

SPIRALIZED

VOL. 6

WINTER 2018

HOW NOT TO POISON YOUR FAMILY

SAFETY TIPS FOR PREPARING POULTRY

P.11

GLOBAL GRUB: NASSAU

CULTURE, CRAB & CARTS

P.27

NOURISHING NIBS

ALL THINGS CHOCOLATE

P.34

USD 5.95



FM 22/24

0290854 005

SAFE HAND
THIS PRODUCT HAS BEEN
PREPARED
COULD CAUSE ILLNESS IF COOKED
INSTRUCTIONS
YOUR PROTE

SPIRALIZED MAGAZINE

11

HOW NOT TO POISON YOUR
FAMILY
FOOD SAFETY TIPS FOR POULTRY

27

GLOBAL GRUB:NASSAU
CULTURE, CRAB & CARTS

34

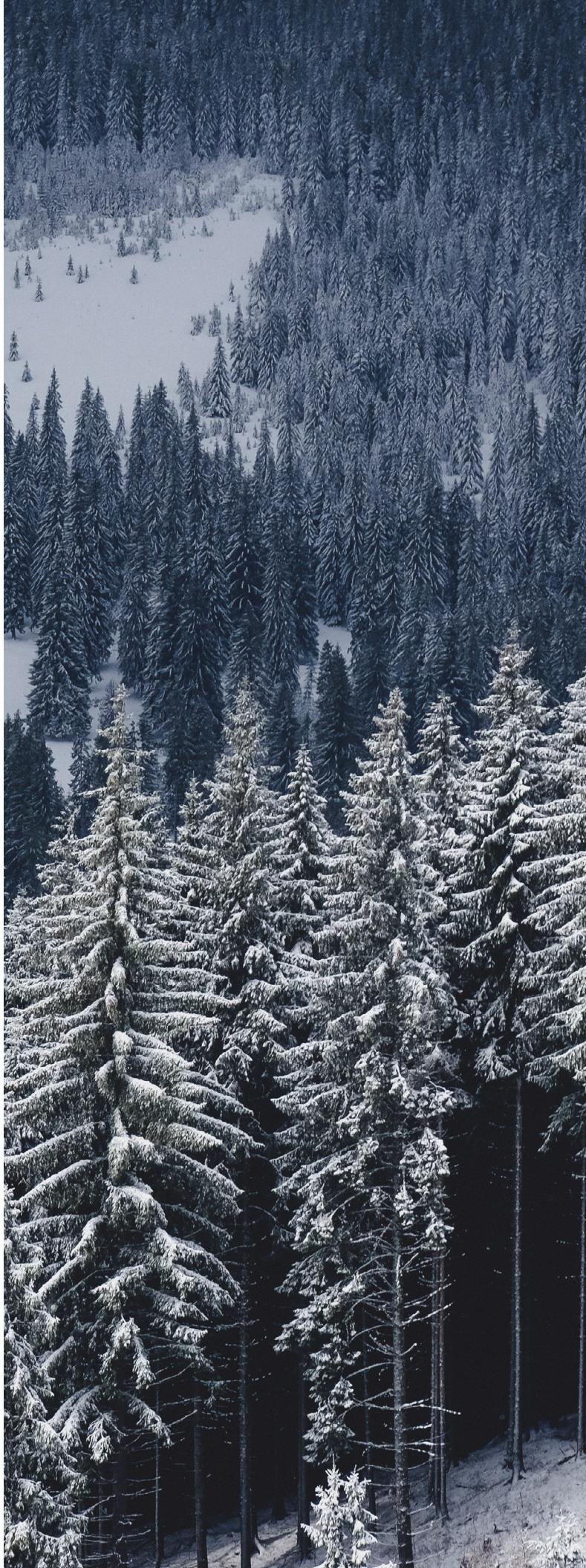
NOURISHING NIBS
ALL THINGS CHOCOLATE



11

SPIRALIZED IS
OPEN-MINDED AND
DELICIOUSLY
ENTERTAINING.

WHAT'S IN THIS ISSUE



letter from the editor

In your lifetime, you'll eat an average of 85,000 meals.

I find that my patients use up a large amount of energy planning and thinking about what to eat and, more importantly, what they've already eaten. It's a huge source of stress and consternation.

They like to tell me about how they ate over the previous month, year, etc. Although a little past-meal analysis is helpful, the truth is that you should consider those meals "sunk costs." You'll never get them back, and the thought of how you disappointed yourself often runs into your current meal.

It may be interesting and true that in junior high, you only ate red jelly beans for a whole month, and that the last time you went home to visit your parents, your mom semi-force-fed you loaves of banana bread. The truth is that it really doesn't matter anymore.

What matters is only what you are eating right now. Period.

The nice thing about this is that it keeps you moving forward, working to constantly improve rather than lament and give up. So, if the meal right in front of you is well-balanced and healthy overall, your entire diet will be as well. In the season of comfort foods let us find comfort in learning to eat in the now.

Gina Keatley
EDITOR IN CHIEF



*"After a good
dinner one can
forgive anybody,
even one's own
relations."*

-Oscar Wilde

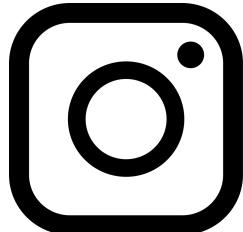
Today

winter

Birds & Words



TOTALLY FOLLOWABLE FOODIES



01

#POULTRY @PAMPEREDPOULTRY

Promoting the fashionable backyard chicken.

02

#POTATOES @POTATOGOODNESS

Get inspired and explore the great and unexpected things you can do with potatoes!

03

#PIES @THEPIEOUS

Pie-oneering Punster/Nerd named Jessica, sharing new pie baking tips, tools, books + tutorial vids!

04

#PORK @CHEFCASELLA

The prosciutto whisperer. An Italian Chef in NYC. Dean of Italian Studies at the International Culinary Center.

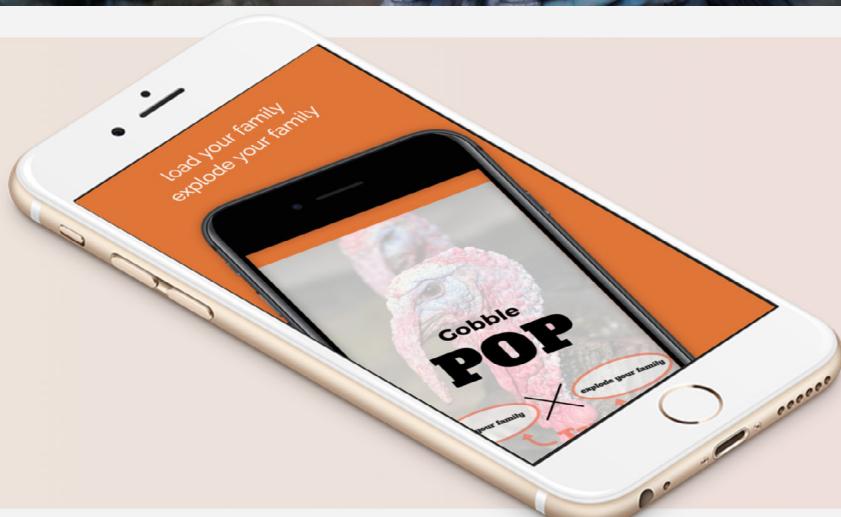
LAB-GROWN MEATS

Cultured meat, also called clean meat, synthetic meat or in vitro meat, is meat produced by in vitro cultivation of animal cells, instead of from slaughtered animals. It is a form of cellular agriculture.



tasty
trend

Gobble Pop, Thanksgiving gaming for good where you get to load and explode your family in challenging levels. Want to keep the game going? Extra lives help provide turkey for families in-need.

