

GEORGE



AN UNOFFICIAL REVIEW



GORGE : WINTER

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From the Editors:

Thank you for picking up the Winter edition of GORGE. Our magazine is a fun review and how-to on the tips that we have found helpful - but more importantly fun - in our lives. We hope reading GORGE brings you laughs, a good tip here and there, and an overall experience through food. We would love to hear from you if you try out any of our recommendations! Submit your photos to www.gorge.com, and maybe you will make an appearance in the next issue. Happy reading!



HOW TO:

EAT A SOUP DUMPLING



Now this, is an art form. When you step into one of the best soup dumpling places in New York, they should really give you a pamphlet on how to bite into their scalding hot dumplings. Do you bite right away and burn every single taste bud you have? Do you leave it and let it get cold and chewy? Most importantly, where do you pick it up from? Spoon or chopsticks?

Also known as the xiao long bao (which literally means “small basket buns” because of the bamboo baskets they are steamed in), Chinese soup dumplings are steamed pouches filled with broth and pork or crab meat. People also call them little bites of heaven, and we would have to agree. You get everything you could possibly want in one bite - a sweet and salty broth, a bit of soft filling, and a thin pasta-like skin on the outside. And don't forget the ginger black

vinegar on the side! They are delicately crafted, and even more delicately consumed. There is a fine line between their freshly steamed state, and when they are cooled too far to a stiff, solid pouch. This is what makes the small buns such an art form to eat. We want to make sure you know all the tricks to eating them correctly, so you can enjoy them with best possible flavor and enjoyment.

Not to fear. We have taken several trips for trial and error, and we think we have figured out the best possible way to enjoy soup dumplings - without burning the hell out of your mouth. And man, they are good.

The next time you take a trip to get some of your own, make sure you take along our handy dandy pamphlet. (You can even tear it out for your own convenience.)

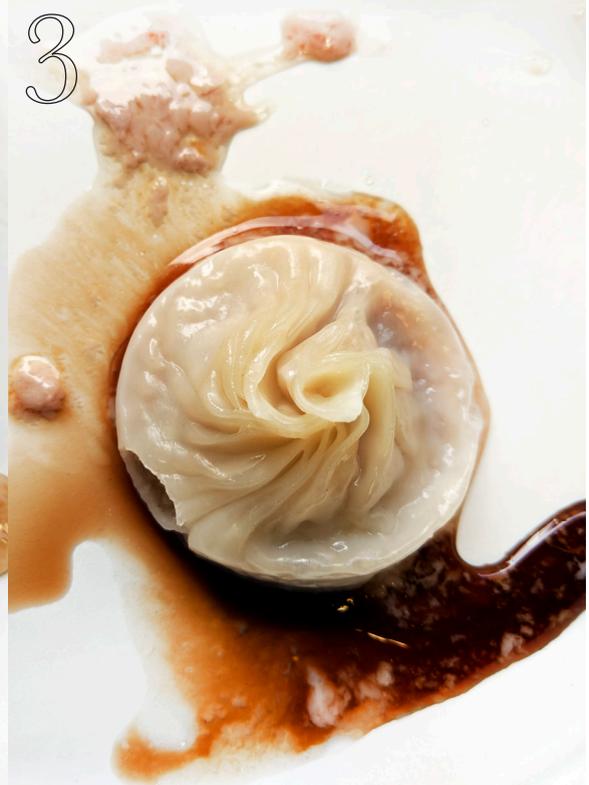
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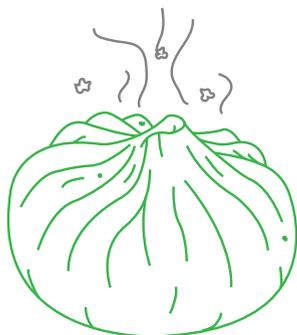
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HOW TO EAT A SOUP DUMPLING

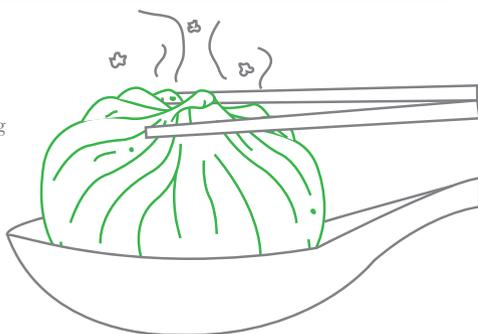
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Let cool. Soup dumplings are served piping hot, so never put one straight into your mouth!



