

Dinner vaki we meet Again



Dinner ... until we meet Again

10/24 & 10/25 at SUNRISE SUNSET

5PM-10PM

Nix tamalized Corn Cake \$10
RED CORN, CHARRED LIME, FRESH CHEESE,
CILANTRO SPROUTS, AVOCADO

Smoked Tuna loin or Purple Sweet Potato \$14
OLIVE OIL, PICKLED SOUV GHERKINS, FLOWERING
HERBS, GREEN SAUCE, PEPITA DUST

Slivered Cabbage Salad \$9
GREEN ONION, PICKLED MAITAKE, PEANUTS,
PINEAPPLE VINEGAR, PEANUT OIL

Mixed Heirloom Rice Bowl \$12
IN SAFFRON MILK W/ CHILI-MARINATED
SOFT EGG, BRAISED HONEYNUT SQUASH,
CRUSHED CAMELINA SEEDS

Apple Pie \$8
FALL HERBS & CRÈME FRAÎCHE



Most of my cousins lost their teeth in their twenties and took up drinking as easily as they put sugar in their iced tea. I try not to eat so much sugar, try not to drink, try to limit pork and salt and white flour, but the truth is I am always hungry for it—the smell and taste of the food my mama fed me. Poor white trash I am for sure. I eat shit food and am not worthy. My family starts with good teeth but loses them early. Five of my cousins bled to death before thirty-five, their stomachs finally surrendered to sugar and whiskey and fat and salt. I've given up. If I cannot eat what I want, then I'll eat what I must, but my dreams will always be flooded with salt and grease, crisp fried stuff that sweetens my mouth and feeds my soul. I would rather starve death than myself.

-Dorothy Allison, *Trash*



Hello Reader,

I am excited to, in this small way, tell you a little about the food I am preparing for you. In the future I hope to work on more expansive projects related to the concept of health and the foods that we eat, but I thought it would be fun to start by focusing on a single menu.

I want to begin by saying that I do not believe that the onus of health/safety/ecological conservation etc. should ever be placed predominantly on individual consumption. In fact, I think that mode of thinking is often used to distract from the larger structural institutions that are truly responsible and should be held accountable.

In addition to this pitfall, the commodification of “health” that is often played and sold back to us is one wrought with, amongst many other issues, deceiving universality. So, how do we even begin to discuss and understand what is “healthy” in the context of all of our very different lives? Is there even a “we” to be had? The short answer is no. Not really.

Thus, throughout all the observations to follow I want to draw attention to two things:

First, it is impossible to extricate any concept of bodily “wellness” from values that historically and continually center whiteness, heterosexuality, thinness, ableism, wealth, maleness, gender binarism and the standards of “health” that they dictate.

Second, if no condition of being is exempted from the bio-political structures that situate power and powerlessness, we need to consciously stop coupling healthfulness with morality in our minds.

To this end, I am not proposing that anything I am mentioning here will solve the larger institutional and systemic ills and injustices of our food-supply. I want to be clear that my experience is specific, both in terms of my personal physiology (all bodies are different) and due to my bio/political/social identity and the privileges and access it affords. All I can honestly speak to is that learning more about food has dramatically altered my own health (both physical and mental).

All this being said, and as complicated as it is, I think it is also a common injustice for people to simply not have enough information or to have bad information rooted in diet culture and the aforementioned hierarchies. I want to offer this menu as a chance to investigate that. A menu technically made by me, but pulling from many processes and histories, and ultimately revealing that food, like most things, has the potential both to hurt us or to offer us haven, sometimes both.

Nixtamalization is the preparation of corn using an alkalizing substance to cook and soak kernels. This aids in their softening and ability to be stripped of their outer seed coat while also making nutrients significantly more bio-available.

Corn, is an English word that simply means Grain, but Maize is an adaptation of the Taino word Maiz referring to the specific cereal grain we often refer to as corn.

The process of Nixtamalization, a word adapted by Spaniards from the Nahuatl word Nixtamal' 'Nixtli' meaning ashes and 'Tamalli' meaning dough. This is due to the fact that historically, depending on the region, limestone or wood ash was used as the alkalizer.

The culinary practice of Nixtamalization traces back thousands and thousands of years in regions all over what is now called The United States, Mexico, South, and Central America. Different indigenous communities utilized slightly different methodologies, some turning their processed corn into tortillas, others into porridge or cakes.

Maize descends from teosinte grass, and like most grass is it not easy for humans to digest. Many nutrients in maize are chemically bound and in its un-nixtamalized state corn passes right through the digestive tract without much nutritional absorption.