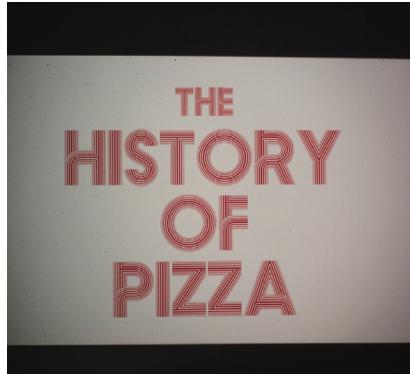




POP-UPS WITH POTENTIAL

ONE DAY FOODIE GETAWAYS

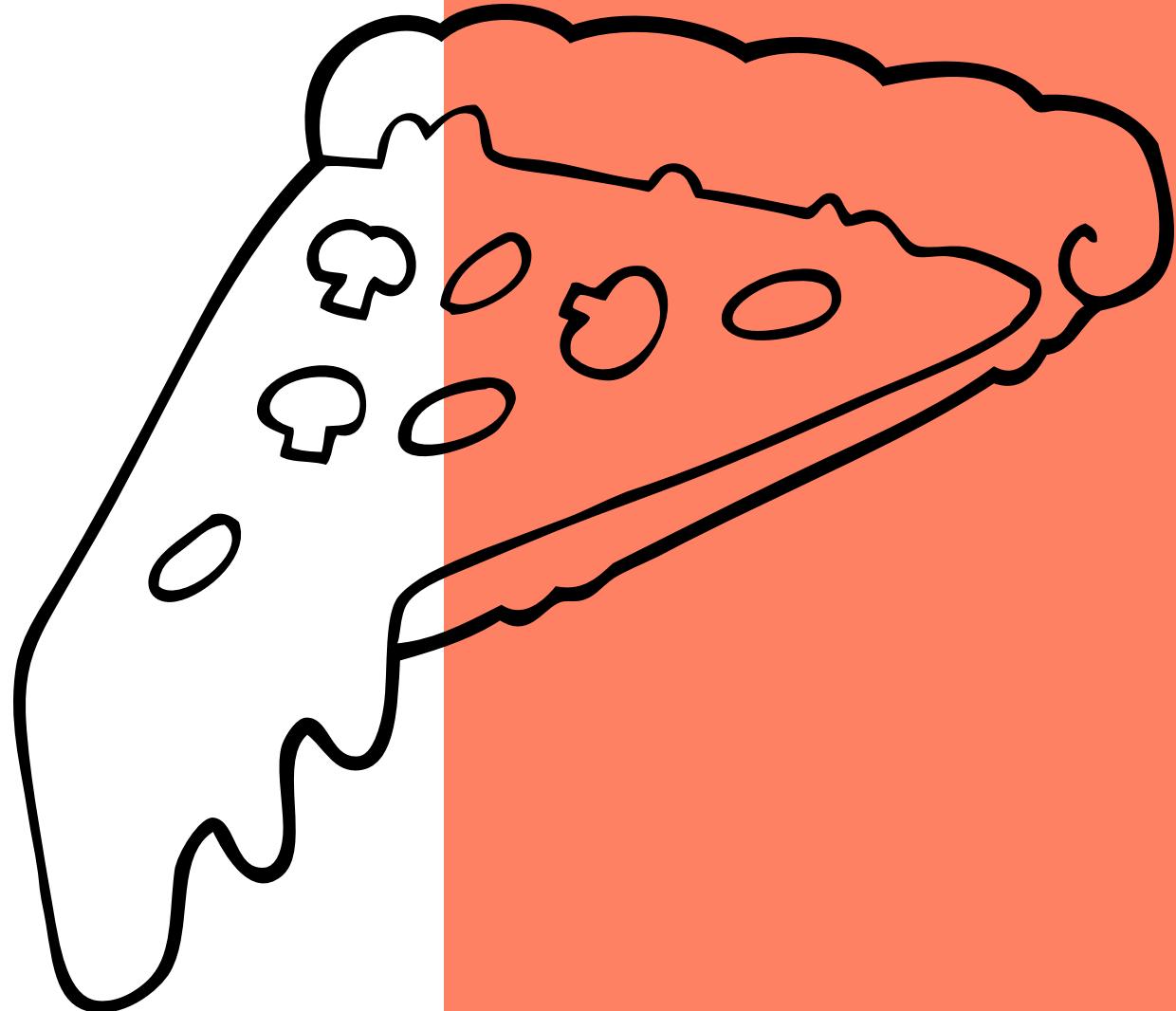
AVANT GARDE FOODIE ART



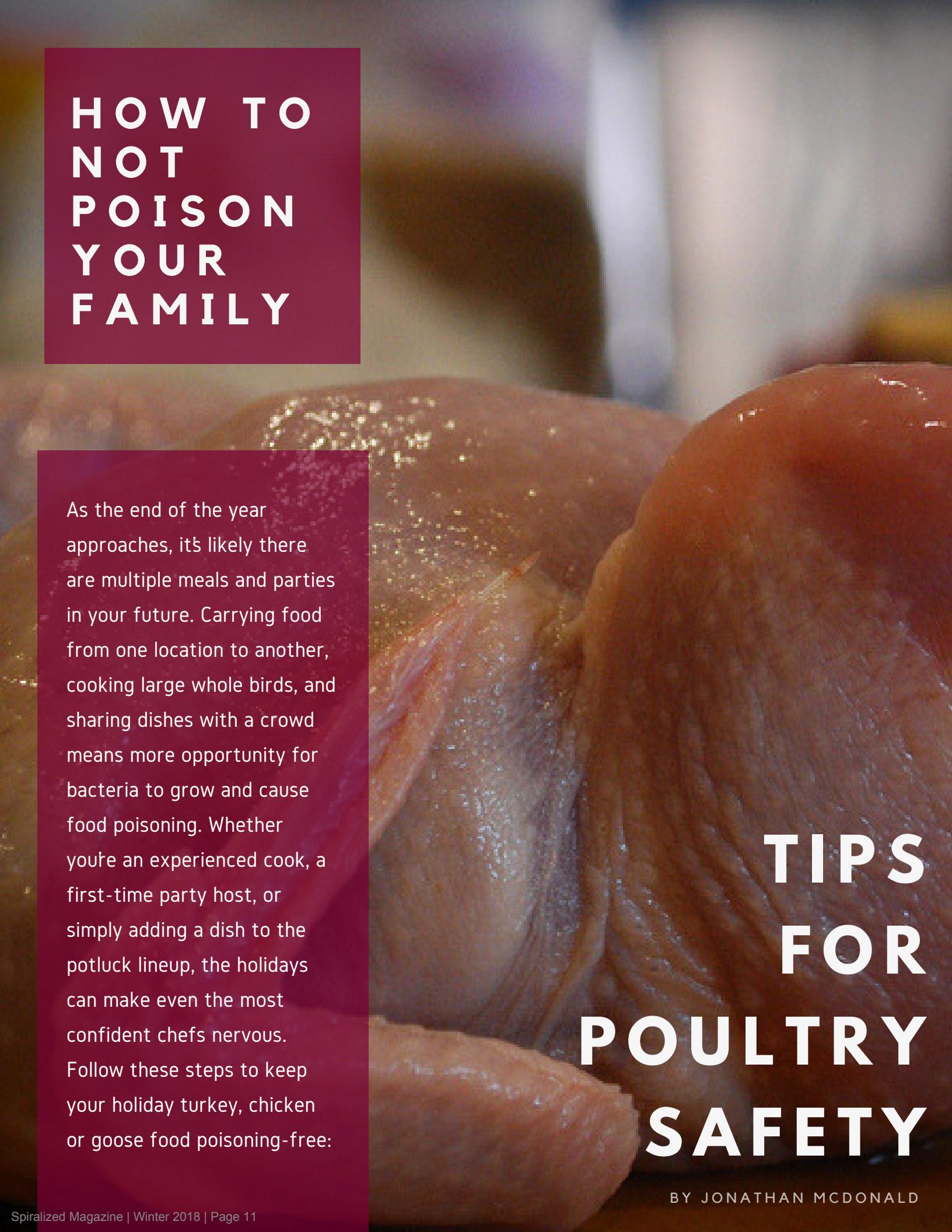
ONE PART AVANT GARDE ART + ONE PART FOOD HISTORY = YUM
the world's first and only immersive art experience celebrating pizza

