

FINAL Jenny Castor EP 4

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0:00:06.2 S1: Welcome to another episode of women in food. I'm your hostess, Missy singer-do Mars. This podcast is all about the intersection of three things food, business, and the feminine. Each episode, I invite you to sit down with me and my interview guest as we dive into this intersection to spark your food curiosity, share their favorite recipe and give you some fun food explorations along the way. I'm inspired by these women farmers, shafts bakers, cooks, writers and food makers who all bring their passion for beauty, for nourishment, community, pleasure, connection and deep care to others through food. These are women who advocate and take action towards increased food awareness for themselves, their families and their neighborhoods. Before I introduce today's guest in our topic, I have one request, if you could go over to iTunes or whatever app you're using to listen and give us a reading and review, it's a very simple act that helps us so very much. Thank you. Today, I'm so excited to introduce to you, Jenny caster. Jenny is the chef and owner of a boutique food truck and catering company, the Lucky Bee kitchen in Fort Worth, Texas, that goes far beyond delivering food by doing why I'm pairing dinners, private chef appearances and all kinds of cooking forms, both in person and virtually.

0:01:28.8 S1: Her personal story about how she came to be a chef is through her own personal healing journey, which we'll share more about as we talk, she has a culinary degree in both Savory and Pastry Arts, and as food has changed the course of her life, she is set out to support that kind of transformation through food for others, there's quite a long list of award, she's one for her food and businesses, and she contributes to many philanthropy food events as well. Jenny specializes in seasonal cooking, so her menus are in constant flux and fill to the brim with her creative talent. So Jenny, welcome to women and food. I am so honored and excited to have you join us.

0:02:09.8 S2: Thank you for having me. This is so exciting. I've never gotten to do anything like this before, and

0:02:15.1 S1: Before we get too far, I have to share how we first met, and just for our audience, we have not met in person, X up to have a BIO calls and lots of emails back and forth. I feel like we're best friends already, but I first heard about Johnny because I'm on a Facebook group of women chefs and restaurant cores, and Jenny posted this fabulous picture talking about Chef clothing Sefer made by women for women, and we may have that woman making as a gas eventually sustained for that episode, but she was so excited to premotor friends, clothing and work wear, and the backlash that I witnessed happened was awful, and I've often thought about the environment that men create in the kitchen, but to see women bullying essentially other women publicly on social media within a community that is so difficult to begin with, where we all need to support each other, I was just shocked, and so I reached out to Jenny and said, I wanna have this conversation where we are... 'cause we're gonna have a lot of fun. We're gonna talk about that here. Now, we're gonna have a lot of fun too, but Jenny won't you tell me a little bit about your story from that experience.

0:03:27.7 S2: It was just a normal day, you know, and there had been a post I had made on my own page about an event I had done. And a photographer step that photo of me wearing beautiful Sanda Harvey, she designs these fabulous coat. She's amazing. Yeah, I wear her coat, and a photographer friend of mine snapped a photo of me wearing the jacket, and the way Sandra operates, she likes to post real women, real chefs, real cooks, real people wearing her jackets, she believes that that personal connection is what really promotes her business so she often asked us to send photos to her wearing the coat, and she's even made a calendar, it's so cool, her coat. So I did, I posted the photo,

she posted it and then I re-posted her post, normal day, didn't really think a lot of it. I've done it before, but never on this particular page, usually never had any kind of negative feedback at all, and when about my day had worked that day, got back on in my car, I think with my phone, opened it up and I saw over 100 and I was like, Oh, a notification.

0:04:43.9 S2: Yeah, yes. And I just sat there and just shock, I'm not getting... I was just shocked. I must have sat in my car for 30 minutes and just with my mouth open, a flood of emotions came over, I had a huge lump in my throat, I thought, What have I done? I mean, UIST, I was humiliated, I was embarrassed, all these things, and I'm a pretty big skin, so it's actually making a stoic hurt right now to remember how I felt.

0:05:17.1 S1: So not to go back into those awful emotions, but for our listeners, you may not understand the importance of a shop coat and the various things about it, can you give us a sense of what some of the less comments were, and I will tell our as there were a ton of very supportive comments... Well, myself, one of our others, Yes, Jessica, chef Jessica, who was in Episode 3 or two, she was very supportive, a bunch of us were supportive, but give us a sense of like... 'cause our listeners might be like, Why codebook...

0:05:58.0 S2: Her philosophy behind her codes are, she wanted to create a code, it's very feminine, that really... Something a woman can wear in the kitchen and feel confident, and as she had even done a stage just to learn about how the kitchen operates and how to create a chef cope or women, the way she went about creating the Coates was a photo... I'm wearing one of her short jackets, she makes long slate shorts, all different styles, colors, everything, and I'm just wrapping up this event, I have a big smile, I say some happy hair in a pony tail, and immediately people just started passive aggressively, like... Shouldn't we be having long sleep coats? I'm sure this is just a model. Why is your hair on our shoulder, all these different things and basically saying that's too tied to sexy, too too much skin showing. All these types of things. And I'm not even gonna say in the context they did because it was really, really just a utility.

0:07:05.1 S1: So very possessive, like the Atari would only wear this way, but basically criticize it.

0:07:13.0 S2: Jenny, and here's what was... What I had to remind myself, and I think this comes just from my innate nature and just what I've just been taught as a child, you just don't feed into that type of thing, so I only looked at those comments and replied to the ones that were specific questions about the jacket, because the whole point of the post was to be about her jacket, not about me, this post was not about me, this post was about showing her jackets and talking about her jacket, not about me, and so when the comments got personal about me, it was really hard not to get defensive, I got the feeling I was trying to... They were trying to bait me into some sort of ugly conversation, which I'm not about that, and I'm not about to waste my whole career on making good comments back. It's not worth it. Thank goodness, I have that sense about me because I see it all the time, but I immediately just thought about... I have two girls and the stuff that they see, and I thought, Gosh, that's so awful. How do they do with that? And here I am in before your woman, I'm dealing with it.

0:08:19.9 S2: As it went on for two days, this whole post, just comment after comment, and Missy, like you mentioned, there were so many supportive comments that started backing up to the point

where I didn't have to say anything and it kind of rounded out in a really interesting way because I would say the last third of a comments were a solid positivity and even a few of those people that were ugly the beginning started to kind of back pedal. So it was kind of interesting. I don't know, it's really hard to explain without seeing the photo, but nice. Maybe you can give a better perception of what you saw...

0:09:00.7 S1: Yeah, no, so it's an interesting discussion for a number of reasons to me, first of all, because we think it's one example, and there's many... As women went into the workforce, you see women in business suits, like skirt version of suits and women trying to fit into a man's world, as well as this idea that beauty and utility cannot co-exist, and I think both of those things are incorrect, that there is a way for us to be our whatever self, but in this case, feminine self and to feel good in our body and to feel beautiful and quite honestly, and you and I talked about this offline, that translates into the food that you create to feel good in your body... And feel good in yourself, and I love that you shared that. What struck you was that it was important to teach your girls to feel about themselves as well and to bring them up...

0:09:59.2 S2: Yeah, that way, thank you for reminding me of that. Because that was exactly... That was probably the biggest comment that got my attention was to each his own... First of all, do what you want. I'm not here to say You have to be like I wanna be, but I do have a very strong belief that when you feel good, when you look good, you perform well, that's just innate in me, and that's how I choose to operate my lifestyle, that's just how I am... And one of the comments was, I could care less how I look at the kitchen. Who wears make up? In the kitchen. Basically, I got the feeling here to be not seen, not heard. Just do your job. So that was just a very interesting coming from another woman because you hear this group that we're on, I see, you know is, I joined this page because I thought we were lifting each other up and supporting one another, so the irony of what was happening just kind of really made me lose faith and just finding support in other women in any group, which reels me right back into being this individual, autonomous person that I choose to be, and that's a whole another thing, but it really...

0:11:16.7 S1: Yeah, well, let's talk lecture, I know from some of our discussion that your relationship to self-image has had its ups and downs in your own personal journey, you wanna tell us a little bit more on your early... I mean, it started early in her childhood... Yeah.

0:11:37.5 S2: Yeah. So I was the ballerina and my entire life, 20 years, 18 years, I'd say 18 years, but I continued on teaching for a bit, so I still count that. But during that time, it was a very strict program that I was in, and we were screen pretty much daily from what we had to wear a mansard with you. We were white lapping types, and they had to be spaghetti strap and only because they wanted to see every part of our bodies, the valley world, like any other professional sport is very, very, very word-scrutinizing. There's all sorts of stigmas attached, the things they expect of you, wait, how a cheat is your high... What is the art of your foot... So all these things are kind of ingrained in me from that training, years and years of that training.

