

360° VIEW OF FOOD

SPIRALIZED MAGAZINE

**TASTIEST GIFT
GUIDE 2017**

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**GLOBAL GRUB
HIGH SEAS**

PAGE THIRTY-THREE

**HOLIDAYS WITH
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**ALL
HAPPINESS
DEPENDS ON
A LEISURELY
BREAKFAST.**

**JOHN
GUNTHER**

I don't own a single cookbook. I know it's weird for me to start out this edition of a food magazine—which includes recipes—with disdain for a part of the business, but, honestly, I don't have a single one. There are a few reasons why, but the most important is that I know how to cook, so I don't need them.

Don't get me wrong, getting inspiration from recipes is excellent, but I would caution you to avoid using them as a crutch. I find many folks are afraid to take the next step without the validation in front of them in writing (or on an iPad). But I know that with a little culinary knowledge, practice, and, most importantly, some faith in yourself, you can master meals in no time.

No doubt the gastronomic world has many moving parts and can seem a bit confusing, but the truth is, food is simple. I have always lived my life "recipe-free" and instead focused on the basics. Food is pretty much three things: fats, carbs, and proteins. That's it! What's pasta? Oil (fat), dough (carbs), and egg (protein). Once you understand the make-up of food and some basic techniques, you will see that a dumpling is just a ravioli in disguise (which may just be a pierogi in hiding).

Throughout this magazine, we discuss a variety of foods and culture with some techniques sprinkled about. I invite you to join us as we work towards understanding food beyond the recipe and find a passion for all things culinary. ■

"a dumpling is just a ravioli in disguise"

EDITOR'S LETTER

- GINA KEATLEY

DELICIOUSLY
ENTERTAINING

WINTER

Gray Skies and Colorful Pies.

SAVORY SOCIAL MEDIA



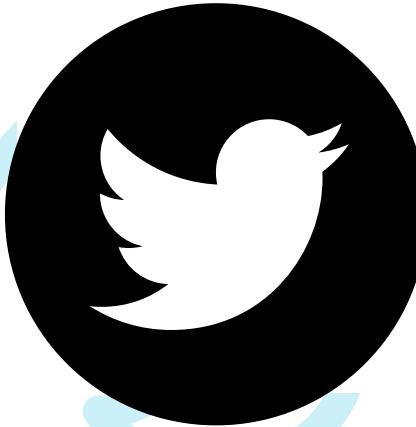
FOLLOWABLE



TOTALLY



FOODIES



1. @adventurebite – effortlessly elegant real food
2. @ItsFoodPics – non-stop food pictures to make your mouth water
3. @thewickednoodle - mom, chef, food photographer
4. @cagrownofficial – seasonal produce and products from CA
5. @fishisthedish – tips and recipes for seafood

vegetables have been simmered that is used as a basis for soup, gravy, or sauce. Stock noun \ 'stäk a liquid in which meat, fish, or vegetables have been simmered that is used as a basis for soup, gravy, or sauce. a liquid in which meat, fish, or

simmered that is used as a basis for soup, gravy, or sauce. a liquid in which meat, fish, or vegetables have been simmered that is used as a basis for soup, gravy, or sauce. a liquid in which meat, fish, or

get stocked

[+ bones (or veggies) + (cold) water
(simmer) + (skim) + (cook 4hrs.) +(reduce)]
=yum



or vegetables have been simmered that is used as a basis for soup, gravy, or sauce. Stock a liquid in which meat, fish, or vegetables have been simmered



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.



BEING BETTER WITHIN THESE WINTER MONTHS

WHAT'S IN SEASON?

GARY AUGUSTINE SOUS-CHEF DE CUISINE & WELLNESS LOVER

In the winter months homemade ramen noodles with a tonkotsu pork bone soup stock is my must have. The stock simmers for hours, releasing the savory taste of umami. Umami is one of the five basic tastes. The others are sweet, sour, bitter, and salty. I top my bowl with winter vegetables like shiitake mushrooms, carrots, the zest of fresh ginger and a drizzle of sesame oil. I garnish with some fried scallions, resulting in a bowl of winter wonderfulness.



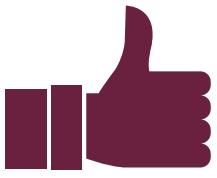
WE ASKED THE FIERCEST
CHEFS, DIETITIANS &
FOOD SCIENTISTS:
WHAT ARE YOU EATING & DRINKING NOW?

CINDY SANTA ANA, INTEGRATIVE CULINARY EXPERT

I'm taking the last of my local fresh vegetables and I'm making homemade fermented foods. I add a little garlic, sea salt brine, dill and let it sit for a few days, resulting in a great condiment that helps digest some of those big, heavy winter meals.

CHELSEY AMER, REGISTERED DIETITIAN & CREATOR OF CITNUTRITIONALLY

As the weather gets frigid, I've been enjoying a high protein oatmeal bowl in the morning. I use rolled oats, chia seeds, sunflower seed butter, pumpkin seeds and a little bit of SunButter! It's cozy and warm, plus full of nourishing ingredients that fuel me through the morning.



Pros

Nostalgic Ridges:

Is Tday even Tday without this? With over 170,000,000 cans sold annually Americas seem to demands they stay on the tablescape.

Super Easy Side:

With no cooking, mashing or chopping, this sweet shelf staple side is a must-have for the busiest of kitchens on the big turkey day.

Little Chefs:

These canned contents can be a great and doable activity for kids in the family to help and feel like they contributed to the meal. If they can operate an electric can opener you're in business.

To Can or Not to Can That Is the Question...



Cons

Acting Fresh:

Warning your family may scorn you for serving up canned goodies on a made-from-scratch kind of day.

Sugar Crash:

Some canned sauces add additional sugar, and if you buy premade, you don't get to control the amount added.

Less Fiber:

Canned cranberry sauces may contain less fiber than fresh cranberries.



MUST HAVE



FOODIE GIFTS

BY MICHELLE ALGEO

Calling all holiday-season procrastinators—yes, we're looking at you—it's time to start making your list. Members of your squad aren't going to buy gifts for themselves—certainly nothing as Instaworthy as the foodie goodies and gadgets you can find online.