#GETSLICED

Boomer? Millennial? Gen-Z? No matter what grouping you fall into I promise you will love pop-ups. Part store, part avant-garde art show and part cultural touchstone; pop-ups are where interesting products and amazing presentation come to thrive. These small bundles of creativity are not only invading retail space but also taking over museum space. Enter, the Museum of Pizza, a super trendy pop-up bringing you the best of pizza in the heart of Brooklyn. The Museum of Pizza is abound with information, love, joy and glee for the world's favorite food.



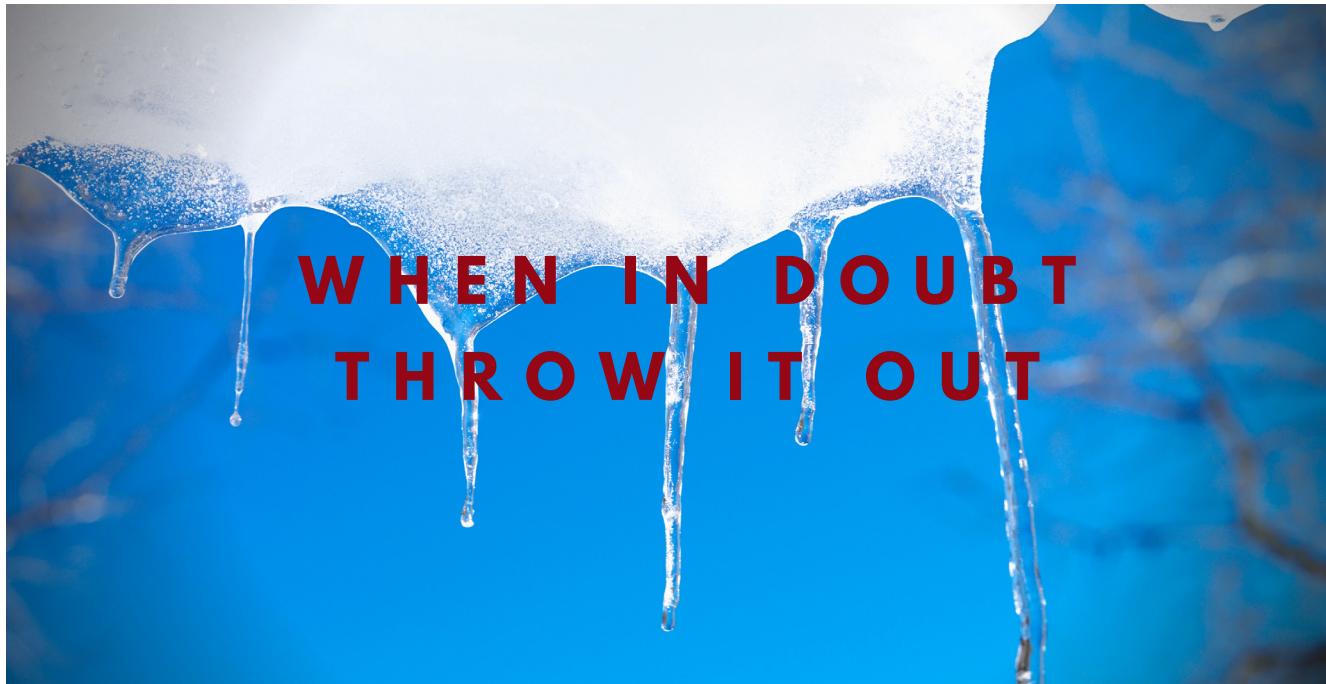
HOW TO NOT POISON YOUR FAMILY



As the end of the year approaches, it's likely there are multiple meals and parties in your future. Carrying food from one location to another, cooking large whole birds, and sharing dishes with a crowd means more opportunity for bacteria to grow and cause food poisoning. Whether you're an experienced cook, a first-time party host, or simply adding a dish to the potluck lineup, the holidays can make even the most confident chefs nervous. Follow these steps to keep your holiday turkey, chicken or goose food poisoning-free:

TIPS FOR POULTRY SAFETY

BY JONATHAN MCDONALD



1) THAW THE RIGHT WAY.

If you have not seen what can happen when you don't thaw a bird properly, watch the videos produced by every local firehouse in the United States. But aside from making a turkey missile, an improperly thawed bird can cook unevenly and get your entire family sick, bringing you shame from grandma. To do it right place the frozen bird in the refrigerator, preferably on the bottom shelf on a large plate that can hold liquid and let sit for 24 hours for every 5 pounds. That means if you have a 20-pound bird it needs 4 days in the fridge. So, for sure, plan ahead on this one.

2) DON'T MIX.

The rule of thumb is that anything the bird touches may be contaminated by bad bacteria. That means if you dress the bird on a cutting board and then chop lettuce for a salad, you should hope that you stocked up on toilet paper and barf bags.

3) STUFFING ALL THE WAY.

I love stuffing, you love stuffing. But if you're going to make stuffing IN the bird make sure you stuff 'em right before you put it in the oven and make sure that the center of the stuffing gets to 165 degrees Fahrenheit. Also, let the bird sit for about 20-minutes before taking the stuffing out to give it a little bit longer to cook through.

4) HAPPY BIRTHDAY -LIKE 500 TIMES.

This last tip is basic but needs to be said. Before, during and after you handle food, cough on your hands, or give a holiday high-five, please wash your hands. You're supposed to soap your hands for 20-seconds which, does not seem like long until you have to do it. Sing happy birthday in your head about 3-4 times and you should be good to go—longer is always better.

We all know the food lurkers that take forever to eat, but you've got to keep them in line and set a 2-hour time limit on your food before wrapping it up and putting it in the fridge. Leftovers are always best when they are not covered in bad bacteria.

5) WRAP-IT-UP.

zucchini Latkes

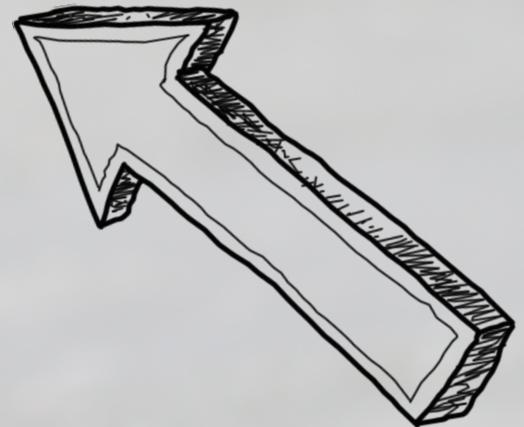


Beth Warren, RD
www.bethwarrennutrition.com
Instagram @beth_warren

ZUCCHINI LATKES

Ingredients

- 4 zucchini, spiralized
- 1 small onion, grated or chopped
- 2 whole eggs and 1 egg white, whisked
- 2 tbsp almond flour
- Salt, pepper and cinnamon, to taste
- 1 tsp all spice
- 1 tbsp coconut oil or 3 tbsp avocado oil



Low GI,
High Fiber
Mazel Tov!

