

Art Department

What's Really in Your Meat?

Banned drugs have been detected in beef, poultry, and pork. How did they get there? What's known about the risks? And what can be done to keep these drugs off our plates?

by Rachel Rabkin Peachman



"THESE RESULTS ARE CREDIBLE ENOUGH THAT YOU WOULD EXPECT THE GOVERNMENT TO TAKE THE WARNING SIGNS SERIOUSLY."

-James E. Rogers, Ph.D., microbiologist and director of food safety research and testing at Consumer Reports

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At Your Service

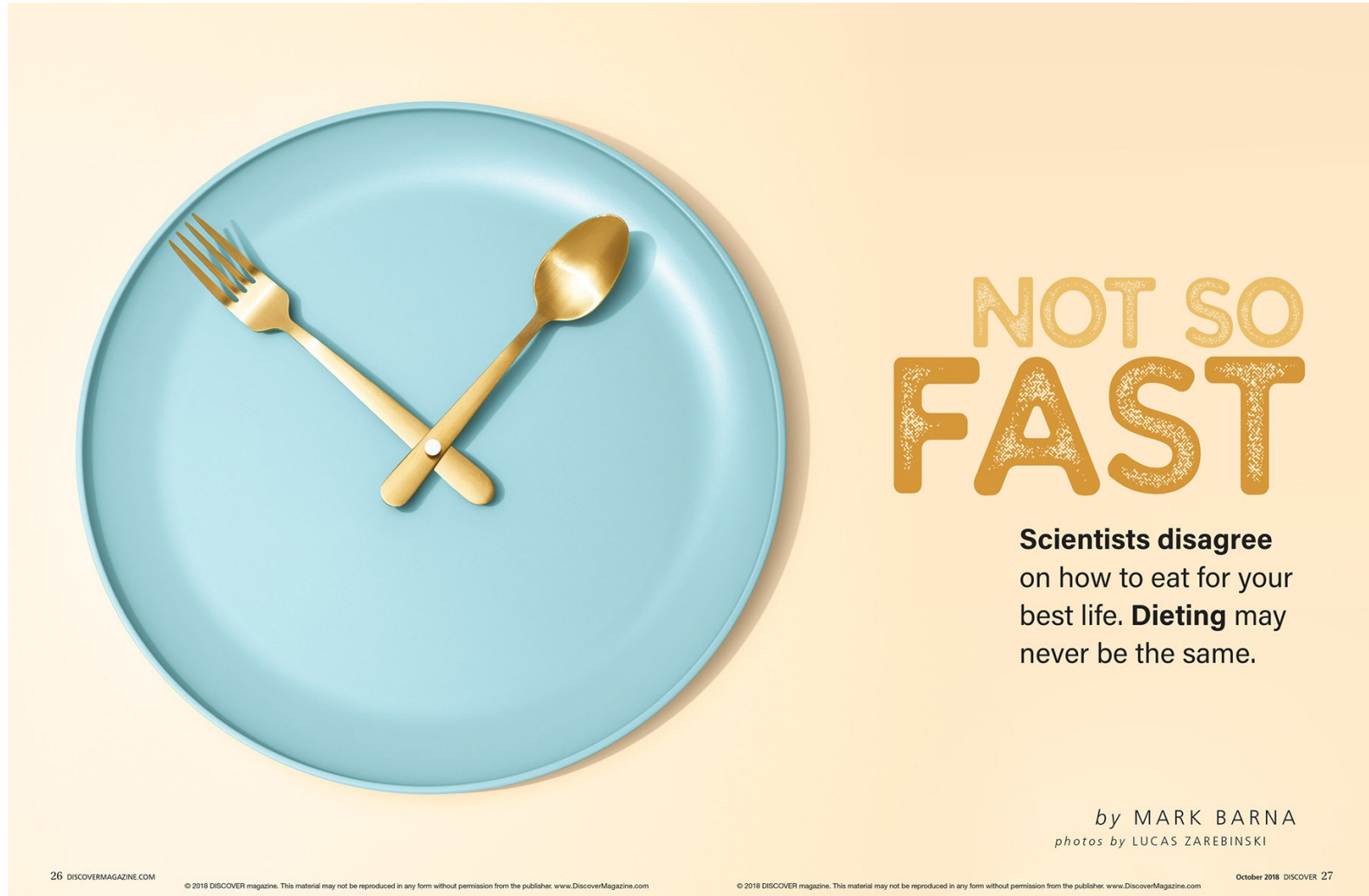
Smart speakers, such as these recommended models, come with personal digital assistants that respond to verbal commands. The **Echo Plus** and **One** come with Amazon's Alexa; the **Home Max** comes with Google Assistant.



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digest

MARCH 2018

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R&D

Butchering a Burger

IMAGINE YOU HAVE TO engineer the perfect burger in Los Angeles—the country's quintessential burger town. It has to look good, taste great, and trump In-n-Out. The real kicker: It has to be microwaveable.

This is the R&D challenge Munchery took on last year when it realized that to keep its L.A. customers satiated, it needed to get in on the city's estimated \$4 billion burger market. Unlike other food startups, the company doesn't deliver hot dishes or raw ingredients. Instead, the San Francisco upstart—backed by \$117 million in funding—sends chilled chef-prepared meals that customers finish cooking at home. In other words, each entrée has to travel well in a box and then taste like a chef made it, despite being left in the hands of a culinary novice. If co-founders Tri Tran and Conrad Chu can't nail a classic dish better than their local competitors, they nix it from the menu.

Ever since Munchery performed the ultimate burger hack, the dish has become its L.A. market's top seller, and it will soon debut in New York City and San Francisco.

BY LINDSAY BLAKELY
PHOTOGRAPH BY LUCAS ZAREBINSKI



"Customers have all sorts of ways to screw it up along the line and then blame me. We have to remove all the variables," Munchery's Schwartz says.

THE FIXINGS

The perfect burger is subjective—so each one comes with both caramelized and raw onions, lettuce, tomato, and pickles.

THE SECRET SAUCE

Schwartz has nostalgia for McDonald's and In-n-Out sauces, but he added a twist by using sweeter and tangier Japanese mayonnaise.

THE BACON

Each strip costs Munchery an extra 25 cents, but the company splurges, Schwartz says, "because it could be the one thing that takes the burger over the top for someone."

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Remove the possibility of error.

Creating a burger patty that tastes freshly grilled and cooks consistently in one of the most notoriously inconsistent cooking devices is nearly impossible. "Microwaves beat the crap out of food," says Warren Schwartz, Munchery's head of L.A. culinary operations. After a month of experimenting, sous-vide training in New York City, and about 80 burger patties, Schwartz hit the first goal: Flash-grill the meat for authentic taste and char, steam it in the oven, and then vacuum-seal it for its final cook in the microwave. But the burger still wasn't consistent. So Schwartz deconstructed the process and discovered that every step along the way needed to be strictly controlled for temperature.

Keep it simple.

As Schwartz's team started experimenting in an industrial microwave and a low-end consumer model, they quickly learned that the vacuum-sealed burger packages tended to do a very consumer-unfriendly thing: blow up. They first considered asking customers to use only 50 percent power. Then someone came up with a much simpler idea: Affix a sticker that directs the customer to poke a hole in the box before cooking. "Sometimes you just have to ask yourself, 'What did [frozen meals brand] Marie Callender's say on the box?'" Schwartz says.

Put yourself in the customer's kitchen.

At first, 10 people in Munchery's kitchen would take home the final dish, stash it in their fridge for six hours, prepare it the way a customer would, and then write up a review. But, explains Schwartz, chefs don't take kindly to peer evaluations. "If you smash a chef, they'll stop being creative," Schwartz says, so initial feedback tended to be sugarcoated. Now, Schwartz directs the chefs to prepare their own recipes at home. This way, the chefs themselves identify all the problems they need to fix—with their egos intact.



THE CHEESE

Munchery's chefs debated using gouda or a blue cheese, but California cheddar won out for its mass appeal.

THE PATTY

Preparation begins two days before the burger ships to the customer and involves a grill, a steam oven, and several ice baths. While preformed patties cost less, they also produce a dense texture akin to fast food's. So Munchery hand-forms each eight-ounce patty of Niman Ranch meat to preserve its juiciness.

THE BUN

Bread practically turns to stone in the microwave, especially the lean, artisanal breads Munchery initially tried. But a brioche bun, which has a higher fat content, still tastes bakery-fresh.

FOOD STYLING: ALI NARDI

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RACH'S BURGER of the MONTH

“
Cheeseburgers get the Texas treatment with spicy beef patties, poblano queso, bacon bits and a big pile of corn chips!
”



QUESO SAUCE

- 2 poblano chiles
- 2 tbsp. butter
- 2 shallots, finely chopped
- 2 cloves garlic, finely chopped
- Salt and pepper
- 1 tbsp. cornstarch
- 1 1/4 cups whole milk
- 3 oz. (6 tbsp.) cream cheese, cut into small pieces, at room temperature
- 1 cup shredded smoked cheddar or smoked Gouda
- 1 cup shredded sharp yellow cheddar
- 1 rounded tbsp. yellow mustard, preferably French's

BURGERS

- 12 slices smoky bacon
- 1 1/2 lbs. ground sirloin
- 3 tbsp. grated onion
- 3 tbsp. Worcestershire sauce

- 2 tbsp. chili powder, preferably Gebhardt
- Kosher salt and pepper
- 1 tbsp. canola oil
- 6 burger or kaiser rolls, or 12 slider rolls

TOPPINGS

- Chopped romaine or iceberg lettuce, diced seeded tomatoes, chopped white onion, corn chips (preferably Fritos) or corn tortilla chips (preferably Xochitl) and pickled jalapeño rings
- Working over a gas burner or under the broiler, char the poblanos, turning often, until blackened all over. Transfer to a bowl. Cover; let cool 15 minutes. Peel, seed and chop the poblanos.
- Preheat the oven to 375°.
- In a small saucepan, melt the butter over medium. Add the shallots and garlic and

- cook, stirring often, until softened, 1 to 2 minutes; season with salt and pepper. Stir in the cornstarch. Add the milk and cook, stirring often, until it comes to a bubble. Add the cream cheese; stir until it melts and the sauce thickens, about 1 minute. Add the cheeses; stir until smooth, about 2 minutes. Stir in the mustard and poblanos; remove from the heat. Just before serving, reheat the queso over medium, stirring occasionally, until melted.
- Arrange the bacon on a slotted broiler pan or a parchment-lined rimmed baking sheet. Bake until browned and crispy, about 20 minutes, then chop.

- In a medium bowl, combine the sirloin, onion, Worcestershire and chili powder; season with kosher salt and pepper. Form into 6 burger patties or 12 slider patties (thinner in the centers for even cooking).
- Heat a cast-iron skillet or griddle pan over medium-high. Add the canola oil, one turn of the pan. Add the patties and cook, turning occasionally, 7 to 8 minutes for burgers or 2 to 3 minutes for sliders.
- Top the bun bottoms with lettuce, tomato and chopped onion. Add the patties, chips, queso sauce, bacon bits, jalapeño rings and bun tops.

FOOD STYLING BY MICHELLE GATTON PROP STYLING BY MEGUMI EMOTO

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RACH'S BURGER of the MONTH



“
These sausage-
spiked burgers
are great for
breakfast, lunch
or dinner.
Open wide!
”

**BLD
Burgers**
MAKES 4

8 slices meaty bacon
1 stick butter, at room temperature
1 large shallot, finely chopped
1/4 cup (a small handful) cilantro or parsley tops, finely chopped
2 tbsp. chives, finely chopped
2 cloves garlic, grated
Salt
4 sandwich-size English muffins (I like Thomas')
1 lb. ground 80-percent-lean sirloin
1 tbsp. Worcestershire sauce
Black pepper
1/2 lb. bulk spicy pork breakfast sausage

4 slices sharp white cheddar (I like Oscar's XXX, oscarsadksmokehouse.com) or sharp white American cheese (I like Cooper.)
1/2 cup ketchup
3 tbsp. chipotle hot sauce, such as chipotle Tabasco
4 eggs
➤ Preheat the oven to 375°. Arrange the bacon on a slotted broiler pan or a metal rack inserted into a rimmed baking sheet; bake until crispy, about 18 minutes.
➤ In a small bowl, mix the butter, shallot, cilantro, chives and garlic; season the herb butter with salt.