In combination, heat and alkalinity, transform the chemical makeup of the grain and make humans able to absorb the niacin (Vitamin B3) present, inhibits the function of Phytic acid (which binds with various essential minerals and makes them non-absorbable while also being hard on your digestive track and on your oral health).

Nixtamalization also increases



calcium content dramatically and allows us to access the proteins that would not otherwise be soluble. It also works as a fungicide, making it safer to eat once treated. In its nixtamalized state corn can act as a dietary staple, providing a large majority of one's caloric and nutritional intake safely. However in its un-processed state it cannot.

This is exemplified historically. Unsurprisingly, when colonialism ravaged both indigenous people and land, and corn was transported and spread throughout the world, the people that stole it wrongly decided Nixtamalization was an extra unnecessary step. As a direct result, during the 19th century Pellagra Epidemics (a disease caused by extreme niacin deficiencies and characterized by inflamed skin, diarrhea, mouth sores, dementia, and eventually if untreated, death) spread through the colonies, as well as in France, Italy, Egypt, Africa and more recently (during the great depression) in the North American South.

Though for the most part our diets in this country do not rely on any one single crop so substantially as they once may have—it is worth noting that corn remains a huge and problematically handled staple in our modern age. It also seems relevant to draw attention to the source of its maltreatment, which has not changed. To get into the whole sordid history of the corn industry is far too lengthy a project to attempt here. However, it is a prime example of the evolution of colonialist mechanisms traced back to their initiation. An artifact—be it knowledge, crop, land, labor etc. is stolen, violently altered, and either sold back at a price that is now inaccessible to its original owner or rendered in a manner that prioritizes capital over substance and health.

The cost of organic non-gmo corn here in New York is not too bad and you can typically get it from local farms. A 10 pound bag (approximately \$42-\$50 retail) will translate to roughly 60 servings (70-83 cents per serving). While accessibility and time (it cannot be found at any market or corner deli and many people who work, have children, don't have kitchens, are too ill to execute an involved cooking project etc.) remains an issue, I still believe demystifying its process and understanding both its history and its historical manipulation could be useful for many.

Sidenote: Other grains, nuts, seeds, and legumes also ought to be treated before consumption. Soaking, sprouting, souring, and germinating, though not using an alkalinizing substance, as is necessary for corn, produce similar positive outcomes in these other crops and have been used historically in many different cultures. In general, grains, seeds, nuts, and legumes are hard for us to digest and all possess a lot of chemically-bound nutrients we cannot absorb. These natural ways of processing, like nixtamalization, helps to rectify this. The rice used in the rice bowl option of this menu was soaked, but not fully germinated before being cooked. Also important to note (and avoid frustration) that white rice and wild rice cannot be fully sprouted because of the way they are processed (germ removed in white) or cut out (with wild).



NIXTAMALIZED CORN CAKE



What you will need:

Dried Field Corn
Calcium Hydroxide
Water
A non-reactive pot
Salt (optional)

Labor is actually minimal, it just needs to be left to cook and then sit overnight. While prepared limestone or wood ash were historically used, you can now get ready-made calcium hydroxide or pickling lime for between approximately \$3.80-\$7.00 online. Rule of thumb is 1% ratio of lime to corn. So if you are preparing 100g of corn (roughly 2 servings) you would use 1g ($\frac{1}{2}$ tsp) of lime.

Make a solution of roughly $\frac{1}{2}$ quart of water to 1g lime, stir and let dissolve so you have a cloudy looking water solution. Put corn in a non-reactive pot (don't use cast iron, I learned the hard way) and pour lime-water over it, cook for an hour or so, until corn is al dente. You may need to add a little more water to maintain complete liquid submersion while cooking. Once done, let sit overnight in solution. The next morning rinse corn and rub kernels against each other, chances are the water became somewhat goopy and gelatinous which is a good sign because that is the outer layer we are trying to remove. Rinse 3 or 4 times roughly until all clean. Then grind in a food processor or mortar and pestle, and add a bit of water as needed to make a dough-like consistency, along with a little salt, if desired. You can now turn this into flat tortillas or use to bake, make thicker cakes, or eat as a porridge etc.



Dairy, like most industries, is fraught with corruption, misinformation, and a dangerous devolution of quality for the sake of capital. Once again, this is not and could not be an attempt at examining the full scope of what has happened or will happen regarding humans drinking milk. Nor do I presume that every body responds the same way to any kind of consumption, nor that we could, or will ever, have an infrastructure in place to produce an ecologically sound system of eating animal products on as large of a scale as we have ventured to do. However, the fact remains that many of us still *do* eat them.

