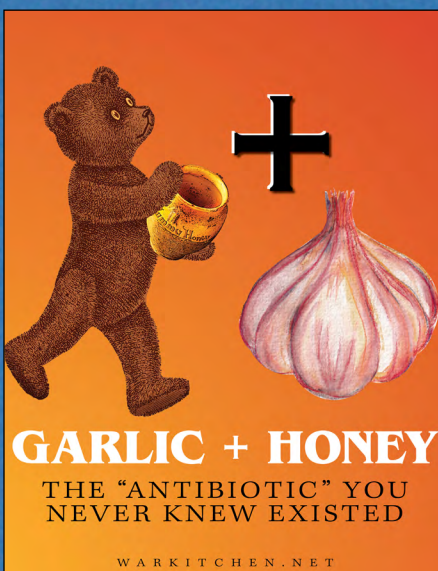
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Cool kitchen accessories you didn't know about (Episode 2)



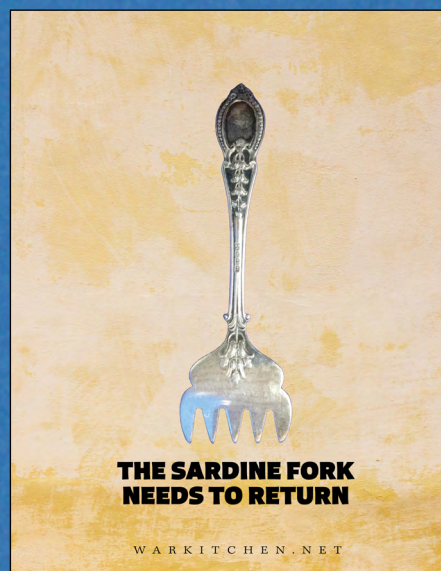
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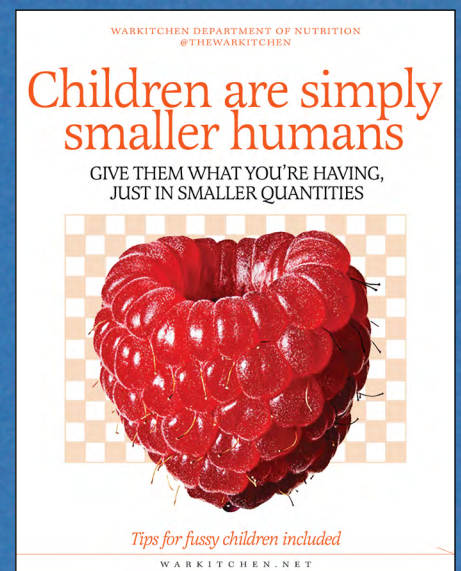
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*Garlic + Honey:
The Age Old Antibiotic*



OCT 14

The sardine fork needs to return



OCT 27

Children are simply smaller human beings



Food For Thought

JULIANA DAIDONE

It's easy to think that taste is the only sense tied to food, but the truth is that it's not that simple. Our senses of sight, smell and sometimes even just hearing the crackle of food frying in a pan all set the stage. The dining experience is layered by a world of details – from the presence of beautiful tablecloths, the volume of background music, the type of cutlery used, to even the people around you. Even memories that are intertwined with certain smells can affect how something tastes. It's emotional. Food is so powerful it has the ability to transport you to another place in your mind.

The act of eating is a complex, sensory experience.

I love cooking, hosting friends, and taking care of plants. One beautiful day, I was gifted a wonderful book that combines all of these passions: *Monet's Table*. This book is far more than just a compilation of recipes. When you flip open its pages, you immerse yourself in a world of vibrant colors and impressionism. Monet's beautiful home in Giverny. Monet's fine cuisine. It got me to contemplate on the deeper aspects of life.

Claire Joyes, the author of *Monet's Table* is the wife of Madame Monet's great-grandson and she has authored numerous books on Claude Monet. In this particular work, she masterfully depicts Monet's private world.

The Monets' love for good food is evident in their family meals, festive gatherings, friendly luncheons, and delightful picnics. Just as Monet found inspiration in his beloved gardens and the picturesque Normandy landscape for many of his

paintings, the meals served at Giverny were meticulously prepared using outstanding ingredients sourced from the kitchen-garden (a masterpiece in itself), the farmyard, and the French countryside.

