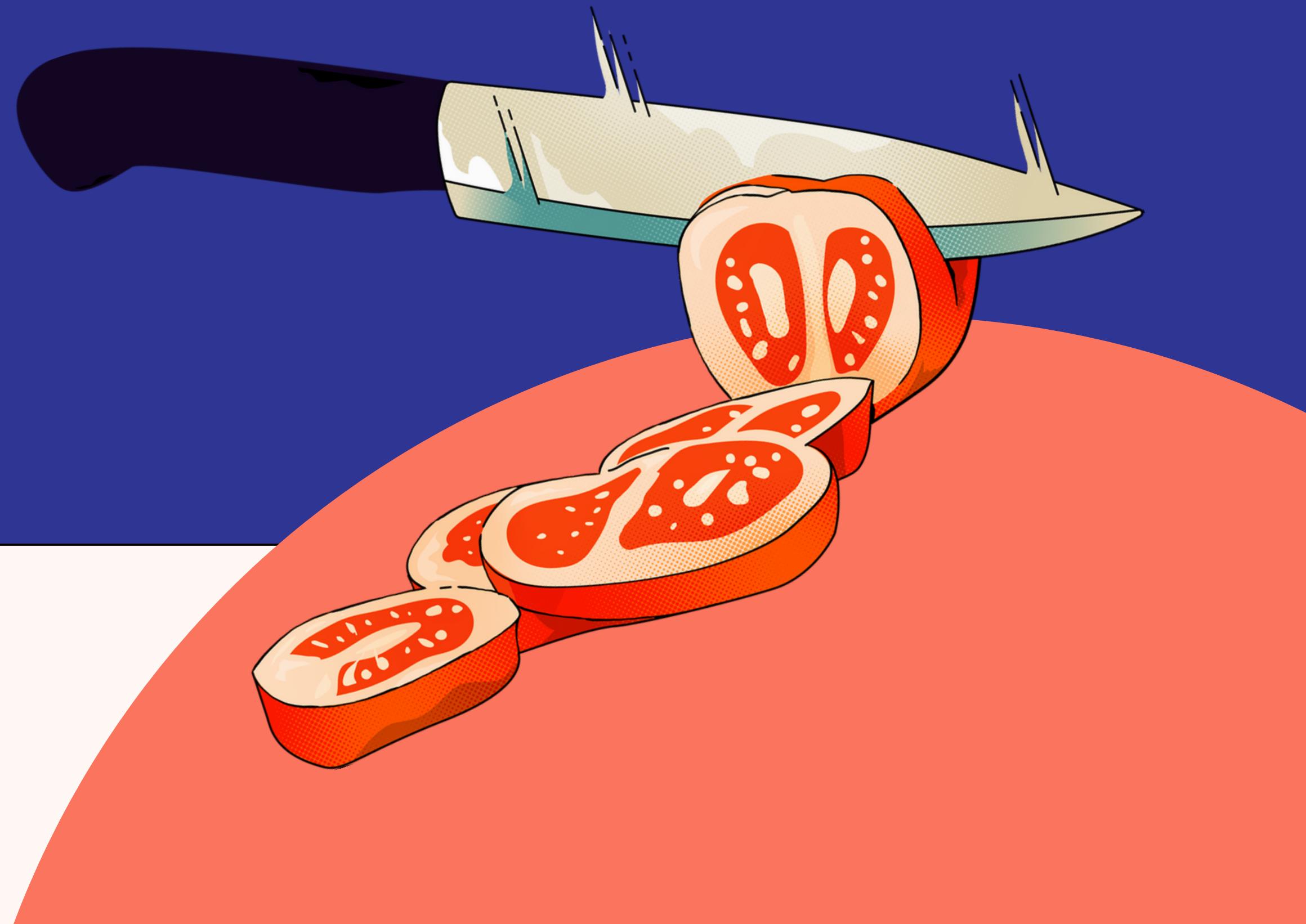


DOING FOOD BETTER

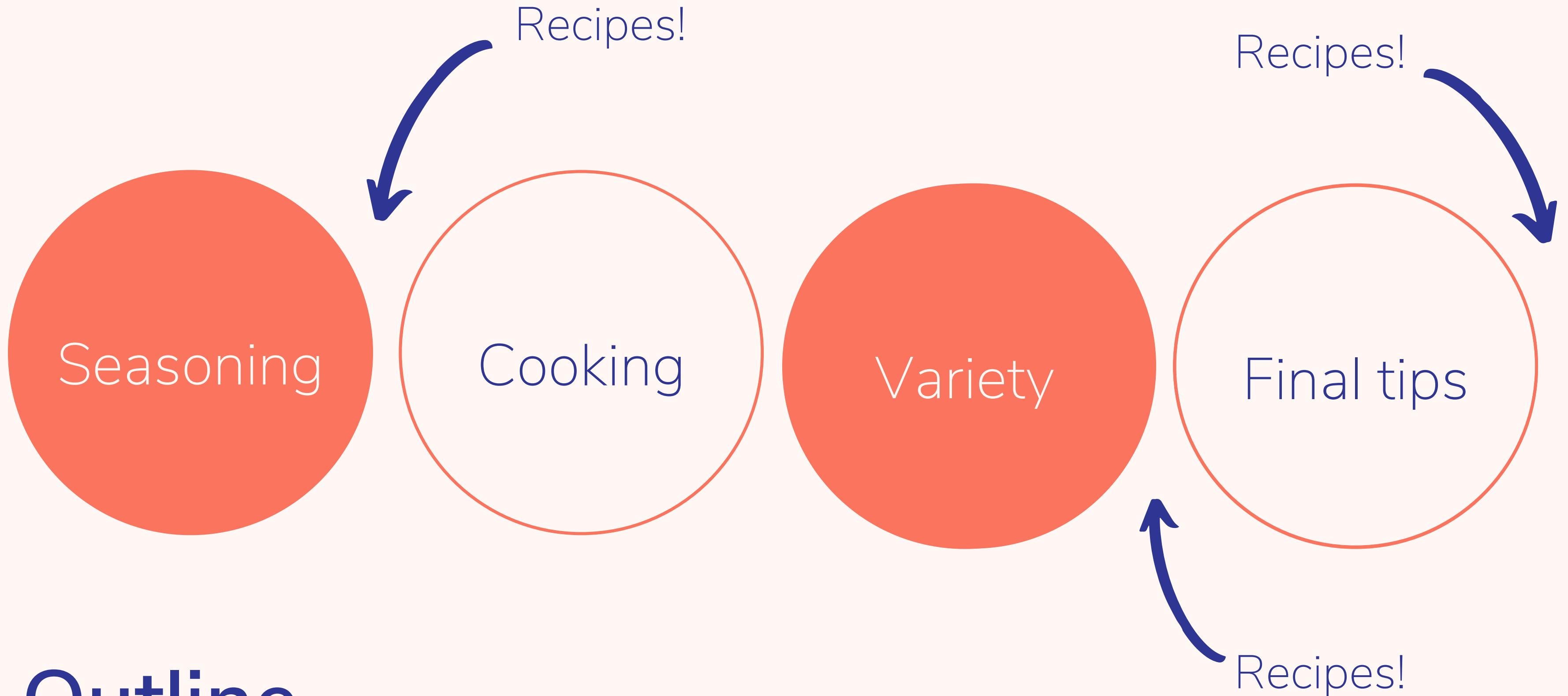


To use a food analogy - EAs are very often like people examining tens of thousands of obscure recipes, trying to identify the optimal, perfect dish. Something like beluga caviar over the world's most expensive wagyu cooked by a Michelin chef. Normal people just select a food and cook it and eat it - here's some mac and cheese from a box, yum. Rather than trying to recruit more weirdos in the search for the ultra-perfect dish, there should be more focus on giving normal people tips to improve their mac and cheese. That would do more to increase the average culinary level of the population (and I'd expect any successful mass appeal strategy to recruit more weirdos than a weirdo-recruiting strategy would anyways).