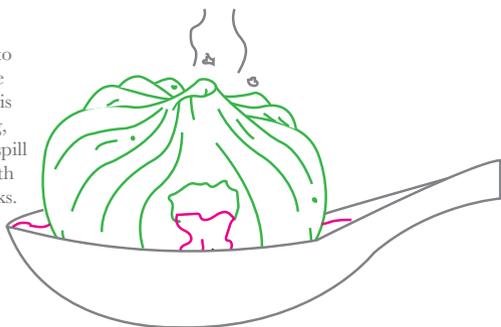
2

Using the twisty at the top - transfer dumpling from steamer basket to soup spoon.



3

Bite a hole into the side of the dumpling. This allows cooling, and broth to spill into spoon with your chopsticks.



4

Bite in half, or enjoy the whole dumpling in one bite! Don't forget the extra broth.



4





HOW TO: PROPERLY HOLD A WINE GLASS



Does anyone actually care about this? Does anyone actually know that red wine is best served just below 65 degrees, and white just below 60? Well we do. And we're here to tell you that most people have no idea of this etiquette, or how to properly hold their wine glass. Don't you dare go out to a wine bar with your fancy British friends and start holding a red wine glass like you are double fisting a pint of beer. Just don't.

I learned this once I moved in with a British roommate, and she was appalled at my wine glass gripping skills. And here's the truth about it - these skills sadly don't get much easier with practice. You will stand around at events feeling like your wine glass could slip out of your hand at any moment. But etiquette should always trump fear!

These etiquette how-to's are based on the best ways to keep your wine or champagne at the correct temperature. Experts say that

they are even about keeping your wine glass smudge free in order to assess the color and quality of your wine before taking a sip. Hold white wine at the base of the glass, and it will warm up, but with red wine, you want it a nice room temperature, so your hand a bit closer (or even on) the bulb of the glass is okay.

Through trial and error, we think we have determined the best possible method. The good news is in any situation, it's still acceptable to swirl your wine. These are just some of the best hand positions to do so – and to keep the quality and temperature of your wine at drinking prime.

PS. If you're left wondering about stemless wine glasses (we are too), that is a whole other set of etiquette that we have yet to tackle. But stay tuned, maybe we will do our research for next seasons GORGE!

1 Red wine is served room temperature, and your hand on/near the glass can keep it that way. Some people may argue this, but we think this keeps the wine tasting its best, and gives a good stability on the glass. If it's uncomfortable for you, you can also keep your hand at the very top of the stem, bulb resting on your fingers.



2 White wine is served chilled, so it is not correct to hold the glass itself. Stick to the stem, and this time keep the pinky out from the bottom. White wine is served in smaller glasses than red, and you don't need as much stability, leaving your finger positions to be a bit more risky. Always point your pinky up, and your fingers off the glass. Plus; this limits finger prints.



A close-up photograph of a woman with long, wavy hair, smiling and holding a flute glass filled with champagne. She is wearing a dark, sleeveless, ribbed top. The background is a plain, light-colored wall. The lighting is soft and warm, highlighting the bubbles in the champagne and the woman's features.

3

Since champagne is served in delicate flutes, they can be quite top heavy and fragile. The proper way to hold a flute is with your pinky and ring finger as balance under the base, and the rest of your fingers delicately pinching the stem. With any chilled bubbly drink, if you grab the glass itself, it will warm up the champagne, which is not as enjoyable.



THE WORST:

FOOD TO EAT ON A 1ST DATE



We all know the embarrassment of going through your entire day with spinach in your teeth and no one tells you. Places you absolutely want to avoid that embarrassment: on a first date. Someone who doesn't even know your last name is *not* going to tell you that you have spaghetti sauce on your chin, let alone ask you your last name. And let's face it, first dates tend to be really awkward. Ordering the wrong thing increases those chances. So what constitutes something to be "the wrong thing?"

