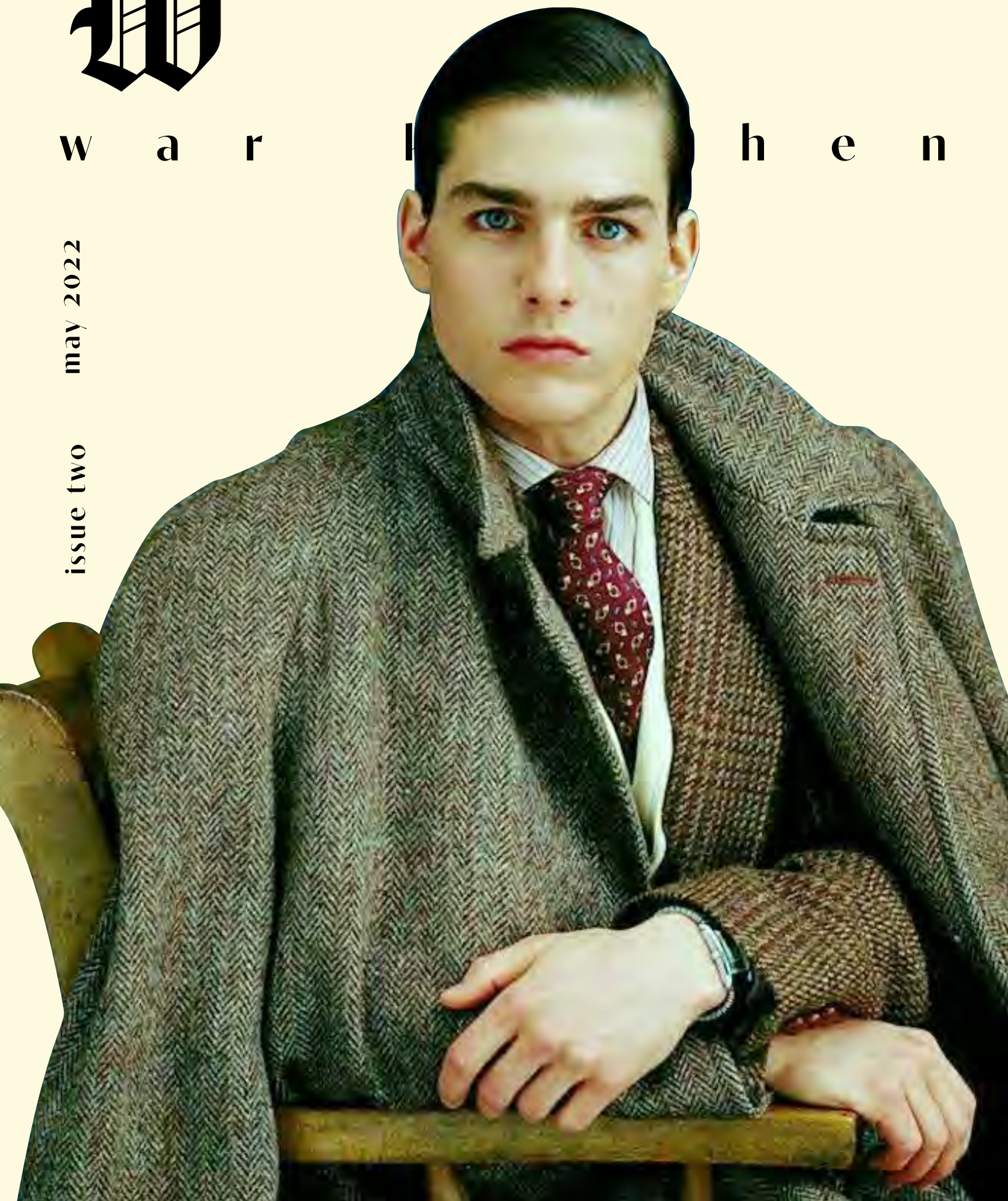


W

w a r l d h e n

may 2022

issue two





**A**nd we have take off. Issue Two of the #WarKitchen has arrived, fresh off the press.

Thank you all, for the love on the first issue. Seeing how much everyone loves it makes me want to keep making more. There is definitely a gap in the market when it comes to magazines, especially ones on health. They all talk about the same old stuff. Plant-based this, new soy milk that.. Or it's some ridiculous interview of an actor talking about his home gym & fridge, and we all know how that goes...