<https://forum.effectivealtruism.org/posts/ZfXrdzG2SpEanFnfs/ama-jeremiah-johnson-director-founder-of-the-neoliberal?commentId=sw8CybNkJ4jKPHFDW>

Outline



Seasoning

1. Olive oil is your friend. Use liberally!
2. Season as you cook, not after.
3. Bloom spices beforehand.
4. Marinate.



Sesame soba noodles



Mie goreng (fried
noodles).



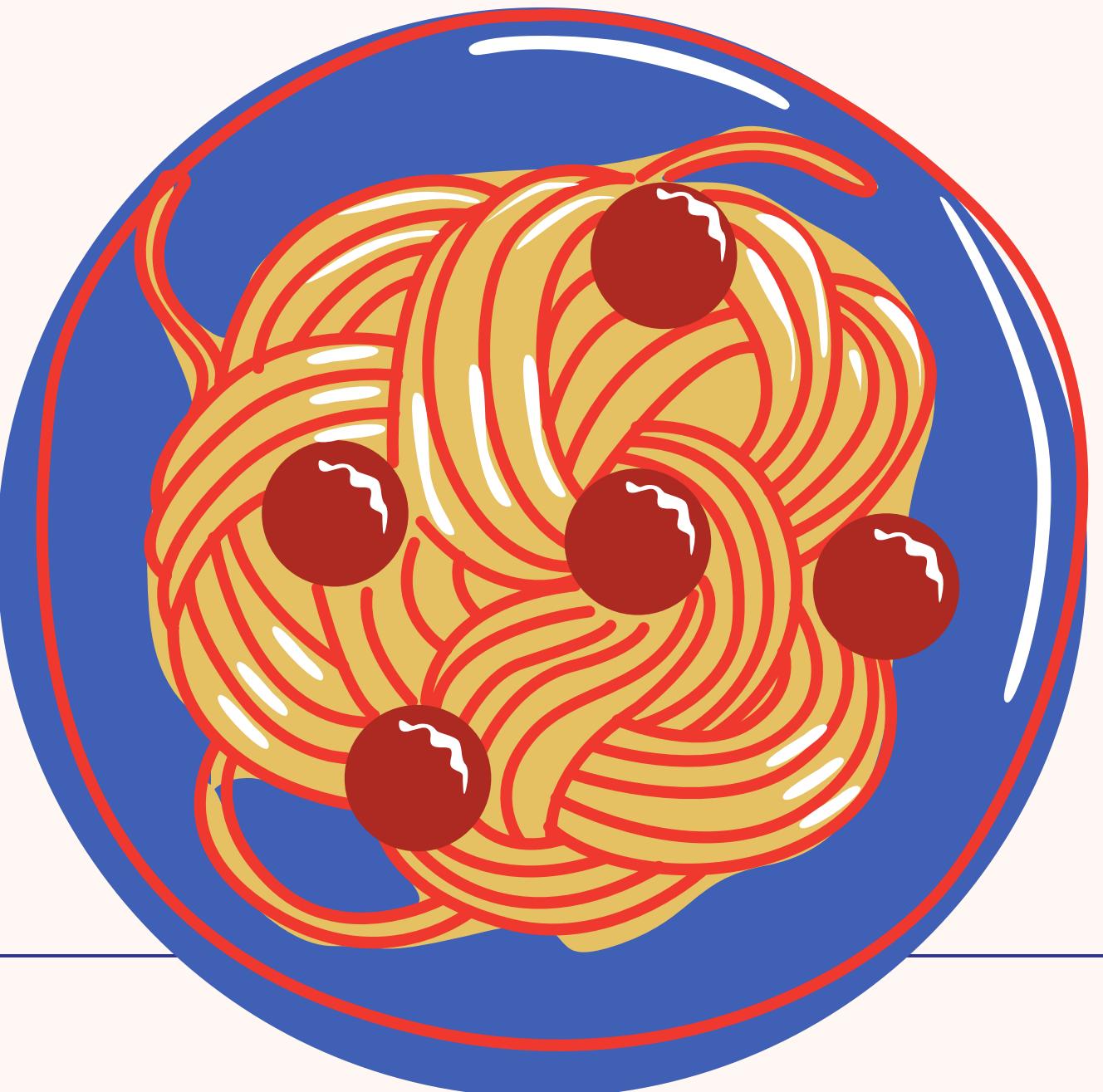
Garlic and burst cherry.
tomato pasta with basil



