

FLIPPING ART:
PANCAKE TEAM BUILDING

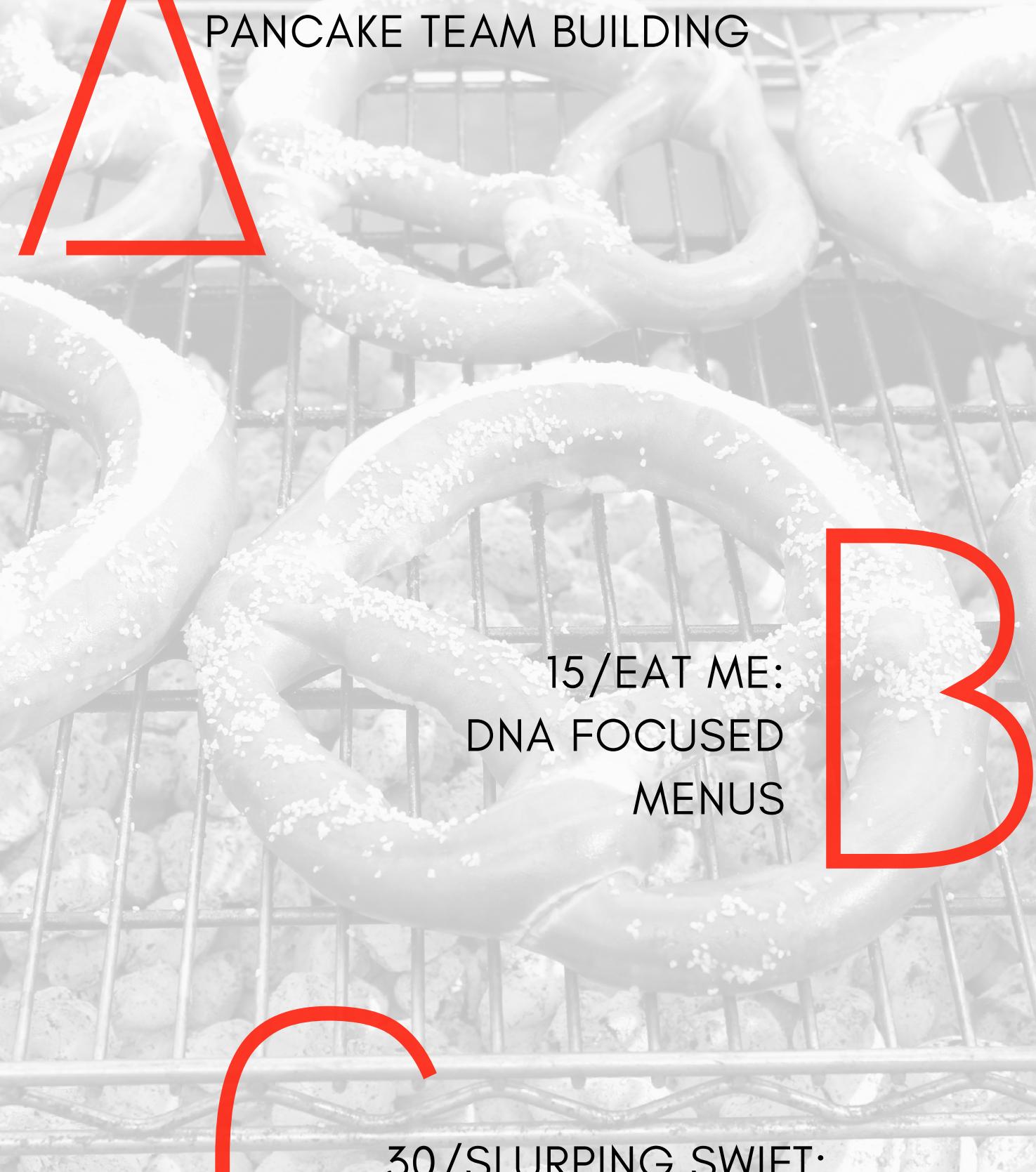
EAT ME:
DNA FOCUSED MENUS

SLURPING SWIFT:
EXPERTS, INTERNS & UMAMI

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Pick Me!