Despite being a moody, reserved, and intensely private individual whose daily routine revolved entirely around painting, Monet still took pleasure in hosting his friends – many of whom were prominent figures of the time. Alongside fellow Impressionists such as Renoir, Pissarro, Sisley, Degas, and Cézanne – regular guests included Rodin, Whistler, Maupassant, Valéry – and one of Monet's closest



Autoportret, Claude Monet (1886)

companions: statesman Clemenceau. But how could it be any different? Monet valued uncomplicated meals crafted from fresh ingredients and cooked with basic yet genuine techniques, all while being surrounded by beauty in every direction. Of course, we acknowledge that every genius has their own set of

challenges and idiosyncrasies. However, who wouldn't find joy in moments like these? I spend a significant amount of time contemplating the aesthetics of my life. For some inexplicable reason, I have a strong aversion to things that are not visually pleasing. I am the type of person whose productivity and overall well-being is greatly affected if I am not surrounded by an environment that is aesthetically pleasing, whether it be natural or artificial. But is my aversion to the absence of beauty and aesthetics really inexplicable? The renowned English philosopher, Roger Scruton, would argue that my desire to be encompassed by beauty is not inexplicable

but also beneficial for one's well-being. If you haven't watched the documentary "Why Beauty Matters" by Roger Scruton or read the book "Everyday Beauty," I highly recommend that you do so. While you may not necessarily agree with Scruton's opinions, engaging in the exercise of questioning is both valuable and enjoyable. The central premise of the film is that beauty is not solely a subjective concept but rather *a universal human need*. Therefore, disregarding beauty also means losing the essence and purpose of life. The documentary begins with Roger Scruton's powerful statement: "I think we are losing beauty, and with that we are in danger of losing the meaning of life".



Boquet of Sunflowers, Claude Monet (1881)

Scruton argued, both in his documentary and in his academic works, that for 2,000 years humans have pursued beauty – in art, architecture, and shaping the human environment in general. Art used

Beauty is not solely a subjective concept but rather a universal human need. Therefore, disregarding beauty also means losing the essence and purpose of life.

to recognize that suffering and chaos are part of human life and offered beauty as a remedy to find joy and meaning in life. In "Monet's Table," we are

transported to a specific era and particularly to the residence of an individual who placed great emphasis on aesthetics and the impact it had on our lives.

Monet's home at Giverny was a work of art. It was adorned with vibrant wall colors and tile. It was designed for natural light to gently stream through the windows, and it made the home glisten. Monet personally supervised every detail of the home's renovation and even handpicked the china. The interior is adorned with blues, bright yellows, and delicate white lace curtains. The kitchen and dining room served as the heart of Monet's daily life. Disliking the dark and heavy decor that was popular during Victorian times, he opted for a two-tone yellow paint to infuse vibrancy into these spaces. This lively color scheme beautifully complements the blue dishes showcased in the buffets. The walls are adorned with Japanese engravings carefully chosen by Monet himself, showcasing his expert eye for aesthetics.

Monet specifically desired a blue kitchen so that when its door was open, guests would see a harmonious blend of colors with the yellow dining room. The floors feature a striking combination of red and white tiles. The kitchen walls are tastefully covered in Rouen tiles, creating a cool ambiance that contrasts elegantly



Images: Fondation Monet



with the warm glow emanating from Monet's extensive collection of coppers. Additionally, he personally designed his own Limoges dining pattern which later became one of the most popular china patterns in history.

Monet's years in Giverny were devoted, passionately, to his art and his love of fine cuisine. His home in Giverny became a mecca for celebrities, politicians, and fellow artists. Guests would enjoy a lunch in the gardens or an intimate meal set in Monet's beautiful yellow dining room. You would think the conversations that ensued



A closeup on Monet's copper

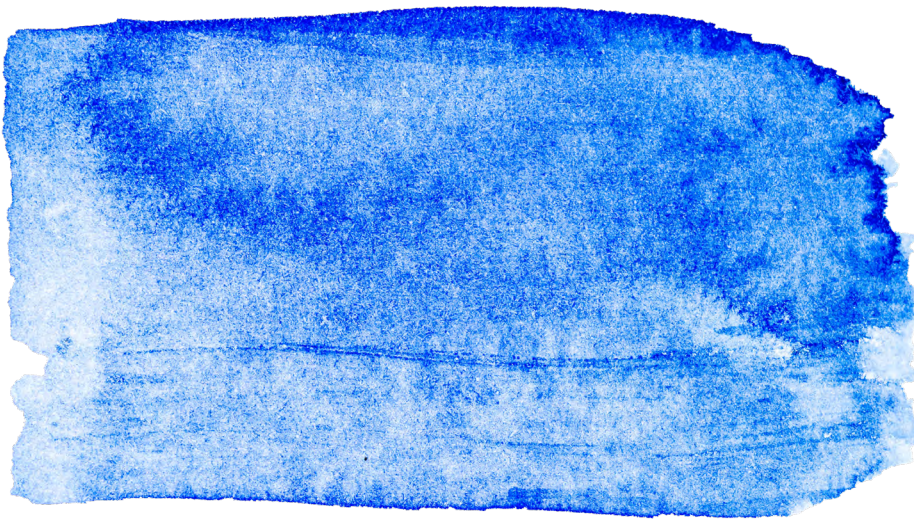
at Monet's table revolved primarily around art, but it was in fact food that was the usual topic of choice.

"Monet's table has the sole ambition of serving dishes wonderfully executed with products from the garden or chicken coop" describes the writer at the beginning of the book.