+ these different tofu marinades

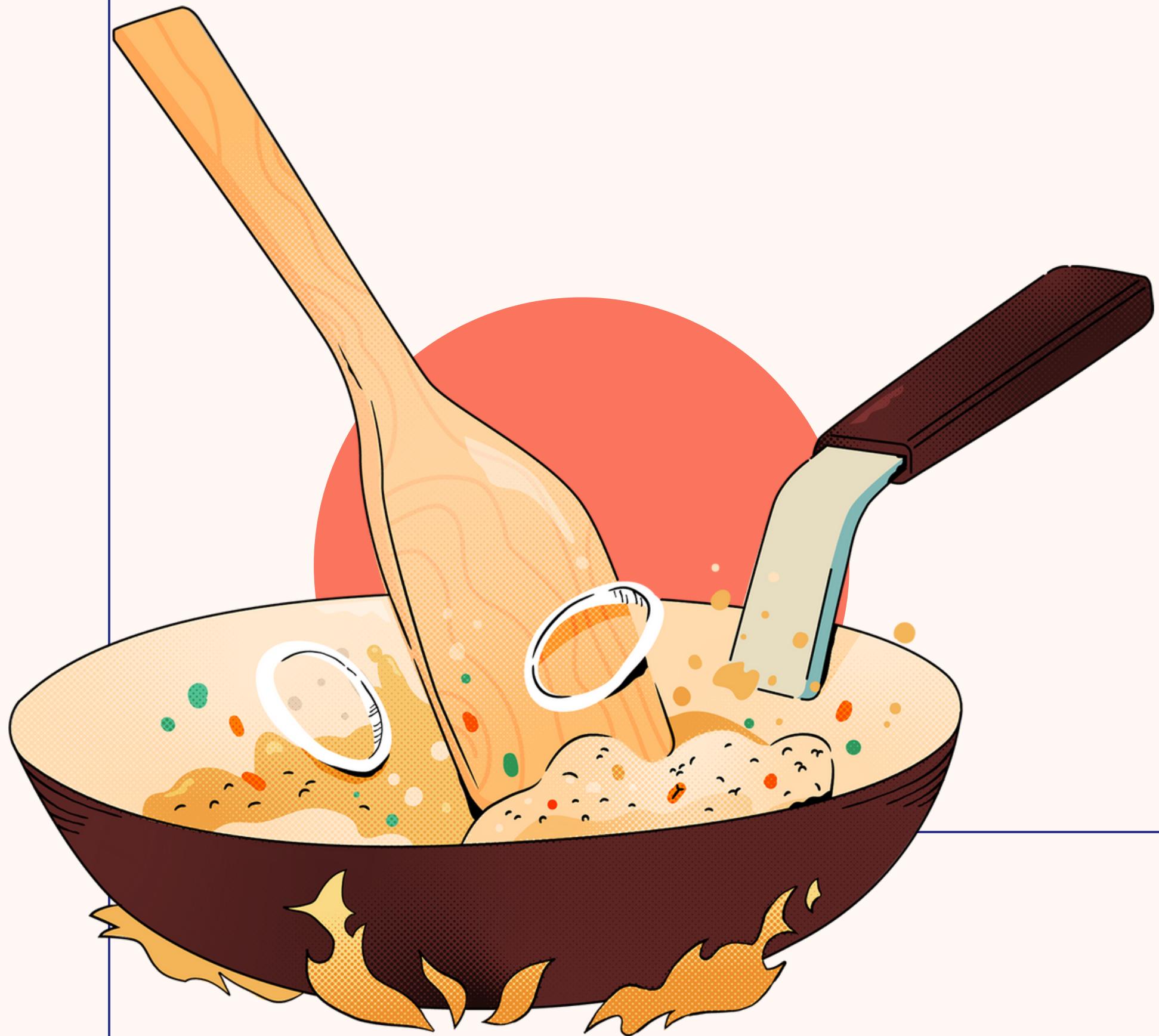
Sidenote on pasta

1. Al dente, ~1.5 minutes before package instructions.
2. Use enough salt!
3. Use enough olive oil!
4. Reserve pasta water & cook sauce separately.



