360° VIEW OF FOOD

SPIRALIZED MAGAZINE

SUCCULENT SEASIDE

PAGE SIXTEEN

GLOBAL GRUB DELHI

PAGE THIRTY-THREE

PIZZA PARTY

PAGE FORTY-TWO

OPEN-MINDED • DELICIOUSLY ENTERTAINING • SUMMER 2018

SPIRALIZED MAGAZINE

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"HE WAS A BOLD MAN THAT FIRST ATE AN OYSTER."
JONATHAN SWIFT

I work with many clients that have a hard time finding the ability to sustain their nutritional health. Whether they are overweight, underweight, have coronary artery disease or cholesterol issues; a majority of these strugglers have the same basic issue—they are trying too hard! That's right, stop going to the gym every day. It is cray-cray in a bad way and it is just an extreme on the flip-side of the coin. Generally, when I ask people to set a goal for themselves I have to cut it in half. That's right, do less. You may ask, "How can this be Gina? This seems like a horrible idea," but this horrible idea might just keep you healthy for the rest of your life.

"this horrible idea might just keep you healthy for the rest of your life."

Now that I have your attention, exercise is important to your body and mind and should be included in an overall approach to wellness. That being said, you buying a $1,400 treadmill, cross-fit class membership, and full wardrobe of workout gear will not help you get fit. Don't overextend yourself. I see a lot of clients who work out for the first time and overdo it.

Be kind to yourself, but don't be a push over. Now, I am not a hippie, so I am not all about chants and "good feelings," but I do believe in cutting yourself some slack. Even if, overall, you're eating well and being consistent in attempting exercise, some ups and downs are to be expected. When you miss a day of stretching don't just label yourself as a failure and spend the next week in an inclined position. Instead understand that you had a little hiccup and just get back to your incremental exercise and weight loss goals.

Keep in mind, doing less doesn't mean doing nothing but hey it's summer, relax!

SUMMER

Tomatoes and Tans

SAVORY SOCIAL MEDIA

TOTALLY FOLLOWABLE FOODIES

1.MELONROUGE

2. HANGRYDIARY

3.INFATUATIONTV

4. KYLEMARCOUX

5.THEFAUXMARTHA

6. SKINNYTASTE

7. SHUTTHEKALEUP

8. ELSAS_WSLIFE

SAVE BEES

2 EASY WAYS TO SHOW YOUR SWEET LOVE

1. Plant bee-friendly flowers in your garden and yard.

2. Buy local honey.

Vibing the Virgin: Mocktails. They're a thing now...

IN A BLENDER TOSS IN CUBED WATERMELON, A QUICK SQUEEZE OF HONEY AND 1/2 A LIME WORTH OF JUICE. BLEND UNTIL SMOOTH. NEXT, MUDDLE A FEW MINT LEAVES WITH A DASH OF SUGAR. ADD YOUR WATERMELON PUREE, FILLING ABOUT 1/2 FULL OR HALF EMPTY DEPENDING ON YOUR LIFE PHILOSOPHY. FINISH BY ADDING SOME CRUSHED ICE AND A SPLASH OF SELTZER WATER.

BEHIND THE RIPE

WE ASKED THE FIERCEST FOOD PROS... WHAT ARE YOU EATING & DRINKING NOW?

BEHIND THE RIPE

ROGER STILLER
CHEF
NEW YORK, NY

"I am using a lot of varieties of heirloom tomatoes in my chilled Salmorejo, a purée consisting of tomato and bread, originating from Cordoba in Andalucia, South Spain. I'm serving it with mini grilled cheese and pairing it with a crisp Sauvignon Blanc with a grassy tone."

BEHIND THE RIPE

MARIA RODRÌGUEZ
FOOD ADVOCATE
SANTA FE, NM

"I am working on some whole pig recipes this summer and smoking a whole hog for the first time. We will be trying to use each part of the pig in a bunch of different menus. From classic lime-cilantro pork tacos to pork roll-flavored ice cream. I can't wait to be outside basting and creating something yummy and flavorful."