Do you have that one friend who insists on making a spectacle of herself every year at the company holiday party? We've got the perfect portable bag o' wine—or, more accurately, the Wine[a]roo Wine Pouch. Are you constantly looking for ways to silence a nosy aunt at a family gathering? Pour her a cup of tea from a glass artisan tea pot and watch her criticisms of your perpetual single status melt away. And for the friend who loves to swear at supremely inappropriate times, the Thug Kitchen Vegan Cookbook (whose tagline is "Eat Like You Give a F*ck") will both delight her and horrify those around her.

So before you go for another generic restaurant gift card, consider letting your foodie friends know that you care—and that you expect an equally sick holiday gift this year—with one of these unique and offbeat presents for lovers of food and drink.



LET'S GET SHOPPING

01 WINE[A]ROO WINE POUCH

(\$5). Get your friends ready for visiting family with this wine pouch, which holds a full bottle of wine and can easily be tossed in a picnic basket.

02 OXO PINEAPPLE SLICER

(\$10.50). For anyone who loves fresh fruit but can't stand the painstaking process of undressing a pineapple, this pineapple slicer might be just the thing. It simultaneously cores, peels, and corkscrew-slices a whole pineapple.

03 THUG KITCHEN VEGAN COOKBOOK

(\$12). Make 2018 the year that more of your crew participates in Meatless Monday when you gift them this offbeat cookbook.

04 HIWARE GLASS TEAPOT

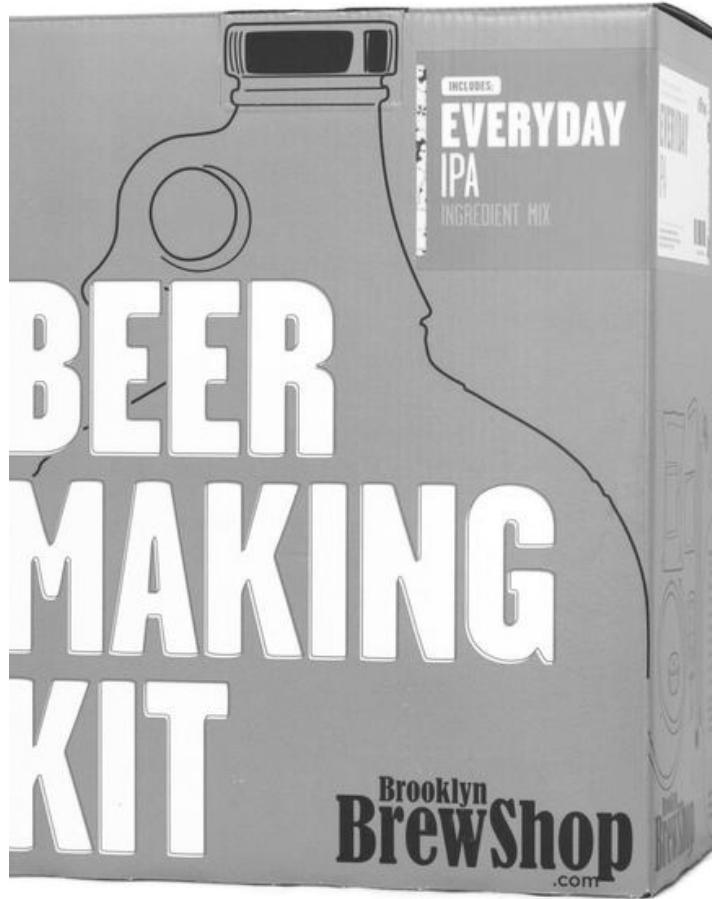
(\$17). If someone on your list loves loose-leaf tea, this beautiful and functional tea pot allows them to steep several cups at a time—even more to enjoy as snow falls outside.

05 JAMES BEARD MEMBERSHIP

(\$29). The James Beard Foundation (JBF) crowns the nation's top chefs every year. A membership entitles its holder access to electronic newsletters and JBF events that aren't open to the public, making it a foodie must-have.

07 BLUE BOTTLE COFFEE MONTHLY SUBSCRIPTION

(\$38 for four months). Are you constantly meeting friends for coffee? Then one of them is bound to appreciate this monthly subscription to Blue Bottle Coffee. For \$9.50 per month, the recipient gets a six-ounce bag of artisan whole-bean coffee.



**09 MOSCOW
COPPER CO.
COLLECTOR
MOSCOW
MULE MUGS**

(\$150). There's nothing like a nice cocktail to warm you up in the winter months. For the family member who is the unofficial bartender at holiday parties, these stunning collector Moscow Mule mugs are a must.

**08 BROOKLYN
BREWSHOP
EVERYDAY
IPA BEER-
MAKING KIT**

(\$40). Has one of your friends been dabbling in home brewing? Do him or her a favor and get them this home-brewing kit, which provides everything but the bucket for home-brewing newbies.

**FOR THE
MOST LOVED**

**10 MURRAY'S
CHEESE OF
THE MONTH
CLUB**

(\$275). Really, how can giving the gift of cheese ever go wrong? Artisan cheesemaker Murray's treats people all across the country to four months of gourmet cheeses for \$275—this gift is going to kill with someone who also likes wine (wine pouch stocking stuffer, anyone?).



jamesbeard.org

Photographer : Ken Goodman
Courtesy of the James Beard Foundation.

“Creature-Free” Comforts

By Ansley Hill, RDN

/ Savory Stuffed Potato with Lemon Tahini Dressing /



15 min
cook time

Full disclosure: I hate winter. Each time this season rolls around I really question my decision to live above the 45th parallel. Needless to say, quick, comforting meals are a vital component of my winter survival strategy.



Savory Stuffed Potato

To keep things positive, this is a great time of year to take full advantage of stuffed sweet potatoes. I'm not talking about your typical sugarcoated, butter-loaded, marshmallow-topped monstrosities. I'm talking sweet potatoes—stuffed with a warm lemon tahini kale salad! Make a big batch of dressing at the start and cook up the potatoes for a super fast and delicious weeknight meal (or lunch, or late night snack).