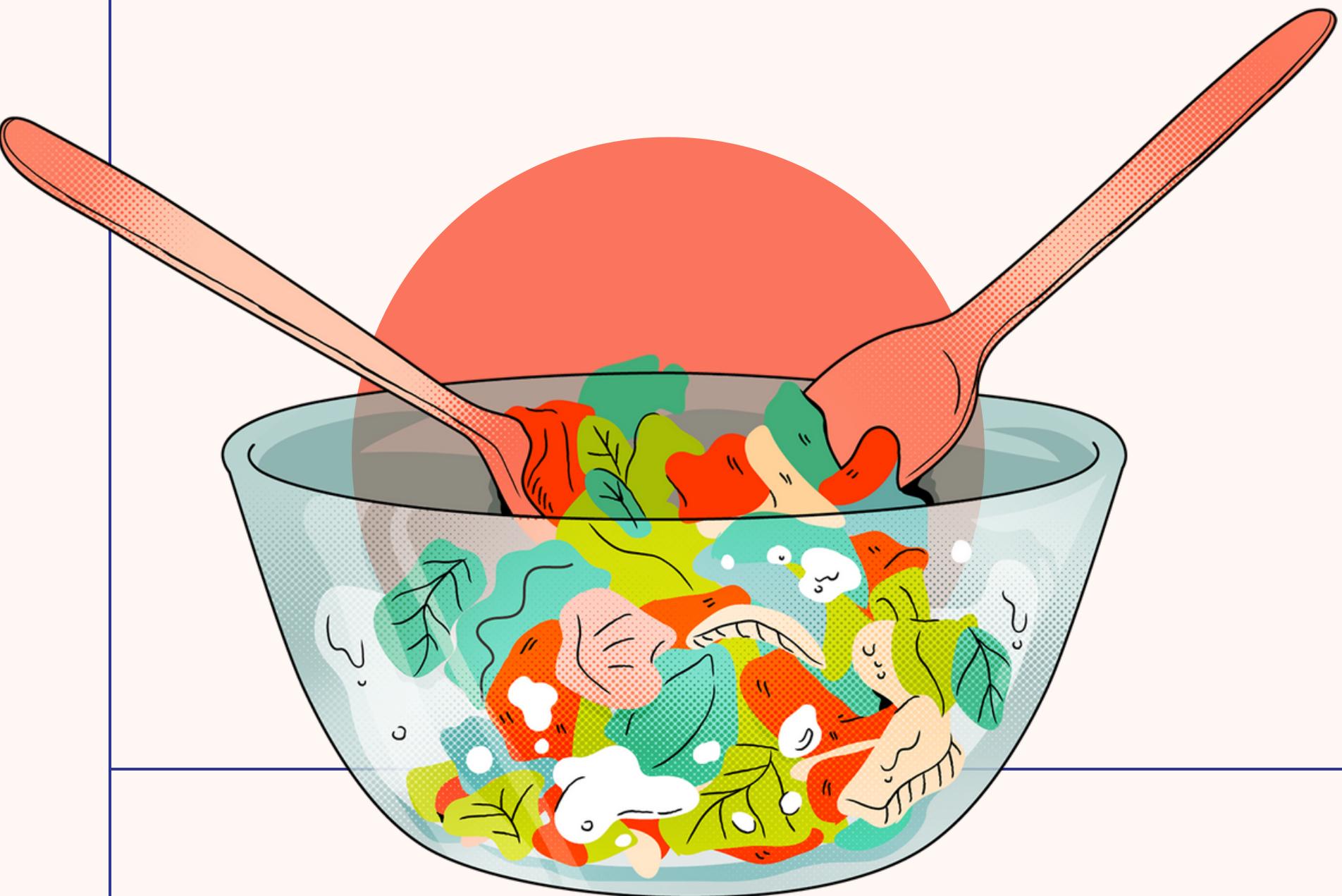
Cooking

1. Don't add anything to the pan until it's hot.
 - a. Water drip test
2. If it looks the same, it cooks the same.
3. Let things change colour.
4. Deglaze.