PETER ALLEN
FOODIE IN FINANACE
SAN FRANCISCO, CA

"I spend a lot of time traveling for work so this summer I will be taking in China for the first time! I eat most foods, so I can't wait to see the exotic delights I will be eating. I am most looking forward to noodle making classes I booked for the middle of July. Hopefully, when I return to the US, I will have mastered the noodle. I find that when I travel the hotel will book a culinary experience with a local person at my request. It's a cool extra I would suggest readers try."

MAKING IT

The story of Tong Jerky started back in 2010 when the founders were in college together in Los Angeles. They traveled extensively looking for the best meat product to eat, which is how they discovered biltong, a traditional South African cured meat snack similar to beef jerky. In 2016 the pair was finally inspired to bring their own biltong inspired beef jerky to the masses. They did this by combining the best features of biltong with traditional American beef jerky. This led to years of research and experimenting with various techniques and flavors in order to manufacture the finest product possible. In 2018 they finalized what they consider to be the perfect twist to this American classic. The result is an exemplary combination of taste and texture, coupled with a blend of spices that have been 30 years in the making.

Tea: Steeping the Benefits

By Jessee Porter, MS, PA-C

The five 'true' tea varieties all stem from the same plant Camellia sinensis, but different processing techniques create unique flavors and aromas.

OOLONG TEA

Oolong tea has slightly lower caffeine content, but packs high antioxidants that are good for heart health and lowers the risk of cardiovascular disease and diabetes.

BLACK TEA

Black tea has the highest caffeine content and is great for waking up. It also contains fluoride to keep teeth and bones strong, and prevent osteoporosis.

PU'ER TEA

Pu'er tea undergoes fermentation and provides energy. Benefits may include lowering blood cholesterol, aiding in digestion, reducing stress, and improving sleep.

WHITE TEA

White tea is milder, but keeps immune systems strong with antibacterial and antiviral activity. It is also good for skin health and has anti-aging effects. Pinkies up!

GREEN TEA

Green tea is great for a midday perk-up. Consumption can result in higher brain function, improved memory, and reduced risk of Alzheimer's.

ICED TEA

Iced tea is perfect for cooling down when the heat turns up. Tea contains antioxidants and a moderate amount of caffeine, making it a great immune system and energy-boosting beverage. To avoid added sweeteners, try making your own iced tea at home. You will need: a 1-2 quart container with a lid and tea bags of choice. Fill jar with cool water, adding one tea bag for every cup of water. Refrigerate overnight and remove tea bags. Add flavors of choice, such as lemon, basil, cucumber or mint. Serve over ice.

You've Been Served

HOT NEW RESTAURANT OPENING

BY PAULINE NEWMAN

The Eagle has landed, right in the middle of historic Reynoldstown. The Golden Eagle Diner's Club, Michael Lennox's newest addition to the Atlanta restaurant scene, is a mashup throwback to the 50s, 60s, and 70s in both food and décor.

The decor and ambiance are the perfect combination of retro and hip demonstrated by the "living room," a dimly lit room filled with plush sofas and chairs, the vintage speakers hanging throughout the dining room, the large stuffed moose head over the bar, and the plaid carpet. Somehow, they managed to blend a number of era-specific archetypal features spanning several decades.

Whether going for a drink or a full-out meal, the Golden Eagle is definitely worth checking out.

SUCCULENT SEASIDE SUBSISTENCES

By Jennifer Lear

Good & Good For You

Growing up in Long Island my family spent a lot of time at beaches in the summer. From the busy beaches of Montauk to the quieter Lashley Beach just down the road from Main street in West Hampton, they all had one thing in common: great and healthy beach eats.

We all know you can grab a bag of chips and some cans of soda, toss them in your beach bag and you're good to go, but why not upgrade your beach grub and pack on the phytonutrients, not the pounds. After all we're are half-naked here!

