**"https://www.foodrepublic.com/2012/06/15/8-tips-for-buying-lobster-and-what-to-do-once-youve-bought-it/"**

[1] "Ever find yourself staring in awe at an overcrowded lobster tank in a grocery store with no idea how to choose the perfect one? Are you clueless about what to do with it upon your return home? We recently caught up with Luke Holden, President of Luke’s Lobster, home to New York’s best lobster roll. In honor of National Lobster Day today, June 15, we asked him for tips on buying supermarket lobsters, and how to best preserve them after purchase (and before the big finale). While we had already learned to not be tempted to remove the rubber bands on their claws, we soon found out about their cannibalistic tendencies, and discovered the simplest way to cook them. Happy lobster buying! There’s hard-shell and soft-shell lobsters. It’s just a function of whether the lobsters have recently shed or not. When the lobster is a little bit softer, that corresponds to the soft shell. The meat in those shells is a little bit sweeter and more enjoyable to eat. At the same time, they’re not as hearty, so they don’t travel as well as hard-shell lobsters. But hard-shell lobster meat can be a bit tougher and a little bit fishier. ​If you look at the underbody of the lobster – particularly the claws – they’re a vibrant red. On a new shell, the claws will be clean. On an old shell, they’ll have scrapes on them from when they’ve banged against rocks over the course of the year. So if they’ve recently shed, it’ll be a pretty clean shell without very many scrapes on it. ​Smell is not an issue. They should not emit any odor when they are alive. ​The lobsters start to “eat themselves” [consume their own nutrients, which is essentially the flavor in the meat] as soon as they get out of the water. ​It’s kind of like a fat cow. If you stop feeding it, it’ll start to eat its fat storage as a means of survival. Same thing with a lobster: it’ll start to use its excess protein when it’s in an environment where it can’t feed. So that’s why it’s best to eat it right when it comes out of the ocean. ​A secret to buying at a grocery store – they’ll eat each other’s antennae. If you look into a holding tank at a grocery store, a lot of times you can tell if a lobster has been there for a long time because their antennae have been nibbled down right down to the base. You want to find lobsters that have very long antennae. ​If you‘re buying lobster from a grocery store that’s super close to the source, then typically the product will be a little bit fresher, but if you’re buying Canadian or Maine lobster down in Florida, it’s not going to matter where you’re buying it from. It’ll also depend on the time of year: it’ll be cheaper to get a Canadian lobster in the early and end part of the year and more affordable to get a Maine lobster in the middle part of the year, probably from June into September or October. ​Steaming is better than boiling. If you put an inch of water in a pot and steam the lobster rather than boil it, I think the meat comes out a little bit sweeter, and you tend to retain a little bit more flavor. Check out these lobster recipes on Food Republic: "