➤ Heat a large nonstick skillet or cast-iron griddle over medium-high. Spread the cut sides of the English muffins with the herb butter. Add to the skillet, buttered side down, and cook until deeply golden and crispy, about 5 minutes.
➤ In a medium bowl, mix the beef with the Worcestershire and season with salt and pepper. Add the sausage; mix to combine. Form into 4 patties that are thinner in the centers for even cooking and a bit larger than the English muffins to allow for shrinkage when the patties

are cooked. Cook, turning occasionally, until cooked through, 8 to 10 minutes. During the last 30 seconds of cooking, top the patties with the cheese and tent with foil to melt. Transfer the patties to a plate.
➤ In a small bowl, mix the ketchup and hot sauce.
➤ Heat the same skillet over medium. Crack in the eggs; fry until cooked to over-easy or over-medium, 3 to 4 minutes.
➤ Top the English muffin bottoms with the patties, bacon, eggs, spicy ketchup and English muffin tops.

FOOD STYLING BY MICHELLE GATTON, PROP STYLING BY CHLOE DALEY

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RACH'S BURGER of the MONTH

“
Smoky, spicy,
fully loaded
Mexican
hot dogs inspired
this beefy
masterpiece. Olé!
”



1½ lbs. 80-percent-lean ground beef
3 tbsp. chipotle hot sauce (I like chipotle Tabasco) or ¼ cup pureed canned chipotle chiles in adobo
3 tbsp. grated yellow onion
3 cloves garlic, grated or finely chopped
Kosher salt
Pepper
Olive oil or vegetable oil
2 tomatoes on the vine or 3 plum tomatoes, seeded and chopped
½ small red onion, finely chopped

¼ cup fresh cilantro (a small handful), finely chopped
1 large jalapeño chile, finely chopped
1 lime, juiced (about 2 tbsp.)
½ tsp. cayenne
1 ripe Hass avocado, halved and pitted
½ cup Mexican crema or sour cream
½ tsp. ground cumin
4 deli-cut slices pepper jack
4 burger rolls, split and toasted
Tortilla chips (I like Que Pasa)

➤ Preheat a large cast-iron or other heavy skillet over medium-high.
➤ In a medium bowl, combine the beef, chipotle hot sauce, grated yellow onion and two-thirds of the grated garlic; season with kosher salt and pepper. Form 4 large patties (thinner in the centers for even cooking). Drizzle with the oil.
➤ In another bowl, mix the tomatoes, chopped red onion, cilantro, jalapeño, half the lime juice, the cayenne and the remaining grated garlic; season the pico de gallo with salt.

➤ Scoop the avocado into a food processor; add the crema, cumin and remaining lime juice. Puree, then season the avocado crema with salt.
➤ Add the patties to the skillet; cook, turning occasionally, about 8 minutes. Top with the cheese during the last minute of cooking and tent with foil to melt.
➤ Top the roll bottoms with the patties, a few chips, pico de gallo, avocado crema and the roll tops.

NO MORE
BROWN
AVOCADOS!
PAGE 133

FOOD STYLING BY MICHELLE GATTON PROP STYLING BY CHLOE DALEY

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RACH'S BURGER of the MONTH

“
Move over, burgers,
this month we
celebrate a really
delicious hot
mess—a Texan take
on sloppy joes!
”



Texas Pulled-Beef Chili Sloppy Joes

MAKES 8

5 dried chiles, mild to moderate heat level, such as guajillo, ancho, pasilla, New Mexican and/or mulato
1 container (32 oz.) beef stock (4 cups)
2 tbsp. olive or vegetable oil
1 2½-lb. beef chuck roast (about 1½ inches thick)
Salt and pepper
1 large or 2 medium onions, chopped
6 cloves garlic, sliced or chopped
1 tbsp. (a scant palmful) ground coriander
1 tbsp. (a scant palmful) ground cumin
2 tsp. instant espresso powder
1 tsp. dried Mexican oregano
½ tsp. ground allspice

1 bottle (12 oz.) light beer (I used Corona)
1 rounded tbsp. light or dark brown sugar
1 tbsp. cayenne red pepper sauce, preferably Frank's RedHot
1 tbsp. Worcestershire sauce
1 can (15 to 15.5 oz.) kidney beans, rinsed
8 soft white sandwich or hamburger rolls, toasted
Sliced bread-and-butter pickles and chopped raw white onion, for topping
➤ Stem and seed the chiles; transfer to a large saucepan. Add the stock; bring to a low, rolling boil over medium. Cook until the chiles soften and the stock is infused, 30 to 45 minutes. Working in

batches, puree chiles and stock in a food processor to make the chile sauce.
➤ Position a rack in the center of the oven; preheat to 325°.
➤ In a large Dutch oven, heat the oil over medium-high. Season the beef with salt and pepper. When the oil smokes, add the beef and cook until well browned, about 4 minutes per side; transfer to a plate. Add the onion, garlic, coriander, cumin, espresso powder, oregano and allspice to the pot; season and stir until the onions soften, just a few minutes. Add the beer and cook, stirring occasionally, until the liquid is reduced by about

one-third, 8 to 10 minutes. Add the chile sauce, brown sugar, red pepper sauce and Worcestershire. Add the beef to the pot; cover and transfer to the oven. Cook until the meat is very tender, about 2½ hours.
➤ Place the pot on the stovetop; transfer the beef to a plate. Skim the fat from the juices in the pot. Using two forks, shred the meat and return to the pot. Mix in the beans; season, and cook until heated through, a minute or two. Divide the beef mixture among the roll bottoms, then top with some pickles, chopped onion and the roll tops.

FOOD STYLING BY MICHELLE GATTON PROP STYLING BY WENDY SCHELAH

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The Golf Life Equipment by Mike Stachura

PING
CADENCE TR
ANSEER 2 CB

- A 50-gram weight inside the 17-inch grip shifts the overall balance point toward the hands to smooth out your stroke.

PRICE \$220

TITLEIST/SCOTTY CAMERON
FUTURA X7M DUAL BALANCE

- Fifty extra grams in the head are balanced by 50 extra grams in the grip. The bar in the back adds stability, and the aluminum face and sole improve feel.

PRICE \$400

ODYSSEY
WORKS TANK CRUISER
V-LINE

- Not sure how much counterbalancing you need? Adjustable weights for the head and grip let you match the weight to your stroke.

PRICE \$250

BIOMECH
ACCULOCK ACE

- You can't brace the putter against the body, but you can guide it with your forearm. The forward lean and upright angle of the extra-long shaft promote a straighter stroke.

PRICE \$280

TAYLORMADE
OS CB DAYTONA

- The oversize hollow head is filled with foam with extra weight in the heel and toe for twice the stability of a typical putter. The oversize grip is heavier, too.

PRICE \$250

NIKE
METHOD CONVERGE
85-01 COUNTERFLEX

- Nike says golfers need the counter-balanced weight in different places, so it made the 75-gram weight in the 15-inch grip adjustable.

PRICE \$230

Hang Loose

New putters to help you navigate the ban on anchoring

Odyssey Golf, which sells more putters than anyone, says at the height of the belly-putter craze, more than 30 percent of its sales were models designed to be used by anchoring the club to the body. But effective this month, that method is banned by the *Rules of Golf*, leaving a segment of golfers searching for an alternative. Though the rule doesn't ban putters, it has encouraged clubmakers to develop new ways to help those with shaky strokes. One solution has been "counterbalanced" putters that use heavier heads and grips. There are also new ideas for bracing the putter to your forearm (allowed) and oversize grips designed to keep your hands from becoming too active at the wrong time. These methods might do more than help the yips. A study by Nike suggests that 84 percent of golfers putt better with counterbalanced models. Interested? Here are six new models to consider.

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Photograph by Lucas Zarebinski

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1 CANADA GOOSE men's Chilliwack bomber, \$645; canada-goose.com. 2 BURTON women's Chloe mittens, \$35; burton.com. 3 FUJIFILM Instax Mini 9 instant film camera, \$70; bestbuy.com. 4 VILEBREQUIN men's Moorea swim trunks, \$190; vilebrequin.com. 5 L.L. BEAN Winter Walk snowshoes, \$169; llbean.com. 6 NASTY GAL Tupac Hologram bikini top, \$58, and bottom, \$50; shopnastygal.com. 7 BURTON women's Weekend socks, \$30; burton.com. 8 SOREL women's 1964 premium CVS boots, \$140; soarel.com. 9 MONCLER GRENABLE trapper hat, \$1,325; moncler.com.

Style
The Gear.
The Looks.
The Trends

Snow Patrol

With ski season — and Iceland's biggest annual music festival — on the horizon, suit up in arctic gear that works for slopes, hot tubs and DJ sets

BY SHANNON ADDUCCI
PHOTOGRAPHED BY LUCAS ZAREBINSKI

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1

Double-Peppers & Onions Burger



“Making a burger for the Burger Queen is high pressure! Everyone knows that Rachael loves burgers and a great pizza, so I brought the flavors together on one bun. And the sun-dried tomato aioli is a nod to her trips to Sicily with her husband, John. Sometimes you just need to bite into a burger and let the flavors bring the memories back.”

—**Spike Mendelsohn**, chef of Good Stuff Eatery in Washington, D.C., and Philadelphia and two-time winner of Rach's South Beach and New York City Burger Bash events

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HAPPY BURGER-VERSARY!

2

Big Apple Patty Melt

“Last year on her show, Rachael made a turkey burger with cheese, caramelized onions and apples that I haven’t been able to get off my mind. It was so awesome! This burger is a hybrid of that and my winning Burger Bash patty melt from 2008.”

—Katie Lee, author of *Endless Summer Cookbook*, co-host of *The Kitchen* and winner of NYC’s first Burger Bash

PHOTOGRAPHY BY LUCAS ZAREBINSKI, FOOD STYLING BY MICHELLE GATTON

Turn to page 128 for recipes

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HAPPY
BURGER-
VERSARY!

4

“Yo, Rach!” Burger

“For Rach’s tribute burger, I wanted to honor her Italian roots. I made a variation of my fried salami and provolone–topped Yo Burger (‘yo’ is Italian-American slang for ‘hey, you!’), which won the South Beach Burger Bash in 2011, and updated it with a hit of spicy ketchup.”

–**Michael Symon**, co-host of *The Chew*, chef-owner of *B Spot Burgers* in Cleveland, Columbus, Detroit and Indianapolis, and four-time *Burger Bash* winner

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HAPPY BURGER-VERSARY!

5

Italian Chile Cheeseburger

“I think of Rachael as the burger diva and as someone who loves bold flavors. Calabrian chile sauce from Italy is smoky but not too spicy; if you add a few tablespoons of mayo and a little lemon juice, it’s a perfect topping for a burger—it cuts the richness of the meat. Like Rachael, this burger is a little Italian, a little American.”

—**Michael White**, chef and co-owner of Osteria Morini in NYC and Washington, D.C., and an NYC Burger Bash winner

Turn to **page 129** for recipes

PHOTOGRAPHY BY LUCAS ZAREBINSKI; FOOD STYLING BY MICHELLE GATTON

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10

Chicken Pastrami Burger



“If you’re going to make a tribute burger for Rachael it needs to be a lot of things: sweet, spicy, unique and, of course, delicious. It’s with all of this in mind that I created this recipe for her. I wanted the perfect combination of ingredients—zesty mustard, smoky pastrami, sharp red onion, juicy chicken—for the perfectly balanced burger.”

—**Marc Murphy**, judge on *Chopped*, chef-owner of Landmarc in NYC and Burger Bash winner

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red BEAUTY

PHOTOGRAPHED BY Lucas Zarebinski

So many reasons to try blue shadow!

For one thing, it brightens your eyes way more than grays and browns. It's such a big trend that there are tons of new shades and formulas (we promise there's one for you). Plus, it's so darn *pretty*. Turn the page for your custom how-to-wear-it guide.

Clockwise from top left: **CoverGirl** FlamedOut Shadow Pencil in Ice Flame, \$3.45. **Jane Iredale** PurePressed Eyeshadow in Blue Hour, \$19. **Clinique** Chubby Stick Shadow Tint for Eyes in Massive Midnight, \$17. **L'Oréal Paris** Infallible Eye Shadow in Midnight Blue, \$7.99. **Maybelline** New York Eye Studio Color Molten Eyeshadow in Sapphire Mist, \$7.99. **Almay** Shadow Softie by Intense i-Color in Midnight Sky, \$4.99.