CLAMS ARE A LOW FAT, HIGH PROTEIN SEAFOOD CHOICE WITH AN ABOVE AVERAGE AMOUNT OF HEALTHFUL MINERALS SUCH AS SELENIUM, ZINC, IRON AND MAGNESIUM AND B VITAMINS LIKE NIACIN.

Clams are super yummy and very healthy too. They can be served hot or cold and even cooked at the beach if your county allows beach bonfires. Remember to pack some citrus to give them a fresh acidic finish.

Best Clams in Long Island
Popei's Clam Bar
451 Middle Country Rd
Coram, NY

GETTING CLAWED

Lobster is a rich source of copper and selenium and also contains zinc, phosphorus, vitamin B12, magnesium, vitamin E and a small amount of omega-3 fatty acids.

Best Lobster in Long Island
Jordan Lobster Farms
1 Pettit Pl, Island Park, NY

GET PICKIN'

Local farms across the US offer pick by the pound events where you can pick right off the stem. From tomatoes to strawberries, enjoy the freshest and tastiest of the season.

At May's farm, located in Wading River, Long Island, NY, in early July their fruits and vegetables begin to ripen in the fields. First come green and yellow squash, cucumbers, pickles, string beans, and the delicious sweet corn are ready to pick. They also offer beautiful hanging baskets, potted flowers, flats, vegetable and herb plants and more!

THE NATIONAL FIBER RECOMMENDATIONS ARE 30 TO 38 GRAMS A DAY FOR MEN AND 25 GRAMS A DAY FOR WOMEN BETWEEN 18 AND 50 YEARS OLD, AND 21 GRAMS A DAY IF A WOMAN IS 51 AND OLDER.

Adding fresh produce to your summer beach picnic increases your menu's fiber intake and can be a sweet treat. Summer is an excellent season so get out there and eat locally and timely too!

JOURNEYS BEGIN WITH A SINGLE STEP OR IN THIS CASE A SINGLE BITE

Download on the App Store

THE DINNER BELL APP

INGREDIENT HIGHLIGHT
BY FRANCISCA HECTOR

PLUMP PEACHES

A Little Bit of Sweet

A member of the Rosaceae family, which includes apricots, cherries and plums, these fragrant fruits are great at being the star of the dish or as a supporting actor. For best results, choose fruits with a vibrant color, and one where the flesh yields a bit when pressed gently. Peaches are phenomenal in desserts such as pies, cobblers and even peach sorbet. Caramelized peach is a perfect topping for angel cake or vanilla ice cream. Grill them up and pair with mascarpone cheese drizzled with a bit of honey. It is also a great addition to your summer drinks. Cocktails anyone?

A Bit More Savory

Peaches offer a sweet balance when added to savory dishes. Use it with rum to create a glaze that will jazz up any pork chop, or combine the fruit and its juices with soy sauce, ginger and garlic and you have the perfect marinade for sticky chicken wings. Again grilled peaches (the grilling tends to magnify its flavors) adds a toothsome element to savory salads and side dishes.

The ultimate savior--pickled peaches! Pickling is a great way to use up excess peaches, and offers sweet and savory flavors all in one bite!

PEACHES ARE THE STUFF GREAT MEMORIES ARE MADE OF.

FOR ME IT IS MEMORY OF WARM SUMMERS AT MY AUNT'S HOUSE IN ATLANTA, WHERE THE UNMISTAKABLE SMELL OF PEACH WOULD EMBRACE ME THE MINUTE I ENTERED THE HOUSE.

A Lot of Nutrients!

If all of the above were not enough to convince you of this fruit's awesomeness, it is also low in calories and rich in nutrients. These juicy gems are packed with Vitamin C, Vitamin A and Beta Carotene. It contains a variety of other vitamins in smaller quantities such as Vitamin E, Vitamin K, Vitamin, B1, B2, B3, B-6 and folate. Let's not forget the minerals such as copper, iron, magnesium and manganese. These nutrients makes peaches great for the skin, eye health and aids in digestion as it contains fiber.