8/FLIPPING ART:
PANCAKE TEAM BUILDING

A

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DNA FOCUSED
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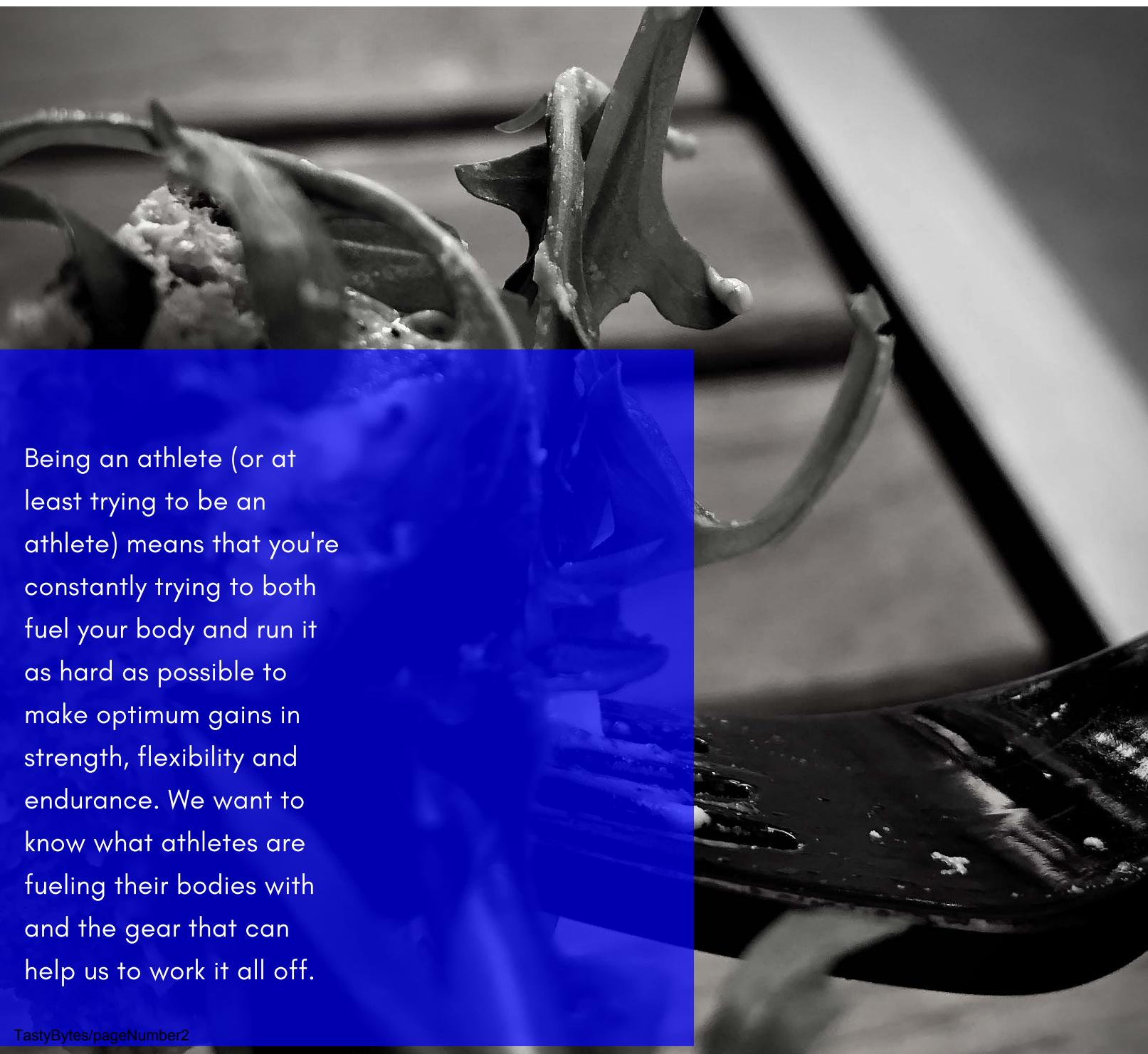
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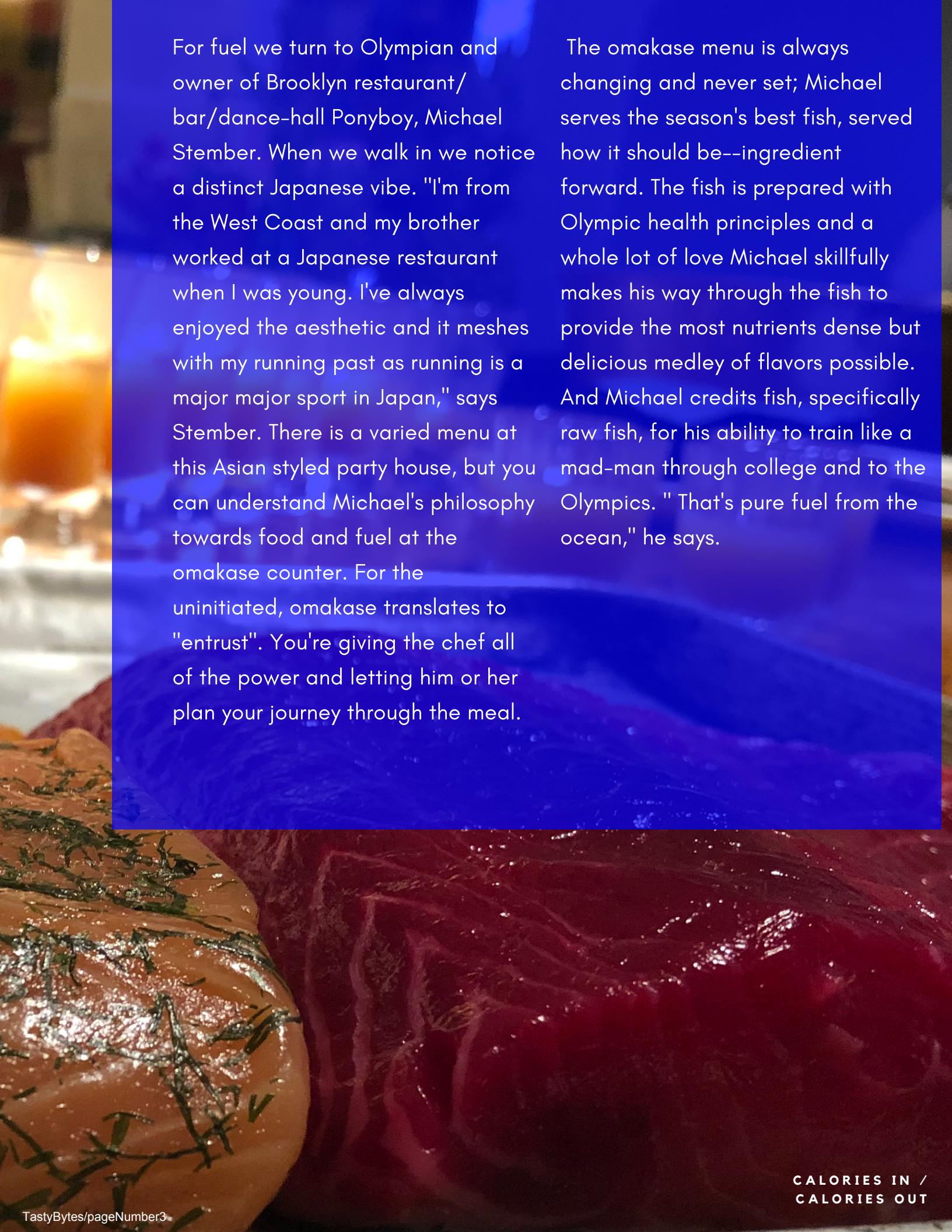
30/SLURPING SWIFT:
EXPERTS, INTERNS & UMAMI