STYLING: WENDY SCHMIDT / HAT HALLEY RESOURCES

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Style

Rock The Boat
Classic mariner stripes get an edgy update with lines that are better all askew, as seen on Harry Styles, Drake and ASAP Rocky

BY SHANNON ADDUCCI
PHOTOGRAPHED BY LUCAS ZAREBINSKI

1 STUTTERHEIM
Stockholm yellow rain coat,
\$368; stutterheim.com.

2 TOMORROWLAND
striped knitted shirt,
\$395; mrporter.com.

3 CHRISTOPHER KANE
printed turn-up trousers,
\$1,005; barneys.com.

4 CHRISTOPHER KANE
pin stripe canvas slip-on,
\$525; mrporter.com.

ASAP ROCKY
The rapper wore
wool striped Thom
Browne trousers
to the BBC Studios
in London.

JOHN LEGEND
The R&B crooner
donned Christopher
Kane's graphic tee
at a Samsung Studio
event in Los Angeles.

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Style

The Gear,
The Looks,
The Trends

1 POLISHED ARCHES "An unruly brow can ruin an otherwise elegant look," says Bailey. Anastasia Beverly Hills clear brow gel, \$22; nordstrom.com. **2 CREAMY CHEEKS** La Prairie Cellular Radiance cream blush in peach glow, \$70; laprairie.com. **3 CLEANSING CANVAS** "You get more perfection from a lot less product," he says of Estée Lauder's Double Wear Stay-in-Place Makeup in bone, \$37; saks.com. **4 STRONG SHADOWS** Bailey has used Chanel's Illusion D'Ombre Long Wear Luminous Eyeshadow in mirage on Gomez, \$36; chanel.com. **5 BRIGHT**

LIPS Long-wear lipsticks are key for clients like Perry because "they don't rub off on the microphone." Tom Ford Lip Color Sheer in paradise, \$50; tomford.com. **6 LASTING LASHES** "Even expertly applied mascara can run with watering eyes, which is inevitable with camera flashes." Clinique High Impact waterproof mascara in black, \$16.50; saks.com. **7 EYE OPENER** Shu Uemura S eyelash curler, \$24; netaporter.com. **8 BASE BALM** Bailey avoids lip gloss as "hair is always sticking to it." Instead, he opts for Dior Creme de Rose lip balm, \$28; dior.com.



Face Time!

Los Angeles-based makeup artist Jake Bailey opens his kit to show how he preps clients — including Billboard Music Award finalists Katy Perry and Selena Gomez — for the red carpet

BY MEG HEMPHILL • PHOTOGRAPHED BY LUCAS ZAREBINSKI

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Style

*The Gear,
The Looks,
The Trends*

Music To Your... Face

In an industry where presentation is everything, turn to the latest men's products that embrace the exotic — organic coconut balm, gin-infused (yes, gin) cleanser and even black pepper oil — to look your best

BY TASHA GREEN
PHOTOGRAPHED BY
LUCAS ZAREBINSKI

1 GOODMOUTH The Toucan toothbrush, \$4.95 per delivery per month; goodmouth.com.
2 DR. JACKSON'S NATURAL PRODUCTS organic coconut melt, \$15; mrporter.com.
3 PENHALIGON'S Bayolea beard and shave oil, \$80; mrporter.com.
4 MALIN + GOETZ facial cleansing oil, \$42; malinandgoetz.com.
5 BLIND BARBER watermint gin facial cleanser, \$18; blindbarber.com/shop.
6 THE ART OF SHAVING engraved shaving brush, \$250; theartofshaving.com.
7 THE ART OF SHAVING moustache scissor, \$20; theartofshaving.com.
8 AESOP deodorant, \$35; aesop.com.
9 MARVIS mouthwash concentrate in strong mint, \$22.50; bigelowchemists.com.
10 BAXTER OF CALIFORNIA Base Camp X Cut-Throat razor, \$350; baxterofcalifornia.com.
11 CZECH & SPEAKE Number 88 shaving soap refill, \$35; mrporter.com.
12 BYREDO Mojave (ghost) eau de parfum, \$145; byredo.com.

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Style

*The Gear,
The Looks,
The Trends*

**The
Well-Heeled
Festival
Warrior**

It may not protect from the elements (dust, mud, spilled beer), but the gladiator sandal is the unequivocal shoe of the outdoor concert season (just ask Ciara and Chanel Iman)

BY SHANNON ADDUCCI
PHOTOGRAPHED BY LUCAS ZAREBINSKI

CHLOE suede gladiator Foster sandals, \$1,450;
scoopnyc.com. VALENTINO suede intarsia Blossom
dress, price upon request; valentino.com.

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Clockwise from top left:
VERSACE Palazzo bag
with fringe and Swarovski
studs, \$3,750; 888-721-
7219; LANVIN small bag
with fringe straps, \$2,890;
net-a-porter.com;
ROBERTO CAVALLI bag
with studded fringe, \$3,615;
regina.robertocavalli.com.

Style

*The Gear,
The Looks,
The Insiders*

**The
Fringe
Effect**

Get into the swing of
things with the tasseled
rocker bag of the season

BY TASHA GREEN
PHOTOGRAPHED BY
LUCAS ZAREBINSKI

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1

PING
GLIDE

► There are three sole designs, each based on how steep your swing plane is. The grooves are sharper on the higher lofts for extra spin and smoother on the lower lofts so shots made with full swings don't zip back off the green.

PRICE \$140

2

MIZUNO
MP-T5

► Mizuno was early with the idea that different lofts need different grooves. Now, its expanded line (25 loft and bounce combinations) includes sole grinds to match the way you use certain lofts (less heel and toe relief on the lower lofts, for example).

PRICE \$130

3

BETTINARDI
H2

► The faces on these forged heads are milled with a special tool for more surface roughness between the grooves. The result is maximum spin on the shortest of shots.

PRICE \$180

4

NIKE
ENGAGE

► The more precise you can cut a groove, the more spin it can produce. So the unplated finish allows for sharper angles, deeper, wider grooves and a rougher surface treatment than the 2014 models.

PRICE \$120



Photographs by Lucas Zarebinski

Lucas Zarebinski

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The Golf Life **Equipment** by Mike Stachura

Beautifully Complex

Why options in drivers and wedges are good

Finding the right driver and wedges seems simple enough. Until you consider there might be hundreds of combinations to try on a single adjustable driver, or dozens of loft, bounce and sole grind options for one wedge. But in this case, complexity just means more chances for improvement. That's especially true when you trust your game to a qualified fitter who's using the latest fitting tools. Examples? A driver-fitting app from Ping can recommend the right head, loft and shaft in less than five swings. Cleveland's wedge analyzer fitting tool uses the bluetooth-enabled swing analyzer Swingbyte to determine the right bounce and sole grind on your wedges—even on chip shots hit indoors. This kind of data might not make sense to you, but in the right hands it reveals how shifting those adjustable weights on a new driver can offset a hook, or why one wedge's sole grind is going to produce better contact (and more spin) than another. So embrace the complexity of today's equipment. Here are eight examples:

1

CLEVELAND CG BLACK CUSTOM

► Adjustable drivers can be on the heavy side, but this one's more than 40 grams lighter than typical models, making it easier for average players to swing faster. Its four settings are easy to decipher.

PRICE \$400

2

COBRA FLY-Z+

► The weight in the sole can be moved forward to produce a flatter trajectory or rearward for longer carry. What's special is how that tweak takes effect without adjusting the hosel's loft settings.

PRICE \$400

3

TAYLORMADE R15

► The track in the front part of the sole isn't just about moving those weights to limit slices and hooks. It also gives at impact to produce more flex, less spin and more distance.

PRICE \$430

4

NIKE VAPOR FLEX

► An adjustable tube in the sole lets the user switch between a front- or back-weight bias. This change moves the center of gravity two millimeters, and that's enough to dial in the trajectory and spin to max your distance.

PRICE \$500

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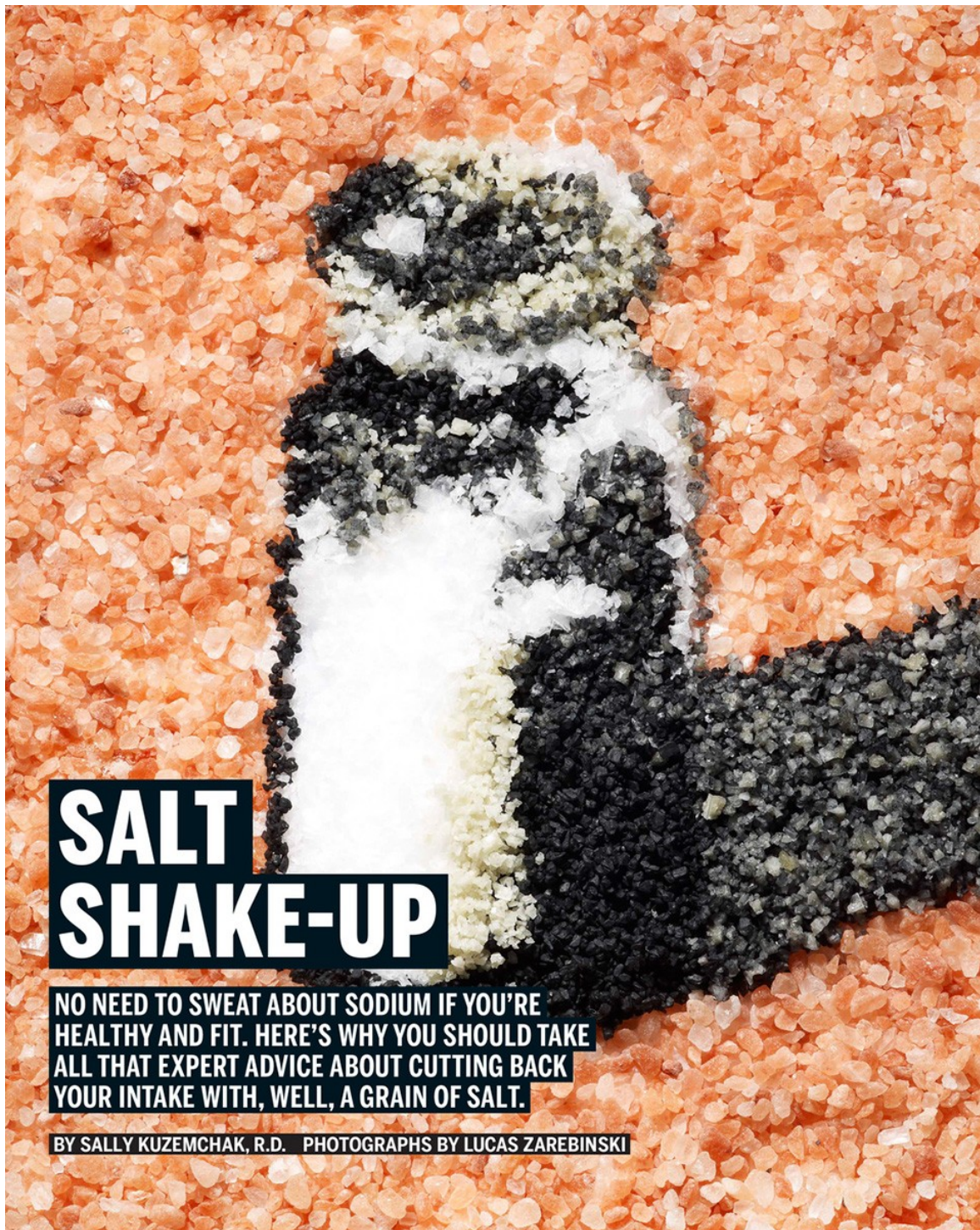
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SALT SHAKE-UP

**NO NEED TO SWEAT ABOUT SODIUM IF YOU'RE
HEALTHY AND FIT. HERE'S WHY YOU SHOULD TAKE
ALL THAT EXPERT ADVICE ABOUT CUTTING BACK
YOUR INTAKE WITH, WELL, A GRAIN OF SALT.**

BY SALLY KUZEMCHAK, R.D. PHOTOGRAPHS BY LUCAS ZAREBINSKI

Lucas Zarebinski

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Eat Right
SLIM PICKINGS

THE SKINNY ON... ICE CREAM TRUCK TREATS

If your mouth waters every time you hear that sweet melody in the distance, don't despair: Many ice cream cones, bars, and sandwiches can be part of a healthy diet, says Angela Lemond, R.D.N., a Plano, TX-based dietitian and spokesperson for the Academy of Nutrition and Dietetics. "Look at the big picture and decide how your choice fits into the rest of your day." For example, while higher in calories than ice pops, some dairy-containing varieties may offer a small dose of calcium and vitamin D. Since most menus don't display any nutrition info, we gathered vital stats on six popular picks—so you can chill out without filling out. —MALLORY CREVELING