0:12:43.4 S1: How does that translate and so just making Ringworld and being a notary now...

0:12:49.7 S2: That's all I know, it's all I know. I feel most of the time it's familiar to me, but I really feel this need to be polished in everything I do. I believe that if you're gonna do something, you do

it all the way to perfection, we're not gonna half-ass anything, I mean, if you're not gonna do it all the way... That's a cliché, but it's very true. To me, you wake up and you face the day, I'm not saying you have to put make-up on all that, but if you're gonna get out and do it, then do it all the way

0:13:21.7 S1: That... It's interesting you say that, I was thinking about this as you were talking about when we dress well and we feel good in our body and we look good, then our energy is different, I feel like that's even more important in this past year with pandemic and everything, where we get used to being in our pajamas, in hack this way, I went out to feed animals on the farm in my pajamas and just put dibs over and didn't care, but I think even if you're not leaving the house to dress up and feel good...

0:13:54.7 S2: Yeah, I found that. So funny you mentioned that because one day it was during the pandemic, and I know why I wouldn't start it, it was kind of like, Hey, this is kind of fun. We can sit around and just chill out and Arvada, there's no pressure of trying to... Having to look good or talk to anybody, it was just really kind of a nice escape for a while, but as time marched on, I started finding myself becoming uneasy in my own skin, I wasn't doing that routine thing that was familiar to me, and it really came to light one morning, my littlest daughter, she's not little, she's 19, but she came in, she said, Mom, were you going? And I was sitting in my closet on the floor, putting make-up on, I got that going anywhere, and she goes, Why are you getting me... Wipe your make-up on. And I was like, You know what, Albany, I said, This feels good to me today, this is something that's normal to me, it has been a normal thing to me, and it's the only normal thing that may happen today, so I'm gonna sit down and do it for me, you know, and she said, that makes perfect sense.

0:15:03.7 S2: I did that. I wasn't going anywhere, but sitting around and doing these things in my pajamas was not a normal day-to-day thing, everybody does that occasionally, but I was starting to feel like, Oh my gosh, I'm losing my identity almost, I felt like... And so I did, I sat down, I did my make up, did my hair, I felt great, have better energy that day, and I started to realize that I need to be doing those things that are me every day. And that is one of those things that's very important to me is just pull yourself together, what... I'm not... That's real. Whatever that means for you, that whatever that means for you, and especially right now when things are just so unstable and inconsistent, go back to those things in your life and are consistent and do them daily if you can, whether it's reading your Bible, whether it's praying, all these things that we kinda push off to the wayside because we were like, I feel icky in the situation, how do I fund should go back to those things and do them, 'cause I think it nurses you and...

0:16:14.5 S1: Yeah, I love that you're saying this because I'm so besides peaking out about food, which I do all the time, I also geek out about rituals and what... Retainers, whatever the tradition, and some rituals, the essence of a ritual is putting regular attention on an intentional... A rich... The attention is tough, clean these and healthy gums, and you put regular attention to it every day by brushing your teeth, and those little rituals, our subconscious learn, learns a lot by rituals and things like that, whether it's putting on your make-up or a prayer that you say, every day or the time routine that I even know that there are certain songs that I always listen to for certain things, and that if I hear it, even if I hear that same song out of con, out of that context of virtual at this point, 'cause I've used the song enough, my body, I do, my subconscious automatically knows, Oh, we're in this mode now, and you always can go meditation or relax or whatever, so the... Like you said,

such a valuable teaching, Jenny, thank you. When there's instability, to find the ritual, find the stability, find the piece that feels like you said, normal, and latch on to that because that will help even on the same conscious level, it helps your whole system just regulation more...

0:17:56.4 S2: Yeah, I love how you... Yeah, ritual, that was the word I was looking for. And we all have a number of rituals we do, but it's just really easy right now to lose your identity and this weird pandemic thing where in... I've seen a lot of people just kinda give up on everything they've ever dream and hoped for some people in my family, and it just breaks my heart, and I'm like, This is temporary, stick to what you know and do it through it as best chances you can

0:18:31.3 S1: Yeah, it's been... You're so right, it's been really interesting to see how different people handle things, I know for me, this kind of instability around or chaos energy around me actually feeds my energy and my focus and pushes me to be even more committed to what I wanna create and be more visionary on what's next as opposed to shying away from it, but different different people in to have a sense you're lame in that way also it fires you on... I wanna go back to... You were talking about if you're gonna... Your attitude, which I love of if you're gonna do something, do it well and do it right and do it the most perfect, how do you... What's the ritual? Outstanding to work, 'cause I value that and doing things well with stressing yourself, putting pressure on yourself, Reaper fiction is getting in your way, how do you use that or you forward instead of stop you?

0:19:33.8 S2: I don't know that I consciously use it, but what I've found about myself is... And I am a perfectionist, and it can be very crippling a lot of days, but I've learned about myself that I really, really... Really do well under pressure. I'm much more creative, I'm much more confidence, I'm bolder, I take risk. When I have too much time to just plan something, it usually is a disaster, it really is... I'm not kidding, I mean, I'm experiencing that right now is something I'm trying to accomplish in my food world, and I finally had a deadline I had to meet today, and it all happened last night in a matter of two hours, and I am so, so excited about what I've done, I've been trying to figure this whole thing out for two weeks and it's been a disaster up until I finally had a deadline put on me and then it just... It just took off, and I'm so excited today because I can't wait to present what I have, but... Yeah, it's not always that way. Sometimes it can be too much. There are days when the pressure that I put on myself really, really does run...

0:20:56.9 S2: Everything I've worked for, I am not perfect. Even though I'm a perfectionist and I fail all the time. What I am good at is being scrappy and overcoming it, I think that can be another word for fake it, so you make it, but how are you ever gonna know what you're capable of If you don't just dive in and fail and... I feel like I have failed a lot of times, but at the same time, I'm so glad I push myself to failure because now I know what my limits are in certain areas of my life.

0:21:38.0 S1: I have a teacher that I always said, or I've heard in many places, actually, that failure is just feedback...

0:21:44.9 S2: Yeah, yeah, it's a great tool. You

0:21:47.8 S1: Will, I mess it? I will not do it that way, now I know and if I do this thing so I want...

Exactly.

0:21:55.7 S2: It's just the most common thing. We all know that rule, and it's just having that desire in you to just wanna let yourself fail is very conflicting when you're a perfectionist, but somehow I seem to create this perfect storm for myself every time, and I'm like, Oh, I hate it when I'm in it and then when I come out of it, I'm like, I'm so glad I did that. I'm so glad. I know it

0:22:20.6 S1: Seems like coming to the kitchen kitchen lifestyle, coming to that was really finding a place that works well with who you are, which was not anything I ever... Ever, ever expected I would ever do it. Just the way this all came about in my life is just a complete mystery, it's not a mystery now, but I never, ever, ever... Did I ever dream or want to be a chef ever... I never dreamed to be a farmer either, I'll tell you what I expected to be making through the token... Whatever. Also, I told I got you on the... Ballerina. Shallower, become a coffee.

0:23:04.5 S2: Yeah, well, so as a ballerina, the reason I stopped dancing, I had a couple of injuries on particular flight, head injury, doing something completely off the map, broom hockey. What was I thinking on that? So anyway, I suffered a concussion from that, and when I went back to dancing a few weeks later, I got through my bar work and as I got to the center floor out... I couldn't balance, I couldn't turn, I was falling over. Everything was dizzy and I just wasn't aligned. And I was like, What? What's going on here? And found out later that I had a little equilibrium issue that would cover itself most of the way, but not entirely, that really, really messed with my head, that I wasn't gonna be as perfect as I was before, and I kind of gave up on it, which is really ironic, 'cause I was just coming into what I'd always worked for in my belly career, I was coming into bear fess Iona and getting... I was doing dancing in the core and getting to dance with the company and her forward, and I was... Right, I had arrived and all this happens, so I basically just gave up because I couldn't grasp the idea of not being able to be as good as I was...