1 small or medium sweet potato, washed
¾ cup canned garbanzo beans (a.k.a. chickpeas), rinsed and patted dry
1 Tbsp. + 2 tsp. avocado oil (or any cooking oil of your choice)
½ tsp. ground cumin
½ tsp. smoked paprika
⅛ tsp. crushed red pepper
¼ tsp. salt
1 cup cabbage, shredded
¼ cup salted pistachios (dried cranberries are also a topping option)

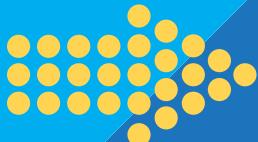
Lemon Tahini Dressing

1/4 cup tahini
1 Tbsp. apple cider vinegar
1 Tbsp. extra-virgin olive oil
3 Tbsp. fresh lemon juice
1 tsp. garlic powder
Salt and pepper to taste

Directions:

- 1) Place all of the dressing ingredients into a jar, cover with a lid, and shake the sh*t out of it. (Add some water if dressing is too thick.)
- 2) Poke the potato with a fork a few times. Place on a plate and microwave on high for 4 minutes. Flip the potato over and cook an additional 4 minutes, until cooked through.
- 3) While the potato is cooking, heat 1Tbsp. oil in a sauté pan. Add garbanzo beans and sauté for 5-8 minutes, until lightly browned. Place the beans in a small bowl and toss with cumin, paprika, crushed red pepper, and salt. Add the remaining oil to the sauté pan and heat. Toss in the kale and sauté until warm, about 1-2 minutes.
- 4) Toss the cabbage in desired amount of dressing (1-2 Tbsp. usually). Stuff that potato with salad. Top with garbanzo beans and pistachios.
- 5) Eat it.

Vitamin C can help vegans absorb iron from the food they eat



IS YOUR FAMILY MAKING YOU FAT?

THERAPISTS WEIGH IN

Yes, the holiday is filled with joy and love, but let's be honest, people, they're also filled with long lines, annoying sisters, grandparents with no WiFi and kids demanding Santa's love. We at Sprilalized know stress eating is part of the holiday season, so we asked some therapists to share a few tips to keep us out of the fridge, chip bags and D&D drive-thru, and get us a little holiday peace.





Alexis Conason, Psy.D. and licensed psychologist says, "It depends on your family and what they are doing. Genetics has a strong influence on body size so yes, it is quite possible that your family is making you fat. Weight-based teasing also contributes to weight gain, as does dieting, so if your family is engaging in or encouraging these behaviors then yes, they also may be making you fat."

Clinical Director Darien Wellness adds, "Families frequently equate food with love, feeling better in reaction to bad news or complicated feelings. But too much of a good thing is bad, especially with calories. Understanding your family's dynamics and changing your response is how you can maintain control."

Rhonda Milrad, Licensed Clinical Social Worker, says, "Eating as a response to stress is a well conditioned habit. People turn to food because it is comforting and numbs them from their feelings. The goal is to uncouple the feelings that you have difficulties tolerating from eating, as a coping mechanism to mask your feelings. Over time, those two have been linked together. If your family is stressing you out, there are a few things to do that can help you process your feelings and not turn to food to manage."

TRY THESE HELPFUL TIPS

Avoid drinking alcohol. Carry around a drink that looks like a “drink” but no booze—it lowers inhibitions and disconnects you from satiety.

Listen to meditation app. 10-20 minutes of meditation may help you deescalate your activation. Just pop in your headphones and tune everyone out, as you get yourself centered.

Take a walk. Diffuse your feelings by getting away from the activating circumstances or people and the well stocked kitchen that is calling you to comfort yourself. Walking reduces stress and anxiety and you can return feeling more calm and relaxed.

If you are tempted by a dessert or mac and cheese, get a little and eat it slowly. Appreciate it and be done.

No matter how wild your holidays may get, we hope that, with these easy tips you can put a little jolly back into your family festivities.



5 Reasons to Get More Fowl This Winter

By Jessee Porter, MS, PA-C



Skinless, white meat turkey has about 26 grams of protein in a 3 oz serving, which is more protein than the same serving size of boneless, skinless chicken breast or beef tenderloin.



This bird is also naturally low in saturated fat, which lowers the risk of developing high blood cholesterol and cardiovascular disease.



One serving size of turkey provides about half of the recommended daily value for selenium, which is an antioxidant that keeps immune systems strong.



Turkey contains tryptophan, an essential amino acid which is involved in mood and sleep cycles. Studies show that turkey is no higher in tryptophan than other similar meats and not found in high enough levels to cause sleepiness. Gobble on.



Lean ground turkey is a versatile meat choice for any recipe. Use it to make burgers, or as a great addition for casseroles or lasagnas. Isn't it all about the leftovers anyway?



INGREDIENT HIGHLIGHT
BY FRANCISCA HECTOR

POTENT POMEGRANATES

Pomegranates have been the subject of culinary curiosity for centuries, and they continue to be an enigma for many to this day. However, like every good mystery, there is a certain pleasure derived from learning its secrets.

The name pomegranate is French and can be literally translated to “seeded apple”. Available August through December, this fruit is high in vitamin C, vitamin E, and potassium.

Pomegranate juice also contains potent antioxidants, compounds that are known to reduce inflammation in the body, which is believed to lead to aging, cancer, and heart disease. Research has shown that the antioxidants in pomegranate can neutralize almost twice as many free radicals as red wine and seven times as many as green tea.

Both the juice and the seeds can be used in cooking, adding some pizazz to both sweet and savoury dishes.

Sprinkle It

Incorporating pomegranate seeds not only boosts the nutritional profile of what you consume, but also adds another layer of flavour and texture to your dish. Pomegranate seeds have been touted as being great for digestive health, and their sweet, tangy crunch can brighten up any meal. You can sprinkle them on plain low-fat yogurt, add them to your morning oats or cereal, or even use them in salads. You can add them to just about anything, including avocado toast!



Juice It

Extracting the juice from pomegranate seeds may seem like a daunting task, but it really isn't that hard and it is worth the effort. Pomegranate juice has a distinctive flavour, usually sweet with a hint of tartness. The juice can be used in marinades, salad dressings, and your favourite cocktails. Try making pomegranate ice cubes and add them to your juices or sangria. You can also boil down the juice until it becomes a thick syrup and voila! you have pomegranate molasses! This can be drizzled on desserts, meats, and salads. This versatile fruit is the perfect way to add new life and flavour to many of your favourite old recipes.





You've Been Served

BY ANSLEY HILL, RDN, LD

As winter rolls into the Pacific Northwest, my dining priorities rapidly shift from finding the best patio to finding the best place to warm up with some comfort food and a nightcap. Capitol Bar opened its doors in the fall and sits in the heart of the historic Irvington neighborhood of Portland, Oregon. Capitol boasts high ceilings, skylights, brightly colored décor, and a 100% plant based menu that even the most carnivorous carnivore would be primed to devour.

