



MARKTCHEN HEALTH & LIVING
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Welcome back! Hope you've been well. Maybe you've tried making Robuchon's *pomme puree* from the first issue.. or you've caught Tom Cruise's Top Gun after last issue's review! Either way, I appreciate all of you who have enjoyed the experience of reading the mag 🍷

In this one, we explore the comeup of one of the most eccentric chefs in the world, in terms of the food he puts on the plate and the man that he is — Marco Pierre White.

Robert Eboy Lee writes about the dangers of Teflon, and the damage the compound has inflicted in our communities.

Viktor completes the issue with a special *shasksuka* recipe topped with Bulgarian feta that just looks glorious.

And as usual, Issue 3 is only complete with the eats of the month, made and photographed by #WarKitchen patrons themselves.

If you want to see something of

your own in future issues, feel free to write about anything #WarKitchen — pieces on cuisine, recipes, biohacking, nutrition, lifestyle advice and more. Get in touch with me either [through DM](#) or [email](#).

Also, feel free to submit any ideas for *ads* you might have — they could be digital or physical products.

Enjoy The Experience;
Till We Meet Again,

R

village b-

homage





the comeup

MARCO PIERRE WHITE

Marco was born into a world that no longer exists. It was one of close-knit communities; where honest work and gratitude reigned supreme.

