

HUNGRY ROBOT:
REBOOT

MEET YOUR MEAT:
SUMMER READ

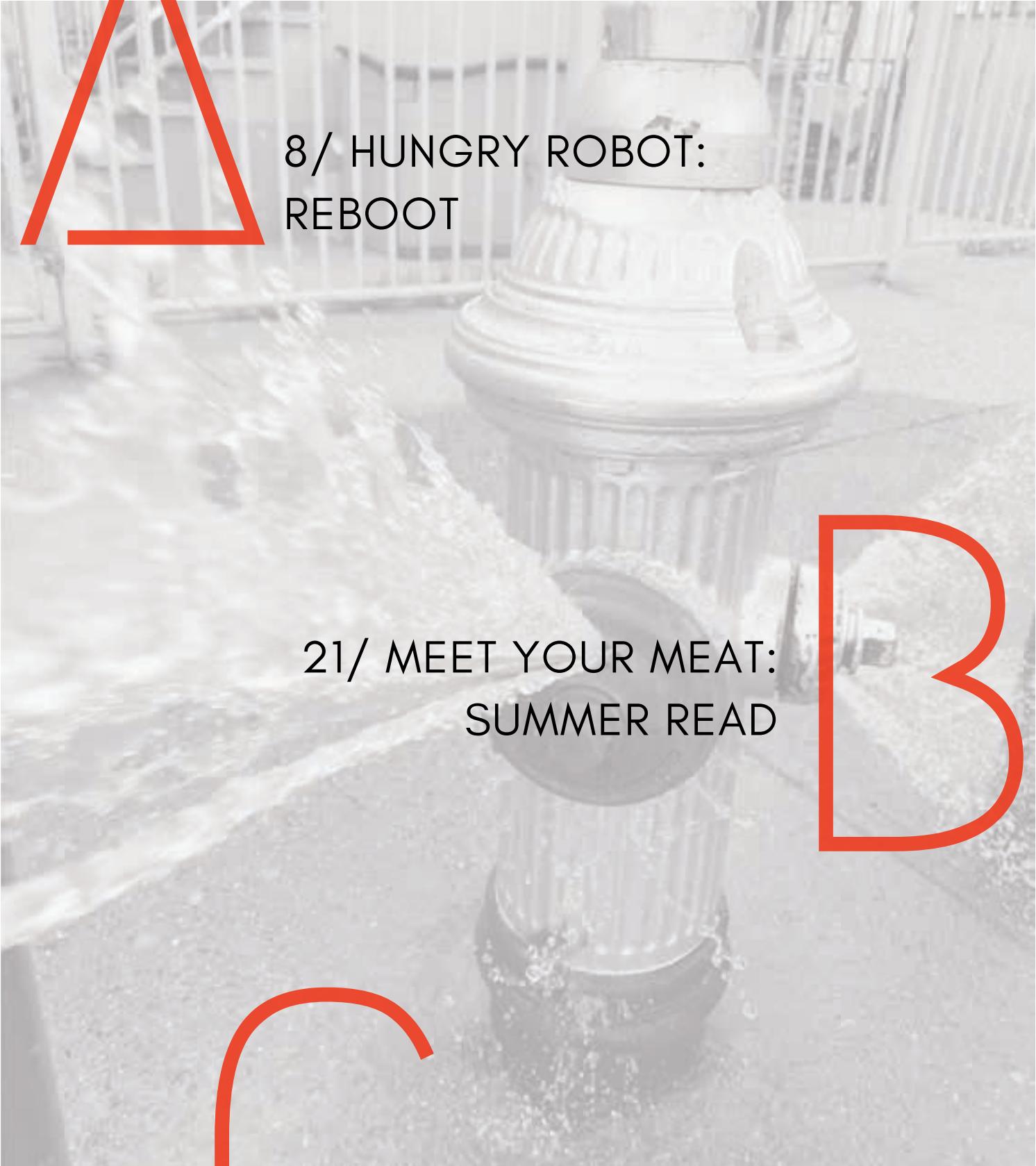
GETTING SMASHED:
LA TOMATINA



TASTY SEXY



Big Bite Summer
Issue!



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REBOOT

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LA TOMATINA

WELCOME SUMMER!

WHO MOVED MY FLAMINGO FLASHDRIVE?





DON'T DELETE THESE COOKIES

DON'T DELETE
THESE COOKIES



LAST CRUMB

Each of Last Crumb's cookies are handmade in Los Angeles using a proprietary three-day dough preparation process, then baked to perfection.

Last Crumb utilizes an exclusive "drop" model inspired by luxury streetwear, releasing cookies on a weekly basis with limited quantities available to purchase for those on their mailing list.

The brand exists at the intersection of a luxury lifestyle and a “treat yourself” mentality – what could be better than that?

The weekly drops often sell out in less than a half hour, sometimes faster.

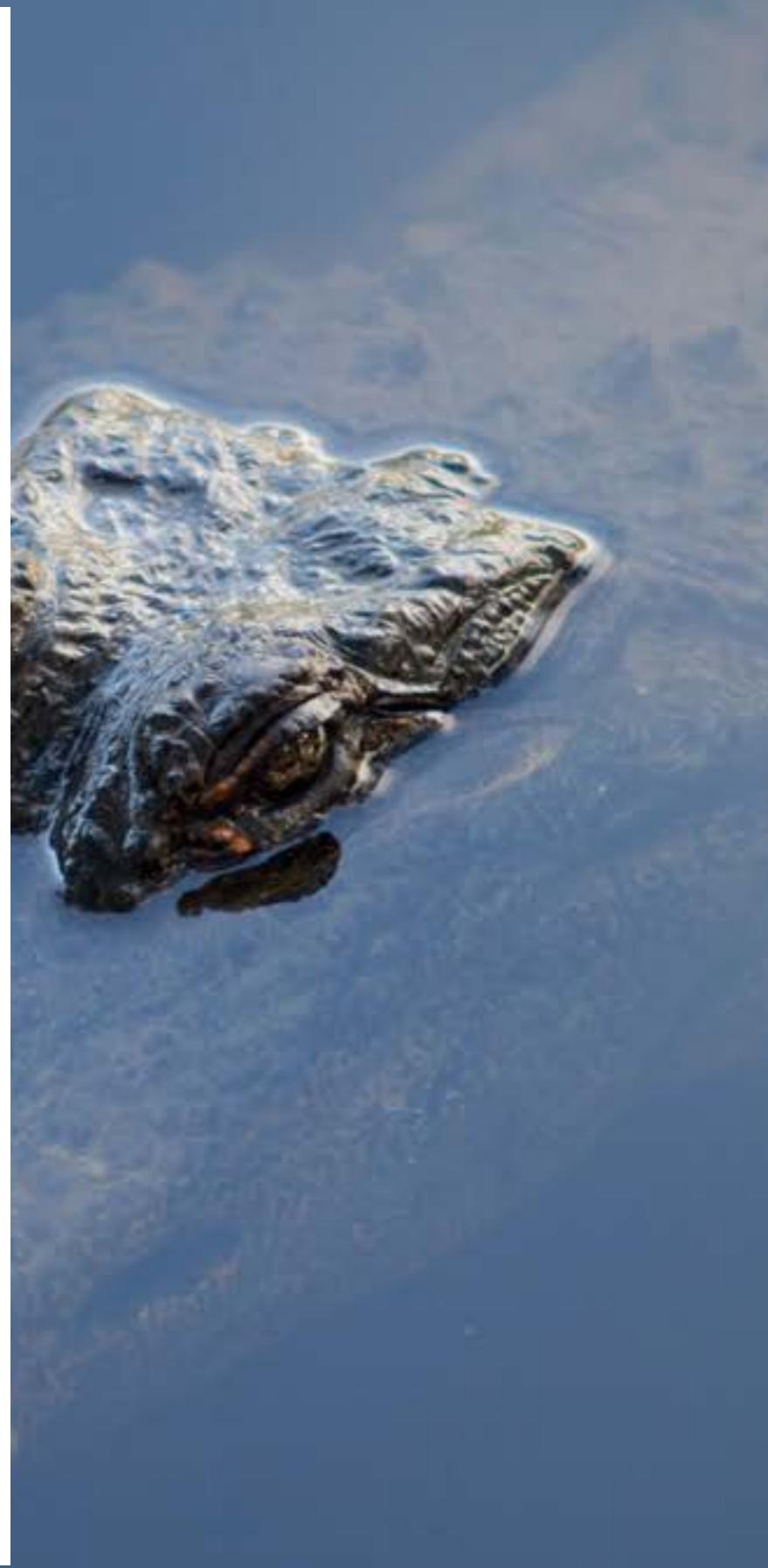
Those who snag a box receive Last Crumb's flagship offering, The Core Collection. The box consists of 12 decadent, tongue-in-cheek flavors like The James Dean (Oreo Milkshake), Netflix & Crunch (Cinnamon Toast Crunch), S'mores Sans Campfire (S'Mores), and Macadamnia (Salted Caramel Macadamia) and Donkey Kong (Banana Cream Pie) among others.