Their cocktail menu features a wide array of specialty cocktails for any mood or preference and their vegan mac n' cheese is something folks are writing home about. On the menu you'll also find some unlikely dishes including, but not limited to, Brussels sprouts grilled cheese, butternut squash dip with raisin compote, and buffalo tofu —all at a price point of \$10 or less. Did I mention they also have a karaoke lounge? Vocal talent not required.



#HEALTHY

BY SCOTT KEATLEY, RD

This winter, we're all about gaming for good. When we think about the winter and, especially about food, we should think about joy, sharing and giving. But at the same time we know we're spending more time indoors. Download these food apps and start gaming for good.

Feedie

Great for foodies, photographers and humanitarians, this iOS app adds a great cause to your foodstagrams. When you dine and snap a food shot at one of the participating restaurants, a meal is donated to a non-profit feeding schoolchildren in South Africa. There is nothing better than being able to give back by doing something that will help get you up and out of the house this winter. Earn points as you take amazing pictures, add friends, and go to the top of the list in giving.



Gobble Pop

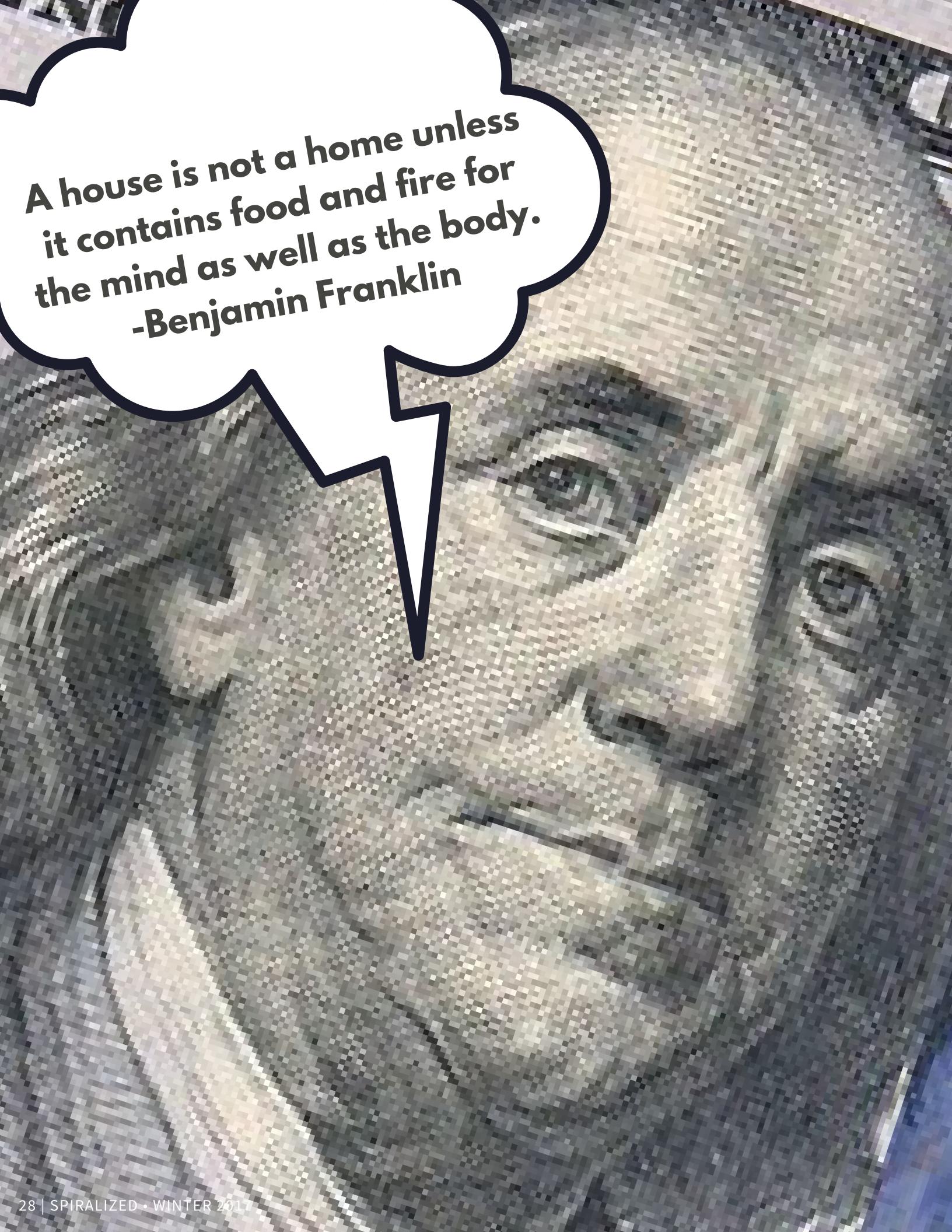
Stop, Breathe & Think

#HEALTHY

FRESHEST HEALTH
AND WELLNESS APPS

Holiday stress abounds. Load images of your family on to turkeys and get out stress by ‘exploding’ them. A portion of extra lives goes to buy turkeys for families in need.

Doing good starts with ourselves. If we’re not centered and feel positive, it’s hard to spread joy far and wide. This app gamifies meditation and creates personalized journeys for personal wellbeing.



A house is not a home unless
it contains food and fire for
the mind as well as the body.

-Benjamin Franklin

HOLIDAY TRADITIONS BY LAURA RYAN, RD

Many classic holiday dishes are similar and can benefit from a little tweak. The holidays are all about togetherness, and what better way to spend time together than making delicious, meaningful food? My grandma-in-law makes enchiladas on Christmas, which we will admit is weird given my husband's family's lack of Mexican heritage, but it's also unique and fun! My husband Josh talked me through the steps he has watched his family follow for years. Enchiladas are now one of my staple recipes and I invite you to add them to your holiday feast this holiday season as well.