But can you imagine the amount of beauty and how all your senses would be at a lunch in Giverny? Without a doubt, residents and guests ate much more than fine cuisine. The importance of aesthetics lies in its ability to enhance our experiences and enrich our souls. Consider well-designed products or

spaces, like Giverny, that are visually pleasing; they not only serve their practical purpose but also bring joy to our lives. Furthermore, aesthetics contributes to our overall well-being by fostering a sense of tranquility and harmony. When we immerse ourselves in beautiful surroundings or listen to melodious music, we experience moments of peace and serenity. These aesthetic experiences have been shown to reduce stress levels and promote mental well-being. So I guess Scruton was right when he said that by losing beauty we are in danger of losing the meaning of life.

Many of the recipes in the book, which were recreated in Monet's own kitchen by



renowned chef Joël Robuchon, feature relatively simple presentation. I mention this because we currently live in a hyper-modernist culture that emphasizes elaborate dish presentation. Please note that I am not criticizing this trend; however, when you evoke your emotional memory of a dish, it is likely that you will recall something more authentic than the visual appeal of a modern restaurant.

It may seem contradictory to discuss the significance of beauty while simultaneously claiming that Monet's dishes were not visually elaborate. However, it is important to consider that we live in a vastly different era. Nowadays, we often oversimplify our dining experiences while placing excessive emphasis on elaborate dish presentation. We often compromise on ingredient quality in order to save time. The dishes at Giverny were beautiful, but they showcased a distinct form of beauty that contrasts with the sleek modern trends of today. Of course, this is a generalization, but perhaps we can all learn a little from Claude or Roger.

Monet's love of art and fine cuisine were intertwined, and both his palate and palette met at his home in Giverny. So, go to the farmers market and get the best and freshest ingredients, get some fresh flowers, set a beautiful table, get a good bottle of wine, grab your best and most beautiful kitchen utensils, pots, pans, and cook like Marguerite – Monet's cook – and eat like Monet!

Throughout Monet's life, his passion for fine cuisine never failed. After he died in 1926, his wife would not allow processed foods into the home and tried to adhere to the example of fine cuisine that Monet had brought to the small village in Normandy. Monet's love of art and fine cuisine were intertwined, and both his palate and palette met at his home in Giverny. So, go to the farmers market and get the best and freshest ingredients, get some fresh flowers, set a beautiful table, get a good bottle of wine, grab your best and most beautiful kitchen utensils, pots, pans, and cook like Marguerite – Monet's cook – and eat like Monet! Eggs Orsini is the recipe I chose from the book to share with you. Make the most of your five senses :)

This piece, along with the Eggs Orsini recipe in the following page is written by Juliana Daidone. Check out her work: julianadaidone.com

EGGS ORSINI:

It's true. The experience of your meal is taken to a whole new level when the environment matches the quality of the dish. Joy is truly found in the details.



EGGS ORSINI

INGREDIENTS

- 6 eggs
- 40 g (3 tbsp) grated cheese
- Butter
- Salt and freshly ground pepper, to taste

METHOD

1. Separate the eggs, keeping the yolks in their shells and removing as much of the whites as possible without breaking the yolks. Tip the whites into a large bowl. Prop up the shells with a scrunched-up dish towel so they remain upright.
2. Preheat the oven to 180°C (gas mark 4, or 350°F).
3. Season the egg whites with salt, then whisk until they form very stiff peaks (they should be firm enough to withstand the weight of a small spoon without sinking in).
4. Liberally grease a tray with butter, and pour the egg whites onto it in one fluid motion. Smooth pit with a wooden spoon. Make 6 reasonably deep hollows a good distance apart, and then carefully place an egg in each one. Season with pepper, then sprinkle with grated cheese and butter shavings.
5. Carefully place at the back of the oven. After about 30 minutes the top should be crispy and golden, and the yolks just set. Serve immediately.



TIP: *This simple dish is almost impossible to get wrong, but it cannot be allowed to stand.*



WHY YOU SHOULD START USING MORE BEEF TALLOW

R O B E R T D . J O H N S T O N E

Think back to when you were a kid. What are those sensations that make you most nostalgic? Those tastes, those smells that bring us closer to a time when, in spite of an ever changing world, they felt more normal and natural than ever. I write to you from the heart of the UK's Peak District, a place largely untouched by the excessive

build up of takeout food businesses killing everyone's creativity and imagination (*I've met some folks up here that haven't used nor have even heard of Uber*). Let me take you back to 1995. Roast dinners at Grandma's, where the only thing you did with leftovers is have them on a sandwich the day after, refuelling from your 5-a-side footy game with

the only other kids from the village. Everything tasted incredible. Tucked away in the first floor of a converted terrace house on Macclesfield Road, there was once a chip shop with no sign, or obvious clue of what the place was called, but if you were local and wanted to direct someone to the best chippy in Derbyshire, the answer was always "*Nancy's on*

Macc Road". Good grief, you should have seen the queues coming out of that place on a Friday, you'd think Alex Ferguson was doing a book signing in there as a side show!