Instructions

Mix all ingredients together. Take a small handful of the mixture and form into a patty (it is okay if it doesn't stick together).

Add 1 tbsp coconut or 3 tbsp avocado oil to a shallow pan. Place in the patty and cook until the bottom turns brown, about 3-4 minutes, on each side. You can also bake for a healthier version by drizzling extra virgin olive oil on top of the zucchini latkes on a baking sheet and bake about 7 minutes on each side at 400 F.



CAULIFLOWER LATKES

Ingredients

1 cauliflower head, steamed and chopped (you can also use one package of cauliflower rice, defrosted)

1 tsp garlic powder

1 tsp black pepper

1 tsp salt

4 egg whites, whisked

4 tbsp almond flour

3 scallions, chopped

1 tbsp extra virgin olive oil (or 2 tbsp avocado oil for frying)

Directions:

Add all ingredients into a mixing bowl and stir to combine. Take a small handful and form patties with the cauliflower mixture (using less mixture per patty, you can make thinner more “latkes-like” shapes). Place on a baking sheet and drizzle extra virgin olive oil on the top. Bake at 475 F for 10 minutes, then flip and bake for an additional 10 minutes. You can opt to fry these in 2 tbsp avocado oil instead of baking, flipping in between after about 4 minutes or when the bottom of the latke browns.

FEED YOUR SOUL GIFTS



**IMPACTFUL
GIVING**

kindness is soooo tasty!

By Nina Boyle

GIVE AND GIVE BACK

With gift giving season just a few weeks away we have picked a few must have gifts for foodies that are meant to feed your soul.

b.a.r.e. soaps was built on the idea that something so simple as a bar of soap can effectively help prevent the spread of diseases and illnesses while improving overall health and hygiene. Their goal is to "bring antiseptic resources to everyone."

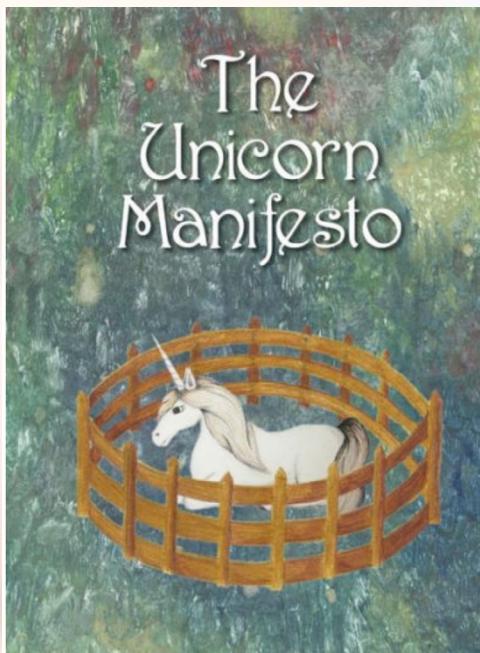


Sweet Beginnings, LLC makes the beelove family of products — an all natural line of raw honey and honey-infused body care products.

They extract honey from their urban apiaries in the heart of the North Lawndale community in Chicago. The honey is known for its complex flavor, a result of the varied flora of our urban environment.



BOOK IT: EXPAND YOUR WORLD



Throughout history, the unicorn has always been depicted as a creature that has transcended and broken free. Once set free, she can never be recaptured. Destiny invites you to join her on her journey to freedom. Find the unicorn inside your spirit and fly free – with The Unicorn Manifesto.

Available at www.barnesandnoble.com



Dogs of Delhi: A photographic journey of must love metropolitan mutts, is a celebration of the stray dogs of India's vibrant capital city. With over 325,000 street dogs in Delhi alone, we have selected 50 of the best most vibrant pups to include within this picture book. These marvelous mutts don't always get very good press, though, and are often portrayed as either villains who bite and maul, or victims of human cruelty. But we found a large dog population which lives happily in the city, often developing close relationships with humans. Some develop quirky habits such as specific diets, others roam open markets where they put on extraordinary amounts of weight and sleep their days away.

Available at www.amazon.com

A photograph of a woman with dark hair, wearing a patterned headwrap and a blue top, smiling warmly at the camera. She is holding a light-colored goat in her arms. The background is slightly blurred, showing what appears to be a colorful stained-glass window.

FEED YOUR SOUL GIFTS

GIVE A GOAT

World Vision International is an Evangelical Christian humanitarian aid, development, and advocacy organization offers agricultural gifts options. With a pair of chickens and a goat, you'll provide a steady supply of eggs, milk, and protein to feed children and help families.

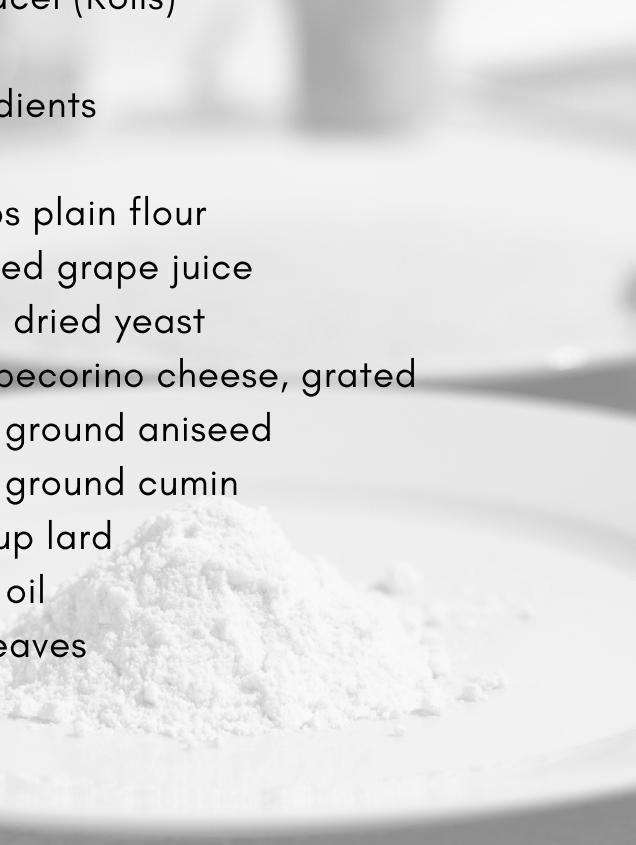
A healthy dairy goat can give up to 16 cups of milk a day. Goat's milk is easier to digest than cow's milk and is an excellent source of calcium, protein, and other essential nutrients that growing children need. Goats are practical animals — flourishing in harsh climates while producing valuable manure to fertilize crops and vegetable gardens.

VINTAGE HOLIDAY RECIPES

Mustacei (Rolls)

Ingredients

4 cups plain flour
7 oz red grape juice
 $\frac{1}{2}$ tsp dried yeast
2 oz pecorino cheese, grated
2 tsp ground aniseed
2 tsp ground cumin
1/3 cup lard
Olive oil
Bay leaves



Directions

1. Pour grape juice into a sauce pan and warm to about 95 degrees F.
2. Dissolve the yeast into the grape juice and let foam for 3 minutes.
3. Place flour, cumin and aniseed in a large mixing bowl.
4. Add grated cheese, lard and work them into the flour until it has the consistency of bread crumbs.
5. Pour grape juice/yeast mixture into flour mixture. Knead dough for 5 minutes making a ball.
6. Cover the bowl with a damp towel.