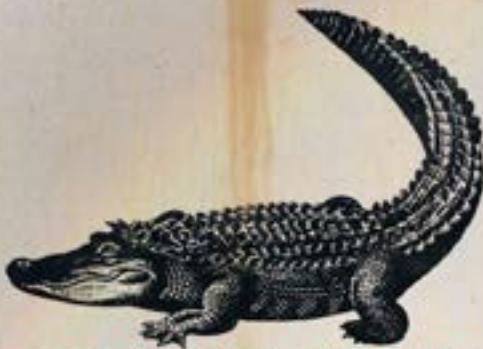
DON'T DELETE
THESE COOKIES

GOING GATOR!

We love trying new things at Tasty Bytes Magazine and one of the products that made its way into the office is alligator tenderloin. This is a cut of meat the runs next to the tailbone and down the tail. We hunted down some nutrition data for this product and found that in a 3 oz serving you have about 235 calories, 4 grams of fat and 46 grams of protein. Not too bad! So, we reached out to Lori Bogedin of TigsCafe in Tunkhannock, PA on how to prepare this beast.



DANGER



DO NOT FEED OR MOLEST

GATORS CANNOT BE TAMED AND FEEDING THEM CAN RESULT IN THEM MISTAKING A HAND FOR A HANDOUT! FLORIDA LAW PROHIBITS THE FEEDING OR MOLESTING OF ALLIGATORS!!

SOUTHERN- STYLE CAJUN GRILLED ALLIGATOR

WHAT MAKES THIS RECIPE THE TASTIEST ALLIGATOR DISH OUT THERE IS THE COMBINATION OF THE SPICY WHITE MEAT WITH THE SWEET AND SOUR SAUCE, WHICH CREATES AN EXPLOSION OF FLAVORS IN YOUR MOUTH. IT'S ALSO VERY HEALTHY, SINCE IT USES VERY LITTLE OIL AND THE MEAT COOKS IN ITS NATURAL FATS.

INGREDIENTS:

- 1 lb. Boneless Alligator Tenderloin
- 2 tbsp Cajun Seasoning
- 1 tsp Garlic Powder

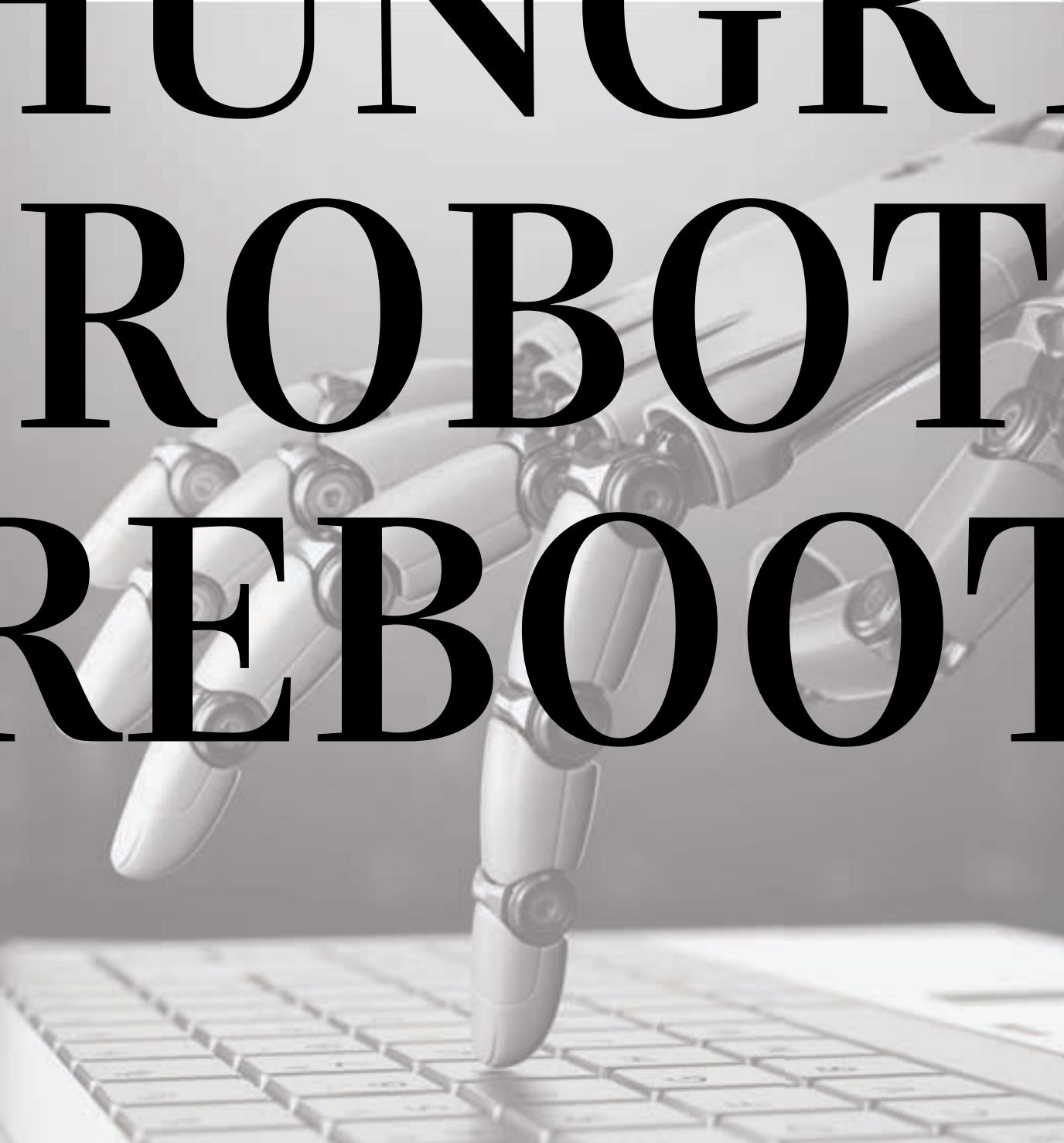
SAUCE:

- 1/2 cup Mayonnaise
- 2 tbsp Ketchup
- 2 tbsp Chili Sauce
- 1 tsp Worcestershire Sauce
- 1 tsp Cajun Seasoning
- 1/4 tsp Kosher Salt
- 1/4 tsp Pepper
- 1/4 tsp Garlic Powder
- 1/4 tsp Onion Powder
- 1 tsp Lemon Juice
- A few dashes of hot sauce

INSTRUCTIONS:

- Rinse the alligator with cold water and pat it dry.
- Mix olive oil, the Cajun seasoning of your choice and garlic powder in a bowl, and rub onto the alligator meat until it is coated evenly.
- Let the meat rest at room temperature for thirty minutes.
- Combine all the ingredients for the sauce in a separate bowl and set aside.
- Light your grill while the meat rests.
- Skewer the meat and grill for five minutes on each side.
- Serve with the sauce.

HUNGRY ROBOT REBOOT



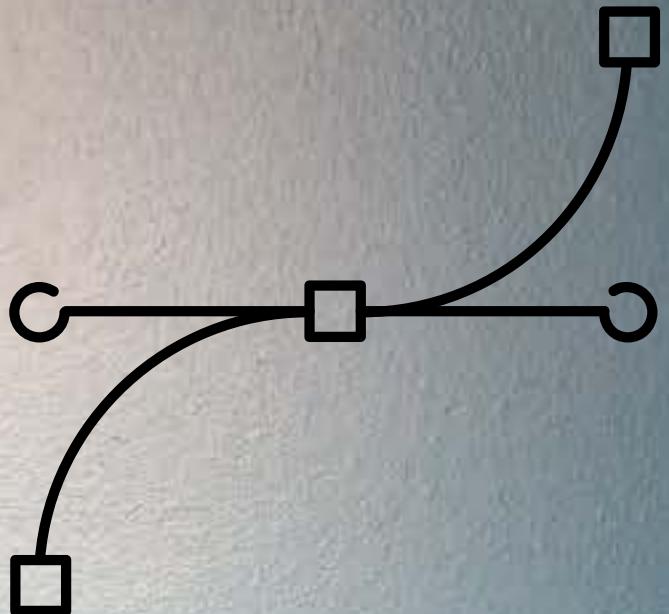
WE'VE BEEN LUCKY OVER THE PAST 4 YEARS TO SPEAK WITH SOME AMAZING ENTREPRENEURS IN THE FOOD AND TECHNOLOGY SPACE. THEY HAVE PROVIDED US WITH DELICIOUS INSPIRATION, MOUTHWATERING STORIES AND FLAVORFUL ADVICE. THESE ARE SOME OF OUR FAVORITE.