The not-so-secret ingredient of course was lard/tallow, which most chippys used to fry their chips until a huge shift towards a preference of vegetable oils took hold in Britain. Rising cases of vegetarianism and concerns from recent "medical studies" made cooking fat public enemy No.1. It doesn't take much digging to discover who benefited financially from these "studies", those who had production access to sell waste products that have a much greater mark up.

Around this time, Nancy decided to sell up and retire, with the new owners opting for vegetable oil. It was the end of an era, the chips were never as good after that. Fast forward to now, and all we see on our shelves are products containing ingredients that barely resemble anything real or at the very least recognisable; and of course our greatest enemies, vegetable and rapeseed oil.

Far be it from me to claim any kind of professional opinion on cooking, I'm little more than a dab hand in a kitchen, but I've always been a firm believer that if you do something with care, it will always reflect back on the quality of the end product.

Good grief, you should have seen the queues coming out of that place on a Friday, you'd think Alex Ferguson was doing a book signing in there as a side show!

If you're buying from your local butcher, you're already doing much better than the majority of the population. If you're using every part of what you're buying from your butcher, you've straight up unlocked the secret to culinary success that your grandparents enjoyed.

When compared to other cooking agents such as butter or olive oil (the only two contenders, honestly) Tallow has them both beat in terms of bioavailability. If you're reading WARKITCHEN, you likely already know this, so I mean not to

insult your intelligence, but when the human body takes on vegetable oil, it has no idea what it is looking at. It is plainly garbage, empty calories with no nutritional content.

The human body has no idea what to do with it, so it will likely be turned into a stored fat, all that can seemingly be done

with something so useless. The body is designed to treat these articles as if it's taking on something where there has been no other viable choice.

If you were stuck on a desert island and all you had to eat was a plastic bag and a bottle of Crisp



N Dry, it would likely see the two as one in the same.

Tallow on the other hand contains:

- Conjugated Lineoleic Acid (a natural anti-inflammatory)
- Vitamins A, D, E, K, B1

All of the vitamins above are responsible for aiding skin and eye immune system support functions, blood clotting more effectively when injury occurs, calcium absorption and bone cell recovery.

Not only does it make anything that it is cooked in doubly delicious, it also has an extremely high smoke point, making cooking anything with it an absolute breeze.

If you have a good enough relationship with your butcher, inquire about taking beef fat off their hands, more often than not they have that much of it in abundance that it almost always ends up in their bin. If the world were a more sane and measured place, they'd probably be able to make the tallow themselves, jar it up and sell it as just another part of their range. Sadly, this is no longer a world that recognises the beauty of beef fat. It would merely be effort wasted.

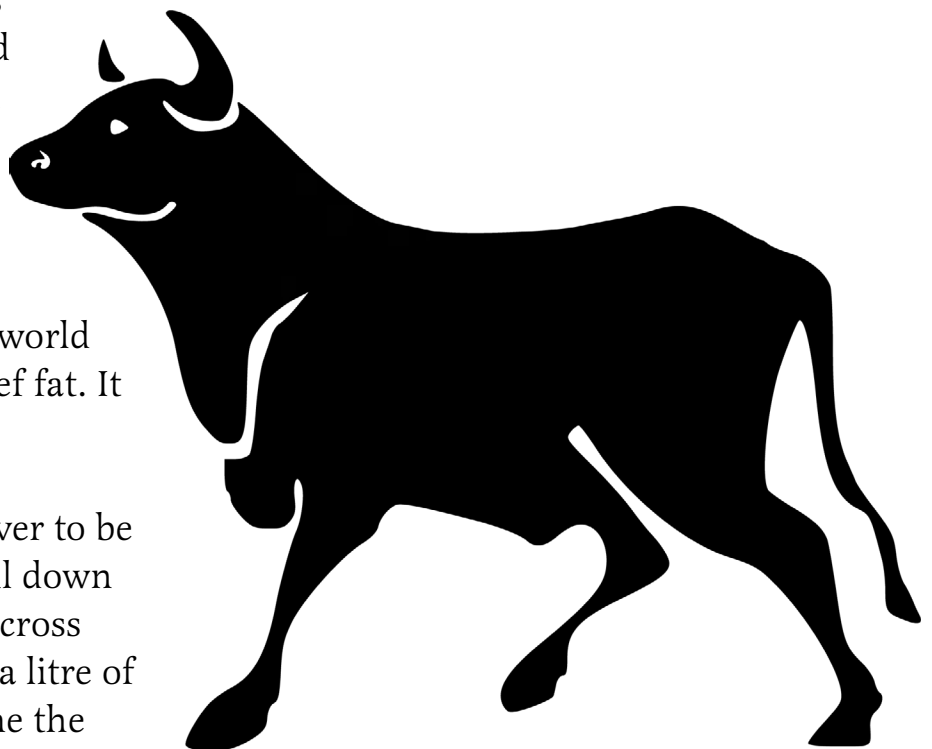
This week my butcher handed over to be 1.3kg of fat. After chopping it all down and rendering it on a low heat across two pans for an hour, I had 1/2 a litre of beef tallow that will likely last me the

entire rest of the year (maybe more). So for an extremely cheap outlay and easy preparation method, there must be some drawbacks, right? Well, sort of, but not really. All I'd ever say is use it sparingly, you don't actually need very much of it compared to how much butter or olive oil you'd use to cook something. If you're conservative about your cooking tallow portion size, you'll notice more balanced flavours in whatever you're cooking.