0:24:34.6 S2: Looking back now, I wish I hadn't given up. I think I could have probably overcome it, but I did, I quit, it was a terrible, terrible year after that, I truly lost my identity, my parents were heartbroken, I know... I can't even go to the ballet to this day and watch I cry, I can't... I've never been in the audience, I've always been behind in SENS. Anyway, fast forward, I ended up going to TCU, got a degree in art and art education at a high school, art for a while, started having my children, had three, have three beautiful kids along the way... Was kind of an entrepreneur. I painted for a while, I had my own little boating business when that was cool, it's not so cool now, so I'm not for hire anymore. I resonator, I did photography, I did all these things that I've always done, something in the arts, but some things were happening in my life, some relationships that became very toxic, and I started taking on all of the sadness in this heartbreak for these things that had happened to people in my family, I guess it triggered something in me because within a month time, I lost 18 pounds, and I'm not a big person, so 18 pounds initially, initially was being a ballerina, you had to stay then and all that, 18 pounds initially brought me down to about 89 pounds.

0:26:18.0 S2: Wow. And that was the lowest ACOS. I started losing all my energy, I couldn't get out of bed, I slept, I couldn't eat, I didn't have a appetite, I fell into a huge depression, I pretty much couldn't take care of my family, and my weight dropped all the way down to 83 pounds, and it really, people of the Hamas, a relationship with food. Now, it was not, it was not an eating disorder, I wasn't on drugs. I lost a lot of friends thinking I had a drug problem, I had close friends telling

people I had a drug problem, I had people spreading rumors that I was an area and all this was going on outside in that world that I wasn't living in, and I didn't have the energy to defend myself, I watched my kids... I just sit on my bed every day and we would do homework on the bed and then I'd be like, I Osgood, I'm sorry. So during that time, people were breaking food, my mom would bring food a lot... We had a few close friends that would bring food, my husband would get take out, and my kids weren't eating home-cooked meals, they were eating...

0:27:28.3 S2: Yeah, there's a lot of great fast, good out there. I love fast a, don't give you a... But that's all my kids were eating, and I was watching a lot of TV and never, ever had I ever watched Food Network or any kind of food show. But I would watch these shows and I'd be like, Coletti, amazing. Sets of stuff they can do. I wanna parade that someday, and so one night I was in bed and my husband kinda put his arms around me, I said, You know what, I said, if I get Well, would I get Well, I'm gonna learn to cook, and I'm gonna cook for you guys and you're never gonna eat Jason Kelly again. I love Jason, Sally and my friends on it, so don't mean it, but I really have the desire to pull myself together, never mentioned it again, and Christmas time came, and it was Christmas Eve, traditionally, my mom and I would cook a big meal together, she would do all the big stuff, 'cause she's an amazing cook, and I would just like peel the potatoes or something that a kid would do 'cause that's all I knew how to do.

0:28:34.5 S2: But this year, I couldn't do that, I was too tired. And I literally came to the Christmas tree on Christmas Eve and in my pajamas, and my mom had made this beautiful dinner, we're at the Christmas tree, and my family says, Okay, mom, you're going first, and I'm like, But I find gonna go first 'cause we open a largest and her, Susie, and then my husband's cued my children, and I don't remember the exact order of how this went, but I remember who gave what... So my littlest girl brings me a box wrapped in white white paper, and I open it up and it's a chef hat, like the kind of attitude they... Offense shuffle. And I'm like, Oh wow, I go, This is so cute. Thank you all bananas. I can't wait to hear this. This will be so fun. Away in the kitchen. And she's like, I love you mommy. And she gave me a hug, is like, I love you too. And she sits down, and then all of a sudden my son goes over and he picks up another box and he brings it over and I and wrap, and it's a pair of what I thought were pajamas, checked, pants black, and I checked on Copart, and I'm like, Whoa.

0:29:53.0 S2: Rally, thank you. I need a new page. A, these are awesome. And in my head, I'm being, Oh my God, these are hideous, he... And I feel like sand paper, but I was like, Thank you so much for these... I love Hall. Thank you. Are aware of tonight I'll wear tonight, and he's like, Okay, Mom, I love you and hug me, sit down. My oldest daughter brings me a box next and I open it up and it's an apron and a negative... It doesn't have anything. I was just white, and I'm like, Oh gosh, in a Brandis like saying, I'm gonna look good in the kitchen, I got a hat. I didn't know the pants were shipping at Hynes, that's how naive I was. I had, I Got A apron, I got a scarf. I was like, I'm gonna look good. And she's like, I love you mom. Hugs me, and I'm not getting it. You see, I have no clue what's going on here

0:30:41.8 S1: In our listeners, hopefully our listeners are going to what's coming next, but going...

0:30:46.8 S2: You're telling us. Oh yeah, yeah. So finally my husband goes and gets a box, it brings it to me, and I'll never forget I was sitting on this kind of fake Beshear NT couch we had, and I don't know why I can see myself as I tell the story, like being... Looking at myself, but I'm opening it, I

open the box and I pull that within the box and it's a chef coat, and it's hard not to CAS at a chaotic says culinary school forward physical and are school forward on it, and it still didn't quite click and I look again and I look at my son, I go, What does this? And he goes, I enrolled you culinary school. And I was like, What? I was like, what the... Because I did, he's like, you're all set to go. And I was like, I know. And I looked at him and I freaked out, so my ROI just bundled that and put it in the box and I couldn't deal with it in that moment, and I was like, We're gonna talk about this later, and I was, Okay, he's opening his opening. The next gift, and I totally just dismissed it.

0:32:09.7 S2: Because I was just so overwhelmed with the Salesians in my head. And anyway, we had Christmas Eve, and I didn't say another word about it until a few days later, and I fought and fought and thought I prayed about it, and I went to see... My husband is like, John, I can't do that. If I was like, I can't even get out of bed. How am I gonna do this as well? It starts January 8, then that's just in a few weeks, and I go, Yeah, I know. And he goes, Well, don't say no yet. And I was like, Okay, well, I'm saying, No, no, I love you. This is amazing, but I can't do this. He's like, Okay, well, just keep thinking about it, and you didn't really play into my call on me about it or anything, and I was just like, Okay, you're not getting it, you're not getting... I can't physically do this. And he wasn't Mackie down, and he said, there's no strings attached to this gift, I just wanted you to have something for you that would get you up out of bed and give you a new goal, and I finally started realizing what was happening.

0:33:16.2 S2: So February or January 8, whatever, I think it was, a Wednesday, I got up and I put the uniform home and I went... I went

0:33:27.1 S1: To a... What was it like?

0:33:30.8 S2: It was amazing. I made it solely on adrenaline, complete adrenaline the whole day. It's a seven-hour day, the school is designed for people that work, so they do... They pack a lot into one day, they double time, you basically... So I learned knife skills that day, I had the step yelling at me, I had to be in a group, which was terrifying, and all these things, and I'm on adrenaline and I'm getting competitive, and all these feelings that I had not had for several years came flooding back into my body and I was like, Oh my gosh. I was like, I love this. I feel like myself today, and I come home and my family's like, how was it like it was amazing. I'm so tired, I gotta go to bed. But I was so happy and I... As the weeks passed, I would just save up all my strength and I would show up and I would do the work and I put the work in, and as the days and the weeks went by, I started... I was getting healed, I put on some weight, not because of the food I was eating, I don't...

0:34:47.6 S2: I just had this healthy energy in me, my energy started coming back, I was happy, the depression was kind of going away, I had goals, I would cook for my family, like one night all we ate or did it was bread, because it was bread clot and we had bread for dinner. I came home, I made bread, and I said, We're having bread tonight. And they're like, Well, okay, so we had Missy, we had four types of bread, all these compound betters. And that's what we had for dinner.

0:35:19.3 S1: It's funny you say that my cousin isn't just started culinary school, and she's in kick decorating and baking right now, so I do... Her pictures

0:35:28.5 S2: Are another Candida

0:35:31.2 S1: Rous when you move it from the summer when you visit, 'cause I'm gonna make a cake for us all summer.

0:35:37.0 S2: It's awesome. Anyway, yeah. So it just went on and on. I ended up, I loved it so much, and rolled, when you go to pastry school, you also have to take a semester of savory courses, so I had initially just did well in pastry school, and I told my husband Alois like, I love this. Can I please enroll in the savory arts? And he said, Yes, let's do it. And we did it, I enrolled and I went through both programs to graduations, did all of it, and I found that the savory cooking really gave me that a journal in rush, that pressure that we were just talking earlier, that I work well under, I love to bake. I'm really impatient, a Hecate patients.