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GRANDMA'S HOLIDAY BEEF ENCHILADAS RECIPE

INGREDIENTS

**1 can (10 ounces) enchilada sauce, divided
4 ounces fat free cream cheese, cubed
1 cup fresh salsa
8 oz cooked ground beef
1 can black beans, rinsed and drained
1 can pinto beans, rinsed and drained
1 diced jalapeno
12 whole wheat flour tortillas (6 inches)
1 cup grated Cotija
1 cup chopped lettuce,**

DIRECTIONS

- 1. Spoon 1/2 cup enchilada sauce into a large oiled baking dish.**
- 2. In a saucepan, cook and stir the cream cheese and fresh salsa over medium heat for 3 minutes or until combined.**
- 3. Stir in the cooked beef, beans and jalapenos.**
- 4. Remove from heat and place about 1/3 cup of mixture down the center of each tortilla.**
- 5. Roll up and place seam side down over sauce mixture.**
- 6. Cover with remaining enchilada sauce; sprinkle with cheese.**
- 7. Cover and bake at 350° for 30 minutes or until heated through.**
- 8. Garnish with chopped lettuce. Yield: 6 servings.**

Winter citrus like oranges and grapefruits are a sweet source of vitamin C. The creamy, calcium-rich ricotta balances the citrus fruit, creating a flavor profile similar to nostalgic frozen novelties. So embrace the chill outside with some chill inside for your holiday desserts.



Ingredients:

2 cups fresh orange juice + zest from 1 orange
½ cup granulated sugar
½ tsp Kosher salt
¼ cup fresh grapefruit juice
12 oz. ricotta cheese
1 TBS honey
1 cup oranges, segmented

Instructions:

Combine orange juice, sugar, and salt in a medium-sized pot. Heat until sugar is dissolved. Stir in grapefruit juice once removed from heat. Pour liquid into 13 x 9-in baking dish. Freeze for two hours and scrape the mixture with a fork. Mixture should look like wet slush. Then freeze for 4 to 6 more hours making sure to scrape the mixture every hour until ice crystals form.

Assembly:

Mix ricotta with honey. Layer sweetened ricotta, orange segments, and granita in 6 parfait glasses.

WINTER CITRUS CREAMSICLE GRANITA PARFAIT

WINTER

SUPERFOODS

SUPER·FOOD
'SOOPəR, FOO'D/
NOUN

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



01
POTATOES



02
ONIONS



03
BEETS



04
CARROTS



05
CELERIAC



06
CABBAGE



07
FENNEL



08
CITRUS FRUIT

Global Grub

MONKEYS, MOVEMENT & MENUS



*appetite for
the high seas*

By the time you're read this I will already be gone. I'll be on a beach in the Caribbean, illegally feeding monkeys and donning a Santa cap. Yes, mon, for the past 5 years I have abandoned the snowy New York City holidays for the lure of the sandy white beaches and open seas of the Caribbean. As a seasoned cruiser, even I was hesitant to hand my holiday season over to the cruise director. Would it be me on a boat with no one else? Well, by following a few holiday cruising rules and with a few small tweaks and flexibility, this could be your healthiest, most holiday-packed season you did no work for, ever!

They know you know its Christmas, Hanukkah or Kwanzaa and they are going to prove it. When you arrive, the ship will be covered in giant bows, snowflakes and reindeer and the foods will be just as holiday centric. From hams to yams, latkes to liver, greens to grits, the kitchen staff has gone full elf delivering just about anything you can think of to fit your holiday food needs. That being said, you can not only indulge in the season but also take advantage of a much-needed wellness break. Here are three ways you can turn your holiday cruise into a gift of wellness for yourself:





Dine, Don't Eat. Take advantage of the main dining room for breakfast and dinner. The main dining area has excellent selections and in the time it takes your waiter to reach your table, you have had the chance to review the menu and make some healthy choices. The menu, often times, has a key that makes ordering healthy easy; sometimes it's a leaf and often in the color green. These meals are also portioned for you and you can order my favorite—a prix fixe meal. The moments in between courses allow you to reflect on your hunger level and let you assess if you're eating for hunger or you're just on automatic. If you head up to lido and start grabbing grub in the buffet area you may often feel rushed and with so many assortments of foods it might be harder to make good choices. This is setting yourself up to over serve and overeat.

Walk It Off. Decide before you get on the ship: No elevators! I know, it sounds crazy and you're saying, "But Gina, there are elevators literally everywhere. They are ready and dinging so I have to use them." Well, no, you don't. The best thing about being on a ship is, you're on a ship! There is a ton of space to strap on some ankle jingle bells and walk, burn off some of those calories you have been consuming. You can even take the stairs and stroll the deck at night for star viewing.

Allowing yourself the time to "exercise" makes it so you don't have to visit the gym on your trip, unless you want to do a fun class or check out the eye candy of the ship. According to the European Journal of Preventative Cardiology, taking the stairs rather than the elevators may show declines in waist circumference, weight, fat mass, diastolic blood pressure, and low-density lipoprotein ("bad") cholesterol.

Get Sweaty on the Shore. When choosing your shore excursion, pick one that gets you up and active. First, make sure you buy them as early as possible—all the good adventures fill up fast and you don't want to be stuck on the trolley tour with children and the mature. Also, if you purchase a shore excursion you're more likely to roll out of bed and get your money's worth. If your day at port arrives...know what you're doing. Chances are you'll spend the day wandering the buffet and get in a quick nap. Remember, pick something that is active. That means, sorry Segway, you're out; riding around in a go-cart, although fun, is not really exercise despite what NASCAR has told us. Why not try some water sports, snorkeling, kayaking or paddle boarding in reindeer ears? The average man of about 150lbs will burn more than 200 calories in a half of an hour of snorkeling!

Holiday cruises can be a pleasurable culinary adventure for your whole family, or just a select few from your gang, if you have the holiday balls to ditch the “normal holiday” and be gastronomic global explores. Cruises are a safe and healthy way to spend your holiday season, so get out there and enjoy your appetite for the high seas. Don't worry, Santa can still find you on the boat; you may even get a pop in from him if you're good!



A Caribbean artist's chalk rendition of how Santa will be arriving on Christmas morning. He is being pulled by local sharks and starfish.