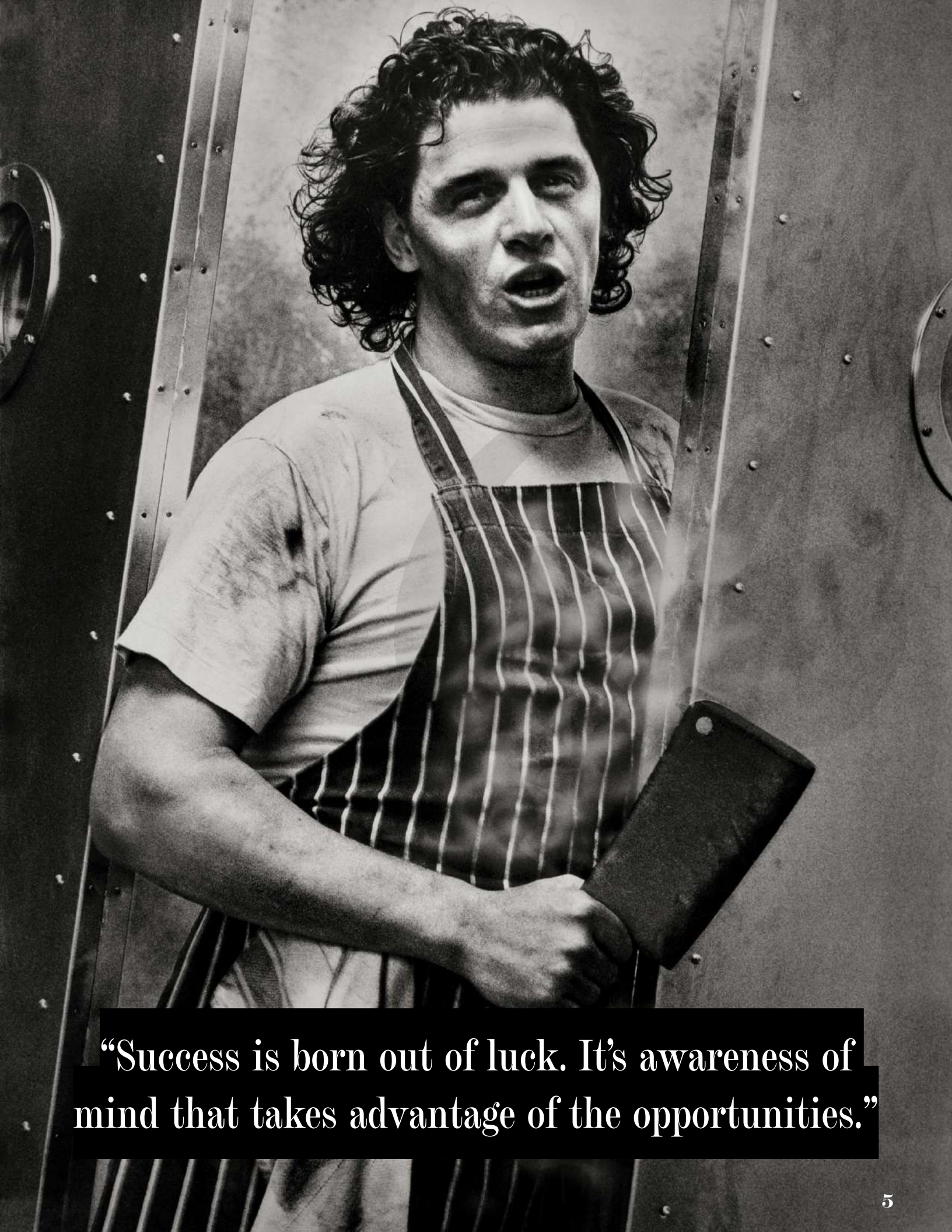
The Father

Frank White, like a lot of the men in the 60s, was a *strong man* — not just in terms of brute strength. The greatest gift he gave his son was instilling in him a mindset of relentless determination. That mindset was the bedrock Marco

built upon, eventually becoming the youngest chef to attain three Michelin stars, — the first Briton to ever do it.

The Glass Cup

The journey wasn't smooth. When Marco's younger brother Simon was born, their lives changed forever. Their mother, *Maria-Rosa Gallina* died of complications from childbirth. Marco witnessed her being taken away from him in front of his very eyes. To this day, he



“Success is born out of luck. It’s awareness of mind that takes advantage of the opportunities.”

recalls the moment as the “most defining moment” of his life.

After her death, Frank figured it was best to send Simon off to live with his Italian relatives while he took care of Marco and his older brothers. He allowed each of the boys an item of their mother. Marco picked her bible. Her name was never mentioned again. Grief.

Marco refers to his mother’s death as the moment an empty glass cup shielded him from his environment. He soon found purpose in the world of cooking & *grande cuisine*, but he acknowledged that it was only after he hung up his apron did he break the glass and develop spiritually.

The Hero’s Journey

We’ve all heard of the hero’s journey. We’ve seen it play out in every movie, where the protagonist starts out with nothing in his favor. We root for his success. Above all adversity. No matter how incredible the storyline, we know *it’s not real. It’s fiction.*

Maybe it’s just me, but this is one reason why I’ve always been drawn to biographies, or at least their adaptations. Movies like *American Made*, and even *Netflix’s Narcos* feel different because you know.

> *it’s real.*

Marco Pierre White’s comeup looks like a script right out of Hollywood. All the odds were stacked against him, yet not only did he make it out — he thrived. He forged a world of his own. He revolutionized gastronomy and paved the way for many modern culinary greats.

The 13 Year Old Man

When Marco turned 13, his father treated him like a man. He got a job. Every morning before school, he rose before the Sun to deliver milk around his neighbourhood. Every. Single. Day. Marco didn’t get sent out to work just for the measly £5/week. While his father surely made use of the spare change, it was in essence the reduction of the first ingredient that made Marco great — his indomitable work ethic.

“He taught me how to work hard. He taught me how to be disciplined. He taught me how to be punctual. He taught me how to never throw in the towel... and if I threw in the towel, he taught me to pick it up. Never give in.”

Marco The Chef

1978. January. Marco’s father gave him some money. He told him to take the bus to Harrogate, knock

on kitchen doors of hotels until he got an apprenticeship. Frank, who was a chef in his own right, surely didn't realize the significance of the moment. He let his son embark on his hero's journey, and create his own world he did.

Marco got himself a job at the *Hotel St George* as an apprentice chef. That journey he embarked on marked the first domino, in a long chain that eventually culminated in greatness. From there, Marco slowly but surely found a way to make the steps up and work at other world-class establishments; from the likes of the *Boæ Tree* in Ilkley, *Le Gavroche* with the Roux brothers, *La Tante Claire* with Pierre Koffman, *Le Manoir* with Raymond Blanc, before eventually starting his own restaurant "*Harveys*" in London.

Marco on Luck

Albert Roux gave Marco a job simply because he once had a fantastic meal at the *Boæ Tree*, where Marco was working at the time. Marco knocked on random doors. He stumbled across a random *Egon Ronay* guide. Luck. A heaped tablespoon of it. It definitely played a part, and that's not a bad thing. Luck is everywhere.

"Success is born out of luck. It's awareness of mind that takes advantage of the opportunity. If you don't take advantage of your opportunity, you will never realise your dreams."