0:36:24.7 S1: Terrible at science and math, so it's fine and I'll do it, but I really love the heat, the kitchen, and I mean that in all kinds of ways, there's really fun about... You know, Oh my gosh, my brain's explaining with so many things on and ask you... But I think my experience in the kitchen has been that when you lock that timing in just right and everything comes together there, that is an adrenaline rush and it's so satisfying to figure that out, and it becomes a dance... I was just thinking, it becomes a dance, like there's a way... You're still a dancer. Yeah, Hitchens, there's a movement and it's like, Okay, when this goes in the pan and this goes in the oven, then this water has to happen, and then this has to be chopped and you get into it. It's paragraph really.

0:37:18.8 S2: Yeah, that is such a beautiful illustration... That is exactly right. That couldn't be more true. It really is.

0:37:26.2 S1: I feel like we... As goal is to orchestrate Thanksgiving

0:37:29.2 S2: Dottie III. Never forget my first time I had to make my first turkey all by myself at my mom, she sleep... I watched for a week. We

0:37:42.4 S1: Learned how do you like to make your turkey... Let's keep out 'cause people... Tetovo, do you talk to me or... Thanksgiving turkey.

0:37:50.3 S2: I like to scratch cock the entire Yate, I would have like just... Yes, 'cause I don't wanna wait three hours to eat turkey...

0:37:59.3 S1: Yeah, so let's tell our listeners what batch cock Turkey is, this is an unplanned recipe. Yeah.

0:38:05.9 S2: Let's go for it. Let's do it in...

0:38:07.7 S1: You can eat any time of year, you do not have to wait for skiing or Christmas, it's a great meal, and I love to roast a big bird on occasion and then just have all the leftovers and make the... Is other things with it and eat off of it for a number of days. It's nice to make a big... I love roasting meats because you're like a big reason then eat off of it for days and not have to cook...

0:38:26.9 S2: Yeah, resting and brazing. I like my two favorite cooking tiebreakers-Pataki is basically just... You're cutting the spine out of your bird, you can patch cock chicken, you can spot Cockle if you want to, their tiny, but you could... It's anything that you're taking... That's fine out and you're basically popping that breathe and it becomes basically a big flat... You flatten your bird. I don't know, I also put it... Yeah.

0:39:01.4 S1: Yeah, I've done it. So I actually have a really heavy duty... I went to the hardware store and not really have you do the shares, 'cause none... Even my sharpest kitchen shares could not cut through the ribs, but basically what you do is you turn the tricky or to the spine, and you've cut along either side the spine and take the pin out if you've got a job... It's their favorite thing in the world. Get your dog, my dog, she like loves Thanksgiving 'cause she gets this by, and then you flip it back over and you press really hard, and on a big turkey, I had a 22 pound Rick, it took two of us and all of our weight... We almost knocked the table over to race the breast.

0:39:38.8 S2: But use it big. I use a big pot or so A, and I do take... I just take it just to NACAC and it works that way, I

0:39:49.1 S1: Alternate... That's the insider Scheffler insider. Take your heaviest castor and pan and lack the turkey. Got it. Yeah, American. So you're flat it and then you put it on your baking sheet and it goes faster because all the me is exposed.

0:40:05.7 S2: Yes, yeah, you have your surface, you've lost that big cavity, now the down side is like, Oh, I don't get to have my dressing will make your dressing in another pan... It's fine. I don't like dressing personally, so it didn't really emotionally scar me in any way, I never... Cockade

0:40:23.3 S1: Never cooked a dressing in the bird either, but what I do do is to a bunch of the fat and the things, I put some of it into the racing towards the end, so you still get that flavor

0:40:32.5 S2: At all that on his flavor that comes out there, but yeah, so I like to pathologists a pretty picture of the turkey on the table with everyone going and all ing around it, but everyone's happy because we're eating sooner, and I find that it gets to look a bit crisper, you have a lot more meetups there it's really cool to throw it on the grill low and slow, one time I Pathak and then I finished it with Panorama, so it had this crunchy crust on it, so yeah, it's a great technique is a really quick way to do pretty much any kind of poultry

0:41:14.8 S1: Today with chicken a lot decent, that's a nice thing for our listeners that I found is that you're not... You get a Billy juicy bird that way because you're not over-cooking it to wait for the dark meat get up to tempting out the theme. I've had so many people who are like, Oh, I'm a dark meat eater, 'cause Bremen is always to drive, but then they taste mine and they're like, Natasha, and they're like, Oh wow, that's not dry.

0:41:42.7 S2: Yeah, it kinda takes the guess work out in people like... I don't think the turkey's done and blah, blah, blah. Well, how are you gonna know you've got this... Basically, a small child in your oven, how in the world do you... Temp is saying like, it's huge. You don't know some parts are

dead, sugars are and the whole... I just don't have the patience.

0:42:03.8 S1: Just Atalanta, the cooking time. In half? For sure, at

0:42:08.4 S2: Least in half a...

0:42:10.1 S1: My other favorite for a small... Not a turkey 'cause you need a really big pan, but one of my other favorite poetry methods for a chicken or something smaller that you want, if you wanna keep it whole, is Mark Batman's Catonsville method where you heat up that to cast iron skillet to 500 in the oven first. And so when you put the chicken dark side down, the hot skillet heats up that part faster, and so you still get that, so that's another... If you really wanna keep the whole chicken for the table, but quite honestly, and we can talk about this because what I hear is this... What I love is this mixture that you have of loving the fast pace adrenaline of a kitchen and also slowing down to appreciate and to create things that are beautiful, and I know from seeing pictures of your food that what you create is... You actually do slow down to take the time to create beautiful dishes as well, knowing that people eat with their eyes as well as their mouth, but what I find with the tricky... If it's bath cocked a, you're not gonna have the whole tricky on the table, it's a range, the pieces beautifully on the matter estates on the platter and whatever foods and arrange, you can cut the whole breast off and do nice slices and arrange it so it's still beautiful and people...

0:43:31.8 S1: So

0:43:32.2 S2: Yeah, it's not traditional, but it's beautiful and yeah, just kind of like you would break down a Chicken just... You've already got the spine out, let's just break that chicken down after its cooked, like you said, garnish it beautifully put on to you over I take all those dripping and make a sauce and just get it all shiny and beautiful and garnish pressures or whatever sites I love using citrus. That's usually when I do a whole Ari will just pack my turkey with citrus, I don't use traditional sage and Ramey, really? I really love citrus a lot, using a lot in my cooking, but I really like the idea of having that perfect fit, so you have the acidic, that smoky, that spicy, the salty. I pretty much try to incorporate that and everything I cook, but I really like to do that a lot with metal

0:44:30.9 S1: With a lot of interest 'cause I don't... I use very, very little vinegar or other assets, so I go for citrus or the site.

0:44:40.4 S2: The reason why... Why do you that? I

0:44:44.1 S1: Never was a fan of vinegar that much for starters, I never liked it. I grew up with kosher dill pickles that they're more like salty cucumbers and pickle, so I just never liked the Super sour of veneration, you've been across... I'll do lemon or lime or orange, or another it... I'll use citrus if I need an asset or one asset, even making it, I just made... Got to cheese. I'll use lemon juice instead of Strait or instead of vinegar

0:45:15.4 S2: This... I don't know if you've ever done a milk Bray chicken before, I've read about

0:45:21.1 S1: It, and in fact, an episode of spender in the past couple of months talked about a

chicken cooked in chocolate milk, and I was like that... Wow, godhead. It was crazy delicious. And he was surprised at how good it was, but it was such a fun episode. Aetolia heard about that, but I don't... Marinate or Brian meets at all. So

0:45:43.9 S2: This isn't really a brindley literally. I did this and it was... Oh, it was outstanding.

0:45:52.0 S1: Basinger really talks about butter milk, doing this, that would be a...

0:45:57.9 S2: Yeah, you could do with vitamin, I just used a whole milk and then we were talking about citrus, that's kinda how my thinking about it, 'cause I did sub women with the milk as it brass and it made that chicken so noise and delicious. 'cause those amino acids and that milk really help break down those fibers, so it becomes very tender in catheters.

0:46:24.0 S1: You're getting all these tips and tricks on how to Cotonou Canton, speaking of creativity and beauty and interesting things, you've got a very interesting recipe for us that we will get into in a moment. I have a million questions about it, 'cause that's something I've never heard of before, but before we do that, I wanna take a quick break and talk about sponsorship of women and food. Our sponsors are growing community of people who are passionate about food and supporting a diversity of women's voices in our food cultures, We don't have external sponsors that sell you products or services, our sponsors are people like yourselves, if you're not a sponsor of women in food, I invite you to become so, by joining the women in food community, access this community of food lovers like yourself to share an additional resources beyond this podcast to feed your curiosity and love of food, while also supporting the global community of women in food businesses. This is kind of what the women in food community is about, so whether you're looking for a recipe or a woman-made food product or a new restaurant in your travels or where you live at home, or help with your gardens, this community...