**"https://www.foodrepublic.com/2012/06/20/10-awkward-political-food-gaffes/"**

[1] "The pressure that comes with the intense schedule of a Presidential campaign has led many candidates to make unfortunate gaffes on the campaign trail. Even those already in office aren’t exempt from the occasional foot-in-mouth. Sometimes, the gaffes can even relate to food. Case in point: Republican presidential candidate Mitt Romney, who made headlines this week when he asked for a “sub” in the heart of hoagie country. Come on, Mitt. While the hoagie vs. sub nomenclature is somewhat open to interpretation, anyone who’s anyone knows that Philly is the original birthplace of the hoagie. Not so impressive for someone who is about to have a sandwich named after him. In honor of Romney’s sandwich snafu, Food Republic counts down the top 10 politicians’ food and drink gaffes, from the out-of-touch to the downright humiliating. 10. Ford Will Take A Fourth In the 1976 Presidential election, Democratic candidate Jimmy Carter condemned the “three-martini lunch” as an example of the unfairness of the nation’s tax laws. Incumbent President Gerald Ford responded, “The three-martini lunch is the epitome of American efficiency. Where else can you get an earful, a bellyful and a snootful at the same time?” The majority of the United States apparently disagreed with Ford’s philosophy. 9. The Blue Collared Courvoisier Man While campaigning with Presidential candidate George McGovern in Youngstown, Ohio in 1972, running mate Sargent Shriver invited steel mill workers for drinks at a nearby bar. After ordering beers for all his guests, Shriver displayed his strong connection to the working class, proclaiming, “Make mine a Courvoisier!” The Democratic ticket would go on to lose to Richard M. Nixon. 8. Hey Ma, I Wanna Be President Picky eaters nationwide were instantly provided with their perfect role model when the elder George Bush declared war… on broccoli. In 1990, he proclaimed of the healthy vegetable: “I do not like it. And I haven’t liked it since I was a little kid and my mother made me eat it. And I’m President of the United States, and I’m not going to eat any more broccoli!” 7. Prohibition 2.0 2008 presidential candidate John McCain misspoke during a speech at the National Small Business Summit, declaring, “I will veto every single beer!” He would later lose the election to Barack Obama. 6. Dean’s List Student, Fraternity Member, Squirrel Fryer Was 2008 primary Presidential candidate Mike Huckabee trying to cater to the youth of America when he revealed his personal favorite college food was, um, squirrel? “When I was in college, we used to take a popcorn popper — because that was the only thing they would let us use in the dorms — and we would fry squirrel…. I mean, it was a college thing.” 5. The Treaty of Verseafood During a presidential campaign stop in Saginaw, Michigan in 2000, Presidential candidate George W. Bush stated his belief that he “know[s] the human being and the fish can coexist peacefully.” Perhaps skeptical that there was a fish uprising in the works, the people of Michigan voted for Al Gore. 4. Like Son, Like Father, Like Son Continuing the trend of food-related Bushisms, Junior once quipped in 2000, “I know how hard it is for you to put food on your family.” Hoping to come across as understanding to middle class Americans, Bush instead offered some sort of sympathy regarding the difficulties of intra-family food fights. 3. Are You Smarter Than A Quayle… Can you spell potato? Former Vice President Dan Quayle couldn’t at a 1992 school spelling bee, when he erroneously corrected a 12 year old, adding a vowel, an “e,” when none was needed. 2. …It Would Appear That Way The only thing worse than Quayle’s misspelling? His reaction to the extensive criticism he received. He first tried to blame his error on index cards provided to him by the school, before awkwardly joking with David Letterman that he has “tried creative spelling and it doesn’t work.” 1. “I Am A Doughnut” In perhaps the most memorable and debatable instance of a politician’s misstep pertaining to food, President John F. Kennedy famously orated, “Ich bin ein Berliner,” during a 1963 speech underlining the United States’ support for West Germany after the construction of the Berlin Wall. While debate continues on whether or not Kennedy’s inclusion of the article “ein” was grammatically correct, it was widely reported that the President’s words translated to “I am a jelly-filled doughnut.” Oops."

**[1] "https://www.foodrepublic.com/2012/06/27/josh-gad-may-have-killed-somebody-for-a-reservation-at-the-french-laundry/"**