It has so much utility, too. It can be used to replace ghee in curries, and it can even be a great addition to some jam on toast, if you've no butter in.

So pour that oil away and give butter a break for a bit, get making beef tallow and turn your dinner into a winner!

This article is written by Robert D. Johnstone. You can reach him on [Instagram](#).

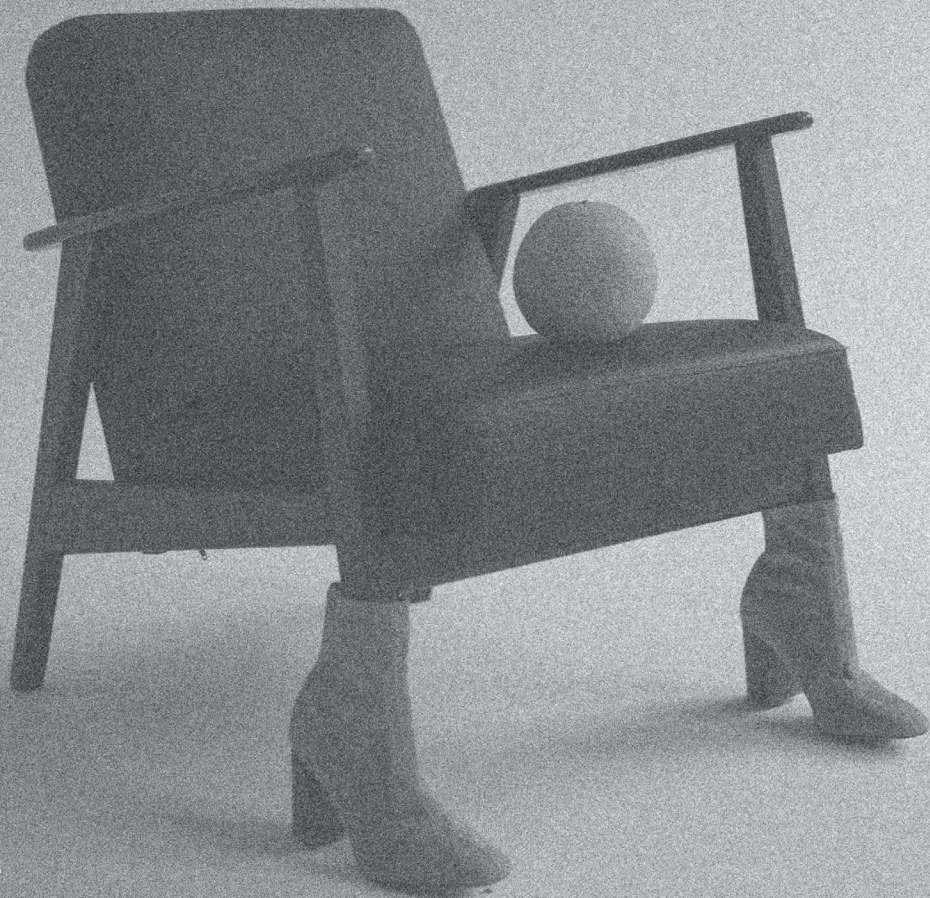


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WHERE NUTRITION MEETS GASTRONOMY. EST. 2020.



The Essentials of Home Brewed Coffee

OSWALD ANDREWS





MAKE CAFÉ QUALITY COFFEE AT HOME

My high school friend, a chemical engineer for a major pharmaceutical company, is the mind behind a well-known vaccine (*no, not that one*). I only see him a couple times a year, but whenever I do, he brings up coffee. He didn't have the taste for it back in school, when I worked at a high-end café, but grew to love it during his career. He told me one day he was fed up paying \$6 for black coffee at

chichi cafes, so he researched how to do it himself and realized it's a chemistry equation. Baristas, like chemists, seek to control every variable in the experiment — *temperature, time, agitation, extraction, etc.* It's no wonder the owner of my old café previously taught high school chemistry before opening his shop. Though the principles of chemistry apply, one need not become a chemist to make world-class coffee at home.

Your Ingredients

We'll look at the ingredients and tools required to match (*or beat*) your local café along with some guidelines for working with coffee recipes.

Coffee Beans

The first step is to source high quality beans. Start by tasting around locally owned coffee shops in your area, and pay closer attention to what you like – everyone's different.

Familiarize yourself with the details on the bag like *country of origin, growing region, elevation, and roast level*, and examine how those details influence flavor.

The best shops are always happy to answer questions and teach you about their beans. Also make sure to look at the roast date on the bag before purchasing, and avoid buying pre-ground coffee. Coffee is most fresh between 5 days to 5 weeks after roasting.