MUST EAT HOCKEY FOODS

STADIUM BITES

BY LEE HUANG

PEROGY DOGS /

SUSHI /

CHILI /

POUTINE /

SOFT PRETZELS /

BEER /

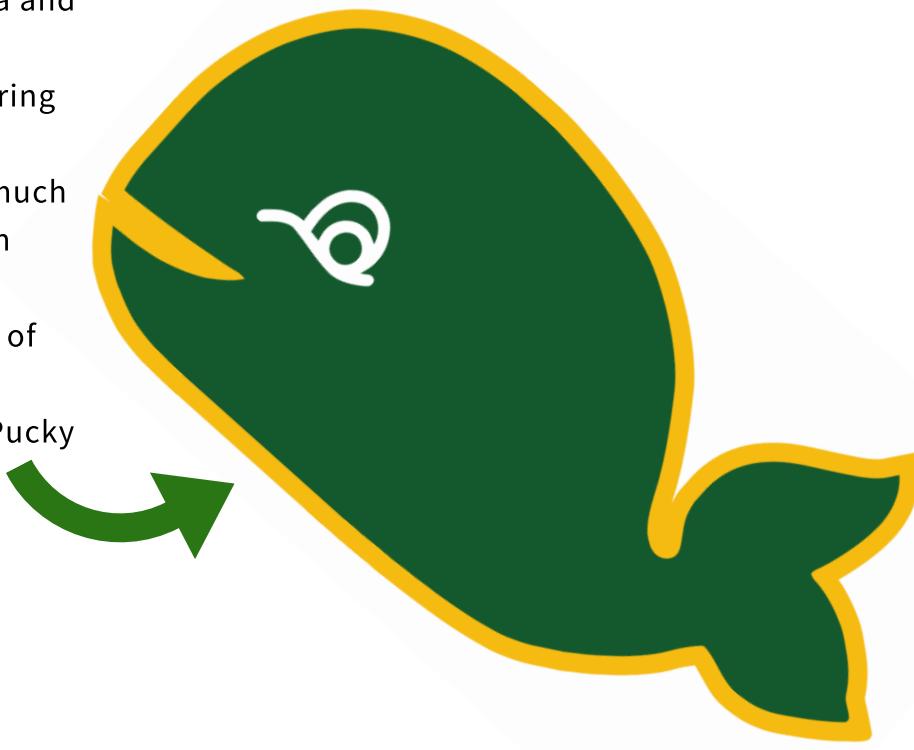


STADIUM BITES

It is hockey season! As an official Canadian (my passport tells me so), you know that I absolutely love this game. And not just for the bone-crushing hard hits and occasional fist-fight that breaks out near center ice—I also love the food.

But I'm not going to lie to you, some of the food served at hockey arenas in Canada and in the States are not the best for you. When you're in a frozen stadium cheering your heart out, having a celly after a wicked clapper, you don't worry too much about calories and fat. However, when you're watching a game at home with friends and family you can have some of the same great food without gaining weight like you're legendary mascot Pucky the Whale.

I've got six of hockey's most iconic foods and tips and tricks to get the most bang for your nutritional buck. So, whether you're a puck bunny or a bender read on to keep it fun and healthy this hockey season.



PEROGY DOGS

At a Canucks game you can get the legendary Perogy Dog, which is four perogi topped with cheese and sauerkraut on a monster hot dog bun. At home we can fill our perogi with baked cauliflower, top with low-fat cheddar and sauerkraut on a wheat hot dog bun.

SUSHI

In LA, when at a Kings game, you have to get the sushi—always fresh and always on ice. Sushi works great at home and is incredibly healthy. Try making temaki sushi (handrolls) first and always get the freshest sushi grade fish possible.

CHILI

What better food for winter than chili? Take the NJ Devil's lead and go for a heaping helping of turkey chili with avocado, onions, tomato and fiber filled beans.

POUTINE

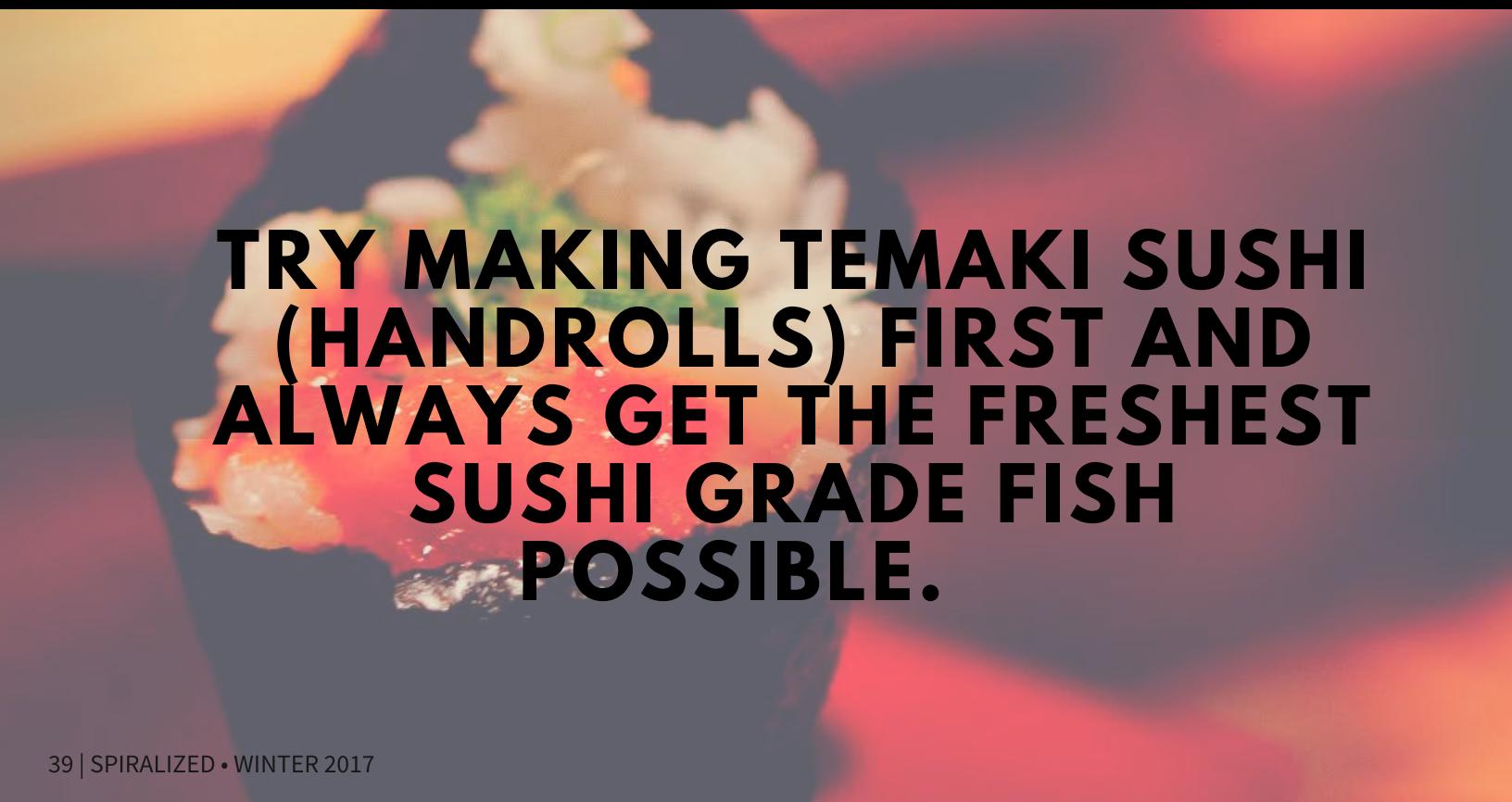
Fries with squeaky cheese and gravy. You can health these up by swapping the potatoes for yams, baking in a broiler and using a vegetarian gravy.