Variety

1. Textures
2. Temperatures
3. Flavour
4. Colour
5. Garnish



Roasted aubergine with
curried yoghurt,
caramelised onions,
almonds and pomegranate



Broccoli tofu stir fry



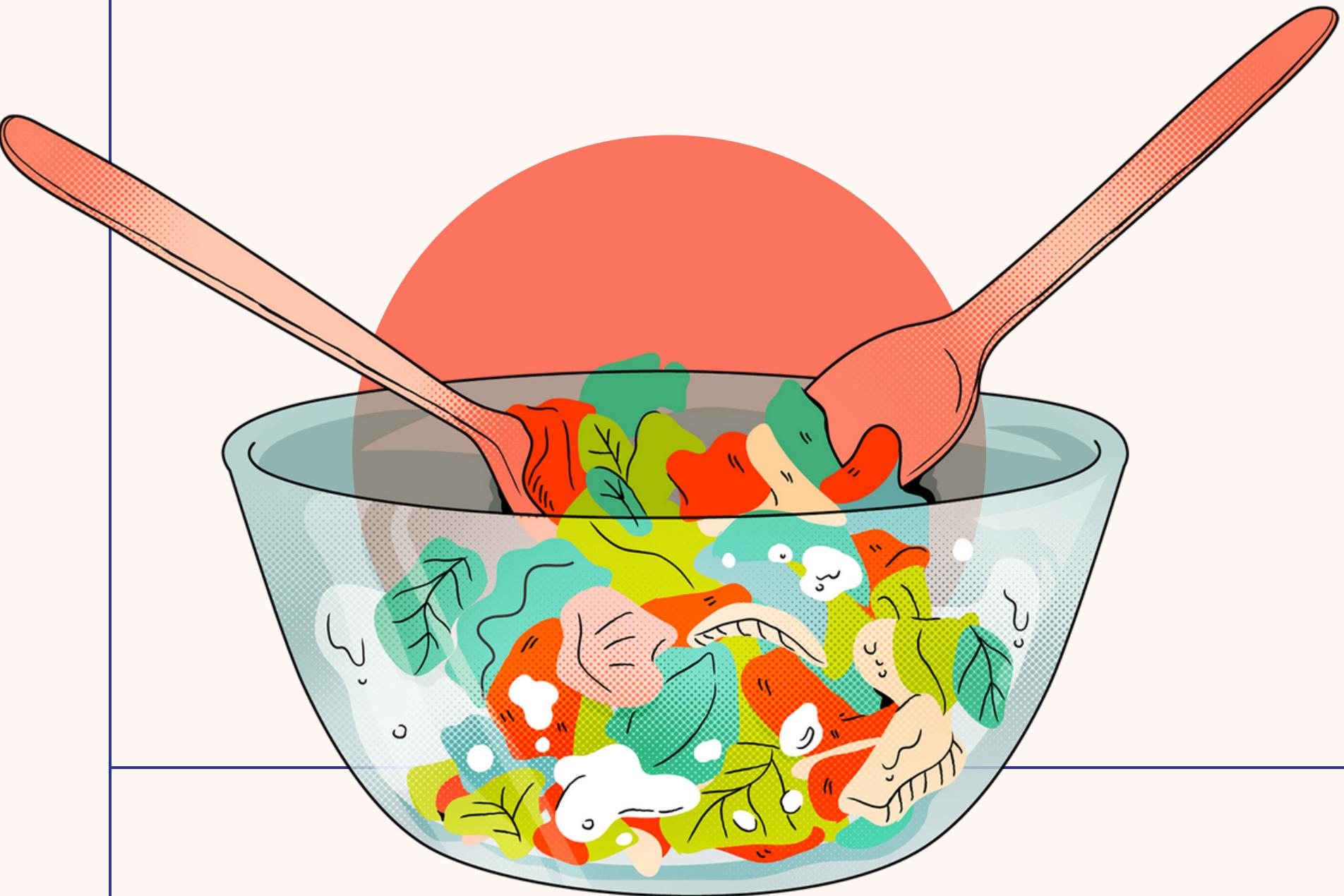
Moroccan spiced
vegetable couscous



or [this black pepper tofu](#)
or [this soy-brown sugar glazed tofu](#)