#HEALTHY

BY SCOTT KEATLEY, RD

We've just spent the winter indoors and spring made an appearance for about three seconds only to let winter handle us for another month. If you're like me then you spent this extra month of winter huddled in your home with the covers over your head rocking back and forth. That means, this summer, we're all about getting out there, enjoying places that are amazing and our apps should help us to achieve this goal. I've collected three apps that can help you get out there—at least for amazing meals—and enjoy the warm weather.

Humane Eating
This app helps you find local restaurants offering humanely-raised, vegan, and vegetarian options. With over 20,000 locations it's easy to find food that makes you feel good about grabbing a bite.

Healthy Out
Are you on a diet? Low Carb? Heart Healthy? Lactose Free? Healthy Out has got restaurant meals near you that meet any requirement you have.

Roaming Hunger Food Truck Finder
Since food trucks are always on the move it can be hard to nail down your fav. With this app you can easily find which trucks are open and how far away they are located.

FRESHEST HEALTH AND WELLNESS APPS

SUMMER SALSA

noun sal·sa \ ˈsȯl-sə , ˈsäl- \

BY JESSEE PORTER, MS, PA-C

MANGO PEACH SALSA + WARM TORTILLA CHIPS

1 ripe mango, peeled and diced
2 peaches, diced
1 medium tomato, diced
½ red onion, chopped
1 jalapeño pepper, seeded and diced
2 cloves garlic, minced
¼ cup cilantro leaves, chopped
1 lime, juiced
Salt and pepper
Tortilla chips (any)

Place mango, peaches and tomatoes in a large bowl. Add jalapeño and onion; stir. Add seasoning: garlic, cilantro, lime, salt and pepper to taste. Mix together and refrigerate until chilled, up to 1 hour. Meanwhile, heat oven to 350 degrees. Spread tortilla chips on pan for 5 minutes, baking until warm. Devour with salsa immediately.

Easy as 1, 2, eat...
Black Bean Salsa + Chips

1

2 (15 oz) cans black beans, rinsed and drained
1 (16 oz) can corn, rinsed and drained
1 (16 oz) can tomato, diced
1 ripe avocado, peeled and diced
½ red onion, diced
1 jalapeño, seeded and diced
¼ cup cilantro leaves, chopped
½ teaspoon cumin
1 lime, juiced
Salt and pepper
Tortilla chips

2

Combine beans, corn, and tomatoes in a large bowl and mix well. Add avocado, onion, and jalapeño; stir to combine. Add seasoning: cilantro, cumin, lime, salt and pepper to taste. Refrigerate for up to 24 hours for maximum flavor. When ready to serve, heat oven to 350 degrees. Spread tortilla chips on pan for 5 minutes, baking until warm. Dip to your heart's desire.

SOHO JOE

COFFEE COUPLE

N THE SPOTL GHT
BY JESS CA LEV N

On the south-east corner of Broadway and Lafayette Street in New York City you will find a small, unassuming coffee cart. It's one of the most diverse lines in Soho. From construction workers to fashion models, this team of two seems to attract urbanites from all backgrounds. The line is long but moves pretty fast and when you make your way up to the front you will see an overly welcoming Greek man, Pete, and his wife Ugnia. This breakfast bunch has been serving joe for over 30 years. The cart is simple, offering fresh donuts, pastries, and of course coffee. Yes, the joe is hot and the breakfast bites are yummy but in a city laced with coffee shops on every block, in my option, customers are not coming just for the food and drink but rather the mood and the link. Like most cities New York can be large and lonely--a smile and hello still go a long way especially in the early morning.

Catch them out Monday-Friday 7AM-11AM.

SAVORY SELF LOVE REMINDER

YOU DESERVE HEALTHY FOOD

SIZZLING SKEWERS

By Olivia Wilkins, RD, LDN, CLC

FIG AND HALLOUMI SKEWERS

FIGS ARE LATE SUMMER GEMS RICH IN FIBER AND FILLED WITH CALCIUM, POTASSIUM, IRON AND ANTIOXIDANTS. THEIR RAISIN-Y SWEETNESS PAIR WONDERFULLY WITH THE SALTY HALLOUMI CHEESE. HALLOUMI IS A GREAT CHEESE FOR GRILLING AS IT MAINTAINS ITS SHAPE UNDER HIGH TEMPERATURES. THESE ARE 220 CALS PER SKEWER.