0:47:42.3 S1: He is the place for that resource, so if you're interested in sponsoring this podcast and becoming a Women in food community member, go check out women in food dot NET community. I'm curious to more about... It's an interesting thing. This relationship to beauty, there's a self-image relationship growing up as a dancer and being so hyper-analyzed and looked at all the time and criticized probably, and then there's this incident with Facebook and 10, there's the food you create and having a commitment to beauty and the food, what do you feel like this whole dance around beauty was about for you?

0:48:28.4 S2: I was thinking about this this morning, actually in anticipating my conversation with you, and I kind of went back to the lot of what your podcast is about, and you don't... I'm gonna put... What it is, but it's about food. Guinan, and I can't remember the third, how you put it to potential... I'm not a point in us... You can tell as I fumble around my words, but I really started thinking about the feminine aspect of what your podcast is and... Dividend is different for everyone. Feminine for me is a visual beauty, and that doesn't mean putting on make-up and doing your hair, that's not what I'm talking about here, but when you do something that's five, and I consider myself a very feminine woman that loves to get dirty and gritty, people often perceive me, and that's been a big struggle in my career as a chef, a lot of times I don't get taken very seriously, especially when I'm in an environment where there's a lot of other male shifts and a lot of them... Aside the fact, I'm a woman and I'm five foot two on a good day, I appear very feminine.

0:49:46.0 S2: I choose that and I'm not going to change who I am to fit in or to be accepted by a man or a woman, I'm gonna be who I wanna be, so that reflect in my food, and I'm not afraid to put all those things that are beautiful into my food, I like to use a lot of floral, I like to use a lot of color texture, when I was in culinary school, I was fascinated by all the different ways you could play something as simple as a piece of pound cake. It just was a huge challenge for me to take this very basic organic theme and with just a few things make it just beautiful, and that was just a really big attraction to me when I wanted to be in the chef, so that became a bigger challenge as you've mentioned I have a food truck, and brooches are a whole different world, you don't have time to sit there and put 12 components on the plate, and it's getting sent out of a window, usually into the outdoors where there's some dirt and animals and everything else around it's not an ideal setting for this romantic food, but I was like, I don't care, I'm gonna do it anyway.

0:51:03.2 S2: So it became this thing where I wanted to kind of hit that food check in you head on and say, You know what, I am gonna make beautiful restaurant quality plated food come out my window and people are gonna look at it and I want them to go Wow. When they see it, before they even taste it or smell, I want them to look at it and go, Wow, I can't believe this just came off a few truck, and so that is where my whole crazy monster started, and now as my business has grown, I've gotten... Dozens and dozens of opportunities to do things off my feature, more than dozens, and it's really become... I would say one of the most important aspects of bad to me is the presentation of it, it's just something I'm always like, I have a long way to go to improve on this, but I look back two years ago as to how I played food and how I do now and I've really grown a lot, and I can't wait to see maybe what I can do in five more years, so

0:52:09.6 S1: I think what you've done here is build a business that's very aligned with your own values, and you have a strong aesthetic value, which is wonderful. We all have different values, and they're all wonderful. You've built a successful and continuing to successfully grow business and name for yourself, so aligned with your values, and I think that's actually what leads to the success is that you hold very strongly to what is possible and what you believe in, and

0:52:41.5 S2: I know... I know my page is for everyone, I know that... And once I finally accepted that, I got a lot of criticism. I don't get gigs off a food truck because people will be like, your foods too fancy. I looked at your pictures... Your foods too fancy. We have a bunch of guys here. Well, what they don't know is I can also make Costa and now I can do all that too. But I've gotten a lot work in the food truck world because they're like, That's not what I visualized a food truck would be, and that's not what we're looking for, and I had to either cave into that and be like, Okay, well, I'm gonna do my good down and just to get work, and then I was like, No, I'm not. 'cause if I do that, I'm not being true to myself and I'm gonna be miserable. 'cause I did, I tried to do that for a while and I was like, I hate this, I hate this. I hate sending that plate out looking like that, and that's not who I am, and I don't wanna do this if that's what I have to do, so I kinda went through this phase where I'm like, I'm not gonna compromise on stuff like that anymore.

0:53:50.3 S2: It then became more about not about the money, but about the love for getting an opportunity, there's been so many gigs, a lessee where I have literally not made any money at all just because I wanted so badly to make the food look so beautiful at whatever cost just because of the joy it brought me... 'cause that's why I'm doing this, I'm not doing this to make money. Yeah, I

have things to pay for, I have things I'm responsible for, but ultimately, that's how this all started, it was a healing journey. It was given to me as a gift, and I'm gonna treat it as such. I think the people that invested their time in me to get me to where I am would be very disappointed if I began to compose compromise that...

0:54:38.2 S1: I love that, just digging into a business conversation here for a second, we can walk the whole range of patch chickens and personal self-image and being a ballet dancer and business, and I love that you're growing a business and... I've had so much success and I'm sure it will continue to hold true to your values and what brings you joy and the right people will find you... The right people know. Who value that as well? Know that, and I do the same thing here on my farm, I grow what I wanna cook and what I wanna eat or what seems fun to me to try growing, and the right people find my food and I'm fine with that. And other people like, Oh, it's 20 cents here. Or Why am I paying \$150 a 100 eggs? And it's like, Then, don't eat my eggs. It's okay. Yeah, no, I'm not a Latino. You're from Serena, I also hear, and I have a sense based on all the philanthropy food events that you do, that you also need with a lot of generosity and a lot of kindness.

0:55:46.1 S2: A tie. I try because I figured out that I was mentioning before, sometimes I seem to be perceived a certain way, but then if I can just talk to you, if you just let me have a conversation with you, I want you to see just how real I am and I know I may on the outside look like I'm a tight and everything's perfect and I look a certain way, but I'm the complete opposite of that. And being Taoism, I don't probably create those opportunities enough, the conversations enough because of insecurities. But I've grown stronger in that, and that's something that I'm working on with myself is just put my neck out there, start the conversation with that person that you think is perceiving you in an odd way and make it right, show them. Don't let this weird tension go on forever between you and someone you know nothing about, just be solely on perceptions, how do we ever grow if we don't stick your neck out so I'm eating my own words here, I have got to do that to

0:56:58.0 S1: Say, Well, we teach that, which we need to learn usually... Yeah, I know, but that's good wisdom for all of us, you've just been dropping pearls of wisdom for my listeners the whole way through, so... There was another one.

0:57:12.4 S2: Well, thank you. Yeah, you don't know. You don't know what doors it opens and I'm in a position currently, and I thought I would never be in getting to do something, I never do, I get to do something coming up here and I just... It would have never happened if I just had a conversation with someone who I was terrified of. Basically what it comes down to. So what's the worst that could happen? Right.

0:57:39.2 S1: You meet a new person. That's my issue about dating... Yeah, I've always go in the first day where I have one with a testing person, but you don't wanna date them again is like, Yeah, it was a day out with somebody, you... Here you have a recipe for us... That's so interesting. Yeah, is what it is, it's called IMA, yeast, the hemoglobin.

0:58:08.7 S2: I still don't quite get it... Well, I don't either, and I came about it, it's not. I wouldn't say it's my favorite rescue, but as we spoke earlier, a week or so ago, I'm really focusing on a jokes and eggs right now and different things to do with ads that are really outside the box, but

0:58:27.6 S1: This is a great time of year. We're talking, we're talking in mid-March, being an ED farmer myself, this is the time of year to get creative with grapes because I have eggs coming out of my ears, I've done a cricket, 20, 30 eggs a day, and it's always looking for recipes for my customers and other ideas on what to do with eggs and for myself, so I was at this is like the perfect... And that's so aligned with how you cook, 'cause you cook very seasonally. Yeah, so this is egg season, so here we go.