Our first tip for you is to stick with the non-exotic food items. If you can't pronounce it, don't order it. That could be another awkward experience we should try to avoid. Some other obvious no-no's are bubbly drinks (which could cause you to burp all night), very potent garlic and onion dishes (we all love garlic bread, but your tinder date doesn't), and pretty much everything you

have to eat with your hands. If the waiter accompanies your meal with wet wipes, it probably wasn't the best choice. One more tip - no overly spicy foods. If the menu item has a hot chili pepper symbol next to it, stay away to avoid dragon breathing all over the stranger across from you.

This all might leave you with the question, what *should* I be eating on the first date? Lots of popular surveys say that a nice steak or seafood dish is a classic. If you're a vegetarian, perhaps a nice sauceless vegetable dish. All we know is to save yourself from the most potential embarrassment, stay away from these four foods (and probably many more, but use your best judgement based on our tips)!





SPAGHETTI

Spaghetti is tricky. It's such a delicious dish and an overall classic. The problem with it, is that it has a splatter, and a drop. What do we mean by that? If you don't properly roll your spaghetti, it tends to dangle out of your mouth, leaving you awkwardly hunched over the plate and thus dropping the excess from your mouth. In less technical terms, you are going to resort to slurping your spaghetti at some point. This leaves you with spaghetti sauce on your sweater, and your blouse, and (possibly) your date's shirt as well. And let's be honest, if there is nothing better than spaghetti and sauce on the menu, you have probably picked a lame restaurant in the first place.



TACOS

Ah, hand food. Not always served with wet wipes, but always a no-no. Tacos also come with a major drop potential. Half the time the insides of your taco end up on the plate, leaving you to scoop up the remnants after it plops out. It often becomes a multitasking food, leaving you more worried about keeping your taco in tact than talking to your date. Cross it off the list. Perhaps a burrito that you can eat with a knife and fork is a better option at your favorite Mexican restaurant!



WINGS

I think this is pretty self-explanatory. Again, hand food, and this time, it *is* served with wet wipes. Wings are covered in sauce that gets all over your mouth and cheeks, and you have to rip the meat off the bone with your teeth. I don't know about you, but we would consider that a major turn-off. I guess it depends on who you're on a date with.

Another important thing to mention - since basically everything you will ever read tells you not to order wings on a first date, if you decide to go for it, you kind of look like a try hard. Don't try to be the “cool girl” and order wings. And honestly, they're not even a real meal.



SOUP

I don't think this one is as expected. Soup may seem like a safe bet, but imagine you get a good classic chicken noodle. There's lots of chunky pieces that you have to slurp of the spoon and they usually fall off, splashing all over. Broth splatters on your chin, your nose, and your favorite sweater. Soup is a food that you have to strategically think how to eat, and those are foods we do not want on a first date.

Emergency Instructions



Fire

- Do not panic! Pull the emergency brake.
- Notify train crew immediately.
- If possible, move to another car through closed doors.
- Remain inside - tracks are electrified.



Medical

- Do not panic! Pull the emergency brake.
- Notify a crew member immediately if a passenger is in distress.
- If you are qualified to assist, inform the train crew.



Police

- Do not panic! Pull the emergency brake.
- Alert the train crew to any unlawful or suspicious behavior.
- Train crews can notify police in real-time.



Evacuation

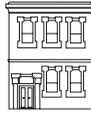
- Do not exit train unless directed to do so by train crew or emergency workers.
- Follow instructions from train crew and emergency workers.

Always contact a train crew member and listen for announcements.



THE BEST:

"PLACES" TO EAT IN NYC



Choose a place! Any place - and no, we don't mean restaurants. New York City is the best city to do strange things in public. No one bats an eye at that man wearing only superman underwear on the sidewalk, or the woman who's dog is wearing the same sweater as her - yes, both things we've seen recently enough to add it into this article. So, safe to say eating in different places in public perfectly acceptable - because no matter what you're doing someone has definitely done something weirder.

New York is also a place where it is hard to catch your breath. You can't always fit in time to check everything off your to-do list, so some of our suggestions allow for great multitasking! Plus, no matter how busy you are, never forget to eat. Your day is ruined

as soon as you become hangry (a mix of the words hungry and angry - which just happens to be one of our favorite terms at the moment).