BY SCOTT KEATLEY, RD

CALORIES IN / CALORIES OUT

Being an athlete (or at least trying to be an athlete) means that you're constantly trying to both fuel your body and run it as hard as possible to make optimum gains in strength, flexibility and endurance. We want to know what athletes are fueling their bodies with and the gear that can help us to work it all off.





For fuel we turn to Olympian and owner of Brooklyn restaurant/bar/dance-hall Ponyboy, Michael Stember. When we walk in we notice a distinct Japanese vibe. "I'm from the West Coast and my brother worked at a Japanese restaurant when I was young. I've always enjoyed the aesthetic and it meshes with my running past as running is a major major sport in Japan," says Stember. There is a varied menu at this Asian styled party house, but you can understand Michael's philosophy towards food and fuel at the omakase counter. For the uninitiated, omakase translates to "entrust". You're giving the chef all of the power and letting him or her plan your journey through the meal.

The omakase menu is always changing and never set; Michael serves the season's best fish, served how it should be--ingredient forward. The fish is prepared with Olympic health principles and a whole lot of love Michael skillfully makes his way through the fish to provide the most nutrients dense but delicious medley of flavors possible. And Michael credits fish, specifically raw fish, for his ability to train like a mad-man through college and to the Olympics. " That's pure fuel from the ocean," he says.



To burn it all off, we're swapping out our Apple AirPods and using the Jabra Elite 65t to crank up some 90s Alt Rock while we get as angsty as possible on some of our training runs. Personally, I'm not a huge fan of running with headphones on, especially in New York City--there is so much going on you really need to be aware of the dude on the bike coming up fast and the pregnant lady doing wind-sprints across your path and the taxi driver that is, well, a taxi driver. So, I was attracted to the Jabra Elite 65t because it has microphones on the headphone that allow some of the outside noise in. At first it freaked me out, I could hear everything around me with such clarity but I knew those little ear buds were firmly tucked into my ample ears.

After about 15 minutes I started to wonder why hadn't anyone made these before? I could sing my STP (don't judge me) and not get whacked by a car or cyclist at the same time. The headphones are truly wireless, stay working for my longest runs, connect very well to my iPhone or iWatch and most importantly, when I meet up with friends to run I can turn them off and shove 'em in my pocket without making 15 calls like with the AirPods. This is a fun product and should help you burn all that energy you have from munching on delicious sushi.

MAKE PASTA. IT'S EASY.



BY JENN CANCIO



YOU WILL NEED
1. ROLLING PIN
2. SPACE IN YOUR KITCHEN
3. INGREDIENTS

NAH,
FORGET IT. JUST ORDER IT.
HERE ARE SOME FRESH
PASTA WE LIKE.

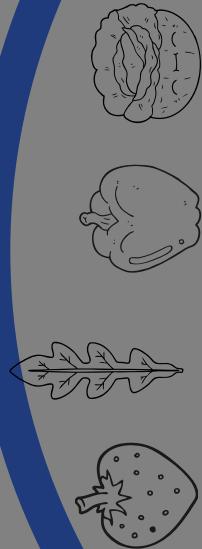
FYI, FRESH PASTA COOKS SUPER
FAST SHAVING 2 OR 3
MINUTES OFF YOUR MEAL PREP



Plate

Up

NON-STARCHY FRUITS & VEGGIES.



Vegetables are parts of plants that are all edible plant matter, including the stems, leaves, roots & seeds.

Fruits are sweet and fleshy product of a tree or plant.

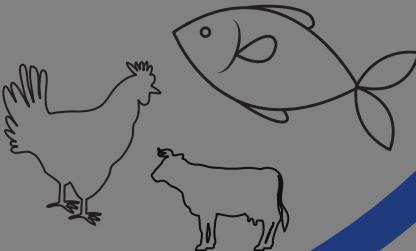


STARCHES.

Starchy foods are a good source of energy and the main source of a range of nutrients in our diet. Choose varieties of potatoes, bread, cereals, rice and pasta.

LEAN PROTEIN.

The USDA defines lean meat as having less than 10 grams of total fat, 4.5 grams or less of saturated fat and fewer than 95 milligrams of cholesterol in a 3.5-ounce portion.