0:59:00.8 S2: So it is... Yeah, for all kinds of reasons. At the egg season. Oh yeah, so I had actually never really heard of this either, I started to look up things about eggs and the mystery of egg, it's like... There's two parts, one there saying why there's a joke, they have different purposes in baking when as rich as one structure on as protein, when as fat. All these things, right? You know that, but I've never been a big fan of the Rennie joke. It always just kind of freaked me out. You think I would be able to stem it, but I just can't... I like a soft scrambled egg, and that's about as far as it goes to me. Okay, so it was kind of ironic even that I'm looking at eggs because I don't really like Agatha much, just in and of themselves alone, but I came across this EMA, which... It's a candy in the Philippines, it's based in the Philippines, and there's a lot of different ways you can make it, but it all kinda has this one basic based recipe to it. So what I did is I found... I tried a couple, I had about four different methods of making this and I found the one that I really worked best for the purpose I was using it for, and then I kinda decided I was gonna elevate it.

1:00:30.3 S2: So backing up to culinary school, we're taught... You really are just taught you don't use recipes, you're supposed to leave, they're not having to use a recipe pretty much. So for me, using just a straight recipe feels weird and it almost feels like cheating, like No, I can't just use respite to elevate it and change it and make it... So that's what I did here, Steve. It's made from a yolk and sugar pretty much is the base whatsoever in a Canadian...

1:01:04.0 S1: Yeah, it is a very delicate... A sweet tooth, this recipe is for you, but

1:01:10.1 S2: It is not like candy, it's not like candy, like a hard candy, this is eight, and I use the word anxious, this defines the word anxious for me, it is so rich, it's so decadent, but it's so simple and I was very drawn to the trustee because of its simplicity. I like to take very simple things and make them beautiful, as I spoke with about earlier, and I'm always looking for things I can do quickly off my track that just blow people out of the water that are unusual, but this kind... This kind of got my attention on

1:01:42.5 S1: This Reshma seems like there's... Well, you have your elevated version, but in general, it seems like very easily is a good sweet treat for gluten-free. Yeah, yeah, and it's like anything with this much egg, which you're gonna hear the ingredients in a minute, is great, probably great for Easter. Yeah, I...

1:02:09.3 S2: Easter table.

1:02:10.1 S1: Or in my case, I'm Jewish. So it's great for the Passover table because it doesn't have to involve any kind of flower, so it's a fun repeal. Right, so let's get into the ingredients first.

1:02:23.6 S2: Okay, okay, so this, like I mentioned, is one version, there are versions that you use like just sanding sugar, there's versions that use powdered sugar, there's versions that you use condensed milk, there's all different ways to go about putting the sweet element of this, so what you're gonna do this recipe. Would you want me... How would you Anatole

1:02:45.9 S1: List out the ingredients first so that our listeners can track it and... Right. Okay.

1:02:52.0 S2: Alright, so this is what I call Jimmy Jam, a 20. So I took the recipe and elevated it in a certain way, but as we go to these ingredients, I want to tell you some things that you do or do not have to do if you wanna do the basic... Does that help you to get... Naoko gonna start this P10 a yokes

1:03:16.2 S1: On my goodness, that's a lot of...

1:03:18.1 S2: Well, you could cut this recipe in half, I mean, you can do five, but you gotta remember, that's all this is... It's an ease. That's what this whole... Rescue is

1:03:29.6 S1: A 10. What's your chef pro trick for separating?

1:03:38.4 S2: I'm pretty old school about it, so I don't have any kind of contraptions, I don't do the water bottle squeeze method, I just break the egg and let it go through my fingers, and I think... Yeah, I think your hands are the best tool in the kitchen. You should be able to cook anything.

1:03:57.0 S1: So I just call the Ed with your fingers slightly looser, that a white

1:04:01.4 S2: Trinity just kind of divide my fingers and that the white just kind of drips out and then your hands are so gentle, you could keep that yoke in tact, when you start putting it on some other instrument that you can't feel what's happening, you're gonna break the yoke, in this case, it doesn't matter if the Oprah, if you're gonna care eggs and salt or sugar, something, we need to keep those yokes beautiful and all

1:04:26.8 S1: Great. Yeah, I do the old school shell method where I make sure to correct sell in half and just kind of gently go back and forth, but I have been a yoke on occasion, and I do have a simple little plastic parts as... Okay, and it sometimes duck or goose eggs are a little harder to separate, so I'll use the separator for the OASIS, What the heck do we do with all those white... I guess make a... A white young man.

1:04:57.3 S2: Yeah, so I made a joke here on the recipe, I think you may read it, but keep the whites or something healthy later, because right now what you're about to eat is so Decoded and just so... Just Heather white.

1:05:14.4 S1: Yeah, can you keep them for a while...

1:05:16.3 S2: Yeah, you can freeze them actually.

1:05:19.1 S1: To just put them out and trainer and freeze them. Yeah, yeah, the Hotham to use them.

1:05:23.6 S2: You just put them out and they're gonna be rose very quickly, really quickly, you could put them in a little bowl of warm water and... That's good. To the press, I would like them, I would put them like it is a clear zip lock bag, you probably don't wanna keep them very, very long, I would say maybe a month, just be about as long as you got to these guys and the phrase yet.

1:05:46.2 S1: And if I had to refrigerated them and then in the next morning or over the Istituto.

1:05:52.2 S2: Think three or four days is fine for

1:05:53.9 S1: The... Within, it's funny, we're having this conversation. 'cause my customers, I always send them... The first recipe for eggs that I send them is to make their own Mayo, which you end up with two egg whites left over, and so I always give... My grandmother had a recipe for these cookies called Forgotten cookies that just using... They're kind of like a maranoa, but a little different. And they call forgotten cookies 'cause you basically turn on the oven and once it's created, you put the cookies in, turn the on and off and forget about them for three hours or longer, and it's really hard to forget about them, but you gotta forget about them and they come out, they're not like a crisp ring, they kinda have that chewy, almost like a Pavlova where you get the fluffy chewy inside, but the CRISP outside, so that's what I do is I was... But that's not gonna... If you're gonna be making a sweet treat with the yokes, you might wanna...

1:06:42.5 S2: Yeah, Earth, that was my joke. I'm not a big on my fan, so that's probably not what I do, but I tend to lean toward doing something with Marin or make a supply... I like to make... One of the pancake recipes I do, I actually fold in a white eateries and it's just a huge difference, so... That's beautiful. Yeah, so this recipe calls for 14 out canonised milk, sweeten, condensation convinced, so you're gonna get one can of that.

1:07:26.3 S1: Would it work with us being condensed coconut milk by chance for someone to join dairy?

1:07:32.1 S2: I think so. The only thing I would worry about is the viscosity of that coconut milk to oncologists, that would be a dance. Coconino. Yeah, I've never seen that

1:07:49.2 S1: As petitioner. It is online. I haven't found it in a story, but...

1:07:54.7 S2: Yeah, I'm nutting that down. Yeah, yeah, yeah. You got someone who's never... That's perfect. Yeah, I didn't even know that existed. That's awesome there. Okay. Yeah, Okay, maybe we're gonna do test from a lemon, so it doesn't have to be a lemon, you could leave this out, you don't have to have this, you could do orange, you could do line, or you can leave it out all together, like in your case, if that's not your thing, that's fine. What I find that really helps with this out 'cause the yokes are so rich, you really need something to brighten it up, it feels a little more balanced when you add this this... No, you're not gonna taste the lemon per se, it's not on be like, Oh, this is a lemon piece of candy, but it really, really does make a difference of writing it up. Yeah,

if you don't wanna use the whole test, you could just peel a big piece off and put it into the milk picture as it cooks in and pull it back out, just it releases those oils too... Right. Coli, you don't like this, that's way it... Okay, then you're gonna have a cup of just regular sugar, just half a cup of water.

1:09:04.0 S2: Halite span assault. I added the salt, just because I felt like salt elevates everything, I think it really rounds out flavor, you don't taste, so I'll just really help this recipe to me, and then I added some kien pepper because as I said earlier, I like to go for that perfect bit of sweet, savory, crunchy, salty, spicy, so I opted to put a little teeny and pepper... Obviously, you can leave that out, you could add anything you want, you could do cinnamon, if you wanted to do sentiment, you could do ginger, you can do anything you want, just be mindful of the strength of that space and you know...

1:09:51.7 S1: Yeah, so just to be the teaspoon of whatever it is... Yeah, and you're talking about a dried... Yes.

1:09:57.5 S2: Definitely. Like a powder. Yeah, and then this is also in addition, I have three cups of toasted Panorama, toasted as in, take in Bangor it into a salt pan and just toast it up a little bit like you would toast nuts or breadcrumbs, anything like that, or you could stick it in the van and toast him that way.

1:10:22.8 S1: Now, if you just one, forget about them and it's easier, they attrition, you put them in the oven.