Michael Lastoria, CEO &pizza on how technology can play a part in a human focused company.

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.

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.

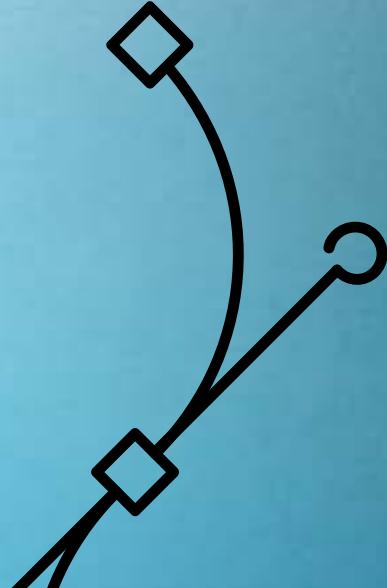


Kobi Regev, CEO Pleese Foods on how technology can be used to solve problems.

What makes Pleese different from most cheese alternatives on the market is that our unique recipe can be scaled up using the same equipment as a modern-day cheese production facility. This means we can rapidly scale using repurposed equipment without having to invest in a new infrastructure.

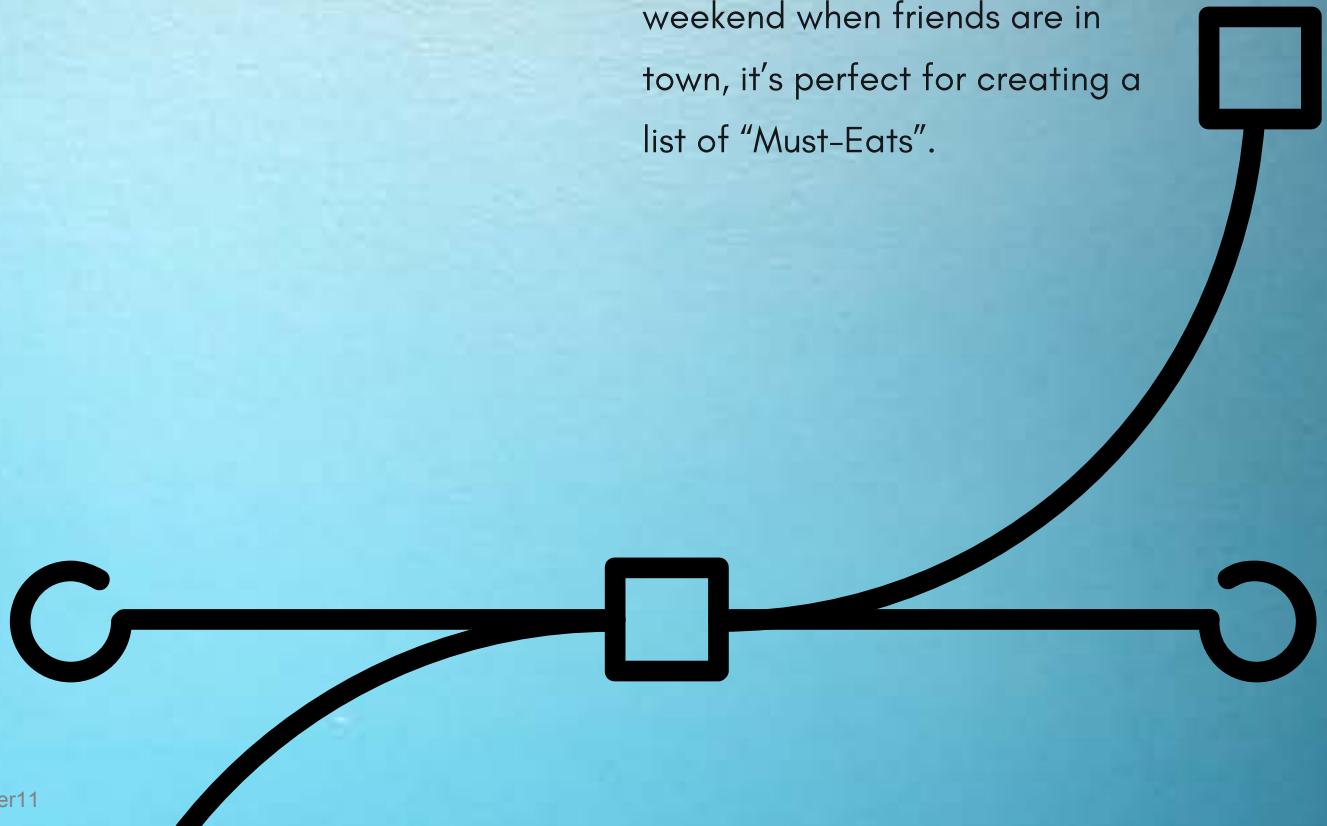
Our amazing R&D team worked tirelessly to get Pleese to both meet our rigid requirement to reach the perfect trifecta of taste, texture and melt, while also being able to be produced at a scale that meets the current US demand.

If you find yourself in the position where you need to take a medication to eat cheese, then Pleese is for you. Pleese is so good that most people can't tell the difference and it's approved by award winning pizza chefs as well as the most critical consumers on the planet, kids from New York City. It takes 10 pounds of milk to produce 1 pound of cheese which releases 30 pounds of CO₂ into the atmosphere. Cheese is the third largest contributor to climate change after beef and lamb. Since we can't completely change the dairy industry overnight, in the meantime to help offset their impact, we are planting a tree in a National Forest for every case of Pleese sold!



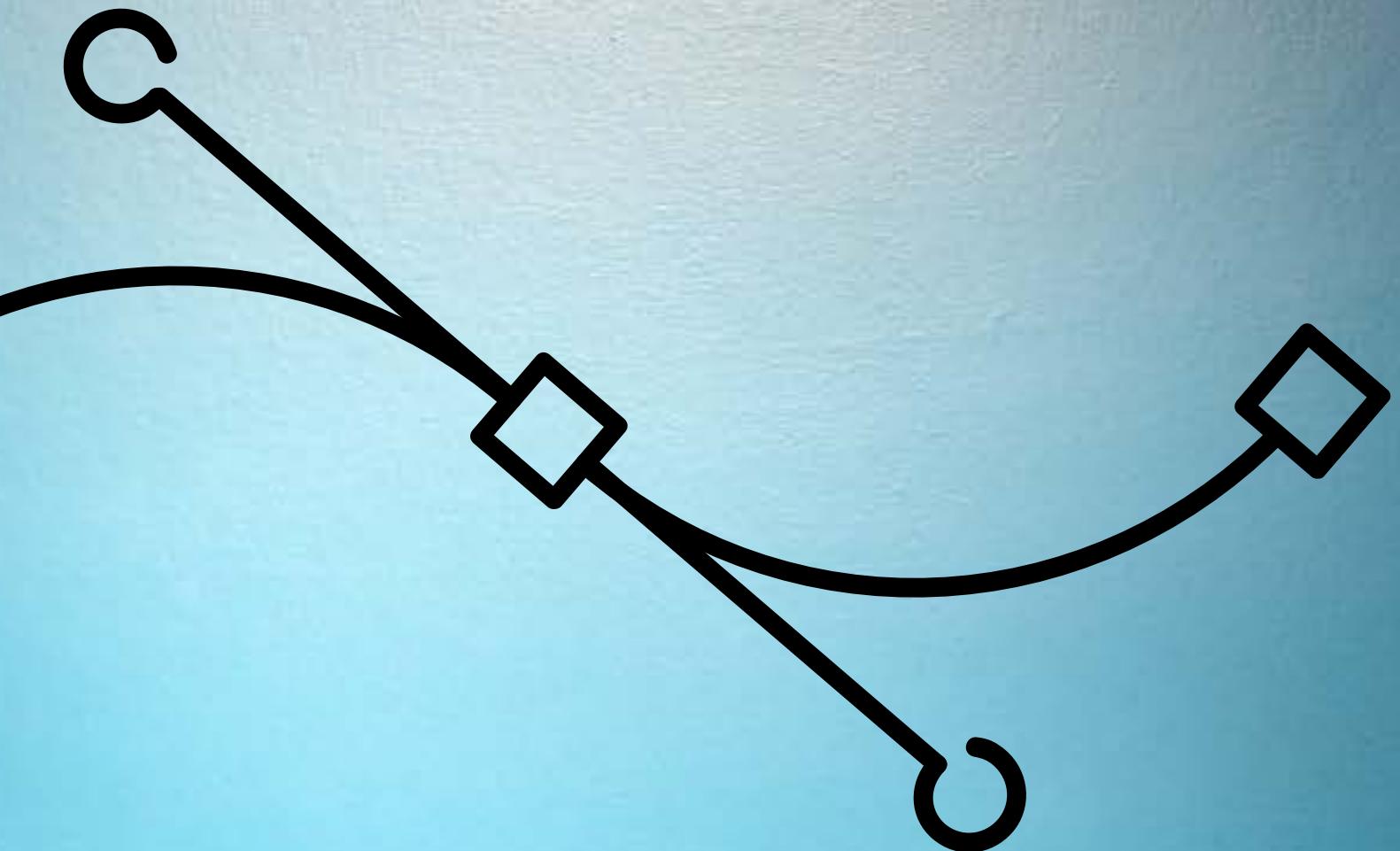
Joe Scalo & Steve Raggiani, Co-Founders of 8IT, on how technology can level the playing field and make things easier for the everyday man/woman.