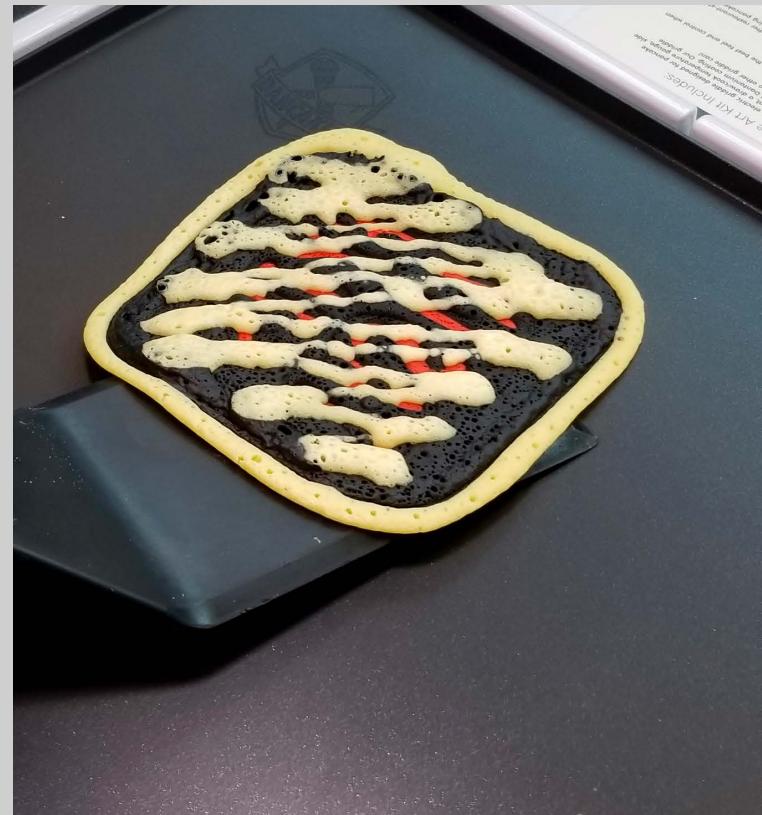


DAIRY.

Milk is a nutrient-rich, white liquid food produced by the mammary glands of mammals.



FLIPPING ART: PANCAKE TEAM BUILDING



BY YVETTE STEPHENS

SO, CAN YOU TELL US A BIT ABOUT YOUR QUIRKY PANCAKE ART BUSINESS?

Sure! I stumbled into this bizarre career as the world's first professional pancake artist. Basically Dancakes is an entertainment company. We travel the world with an electric griddle and a set of plastic squeeze-bottles, using pancake batter as an interactive art medium. Hiring us is a bit like hiring a caricature artist, except you can eat the product (not that many people want to).



Q & A WITH DANIEL DRAKE OWNER/ARTIST DANCAKES

FLIPPING ART

WHY PANCAKES?



I like to say that "you don't choose the pancake life; the pancake life chooses you". I stumbled into this gig by total accident. I first dabbled in the medium of 'pancake art' as a frycook at a little greasy spoon diner in South St. Louis when I was fresh out of high school and totally unsure of what my next step would be. Folks on the morning shift would throw those mouse-ear dollops on their pancakes, even when they were busy, and I realized then that pancakes don't have to be round! Technically, any shape you draw on a hot griddle will cook solid and you'll be able to do all kinds of silly stuff. So, I started making facial features and turning round pancakes into goofy smiley faces.

First time I ever served one of those was to a gentleman named Chad, who came in on a graveyard shift. Chad laughed and told me he'd never seen anything like it! He left a \$15 tip on a \$2 stack of pancakes, and I thought, shoot! I should keep doing that!

YOU GUYS ARE NOW SELLING THE WHOLE PANCAKE PRODUCING SYSTEM. WHY IS THIS A COOL OPTION FOR TECH COMPANIES TEAM BUILDING?



Well, our hope with the Dancakes pancake art kit is that it'll be a fun, engaging creative activity that people will want to try and see what it's like. There's so much to love about the process; learning to layer, using colors and flavors, and the art has a built in magic trick: the final product is always revealed on the flip! There's loads of viral videos out there where people embark on the 'pancake art' challenge' to try and see who can make the better pancake, and it doesn't really matter if you're good at it or not. Often, the worst pancakes make for the biggest laughs.

The Dancakes Pancake Art Kit will be available through our website, dancakes.com through Amazon, and a few other e-commerce platforms in the fall of this year.



WHEN YOU'RE NOT EATING PANCAKES WHAT'S YOUR FAVORITE FOOD?

Oh, jeez. Well, obviously I'm very grateful to pancakes for all they've done for me, but my partner, Hannah, makes this amazing grilled homemade biscuit-avocado spread-fried egg-bacon...THING. And it is to die for. That, or dark chocolate/blueberry bowls.

WHAT ARE NON-STARCHY VEGETABLES?

Non-starchy vegetables are vegetables that contain a lower amount of carbohydrates and calories compared to their starchy counterparts.

Thus, for the same calories, one can eat a larger quantity of non-starchy vegetables compared to smaller servings of starchy vegetables.



NON-STARCHY VEGETABLES WE LOVE

Artichokes

Artichoke hearts-

(Yes, we eat its heart.
Messed up right!)

Asparagus

Baby corn

Bamboo shoots

Green beans

Bean sprouts

Beets

Brussels sprouts

Broccoli

Cabbage

Carrots

Cauliflower

Celery

Cucumber

Daikon

Eggplant

Greens

Hearts of palm

Jicama

Kohlrabi

Leeks

Mushrooms

Okra

Onions

Peapods

Peppers

Radishes

Rutabaga

Salad

Sprouts

Sugar snap peas

Swiss chard

Tomato

Turnips

Water chestnuts





Eat Me: DNA Focused Menus

By Sophie Bernard

Have you ever wondered about your DNA? We've seen DNA tests that can help us to track down our heritage. We know about DNA in solving crimes.