ANCIENT ROMAN SATURNALIA RECIPES

PRECURSOR FOR CHRISTMAS FEASTS

BY CARLOS MARTIN

7. Brush baking tray with olive oil and place bay leaves 2 inches apart.
8. Sprinkle flour on a board to prevent dough from sticking, place the ball of dough on the board and roll out to $\frac{1}{4}$ inch thick.
9. Use a 2 inch diameter cookie cutter and place the individual cakes onto each bay leaf.
10. Bake at 350 degrees F for 35 minutes or until golden brown.
11. Serve with a vegetable puree.

Ingredients

1 whole bird (chicken, turkey, goose)
6 oz hazelnuts
4 tsp fresh mint, chopped
2 tsp celery leaf, chopped
2 tsp fresh parsley, chopped
2 tbsp clear honey
9 oz red wine
2 tbsp red wine vinegar
2tbsp fish sauce
1 tsp black pepper, ground
Saffron powder, pinch
Salt

Directions

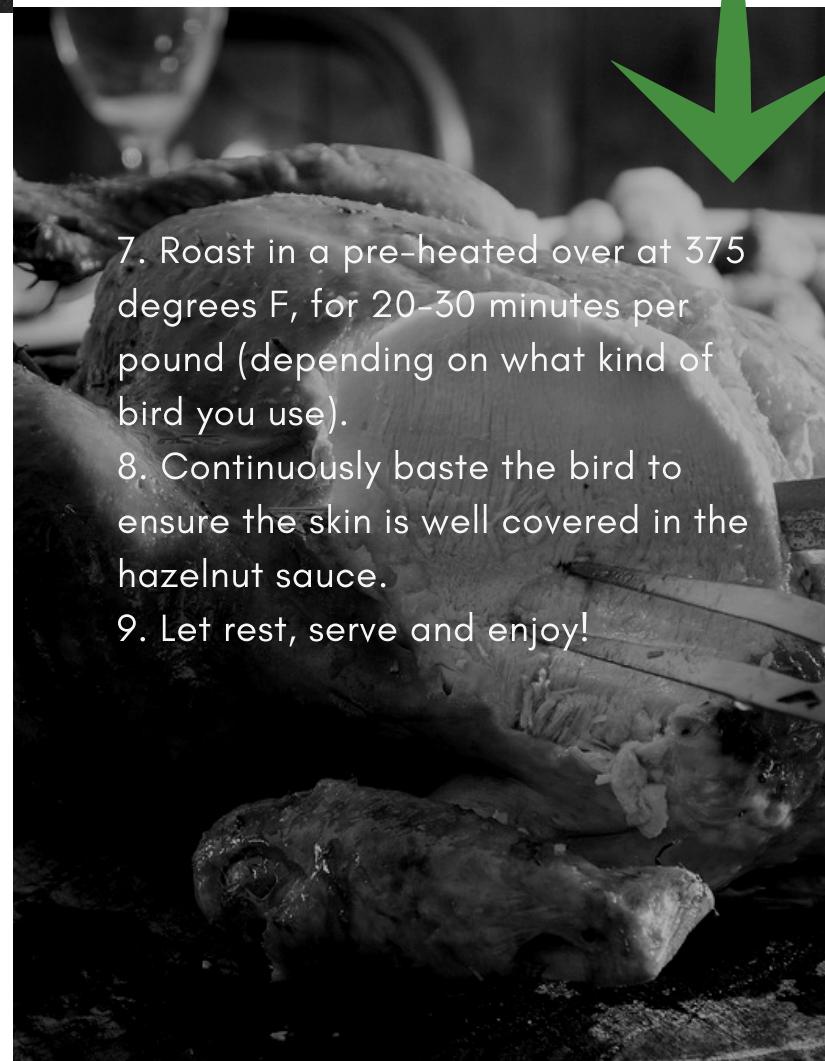
1. Roast hazelnuts at 350 degrees F for 10 minutes.
2. Pound or grind the hazelnuts into a fine crumb.
3. Combine hazelnuts in sauce pan with mint, parsley, celery leaf, honey, wine, vinegar, fish sauce and saffron.
4. Slowly bring sauce to a boil.
5. Place chicken in a roasting pan and season with salt and pepper.
6. Cut poultry at breast and leg, then pour sauce over the bird.

ALITER IUS IN AVIBUS (POULTRY IN HAZELNUT SAUCE)

The tradition of turkey at Christmas spread rapidly throughout England in the 17th century



7. Roast in a pre-heated over at 375 degrees F, for 20-30 minutes per pound (depending on what kind of bird you use).
8. Continuously baste the bird to ensure the skin is well covered in the hazelnut sauce.
9. Let rest, serve and enjoy!



KICKASS COOKING METHOD

TRUSSING

1. GRIP THE FOWL'S WINGS AND FOLD THEM BEHIND THE FOWL'S BACK.

4. BRING THE STRING BACK TO THE LEGS AND TIE IT OFF AT THE ANKLES.



3. LATTICE THE STRING ON THE FOWL'S BACK.

2. BRING THE STRING OVER THE LEGS, TO THE BACK.

4
STEP
TECH



amazon.com
Prime

AN APPETITE FOR CULINARY EXPLORATION IN DELICIOUSLY DIVERSE MALAYSIA

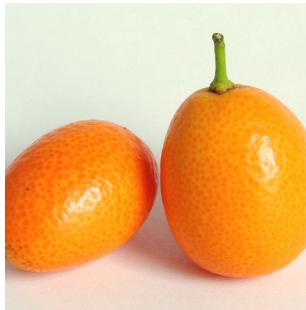
Join award-winning dietitian, writer, and culinary explorer, Gina Keatley as she comes to Amazon Prime as the host of a new series, Deliciously Diverse: Malaysia.

WINTER

SUPERFOODS

SU·PER·FOOD
'SOOPəR, FOO'D/
NOUN

A NUTRIENT DENSE FOOD
CONSIDERED TO BE
PARTICULARLY POSITIVE FOR
HEALTH AND WELL-BEING.



01

KUMQUATS



02

BROCCOLI



03

RUTABAGAS



04

KALE



05

VITELOTTE



06

GRAPEFRUIT



07

SUNCHOKES



08

KABOCHA

GLOBAL GRUB

BY GINA KEATLEY

NASSAU

CULTURE, CRAB & CARTS



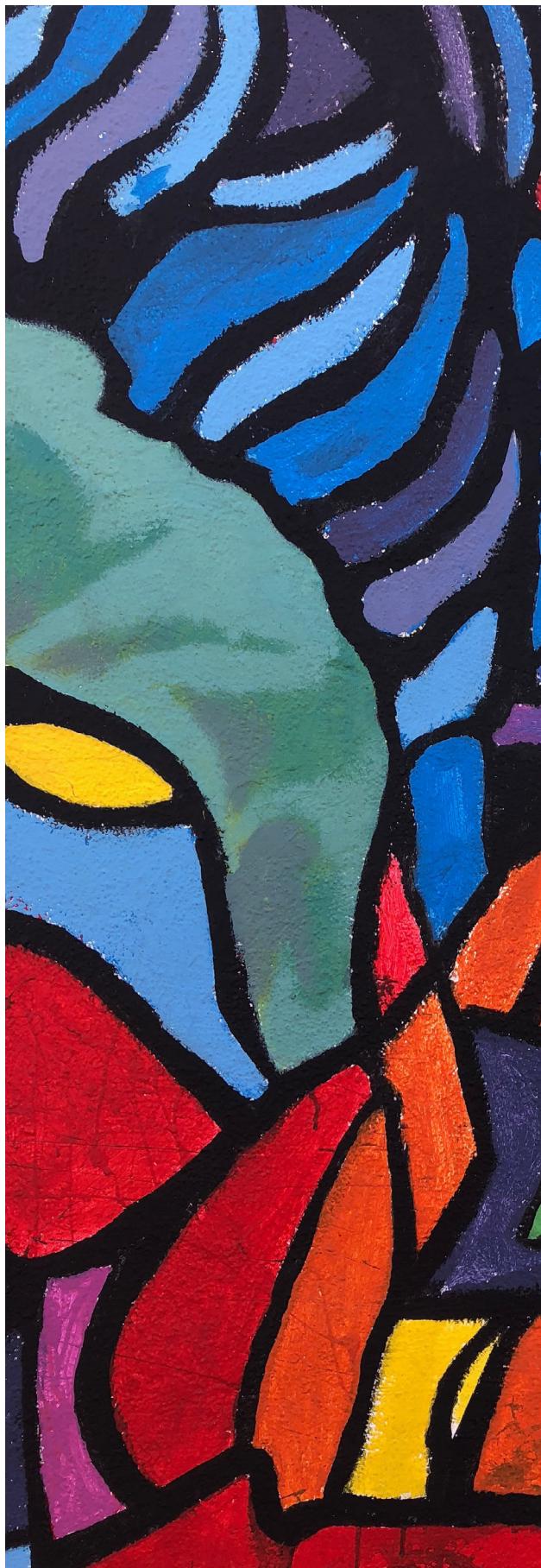
If it's December and you have gathered around a warm crackling fire you know it's the holiday season. Now, that fire doesn't necessarily have to be in a cabin in Connecticut. It can be located on an island surrounded by white sand beaches and warm sea breezes. Sounds like paradise doesn't it? Well you're close. It is Nassau, the capital city of the sprawling Bahamas, it is located just a few hundred feet from Paradise Island.