[1] "As part of Comedy Week on Food Republic, we recently caught up with film, television and stage funnyman Josh Gad. Fresh off his role as Elder Arnold Cunningham in the wildly successful Broadway musical The Book of Mormon, Gad is primed to reveal the sometimes funny intricacies of eating in the White House in the upcoming NBC comedy, 1600 Penn. The 31-year-old Gad had to endure some not-so-funny dietary restrictions during his time on the show; he tells us all about it, plus his favorite food cities, his hatred of liver and his love for Thomas Keller and Rao’s. So much love. Would you consider yourself a foodie? Is food a big part of your life? \tI would let my stomach answer that question [laughs]. If you’ve seen my work, yes! The answer is a resounding, YES! I don’t think of myself as a “food snob,” but I think of myself as somebody who loves great food. I can literally pass an afternoon watching Bourdain on No Reservations, or Andrew Zimmern. That’s my idea of great entertainment – to see what the best foods around the world are. I love great chefs, great restaurants, great food atmosphere. I’m pretty sure we all could! I understand you just finished doing The Book of Mormon? \tYes I did. It was a pretty incredible experience. Was your diet different before and after doing the musical? Did you have any dietary restrictions? \tAbsolutely. Throughout that year-and-a-half, I tried not to eat any dairy, because it can cause a lot of phlegm. So when you’re doing a show eight times a week, it’s not great if you have to sing. I would really cut out dairy, and a lot of citrus-y and acidic foods. I was a big sushi eater, and very Plain-Jane. Now, that didn’t mean that I wouldn’t cheat [laughs] – on days off, I would go and enjoy things that have dairy in them. Did you have a ritual on days you were performing? \tI actually wound up eating every day before the show, eating the same exact thing. I lived on the Upper West Side by Lincoln Center. I would go to this incredibly fresh market deli called Gracefully and get the same thing everyday – a piece of chicken with a side of veggies. And I would eat that before the show. And every single day at intermission, I would have an orange to get me through the end. Usually at the end of the show, I would go to this amazing place on 46th where a lot of theatre people go called Bar Centrale and just wind down after the show there and eat some amazing fish tacos. You’ve traveled a lot throughout the United States. Do you have a favorite food city? \tOh, yeah. I think I’m very fortunate because Los Angeles and New York are both incredible food cities. Outside the coasts, I would say New Orleans is just ridiculous. In particular, K-Paul is one of the finest restaurants I have ever eaten at. I also feel that Napa Valley is a premier destination for food. People always joke about it, but French Laundry and Thomas Keller really changed my life [laughs]. It’s one of those meals that you just – somebody there said that they bit into their salad and they just started crying. I do feel like the food event that is French Laundry is one of those events that represents that “Ratatouille moment” when the critic just bites into the ratatouille and suddenly flashes back to his childhood. It’s why we love to make food an event. When were you able to eat at The French Laundry? \tI took my wife about two years ago. We went out there to celebrate our anniversary, and it’s one of those things where you cannot get a reservation unless you book a year in advance. I called up my agent and told her, “I need you to do this, I don’t care who you have to kill or sleep with – please do this “ [laughs] and somehow she pulled it off and it was incredible. They gave me a tour of the kitchen afterwards, and it was just an amazing experience. I felt sick to my stomach because I ate so much, but it was such a good hurt. I know you’re Jewish. Are you able to eat much Jewish food and is that a big part of your life? \tIt was when I was younger, not really now as much. I love traditional foods from the culture and I love things like brisket. Nobody loves a good piece of challah as much as I do, or matzah brei, but I kind of savor those moments traditionally on the holidays, like Passover. And how about a food that you can’t look at, or would never try? \tI will never try tarantula. I will never go to one of those “fine parties,” where it’s all like “Hey, let’s sit around and try insects.” Like tarantulas off lollipops, have you ever seen those? Also, I really hate liver. I’ve tried it enough to know that I hate it, so I won’t do that. No tarantula lollipops or liver, got it. How about food chains? Do you eat at food chains much? \tI try not to eat at fast food chains much. The last food chain I ate at was Chart House – the one in Malibu – the fish is so fresh and it’s an incredible atmosphere. They have this ridiculous hot brownie sundae that is just a heart attack on a plate, but it’s so spectacularly good. Well, it better be for that many calories. So, let’s say that Food Republic was going to take you out to dinner in New York – and we’re paying – where would you want to go? \tI would have to see if we could get reservations at Per Se. If it’s on you, then that’s the place. I was supposed to go once but I never went – the reason being that I was invited at the very last minute to this incredible restaurant that’s very off-the-radar called Rao’s in Spanish Harlem. You can only go there by invitation, and it was the craziest food experience I’ve ever had in my whole life. I’ve got to ask one final question before I let you go – have you ever had food thrown at you on stage while you were performing? \t[laughs] No, I’ve never had food thrown at me, but there was this one day where this girl in the front row during a performance of Book of Mormon was literally having a little solo pizza party – eating two slices of pizza and drinking a Coke. It was one of the funniest things I had ever seen, and I just went up on my lines because I couldn’t believe what I was seeing. It was like I was in an episode of Punk’d. And that’s something that I’m sure you noticed throughout the show and affected you? \tYeah, it was literally a foot away from me in the front row. I could actually smell the pizza, and I was so damn hungry because all I had eaten was an orange and I couldn’t have cheese at the time. "

"https://www.foodrepublic.com/2012/07/05/yet-another-fine-argument-that-southern-food-is-ruling-up-north/"

[1] "In her essay regarding the Northern reach of Southern cuisine, writer Courtney Balestier speaks about the rise in popularity of Southern food in New York, a “crush” of sorts, aided primarily by the “gateway drug” fried chicken. Southern cuisine has indeed had a major impact on various regions around the United States, including but not limited to the Northeast. Ten years after Danny Meyer first had the improbable vision of “urban barbecue,” and brought Blue Smoke to New York, it is almost impossible to explore the food scenes of the Northeast’s largest cities without noticing Southern influences. Arkansas-born, Brooklyn-raised chef Rob Newton opened his Southern restaurant Seersucker in 2010, hoping to refine Southern dishes without ripping out their souls. The result is a modern Southern type of kitchen, with traditional Southern ingredients taking on new and unique twists. Collard greens, for example, are cooked with country ham and house-made stock, “rich and soulful and just cleaned up and polished, without being, like, collard-green foam,” writes Balestier. The food scenes in cities across the country continue to diversify – it is no longer surprising to come across a Jewish delicatessen in the South or a fried chicken shack in the Northwest. Let us all hope that chefs nationwide can adhere to Newton’s pledge to pay homage to the origin of ingredients and adapt a small personal touch, rather than trying to re-invent foods entirely and in turn compromising their tradition. So, enough with crap like fried chicken sushi already. "