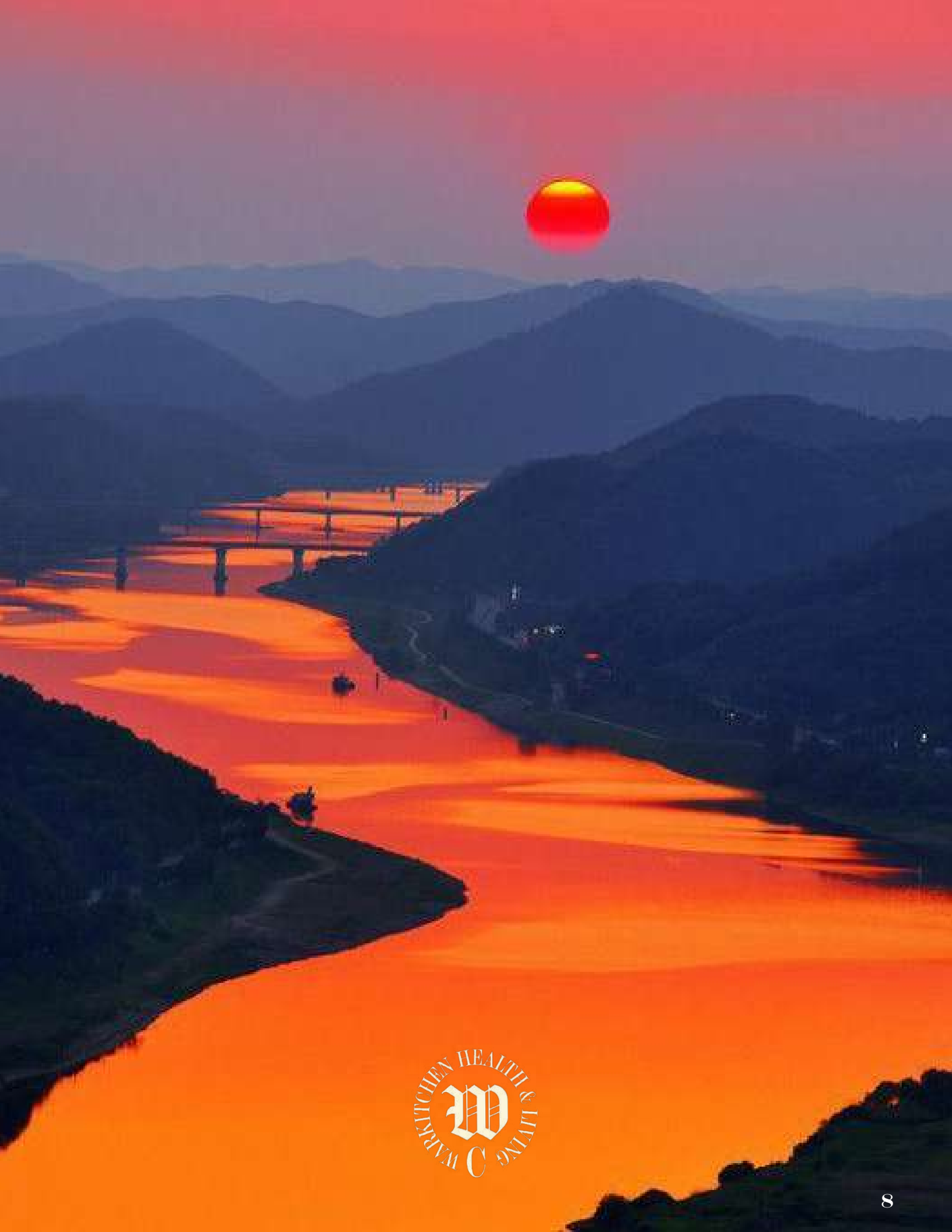
Marco's Temper



Everyone knows he once made Gordon Ramsay cry. Marco is just that guy. He doesn't hold anything back. He speaks his mind. The picture you see here is of someone who complained that it was "too warm". Marco surely fixed the issue, as he always does!