We have all been sold that Norman Rockwell Christmas and I'm totally down for that, but when you're ready to swap out the table sized turkey, they are ready to add a little conch to your holiday menu. The nice thing about celebrating the holiday season is you can do it pretty much everywhere, so if you're ready to go with the flow you can enjoy the culture and culinary at any latitude.



When we arrived, we were greeted by the niece of the founder and our private tour began in the center of the museum where we encountered a tank filled with white crabs, a staple of many Bahamian menus. To my delight, crab has greatly expanded from home kitchens to restaurant menus over the last few years. The crabs seemed as curious about me as I was about them. We also learned they have a crab festival in June, which is huge. This annual event celebrates the crab-catching ways of Andros Island, a large island to the west of Nassau, which is referred to as "The Land of Crabs."





Our tour continued as we learned the history of Junkanoo. The festival may have originated several centuries ago, when slaves on plantations in The Bahamas celebrated around Christmas time with dance, music, and costumes but had few possessions. After emancipation the tradition continued and Junkanoo evolved from simple origins to a formal, organized parade with intricate costumes, themed music and official prizes within various categories. She explained that all the items made for the parade are made of refuse products like used cans and foraged feathers, keeping the original traditions in mind. Next, we headed to the costume display room where they keep several of the delicate and elaborate costumes. As we popped our heads in the room filled from top to bottom with costumes from past years our tour was abducted by the founder, Quinton Woodside. He blissfully shared the process of how the costumes are made and explained that all of the costumes are handmade through hundreds of hours of labor. From the head dresses to the full body covering expanding over 6 feet.

After, we got to try on a few costumes. (Yeah, they let you do that!) Quinton next lead us to the back of the museum where we discussed using goat skin as covering for the drums and even got to see the process in action. We also explored the small backyard, where we sampled local produce from the garden like breadfruit, bananas, fresh greens, herbs and colorful sweet peppers. Finally, we went to the upstairs gift shop, which doubles as a local supply store for the festival, grabbed a few handmade treats and headed down the hill for some holiday lunch from the grill.

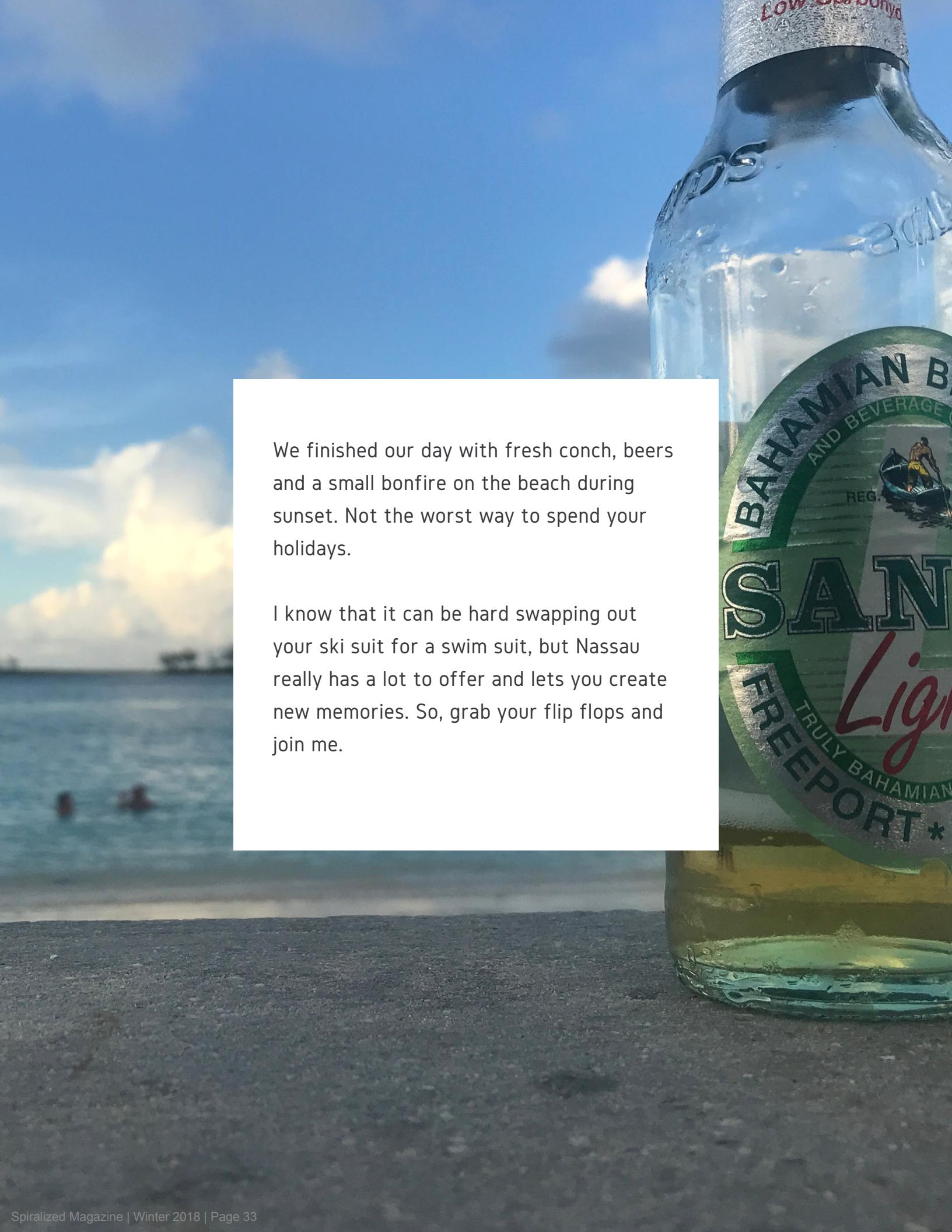


Our holiday lunch came from one of the famous Bahamian carts. Much of the ingredients are fresh with some coming right off the boat. Because of the history of the Bahamas as a New World melting pot we see a large variety of cultural influences on the foods of the island. They are into the bounty of the sea, using items such as fish, shellfish, lobster, crab, and conch but include many tropical fruits, rice, peas, pigeon peas, potatoes, and pork which all have unique origins. Popular seasonings commonly used in dishes include chilies, lime, tomatoes, onions, garlic, allspice, cinnamon, rum, and coconut.