We've been friends for over 10 years and food has always been something we've connected over. We started to realize that food review culture has gotten a bit out of control and that no one was looking out for the end-consumer (literally). You know that feeling when you're on Netflix looking for something to watch and you just end up scrolling and scrolling and never end up watching anything or something terrible? We've fixed the problem of analysis paralysis through a combination of human & A.I. technology. If you're planning what to eat next weekend when friends are in town, it's perfect for creating a list of "Must-Eats".



Roni Mazumdar, CEO Unapologetic Foods on failure in the tech space.

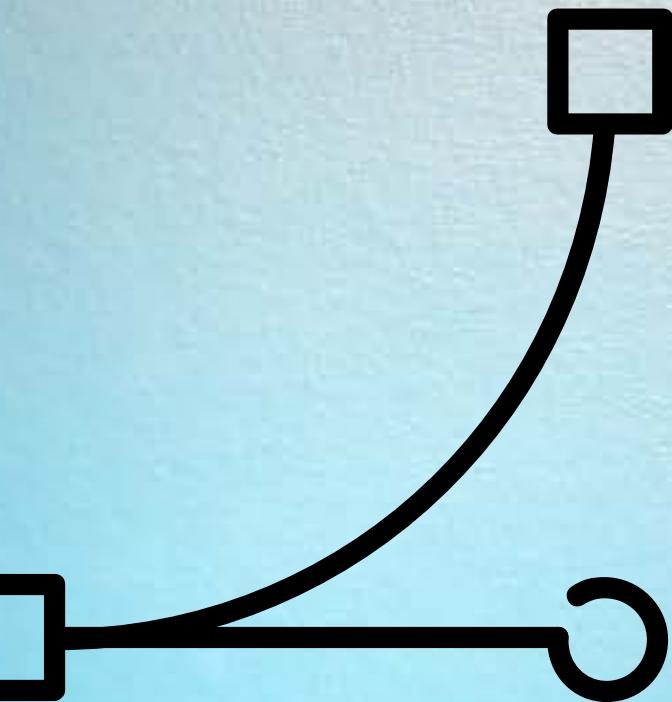
Plain and simple, we were not afraid of failure. We know failure is part of the business and you have to embrace it; keep on failing, keep on failing, keep on failing. And then one fine day something works out. Successes do not go around failure; successes go through failure.



Samantha Skyring

CEO, Oryx Desert

Salt on how technology can take a local product global.



I was at the end of a 7-year rural youth empowerment project, funding was a struggle and I was pregnant, so I was looking for something new. As a native South African I wanted to offer something to our local market, as it wasn't available or accessible to any of us. Since we had this amazing underground salt lake we is fed by 3 underground streams that flow 100 to 300 ft. below the surface through the ancient Dwyka rock strata, renewing and replenishing the underground Salt Lake providing a sustainable source. Now we ship a bit of Africa globally, even to Whole Foods in the USA.

Summer Work From Home Tips



Every season has its challenges but working from home in the summer may be the most difficult season to work. It's warm outside, people are "revenge traveling" whatever that is and work, even though we may enjoy it, it is still work. We reached out to experts for work from home tips that can keep you working all summer long.



BALANCE WORK AND LIFE:

William Taylor, Senior Recruitment Advisor at VelvetJobs

Working from home has taken a toll on some people due to the blurring boundaries between work and life. It is important to designate a separate workspace at home, preferably not inside your bedroom. Having the same area for work and leisure will affect your productivity.

Rachel Kerr, Creative Director at Pinelink Agency

When it's hot outside and you're stuck at your computer working, it can feel really unmotivating. We like to boost our team engagement using tools like Trello. We use Trello to organize the work that needs to be done. The simple drag and drop cards are easy to use and a great way to visualize the work for each month. This can help to keep your work schedule on time and prevent it from bleeding into your leisure time.

Matthew Paxton, Founder of Hypernia

Lean into the summer and try placing your work desk near a window and incorporate some plants into your home office decor. This lets you see and feel some of the season, take advantage of all that natural sunlight, the nice view of the outdoors, and the vibrant green leaves of the indoor plants, and turn it into a source of energy for you. But remember that even though our energy and attention are things that we are constantly tapping into, they're not an unlimited resource.

Charles McMillan, Founder of Stand With Main Street

Start the day off by making a plan for both household duties and unfulfilled work tasks. Give them each the time they deserve. But most importantly tackle the work related tasks you find less enjoyable head-on so you're not tempted to put it off in favor of easier household duties.

FOOD AND SNACKING:

Dimana Markova, Down to Earth Marketing

I aim to stock up on healthy snacks and keep them in my home office desk, like I would do at the office, so even if I'm tempted to snack more often it's providing me energy without a ton of calories. I like to keep a fruit bowl on my desk because it looks nice, smells good and is an easy grab.

Cynthia Halow, Founder of Personality Max

Stock up your freezer -- The first thing you should do before returning to work from home is to stock your freezer with the foodstuff you'll need for the week. Food is one of the most distracting factors when working from home. To avoid this, start your day with a nutritious meal. Eat something that will keep you going until your lunch break before you set up and start working. If you don't do this, you'll become distracted and find yourself taking short breaks to eat.

RIGHT TOOLS FOR THE JOB:

Sydney Addis, Founder of The Inspiration Agency

My biggest tip for working from home over the summer would be the importance of utilizing the best technology available to your industry. For me, I am obsessed with Jarvis, an AI copywriter who frees up endless hours for me and my team. This allows us to spend more time enjoying the sun and less time stuck at home on a computer.

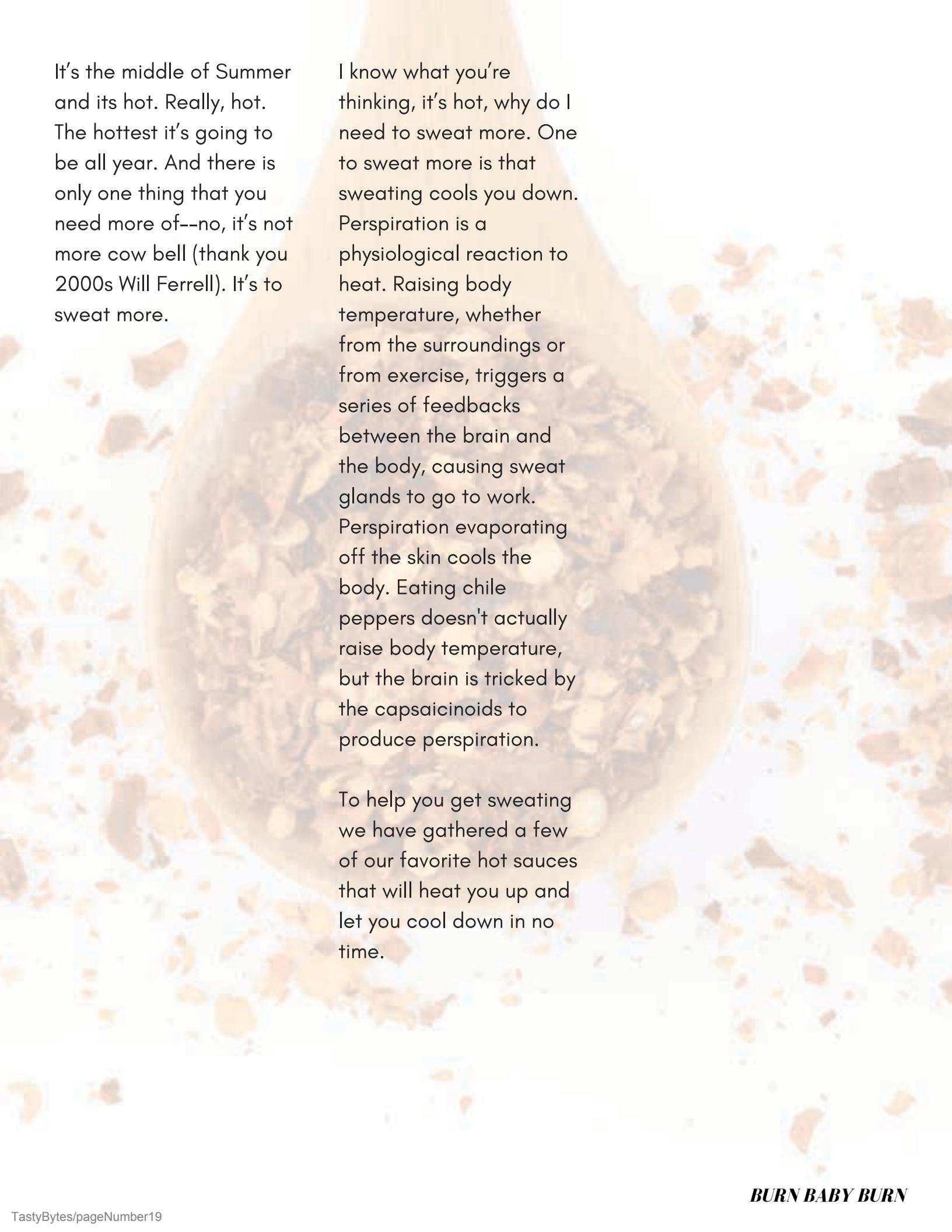
Chad Wyatt, Founder of Remote Jobs

Purchase a Wi-Fi extender. During nice weather, the worst part about working in an office is being stuck indoors and missing out on the summer months. The beauty of working from home allows people to enjoy more freedom of being able to work outside.