96 SHAPE | JUNE 2013 | SHAPE.COM

Eat Right
SUMMER SLIM-DOWN



Lunch

AIM FOR 430 TO 470 CALORIES

GOURMET

Thai Peanut Soba Noodles

2 ounces cooked and cooled soba noodles tossed with 3 tablespoons Thai peanut sauce, 10 precooked small cocktail shrimp, ½ cup thinly sliced red bell pepper, ½ cup sliced English cucumber, and cilantro to taste; squeeze a lime wedge over the top (440 CALORIES)

GLUTEN-FREE

California Chicken Salad

4 ounces shredded roasted chicken breast mixed with 1 finely diced dried apricot, 1 tablespoon plain nonfat Greek yogurt, 2 teaspoons lowfat mayonnaise, 1 teaspoon cider vinegar, 1 tablespoon chopped walnuts,

a pinch sea salt, and fresh tarragon to taste; 1 celery stalk and 10 rice crackers on the side to scoop up the salad (430 CALORIES)

VEGETARIAN

Mediterranean Plate

1 large whole-grain pita alongside 1 cup cherry tomatoes, 6 Kalamata olives, 1 ounce cubed feta, and ½ cup hummus (430 CALORIES)

ON-THE-GO

Applebee's Black Bean Soup

paired with a Caesar salad (470 CALORIES)

Snack

AIM FOR 130 TO 160 CALORIES

GOURMET

Artichoke Heart and Pistachio Salad

2 cups mesclun greens tossed with ½ cup artichoke hearts and 15 roasted pistachios; drizzle with 1½ tablespoons raspberry vinaigrette (140 CALORIES)

GLUTEN-FREE

Edamame

¼ cup lightly salted, dry-roasted edamame (130 CALORIES)

VEGETARIAN

Carrots and Hummus

3 tablespoons spicy yellow lentil hummus with 8 baby carrots (160 CALORIES)

ON-THE-GO

Panda Express Veggie Spring Roll

(160 CALORIES)



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Pour It On

If you're going to drink your calories, make them count with good-for-you juices that taste great (we found eight!).

By Lauren Cardarelli

Photographs by Lucas Zarebinski

You don't have to be on a cleanse to drink juice. The right ones make it easy to get vitamins and minerals while on the run and without going over your calorie budget. That's where we come in. With the help of our nutritionists, we reviewed nearly 70 new products, singling out those that contained 120 or fewer calories and 28 or fewer grams of sugar per eight ounces. Then we sipped each one to determine the best tasting of the bunch. The result: Eight healthy juices worth raising a glass to.

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Trop50 Red Orange
This stevia-sweetened blood orange juice has "an exotic, not-dietary flavor," a tester said, plus less than half the sugar and calories of regular OJ and 120 percent of the vitamin C you need daily. (50 calories)

Evolution Fresh Raspberry Watermelon Having a bottle of this cold-pressed juice—made with no exposure to nutrient-zapping heat—to look forward to helped one staffer "power through a grueling sweat session; it's that refreshing." (80 calories)

Pom Coconut
Looking for a sports drink that tastes like "a tropical vacation in a bottle"? Then this mix of coconut water and pomegranate juice is for you. It's packed with potassium, which becomes depleted when you work out. (90 calories)

Tropicana Farmstand Peach Mango Fit in an extra serving of both fruit and veggies with this best-of-both-worlds pick. Peach and mango purees give it a "smoothielike" consistency, while carrot and sweet potato juice fulfill half of your daily vitamin A needs. (120 calories)

Cheribundi Tart Cherry Lemonade Refresh
Blend lemonade with tart cherry juice—which has been shown to help muscles recover faster after a tough workout—and you get "old-fashioned deliciousness with a science-backed boost." (80 calories)

Simply Orange With Tangerine
This orange-tangerine combo "strikes the perfect balance between sweet and tart," a tester said. "Case in point: I set up a make-your-own mimosa bar for a girls' brunch, and this juice was gone long before the others." (110 calories)

Minute Maid Pure Squeezed Light Orange No Pulp Juice Beverage
"I usually water down my OJ when I drink it postworkout, but this no-pulp version is just light enough, taste- and calorie-wise, as is," one tester declared. (50 calories)

V8 Original 100% Vegetable Juice Hint of Lime
Even nonfans of tomato juice liked this "zesty, fresh-from-the-garden" spin on the classic. Despite delivering two grams of fiber, it has a texture that's surprisingly thirst-quenching, not thick. (50 calories)

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THE BEST LIFE

SHORT-ORDER COOK

Asian Pork Burger

CREAMY COCONUT AND SPICY CHILIES GIVE DEPTH TO THIS FAST, ONE-POT MEAL

1/2 English cucumber, thinly sliced

1/2 cup rice wine vinegar

1 tsp salt (plus more for seasoning the cucumbers)

1 lb ground pork

2 garlic cloves, minced

1 tbsp minced ginger

2 scallions, thinly sliced

4 tbsp hoisin sauce

2 tbsp mayonnaise

1 tsp Sriracha

4 sesame seed hamburger buns, lightly toasted

MINUTE 0-3

Preheat a grill or grill pan over medium heat. Combine the cucumber, vinegar, and a few pinches of salt in a bowl and set aside.

MINUTE 4-9

In a large mixing bowl, combine the pork, garlic, ginger, scallions and salt. Gently shape the meat into 4 equal patties, pressing your thumb gently into the center of each to create a small crater.

MINUTE 10-12

Grill the burgers until nicely browned on the outside and firm to the touch, about 5 minutes per side. Combine the mayonnaise and sriracha and spread onto the bottom bun. Spread the top buns with the hoisin. Top each burger with a small pile of cucumbers. Makes 4 servings.

PICKLE YOURSELF

You don't have to sterilize jars and vacuum-seal lids to make your own delicious pickles. Instead, steal the quick-pickle method from this recipe, using the same ingredient amounts.

Vegetable	Vinegar	Seasoning	Uses
Jalapenos, sliced	Rice wine vinegar	2 Tbsp soy sauce	As a topping for take-out Chinese or tacos
Carrots, cut into matchsticks	Cider vinegar	1 pinch crushed red pepper flakes + a dash of salt	Atop fish tacos; added to a rice bowl
Cabbage, shredded	White vinegar	2 garlic cloves, crushed + a dash of salt	Inside a pulled pork sandwich, alongside BBQ

ON THE PLATE IN 12 MINUTES

PER SERVING
440 calories,
31 grams (g) protein,
45g carbohydrates
(5g fiber), 15g fat,
660 milligrams sodium

Whip up quick meals based on stuff you already have in your fridge. Visit MensHealth.com/shortordercook.

www.MensHealth.com

THE BEST LIFE

SHORT-ORDER COOK

Thai Chicken Curry

CREAMY COCONUT AND SPICY CHILIES GIVE DEPTH TO THIS FAST, ONE-POT MEAL

1 Tbsp peanut oil or canola oil

2 garlic cloves, minced

2 tsp fresh minced ginger

1 large onion, sliced

1 Tbsp red Thai curry paste

1 cup chicken stock

1 can light coconut milk

1 large sweet potato, peeled and cut into 1/2" cubes

1/2 lb green beans, trimmed

1 lb boneless skinless chicken breast, sliced

Juice of one lime

1 Tbsp fish sauce (optional)

Fresh cilantro or basil, for garnish

MINUTES 0-8

PREP SEASONING BASE

In a large sauté pan, heat the oil on medium. Add the garlic, ginger, and onion and sauté until soft, about 5 minutes. Add the curry paste and cook, stirring, for 1 minute. Stir in the chicken stock and coconut milk.

MINUTES 9-23

SIMMER THE CURRY

Bring the mixture to a simmer, add the sweet potato, and cook for 10 minutes. Stir in the green beans and chicken. Cook the mixture until the vegetables are just tender and the chicken is cooked through, about 5 minutes more.

MINUTES 24-25

FINISH THE DISH

Add the lime juice and fish sauce (if you're using it). Serve the curry over steamed brown rice and garnish with cilantro or basil if you like. Makes 4 servings.

ON THE PLATE IN 25 MINUTES

PER SERVING
440 calories,
31 grams (g) protein,
45g carbohydrates
(5g fiber), 15g fat,
660 milligrams sodium

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HOLY SH! KITCHEN TRICK Leftover ginger? Submerge the knob in a jar of vodka and store it in the fridge. The vodka preserves the ginger for weeks without imparting any flavor. But the ginger makes the vodka taste like ginger, making it ideal for cocktails. Wins all around!

SECRET WEAPON: CURRY PASTE This intensely flavored Southeast Asian ingredient is a mashup of spicy chilies, fresh lemongrass, garlic, bright Kaffir lime, galangal (a gingerlike staple of Thai cuisine), and other aromatics. It's used largely as a base for curries and stir-fries, but it also tastes great blended into a marinade or mixed with butter for an instant exotic steak topper with a nice hit of heat.

Lucas Zarebinski

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Use snacks to complete your nutrition plan, not wreck it. Munching on potato skins like these is a better choice than tearing open a bag of chips.

SPICY POTATO SKINS

YOU'LL NEED
4 small russet potatoes
Olive oil
Salt and black pepper to taste
1 cup 2% milk
2 Tbsp butter
1/2 cup shredded sharp Cheddar cheese, plus more for garnish
4 scallions, chopped, plus more for garnish
1/2 Tbsp minced chipotle pepper
1/4 cup sour cream
6 strips bacon, cooked and crumbled
Pickled jalapeños

HOW TO MAKE IT
1. Preheat the oven to 400°F. Rub the potatoes with a bit of

olive oil, and lightly salt the skins. Bake for 35 to 40 minutes until tender.

2. Halve the potatoes lengthwise and, when they're cool enough to handle, carefully scoop out the warm flesh into a bowl. (Leave a thin layer of potato intact around the skin to help prevent it from tearing.) Add the milk, butter, cheese, and scallions, and stir with a wooden spoon until smooth. Season with salt and pepper.

3. Preheat the broiler. Carefully

scoop the mashed potatoes into the hollowed-out potato halves. Top with a bit of extra cheese and place under the broiler until the tops are brown and crispy, 3 to 5 minutes.

4. Mix the chipotle pepper with the sour cream and place a dollop on top of each potato half. Finish each with a bit of crumbled bacon and jalapeños.

Makes 4 servings
Per potato half:
155 CALORIES
6.5 G FAT
245 MG SODIUM

15

POT STICKERS

YOU'LL NEED
24 frozen pot stickers (chicken, pork, or vegetable)
1 Tbsp sesame or peanut oil
4 oz mushrooms (preferably shiitake), stems removed, sliced
2 cups sugar snap or snow peas, tough ends removed
1 Tbsp soy sauce
1 Tbsp rice vinegar
Sriracha to taste
Sesame seeds (optional)
Sliced scallions (optional)

HOW TO MAKE IT

1. Bring a large pot of water to a boil. Drop in the pot stickers and cook for a few minutes until they're tender but not gummy. Drain.

2. Heat the oil in a large nonstick skillet or sauté pan over medium heat. Add the mushrooms and cook for 2 to 3 minutes until lightly browned. Add the cooked pot stickers to the pan and cook, undisturbed, until they're crispy and browned on the bottom, 2 to 3 minutes on each side. In the last minute of cooking, toss in the peas and warm through.

3. Remove the pan from the heat. Stir in the soy sauce, vinegar, and sriracha. Divide among four bowls and, if you choose, garnish with sesame seeds and scallions.

Makes 4 servings
Per serving:
208 CALORIES
9 G FAT
520 MG SODIUM

17

PESTO-GOAT CHEESE MINI PIZZAS

YOU'LL NEED
2 Tbsp basil pesto
2 English muffins, split
4 Tbsp goat cheese
2 Tbsp chopped green or kalamata olive
4 jarred or canned artichoke hearts, quartered

HOW TO MAKE IT
1. Preheat the oven to 425°F. Divide the pesto among the four muffin halves, and then add the other



16

Tuna Skewers

YOU'LL NEED
1/2 Tbsp peanut or vegetable oil
1 Tbsp minced fresh ginger
1 clove garlic, minced
2 Tbsp peanut butter
1/2 cup light coconut milk
1/2 Tbsp low-sodium soy sauce
Juice of 1 lime
1 tsp sriracha or other hot sauce
1 lb ahi tuna, cut into 8 long pieces

HOW TO MAKE IT

1. Soak eight wooden skewers in cold water for at least 20 minutes.

2. Heat the oil in a medium saucepan over medium heat. Cook the ginger and garlic until lightly toasted, about 1 minute. Add the peanut butter, coconut milk, and soy sauce. Simmer on low heat for 10 minutes. Add the lime juice and sriracha and remove from the heat.