If you haven't read Issue 1, you can get it [here](#).

In this issue, we talk about one of the more important techniques when it comes to cooking — The Sear. Learn some actual tips you can use in your day-to-day life and elevate your chef game.

We also have the first Movie Review of the #WarKitchen, with

a few words that will convince you to catch the film this weekend (spoiler-free), of course. Also, there is a 3-step sleep checklist.

As per last issue, we close the magazine by showcasing a number of dishes made by #WarKitchen members themselves.

If you want to be a part of the discord and have your dishes featured in the next issue, you can join [here](#).

I am also looking for contributions. You can write about anything #WarKitchen — recipes, biohacking tips, nutrition advice, lifestyle recs and more. Just get in touch with me either [through DM](#) or [email](#). You could also send an idea for any ads you might want to have, similar to how I have them here in the mag.

Enjoy The Experience;  
Till We Meet Again,

**R**

*St. Lucia, The Carribean. National Geographic, December 1965.*





# The Sear

## Master The Sear, and You Will Impress.

Whether you're frying an egg or searing a grass-fed bone-in ribeye, a proper sear takes it from good to great. It's that crunchy crust that forms along the circumference of the egg whites, that dark brown on the steak's surface that's like tapestry.

The Sear adds texture and elevates. It's what makes it professional. Once you master it, you will use it just about everywhere. The good thing? It's not that complicated. All you need to know are 3 things.

### 1. Heat

Without enough heat, there is no sear. Too much, and you'll burn it. The key is to always find a happy medium. Know that this is about the FAT in the pan, not the pan itself. No point having a hot pan without giving enough time for the fat to come up to temperature.

Using a good quality pan helps a lot with this. It will regulate the heat better and not fluctuate as much. A heavy cast iron pan or a stainless steel one will go a long way.

## 2. Contact

Now you have the tallow in the pan and it's sizzling. It's hot. It's ready to conduct all that heat from the flame into whatever you're serving up. In order to get that *perfect sear*, you need to maximize contact. Press down the steak, or that red snapper filet firmly on the pan. Every possible inch needs to be in contact with your pan.

## 3. Patience

This is the simple part, yet where I see most people mess up. Once you have steps 1 & 2 in place you're 80% of the way there. All you have to do now is wait. You don't meddle with it, you don't flip it, you don't even touch the pan. Just wait. This is where all the magic happens. You let the crust form on its own and it will release itself from the pan. Wait roughly 2-3 minutes and then nudge with your spatula. It should peel off the pan beautifully.