BURN BABY BURN: HOT SAUCE MUSTS

BY HILLARY ZHANG



It's the middle of Summer and it's hot. Really, hot. The hottest it's going to be all year. And there is only one thing that you need more of--no, it's not more cow bell (thank you 2000s Will Ferrell). It's to sweat more.

I know what you're thinking, it's hot, why do I need to sweat more. One to sweat more is that sweating cools you down. Perspiration is a physiological reaction to heat. Raising body temperature, whether from the surroundings or from exercise, triggers a series of feedbacks between the brain and the body, causing sweat glands to go to work. Perspiration evaporating off the skin cools the body. Eating chile peppers doesn't actually raise body temperature, but the brain is tricked by the capsaicinoids to produce perspiration.

To help you get sweating we have gathered a few of our favorite hot sauces that will heat you up and let you cool down in no time.



BurnAbility.

A classic hot sauce that is created from peppers grown with love by developmentally disabled New Yorkers of Smile Farms and produced with partner Brooklyn Grange.

Mike's Hot Honey.

With the sweet-heat combo of honey infused with chili peppers this sauce will get you hot but won't have you suffering. It's very versatile and can go on just about anything, especially pizza.

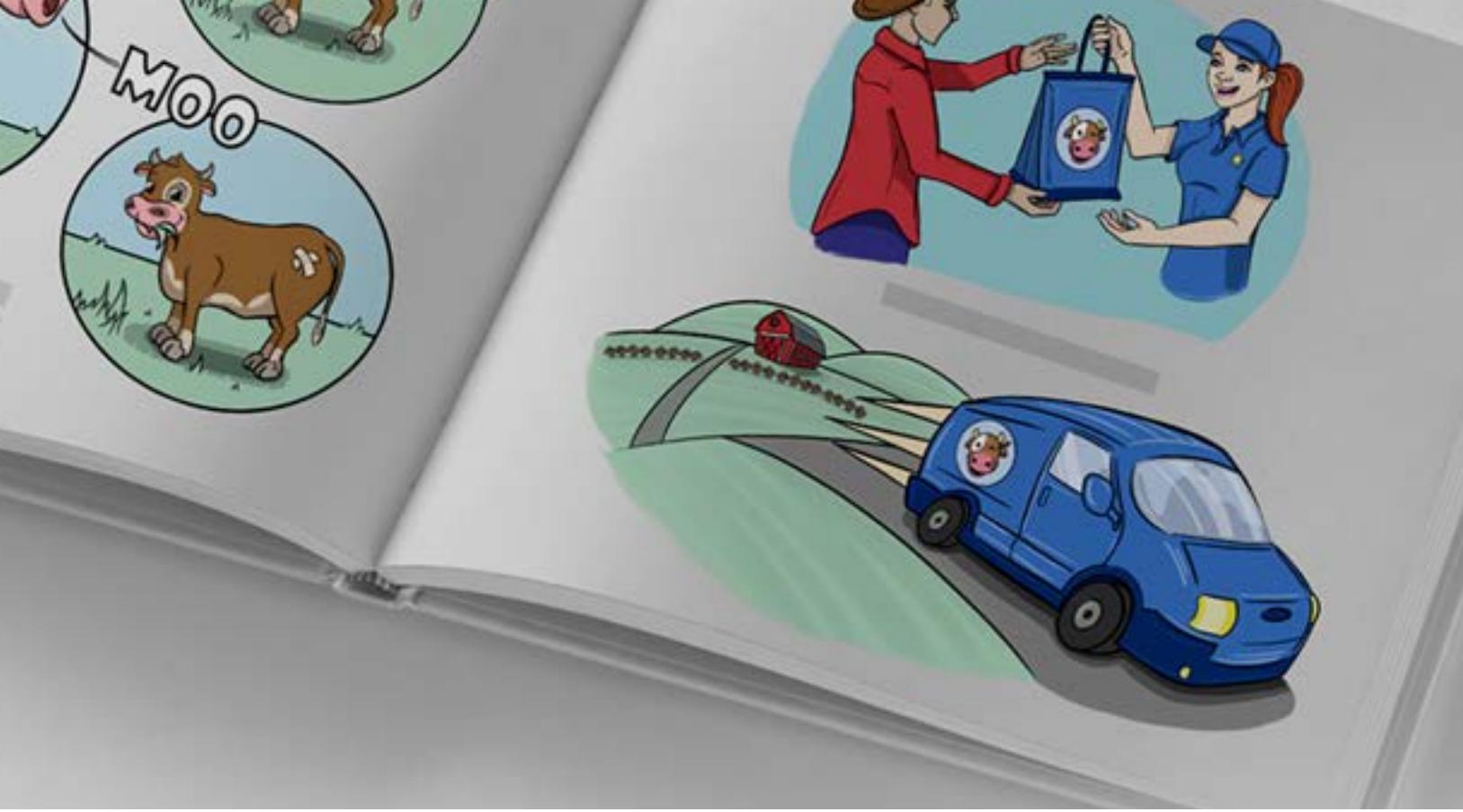
Pain 100%.

This is for those who have been eating hot sauce straight since birth and scoff at having a sauce make them sweat. It has garlic and habanero flavorings, but Grill Guru Julia Bobak recommends mixing it with another sauce to avoid unnecessary hospital bills.



Meet your Meat

BY SCOTT KEATLEY, MPPD RD CDN



We've done several articles over the years at Tasty Bytes Magazine that focus on the new and upcoming trends in food and technology. None has interested me so much as the drive to decrease reliance on traditional animal products. There is a ton of controversy around the subject related to climate change, animal welfare, nutrition and the livelihood of farmers and their farmhands but more than that there is a general misunderstanding about what "alternative meat" even is.

For some people when they hear alternative meat, they think of frozen bean burgers or meat made from plant sources or even something like almond milk. But cultured meat seems to blur the lines because it is, at a cellular level, meat but it doesn't come from an animal. So, we had to speak with Alex Shirazi who is developing a book called "Where do Hot Dogs Come From?"



**Q. CAN YOU TELL OUR
READERS WHO YOU (AND
YOUR TEAM) ARE?**



A. My name is Alex Shirazi, I have a software design background and have always been in Tech. Back in 2015 I started working with Gabriel Gonzalez on a few VR apps in which he was the illustrator and 3D modeler. Anita has a background related to muscle-tissue research. Fast forward a couple years and Anita, Myself, and a few others start deeply looking into the cell-cultured meat space. We soon started learning that the technology would most likely see the light of day in 10–15 years. This is when Anita and I called Gabriel about an idea for a children's book.

Q. YOU'RE A SCIENCE AND TECHNOLOGY GUY (WHICH WE LOVE) BUT YOU'RE ALSO INTERESTED IN FOOD AND FOOD TECHNOLOGY. WHAT GOT YOU INTO THIS AREA OF TECH?

A. The vision for our team getting into cultured meat came directly from Anita. Anita, who has been a long time vegan, brought this concept to a thinktank / workshop we were hosting. The entire team (which eventually became the founding team of the Cultured Meat Symposium) was extremely excited about cell-cultured meat. We left the meeting thinking about ways to integrate in this tiny little industry. We started by creating a podcast on the topic.

This children's book project is not directly associated with the Cultured Meat Symposium.

Q. SO, TELL US ABOUT THE BOOK YOU ARE CREATING.

A. When we started learning that most of the researchers in the field were hopeful that cultured meat technology would be available in the next 10-15 years, we thought about who would be making food decisions in the next 10-15 years. By showcasing the technology of cellular agriculture to the youth, we want to inspire a new era of STEM focused food technologists.