3. Heat up a grill or stovetop grill pan. Thread each piece of tuna onto a skewer and brush it all over with the sauce. Cook for about 2 minutes on each side, until charred on the outside but still pink in the center. Serve the skewers with the remaining sauce.

Makes 4 servings
Per two skewers:
300 CALORIES
8 G FAT
270 MG SODIUM



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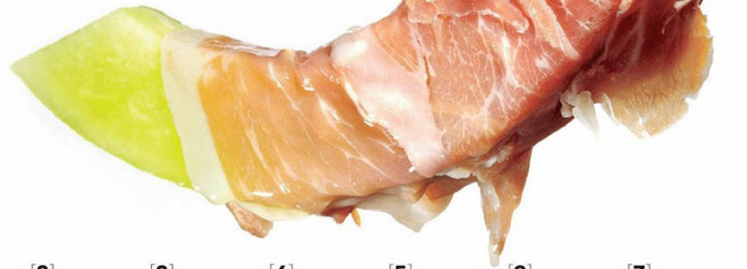
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1

Wrap a strip of prosciutto or good Spanish ham around a slice of honeydew melon or cantaloupe. The salty-sweet combo blows away chocolate-covered pretzels.

Per wrapped slice:
88 calories
5 grams (g) protein
2 g fat
404 milligrams (mg) sodium



[2]

Remove the pits from a few dates. Stuff each date with an almond and some blue cheese, and wrap it tightly with half a strip of bacon. Secure with toothpicks and bake at 400°F until the bacon is crisp, about 25 minutes. These make amazing party appetizers, too.

Per date:
106 CALORIES
3 G PROTEIN
3 G FAT
132 MG SODIUM

[3]

Pop a 1.6-ounce bag of plain popcorn. Pour the popcorn into a bowl and toss it with chopped rosemary, olive oil, and finely grated Parmesan. Share with her for an inexpensive gourmet alternative on date night.

Per batch:
326 CALORIES
8 G PROTEIN
18 G FAT
81 MG SODIUM

[4]

Spread a dollop of guacamole on a slice of smoked turkey, and then roll the turkey up in a slice of Swiss cheese. Secure with a toothpick. Make a batch and serve them on game day.

Per roll-up:
176 CALORIES
21 G PROTEIN
9 G FAT
830 MG SODIUM

[5]

Arrange marinated artichoke hearts, roasted red peppers, and good olives on a platter with a chunk of real Parmesan (or manchego or Gruyère) and a thin slice of nice ham.

Per two pieces each of artichoke, pepper, and cheese, plus four olives and one slice of ham:
202 CALORIES
12 G PROTEIN
12 G FAT
1,382 MG SODIUM

[6]

Thread chunks of watermelon, cherry tomatoes, small balls of fresh mozzarella, and a few basil leaves on wooden skewers. It's summer on a stick.

Per two tomatoes, two chunks of melon, and one cheese ball:
134 CALORIES
8 G PROTEIN
10 G FAT
27 MG SODIUM

[7]

Peel a mango and cut it into spears. Top with fresh lime juice and a couple of shakes of chili powder. It'll satisfy both sweet and spicy cravings.

Per mango:
138 CALORIES
1 G PROTEIN
1 G FAT
4 MG SODIUM

[9]

Lay out slices of prosciutto or another type of thinly sliced ham. Mix chopped olives and sun-dried tomatoes with fresh ricotta, and then place a spoonful on the center of each prosciutto slice. Wrap and eat like a soft taco—a guilt-free soft taco, that is.

Per taco:
141 CALORIES
12 G PROTEIN
9 G FAT
945 MG SODIUM

[10]

Place a hunk of halloumi cheese (buy it at Whole Foods or in Greek markets) directly on the grill. Cook until lightly charred on the outside, about 2 minutes a side. Top with olive oil and fresh herbs. Serve on a salad, atop thin crackers or toast, or eat as is.

Per 1.5-ounce slice:
165 CALORIES
9 G PROTEIN
15 G FAT
440 MG SODIUM

11

TERIYAKI SCALLOPS
YOU'LL NEED
8 large sea scallops
¼ cup teriyaki marinade
4–8 strips of bacon

HOW TO MAKE IT

1 Toss the scallops with enough teriyaki marinade to cover, and marinate them for 30 minutes in the refrigerator.
2 Preheat the broiler. Wrap each scallop with just enough bacon to encircle it fully without overlapping. (Stretch the bacon fairly thin—it crisps up better that way.)
3 Thread a toothpick through each wrapped scallop to secure the bacon. Brush with a bit more teriyaki marinade, and then place the scallops in the oven 6 inches beneath the broiler. Cook for 10 to 12 minutes, until the scallops are firm and the bacon is fully cooked.

Makes 4 servings
Per 2 scallops:
110 CALORIES
5 G FAT
650 MG SODIUM

[12]

Not all healthy snacks require chewing. Try this mocktail: Pour ½ cup of vegetable juice and stir in 1 teaspoon each of horseradish and hot sauce.

Per ½-cup serving:
41 CALORIES
2 G PROTEIN
0 G FAT
246 MG SODIUM
Recipe by Valerie Berkowitz, R.D.

[13]

Halve an avocado, remove the pit, and drape each piece with two anchovy fillets. Drizzle with olive oil. Eat the avocado directly out of the skin with a spoon for easy cleanup.

Per avocado half:
172 CALORIES
4 G PROTEIN
16 G FAT
300 MG SODIUM

202 calories (per two)
10 g protein
16 g fat
405 mg sodium



8

Sandwich a hunk of mozzarella or Swiss between two olives on a toothpick. (Pesto drizzle optional.)

Lucas Zarebinski

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EVERY DAY **talk** TO THREE COOKS



"Try slices of dark meat on these cold sandwiches — it's more moist and juicy than the white breast."

Diana Sturgis

EVERY DAY TEST KITCHEN DIRECTOR

4 CREAMY-CRUNCHY SAMMY:

Drizzle EVOO on 2 whole grain bread slices and toast them; spread on soft goat cheese and layer with thinly sliced turkey, pears and radishes.

5 SOURDOUGH SPECIAL:

Toast 2 slices of sourdough bread and let cool. Layer on slices of avocado, turkey and cooked bacon. Top with arugula dressed with a balsamic vinaigrette.

6 ITALIAN HERO:

Spread some pesto on the cut sides of a sub roll and layer with slices of turkey, provolone and prosciutto; spoon on some drained giardiniera.



"Is your leftover turkey looking a little dry? Heat it up in hot gravy or broth to lock in moisture and great flavor."



Abby Bodiker

FOOD STYLIST FOR THE RACHAEL RAY SHOW

7 HONEY-MUSTARD BRIE MELT:

Toast an English muffin, then spread with honey-mustard sauce. Layer with a couple of turkey pieces, sliced tomato and brie cheese. Place the open-face sandwich under the broiler until the cheese is melted.

8 SPINACH-ARTICHOKE GRILLED CHEESE:

Butter 2 slices of white bread and fill with turkey, gruyère cheese, spinach leaves and chopped marinated artichoke hearts. Grill in a skillet or panini press until golden-brown.

9 VIETNAMESE SUB:

Marinate coleslaw mix in vinegar, salt and sugar for at least 30 minutes. Stir together some mayo and Asian chili sauce and spread on a halved baguette. Pile on turkey, the slaw and some pickled jalapeños for extra kick.

Lucas Zarebinski

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Eat Right

SUMMER SLIM-DOWN

EXCLUSIVE 3-MONTH PLAN

THE BEACH BODY DIET

With any weight-loss plan, no matter how brilliant, you face the danger of hitting the doldrums a few weeks in. That's why we're back with 12 more meal ideas to get you closer to feeling swimsuit-confident. The boredom-busting program, created by Jackie Newgent, R.D.N., author of *1,000 Low-Calorie Recipes*, offers palate-pleasing dishes that will help every type of eater—gourmet, gluten-free, vegetarian, and on-the-go—stay on track. Team the customized meals with the "Tone Your Trouble Zones" workout on page 30 and nothing will stand between you and that teeny-weeny bikini.

MONTH
2



Breakfast Bruschetta

Breakfast

AIM FOR 360 TO 400 CALORIES

GOURMET

Ricotta-Fig Bowl

½ cup part-skim ricotta topped with 2 sliced Black Mission figs, 1 teaspoon honey, a pinch fresh thyme, and sea salt to taste; 1 small slice fruit and nut sprouted bread

(390 CALORIES)

GLUTEN-FREE

Morning Peach Melba

1 peach, halved and topped with a mixture of 8 ounces plain lowfat Greek yogurt, 1½ teaspoons honey, and ½ teaspoon vanilla extract, then garnished with 2 tablespoons raspberry jam and 2 tablespoons toasted sliced almonds

(360 CALORIES)

VEGETARIAN

Breakfast Bruschetta

1 slice toasted whole-grain sourdough bread spread with mixture of ¼ mashed avocado, ½ teaspoon lemon juice, and ½ teaspoon sea salt and topped with 1 fried egg (or ¼ cup scrambled silken tofu) and fresh rosemary and pepper to taste; 1 cup vegetable juice

(360 CALORIES)

ON-THE-GO

Subway Black Forest Ham, Egg & Cheese Sandwich on a 6-inch 9-grain wheat hoagie with cheddar cheese, green pepper, and tomato, without sauce

(390 CALORIES)

Eat Right

SUMMER SLIM-DOWN

Lunch

AIM FOR 420 TO 450 CALORIES

GOURMET

Latin Pork Sandwich

1 medium (about 4 ounces) whole-wheat ciabatta roll (with the center scooped out) filled with 1½ ounces thinly sliced roast pork tenderloin, 1 thin slice (about 1 ounce) Swiss cheese, ½ cup baby arugula, 2 kosher dill sandwich slices, and 1 tablespoon Dijon mustard; 15 plantain chips

(420 CALORIES)

GLUTEN-FREE

Chicken & Pinto Burrito

1 10-inch gluten-free tortilla wrapped around a mixture of 1½ ounces precooked chicken breast strips, 1 cup shredded romaine, ½ cup rinsed and drained canned pinto beans, 2 tablespoons guacamole, 2 tablespoons chopped Spanish onion, and hot sauce to taste

(420 CALORIES)

VEGETARIAN

Garden Chef Salad

3 cups mesclun topped with ½ cup chopped tomatoes, 2 ounces cubed ready-to-eat baked hickory-smoked tofu, ¼ cup diced red onion, ¼ cup shredded carrot, ¼ cup crumbled Roquefort cheese, 2 tablespoons black raisins, 1 tablespoon sunflower seeds, 1 tablespoon extra-virgin olive oil, and red wine vinegar to taste

(420 CALORIES)

ON-THE-GO

P.F. Chang's Buddha's Fast Steamed Lunch with brown rice

(420 CALORIES)



Latin Pork Sandwich

EXTRA BITES Round out each day with smart snack and dessert options that are between 150 to 200 calories apiece.