**"https://www.foodrepublic.com/2015/01/08/a-quick-reminder-about-why-you-should-be-eating-a-lot-of-soba-right-now/"**

[1] "As bitter cold sets in, filling comfort food will likely be on the menu for much of the country. And while many will undoubtedly opt to slurp large bowls of piping hot ramen noodles dancing in various meat and vegetable-based broths, fewer will likely try out the noodle that we like to call Japan’s most underrated: soba. Hear us out for a minute while we tell you why you should consider skipping the former and springing for the latter. \r\n Don’t get us wrong, we love ourselves a good bowl of ramen. It’s accessible, cheap and tasty. People line up at the newest slurp shops in cities like New York and Los Angeles, eager to wait — sometimes up to several hours — for the chance to sample from a seemingly endless variety of inventive combinations mixed together in hearty broths. But ramen has its shortcomings. Despite all the press, it’s not particularly a “health food” — an all-encompassing term most commonly thrown around during the current month of January. Ramen is typically very caloric and is high in salt. And while there are entire websites dedicated to rating instant ramen, the versions most commonly available to make at home are often full of concentrated colors and flavors, not to mention in saturated fats and sodium. \r\n \r\n Try out these soba noodle recipes on Food Republic: \r\n"

**[1] "https://www.foodrepublic.com/2016/06/03/a-day-spent-prepping-at-nycs-hottest-sushi-restaurant/"**

[1] "Sushi Zo is currently one of New York City’s hottest restaurants, regularly filling its 18-seat space months in advance. \t Check out the video below and scroll down for some serious, serious sushi p\*rn. "

**"https://www.foodrepublic.com/2017/02/24/how-to-make-culurgiones-raviolis-chubby-cousin-at-home/"**

[1] "Some of the world’s best treats come in small packages. Birthday presents adorned with bows and ribbons — steamy soup dumplings — it’s these little packages of joy that make this occasionally dreary world just a wee bit better. The same can be said for culurgiones, the traditional Sardinian stuffed pasta. These chubby flavor packets, whose name refers to the “little bundles” of joy that they are, are easy enough to make at home any night of the week yet fancy enough to delight your loved ones. Traditionally filled with mashed potatoes and mint, they can also be stuffed to the brim with squash, sweet potato — really, anything else that might delight you. To get down and dirty with these stuffed delicacies, ChefSteps invited its pasta guru, Jason Stoneburner of Seattle’s Stoneburner, to show ’em how it’s done. An expert on all things pasta, Stoneburner’s got the tips and tricks it takes to lace up these pretty pouches. In about an hour — and with only four ingredients — ChefSteps shows us how to make pasta worthy of any Italian eatery. Move over, ravioli. It’s time to get culurgioned. Check out the instructional video and full recipe below. Servings: About 6 Ingredients500 grams semolina\n500 grams all-purpose flour\n450 grams warm water\n75 grams olive oil FAQsWhat is semolina?Semolina is a coarse, golden-colored flour made from the endosperm of durum wheat. Its high gluten content lends a satisfying, toothsome bite to your fresh pasta. Where can I get it?\nMost specialty grocery stores (like Whole Foods) carry it. You can also buy it on Amazon. What filling should I use?\nAs the video shows, starchy purees like potato or yam work great. But you can certainly get creative — how about ricotta with lemon and mint, or pureed chestnuts and mushrooms? Directions: 1. Make a pile of 500 grams all-purpose flour and 500 grams semolina, and use a bowl or cup to make a small well in the middle of the mound. 2. Pour warm water and olive oil into the well. Mix the ingredients in the well together, then slowly incorporate the wet ingredients with the dry ingredients. When the flour starts to hydrate, use your hands to knead the dough. 3. When the dough is rough — like the outside of the moon — it’s ready to rest. Wrap it in plastic and set aside for 30 minutes, until the outside softens. 4. Divide the dough in half and flatten each piece. Then roll each out with a rolling pin (or wizard staff, chair leg, wine bottle, etc.). Intermittently turn the dough and continue to roll it — this ensures even rolling. When you’re done rolling, the dough should be roughly the thickness of a nickel. 5. When your dough is the right width, use a 3 1/2-inch ring mold to cut out circles. Discard the rest. 6. The possibilities are endless when it comes to filling culurgiones. Traditionally, they are stuffed with potatoes and mint, but you can try anything thick, such as mashed potatoes, sweet potatoes or squash. 7. Fill a circle of pasta with 35 grams of your preferred filling, then fold the pasta into a taco shape around the filling. Fold in the bottom of the taco and pinch the edges together. Continue this step until the pasta is sealed tightly—the seam should look like a zipper. Don’t worry if some of the filling spills out—it’s a good thing, meaning the pasta is stuffed to the brim. 8. Cook culurgiones in boiling water for two minutes and serve with whatever sauce you like! Perhaps smoked ham shank broth with shiso? Or maybe butter and brodo with truffle? ChefSteps comprises a team of award-winning chefs, filmmakers, scientists, designers and engineers focused on revolutionizing the way people cook by inspiring creativity and encouraging expertise in the kitchen. You can also get access to all of ChefSteps’ Premium content — including paid classes and dozens of recipes available only to Premium members for a onetime fee — for the special price of $24 (regularly $39). Classes include Sous Vide: Beyond the Basics, Fluid Gels, French Macarons and more!"