Rum-based beverages are quite popular on the island. When you prop yourself up at one of the carts you will often get as much gab as you do grub. Bahamians love to talk about their food. Each stand has their own style and adaption on local recipes. We were told to head to Sonia's Jerk on the Long Warf Beach, close to downtown which was excellent.

With our bellies full we headed to The Retreat established in 1977, it is an 11-acre property that houses one of the largest private collections of rare and exotic palms in the world. It is a national park and the educational center of The Bahamas National Trust. We walked off some of our BBQ and viewed some notable produce.





We finished our day with fresh conch, beers and a small bonfire on the beach during sunset. Not the worst way to spend your holidays.

I know that it can be hard swapping out your ski suit for a swim suit, but Nassau really has a lot to offer and lets you create new memories. So, grab your flip flops and join me.

NOSHING ON NIBS

STAFF PICKS FROM THE BIG CHOCOLATE SHOW



Cocoa butter, also called theobroma oil, is a pale-yellow, edible vegetable fat extracted from the cocoa bean.

With more than 200 chocolatiers, artisans, chefs, authors, purveyors and experts on hand offering tastings The Big Chocolate Show was a calorie dense adventure. Luckily for you we nibbled and noshed, finding some treats worth every sinful swallow. This was truly a global affair with participants coming from 12 states in the U.S. and 6 countries from around the world.

***Here are
our picks to fill
your winter
sweet needs:***

It takes 400 cocoa beans to make one pound of chocolate.

01

KACAU CHOCOLATES
COMBINING
SUPERFOODS WITH
PERFECTLY MADE
CHOCOLATE THEY
OFFER 11 DIFFERENT
BARS THAT ALL HAVE
A UNIQUE FLAVOR
PROFILE.

kacauchocolates.com

02

MARIE BELLE LUXURY
CHOCOLATES FOUNDED
BY ONE OF ONLY A
HANDFUL OF FEMALE
CHOCOLATIERS, MARIE
BELLE COMBINES
AMAZING TASTE WITH
FORWARD FASHION
CREATING A BEAUTIFUL
TREAT

mariebelle.com

SWEET HOLIDAY

03

PUNA CHOCOLATE CO.
SPECIALIZES IN FARM-
TO-BAR CHOCOLATE.

punachocolate.com

04

EUPHORIUM BROOKLYN
COMBINES A LOVE FOR
CHOCOLATE AND
PARFUM WITH
CHOCOLATL
A SCENT THAT
COMBINES MEXICAN
COCOA, SPICE,
PILONCILLO TO CREATE
A DELECTABLE SMELL.

kiminodrinks.com

INGREDIENTS

- 1 POUND PARBOILED RICE
- 1 CAN TOMATO PUREE
- 1 ONION, SLICED
- 3 CLOVES GARLIC
- 4 TEASPOONS OLIVE OIL
- 3 LARGE RED BELL PEPPERS, SEEDED AND SLICED
- 1 BUNCH THYME, LEAVES PICKED
- 1 TEASPOON PEPPER
- 8 CHICKEN BOUILLON CUBES



PROCEDURE

- (1) Blend tomatoes, onions, red pepper, and garlic until smooth.
- (2) Add bouillon cubes, thyme and pepper and blend for 1 minute.
- (3) Add olive oil to the blended paste, set the mixture aside.
- (4) Add 4 cups of water into a pot.
- (5) Place the rice in a tight colander and wash the rice in hot water until the water drains clear.
- (6) Pour the rice and blended mixture into the pot of water and stir with wooden spoon.
- (7) Set the stove to medium heat, let it cook for 45 minutes, stirring every 15 minutes.

BENACHIN

KWANZAA IS A CELEBRATION HELD IN THE UNITED STATES AND IN OTHER NATIONS OF THE AFRICAN DIASPORA IN THE AMERICAS AND LASTS A WEEK. THE CELEBRATION HONORS AFRICAN HERITAGE IN AFRICAN-AMERICAN CULTURE AND IS OBSERVED FROM DECEMBER 26 TO JANUARY 1.

BY STEPHANIE JOHNSON





One cup of cooked black-eyed peas, or cowpeas, has 160 calories.

NEW YEAR FOOD FAVORITES

For people living in the Southern United States for multiple generations, eating black-eyed peas or “Hoppin’ John”, a traditional soul food, on New Year’s Day is believed to bring prosperity in the coming new year. The black-eyed peas are typically cooked with a rendered lard for flavoring as well as diced onion and served with a hot chili sauce. Traditionally, the meals also include collard greens, turnip greens, or mustard greens. The peas, since they swell when cooked, symbolize prosperity; the greens symbolize money. Not always, but cornbread, which represents gold, may also accompany the meal.

GETTING LUCKY IN 2019

NEXT NOSH

BY JAMES WILLIAMS



PRODUCTS ARRIVING WINNER 2018

Get your on the go snack with this easy to carry SPLIT package, providing a quick meal of balanced organic AND non-GMO proteins and carbohydrates. Perfect for post/during workouts, work place and school lunches. Enjoy directly out of the package or applied to your favorite bread or other snack.



↔ All legumes. Al dente. All great taste. Introducing Barilla Chickpea Casarecce, made with just 1 ingredient: chickpeas! Certified Gluten Free and Non-GMO.