Spaghetti Caprese

Dinner

AIM FOR 450 TO 500 CALORIES

GOURMET

BBQ Chicken

1 grilled chicken breast, skin brushed with 1½ tablespoons barbecue sauce, over ½ cup steamed whole-wheat couscous and topped with fresh cilantro and lime zest to taste; 1½ cups haricots verts sautéed in 1 teaspoon butter

(450 CALORIES)

GLUTEN-FREE

Spaghetti Caprese

2 ounces gluten-free spaghetti tossed with 1 large diced heirloom tomato (seeds removed), 2 tablespoons sliced fresh basil, 1 minced clove garlic, 1 teaspoon extra-virgin olive oil, and ¼ teaspoon sea salt, and sprinkled with 1 ounce finely diced fresh mozzarella, then topped with a mixture of ½ cup rinsed and drained

canned cannellini beans, 1½ teaspoons white balsamic vinegar, and fresh parsley to taste

(460 CALORIES)

VEGETARIAN

Blue Cheese Veggie Burger

1 cooked veggie burger on 1 whole-grain bun with 2 teaspoons ketchup, 1 large slice red onion, 1 tablespoon crumbled Gorgonzola, and ½ cup baby arugula dressed with ½ teaspoon balsamic vinegar; 1 ear grilled corn with a pinch fresh rosemary and sea salt to taste; 1 watermelon wedge

(460 CALORIES)

ON-THE-GO

California Pizza Kitchen

Hawaiian Pizza on honey-wheat with whole-grain crust

(500 CALORIES)

Lucas Zarebinski

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32 MAY 2012 OUTDOOR LIFE

THERE ARE A LOT OF THINGS TO LOVE ABOUT THE OUTDOORS, AND, UNFORTUNATELY, MORE THAN A FEW TO HATE. FROM WOMEN HUNTERS AND AFFORDABLE RIFLES (YAY!) TO SUNDAY HUNTING BANS AND WI-FI IN DEER CAMP (BOO!), WE PRESENT OUR LIST OF EVERYTHING THAT'S GREAT (AND NOT SO COOL) ABOUT OUR OUTDOOR LIVES

BY THE EDITORS
TITLE ILLUSTRATION BY JOEL HOLLAND
PHOTOGRAPH BY LUCAS ZAREBINSKI

Lucas Zarebinski

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Khakis
Dockers' all-cotton, slim-fitting City Chinos (\$32; dockers.com) look just as good dressed up as they do paired with a pair of suede Vans Chukka Boots (\$60; vans.com) and Patagonia's 100 percent organic-cotton Live Simply Bear T-shirt (\$30).

You can't go wrong with Gap's cotton Original Khakis (\$45; gap.com). Their classic, straight-leg fit never goes out of style. Seen here with canvas Vans Classic Slip-Ons (\$40) and Patagonia's organic-cotton-and-polyester Buckshot long-sleeve shirt (\$75).

Room for only one pair of pants in your carry-on? Dockers' cotton-and-nylon Eco Tahoe Convertibles (\$72) are dressier than your average hiking pants, and they conveniently double as shorts. In the market for retro sneakers? Consider the originals, Converse's canvas Chuck Taylor All Star Lo-Tops (\$45).

With their jeans-style pocketing and chino-like cut, Patagonia's nylon-canvas Roving Pants (\$75) have an office-friendly look, but with a gusseted crotch, articulated knees, and a water-resistant coating, they're designed for climbing and hiking. The canvas-and-leather Sk8-Hi shoes (\$50) by Vans give a nod to the days of Dogtown.

OUTSIDELINE.COM **Outside** 35



STYLE

>A Leg Up
From travel-worthy to office-ready, the latest cords and khakis have got you covered. BY ALICIA KARR

Photographs by
Lucas Zarebinski
Styled by
Michael Kucmeroski

Corduroys
Slim-fit pants don't fit you right? Polo by Ralph Lauren's Bootcut Corduroy Jeans (\$90; polo.com) have a generous—but not loose—cut that will easily fit over your SoRek. What? Converse's canvas Chuck Taylor All Star Hi-Tops (\$45; converse.com) lack in ankle support, they easily make up in style.

With a regular fit and low-key styling, Quiksilver's Sequel Cords (\$50; quiksilver.com) go with just about everything, even the neon-green laces on Ontsuka Tiger's Ultimate 81's (\$80; ontsuka-tiger.com), which first debuted in 1981 as a running shoe and are now part of ASICS's line of re-released original athletic kicks.

Hand-sanded along the thighs, knee, and seat, J.Crew's straight-fit, five-pocket Vintage Cords (\$70; jcrew.com) look as worn-in right off the rack as most vintage duds. Quiksilver's boat-shoe-inspired Continental canvas slip-ons (\$60) won't fall off; they've got just the right amount of elasticized material around the forefoot.

Nautica's 5-Pocket Corduroys (\$70; nautica.com) are styled like your favorite pair of jeans, with a relaxed but not-too-buggy fit. That's Patagonia's organic-cotton-and-polyester Buckshot Flannel shirt (\$75; patagonia.com) up top, and Converse's Chuck Taylor All Star Hi-Tops down low.

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the essentials

ROSSIGNOL EXPERIENCE 88, \$700
THE SELL: Subtle rocker in the tip and tail promotes effortless carving and a surfy feel in powder. **THE TEST:** These excelled on the buffed-out groomers you find at places like Park City and Okemo, but they weren't as adept in bottomless snow. Still, Rossignol's do-it-all claims are legit: you can ski hard or back off the gas and pivot at will. **THE VERDICT:** "Buttery smooth in transitions," wrote one tester. "Race-ski performance without the twitch factor," said another. 135/88/124; rossignol.com

K2 HARDSIDE, \$875
THE SELL: Lightweight all-rounders. **THE TEST:** The Hardsides were better at crud busting than they were at making sougias on groomers. Not that they were deficient there—they're stable and easy at speed—but they favor smooth carving over short, energetic swing turns. And because they weigh several pounds less than your average all-mountain alpine skis, you can mount them with heavy-duty AT bindings and they'll double as your touring setup. **THE VERDICT:** They're happiest off-piste. 131/98/119; k2skis.com

SALOMON ENDURO XT 800, \$810
THE SELL: Versatile frontside skis. **THE TEST:** During our testing last winter, we had enough hardpack and powder to check out Salomon's versatility claims. There's not a lot of hype here. A full black-ash core and extra material over the edges give the Enduros a clomp, snappy feel on groomers, but the wide waist and tip rocker slash easy turns off-trail. **THE VERDICT:** "It's the perfect balance of performance and forgiveness," wrote one tester. "Punchy yet fluid from edge to edge." 125/80/108; salomon.com

the essentials

KÄSTLE BMX108, \$1,099
THE SELL: The highest-quality beech-and-poplar core money can buy. **THE TEST:** Austrians don't surf their turns; they drive all the way through them. Fittingly, the BMX108s are about tip-to-tail power—so much power, in fact, that they were too much ski for testers who weighed less than 165 pounds. But bigger testers with racing backgrounds loved them—especially on groomers. **THE VERDICT:** If you have solid form and keep your speed up, look here. 132/108/122; www.kastle-ski.com

BLACK DIAMOND AMPERAGE, \$759
THE SELL: Powder specialists. **THE TEST:** Testers raved about their ability to squirrel effortlessly through the woods. "Awesome flotation and light enough for all-day powder sessions," wrote one. You can throw them sideways without hooking an edge thanks to ample rocker in the tip and tail. Despite a reinforced rear (for extra clomp on hardpack), carving cleanly requires some effort. **THE VERDICT:** Fun everywhere, but the softer the better. 141/115/123; blackdiamondequipment.com

**PICKUP STICKS
 THE SEASON'S
 BEST ALPINE SKIS
 BY MARC PERUZZI**

BLIZZARD BONAFIDE, \$850
THE SELL: Blizzard turns ski construction on its head, literally. **THE TEST:** The only downsides to rocker are a loss of stability and annoying tip chatter. To eliminate those, the Bonafide's wood core is molded upside down, so rocker doesn't have to be bent into the ski after the fact. The unconventional solution, called Flipcore, works well, delivering a stable, chatter-free ride. **THE VERDICT:** Powerful skis that never waver at speed but aren't bearish to turn. 135/98/118; blizzardportsusa.com

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2010 Gift Guide



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2010 Gift Guide

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Photograph by
Lucas Zarebinski

the essentials

Type: All-Around
If you're going to bring a multitool traveling or backpacking, this is the classic choice, thanks to an array of saws, pliers, blades, and screwdrivers. For the sake of weight, stick to the basics. **Why This One:** Leave it to the makers of the Swiss Army Knife to perfect the all-purpose multitool. The Victorinox Swiss Tool Spirit X (below, \$110; swissarmy.com) costs more than comparable models like the Leatherman Wave (\$100; leatherman.com), but it's built to last and has enough sharp edges to cut anything encountered at home or in the backcountry.

Type: Minitool
Also referred to as keychain tools, these companions pack only the bare bones. They're lightweight, durable, and give you quick access to the necessities, like pliers for base camp and a bottle opener for minibar beers. **Why This One:** The 1.6-ounce Leatherman Style PS (\$24) does away with the knife blade of its predecessor, so it's TSA-compliant. The file-screwdriver combo cuts through packing tape but isn't as dangerous to inquisitive toddlers. With the company's dependable pliers and scissors, plus a bottle opener and tweezers, it'll get you out of most jams.

SPECTROM
Multitools
Four handy implements with distinct personalities
BY WILL PALMER

Type: Cycling
No one knows the sorrow of being stranded without tools like a cyclist. Here are the staples: tire levers to unsseat your slicks, Allen wrenches for adjustments, and a chain tool and spoke wrench for when things really go sour. **Why This One:** A study in compactness, the SKS-Toni 18 (\$33; sks-germany.com) packs 13 tools—six Allen wrenches, a screwdriver, a Torx driver, two tire levers, a spoke key, a chain tool, and a bottle opener—into one jersey-pocket-friendly neoprene sleeve. It can even store an extra chain pin.

Type: Photography
For remote treks with a point-and-shoot, a multitool that doubles as a tripod makes a lot of sense. **Why This One:** The Gerber Steady (\$64; gerbergear.com) does the job. Two legs extend to form a stable base for cameras and cell phones (the latter connect via suction cup), and there's a superstrong blade, a serrated knife, three screwdrivers, a bottle opener, and needle-nose pliers. The 5.0-ounce polycarbonate body sits comfortably in your palm.

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Two-way radios might seem absurdly redundant, but having an open channel of communication can be priceless on a multi-day climb or when trekking through canyons in Costa Rica. The latest of the breed, the Motorola MT332R, has a service range of up to 35 miles and is good for 10 hours of intensive chatter. The handsets charge via USB, include mini-Flashlights, and pack an NOAA weather radio. **QUIRKS+CONCERNS:** They can get which can crowd a climber's chest pocket of a parka. They also require you to a scathing barrage of foul-weather jokes. \$100; motorola.com

Don't jump the Canon PowerShot S100—its other pocket cameras. When the 12.1-megapixel sensor and range of shutter speeds (from 1/8 second to 1/32,000 second) are kept working, all the SLR-like controls around the sensor for ISO, aperture, and shutter speed—that's what you're looking for. Use the thing in combination with the thumbwheel on the back and you're adjusting shots with the ease and accuracy of a video game controller. **QUIRKS+CONCERNS:** It's speedy for a point-and-shoot, but it's in competition with higher models from Canon and others. \$429; canon.usa.com

Rock Stars

Eight gadgets that are ready to roam
BY MICHAEL FRANK

The HTC Titan II smartphone is the best among them, who's good at everything. The 4.7-inch screen is super-bright and brighter than the iPhone, and the Windows Phone 7.5 operating system is as intuitive as Apple's—and better than Android. Bonus: The Titan II's megapixel camera has twice the resolution of the best point-and-shoots in the biz. Plus, AT&T's 4G network lets you surf and stream without interruption. **QUIRKS+CONCERNS:** Microsoft has one catch: the app you need to use the phone isn't out yet. Google's Google Play Store is the only place to get it. \$199; htc.com

The Joos Orange solar panel bests those flimsy foldable ones by combining a photon collector with a lithium-ion-polymer battery, so you can power your phone or GPS when you want to—say, overnight in the tent—and not just when the sun's shining. It's also waterproof, shockproof, and functions in below-freezing cold (minus 4) and Death Valley heat (134). After just a few hours of low-angle winter sun, it topped off both a Garmin Edge 800 and a couple of cell phones via USB and cell-phone-specific tips (included). Bonus: A giant hole in the device lets you leave it cable-locked to a tree while you bag a peak. **QUIRKS+CONCERNS:** It's 1.5 pounds and about the size of an iPad. \$169; solarjoos.com

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ESSENTIALS

Photography by
Lucas Zarebinski

FULLY LOADED
Millions of midsize ski jackets we tested this winter came stocked with the same suite of resort-ready features as MAMMUT's lightly regulated BOLTON—like a zippered gaggle pocket (with wing), detachable key lanyard, and resort-map pocket on the sleeve, to name just a few. The difference here? The Bolton did them all better. The helmet-friendly hood is one of the best-fitting we tested. The shell is both tough and stretchy, for unrestricted movement. And then there are all the little things, like the removable powder skirt that doesn't rick up, mesh-lined pit zips, and the draft-sealing wrist gaskets. It's pricey, but here you get what you pay for: \$400; marmut.ch