When it comes to milk, there are a few things I have learned that have been extremely useful. After a year of veganism, and ten years of vegan-leaning vegetarianism (that was all very much enmeshed in an adolescent-bloomed eating disorder) I find myself with many many many teeth problems. To be fair, I also subsisted on coffee, cream soda, red vines, and vodka I stole from my dad for multiple years—which probably didn't help. Still, learning about vitamin K2 has changed my life, and the way I view the connection between animal products and the potential ills they may cause or alleviate.

My issues have been teeth related but I know many other young people who struggle with health problems (For example, I know way too many 20-somethings with IBS) that are very linked to malnutrition.

I am tired of the various waves of wellness culture that incorrectly demonize the eating of dairy and meat (and the people that eat them) rather than the big-business that has manipulated these products for the worse. Even when we do attack the industry it seems to occur via the fear mongering of horrific documentaries that lead twelve year olds to weep when forced to eat yogurt (or maybe that was just me?).

The point I'm trying to make is that food-anxiety is something people, especially poor people, already experience rampantly, and to heap information that is fear-based upon anyone, does not inspire people to be well.

What I have learned illustrates that the problem is not milk, or meat, or eggs in and of themselves—but how the health of animals is linked directly to the healthfulness of us eating them. When animals eat grass and plants they get vitamin K1 (which we also eat when we have things like chard or kale), their bodies naturally convert vitamin K1 into vitamin K2 (our bodies do not). Vitamin K2 is a calcium and vitamin D director. It directs the good stuff into our teeth and bones. When animals eat grain, which is cheaper and most commonly used in factory farming, they don't consume K1 and thus no vitamin K2 is produced. The only way to get vitamin K2 outside of pasture-raised and grass-fed meat and dairy products is through the consumption of lacto-fermented foods (like kimchi or sauerkraut), which also naturally produces it. Though it's changing a bit in the "mainstream" via hip & often pricey food trends, for the most part in this country, our diet has been largely based on the consumption of the grain-fed meat and dairy that is offered to us most widely and cheaply. Until recently, not a lot of fermented foods have been widely available either.

This is not to suggest that various cultures, and the people that have brought them here, have not always employed all this knowledge in their culinary traditions, for indeed they have. However, the “westernizing”, white-washing, and general industrializing of our supply chain has led to the predominant availability of foods that are, to put it simply, making us sick.

The link between heart disease and animal fat in this country is chiefly illustrative of this phenomenon. Unfortunately, we get half the story, and the narrative becomes that animal products are just inherently harmful. In truth, what happens is that when grain-fed animal products are consumed, they lack vitamin K2, and without that director everything gets mis-directed to the arteries where it calcifies. Similarly, the prominence of osteoporosis in women in this country shares this link or lack thereof. No vitamin K2 = no calcium directed into our bones.

To me, this was life altering information. For while I was aware that these more expensive and virtuously marketed alternatives were “better for me”, I didn’t really know why or how much so. When my teeth started cracking and my jaw got infected and I wound up in and out of low-income dentistry offices (which is unfortunately still even more expensive than even the most expensive milk and eggs), and unable to eat or sleep for many weeks without anyone seeming to be able to help me, I started to wonder what the fuck was going on. This led me to learn about K2, and the complete lack of it in my diet for oh, the last 12 years or so.

Another interesting milk topic, particularly for those that struggle with digestive issues is the discussion of the pasteurization and homogenization of dairy. Lactose, the sugar found in milk requires an enzyme called lactase in order to be digested. Nearly universally young children produce lactase so that they are able to digest breast milk. Many people however, do not produce lactase into adulthood and thus have problems digesting dairy later in life.

Vegans often bandy about the fact that humans are the only species who consume other people’s milk. (I like to make fun of vegans but I actually appreciate their more ecologically-centered arguments and don’t mind them as long as they don’t center whiteness/diet culture. I also always hope they eat a lot of fermented foods so they can get K2 and hope they recognize that cultures that practiced veganism and vegetarianism for a millennium before us were likely eating insects because their grain was not so meticulously treated...).