We're hoping the following suggestions will be taken with a grain of salt, but also give you some potential fun weekend plans. I know that we are the queens of bringing food to strange public places, plopping down, and digging in. Why not make it a picnic? Aren't you ever curious why people are so comfortable eating on the subway? Give it a try. Grab your favorite food, and your favorite friend, and make a fun outing with these favorite "places" to eat in New York City. And don't forget to send us a picture while you're there!



THE GYM

Seems weird because you usually go to the gym to work out. Emphasis on usually. But oddly enough, it is really satisfying to eat on the work out equipment while everyone is sweating and hating their lives. They look at you with the realest jealousy you will ever witness. Plus - a great way to multitask and save time in your day! You can ride the elliptical *and* eat your salad. Or your bag of pretzels.



FOREST HILLS STADIUM

OK, weird. We wanted to give you a lot of options. However, the Forest Hills Stadium tennis court always has eating events where there are food trucks lined up. So, it's not by strange coincidence that we chose this place! What else could you want? Some of the best food trucks from around New York City, great location, cool tennis court. And sometimes they have a Walter's Hot Dog food truck around when they have events. We highly suggest it!



THE DOWNTOWN R

We've all seen it. So why do so many people do it? New York life is so busy with a constant hustle and bustle. One relaxing moment (where you don't have any service on your phone) is the subway. You have nothing else to do but watch the stops go by. Why not enjoy your lunch? Pull out that tupperware, your fork, and go ahead and eat. Maybe even put your feet up. Of all the test runs we did, we found that the downtown R train happens to be pretty empty from 14th st. to Canal st. if you want some more "privacy."



SALVATION ARMY

This is a no brainer. They already have an entire dining room set up for you in the furniture section. You can just choose which table you like the best and take a seat. If anyone questions you, just tell them you want to test out the product before your purchase. Trust us, it works. When you finish your meal, you can shop for a new sweater, some new sneakers, or perhaps a new mattress.



FEATURED:

FOODIES OF THE MONTH



Meet Jess and Cecelia, two Chicago based food lovers who are the founders of GBK:

Hi! We are Jess and Cecelia; two passionate, creative, and fun loving foodies who also happen to be dietitians by day to pay the bills. As we surround ourselves with all things food all the time, what we've most noticed about the topic of nutrition is that everyone has a different definition of "healthy" eating and that people are always looking for a quick fix or new magic food. But really, it comes down to simplicity; we believe based on our training and experiences that eating plant based and minimally processed foods is not only the most beneficial to our bodies and the Earth but also feasible, affordable and delicious. So please come with us on our journey to make

the world a healthier, happier place one plant based recipe at a time."

Their recipes are so good (and to be honest a little hard to make if you don't know what you're doing in the kitchen) but none-the-less healthy AND delicious. A combo I struggle to find. We've featured some of their fan favorites, and ones that will have you reminiscing about summer in the long, dark months of winter. Try out their popcorn on a movie night in, their tacos on a cold (but sunny) night for a quick meal, and their mojitos anytime, really. Get all their recipes at: www.thegreenblossomkitchen.com. and be sure to check them out on Instagram!



LET'S GET POPPIN'

An all time favorite snack food of ours has got to be a big bowl of homemade popcorn. So let's get poppin!

Savory Miso Popcorn

PREP TIME: 5 mins

TOTAL TIME: 10 mins

Servings: 12 Cups

Ingredients

Popcorn

3 oz organic popcorn kernels (about 1/2 cup)

3 Tbsp grass fed ghee

1/2 tsp sea salt

Miso Topping

1 Tbsp raw miso paste (we used chickpea, brand featured here)

2 Tbsp extra virgin olive oil



- 1.** In a small bowl mix miso with olive oil until combined then set aside.
- 2.** In a dutch oven or deep cast iron skillet add 3 Tbsp ghee and sea salt. Turn stove top on to medium-high heat and allow ghee to melt.
- 3.** Add one popcorn kernel to melted oil and wait a few minutes until the kernel pops (this is how you know the oil is ready).
- 4.** Add 3 oz of kernels to the pan and cover with a lid. Bring the temperature down to a medium heat. Gently shake the pan back and forth to allow kernels to evenly pop. Continue doing this until you no longer hear popping.
- 5.** While the popcorn is still hot, pour miso olive oil mixture over the top and stir to combine. We found that using your hands to gently massage the miso mixture into the popcorn worked well. Pour prepared popcorn into a large bowl and start snacking!