The book, entitled Where do hot dogs come from? is a children's book about cellular agriculture, is meant to educate the reader about cellular agriculture but also be a bit of a shocker. We often hear 'why would you tell kids where hot dogs come from? they wouldn't eat them if they knew?'. We wanted to drive home the fact that the future of meat does not have to be an ugly truth that we hide. With science and technology, the truth about where our meat comes from can be something we are proud of.

Cont. The book's title is also a nod to the saying "How the sausage is made", which refers to the bureaucratic process in general. There is pressure on the cellular agriculture industry from regulators, NGOs, and the meat industry and everyone is trying to define the cellular agriculture field in their own way. We believe it is up to the future generation to decide whether cellular agriculture will really be the future of food.

I can imagine that advocates in the field will not like the idea that we are showing a science lab in the book since this could potentially hinder consumer acceptance. But why hide the truth about the R&D lab? All novel foods start off in an R&D lab. Hiding the R&D lab is no better than hiding the slaughterhouse.



Q. THIS PROJECT SOUNDS VERY FUN AND ENTERTAINING!

A. We wanted to give a lens into a Willy Wonka like future where producing meat without the animal could actually be a reality. We were really excited to be working with Gabriel Gonzalez because we knew that he could bring our vision of this exciting future to life. He's done that through studying scientific equipment which is referenced in the book as well as giving our characters, even the cows, a fun personality.

We've profiled industry leaders in the book, not directly in the story but more of an appendix highlighting researchers, entrepreneurs, and investors in the space. We hope that when children see these researchers and entrepreneurs they can aspire to get involved in the field.

Q. IS ANYTHING ELSE THAT OUR READERS SHOULD KNOW?

A. The cellular agriculture industry is a thriving new field that is very open and welcoming. If anyone is interested in getting involved, I would highly suggest learning more about it through New Harvest, who has been active in this field since 2004.





COOL PRODUCTS FOR COOL DAYS INTERN PICK!

SPYRATWO
SPYRA.COM

This is the water gun you never knew you needed since the day you were born!

This is the water gun that will leave your friends wondering what just hit them.



DRINKIN DOWNLOW INTERN PICK!

SKINNY CAN INSULATOR

grandfusionhousewares.com



With more and more beverages coming out in skinny cans, old-fashioned koozies are just too big for the job. The Skinny Can Insulator is designed specifically for slim cans, will keep drinks cold for hours.

QUESTIONS ABOUT WATERMELONS FINALLY ANSWERED

A close-up photograph of several watermelons. In the center, a large slice of watermelon is placed on top of two whole, striped watermelons. The slice shows its red flesh with dark, vertical seeds. The background is blurred, showing more of the same watermelons.

BEST SUMMER SNACK FOR CODERS



We got a ton of questions related to watermelons over the past few months and since it is prime watermelon season we had to test out and answer some of your questions. But of course, we're not necessarily experts in all things watermelon so we asked some experts to help us out.

Q. What is a watermelon?

A. Watermelon is a zero fat, nutrient packed, low calorie Cucurbitaceae. The watermelon is closely related to cucumbers, squash and pumpkin. It is the true summer squash.

- Bethany Ramsey, Food Preservation Scientist

How many rubber bands does it take to explode a watermelon?

Every watermelon is different, but it is about 400 rubber bands. Around 100 rubber bands there start to be tears in the rind and if left long enough will split the watermelon in half. But the most amazing thing out there is the naturally exploding watermelon. There is an explosive rind gene in some heirloom varieties that cause them to blow up randomly.

- Claude Sherman, Fluid Dynamicist

Q. How do I make watermelon alcohol?

A. The short answer is you don't.

Watermelons do ferment, just like other fruit, but making wine or hard alcohol out of them is a long and involved process. Not to mention that if you don't prepare the alcohol properly you can harm yourself or even go blind. Also, that thing where you pour vodka into a watermelon is horrible. The melon is already saturated with liquid and the booze will not displace it—you're just slurping down chilled vodka and old fruit.

– Pam Love, Food Preservation Scientist

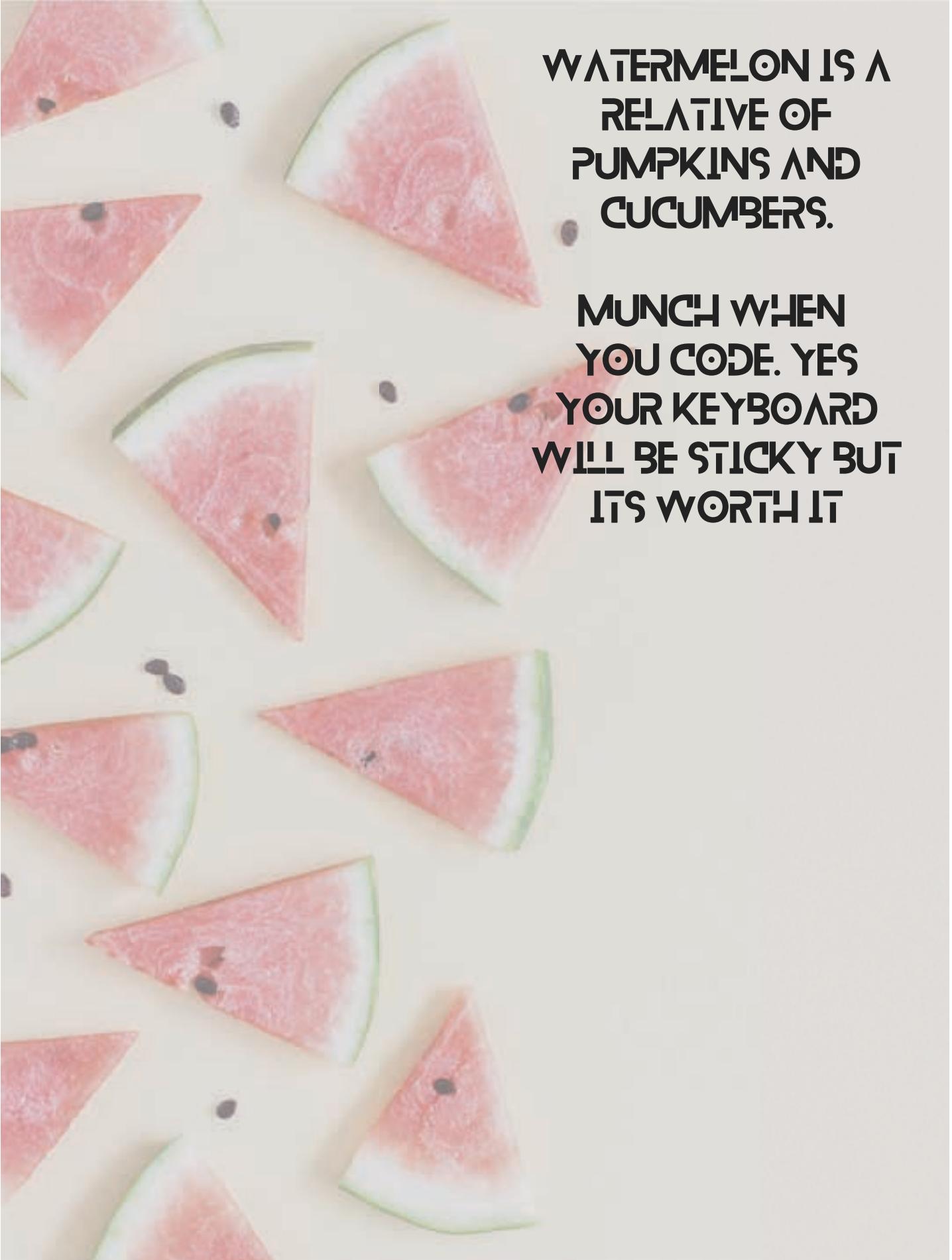
Q. Are there any good recipes for watermelon? I've always got a ton leftover!

A. Yes! Try some grilled watermelon salad on a hot day.

The key is to grill the watermelon, so take what you've got left over (hopefully seedless) and cut the watermelon into 1-inch slices. Sprinkle a little bit of salt and sugar on each side. Pump up your grill to 450-500F and place the watermelon on oiled grates, uncovered for about 3 minutes per side.

Serve it over lettuce with a vinaigrette. The taste is amazing and it's very different than your standard picnic cold watermelon.

– Terence Cain, Sous Chef



**WATERMELON IS A
RELATIVE OF
PUMPKINS AND
CUCUMBERS.**

**MUNCH WHEN
YOU CODE. YES
YOUR KEYBOARD
WILL BE STICKY BUT
IT'S WORTH IT**

Q. Watermelons come in all sizes and shapes, but do you guys know where they came from?

A. Watermelons come in all sizes and shapes, but do you guys know where they came from?

No one knows for sure where the first watermelon came from, but we do know that they have been consumed by people for over 4,000 years. They first appear in Egypt and may be the great-great-great grandson of the gurum—a bitter melon plant that still grows wild near the Nile.