What this statement is never followed up with is the fact that this is not some deviant anomaly fueled by a gluttonous palate and disregard for the nature of things. It actually all began some 11,000 years ago when cattle herders learned how to ferment milk into cheese and yogurt, products which are extremely nutritious, don’t spoil quickly, and have lactose levels many humans can in fact process. Then, some thousand years after that, a significant epigenetic shift occurred when humans moved into the Northern European Climate where they were exposed to substantially less sunlight. This led to an increased need for vitamin D (found in Dairy Products). A genetic mutation subsequently occurred that allowed adults to produce lactase.

Louis Pasteur—king of pasteurization, darling of industrialized dairy—introduced the practice of heating milk and then cooling it to kill off any potential pathogens. This became standard practice for dairy farmers because it allowed milk to stay good for an incredibly extended period of time and travel long distances. Suddenly, what was once a hot commodity, was available all the time!

Unfortunately, when milk passes through the udder it comes into contact with a bunch of very very good bacteria that helps animals and humans alike digest it, and process its nutrients. Once again, I sadly do not have enough time or space to get into how important bacteria is for our bodies (and minds!), but it IS! Cooking the milk also warps the structure of the casein proteins and makes them hard to digest. Homogenization (the process of heating milk and pushing it through tiny metal shafts to smooth out its fat particles and make it uniform in color and consistency) is also a problem. In changing the shape of the fatty acid, you alter the molecule and make it even hard to digest.

As such, in manipulating our milk, often garnered from cows not even fed grass, you can imagine the impact on our digestion and absorption of nutrients, and see the real reason why bad reactions to dairy are such a common occurrence.

Well what about fat? You might ask me. At which point I will begin to weep, or at very least implore you to eat more butter. The low fat movement is one of the biggest hacks we have ever encountered. Truly, I promise. Upon further examination of all the low-fat research that was born in the early 1940's and has haunted and harassed us ever since, there is actually zero concrete evidence that high-fat, high-cholesterol foods are the problem. In fact, in their whole and true form foods containing high levels of saturated fat are excellent for your health. Good riddance additionally, to the concept of good vs. bad fat. On a chemical level, different types of fats come as a package in naturally occurring unprocessed fat sources, all of which are necessary for optimum health. Butter, cheese, fatty cuts of meat, organ meats, and seafood are all very high in saturated fat and have gotten a bad rep, but if they are sourced from animals who eat the right foods themselves, they are great! Our body needs fat to utilize fat soluble vitamins and keep our teeth, bones, and organs operating. A diet low in naturally occurring fats but high in refined oils and sugars is destined to wreak havoc on our bodily processes, which is, unfortunately, exactly what we've done.

Sidenote: It is actually very hard to find raw dairy in most cities. In California or Oregon you might find it at a health food store, but on the East Coast you have to resort to online subscription services. If you can't get raw milk, the next best thing is to find milk that is vat pasteurized (pasteurized at a much lower temperature for a longer period that is much gentler on the nutritional integrity of the milk) and un-homogenized. In NY I recommend Ithaca Milk. Raw aged cheese is easier to find and usually listed in the description. For eggs look for the words "pasture raised" and "soy free" and "corn free". For meat, either "pasture raised" or "grass fed", "grass finished" is a great bonus too.



Cotija, named for the town in the Mexican state of Michoacán is typically a cow's milk based crumbly soft cheese. It is typically aged for about 3 months to achieve its firm crumble but if left to age for an extended period it starts to resemble parmesan. The aged version is referred to as *Anejo*.

RAW MILK COTIJA



What you will need:

- 2 gallons raw milk
- 1/4 tsp (typically one packet) Mesophilic culture
- 1/4 tsp (typically one packet) Thermophilic culture
- 1/2 tsp rennet diluted in 1/4 C. cool water (or 1/4 tsp extra strength rennet)
- 1.5 tsp (teaspoons) high quality sea salt

Plus (for brine):

- 3/4 cup salt
- 2 qt. warm water

And:

- 2-2.5 lb cheese mold or makeshift mold
- Something to use as a 20 lb weight
- A non-reactive pot that holds 2 gallons or more
- A long knife
- Whisk
- Colander or fine mesh strainer
- 1-2 pieces of cheesecloth
- Thermometer

**If you use pasteurized milk, you will want to add 1/2 tsp calcium chloride in 1/4 C. water before adding the rennet. Stir in well.*

Pour your milk into the non-reactive pot, and slowly with heat on low, bring milk to 100 degrees F.

Turn heat off if necessary, we want to keep it at a steady 100 degrees. Sprinkle the packet of mesophilic culture on the surface of the milk and then sprinkle the packet of thermophilic culture on the milk. Leave them to settle on the surface for a moment and then stir in well. Let rest for 30 minutes covered.