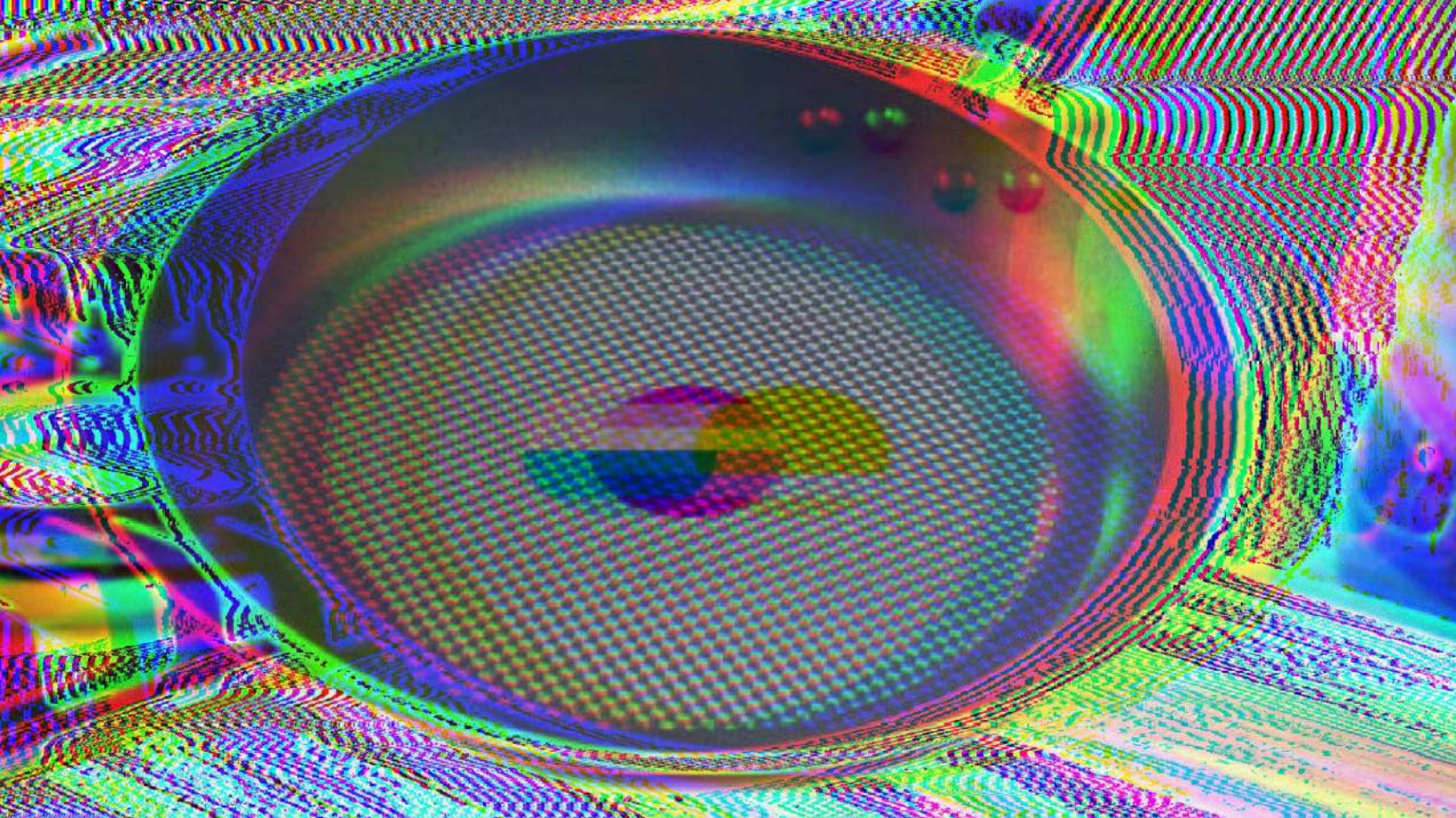
"Cooking is a philosophy, it's not a recipe"

— Marco Pierre White





Tambopata River, Peru. Nat Geo, 1994.



The Teflon Epidemic

by Robert Eboy Lee

For two centuries, canaries were used to detect poisonous carbon monoxide in coal mines. Whenever the bird died or ill, the miners would scurry out quicker than a 10 year-old kid after his mom yelled “dinner is ready!”

Those very same canaries would die if exposed to heated Teflon, or any other non-stick polymer. Yet, no one runs when a non-stick pan is on the flame.

Dangers of Teflon

When heated, Teflon releases perfluorooctanoic acid, or C8, better known as the forever chemical. Even the most hardened soyentist will admit that C8 causes birth defects, cancer, and disastrous damage to the endocrine system. No matter how low the dosage, testosterone will be reduced in men, and women will experience hormonal imbalances. Worst of all, C8 is found in the blood of 98% of people.

C8 is found in bird, fish, and mammal species around the world.

In the United States, it has even been detected in the egg yolks of wild birds. No far leap in thinking is required to believe domesticated chickens are also affected. Entire bloodlines forever tainted. Every city tested has had its water and air supply contaminated by Teflon. Meat, fish, fruit, and vegetables at supermarkets are contaminated. Rain is contaminated. Everything is contaminated.