Water

Over 98% of your brew is water, yet it's quality is often overlooked in the brewing process. While coffee shops typically incorporate commercial reverse osmosis systems into their plumbing, few home

baristas have access to such high-end water filtration systems. Consumers can install smaller-scale filtration systems or **countertop solutions**. To truly appreciate the difference water makes, you have to try comparing a cup of coffee made with tap water vs bottled filtered water. It's night and day.



Your Tools

Once you've sorted the ingredients, the essential tools you'll need are just four: a brewer, a kettle, a grinder, and a scale with a timer.

Brewers

There are two main categories of brewers: Percolative and immersive.

Percolative brewers allow water to pass through the grounds, like a *Mr. Coffee* or a pour-over. Immersion brewers steep the grounds in water like a tea, meaning brewing only stops when the liquid is poured out of the brewer, like a French press or a Siphon.

The longer you expose grounds to water, the more oils you will extract, which is why immersion brewers tend to produce a heavier mouthfeel. Notice how French presses were all the rage 20+ years ago when the word "*coffee*" was synonymous with "*dark roast*", whereas drip-brewed

light roasts are all the rage today. If you want to mimic hip cafés in the trendy part of town, get a **pour-over** or a **Chemex** (*my personal favorite*). If you want a bit of both worlds, try an **AeroPress** with **upgraded filters**.

Kettles

Any kettle can heat water, but coffee kettles are designed to give baristas greater control over more variables. Most coffee kettles have a long spout curved like a gooseneck to provide a narrow, consistent flow of water for precise pours — useless for a French press, mandatory for pour-overs. Electric coffee kettles usually offer custom temperature control down to 1° Fahrenheit and reach temperature faster than your average kettle. Prices range from the \$30 Chinese special to \$250+ **countertop candy**, but in my experience the **Bonavita Gooseneck** sets the standard.

Grinders

Try as I might to limit my coffee snobbery, I pull no punches when it comes to grinders. The single greatest difference between professional and home-made coffee is fresh ground beans from a quality grinder. Coffee loses freshness *within 15 seconds of grinding*, so it's imperative to buy beans whole and only grind after your brewer is ready and water hot. Coffee grinders have burrs, not blades. Skip the glorified herb chopper and put that money towards an investment piece.

Coffee grinders have two types of burrs, conical and flat. Conical burrs may yield a grind that's not as consistent, but it's more affordable and can enhance the sweetness of your brew. In contrast, flat burrs are pricier but offer a more consistent grind and a true-to-bean flavor profile.

The measure of a grinder's quality is its uniformity of particle distribution, or grind consistency. High-uniformity grinders are made with precision parts, meaning a high price tag, a longer lifespan and aren't as noisy as their cheaply made counterparts. That said, expensive grinders can intimidate new users because their

features are often tailored to experienced brewers. No matter your skill

level, **Baratza** has a range of excellent grinders with many price points. Just remember your grinder should be the most expensive part of your coffee kit, you won't regret overspending here.



Scales

It's impossible to reliably replicate recipes without a proper scale. A good coffee scale is sensitive to the hundredth of a gram with a max weight of a few pounds for batch brews, has a built-in timer, and is big enough to fit your brew contraption without dominating counter space. These can be had for as little as \$25 and are plentiful on amazon.



together a pot of Folger's in an old drip machine. It wasn't the best, but it made that morning a little more bearable. I'll have to invite him over for coffee when he comes home for the holidays — I think we can do a little better this time.

This article is written by Oswald Andrews. You can reach him on [X \(Twitter\)](#).

Coffee Recipes

Now you have your tools, you'll need to pick a recipe for your chosen brew method. There are thousands of recipes online for every brew method, but I'll offer some perennial guidelines. The gold-standard water to coffee ratio is 16:1, or *16 grams of water poured for every 1 gram of grounds*, but you can be flexible here once you're comfortable with your process. Modern recipes typically include a "bloom" phase, where you pour a small amount of water over the grounds and pause to let CO2 escape, bubbling at the surface (*hint: if your coffee doesn't bloom, it's probably too old*). The rest is up to you! For specific recipes, I suggest the work of **James Hoffmann** and **Lance Hedrick**, and peruse winning recipes from the **World AeroPress Championship** for some wild inspiration.

I've only had coffee with my old friend once. Scrounging around the rental cabin the morning after a bachelor party, we put

OPTIMAL FUEL

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The cookbook that changes everything.

18th November 2023

A Rebuttal to “Akshually, Seed Oils Aren’t That Bad”

Seed Oil Harm Deniers are Playing a Silly Rhetorical Game for Clout

By Tan Man

A few weeks ago, Layne Norton wrote a dishonest and emotional post which made ad hominem attacks against the people who have observed the negative effects of seed oils. He called anyone concerned with seed oils as part of “the most delusional health cult” that he’s ever seen. Furthermore, he dismissed the studies without any willingness to explain himself in plain language—using a bunch of PubMed entry codes, some of which didn’t refer to seed oil studies at all. Was he taking the contrarian view to the anti-establishment view for clout and engagement? So that he can sell more supplements? We’ll never know.