If you are using pasteurized milk, now add the calcium chloride and stir well. If not, ignore this step.

Make sure milk is still at about 100 degrees and if necessary turn back on low. Dilute 1/2 tsp liquid rennet in 1/4 cup water and add. Stir well for 30 seconds and then cover again, remove from heat, and let sit for 90 minutes.

After 90 minutes, cut the curd into 1 inch cubes with your knife, and then break up into smaller curds with hands/spoon/knife/whatever works. After the curds are cut, allow them to rest for 10 minutes.

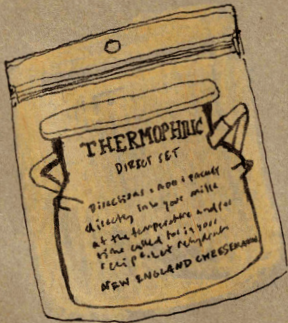
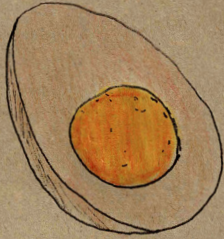
Turn the heat back on low and heat the curds to 105 degrees. Stir frequently to keep the curds from sticking together. As you stir, slice up any remaining large curds if there are any left.

After 10 minutes, turn off the heat and let the curds fall and rest another ten minutes. Then, place cheesecloth over the colander, and the colander over a new pot and slowly pour the curds in, allowing the cheesecloth/colander to catch the curds. Let drain for 10 minutes.

Add salt to curds and gently stir. Line whatever you're using as a cheese mold (a plastic container with holes poked into it for drainage works great) with cheesecloth. Make sure there is enough cheese cloth to overhang the mold.

Place the cheese mold over a container to catch liquid and then transfer the curds from the colander to the mold. Place another piece of cheesecloth and something flat over top of mold and then put weights on top. Allow to sit for 30 minutes, and then unwrap the curds and flip them over. Reassemble weights on top again, and let sit for 12 hours at room temperature.

Prepare brine solution and then allow it to come back down to room temperature. Place cheese in brine and let brine for 24 hours, flipping it over at the 12 hour mark, so evenly brined. Air dry for 6 hours with full air circulation, perhaps set into a colander and then age in the refrigerator in an open container. Do not seal or it won't age properly. Keep your brine to use to wipe off any mold that appears on the outside during the aging process. After a week or two you will have a soft textured cotija, let age longer if you desire firmer consistency.





Maitake, Hen of the Woods, Sheeps Head, Signorina, Grifola Frondosa. These mushrooms, wherever and whatever they are called, are well-loved for both their flavor and potential health benefits. The fact that they favor the roots of aging trees, most commonly found on oaks and elms, is a primary reason why their commercial cultivation is rather recent. Evidence suggests that fungi has been around on the earth for over four hundred million years, and around three hundred million years ago basidiomycetes and ascomycetes, the kind that produce fruiting bodies or mushrooms, began to occur. There is record of early civilizations in Greece, Rome, Egypt, China, and Mesoamerica of humans using mushrooms culinarily, medicinally, and in religious rituals.

The advent of farming occurred before written records are known to have begun, and as such it is difficult to trace the exact initiation of most agricultural trends. However mushroom cultivation is known to be a relatively more recent phenomenon, beginning with the cultivation of Wood Ear mushrooms on logs in China in about 400 A.D.

Maitake is actually one of the most recent mushrooms to be widely cultivated, beginning in Japan in the 1980s. Their preference for rotting tree roots makes them difficult to cultivate on classic mushroom logs. The creation of an outdoor saw-dust based bed cultivation was eventually created, making them able to be more readily produced and you can now find them at many local groceries.

Though there is mixed evidence regarding their medicinal capabilities, some studies have shown that these mushrooms help to moderate glucose levels and may be beneficial in preventing the onset of type 2 diabetes. They have also been studied for their effect on the immune system and potential to combat various types of cancer, due to their ability to limit the production of blood cells that feed tumors and enhance the ability of immune cells. Many of these studies have been critiqued for flaws in design and reporting, and as such we cannot be positive of the validity of these more extreme claims. However, more concrete evidence suggests that they certainly do at least have mild positive effects on our immune responses.

QUICK PICKLED MAITAKE



What you will need:

1 ½ lbs Maitake Mushrooms

1 quart Water

½ quart Sherry Vinegar

60g Honey

45g Salt

Break up the Maitake into smaller sort of bite-size pieces and set aside in a sealable container. Put all other remaining ingredients in a medium pot and heat until salt and honey dissolves, stirring occasionally to aid in the process. Let the liquid cool slightly to nearly room temperature, and then pour over mushrooms into the container. Seal and set aside for at least 3 days before eating. Good for at least a month in the fridge.