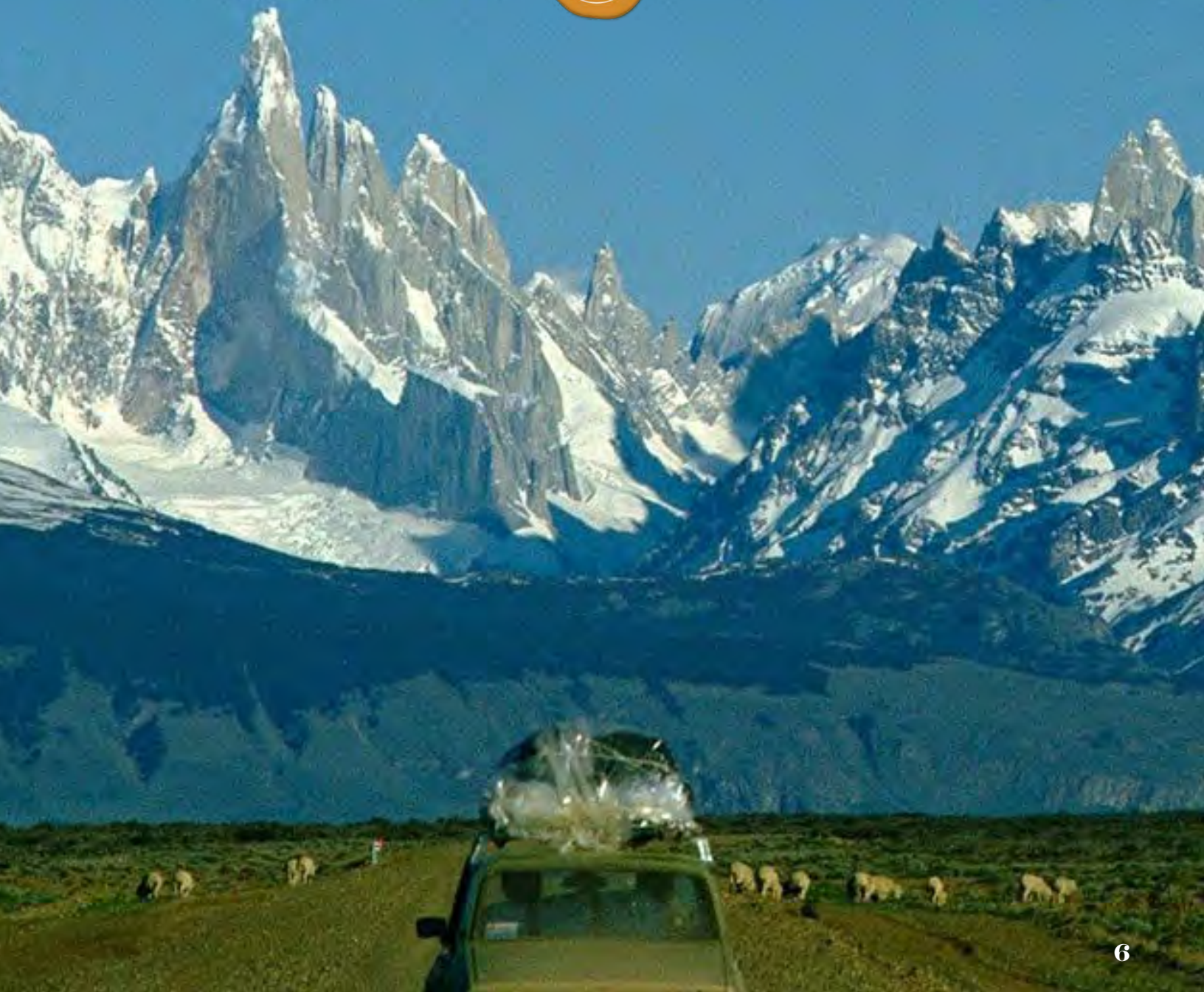
And there you have it. You have formed The Sear. Keep these 3 things in mind the next time you're searing something and I guarantee it'll come out much better.

Now that you've understood just how easy it is, you must be itching to chef something up in the kitchen and there's no better place for you to share your creations than in the #WarKitchen discord (click on golden button)

*P.S An easier sear to ace is a grass-fed ribeye steak. Salt it and let it chill in the fridge for a day. Trim some fat off the cap and let that render in the pan. Pat it dry and go for it. If you're feeling brave, throw a filet of freshly caught sea bass on there.*



#WarKitchen





*Snorkelling in Malta, Slim Aarons.*



# A CINEMATIC MASTERPIECE

Who says they don't make movies *like this* anymore? Top Gun: Maverick is a film straight out of the 80s, with a modern touch. If you're reading this, I'm pretty sure you'll love it. I'll tell you why, hopefully without any spoilers.


## *The Opening Scene*

The lights go dim. You hear the soundtrack. You see the jets. You see the aircraft carrier. 3 seconds in and you've already got your money's worth. Electricity.

In my eyes, it's one of the most iconic openings ever.

## *Aesthetics*

Every scene felt like it was carved from stone. You could feel the artist at work, from the way the colors danced with each other, to the soundtrack in the background. It was all working harmoniously, like an orchestra. Absolutely stunning. What makes it better is knowing how 90% of it is all real. No, that wasn't CGI but an actual plane creating that sand vortex. It was also nice to see a film that

A man in a flight suit is shown from the side, holding a helmet with an American flag design. The background is a bright, hazy airfield with a large aircraft visible in the distance. The text is overlaid on the image.

There's a poetry about it, where you're  
looking at what man is capable of, to see  
the world from that viewpoint. I've flown  
where I have birds fly right up next to me  
— we're flying together.

*It's just... it's beautiful.*

TC

was devoid of propaganda. In a world where almost every “film” you see on Netflix is indoctrinated with something, *Top Gun: Maverick* was a good palate cleanser.