1:10:29.3 S2: I always open... And they do make a gluten-free Centre as well. Yeah, I use this a lot for a lot of clients. So yeah, so I have that, and then lastly, just a little powdered sugar for dusting and a little sucky salt for Garin, I'd just like to see a nice Maldon salts, something that just gives it a little bit and crunch and break up the riches of these jokes

1:11:00.7 S1: Right, okay, so what do we do with all this stuff?

1:11:03.7 S2: Okay, so it's so easy.

1:11:06.5 S1: So you're gonna take it... The professional chef. Okay, go on.

1:11:09.3 S2: It is this, You can... Onsite, just in a regular mixing, you're gonna combine all the yolk than in smoke assaults, the kien, the lemon zest, and just whisk it all together to Let's plinian, like I said, just... Well, it's incorporated, you're gonna keep stirring this one to get on the stub, but you just don't want... You wanna make sure those A-yokes are broken up and they're not all clump, so then we are gonna take that mixture and put it into just a safe can that will hold it over a low heat is like a safe spot or... I would say a, I call it a soft paint.

1:11:59.0 S1: Know different people, not as Word sometimes I go to make sure it's super clear for a...

1:12:03.5 S2: It might be our culture missile in the Northeast, I don't know how they see people are tall or Soto flat frame or something, so

1:12:12.8 S1: Not a SATA, put it all into a pot...

1:12:15.8 S2: Yeah, like a little soup pot or something like that. I would be exactly perfect. Yeah, okay, so we're gonna put it in it and you're gonna wanna turn it on to be low in between low and medium heat. Okay, now don't, this is where my patients had to be in 'cause I don't want to wait, don't get crazy and say, Oh, this is gonna go faster if I turn it up... Okay, we're not doing that. We're working with eggs, they're very temperamental, they smell fear, so you have to take it low and slow at

1:12:46.6 S1: Ease, if you turn the heat up too high, you'll have a wearable in milk scrambled eggs. I make a lot of custard and things like that, and it's a thing. I just have patients, and I think... It's funny as I got... I'm not professionally trained, but I am a pretty solid aid cook, and one of the things I really learned in general was not to cook everything in high... That's the default in our modern culture, that's like fast, I'm just eating as a utility, and the whole point of a miles to be over with it and keep moving on with life, and that's a great way to make a lot of terrible meals by cooking everything on a super high flame. And so there are times like this recipe to use a low flame, and I think... I find cooking to be a meditative practice, and like you were talking about bread-making before, I feel like bread making especially has taught me patients, it's like you cannot rush the yeast, you cannot rush the rise, you have to wait... It's a great day where I sit with a book in between rises or work on some writing or something that I can just sit in the kitchen, allow each step of the process happens the same with the eggs, it...

1:14:00.3 S1: So definitely, if you're afraid of making scrambled eggs better, best to hedge on a slightly lower flame Able.

1:14:08.2 S2: It's not gonna hurt a thing, I promise you, it's low and flow in a race, in this case.

1:14:15.0 S1: As it's heating, what do we do?

1:14:16.8 S2: So we're eating it, so we are gonna continuously... I went on ahead, use the risk, even though it did start incorporating some air, you don't need to worry about that because those little bubbles are all gonna birth, so I use the white and just keep risking this, making sure you're scraping down the sides in the bottom really? Well, because we don't want those eggs to clean on In scorch and start to scramble, so the other thing, the first time I made this, I use just a wooden spin, and it was harder to control that curling of those eggs and to get that really smooth texture I was looking for... The first batch I made actually ended up straining some hurdle bits out, not because of the heat, but just because it wasn't getting incorporated well enough, so I would recommend using a whisk...

1:15:07.1 S1: Right, edit doesn't sound like it needs to be a vigorous whiskies just to not... We're just keeping it in. In Istanbul, I probably would use a combination of a whisk and a silicon satchel so I can scrape the sides with the santal, my household... The people in my house will get annoyed

with me 'cause I usually use 10 extra tonsils, then they think I need to and someone else usually does the dishes and they have to watch 10 extra things.

1:15:35.3 S2: Yeah, I think I got scared and culinary school, we got in so much trouble for using too many dishes and things, so I've really learned to minimize my technique is widely.

1:15:48.6 S1: Yeah, just to keep it moving and keep it from sticking and keep it smooth, and how long are... Not for this

1:15:55.3 S2: Where this is where it's kinda hard, okay, so I don't know what your low heat is compared to mine, so we're gonna do this by looking and feeling, so we're gonna whisk this, there's no set time, but you're gonna start seeing those eggs start to thicken and start to hold their shape, a really, really ficus-tardy feeling, they are actually gonna get to the point where you could form them and hold them into a shape your Hentai wouldn't even say... I would even say a bit firmer that that actually... It'll start there. The first time I didn't let it go long enough and it didn't set up quite well enough for me to form those balls without them kind of losing their shape, so it's really important that you take this far enough without burn, without scorching it, but keep that important keep that product moving in there and you'll see it start to pull away from the pan... I don't know if you've ever made separate Sue, how it starts to pull away from the pain, so I

1:16:59.7 S1: Gather in inline a ball or a... Yeah, that's a itinerary

1:17:06.3 S2: Therapeutic to go through this too, 'cause you think it's not gonna happen and then load it happens and it's like, Oh, you're good project. Yeah, yeah. So it will happen. Be patient. Yeah, so once that starts to really pull away from the pain, go ahead and take it off the heat, what I like to do just because it's me wanting to have everything, just so I like to take it right out of that hot pan, because those eggs are just gonna keep cooking, if you leave them in that hot pan, so take that out of the pan and put it in a clean... Maybe a little famous, full glass, full suit ball, whatever you have, and then I like to just jam that into the refrigerator for 15 minutes or so to take the heat off, we're gonna cool that mixture down. Okay, so if you don't have 15 minutes that you need to go do something, 15 minutes and you wanna come back to it later, don't worry, just leave it the fridge, rater. It's not gonna hurt anything. One day I was in a hurry, Makati put it in the freezer. It was fine for 15 minutes.

1:18:04.8 S2: Pulled it back out, I was ready to go. I just wanna think softly can handle it. Yeah, and I actually think it needs to go a bit further than that because it really starts to set up better once it cools down, so it's easier to work with the colder it is. So again, you can say this and do it tomorrow if you make it today, and you don't have to do it right this minute, so... Yeah, so when it cools down and pull back out, I like to have a cheap pan or whatever in front of me, some parchment paper, something they're ready to work with. We're gonna shape these guys and into these little balls, or

1:18:47.9 S1: Shape them into about a one-inch ball, so pull off pieces, group out pieces and shape it, just roll it into... Can

1:18:54.3 S2: I have a little like one out of group I like to use, and I just skip it and then I take it, kind of smooth it out and just put it... So what you can do here is... Yeah, whatever. I wouldn't recommend making these guys super big 'cause they're so rich, one little bit is gonna be enough for most people, so... Yeah, make all the balls. It's gonna make about 24 of these guys. Okay, okay, so make the ball and then I would take those balls at... Trying to stick it back in the fridge. Rater, while we make the Carmelo people here. Oh my gosh, I gotta make Carmel. That's so scary to your nation. In fact, I remember when I taught Culinary School and it came to the class where people had to learn to make Carmel, the other chefs would come pull me out of the class I was teaching and I say, Can you make the care for them? 'cause it's just... I love making Carmel my mom. It's a big group in my life, Corneille seriously is, I love it. So this is pretty easy that we're not even taking it all the way to the Carmel stage, all we're doing is just melting down some sugar until it gets cold and brown, that's all of His people, if I promise you that it...

1:20:10.2 S2: Now, what I did here, richness in the ingredients where I had half a cup of water, the water to me, access a little bit of an insurance and a safety vest for that sugar were more paralyzing it. So this is where a lot of people that aren't experienced with making melted sugar convince it because the sugar can seize that, and what happens is when you add a little water, the water will eventually evaporate and that sugar will be fully dissolved and you have a much higher success rate of getting the car, Ali.

1:20:50.1 S1: Love the sneaky professional tips like that, Okay, we're gonna take the half a cup of water and the one cup sugar putamen... Update over medium heat.

1:20:59.0 S2: Yeah, I wouldn't even say media medium high, and I maybe didn't write that, but you can get a little bit warmer here. Okay, and put it in there, started around, so it's kind of all incorporated and then turn on the heat and leave it alone, turn on the heat, just let it bubble, let the water do the work. Okay, so what's gonna happen is it takes a bit longer to do this method with the water, but that water will eventually evaporate and ensures that that sugar won't crystallize for...