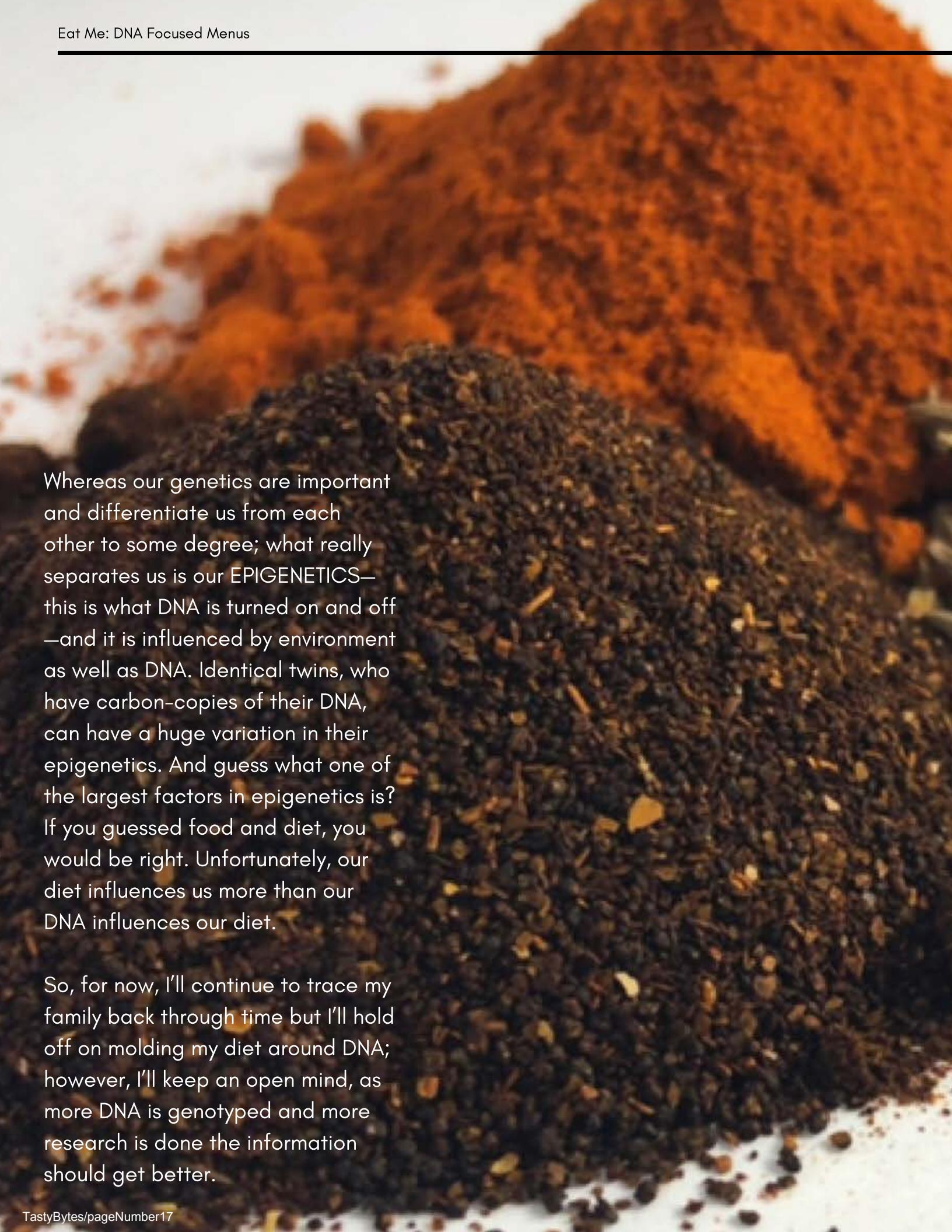
We can poop in a box and determine if we have colon cancer using DNA genotyping. And thanks to a bevy of companies we can use DNA to assist us with diet.



My journey through DNA started, like most, when I wanted to learn more about my family background. I knew the stories I had been told but it was amazing to see where those stories came from and the genealogy work that had been done by distant members of my family. I learned that my Irish-ness was overplayed and that "ich bin ein Berliner" but unlike Kennedy, I really am!

The DNA company that I went through to determine my family heritage also conducts a great deal of research into health and wellbeing; which got me thinking; can I learn anything interesting about my dietary needs through DNA? So, I forked over my cash as well as my DNA data and waited the three weeks for my report. When it came, I was very excited, would this be the key to unlocking nutrient nirvana and making me the healthiest I can be? In short, no. The science is simply not there yet.

The recommendations provided fall very much in line with the nutrition recommendations provided by the US Department of Health and Human Services and Agriculture. Which makes sense since the RDAs (recommended dietary allowance) are designed to meet the needs of 97–98% of the population. There was a report on some popular topics such as lactose intolerance, gluten intolerance and caffeine consumption but I already know the answers to those questions and the report uses information that is more related to where my family is from than anything uniquely specific to myself.



Whereas our genetics are important and differentiate us from each other to some degree; what really separates us is our EPIGENETICS—this is what DNA is turned on and off—and it is influenced by environment as well as DNA. Identical twins, who have carbon-copies of their DNA, can have a huge variation in their epigenetics. And guess what one of the largest factors in epigenetics is? If you guessed food and diet, you would be right. Unfortunately, our diet influences us more than our DNA influences our diet.

So, for now, I'll continue to trace my family back through time but I'll hold off on molding my diet around DNA; however, I'll keep an open mind, as more DNA is genotyped and more research is done the information should get better.

OFFICE EATS: FALL SOUPS

BY FRANCISCA HECTOR



As we trade the sizzling heat of summer for the crisp chill of autumn, some of us will be swapping the lemonade and ice cream for a satisfying bowl of soup. Come to think of it, fall is the perfect time to consider levelling up on your soup game. Here are some of the reasons why.

Soup has evolved from the classic chicken noodle variety to a meal filled with bold flavours and textures. New options like Vietnamese Pho, Mexican Tortilla Soup and Creamy Coconut Dhal are giving us new ways to warm up our tummies and our hearts. Soup is also one of the few meals we can tailor in countless different ways. It can be creamy or brothy; smooth or chunky. We can eat for lunch, as a snack or for dinner. You can have it before the main dish, with a salad or a sandwich or even as the entree.