FIESTA FIESTA

Now sometimes when we say fiesta we mean spending all day in the kitchen cooking but we understand if you don't share this enthusiasm. That's why this recipe is an "easy eats" because we all need those quick but healthy favorites. Though we do want to warn you about what might be hiding in those processed tortillas first, okay we know - party foul, but you'll be thanking us later promise!

Sunshine Fiesta Tacos

PREP TIME: 25 mins

TOTAL TIME: 35 mins

Servings: makes 6 tacos

Ingredients

Tacos

1 can organic black beans
1 medium yellow onion
2 Tbsp water
1 Tbsp coconut oil
6 organic corn tortilla shells*
1 ripe mango, sliced into thin segments
sprinkle of chili flakes

Crunchy Cabbage Slaw

1 cup cabbage, shredded
2 Tbsp apple cider vinegar
1 Tbsp honey
1/4 tsp sea salt

Cilantro Lime Sauce

3/4 cup loosely packed cilantro leaves
1 lime, juiced
1 Tbsp olive oil
1 Tbsp raw pepitas
1 Tbsp pure maple syrup
1 small clove garlic
sprinkle of sea salt to taste



1. Rinse black beans in a colander until water runs clear. Add coconut oil to a saute pan over medium high heat. Chop yellow onion and add to the hot pan. Cook onion until translucent, about 5 minutes, add the rinsed black beans and 2 Tbsp water and continue cooking for 3-5 minutes. Remove from heat and mash onion/bean mixture with a large fork, allowing the flat bottom portion of the fork to do most of the work.

2. Whisk vinegar, honey and salt in a medium bowl. Shred cabbage using a mandolin or large knife (pre-shredded is fine too), add to bowl and mix well until cabbage is coated in dressing. Set aside.

3. Add cilantro, juice of 1 lime, olive oil, pepitas, maple syrup, garlic and salt to a food processor or blender and blend ingredients into a smooth sauce.

4. Warm tortilla shells in saute pan over medium heat for 30 seconds to 1 minute. Remove from pan and cover shells with a tea towel to keep warm while you assemble each taco. Add the following to each tortilla shell; 2 Tbsp black bean/onion mixture, 1/8 cup crunchy cabbage slaw, 1-2 segments of mango sprinkled with chili powder, and a drizzle of cilantro lime sauce.



MIX IT UP

We can just about bet that these cold winter days and nights have you craving some fresh adult drinks. If we're right than this recipe is for you! We've combined one of our favorite staple drinks with fresh produce and a Caribbean twist. Thirsty? Read on!

Watermelon Coconut Mojitos

PREP TIME: 30 mins (includes freezing time)