Ingredients:

½ cup balsamic vinegar

½ cup red wine

1 sprig rosemary

2 TBS honey

12 mission figs, halved

8 oz halloumi cheese, cubed

1 bunch mint

1 tsp pepper, cracked

½ tsp Kosher salt

8 bamboo skewers, soaked

Instructions:

Heat grill to 400 degrees. Prepare the balsamic glaze in advance. Combine vinegar, wine, rosemary, and honey in a small pot. Heat over medium-high heat and simmer until liquid is reduced by half about 10 minutes. Remove rosemary.

Thread a fig half, a piece of halloumi, and 2 mint leaves onto the skewer and repeat three times. Season skewers with salt and pepper.

Prepare:

Grill for about 5 minutes or until figs are caramelized. Drizzle skewers with glaze.

CHICKEN, APRICOT AND THYME KEBABS

STONE FRUIT AND SUMMER GO HAND-IN-HAND. AS THE APRICOTS COOK, THEIR JUICES BASTE THE CHICKEN. APRICOTS ARE AN EXCELLENT SOURCE OF VITAMIN A AND A GOOD SOURCE OF VITAMIN C, DIETARY FIBER, AND COPPER. THE EARTHY THYME VINAIGRETTE BALANCES ALL THE FLAVORS OF THE COMPONENTS OF THE KEBABS AND ALSO WORKS AS A GREAT SALAD DRESSING.

Ingredients:

1 ¼ lbs. chicken breast, cubed

2 large leeks, cleaned, sliced

6 apricots, halved

½ tsp + ½ tsp black pepper, ground

½ tsp + ½ tsp Kosher salt

8 bamboo skewers, soaked

2 Tbsp apple cider vinegar

½ shallot, diced

1 Tbsp thyme leaves

2 Tbsp parsley

1 Tbsp honey

¼ cup olive oil

Instructions:

Preheat grill to 400 degrees. Thread chicken, leeks and apricots alternately onto skewers and season with ½ tsp each salt and pepper. Grill until chicken is 165 degrees about 12 minutes.

Meanwhile, combine the remaining ingredients in a blender reserving the olive oil. Once combined, slowly stream in olive oil until emulsified.

Assemble:

Arrange the kebabs on a platter and serve with thyme vinaigrette on the side.

This recipe yields 4 servings at 370 kcal per serving.

SUMMER

SUPERFOODS

SU·PER·FOOD
'SOOPəR,FOOD/
NOUN
A NUTRIENT DENSE FOOD CONSIDERED TO BE PARTICULARLY POSITIVE FOR HEALTH AND WELL-BEING.

01
BLUEBERRY

02
WATERMELON

03
CORN

04
STRAWBERRY

05
MELON

06
AVOCADO

07
TOMATO

08
CUCUMBER

GLOBAL GRUB

BY GINA KEATLEY

DELHI

From Street to Sophisticated

IF IT'S FLUFFY, FRIED AND FLAVORFUL YOU MUST BE EATING BREAKFAST IN DELHI.

On out first day in India I began it like most Indians do, with puffy poori, a delicate bread made of flour that is soft, yet chewy and all about the volume. When most foodies think about culinary adventure and complexity we think about Rome, Paris and Hong Kong. Delhi is pretty low on the list, at least for now; however, once you peel back the chaos, howling dogs, roaming cows and constant human interactions you will find that Delhi is a feast of sights, sounds and smells.

When taking on most big cities I am usually pretty confident that I can wing it roaming the streets to experience all the street foods a city has to offer. Well, after an evening of four tuk-tuk rides, 3 hours of wandering and an accidental mango allergic reaction, I came to the realization that I might need to bring in an expert for this one.