1:21:29.5 S1: And I would imagine.

1:21:30.7 S2: Yeah, well, it can eventually burn if we leave it on too long, but it really ensures that for about crystallizing into these crispy pieces, which is not what we're looking for here. Okay, we just want a itself to sugar.

1:21:41.6 S1: So let it bubble until it gets to a medium... Golden color.

1:21:45.4 S2: Yeah, now it's gonna go so fast once it starts to take on that color, you better be ready because it will happen in seconds.

1:21:54.8 S1: So as soon as it gets to our color, tick it off the flame...

1:21:57.4 S2: Yeah, Golden. It's gonna get it lightly gold, we want... About a medium golden brown. Okay, take it off the plan and just leave it in that vein, in that Volvo because that ball hold the heat and keep that Carmel from starting to set up too quickly, keep that out, go grab your little

balls out of the refrigerator and have a fork ready to go, and we're just gonna drop those falls into that pan of that warm Carmel, I would do two or three at a time, kind of roll them around and then gently take your work in SCOOP underneath the fork really works by then a student... Because the excess mail come on... Yeah, yeah, and you don't end up with this pool of Carmel in the bottom of your cookie when you put it on there and then return it back to your parchment paper there. Okay, so you're gonna repeat this process for all the candy, and then I should have said this earlier, but you're gonna wanna have your coaster pan co ready to go off there on the side. The reason being is that Camel's gonna remain sticky for a while, and we want that sticky Carmel so it'll grab on Draco.

1:23:07.5 S1: So we can dip all the balls first before putting on a canoe.

1:23:11.8 S2: As long as you work pretty fast. If you can get them all done in 10 minutes, you're gonna be good. Okay, cool, okay. So yeah, so we have our chose to think of which you've already pre-tested, that's a whole another ISP, but we have to clear that it needs to be toasted. I like to do this in a kind of a small cake pan or something, where it could roll around and get to a wartime Bala wide, all big, wide spelling, and then you're just gonna take those little sticky candies, put it in the pan, roll them around... I usually just take and shake the pan and they just kinda roll around naturally... Yeah, and then you pull them back out and then you're gonna put them directly into whatever you wanna store them in at this point or present them on when you're ready to serve them and We'll dust them with the sugar, but if you're just gonna store them away and serve them later. We're not gonna use that powder sugar yet, so just put it in an air-tight container in defeat or so you're ready to serve them. Perfect. And then when you see the dust with Courtney...

1:24:24.8 S2: Yeah, and then I speak a little bit about like, yeah. Oh

1:24:28.6 S1: My God, that sounds good. I think I, I... I'm gonna try it with my Grossi, gonna try with the sand, let you know what that's like, 'cause I have a lot of goose eggs right now, and I'm always wondering what to do with them, but their yokes are so rich and so big. One goose egg is three chicken, so I think I only need that. We

1:24:45.9 S2: Had you say... Yeah, so you would say... Do those usages... Are they about six? Eight answers each. Would you say... Oh

1:24:52.5 S1: No, I just do the math by a number of chicken eggs, like medium in one, I find my duck eggs are about one and a half chicken, and a goose egg is about three chicken, but the the is almost the size of my whole palm and my hands and my hands are not teeth, they're not huge, but as yoke will fill my palm.

1:25:16.3 S2: So you could probably do do three, three Teesside. Perfect, and

1:25:21.8 S1: I have the Coyote in condensed Coke and I'll send you a picture, I'll post it in the Women in food there. And again, you can leave the whole panorama business off, I just love the crunch of it, and I have an obsession with Panorama sometimes that call for pancakes, and I have gluten-free people, I will do the finally shred coconut toasted, which would add a nice flavor to a sweet treat, or I do some ground nuts or other things, or the two or some some about these would be

really good with toasted sesame. See anything and the reason... Yeah, you've got the sticky surface, it's gonna grab anything and I really kinda like choose something Savory with it because these are very, very sweet, they are really sweet and they're very rich, so having something like you were mentioning, like pistachios or the UN-sweet and postpone

1:26:21.1 S2: Or yeah, any kind of art. I think you could do some kind of cool herbs on the outside of these would be amazing, and it just kind of balance out the sweetness.

1:26:29.8 S1: So one thing you didn't say right in here was what we do with the salt and the con pepper, the halite consult in the client to that to... That all went in in the East one in the beginning, I... Aesthetically, right. So in the beginning, the main mixture is the yokes, the milk, salt can, lemons asked. Yeah, there we go. Okay, there you go. Atalanta sounds so good. I can't wait to see A... To try it and see what my listeners think about it...

1:27:03.4 S2: Well, I'm actually, it's so funny 'cause I'm doing this recipe again today in the condensed milk and minus the Pino, and I'm just gonna do it with how to sugar the base and I'm gonna try to roll it out and form a dumpling with it and some pretty beautiful dumpling and fill it with something. So that's my next project today working on dishes and to... Again, it would probably be a failure that we'll try...

1:27:32.1 S1: We talked about so many things. I'm curious, of all the things we talked about about self-image and Chef-ware, and women's culture, and beauty, and food and beauty, and how we feel in our bodies and dealing with perfection is... Oh my God, when I think about everything we talked about, if there's something you want our listeners to walk away with besides a really delicious recipe, what would you like to leave us with? Well, first of all, I just wanna say to you, Man, see that you have been...

1:28:07.7 S2: You have a really amazing way of connecting the dots when you listen to people, and I really love listening to you, give back to me your perception of how all these things have tied together for me, and it's really, really encouraging because it kinda makes you step back and see, this is all a plan, this is as all is linked together, and I do believe God has a plan for all of us, that's what I believe, but I love how you just kind of simplified all that from me and you made me understand why I've made some of the choices I've made. So thank you for that. First of all, you have a really great gift and being able to do that, but it's really hard to say to just walk away with one thing, but I think that... And this is something I tell my kids, and I know I'm selling a bit like a mom, but...

1:29:04.8 S1: You are a mom. It's okay.

1:29:06.1 S2: I am a mom, but start with those things that make you happy, but then don't just stop at those... I've always told my kids, If this whole shifting into tomorrow, go find something else to learn and do and pick something that relates to who you are, so I always thought, if I couldn't be a chef tomorrow, what would I go to do next? What do I wanna go do next? And I thought, I love flowers, I wanna go learn. To be a forest. So stay in that area that you love, there's not just one thing for you to be, there is just a billion things in this world to learn, and don't just shut down and stop

because of what you thought didn't work out. There is something else to do. And you will surprise yourself. I never, ever, ever, a million years, thought that I would be doing what I'm doing today. Or even sitting here with us. It's just been... Just so amazing. I just like, Oh, I better five. It's so cool, but yeah, just keep learning, but stay true to, you are... Don't try to go learn and be something that you know you probably aren't cut out to do, but...

1:30:22.1 S1: Yeah, I know that sounds very cliché, but I don't know. I Tintoretto, thank you for your wisdom, and I love that. It comes from someone who was a ballerina and a mom, and has done a number of things and has now your current passion, and it sounds like you're starting to dream about the next passion some day, and I can't wait to see what you create with flowers, which besides edible flowers that I know you... And I totally get that. I've very invented. I started out working in theater and construction and building of entertainment spaces, and then I went to massage school, and then I learned to be a business coach and all kinds of healers, healer skills, and I'm a farmer and podcast host is... And I think it's amazing and an advocate and who knows what else will be next, so I totally... I resonate with what you said personally, and I think my listeners will really resonate with that too, so thank you for that gift of that message, Thank you for the... And

1:31:22.7 S2: Even then, you are... Even then, everything you said, there's a common thread with all those things you said and all those things you've done, and one doesn't necessarily write together, but because you're the center point of it, it does because you've woven who you are through all those things, and I think there's just a million more things... You'll still go, do. I know you will. So you

1:31:46.1 S1: Too. And I think the same for all of our listeners, I imagine, are the kind of people that have a lot of interests, perhaps they have some kind of business, but they love to cook and I love food, and they're listening, and so don't lose those passions, don't lose those joys and follow. Follow what brings you joy. Truly? Yes, thank you so much, Jenny. Thank you for sure. Yes, thank you for sharing your stories and recipes with us today to all our listeners, I hope you enjoyed this episode of women in food and got a bit of inspiration for your next meal. A last request, if you could go over to iTunes or whatever app you're using, to listen, give us a rating and review. It's a simple act that really helps us a ton. Once again, thank you for a company me on this delicious Accenture, join me around the table for our next episode and get ready to eat

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