The Weather Is Just Right



TO GO

MUST EAT NEAR YOU

- Chicago, Illinois

Pho 5 Lua

Offers a variety of Vietnamese styled soups with bold and complex flavours

- Burlington, Vermont

Zabby & Elf's Stone Soup

Cozy restaurant with lots of vegetarian options

- Portland, Oregon

Savor Soup House

Famous for its eclectic offerings like the Beer Cheese soup or the Hungarian Mushroom Soup.

- Baltimore, MD

Sip and Bite

Open 24 hours, this diner is best known for its variety of crab soups.

- New Orleans, Louisiana

Kin

In a city best known for its gumbo, the ramen craze is slowly catching on.

Crazy Food Questions You Ask.

Do lobsters have souls?

The soul, in many religious, philosophical, and mythological traditions, is the incorporeal essence of a living being. So we don't know.



What animal is ribs?
Yes, we really get this
question!

Ribs are often from pork, beef, lamb, and venison. The term ribs usually refers to the less meaty part of the chops, often cooked as a slab (not cut into separate ribs).



Who still eats bread anymore?

Everyone.

Bread has a significance beyond mere nutrition in many cultures in the world.



What can I put in a ravioli?

Anything you want.

We suggest ricotta cheese, spinach, nutmeg and black pepper and zested lemon rind but it's your food put what you want in it. We won't tell anyone how weird your fillings are.



&

andpizza.com

Q. SO, WE KNOW & PIZZA HAS A HUMAN FOCUSED AGENDA. HOW DOES TECHNOLOGY PLAY A PART IN YOUR COMPANY?

A. We are a human company. Powered by our people. Standing on the shoulders of our tribe. But that doesn't mean we exist in the stone ages. Tech is what allows us to connect with our tribe, stay current, spread our message. It allows our consumers to order ahead, earn points, connect further with our brand. It keeps our lines moving.

Q H O I
B M D E
G N O R
R A Y M
U H U C
N T E R
E R K

**/interviewing vanguard foodies doing tech related projects/
Michael Lastoria
CEO &pizza**

We're a company that seeks to use tech as a way to connect more as people, not less. That's why we use text to communicate with our people and our guests--not because it is the most cutting edge technology, but it is the one we all use the most already, so it connects us more easily and more quickly.



By Gina Keatley



Q. WE KNOW YOU HAVE A FROZEN PRODUCT COMING TO STORE SOON. HOW WAS THE R&D FOR THAT AND HOW WAS TECH INCLUDED IN THE CONCEPT OF THE PIE?

A. *Gotta go with the old "no comment" on this one ;)*

Q. HOW DO YOU BALANCE HUMAN TOUCH IN AN INCREASINGLY AUTOMATED FOOD ENVIRONMENT?

A. *As I said, everything we do is built on the power of our people. The interactions at every level - development, product, brand, consumer, in-shop - it's all about human connection. But beyond that, each of our shops is designed around the culture of the communities it serves. Tech actually allows us to do that faster, more efficiently. So, we use it as a tool to unify and improve our brand experience-- never as the end goal.*

Q. A BIT OF CHEESE HERE. CAN YOU TELL US WHY YOU THINK &PIZZA IS AWESOME? WHY WITH ALL THE PIZZA CHOICES ARE YOU GUYS TOP OF THE PIE?

A. *It's our culture. Our tribe. They're incredible. We empower them to have a voice in shaping our brand, and encourage them to be themselves, to bring their whole selves to work, and in return, they give us the greatest gift of all, the thing that makes us, us, the thing that no other brand will ever be able to imitate: our swagger. Without our Tribe, we're not where we are today.*

Q. FINALLY, PLEASE SHARE SOMETHING NON-PIZZA RELATED THAT OUR READERS WOULD BE SURPRISED TO FIND OUT YOU.

A. *I used to wear the same black shirt and same vest almost every day. I had about 10 of them. Since I started &pizza, I almost exclusively rep our swag. All &, all day. And now, hundreds of our tribe members have gotten the & logo tattoo.*

LOCATIONS DC // MARYLAND // VIRGINIA // NEW YORK BOSTON // PHILADELPHIA // MIAMI

TECHIES WHO TRAVEL

ROAD EATS

BY SARAH HORTON



When you take a job with travel "perks" you image you will be whisked off to Switzerland or Thailand. In reality, you find yourself waking up in an airport motel to screaming children at the pool and realizing this is not the wellness wonderland you hoped for.

Fear not! You too can make the best and healthiest of your travel menus, no matter where you are. Here are 3 ways to find the most nutrient dense, delish food this side of whatever exit you are at.

Where are we again?

1. Eat Eggs.

Yes, these little beauties are everywhere. Cheap, easy and tasty. A single small egg has only 75 calories but 7 grams of high-quality protein, 5 grams of fat, and 1.6 grams of saturated fat, along with iron, vitamins, minerals, and carotenoids. The egg also rocks of disease-fighting nutrients like lutein and zeaxanthin. Every dinner offers them and if you are counting your fat grams just go with the whites. Lastly, you can even make them in a microwave if you get desperate enough. Just keep an eye on them because you know, they like to explode.

CHEAP, EASY & TASTY

2. Get Lost.

If you're trapped in a town with a handful of people take advantage of your solo-ness. Go on a run without having to dodge traffic, strollers and delivery bikes. You might have a calorie increase if you have less choices so mitigate the damage by burning some energy and keeping the lbs off.