The next evening, we had a plan and his name is Anubhav Sapra, the owner of Delhi Food Walks. This Indian guy in his 30's flags you amongst a crowd of hundreds, hands you a bag filled with treats and ushers you into the tightest winding roads of Old Delhi to let your food adventure begin.

Like a big brother he points and you eat. Try this, it's Daulat Ki Chaat and you nibble and nod. He speaks the lingo and it's much needed in Old Delhi where surprisingly very few people speak English. The night is filled with some memorable stops including Karim's, a historic restaurant established in 1913 serving up seekh kebab, a dish consisting of small pieces of meat, tomatoes, onions, etc., threaded onto skewers and grilled over hand fanned charcoal. This outrageously popular restaurant serving spiced meats is located down a teeny tiny street draping with wires.

LIKE A BIG BROTHER HE POINTS AND YOU EAT. "TRY THIS, IT'S DAULAT KI CHAAT," YOU NIBBLE AND NOD.

We also visited the kitchen of the Sikh Temple, Gurdwara Sis Ganj Sahib where we learned a bit about the Sikh religion and the importance of communal cooking, serving, and eating of traditional North Indian vegetarian food in a Gurdwara (a Sikh house of worship). I was happy to embrace the concept of nourishment for all. Something I can get behind. After chai teas, meats and sweets, we ended our evening with Anubhav's favorite, butter chicken, a unique amalgamation of butter and tandoori chicken with spices. This fire roasted chicken finished in a ghee butter sauce swimming with decadence made me understand what Anubhav had said earlier when I asked him if he was married, he replied, "I'm married to food," and after eating this chicken I might say "I do" to this chicken as well. FYI, Anubhav hasn't been to America yet. I'm looking at you cute single girls from NJ that love Indian culture and cooking. As the night winded down we hopped back into a tuk-tuk and headed to our hotel in Paharganj feeling as full as elephants.

THE HOLISTIC APPROACH OF BOTH TRADITIONAL AND EASTERN MEDICINE WAS DOWNRIGHT YUMMY.

Speaking of elephants, what would India be without seeing some majestic giants. Since 1986, the wild Asian elephant population has declined by at least 50%. So, we took a day trip from Delhi and headed to Agra the home of the Taj Mahal and also our entrance to animal exploration. Yes, I could see elephants in Delhi but there is a very special place a few hours away and we were getting a behind the scenes look at how these elephants are eating better than you! Wildlife SOS is an animal sanctuary that addresses the problem of injured and sick elephants that are forced to work in slums and crowded cities. Their aim is to reach out and help the elephants living in urban environments that are wounded, malnourished and dehydrated or those being used illegally and commercially under deprived conditions. During our two-hour tour we got to visit, touch and even feed the elephants sugarcane and greens. We also got to hear some great stories about their rescue and how food was helping to heal them. From Peanut, a juvenile member of the elephant team to a duo of blind elephants and even an obese elephant that was overfed junk-food in temples in exchange for blessings. He was unable to stand on his own legs and they were forced to move him with a crane. Since arriving at the Wildlife SOS he has lost the pounds and is now enjoying a well-balanced menu and even able to stand, walk and move again. One interesting cultural contribution to the elephants' recovery is the use of cardamom both in their feed and also as an anti-bacterial dry rub on wounds that are healing. The holistic approach of both traditional and eastern medicine was downright yummy.

THEIR AIM IS TO REACH OUT AND HELP THE ELEPHANTS LIVING IN URBAN ENVIRONMENTS THAT ARE WOUNDED AND MALNOURISHED

With a few days left in Delhi we turned our attention to the future and went from street to sophisticated. We joined Executive Chef Arun Sundararaj, an imaginative, charismatic up and coming chef at The Taj Mahal Hotel. We dined at VARQ, where we partook of rich, sumptuous Indian food, while overlooking the verdant greens of lush gardens. But before we sat down to lunch we had some work to do in the kitchen with a chef demonstration. This interactive educational experience walked us through some of the classic Indian ingredients and introduced us to the more modern approach the team at VARQ is doing. After all the flames and fragrance we headed to our table and I was delighted to be fed like Mumtaz Mahal herself.