In any case, scientific disputations are not for me participate in. I am not a scientist. But thankfully you don’t need to be a scientist to take control of your own health. Or to understand the body. Or to be concerned with industrial chemical by-products masquerading as food.



In fact, “the science” frequently gets these things wrong, especially in the health and wellness industry. You can look across the industry for examples. Until very recently, meniscus surgeries were being **performed on people needlessly**. Then there is the “pill for every ill” culture, in which physicians overprescribe medication. There’s the childhood **ADHD scandal**, where kids are given amphetamines simply for being kids. Or a **genuine collusion** within Pharma companies to overprescribe oxycontin.

Nutrition is plagued by the same problems, yet worse because it’s often harder to follow the money and scrutinize the research appropriately. Eggs were at one point **condemned** as a terrible source of bad cholesterol, collateral damage in an unbranded campaign by Proctor & Gamble to promote polyunsaturated fats (i.e., seed oils). Interestingly, sugar cereal was and is instead promoted as part of healthy breakfast. This of course means “trusting the experts” over trusting yourself, your body, and your intuition... Nietzsche has a good quote, “there is more wisdom in your own body, than in your deepest philosophy.”

Even if we were to take Layne’s argument at face value, which is dealing with him with the good-faith he has denied us, the

irony is that he cites only one study to argue the non-inflammatory effects of seed oils, which was funded by Proctor & Gamble, who want to support the sale of their products through meretricious scientific “fact”.

To get in the weeds just a little, Layton also brought up the lack of random control trials (RCTs). This form of study, while certainly rigorous, is very expensive, often costing hundreds

of thousands of dollars. We must ask ourselves— who has the money to fund these kind of studies? Certainly not curious academics themselves, nor even universities. Most health research is funded by the NIH and other assorted government bodies that in turn derive their funding from industry, either through lobbying or direct “donations”. No business pays for something without expecting an ROI, and so is it a surprise when they get their return, time and time again? RCTs have a long history of being weaponized, whether in drug studies or diet studies, and the seed oil space is no different.

You should ask: has anyone with a financial interest in showing that seed oils are anything other than healthy ever funded a seed oil RCT? The answer, of



course, is a resounding no. In fact, the entire body of seed oil research was funded by P&G and others explicitly to demonize the alternatives of seed oils, such as butter and saturated fats, which were said to cause heart disease as a consequence of cholesterol. And while these lies are now thoroughly disproven to anyone who has looked into the history of that science, the propaganda dollars are still making good on their investment given the official veneer of credibility through the “gold standard in science”, aka RCTs.

The point is not to discard science. Not at all. The point is that scientists are often bought, like everyone else in every industry. A giant corporation funds a lab, and in exchange receives the scientific validation it can then use for marketing.

Scientists also sometimes – often – get things partially or totally wrong, and if you took every study seriously, you’d be in a worse position than living in total scientific ignorance. Not to mention that there are often diametrically contradicting studies, so everyone can cherry pick their version of reality.

The so-called “Replication Crisis”, wherein most published studies are unable to be

replicated by third-party labs, is widely understood and supported. And yet, people on the internet still think they can list a bunch of Pub Med IDs in a post and that makes the inquiry “case closed”. If that’s your form of argumentation, you are hopelessly missing the point.

The actual point is that there is a better way to understand your health, and that is by understanding your body.

Consider this: the next time you eat something, pay close attention to your digestion, your energy levels, and your stool in the time that follows.

You don’t need a scientist to tell you how you feel after eating fast food. The bloating. The fatigue. The heaviness. The lack of will. 8 ounces of cake is not the same as 8 ounces of steak. I’m reminded of the Monsanto rep who went into an interview saying roundup is completely harmless, yet when presented a cup of water with roundup to drink by his interviewer, he balked. Why not drink it if it’s so harmless?

Thus, if Layne thinks the above example is ridiculous, well maybe he should consume a cup of soybean oil every day for the next three months and see how he feels. Maybe he can follow that up only eating butter



You don't need a scientist to tell you how you feel after eating fast food. The bloating. The fatigue. The heaviness. The lack of will. 8 ounces of cake is not the same as 8 ounces of steak.

and olive oil, getting his blood checked at each juncture. That is how to really do “science”. And if you’re not willing to risk yourself in the experiment, maybe there’s a bit of hypocrisy to be uncovered.

Of course, Layne would never eat that much soybean oil every day for six months. Yet people do. Millions of Americans eating a cheap, processed, standard American diet full of packaged foods have no choice but to eat this way. Layne would have nothing to do with either them or the way they eat. And yet, here we are defending it from a distance.

None of this is to say that seed oils are the only harmful thing we are exposed to on a daily basis. Look around at all the places where people live the longest and the healthiest, without chronic illness, in the so-called **Blue Zones**. It’s nothing crazy. The people in these areas have a few things going right: they have balanced diet; they have active lifestyles; and, they have a good social life.