SOFT PRETZELS

Soft pretzels aren't too bad to start with but when you add on a cup of butter and salt it becomes a super high calorie snack. We can make them extra healthy and still delicious by swapping out all-purpose flour with a mixture of high-fiber psyllium husk flour, soy flour and coconut flour.

BEER

I'm Canadian, we don't mess with beer. Just enjoy in moderation!



**TRY MAKING TEMAKI SUSHI
(HANDROLLS) FIRST AND
ALWAYS GET THE FRESHEST
SUSHI GRADE FISH
POSSIBLE.**

SAUTÉ

KICKASS COOKING METHOD

1. CHOP INGREDIENTS. SMALLER = FASTER

2. HEAT THE PAN. WAIT. DRIZZLE FAT.

4. TOSS. TASTE. SERVE. ENJOY.

4
S T E P
T E C H

3. ADD YOUR FOOD. DON'T OVERLOAD PAN.

HOLIDAYS WITH FOOD ROYALTY

A PEEK AT HOW THE QUEEN OF
FOOD, JAMES BEARD
FOUNDATION'S PRESIDENT,
SUSAN UNGARO, IS EATING
HER WAY THROUGH THE 12
DAYS OF CHRISTMAS!



FOOD AND FAMILY AT THE HEART OF IT ALL

For those who do not know, the James Beard Foundation is THE organization that celebrates, nurtures and honors chefs and other leaders making America's food culture more delicious, diverse and sustainable. At the helm is Susan Ungaro, President of the James Beard Foundation for the past 11 years, who has guided the organization from New York-centered to a truly American-wide brand. When we at Spiralized envision her holidays, it involves jet-setting all over the food world—New Orleans, Tokyo, Florence and Marrakesh are some destinations that came to mind—sipping champagne as the holidays roll in. But, when speaking with Susan, she let us in on a secret: her holidays are all about food, but there is no place she would rather be than with her family.

Christmas at the Ungaro household is an extended family affair and always takes place at home. Susan explains that she is the oldest of six and has countless aunts and uncles, so it was never practical to eat out, especially since part of her family is Italian, which, for the uninitiated, means a Christmas Eve "Feast of the Seven Fishes" grand meal which also includes many delicious pasta dishes, cannoli, Italian cookies and plenty of good red wine. Far too much for one person to cook, (unless you are an Italian nonna) everyone pitches in to cook and no matter how it turns out fun is the order of the day. After dinner, the family settles in for a few favorite holiday movies like It's a Wonderful Life and, most recently, Love Actually.





TREATS ANYONE?

After recovering from the revelry of the evening before, the Christmas Day menu takes a turn toward the Emerald Isle with roast turkey and ham, buttery mashed potatoes, carrots and parsnips, sweet potato casserole, cakes, cookies, and of course, her mother's Irish Fruit Cake (a recipe we could not pry from her). Susan says the secret to a great holiday, aside from good food and family, is to make as much of the holiday as homemade as possible, which keeps the happy day going longer.

In between meals there is one more tradition that cannot be skipped, the opening of gifts. Susan loves to give gifts that are personalized to the receiver—she is not above getting crafty with amazing baskets full of goodies. But the gift she enjoys the most is the gift of a great experience, which allow her and her family to relive the joys of the holidays together.

NEXT NOSH

BY HANNAH CARROLL
PRODUCTS ARRIVING SOON

Sashee Chandran is revolutionizing the world of caffeinated beverages with **Tea Drops**, her new company that launched earlier this year. Tea Drops are organic pressed teas that disintegrate right in your cup. It's loose leaf tea without the fuss, and it's genius.

Copper Cow Coffee just solved everyone's coffee troubles. The new company, based in California, has created portable pour over filters so you'll never again have to sacrifice a good cup of coffee for a busy lifestyle.



STREET EATS: FOOD HALLS

By Allison Tran



So why food halls and not food courts? Food courts generally have chain restaurants. Food halls provide you with quality unique food and drink offerings, not to mention Instagram-worthy photos with hip string lights, wooden communal tables, and colorful neon signs!