The menu featured a sampling of Vaequi Crab, layers of crabmeat, tandoori shrimp on crisp filo sheet, Flower Chaat, crispy Rower Fritter chaat with pumpkin mash and Safeda Lamb Biryani, juicy lamb cooked with Indian spices layered in between aromatic basmati rice. The banquet was finished with rose tea and a trio of desserts including the best jalebi I ever had. The future looks tasty!

After 10 full days in Delhi I just began to scratch the surface of food culture in this urban eatery. So, would I suggest you go Delhi? Of course, just pack your sprint for spices and spontaneity!

BEEF. RARE. 115° FAHRENHEIT. MEDIUM-RARE. 130° FAHRENHEIT.
LAMB. MEDIUM-RARE. 130° FAHRENHEIT. MEDIUM. 140° FAHRENHEIT.
POULTRY. WHITE MEAT. 160° FAHRENHEIT. DARK MEAT. 165° FAHRENHEIT.
PORK. MEDIUM. 145° FAHRENHEIT. WELL-DONE. 160° FAHRENHEIT.

GRILLING

KICKASS COOKING METHOD

weird & cool

DIGITAL MEDIA MANAGER PICK

FOR A LIMITED TIME,

TRY OUR NEW CITRUS CACTUS SMOOTHIE!

A blend of fresh cactus and fruit that will make you feel anything but prickly. Available at participating locations, in cafe only. Call your local cafe for availability.

tropical SMOOTHIE CAFE

eat better. feel better.

Q&A: PIZZA PARTY

By Mike Stevens

We asked Giancarlo Natale, co-founder Director of Boston Pizza Festival & California Pizza Festival and all around foodie what's up with your pizza party? This is what he said...

Why a pizza festival?
A: Why not? Pizza is one of the world's most popular foods. There are so many food related events going on and a pizza event is exactly what Boston needed!

Did you grow up around pizza?
A: Yes! Raffaele (co-founder) and I are both Italian and pizza runs deep in our roots.

Do you have to be Italian to attend?
A: NO! Everyone is invited and should experience this unique opportunity.

Do you feel pizza is the new American food?
A: I'm not quite sure about new... Pizza has been an American food for a while. In fact, we have created our own style of pizza in different parts of the country (Detroit style, New York style, Chicago deep dish, etc.) so I think it's definitely a great American food that will continue to build its own legacy here in the US.

What type of response did you get?
A: Everyone loves pizza. Last year we had 20,000 pizza lovers show up over the two-day festival. As an organizer, that is the most satisfying feeling. Knowing your concept is appealing to that amount of people is really special.

What's your favorite style of pizza?
A: Neapolitan! I am Neapolitan and I was brought up eating Margherita Pizza!

Is there anything you hate on pizza?
A: Hate is a strong word! I dislike pineapple on my pizza! (Sorry, not sorry)

What's your thoughts on white pies/are they still pizzas?
A: Of course it's still pizza! I've had some of the greatest white pizza in Naples, Italy this past summer. The beauty of pizza is that it's a blank canvas and the pizza maker can be as creative as they want; I like to think of it as very similar to an artist painting a canvas.

What's the craziest pizza topping you've ever seen?
A: Hot dogs and French fries.....

What pizza trends should we look for in the future?
A: The healthy movement is at an all-time high so pizza is becoming healthy, believe it or not. Every day I see more alternatives for crust/dough. My current favorite is Cauliflower crust and YES we will have that option at this year's Boston Pizza Festival.

What are must do/must eats at the festival?
A: My favorite part of the festival is the Pizza Acrobat shows. We have a world Champion Pizza acrobat named Danilo Pagano and National TV sensation The Jersey Pizza Boys. Both performers will be there for both days and no one can throw pizza dough the way these guys do it! It's a must see.