## *The Tom Cruise Factor*

It’s a fact. The film simply would not have been possible without him. It sure wouldn’t have been the same. Tom is the epitome of a man who turns all his dreams into reality. He has a very distinct vision of what he wants to see in a film and he goes out there to actually realize it. Not only did he insist the rest of the cast go for flight training, he installed custom 6K cameras in the jets to make sure he got the videography he wanted. A generational filmmaker.

## *Concluding Thoughts*

It scores an overall 4.432/5 on the #WarKitchen index. The only reason why I didn’t give it a higher score is because honestly, the storyline could have been better. Then again, I understand. It was kept simple on purpose. They focused on the Top Gun aesthetic and I can respect that.

Let me know what you think after you’ve caught it.







*That's the job for me!*



***Finally! Something that will  
solve my problems in the kitchen!!***



# *the moments before bedtime*



# sleep better

**T**he things you do in this block of time affect your sleep more than you think. It doesn't help that we find ourselves the most vulnerable in these moments. We are tired. It's been a long day outside attacking the world and sometimes our impulses gets the better of ourselves. Well, here's a simple checklist you can stick with. Just 3 things.. to get you that extra REM sleep we are all chasing for.

## *1. Minimize Blue Light*

Once the Sun sets, it is imperative you minimize the amount of blue light entering your eyes. Our eyes are the windows of our bodies. The light that shoots dictates a lot of the processes in our body. To get restful sleep, you will want to avoid blue light. Wear blue light blockers when using screens or better still, turn the devices off if you can.

## *2. Stretching*

Stretching is extremely underrated, especially when we talk about how it helps with sleep. Stretching itself produces energy which induces the absorption of magnesium in your cells, promoting sleep. Bonus: Works better with Red Light hitting the back of your head. Very Cozy.

## *3. Glycine In Warm Beverage*

Glycine is an amino acid that promotes restful sleep. It's the one supplement I've felt the effects of straightaway and having it with some warm chamomile tea or hot cacao has been a staple for me. P.S [Justin](#) has a new sleep concoction called Portal (very aesthetic), that I may start adding to sleep elixir. If it's already out, you can check it out [here](#).



*Seafood  
Linguine*

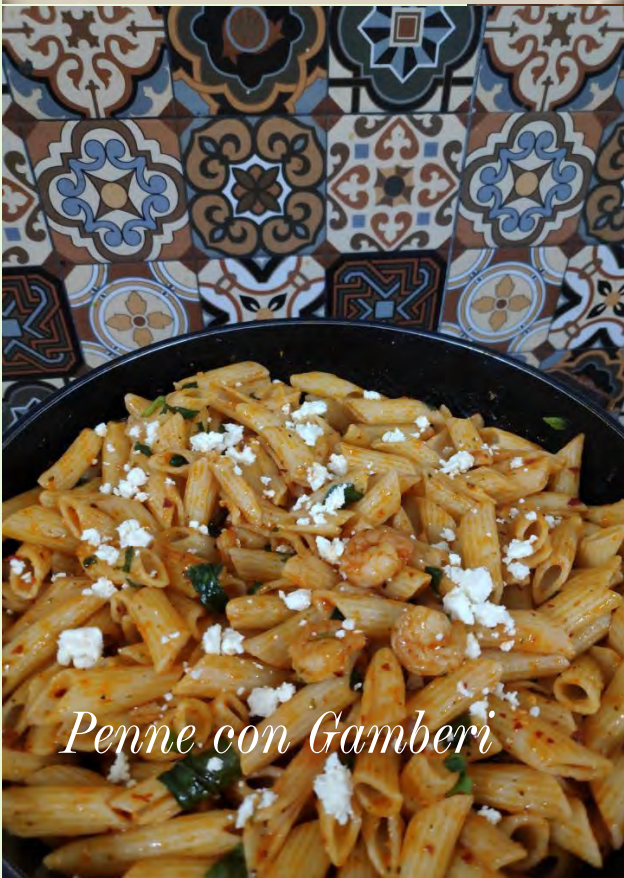
*fermented pineapple  
juice soda*



*Marrow & Friends*



*Osso Bucco*



*Penne con Gamberi*



*A Glorious Sear*



*Skakshouka*



*Homemade matcha  
ice cream*



*Chicken Hearts*



*Homemade Coconut  
Oil Fudge*

# Got Contributions For The #WarKitchen?

fire it straight to  
**[rocky@optimaldesign.net](mailto:rocky@optimaldesign.net)**

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