#HEALTHY
#ANYWHERE
#EVERYWHERE

3. Master the Menu.

I don't care where you are. If you can learn to do some menu analysis you can eat really healthy anywhere and everywhere.

First, look for lean proteins and high fiber options. If you can find a place with nutrition labels go there.

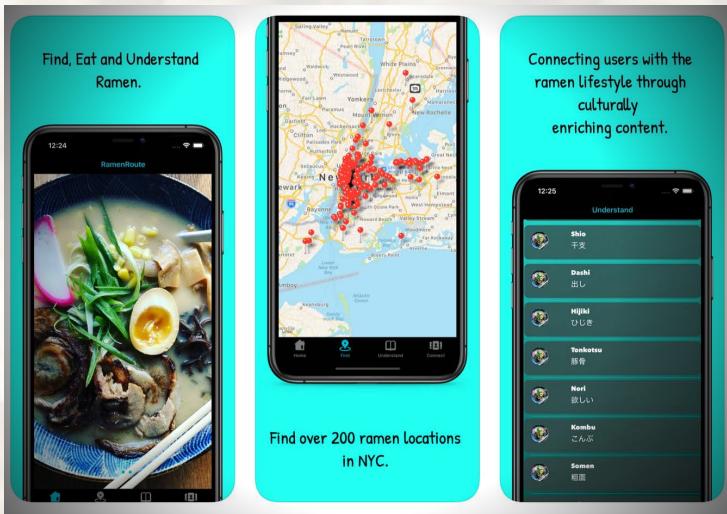
From McDonalds to 7-11 they all have apps and/or websites with nutrient breakdowns. Use them. Stick to as close to 500 calories per meal as you can get.

Last, don't drink yourself to death. Drinks just like food have calories. Stick with low or no sugar beverages and sip toward wellness.

SLURPING SWIFT: EXPERTS, INTERNS & UMAMI



BY TASTY BYTES STAFF WITH GUEST WRITERS
WENDY LIU & CASPAR ZHOU



Ramen is a lifestyle not a meal and no one knows this more than Ramen Route app team. They spent the last season curating a list of "must eats" ramen in a city that understands the noodle, New York. The team is based in Queens at SIMMER, a branch of Tech Incubator at Queens College (TIQC). This tech and food collaboration is uniting students from multidisciplinary fields to create food and health related technologies. Ramen Route was designed to connect users with the Ramen lifestyle through culturally enriching content. This restaurant mapping app also offers relevant ingredient introductions. Not only did they get to slurp up some swift coding as they learned to develop the app they also got to savor the opportunity to interview some of the north east's most prominent ramen connoisseurs. Here is a bit of what we boiled over in their conversations with ramen experts.



Q. If a first time customer comes in and want to know what your noodles taste like, what would you say?

A. (Jan 'Jonjon' Umbao.) "As cheesy as it sounds, I was in heaven. I was like, 'Damn, this is the best bowl of ramen I've ever had', and I've never felt that way with other restaurants, other ramen places."

(Ayumi Hatai) "It's euphoric. You're getting that salt and sweetness. Yeah. Every shift we're tasked to try the broth and make sure that it's euphoric. And if it isn't, we have to figure out why."

Q. You are known for noodles but we heard you might be adding to menu. What should we expect?

A. "Yes, we recently added to our menu. We're kind of going back to the Japanese traditional appetizers. We're actually doing Sushi rolls and adding a Japanese traditional egg omelette to the menu, as well as tempura and premium sliced beef you grill at the table. Some new items are Hamachi Carpaccio, Miyazaki Wagyu Tobanyaki and Salmon Saikyo-Miso Yaki."



Chef Douglas Kim, Jeju Noodle Bar

Q. You have an extensive background in the food industry- what made you decide to create your first restaurant as a noodle based shop?

A. "I had the space for our restaurant before he had a concept. I've worked at various restaurants in NYC, like Chef's Table at Brooklyn Fare, Bouley, Per Se, and more. I've always wanted my first restaurant to be a casual concept with elevated ingredients and food. I thought hard about what I wanted to do, and I realized Korean Ramen or Ramyun, lacked an elevated version. One of the most consumed foods in Korea, was mainly known for its instant noodle version. That's when I decided to take the challenge of creating and re-defining Ramyun our way."

Q. How does it feel to be the first noodle restaurant in the U.S. to achieve Michelin star status?

A. "Words cannot describe how I feel. Upon receiving it, I was in disbelief and it took time for me to realize it was reality."

**Chef Soraya Kaoroptham,
Midnight Ramen, CT**

Q. Is it hard to be a woman chef in the male dominated food industry?

A. "Yes! There are always dogmatism to a male being the ramen chef and stigmatism to a female being the ramen chef. It's all about endurance. My advice to give to other women that wanted to be ramen chef is to endure it with passion."



**Owner Luck Sarabhayavanija,
Ani Ramen, NJ**

Q. Did your background have any influence on your passion for ramen? How did you decide that you wanted to get into Japanese cuisine?

A. "My grandmother was the real influence. I've travelled all over the US and to Japan trying out all different types of Ramen. Till this day I am still just a true fan of the game. I still dine out at other ramen houses all the time because I truly love and have the utmost respect for anyone who had truly perfected their craft."



Fresh Apps



HALLOWEEN RELATED

CANDY CATCHER FUN
4 THE YOUNG AT HEART

A Halloween Handful.
Have a yummy time catching
as much candy as you can!
Simply sweet for iOS.