Thankfully, the contamination of rain and farm-raised meat is not too great to completely poison you. However, this is not the case for tap water. C8 is difficult to get rid of, with reverse osmosis filters struggling to get rid of it.

None of these points hold a candle to the best argument against Teflon.

Teflon is made in a lab, by chemists. The first practical use of Teflon was for nuclear bombs. Smiths did not create Teflon, and Teflon was not made for pans. Any schizo worth his salt would reject using Teflon for this alone.

Fun fact: Teflon was first used in a pan in 1954, which conveniently is the time when the amount of Americans that said religion was very important to their lives started to dramatically decrease.

Teflon Just Sucks In General

I would not use pans that have non-stick polymers, even if the chemicals didn't turn you gay. The coating does not last and you end up with a worthless pan that you have to buy twice a year. Non-stick pans just look ugly as well.

Alternatives

Raw Egg Nationalist likes copper pans, perhaps because copper creates stiff peaks in whipped egg whites quicker than any other metal.

These pans are beautiful and 100% worth the investment. Get them off of Ebay or Etsy (these two sites are how you should shop online most of the time. Avoid Amazon whenever possible).

Stainless steel is a great option as it is cheap and durable. Do not be stingy with the fat as there is no seasoning to prevent sticking.

When buying, look for American made that has the numbers 18/8 or 18/10 on the bottom and a copper

core. Aluminum cores are common and can leach into your food with enough use.

Now onto my favorite option, cast iron. These beauties are easier to maintain than those out-of-the-know think, but harder to maintain than those in-the-know think.

Look for a vintage piece, the ones not sprayed with seed oils during manufacture. A chainmail scrub under hot water will get rid of any burnt-on nuggets you'll encounter.

Afterwards, place on a medium-low flame to dry. Rub on a cooking fat of your choice and place back on the flame for a hot minute. Personally, I do as my Great Grandma did and use bacon grease.

Despite the poisons of Teflon being everywhere on Earth nowadays, limiting your exposure by using better pans is good for your health. Being pessimistic about anything is for losers. Do not become blackpilled. Positive change will always be worthwhile!

Teflon Detox

Despite being called the forever chemical, you can detox from it!

Ray Peat's Carrot Salad and activated charcoal will do wonders. Spending time in a sauna will speed up the detoxifying process.

The following juice recipe can be used to detox from any polymer, be it plastic or Teflon. Include the pulp of whole fruits that are listed.

- $\frac{1}{4}$ cup pineapple
- $\frac{1}{4}$ cup manjo
- 1 teaspoon lemon juice
- 1 teaspoon lime juice
- 1.5 tablespoons honey
- 2 tablespoons coconut cream
- 1 teaspoon raw cream
- 2.5 ounces natural spring sparkling water

Combine in a blender and sip over 15 minutes.

You can find more of Robert Eboy Lee on Twitter [here](#).





shakshuka



by Viktor [@erabvlgaris](#)

You've only got half an hour and you need to feed a crowd? Don't worry, I've got a simple solution and you might already have all the ingredients.

First off, you'll need a pan. It's best if it's stainless steel or cast iron, as you would ideally want to put it in the oven.

Preheat your oven to 180C. Let some EVOO heat over a medium flame. In the meantime, cut some onion and bell peppers. I usually do a longer cut such as a *batonnet* or a *julienne*, but you can do whatever you want - dice it, chop it like a barbarian, whatever. The sauce of a shakshuka is red so it would be most aesthetically pleasing to use a yellow bell pepper. This does not affect the taste, so unless you are striving for presentation, use

whatever you have at hand. As soon as your EVOO is heated up, add the onion and bell pepper and cook them until soft.

Whilst the vegetables are softening, it is time to get going with the spice mix. There are three core spices — fresh garlic, smoked paprika, and pepper flakes.

The rest is up to you. No precise quantities, wing it. The best option for your pepper flakes is Aleppo pepper, it tastes like spicy tomatoes and is available at your local Middle Eastern/North African market. Of course you can do away with any other kind of pepper flakes.