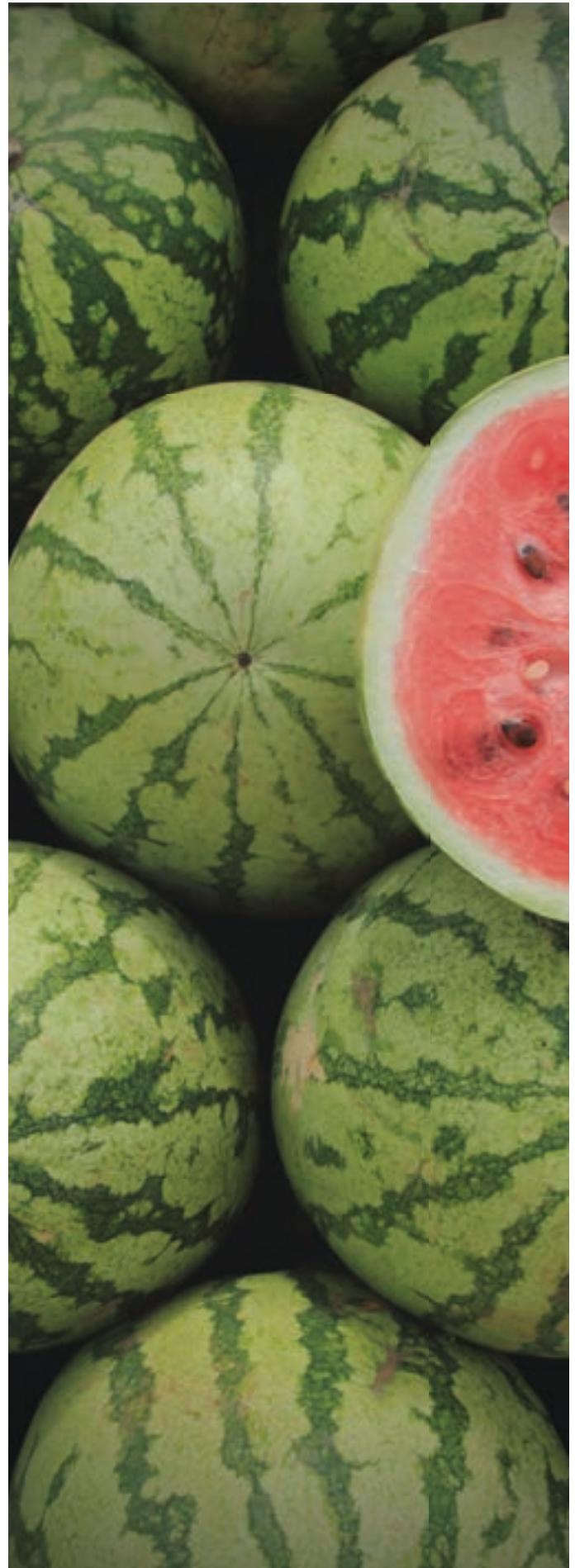
Most likely they selectively breaded them for sweetness, but their most important trait is that they can stay ripe/good for weeks—perfect for long journeys.

— Jeanette Parsons, Seed Analyst

What is the most interesting thing you can do with a watermelon?

This one is easy and PG. Slice it up, put honey-mustard on it and film yourself eating it for the TikTok Challenge.