ZOMBIES, RUN!
4 THE POST TREATING

Zombies, Run! is an ultra-immersive running game and audio adventure, co-created with an award-winning novelist. Scary Awesome for Android



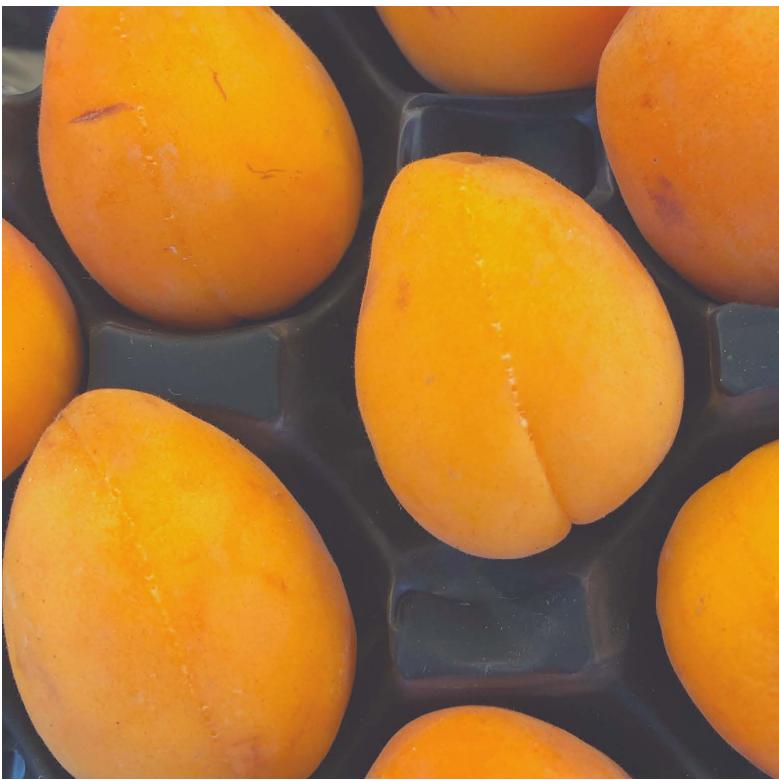
GETTING LESS SLOPPY

BY KATHERINE MACH

Why do we drink alcohol? The answers are as varied as they are complicated. They are personal, historical, and, perhaps most unavoidably, social. Booze is a ubiquitous presence in adult gatherings, as both a social lubricant and quite simply something to do with your hands. But abstaining from alcohol has been around for as long as the stuff itself- that is, basically forever. There are plenty of reasons not to drink, and plenty of people who don't. So why has it always been so hard to find a good, buzz-free drinking experience for adults?

Well, it looks like that is starting to change. Research shows that millennials are drinking less than previous generations did at their age. More health and money-conscious, we've cut down on the booze. But we haven't cut down on the social gastronomic experience. We appreciate flavors of the lychee, at peak apricot and the muscat grape. Millennials eat out way more than any other group, and are much more adventurous eaters and drinkers- we aren't as interested in the local Ruby Tuesday's. And just because we aren't drinking alcohol, that doesn't mean we don't want a complex, refreshing, adult drink.

GETTING LESS SLOPPY



In the past, the world of non-alcoholic drinks has fallen into two essential categories. There are fermented alcoholic beverages that then have the alcohol removed through additional processing, like low and zero-alcohol beers. While previously, these beers were often overly sweet and flat in flavor, the outlook has much improved. These days, you can pick up an alcohol-free IPA with ten different tasting notes and a hoppy flavor that you'll swear includes booze. But the second category of non-alcoholic drinks is a little harder to reckon with; the lime and soda, the super-sweet lemonade, the cloying "mocktail" that is just an expensive combination of juices. If you are a fan of the nuance and balance of bitter, sweet, sour, and herbaceous that a cocktail provides, you've pretty much been out of luck.

With all this in mind, I went to ITV, a Philadelphia cocktail bar that serves something entirely different: Seedlip, a UK-based distillery that uses hundreds-of-years-old recipes to make balanced, botanical spirits that produce the depth of flavor and mouthfeel of a high-quality liquor—with 0 alcohol. They currently produce three blend varieties; I ordered a drink with Garden 108, a blend of hay, peas, thyme, rosemary, and other botanicals. The spirit was accompanied by a combination of arugula, pink peppercorn, lemon, and soda, served in a highball glass. And it was good. It was really good. The bitter and spicy notes of the drink complemented the herbal spirit, and the lemon anchored the drink somewhere between sweet and savory. It was refreshing, easy to sip, and, most importantly, adult. For the first time, I tried a non-alcoholic drink that I would actually call a cocktail.

The drinks were alcohol-free, but they were flowing. Seedlip may be the first to make a non-alcoholic spirit, but I certainly don't see them being the last. As more and more options like it become available, we are sure to see many of us rethinking what it means to go have a drink; I know I am.

BASIC PUMPKIN OATMEAL

Ingredients:

- $\frac{1}{3}$ cup rolled oats
- $\frac{1}{2}$ teaspoon pumpkin pie spice
- 1 tablespoon ground flax
- $\frac{1}{4}$ cup pumpkin puree
- $\frac{1}{4}$ cup liquid egg whites or 1 egg
- 2/3-1 cup water



On the stovetop

1. Bring water to a boil. Lower heat and add the oats, spices, flax, and pumpkin.
2. Cook until liquid is almost fully absorbed.
3. If using, add egg white or egg and stir in vigorously until mixture begins to look fluffy (about 2 minutes). Cover pot and let sit 5 minutes before serving.

To serve, top with your favorite nut butter and a garnish of pumpkin seeds and a drizzle of maple syrup.

INTERN PICK!



Rainforest artesian water; Less plastic, it makes sense
Designed and bottled in Costa Rica, thinking globally, acting locally

rainforestwater.com

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