ALL-CONDITIONS KING
Part lightweight, supple storm shell, part midweight Primaloft-insulated sweater, THE NORTH FACE MAKALU proved itself on a mixed-conditions hike of 14,064-foot Mountbail Peak in Colorado—cool and breathable enough on the windy summit push, warm enough on the chilly way down, and dry on the rainy hike out. With our feet up at camp, the Makalu stayed comfortable into the low forties, but it's built loose enough to slip over roudier millinery (or stouter frames). And if you're like some of our testers and you prefer a minimal design (there are no interior pockets or powder skirt), it can double as your resort jacket. \$249; thenorthface.com

Outside Editors' Choice

>winter jackets
Cold Comforters
The best new coats all perform brilliantly. You just need to choose your style: mountain (this page) or street (next).
BY JUSTIN NYBERG

Styling by
Linda Kell for
Halley Resources

TOUGH PUFF
Ultralight doesn't have to mean ultra-fragile. RAB's snug-fitting, midweight INFINITY is wrapped in a thin but unbelievably tough new fabric called Pertex Quantum. How tough? After several months of abuse, we finally got it to rip—but only by deliberately dragging it very hard across a barbed-wire fence. It's also an inferno (stuffed with 850-fill down), super-compressible (it packs into its own coffee-can-size stuffpack), and highly water-resistant, repeatedly shaking off this snow that would have soaked a lot of other downy coats. Bonus: that Lycra-lined hood fits snugly around your face sans pullover. \$280; rab.uk.com

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TWO FOR ONE
With four big front pockets, a cool-looking, waterproof-breathable hands-on matte black fabric, and an easy-to-adjust, snug-fitting hood, the MERRELL WESTCOTT is a fine blend of form and function. Ditto the removable (via straps) inner fleece, which is basic but well-appointed with three pockets. In tandem, the two jackets are warm enough for a Mawave, but a bit crowded around the chin, and the fleece liner has loose cuffs and feels a bit cheap. But considering the Westcott's price and versatility, these are minor gripes. \$219; merrell.com

SPLIT PERSONALITY
The NAU RHEOSTAT is a rare bird: a fully functional resort ski jacket masquerading as a street-savvy winter puffy. The completely uncluttered exterior—clean lines, no logos, and nearly invisible pockets—bells how technical this waterproof, breathable, 850-fill down jacket really is. The two-way adjustable hood fits over a helmet, inner pockets stash your goggles and wallet, and the outer fabric is stretchy for athletic skiing. The Rheostat's slim and athletic cut rests snugly against your midlayer or button-down, so there's less dead air to keep warm—and you don't look like an offensive leech. \$435; nau.com

NEW FAITHFUL
You know that old, beat-up cotton sweatshirt you always reach for? Meet its winter-time equivalent. From dawn patrol ski tours to hitting the bars around Santa Fe, we found ourselves wearing AETHER's slick, warmer-than-it-looks SPACE JACKET every time we left the house. The top-of-the-line Primaloft insulation beats back the chill into the legs for less, and once it's so thin and slim-fitting, makes the Space Jacket a superpowered midlayer. Be gentle, though: the silky ripstop nylon is more about supple feel than abrasion, weather, or stain resistance. You're a hoody guy? Opt for the Space Hoodie (\$300) instead. \$295; aetherapparel.com

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A Master Class in Cheese

There's a whole world beyond Brie and Manchego. Here's how to navigate it. // Goode

[RED, WHITE, AND BLUE]

The Stellar American-Made Cheese Plate

The United States can finally boast about some world-class wheels.

1 | **Purple Haze**, from Cypress Grove Chevre in California. The newest hit by Mary Kohn, who brought us Humboldt Fog, is a fresh goat cheese dusted with lavender and fennel pollen. (cypressgrovechevre.com)

2 | **Bayley Hazen Blue**, from Jasper Hill Farm in Vermont. To cheese addicts, the Kohn brothers are rock stars. And true to form, the dairy's blue is majestic—creamy and subtly sweet, without aggressive peppery notes. (jasperhillfarm.com)

3 | **Green Hill**, from Sweet Grass Dairy in Georgia. From the South's best cheesemaker, this Camembert-like variety has a lip-smacking bite and a silken mouthfeel on par with France's raw-milk original. (sweetgrassdairy.com)

4 | **Red Hawk**, from Cowgirl Creamery in California. Every good cowgirl makes it killer—but this much-lauded triple cream is downright evil with its satiny texture of fresh butter and a pungency that rivals that of the best swiss Emmentaler. (cowgirlcreamery.com)

5 | **Pleasant Ridge Reserve**, from Uplands Cheese Company in Wisconsin. Deep in dairy country, Uplands reserves its top-notch "cows" milk for just one kind of cheese, a bold, sharp triumph with a refined, Gruyère-esque finish. (uplandscheese.com)

6 | **Barely Buzzed**, from Beehive Cheese Co. in Utah. With its caramelized, salty kick and coffee-toned finish, this cleverly named Cheddar-like cheese has put the Beehive State on the lactic map. (beehivecheese.com)

Where to Stock Up on Domestic Varieties

1 | **NEW YORK CITY**: LUCY'S WHEY Chelsea Market, 425 W. 15th St., 212-463-9500; lucyswhey.com. 2 | **MADISON, WISCONSIN**: FROMAGINATION 12 S. Carroll St., 608-255-2439; fromagination.com. 3 | **LOS ANGELES**: THE CHEESE STORE OF SILVERLAKE 3926-28 W. Sunset Blvd., 323-644-7511; cheesestoresilv.com

[MAN OF THE CHEESECLOTH]

Make Your Own Ricotta

This creamy delicacy is dead simple to whip up—no fancy equipment or coagulating agents necessary.

3 WAYS TO MAKE YOUR RICOTTA EVEN BETTER

INGREDIENTS: 3 QUARTS WHOLE MILK, 3 CUPS BUTTERMILK
Line a colander with four layers of cheesecloth and place it in the sink. Heat the milk and buttermilk in a large pot over medium-high heat, occasionally stirring and scraping the bottom of the pan. Eye the mixture carefully: The moment you see steam, stop stirring. The fluffy white curds will soon separate from the pale, translucent whey. One minute after the first curds form, scoop them all into the colander using a skimmer. Gather the cloth around the curds and let the ricotta drain for about 2 minutes (do not squeeze). Put the ricotta in a bowl and add salt to taste. Makes 2½ to 3 cups.

Sweet, earthy black-truffle honey from Lunardi, \$19.50, markethallfoods.com

Mustards, a sort of Italian chutney of mustard and fruit (in this case, pears), \$18, fromagination.com

Olive oil and a sprig of fresh thyme, basil, or lavender.



TOOLING AROUND



THE KNIVES

The two blade collections from Alessi (one for hard and semi-hard, one for soft and semi-soft varieties) are hand-made near Florence—in Pecorino country. (\$400 each, alessi.com)

[IN NAME ONLY]

Not Your Average Deli Classics

Some sandwich staples are too good to be paired with cold cuts.

1 | **Guffanti Four-Year-Old Provolone**
More like a curdily hard cheese, this complex, wickedly sharp provolone is way too good to melt on a griddle.

2 | **Edwin's Austrian Muenster**
A hit among bully eaters, this soft washed rind stinker couldn't be more different from its bland, orange-rimmed counterpart.

3 | **Vella Dry Jack**
With its Parmesan-like texture, this eight-month-old ooze rubbed muenster from California puts plastic-wrapped pepper jack to shame.

4 | **Noord Hollander Four-Year-Old Gouda**
Yes, you can find reasonably tasty facsimiles in a grocery store, but the Dutch cheese doesn't get this crunchy, crystalline texture without small-batch techniques and extra long aging.

TOOLING AROUND



THE STORAGE

Wrapping cheese in plastic is lactic murder—the stuff needs to breathe. Fromaticum's porous two-ply papers let in just enough oxygen. (\$10 for 15 sheets, urlatable.com)

[FOREIGN INVESTMENTS]

Four Hot Imports

Because no one buys Asiago anymore.

1 | **Tomme Craveuse**
This dense, almost chalky alpine mountain cheese has a mushroomy earthiness and the unmistakable flavor of buttered popcorn.

2 | **Pantalao**
Once difficult to find, this aged Sardinian goat cheese with unexpected citrus notes is gaining a following in the United States.

3 | **Berkswell**
From the English village of the same name, this tart hard cheese proves that the U.K. can stretch beyond Cheddar and Stilton.

4 | **Idiazabal**
When Basque food became fashionable, the region's cheese followed—especially this sheep's milk creation, which is smoky and nutty.

[NORTH STAR]

Your Canadian Source for Raw-Milk Cheese

To the exasperation of American enthusiasts, the incomparably delicious cheeses made from raw (read: unpasteurized) milk, aged less than 60 days—Camembert, Epoisses, Alsatian Muenster!—are banned by the Organization of Overprotective Mothers. (Some people call it the FDA.) But you don't have to cross oceans to indulge: Smart border jumpers head straight to Yannick Fromagerie du Marché in Montreal, which stocks an assortment well worth smuggling through Customs.

357 rue Parent Saint-Jérôme, 450-436-8469; yannickfromagerie.ca

Art Department

K+T
FOOD

The Country's Best Salsa

► Paul Kahan, creator of the Chicago hits Blackbird and the Publican, has opened another winner: the taco spot Big Star. His salsa verde will make you a tomatillo devotee. (1531 N. Damen Ave., Chicago, 773-235-4039)

5 tomatillos,
husked and
rinsed well
4 serrano chiles,
stemmed
1 clove garlic
1 tbsp vegetable
oil

1½ tsp fresh lime
juice
½ tsp coarse salt
2 tbsp chopped
cilantro
1 tbsp finely
chopped red
onion

Put the tomatillos, chiles, and garlic in a saucepan and cover with water. Bring to a steady simmer over medium heat and cook until the tomatillos are tender (about 15 minutes). Drain, place the mixture in a blender, and blend to a slightly chunky consistency. Heat the oil in a pan over medium heat. Add the blended sauce and simmer until it has thickened slightly (about 5 minutes). Bring to room temperature and add the lime juice and salt. Stir in three-quarters of the cilantro and red onion and use the remainder as garnish.



[WHAT'S OLD IS NEW]

Modern Takes on American Classics

STEAK HOUSE

Laurelhurst Market,
Portland, Oregon

The guys behind Simpatica Dining Hall created this unassuming butcher shop-cum-restaurant to showcase modest cuts like bavette and skirt. But if you're looking for a killer béarnaise sauce, they've got that, too. 3155 E. Burnside St., 503-206-3097, laurelhurstmarket.com

SEAFOOD SHACK

The Cape Cod Room,
Miami

Ken Lyon's menu—lobster-and-scallop pot pie, molasses-spiked Indian pudding, deep-fried Ipswich clams—might remind you of New England fare, but this unique blend of laid-back sophistication and clubbiness can be found only in Miami. The Bath Club, 5937 Collins Ave., 305-864-1262, thebathclub.com

ITALIAN DELI

Torrisi Italian Specialties,
New York City

The only thing more American than the Italian deli is Mario Carbone and Rich Torrisi's paradigm-shifting Nolita storefront, where the Café Boulud alumni spico up overstuffed sandwiches and meat lasagna with domestic ingredients. 250 Mulberry St., 212-965-0955, pignahot.com

[HEAVY METAL]

HOT APPLIANCE FOR A SLICK KITCHEN

► Salamander Broiler
Now that BlueStar has created a countertop model, you too can own a salamander and, with 1,850°F of cooking power, take steaks and grutins to the next level—just like the pros.

\$2,523, thestarcooking.com



PHOTOGRAPH BY JEFFREY M. LEE FOR ARTS AND CULINARY PHOTOGRAPHY

K+T
DESIGN

Chic, Multitasking Glassware

The double-ended construction of these cups, pitchers, and bowls from architect Felicia Ferrone makes them tremendously versatile—the same glass can be used for a taste of scotch, a pour of wine, or eight ounces of beer. And because of the way they appear to suspend liquid in midair, the ingenious vessels look great on a table. Monica Khemsurov

Revolution Collection
by Ferrone Design
from \$67 for two liquor
glasses, ferronedesign.com

[PEDAL PUSHERS]

THE ART OF THE BICYCLE

THE EXHIBIT: Bespoke: The Handbuilt Bicycle

THE PIECES: Six modern masters share 21 of their most prized creations, including a Speedvagen track bike from show co-curator Sacha White, of Vanilla Bicycles, and a suspension-free titanium off-road bike that took Oregonian Jeff Jones over two months to build.