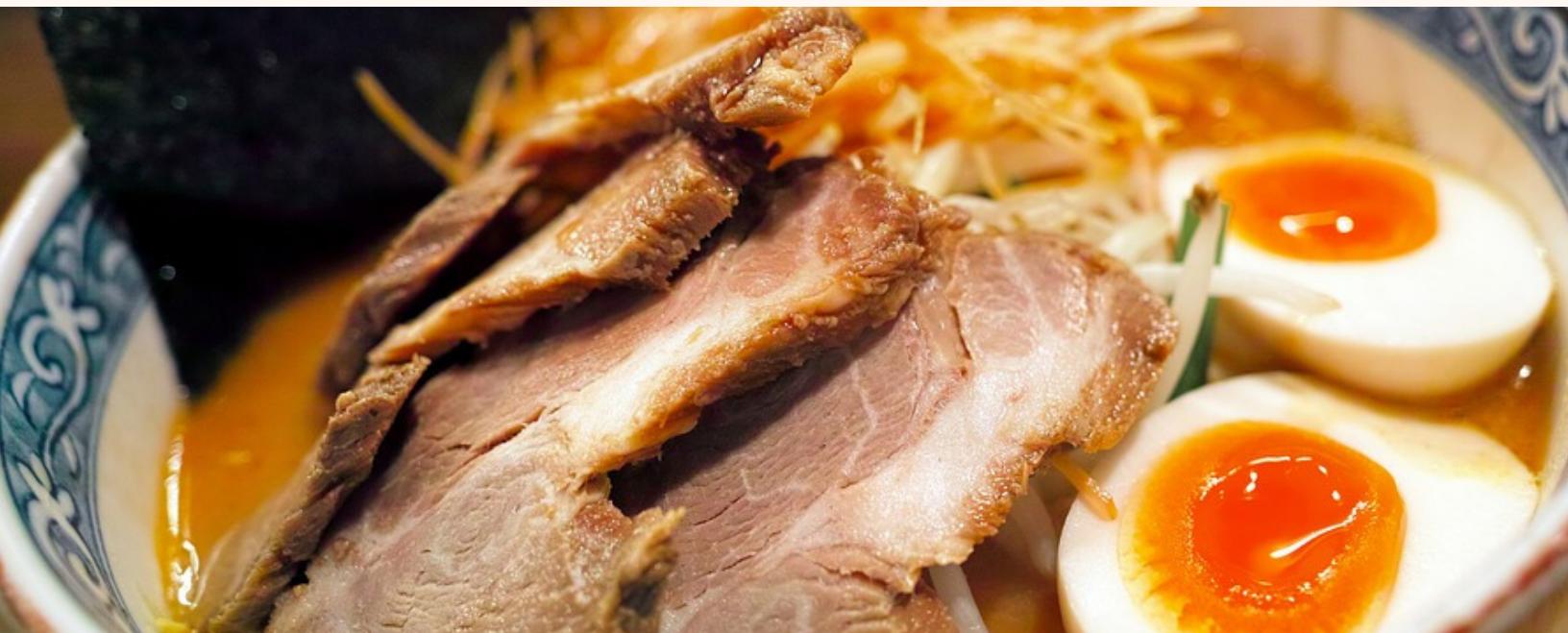
THROUGH WORD OF MOUTH, SHE ACTIVELY BROUGHT “REAL FOOD AND REAL PEOPLE” TOGETHER.

The winter season is quickly approaching, and it's getting harder to hit your usual grub spot, especially if you're living in a big city with winter storms and blizzards on top of the traffic you already have to deal with. Food halls make it easier for you to get your grub on at a number of different establishments all in one place without having to wait in the rain or a blizzard to get called in for your reservation.

Food halls can be found in big cities from coast to coast. If you are living the California dream in the heart of winter, try empanadas from El Porteño in the Ferry Building of San Francisco for a nice little hand-warmer after exploring a chilly day at the pier. Up north in Portland, a hearty bowl of noodle soup at Marukin Ramen in Pine Street Market doesn't sound half-bad after spending a day in the snow. In Seattle, a bowl of chowder at Pike Place Market can warm your cold bones.

If you are in New York, the Dekalb Market Hall can be found in the heart of downtown Brooklyn. We had the chance to gain insight from the market's director, Gary Wishnow, who shared managing partner Ana Castellani's vision and purpose for the Dekalb Market Hall. In 2007, the 1.8-million-square-foot City Point Complex was built to serve as commercial and multi-purpose use. Castellani grew up in Brooklyn, and saw the complex's open space as an opportunity to bring together the community and culture she cherishes. Through connections within her community, and through word of mouth, she actively brought “real food and real people” together. Now, the Dekalb Market Hall stands as a great symbol of Brooklyn's community and culture.

With over thirty-seven vendors, the Dekalb Market Hall boasts a mixture of renowned chefs and local talent, bringing quality ingredients and fresh food to your table. Merchants were carefully chosen to ensure every vendor is different from the other and each of their menus is protected. This minimizes competition between vendors, and, for you as a customer, allows for a huge variety of hand-picked food and drink that is sweetly unique to each vendor! You can get anything from Polish dumplings from the Pierogi Boys to soba noodles and summer rolls at Two Tablespoons. Beyond the food and service, Wishnow describes an energy that was generated serendipitously when creating this food hall, asserting that the Dekalb Market Hall is “not just a place to eat, but a destination.”



REMEMBER WHEN: SNACKING THROUGH 2017

BY: ANSLEY HILL , RDN, LD



AS THE YEAR COMES TO AN END MOST OF US WILL ENGAGE IN SOME KIND OF RITUALISTIC REFLECTION, STROLLING DOWN MEMORY LANE SO WE CAN PULL TOGETHER OUR NEW YEAR'S RESOLUTIONS AND BE POISED FOR OUR COLLECTIVE "NEW YEAR, NEW ME" MANTRA. I THINK WE CAN ALL AGREE 2017 HAS LEFT US WITH SOME INTERESTING TASTES TO SAVOR. LITERALLY, AS A NUTRITIONIST, A LOT OF THIS YEAR'S FOOD TRENDS HAD ME PRETTY PSYCHED BECAUSE HEALTHY IS HIP. WITHOUT FURTHER ADO, I'LL LEAVE YOU WITH SOME OF MY FAVORITE FOOD TREND REFLECTIONS FROM 2017:



1. Poke

Poke is essentially Hawaii's take on sushi—just deconstructed. As excited as I was for this dish to be trending on the mainland, I have been mostly disappointed with what I've had thus far. I think this trend might be better off sticking to its pacific island roots. Of course it had to make this list because it is one of my all time favorite foods and I'm glad 2017 was bold enough to give it a shot.

2. Turmeric

Turmeric is a spice that seemed to make its way into every area of the menu this year. Thousands of years old and a close relative of ginger, it is no wonder turmeric was such a popular ingredient. It is only strange that it took so long to make it into the spotlight. It was featured in soups, curries, dips, salads, beverages (looking at you, golden milk), and even eggs because, em, brunch. This is definitely one of the trends I hope sticks around because it adds complex flavor and has some pretty incredible anti-inflammatory properties.

3. Wine Slushies

I really thought my college friends and I had invented this concept. Turns out, we didn't. And clearly some people have done it better than we did. I salute them! Boozy slushies are a millennial dream come true because it's the perfect blend of kitschy and fancy. I've got my fingers crossed that we'll be sipping a lot more Froze next summer.



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