— Katrina McDonald, Blogger



UNPLUGGED GLOBAL GRUB: GETTING SMASHED AT LA TOMATINA

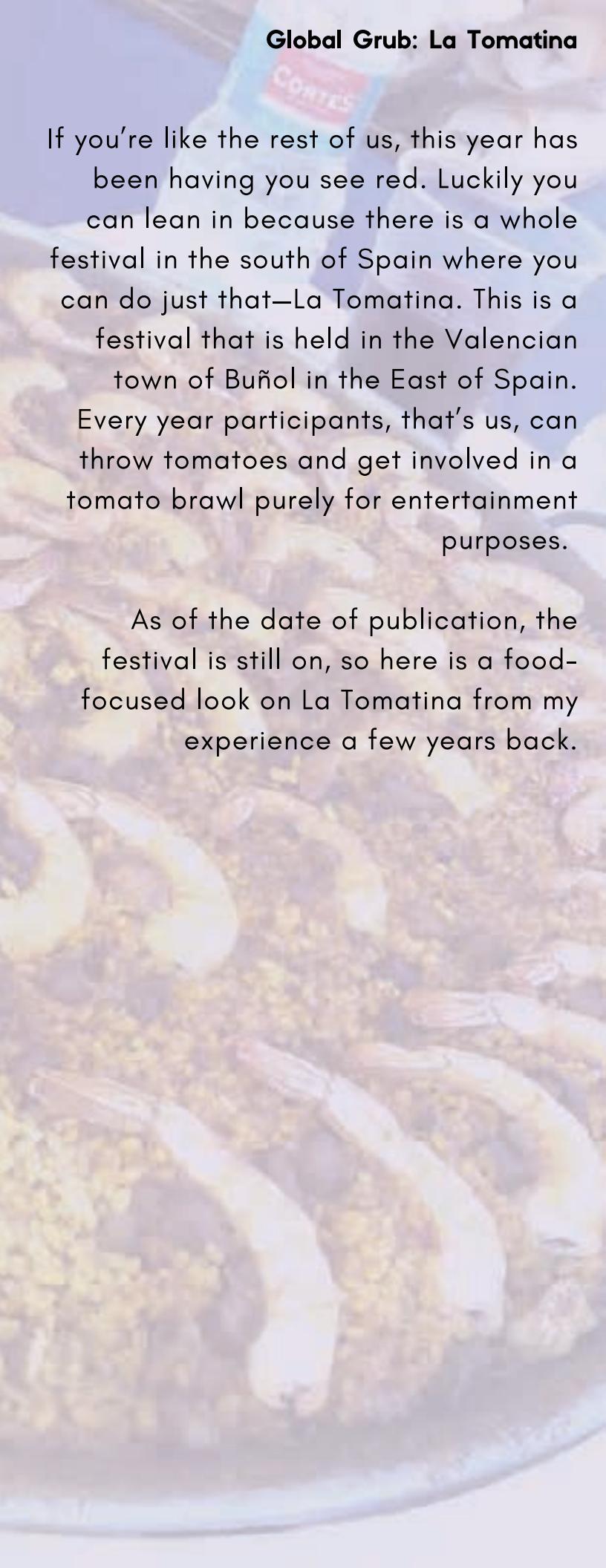
By Gina Keatley

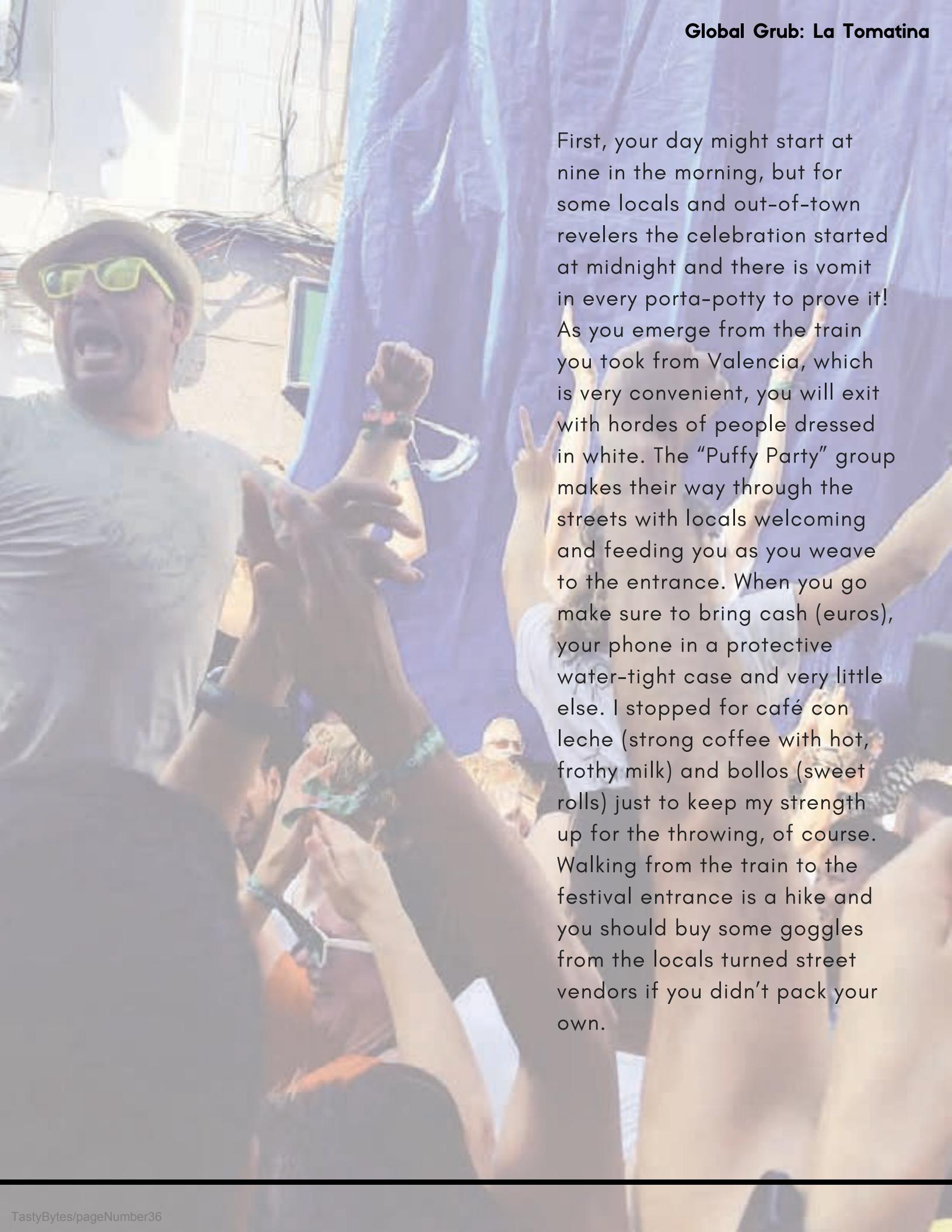




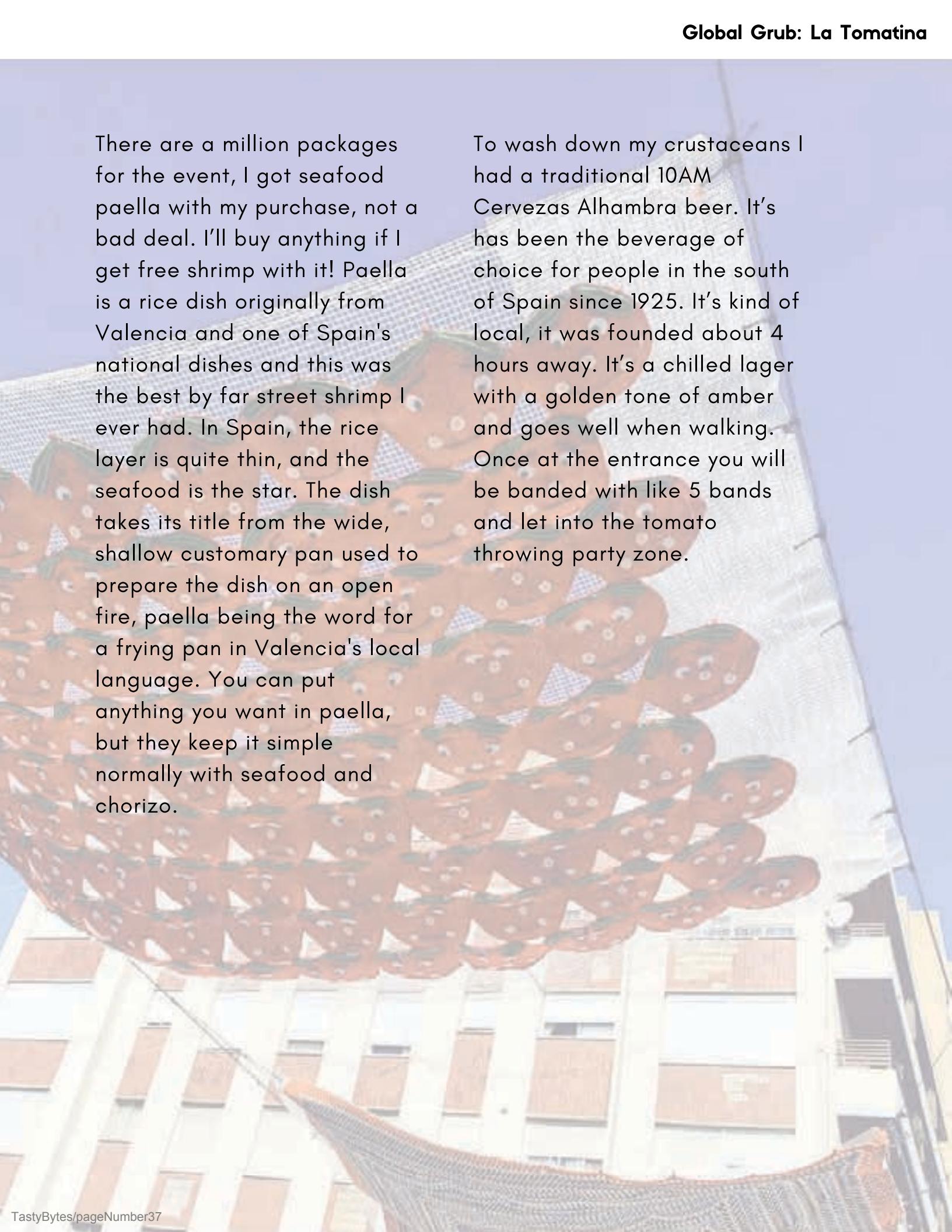
If you're like the rest of us, this year has been having you see red. Luckily you can lean in because there is a whole festival in the south of Spain where you can do just that—La Tomatina. This is a festival that is held in the Valencian town of Buñol in the East of Spain. Every year participants, that's us, can throw tomatoes and get involved in a tomato brawl purely for entertainment purposes.

As of the date of publication, the festival is still on, so here is a food-focused look on La Tomatina from my experience a few years back.





First, your day might start at nine in the morning, but for some locals and out-of-town revelers the celebration started at midnight and there is vomit in every porta-potty to prove it! As you emerge from the train you took from Valencia, which is very convenient, you will exit with hordes of people dressed in white. The “Puffy Party” group makes their way through the streets with locals welcoming and feeding you as you weave to the entrance. When you go make sure to bring cash (euros), your phone in a protective water-tight case and very little else. I stopped for café con leche (strong coffee with hot, frothy milk) and bollos (sweet rolls) just to keep my strength up for the throwing, of course. Walking from the train to the festival entrance is a hike and you should buy some goggles from the locals turned street vendors if you didn’t pack your own.

A large, colorful mural of an octopus is painted on the side of a multi-story building. The octopus is brown with white spots and tentacles reaching down towards the bottom of the frame. The building has white walls and red-tiled roofs. In the background, there are more buildings under a clear blue sky.

There are a million packages for the event, I got seafood paella with my purchase, not a bad deal. I'll buy anything if I get free shrimp with it! Paella is a rice dish originally from Valencia and one of Spain's national dishes and this was the best by far street shrimp I ever had. In Spain, the rice layer is quite thin, and the seafood is the star. The dish takes its title from the wide, shallow customary pan used to prepare the dish on an open fire, paella being the word for a frying pan in Valencia's local language. You can put anything you want in paella, but they keep it simple normally with seafood and chorizo.

To wash down my crustaceans I had a traditional 10AM Cervezas Alhambra beer. It's has been the beverage of choice for people in the south of Spain since 1925. It's kind of local, it was founded about 4 hours away. It's a chilled lager with a golden tone of amber and goes well when walking. Once at the entrance you will be banded with like 5 bands and let into the tomato throwing party zone.



Arriving at the entrance, I gave myself a check over. Goggles, check. Closed-toe shoes that I do not mind throwing away afterwards. Check. I felt prepared to become gazpacho and went in. Once in the zone there is a million pounds of anticipation because you can see tomatoes, but the festival does not start until one fearless person has ascended to the top of a two-story high, greased-up palojabon (wooden pole) and reached the coveted ham at the top. Once he or she has the meat, it's on! Crowds part way for the train of tomato trucks and the space is tight, really tight, like so tight I know how many PSI when into the truck tires, so be ready to get squeezed. When the trucks roll by, they release the tomatoes! They toss, drop and splatter them. Your job is to grab, smush and throw. Smush being the important word. If you toss them whole it goes from a festival to a beating, and no one wants that.

From being in the pit I will say it's very frenzied so keep an eye on your friends and have fun. Usually, the fight persists for about 45 minutes, after which the town is covered with tomato wreckage. Keep in mind these tomatoes are very low quality and not normally used for consumption, so we don't have to feel wasteful. Throwers exit the main streets to bars and restaurants lining the exits. Music blasts as town mothers spray off participants and their freshly cleaned marble stairs. After getting soaked I stopped for drinks and meats and sweets. I enjoyed some classic tapas including morro frito, known as pork bark, which is fried pork snout, hair included. These bites have a crunchy outside, a rich flavor with a juicy center. Pork is such a big element in Spanish cuisine and no other country does head to tail as well. There were also fresh churros being made and I grabbed a few with some delicious chocolate sauce.

Dipping and nibbling covered head to toe in tomato surrounded by thirty thousand other foodies was a great way to cap off the savory season of summer.



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