Add in the spices to the softened vegetables and wait for them to release their aroma. A rough

estimate is 1-2 minutes, you'll know when it's ready, trust your nose. As soon as the aromas start releasing add one can of chopped tomatoes. If you want the rich flavor of a dish that has been simmering for hours, drizzle in some tomato paste. If you want more spiciness and you're feeling experimental, maybe you can add some gochujang (harissa would be the more authentic choice) or other chili paste. I just came up with the gochujang idea, never tried it. I bear no responsibility for any and all shakshukas ruined by attempts at fusion cuisine! This is also when you sprinkle in salt and pepper. Bring to a simmer, step aside and let it cook until the sauce thickens. Should be around 10 minutes.

Whenever the sauce looks ready, make a couple of wells (a couple being equal to the number of eggs you are using). Crack open an egg in each well. Whenever I serve to multiple people I try to have 1-2 eggs per person, depending on their size. Whenever I prepare it for myself I use 4 and shamelessly devour everything. It is what it is.

As soon as you crack open the eggs in the sauce, take the pan off the heat and move it into the oven.

Leave it in there for as long as it takes for the egg whites to solidify. The perfect shakshuka has solid egg whites and runny yolks. Keep that in mind. I can't give you a specific amount of time as that depends on the particularities of your oven, whether you use a fan, whether it heats from the top, from the bottom, or from both sides. Trust your judgment.

If you are one of the few (I hope) that does not have an oven-ready pan, you should keep the shakshuka on the heat and cover it with a lid. The goal is the same as above, solid whites and runny yolks.

Now comes the fun part - serving. I find crusty bread a necessity. Otherwise all the delicious sauce would go to waste. Next up - feta cheese (hand-crushed and sprinkled on top). If you have access to it, buy a Bulgarian one, if not - Greek. Both sheep milk and cow milk cheeses are fine. Garnish with some parsley or cilantro drizzle some EVOO. Enjoy!

You can find more of Viktor on Twitter [here](#). Let him know what you think of the shakshuka!



bellissimo



*Sourdough Pancake with
Strawberry & Honey*



*Homemade
Sourdough*



Sunnandæg Stuf



moon river sirloin



ribeye



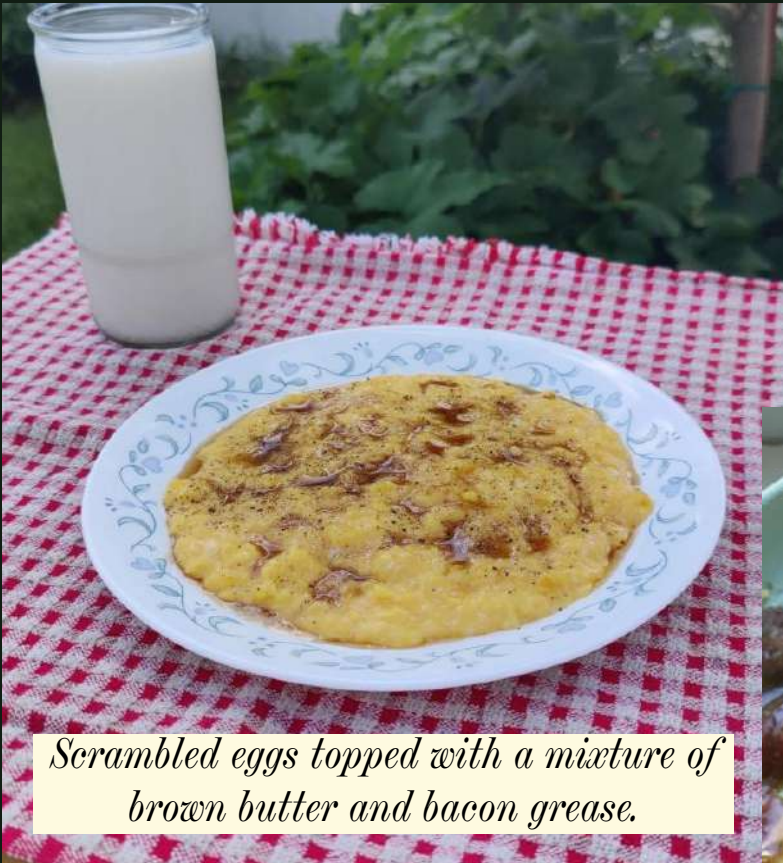
Mulled Wine



Raw Cacao and Honeycomb



*Homemade Villi Yogurt
with Dates, Prunes,
and Molasses*



Scrambled eggs topped with a mixture of brown butter and bacon grease.



Fruit Salad



Carpaccio



*Beef Heart,
lightly seared
in butter,*



Osso Bucco

Got Contributions For The #WarKitchen?

fire it straight to

rocky@optimaldesign.net

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