3

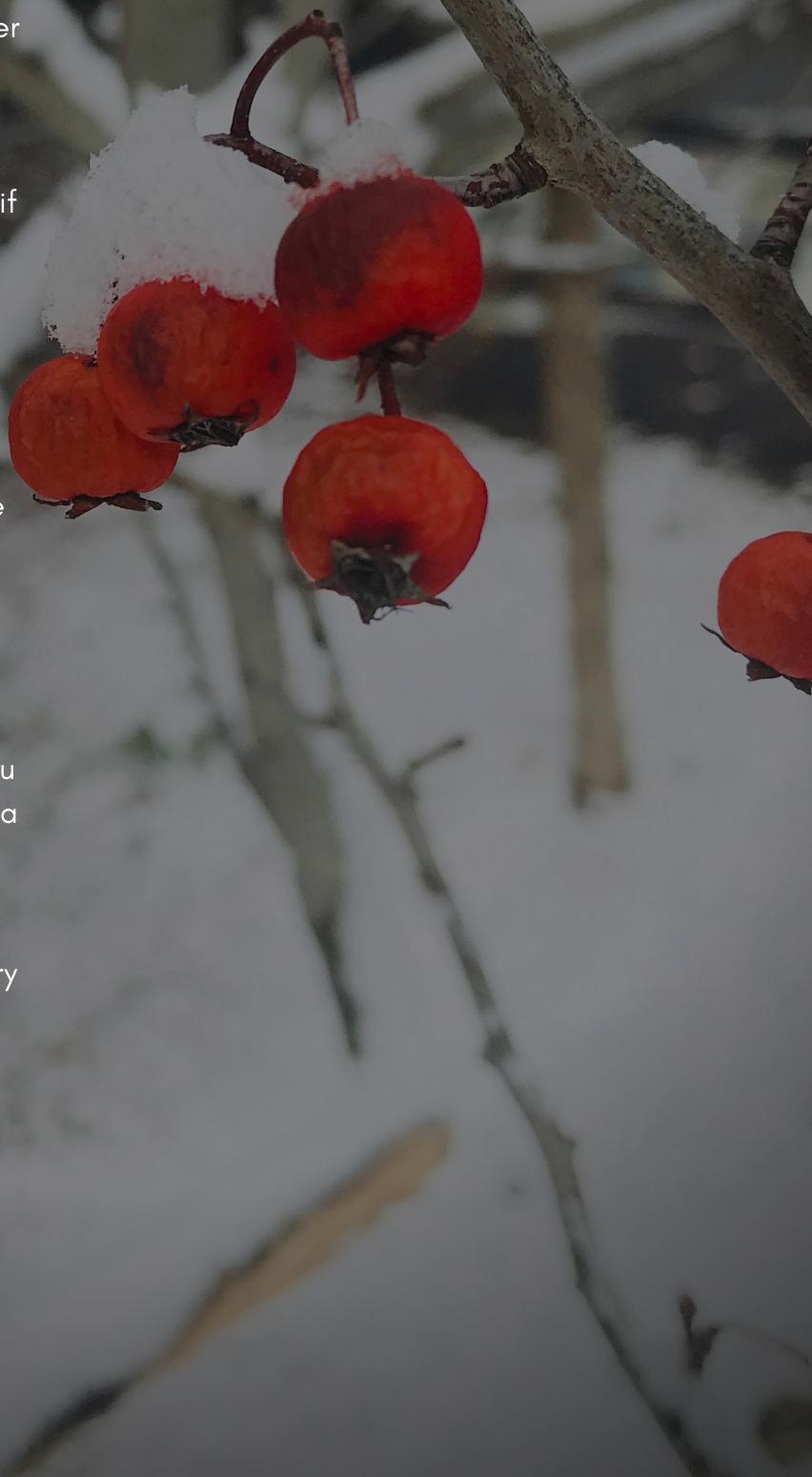
REASON NOT TO START A DIET ON NEW YEARS

BY KATE MARKS

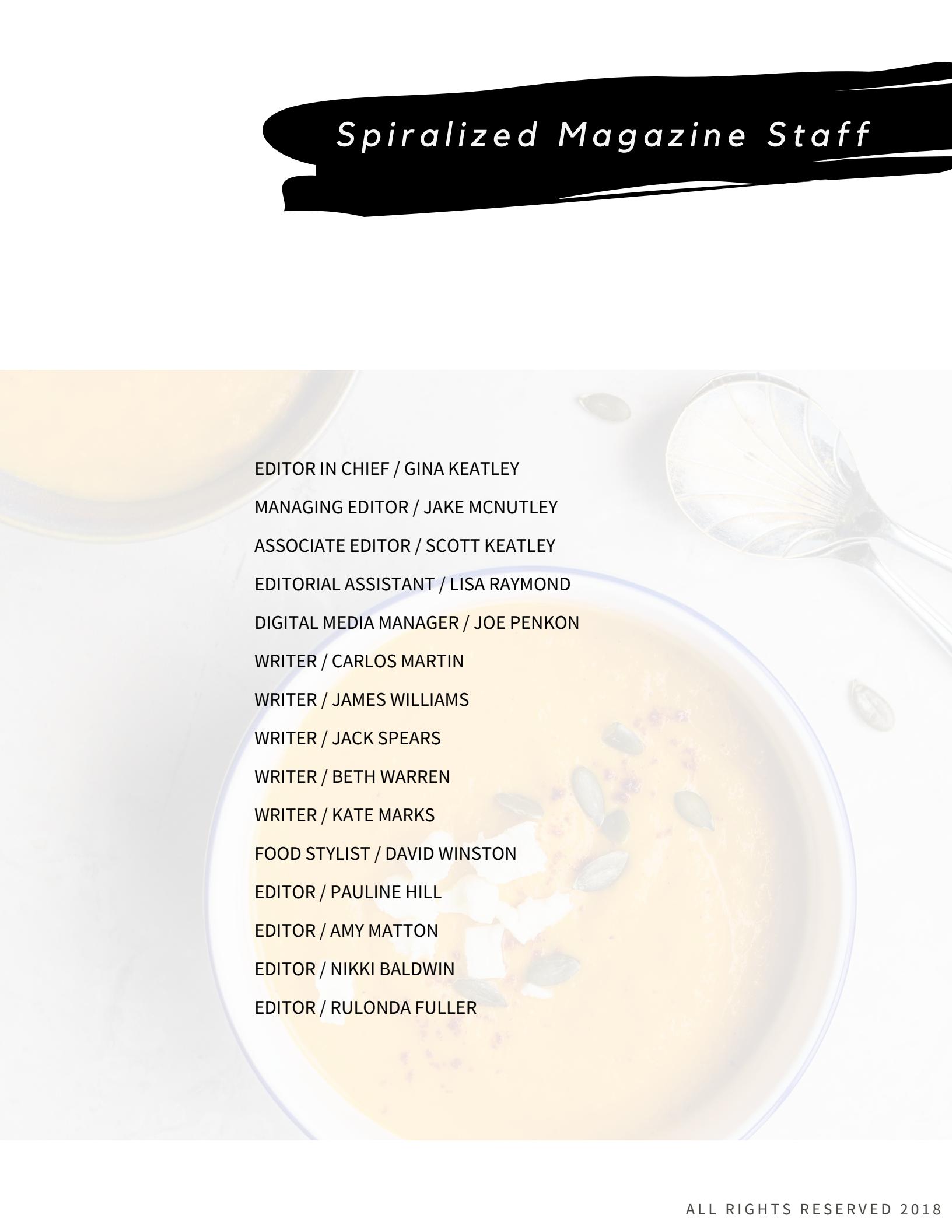
(1) The season hasn't changed yet. This may seem small, but January is in the dead of winter and this limits the availability of fresh items at peak ripeness. So, not only are you changing your diet wholesale, you're replacing tasty foods with foods that are just, meh. However, if you would like to make a small change, you can add citrus to your diet as they are usually picked in the winter and have been shown to reduce cholesterol and decrease hunger in general.

(2) January 16th is the most stressful day in the United States. If you thought traveling over Thanksgiving weekend was tough on you, it doesn't compare to mid-January for most Americans. This is when the bills come in from the holidays (oh, no!) and we're starting to gear up for Valentine's Day which means if you don't have a boo, you have to find one or get a killer gift and it generally revolves around chocolate.

(3) It's still cold out. Even in Florida the mercury in the thermometer is low. Our body wants more calories during this time, let's not fight thousands of years of evolution. Explore some non-holiday winter foods while they are in season. Yeah you may not lose weight, but you're unlikely to gain like during Thanksgiving as you're rarely eating 3000 calories a day with leftovers.



Spiralized Magazine Staff

A large, semi-transparent circular graphic in the background features a bowl of spiralized zucchini. The bowl is filled with bright yellow spiralized zucchini, garnished with fresh basil leaves and small sunflower seeds. The background behind the graphic is a light cream color.

EDITOR IN CHIEF / GINA KEATLEY
MANAGING EDITOR / JAKE MCNUTLEY
ASSOCIATE EDITOR / SCOTT KEATLEY
EDITORIAL ASSISTANT / LISA RAYMOND
DIGITAL MEDIA MANAGER / JOE PENKON
WRITER / CARLOS MARTIN
WRITER / JAMES WILLIAMS
WRITER / JACK SPEARS
WRITER / BETH WARREN
WRITER / KATE MARKS
FOOD STYLIST / DAVID WINSTON
EDITOR / PAULINE HILL
EDITOR / AMY MATTON
EDITOR / NIKKI BALDWIN
EDITOR / RULONDA FULLER

SPIRALIZED MAGAZINE IS A PUBLICATION UNDER GBS HEALTH INC. GROUP OF PUBLISHING.
ALL CONTENT OF THIS MAGAZINE MAY NOT BE REPRODUCED, DUPLICATED, REPUBLISHED OR
FEATURED WITHOUT PRIOR CONSENT FROM THE PUBLISHING COMPANY.

ALL RIGHTS RESERVED 2018