Camelina, a member of the mustard family, though often called “False Flax” for its resemblance and reminiscent flavor, is a fairly new discovery for me. First cultivated during the Bronze Age, it has been found alongside sourdough in Celtic archaeological excavations dated at 4,000 years. Though widely grown throughout Europe and Russia until the 1940s, it got replaced post-war for higher yield and more industrially sought after grain and oil-seed crops. Renewed interest in Camelina has sparked due to its high omega-3 fatty acid content, as well as its uses as an agricultural adjuvant or for biodiesel. It also contains high levels of vitamin E, which acts as an antioxidant and also increases the shelf stability of it relative to other high omega-3 oils. As such, its oil is also often used in skin care, both to avert sun damage, and work as a moisturizer.

Like its nickname indicates, Camelina produces small pods that look a lot like flax bolls. Once pressed for their oil, if handled delicately, these pods still contain a good deal of nutrients, and offer a pleasantly grassy flavor and textural crunch—as I have used them atop the *Mixed Heirloom Rice Bowl*.

While all of this information about the natural processing of grains and hazards of sugar and white flour are true—stress unfortunately is also bad for you.

If you do not suffer from an extreme intolerance, then a little bit of white flour and sugar, every now and again, will not kill you. There is, I'm afraid, nothing quite like a classic pie crust. I have made some lovely pie crusts of buckwheat or spelt or almond flour, all delicious in their own ways, but not ever quite the same as the way my mother and grandmother first taught me.

I find people are often intimidated by making their own crust, which is a shame because it is one of those deceptively easy crowd pleasers everyone benefits from having under their belts. Fresh organic flour is best, but honestly any will suffice. Butter is the most important ingredient, go for the best quality unsalted butter you can find, be generous.

CLASSIC PIE CRUST



What you will need:

2 cups AP flour

¼ cup sugar

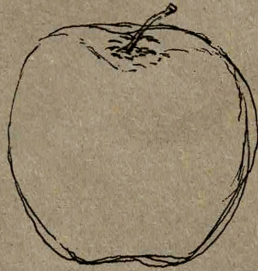
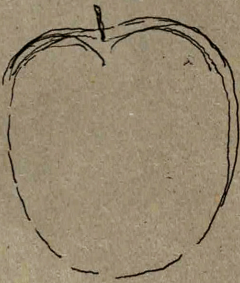
¾ tsp maldon salt or flaky salt

¾ cup (1 ½ sticks) unsalted butter cold

½ cup iced water

Pour flour, sugar, and salt into a mixing bowl and mix well. Slice butter into four sticks by making lengthwise cuts down either side and then into ½ inch to inch cubes by cutting horizontally across multiple times. Add butter to dry mixture and use hands to break up cubes into even smaller and more flattened bits. You want to achieve a kind of shaggy crumble of broken up flour covered pieces. Once uniformly crumbled slowly add the ice water, incorporating in entirely and beginning to form dough into the shape of a ball. Knead until well incorporated and uniform in texture into the shape of a ball. Wrap in plastic wrap and place in the fridge for at least 30 minutes until ready to use. Very fresh is best, but it will survive well for three days plastic wrapped in the fridge or indefinitely much longer in the freezer.

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There are many complicated histories I did not have time to touch on here, including that of avocados, tuna, tubers, and peanuts. To be frank, almost nothing that is readily available to us all the time and in large quantities comes without a cost, whether human, environmental, or some combination of the two.

It is difficult, as a person who works in this industry, to recognize and fully grasp that it is in many ways, inherently unsustainable. That we live in a world of increasingly mythic plenty and accessibility. It is unfortunate that at every turn attempts at repair morph wildly into new avenues of injustice. Too often, conversations around food are strangely compartmentalized.

We have food as romantic, food as ecologically conscious, food as hip or “innovative”, food as historical or “traditional”, food as political, food as virtuously utilitarian or its opposite, and so on and so on. I am aware that striking a balance between all of these things is extremely difficult (perhaps impossible) but I think if we are even attempting to create systems of restoration and meaning with regard to our consumption, we must at least try to grapple with these complexities and intersections in a way that is both thoughtful and ongoing.

Dinner ... Until we meet again
10/24 & 10/25 at SUNRISL



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October 2020

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By Autumn Gilbert