THE DATES: May 11–mid-August

THE LOCATION: New York's Museum of Arts and Design

2 COLUMBUS CIRCLE, 212-299-7777; MADMUSEUM.ORG



[PHOTO OP]

A New Home for Old Polaroid Gear

The onetime king of instant film may have shifted its focus to digital, but before moving on, Polaroid handed the keys to its former hall of wonders to the Impossible Project. The fledgling Austrian photo-supply company is releasing its own line of instant-photography products, but it's also selling coveted cast-offs such as perfectly restored SX-70 and 600 cameras.

THE IMPOSSIBLE PROJECT.COM

PHOTOGRAPH BY LUCAS ZAREBINSKI STYLING BY VICTORIA ESCOFFIER FOR RALPH REYNOLDS



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K+T TECH

Perfect Hybrid Cameras

At long last, you don't need to choose between the ubiquitous point-and-shoot and the two-pound behemoths favored by photojournalists. These new models, called Micro Four Thirds and NX cameras, offer the perks of a digital single-lens reflex (DSLR)—interchangeable lenses, full manual settings, and fast shutter speeds—at a third of the size. *Tom Samiljan*

1 | Samsung NX10
\$700, [samsung.com](#)

The modern-looking NX10 has a jumbo image sensor that makes it ideal for capturing a night out or a low-lit bowl of pasta.

2 | Panasonic Lumix GF1
\$900, [panasonic.com](#)

With more lens options than any other camera in this category, Panasonic's GF1 is perfect for the quasi-pro who wants to shoot French Open matches and Copacabana beaches.

3 | Olympus E-PL1
\$800, [getolympus.com](#)

Don't know shutter speed from ISO (light sensitivity)? No need to speak photo-greek with a camera that includes a built-in flash and 19 scene modes.

[GET THE PICTURE]

The Instant-Gratification Photo Printer

Instead of unrolling your photos on a little LCD screen, do as the big-name photographers do and print hard copies straight from your camera. The Pixma iP100 can produce a 4x6 picture in less than a minute—which means you could have it framed in two. (Canon Pixma iP100, \$250, [usa.canon.com](#))



[UP TO OLD TRICKS]

A RETRO-MODERN VIDEO CAMERA

You may have forgotten about the deep-color charms of Super 8, but the Japanese firm Superheadz hasn't. Its Digital Marinezumi 2, which looks like a cross between a spy cam and an Instamatic film cartridge, shoots nostalgically grainy footage—with audio.

Superheadz Digital Marinezumi 2, \$170, [audiocubes.com](#)

f y i

Apps to Download Right Now

1 | THIS AMERICAN LIFE: Get streaming access to the 15-year archive of Ira Glass' public-radio masterpiece. (iPhone) **2 | TOUCH D:** When simply playing MP3s isn't enough, add pro effects like scratching and beat synchronization. (iPhone) **3 | IVINOPHILE:** The English-language version of a popular French app lets you log your favorite wines with pictures, tasting notes, regions, and vintages. (iPhone)



K+T TECH

Vacuum-Tube Audio

It's true: The vacuum tube is older than Keith Richards. But unlike Keith, this electric wonder from the last century is experiencing a resurgence. The lightbulb-like attachments may add some bulk to your music center, but they deliver warmer, incredibly accurate sound—and look pretty damn striking, too. *Tom Samiljan*

1 Cary Audio Xciter
Bass isn't a tube stereo's strong suit, but the solo-worshiper output on this mini amp can handle some serious low-end beats. And, at about half the size of a laptop, the Xciter won't overwhelm the other components on your minimalist media rack. (\$2,299, [caryaudio.com](#))

2 Neuhaus Laboratories T-2
To get the most out of your MP3s, invest in the T-2, which plugs into your Mac or PC via USB and makes the otherwise ho-hum format sound dynamic—as if Jack White and his guitar were in the room with you. (\$299, [neuhauslabs.com](#))

3 Pathos Classic One MKIII
This best of both worlds hybrid combines a tube-based preamp (to intensify Lady Gaga's high notes) with a solid-state power amp to deliver bold, party-fueled low notes. (\$3,199, [sean.fryminger.com](#))

[WATCH IT]

THE BEST WAY TO GET TV ON YOUR PHONE

VALUPS MOBILE DTV RECEIVER, \$20, [VALUPS.COM](#)

If you want to watch the World Cup semis poolside or the governor's mea culpa press conference from your office, rest easy. You can now catch live broadcasts from local TV stations on your iPhone. Valups' pocket-size receiver picks up Mobile DTV signals and transmits them to any Wi-Fi-enabled device—so you don't have to follow the play-by-play on Twitter.



f y i

Apps to Download Right Now

1 | HIPSTAMATIC: Gives your digital photos a whimsical, Lomography-like vibe. (iPhone) **2 | BRGRFND:** Need to satisfy a craving for a Double-Double? This GPS-enabled app offers you turn-by-turn directions to the nearest In-N-Out. (iPhone) **3 | RECOGNIZE:** If you aren't so good with names, aim your phone's camera at any hard-to-place face and this program pulls up his or her social-networking pages. (Android)

[WATCH IT]

THE BEST WAY TO GET TV ON YOUR PHONE

VALUPS MOBILE DTV RECEIVER, \$20, [VALUPS.COM](#)

If you want to watch the World Cup semis poolside or the governor's mea culpa press conference from your office, rest easy. You can now catch live broadcasts from local TV stations on your iPhone. Valups' pocket-size receiver picks up Mobile DTV signals and transmits them to any Wi-Fi-enabled device—so you don't have to follow the play-by-play on Twitter.

Lucas Zarebinski

www.art-dept.com

Art Department



Lucas Zarebinski

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remix

THE GREAT INDOORS

THIS SEASON THE LOOK IS COZY, FROM A GIANT CHESS SET TO A CLASSIC ENAMELED CASSEROLE, A LAMP WITH A KNITTED SHADE OR A FLOKATI-COVERED CHAIR. ANDREAS KOKKIO

1. Giant Samarcande chess set by Hermès, \$18,000; hermes.com. 2. Dansk Kobenstyle four-quart casserole, \$100; crateandbarrel.com. 3. Nutcracker and bowl by Rebecca Uth for Georg Jensen, \$195; georgjensen.com/us. 4. Allen log carrier by Cristiana Giopato and Christopher Coombes for Frog, \$495; dwr.com. 5. Garvey flokati chair by Anthropologie, \$998; anthropologie.com. 6. Shanty lamp by Paul Loebach for Areaware, \$75; areaware.com. 7. Trappeur beaver-fur armchair by Samare, \$2,970; mattermatters.com. 8. Arosa mohair throw by Ralph Lauren Home, \$1,295; ralphlaurenhome.com. 9. Granny hanging lamp by Pudelskern for Casamanis, about \$560; casamanis.it. 10. Facecord dresser by Mark Moskowitz, \$5,800; thefutureperfect.com. 11. Cape sofa by Konstantin Grcic for Established & Sons, \$5,700; mattermatters.com.

BY LUCAS ZAREBINSKI. COLLAGE BY GRACIE NARR. PHOTOGRAPH BY LUCAS ZAREBINSKI.

B TREND

WHY HOLLYWOOD LOVES THE ALKALINE DIET

MORE AND MORE STARS ARE TURNING TO A REGIMEN DESIGNED TO BALANCE THE BODY'S PH LEVELS. SHOULD YOU?

CELEBRITY DEVOTEES

NUTRITIONIST KIMBERLY SNYDER ON HOW THREE OF HER A-LIST CLIENTS BENEFIT FROM THE ALKALINE DIET.

JOSH DUHAMEL
"I drink the Green Smoothie every day, which is made of the most alkaline foods—greens and fruit. He says it gives him a ton of energy for workouts."

MARK RUFFALO
"He switched to a largely plant-based alkaline diet after working with me during The Avengers. He lost weight and told me, 'I feel so great I never want to go back.'"

CHRIS HEMSWORTH
"We exposure-ally increased the greens in Chris' diet, which helped alkalize the body and balance the acidic foods, namely animal protein."

THE HIGH-ALKALINE SHOPPING LIST

- PARSLEY
- CELERY
- RADISHES
- CHIVES
- SUN-DRIED TOMATOES
- BELL PEPPERS
- SEAWEED
- ALMONDS
- LEeks
- HEARTS OF PALM

"I CAN SPOT AN ACID BODY ACROSS A ROOM," says Lindsey Duncan, a naturopathic doctor who has helped remodel the bodies of Marc Jacobs, Demi Moore, and Miami Dolphin Reggie Bush. "The hair and the skin are dried out, the skin pores are too large, and everything is starting to age prematurely."

Natural-cure advocates have long promoted a diet aimed at increasing alkaline in the body—heavy on fruits and vegetables, light on meat, dairy, sugar, and grains—but this way of eating showed up on the radar only after a recent explosion of interest among A-list celebrities.

Mainstream medical experts call foul, arguing that the body tightly regulates blood pH, regardless of the food we eat. (Chemistry refresher: The pH scale runs from 0 to 14—water has a neutral value of 7, higher being alkaline and lower being acid.) But new research suggests that what the body does to regulate pH can lead to thinner bones and weaker muscles. (Duncan credits Reggie Bush's alkaline diet with helping him rebound from a broken leg.) According to Kimberly Snyder, another nutritionist for the celeb set, the diet also delivers a leaner body—you're shedding pounds by switching out processed carbs for fruits and vegetables. And there are other, less tangible benefits. Snyder's client and this issue's cover subject Channing Tatum says that a daily high-alkaline smoothie "makes me feel good."

But how do we know it's the alkaline that's doing the heavy lifting, as opposed to the fiber or the phytonutrients? Sheila Dean, a nutritionist at the University of Tampa, says, "The important thing is to eat a mostly plant-based diet to get those alkalizing minerals like magnesium, potassium, and calcium. The body doesn't care what you call it."

BY JOSEPH HOOPER • PHOTOGRAPH BY LUCAS ZAREBINSKI

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SPORTING
Life
EDITED BY JOHN TARANTO



GEAR
Gift Guide
Six future heirlooms for the discerning sportsman in your life
BY JOHN TARANTO

1
Tibor Signature Series Fly Reel
For more than three decades, Florida-based Tibor Reels has been the gold standard in precision high-end fly reels. Its Signature model, introduced in 2010, is available in three sizes: 7-8, 9-10 and 11-12. (\$775-\$865; tiborreel.com)

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Hunting

BUDGET GLASS

Affordable Optics

Just in time for gift-giving, a class of bright, durable glass for under \$150
BY ANDREW MCKEAN

AS EVER, YOU GET WHAT YOU pay for with sporting optics. But one of the happiest trends of the last decade has been the emergence of good, hard-working, inexpensive binoculars and riflescopes. These capable optics may not have the stunning brilliance or hair-splitting resolution of high-end European glass, but at under one-tenth the cost, they'll leave funds available for other gear. Here are four value-priced optics that are as easy on your eyes as they are on your wallet.

VANGUARD VENTURE PLUS 1042G
Every roof-prism binocular above \$100 has multicoated lenses and a waterproof chassis. So shop on the basis of good glass and amenities. The Vanguard has a surprisingly bright image, quick-focus center knob, an ergonomic grip and generous eye relief.
\$145; vanguardworld.com

VORTEX CROSSFIRE 10X42
The worst thing you can give a beginning hunter—other than a hard-kicking rifle—is a flimsy, light-queening binocular. This entry-level Vortex has decent glass, precise focus, nice balance and—a rarity at this price point—a lifetime warranty.
\$145; vortexoptics.com

BSA MAJESTIC DX 3-9X40
The rising tide of optical technology lifts all brands, including ones formerly toward the bottom of the quality heap. BSA's new Majestic line features decent glass, a utilitarian ballistic-compensating reticle and a generous no-questions-asked lifetime warranty.
\$120; gamoussa.com

NIKON PROSTAFF BDC 3-9X40
Nikon delivers a workhorse of a scope with precise turret adjustments and a bright picture. But the real bargain is the BDC reticle and the ability to tune it using Nikon's Spot On ballistics program, providing shooters with long-range precision at a price that won't break the bank.
\$115; nikonhunting.com



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