TOTAL TIME: 35 mins

Servings: 4

Ingredients

Mojitos

12 oz fresh watermelon juice

8 oz coconut rum

Juice of 4 limes

20 large mint leaves

4 Tbsp simple syrup

12 oz sparkling water

1 cup 1" cubed watermelon, frozen

4 thin slices of lime for garnish

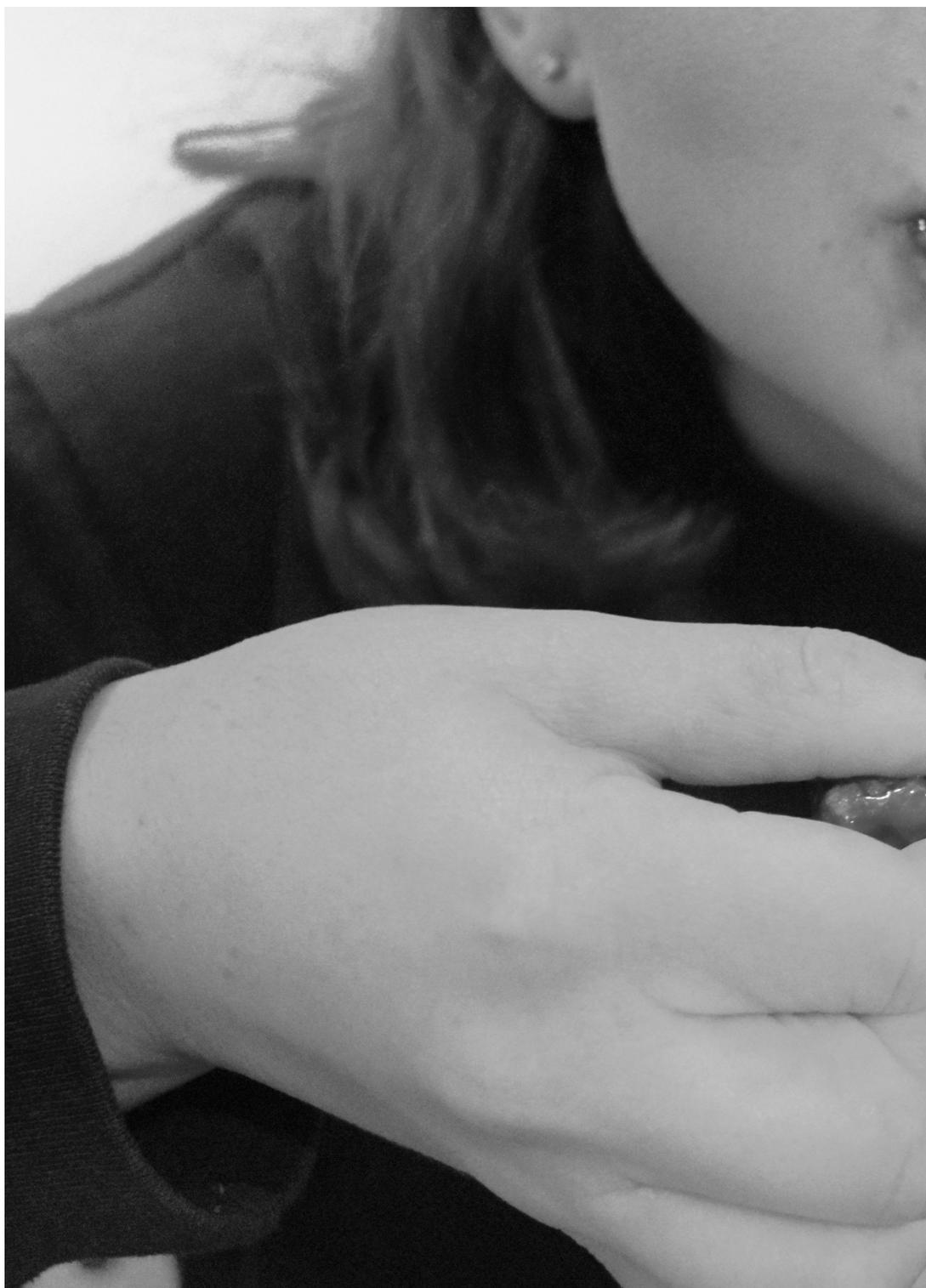
Simple Syrup

1/4 cup cane sugar

1/4 cup water

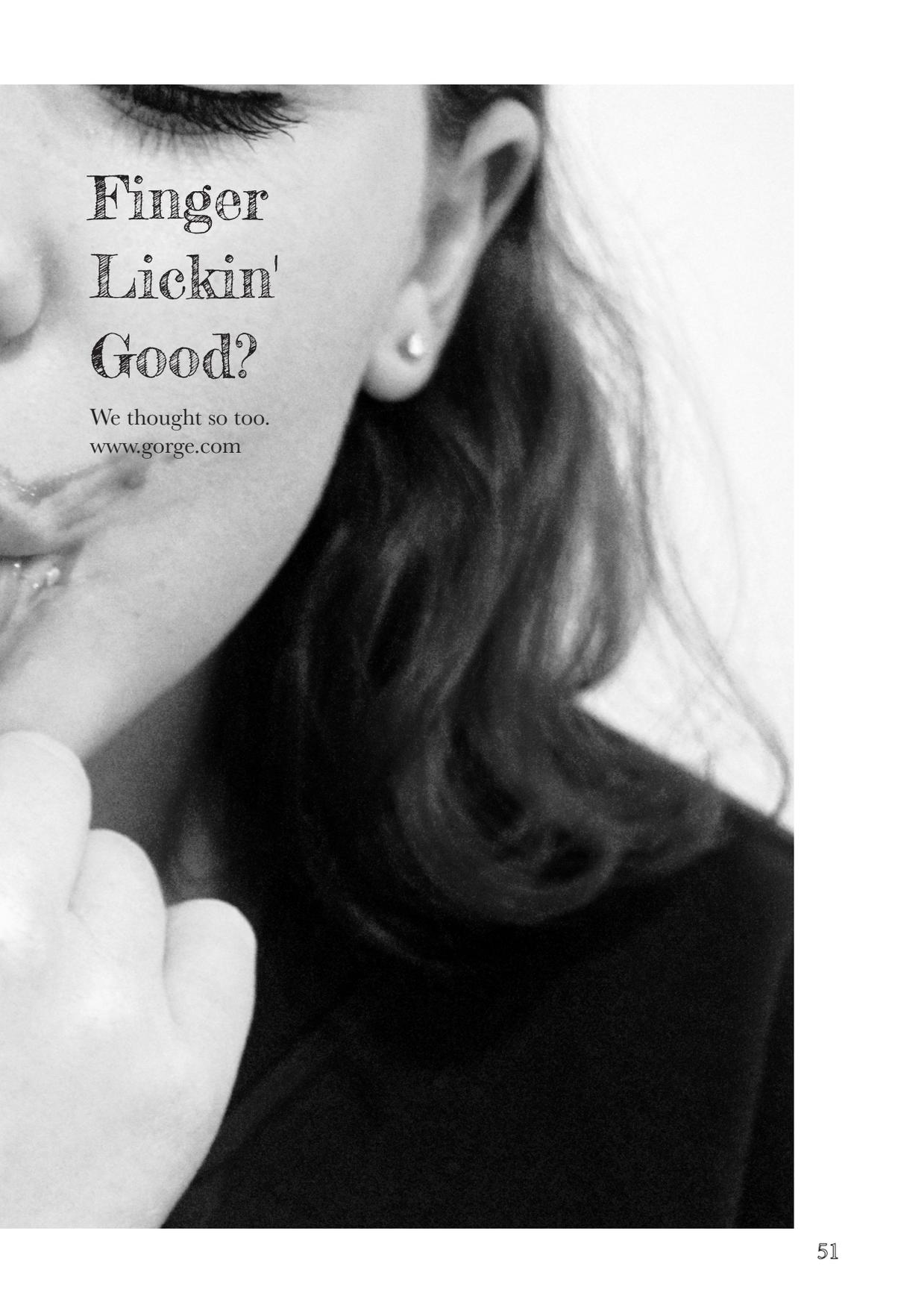


- 1.** Cut watermelon into 1" x 1" cubes and place on wax paper in the freezer to chill for ~25 minutes.
- 2.** Using a juicer (or blender on high speed), juice 1.5 cups (12 oz) watermelon juice.
- 3.** To make the simple syrup combine equal parts cane sugar and water in a small sauce pan on medium-high heat. Bring liquid to a gentle boil making sure to stir constantly then reduce to a simmer. Allow mixture to simmer for 8-10 minutes or until liquid becomes syrup-like and sticks to the back of a spoon.
- 4.** Remove from heat and allow to cool to room temperature.
- 5.** Using a mortar and pestle, muddle the mint leaves until fragrant then set aside.
- 6.** Using a drink shaker, combine 3 oz watermelon juice, 2 oz coconut rum, juice of 1 lime, 1 Tbsp simple syrup, 1/4 of the mint leaves, and a handful of ice. Shake until fully chilled. Pour into a glass and top with 2-3 oz sparkling water and 1/4 cup cubed frozen watermelon. Garnish with a slice of lime and a sprig of mint.









Finger
Lickin'
Good?

We thought so too.
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