What makes pizza the food of the everyman?
A: The simplicity of pizza makes it one of the most universal foods out there. Pizza is quick, cheap, and delicious. Pizza can also turn your day around; after a tough day of work, nothing beats a bite of pizza!

What makes this festival a must do this summer?
A: The Boston Pizza Festival is probably one of the most anticipated event of the summer this year in Boston. Although we had enormous crowds last year, we know there were a lot of people that weren't able to check it out and are extremely excited for this year's event. We offer pizza, entertainment, giveaways, cold beer, and wine from the Greater Boston area to even as far as Italy. We have 25 local pizzerias and the other five come from other parts of the country and the world. I have never heard of any other food festivals bringing vendors directly from Italy. The opportunity to try pizza, from the best pizzerias of Italy, right here in the heart of Boston is something special. We are bringing 2 of the best pizzerias straight from Naples, Italy. We are not talking about only the best of Italy either, they are the best in the World!

bostonpizzafestival.com

MUST EAT SUMMER SPORTING FOODS

STADIUM BITES

BY LEE HUANG

PEANUTS /

SEAWEED /

TURKEY JERKEY/

CORN DOGS /

It's quite possibly my favorite time of the year. We've got NHL and NBA playoffs in full swing, MLB is getting rolling, the World Cup is upon us and for my Canadian friends the CFL season is starting up. Just thinking about all of the amazing games and mega-deluxe stadiums gets me all excited. But at the same time all of these sports are demanding my time, we're shedding any left-over winter weight and trying to look right for the beach. I've got four snack options that can keep you satisfied while watching the games but prevent you from looking like Glen "Big Baby" Davis.

WE'RE SHEDDING ANY LEFT-OVER WINTER WEIGHT AND TRYING TO LOOK RIGHT FOR THE BEACH

PEANUTS

You know that this is a classic snack when it's in the second line of the most famous sports song ever—Take Me Out to the Ballgame. It clearly states that to enjoy a 9-inning slug fest you must have a pile of peanuts ready to go. I like to get them in the shell for two reasons, first, it makes a mess and I'm cool with that, second, since these are a high fat food (yes, a good fat) cracking the shell keeps me from inhaling 3000 calories worth. For an upscale feel give the peanuts a dusting of herbs or spices.

SEAWEED

Seems strange right? Seaweed is not really a go-to in the snack aisle, at least here in the US. But trust me this should be on your table because it's the replacement for potato chips you've always wanted. You get a great crunch from the seaweed and with a hint of oil and salt you won't care that you're downing Vitamins A and C along with potassium, iron, calcium and magnesium while watching Messi unable to score against Iceland.

TURKEY JERKEY

When traveling to different stadiums or channel surfing for games, we're all about density and portability. Turkey jerky is lean, tasty and hits the spot when you want something a little more than snack items but don't want to make something like a burger. The price tag at the store may make you shout "foul" but keep in mind that there is no water in there, you're paying for straight up delicious meat.

CORN DOGS

There is no way around it, you've got to have something on the table that is, how should I say, not the healthiest, but with a couple tweaks you can make baller corndogs that won't get you put in the box. First, always go with all beef hotdogs and ditch the nitrates if you can. Second, use olive oil and ground flaxseed along with the whole wheat flour and cornmeal. This corn dog looks like the ones from the ballpark but have healthy fats and fiber.

NEXT NOSH

BY HANNAH CARROLL

PRODUCTS ARRIVING SUMMER 2018

While trying to make a less sweet version of apple jelly, Katie Sanchez accidentally created something that was definitely not jelly. Her creation - Bee Free Honee - is plant based, gluten free and vegan. It's basically about as good as you can get. Bee Free Honee is now available in large retail chains like Wegman's as well as hundreds of independent retailers. beefreehonee.com

Avocado and chocolate are hip on their own, but combine the two, and you'll get a viral bar. Snap up Compartes' latest creation AVOCADO Chocolate Bar, but just be warned that your friends are going to expect you to share. compartes.com

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