But perhaps more revealing is what they don’t have. These people typically don’t have modern lifestyles. They don’t spend all day sitting. They don’t suffer from loneliness. They don’t eat industrially processed food. They aren’t marinating in blue light and EMF until 2 in the morning.

There are many things we “moderns” do that are unnatural to our biology, and seed oils are just one (major) one. Just look at **how they’re made**. Try showing this to any Blue Zone inhabitant and try convincing them soybean sludge is food.

Hold up all the studies you want. They will laugh at you in the moment. And then outlive you.

The advantage they have is that they don’t need special formulas, or billion-dollar laboratories, or a massively educated team to unlock nature’s secrets. They live simply by observing. So instead of me telling you what to do, let me entreat you to something else: the next time you have some potatoes or veggies at home in tallow, take note of how you feel. Then the next time you eat the same thing, but fried in seed oil, observe your digestion, your energy, your subsequent bowel movement. The man calling you delusional online can read all the words he wants. There’s more hucksters and fake scientists and liars today than there ever has been. They’re not going away.

Instead, if you want to know the body, you have to listen to the body, not the “experts” on Instagram.

*This piece is written by **Tan Man**, the founder of **MASA chips** – tortilla chips made with corn, tallow and salt.*





ARE THOSE... ARE THOSE MASA?

"No way! You didn't tell me they had MASA here? They're the only chips I eat!"

Unlike regular tortilla chips that are fried in seed oils (which increase heart disease risk), every MASA Chip is fried 100% in tallow. We take pride in providing the crunch we all love in a chip, without the rancidity of seed oils. We're bringing chips back, in style.

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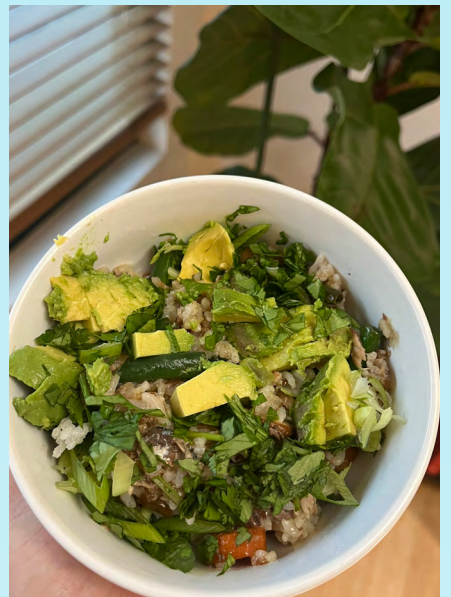
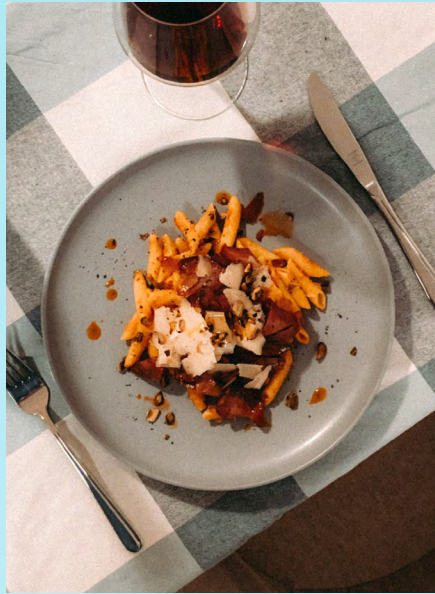


As usual, every WARKITCHEN magazine is only complete featuring the food YOU have made the past month. Take some inspiration from these creations and start cooking more beautiful food that nourishes not just our eyes, but the mind, body & soul.

Bon Appetit ladies & gents!

*A special thank you to all of you who sent your pictures:
Jack Howard, Aron Beijl, NLB, Matt Smith, The Divergent Male,
Oswald Andrews, Brad Cano, Robert Johnstone.*





Thank You For Reading

The WARKITCHEN magazine is an entirely *community-driven project*. It only exists because of people like you who continuously read and share our magazines month after month. So, thank you. To support the WARKITCHEN brand and take your nutrition up a notch, consider purchasing our magnum opus:

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All proceeds go towards buying the best food money can buy, as well as market research for hardcover and coffee table WARKITCHEN publications.

If you'd like to submit a piece, or if you are a brand looking to get a bespoke advertisement in, please reach us on X(Twitter), Instagram or fire an email to rocky@warkitchen.net.

If you received this magazine from someone else, welcome! We're glad to have you here. To receive our next issue, get on the list @ warkitchen.net. You'll also receive our flagship newsletter "WARKITCHEN WEEKLY" that's delivered every Sunday & best enjoyed with a flaky pain au chocolat.

Till then, have a fabulous day wherever you are in the world!

**A refreshed version of Optimal Fuel will be released November 15th. Those on the list @ warkitchen.net will be first to know.*

See You Next Month, Rocky