Final tips

1. Taste as you go! The recipe is just a guideline.
2. Invest in good equipment.
3. Mise en place.
4. Cook with others.
5. Organisation in the kitchen.
6. Watch Salt, Fat, Acid, Heat.
7. Have a few 'bases' up your sleeve.



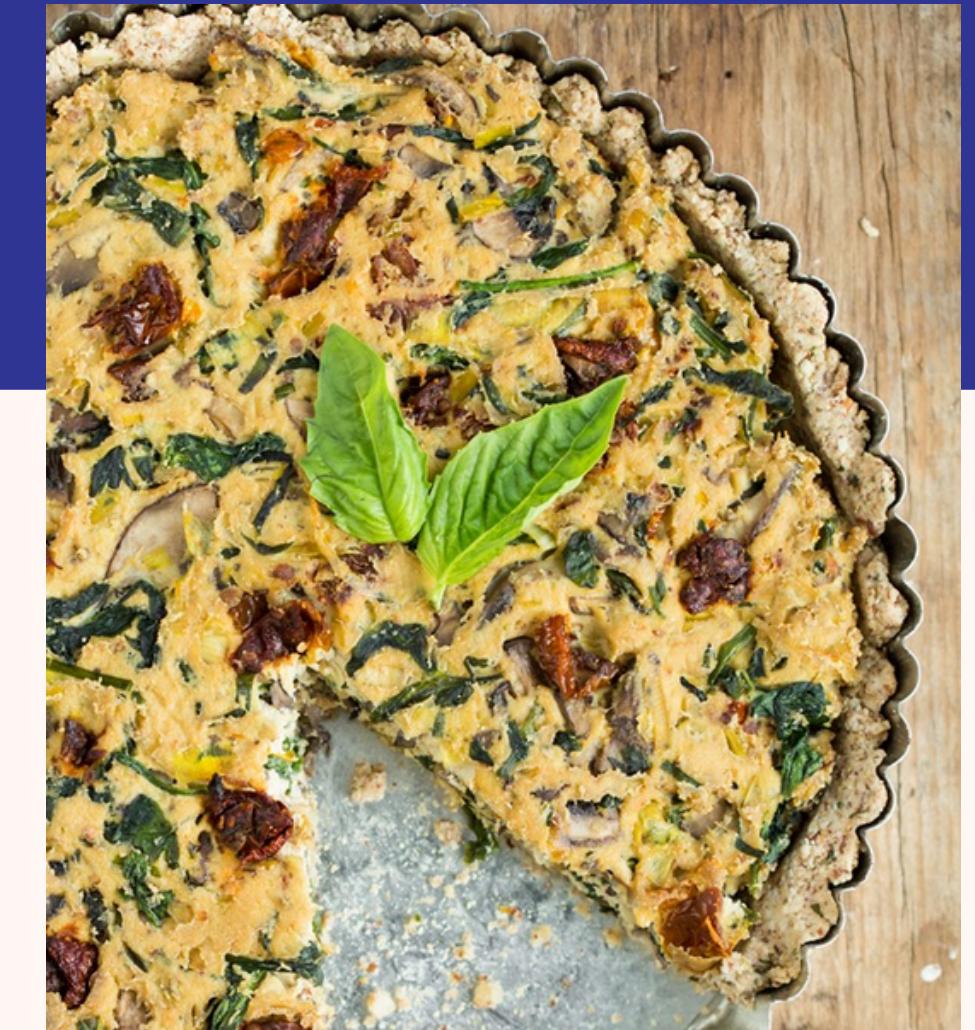
The coconut-peanut sauce in
this recipe



This all-purpose coconut
curry base



This vegan quiche crust





Thanks!

