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CULINARY ARTS EDITION



FEATURING...

Holiday Arts & Crafts

Favorite Family Recipes

The Metropolitan Cooking Expo 2011

A Geek's Guide to Eating Healthier!

Tutorials on Culinary Arts

Food Photography

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EDITORIAL



THIS ISSUE WE HAVE DECIDED ON APPROACHING A DEDICATED WORK TO THE CULINARY ARTS. FROM PERSONAL EXPERIENCE I HAVE FOUND THAT MANKIND HAS MOVED HIS FOOD EXPERIENCE AWAY FROM THE SURVIVAL INSTINCT TO THE MODERN SOCIAL INSTINCT OF GATHERING PEOPLE AROUND THE TABLE. THE APPRECIATION BY MODERN FOODIES CAN ONLY BE AMPLIFIED BY HAVING A MORE DIRECT CONTACT WITH THE GROWING OF THE FOOD WE PARTAKE, THEN HARVESTING THE PRODUCE OR PROTEINS, AS WELL AS PREPARING IT FOR THE GROUP. IT IS THIS GATHERING AROUND A TABLE BY FRIENDS OR FAMILY NOT JUST FOR DINNER BUT ANYTIME REALLY TO ENJOY THOSE MOMENTS OF FOOD AND FUN. THIS IS THE PSYCHOLOGICAL REQUIREMENT THAT MANY "FOODIES" USE TO SATISFY THAT DRIVE. ALWAYS TAKE ADVANTAGE OF SUCH MOMENTS. THEY CAN BE GONE BEFORE YOU REALIZE IT. WE WANT TO INVITE YOU EXPLORE ALL THE TIPS, RECIPES, AND STORIES THAT WE HAVE COLLECTED IN THIS ISSUE FOR YOU.

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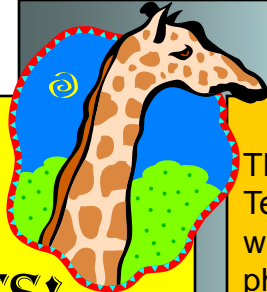
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COVER PHOTOGRAPHY -
JEROME MONTGOMERY

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BIRTH ANNOUNCEMENTS!

Mona, a 5-year-old female giraffe at Zoo Atlanta, gave birth to her first calf in the early morning hours of July 22, 2011. The newborn stands around 6 feet tall and is estimated to weigh between 100 and 150 pounds.

"We're delighted about the birth of Mona's calf," said Rebecca Snyder, PhD, Curator of Mammals. "Giraffes are among the most popular animals in our collection, and they're a stunning representation of the beauty and diversity of African wildlife. We're excited about watching this little one grow, not just in feet, but in milestones."

Mona's offspring is just the second surviving giraffe calf born in Zoo Atlanta's 122-year history. The first, Zuri, born to Mona's half-sister Glenda on July 13, 2010, is now eight feet tall and weighs around 600 pounds. Male Abu, 5, is the father of both calves. Since Zuri's birth, there have been several significant additions to the Zoo Atlanta family, most famously giant panda cub, Po, but also 1 water-buck, 1 western lowland gorilla, 2 red kangaroos, 2 golden lion tamarins, 3 warthogs and most recently 2 Sumatran tiger cubs.

At 15 months, the giraffe gestation period is one of the longest in the animal kingdom.

The Animal Management and Veterinary Teams based their estimation of Mona's birth window on breeding dates, weight gain, physical signs of an advancing pregnancy, and, more recently, visible movement of the fetus. Giraffes give birth standing up, and their offspring are usually born front feet-first. Healthy calves are able to walk within two hours of birth. The calf will have an opportunity to bond with its mother behind-the-scenes before meeting the rest of the herd and exploring its African Plains habitat. Stay tuned for updates on when Members and guests will be able to see the Zoo's tallest baby.



Assembled!

CASTING CALL !

Well now we know who is playing the leads in next year's film. I really hope this explodes off the screen for ervery-One to enjoy. Here are the confirmed Leads for the film...

Nick Fury – S.L.Jackson
Iron Man – Robert Downey,Jr
Cap.America – Chris Evans
Thor – Chris Hemsworth
Loki – Tom Hiddleston
Black Widow – Scarlett Johansson
Hawkeye – Jeremy Renner
Bruce Banner- Mark Ruffalo
Hulk (voice)- Lou Ferrigno

Can't wait to see this one after all the cameos and movie credits we all had to sit through these few years.

Top 10 Halloween candy!



1. **Snickers** -- A candy bar with substance. These peanut-filled chocolate bars are filling enough that kids may only be able to eat a few of them. Then again, you shouldn't underestimate the appetite of Halloween-crazed kids.

2. **Nerds** -- Basically, they are pure sugar coated with sugar. Nerds can be both fun and annoying due to the obnoxious rattling sound made by shaking the box. The best are the standard strawberry flavor.

3. **Tootsie Rolls** -- These have been around for over 120 years and coming in various flavors, shapes, and sizes. Giving out the smaller sizes makes a candy bowl last longer, but the Tootsie Pops are the tastiest, especially the chocolate flavor.



4. **Life Savers** -- A good way to keep kids occupied. It takes a while to go through a whole pack of Life Savers. Also, a good trick is to give out the mint varieties. The mint flavors do not necessarily clean teeth, but they have less sugar and will keep the kids hygiene-conscious.

5. **M&Ms** -- It wouldn't be Halloween without M&Ms. They are ingrained in our cultural psyche. If sugar and chocolate were medicine, they would come in the form of M&M's.

6. **Reese's** -- Come in standard-size and miniature peanut butter cups, as well as Reese's Pieces. With all of that peanut butter, enough Reese's cups could make a meal. Just don't tell that to your kids.

7. **Twizzlers** -- Probably the sweetest store-bought version of licorice. Twizzlers have a fun shape, and they don't get your hands messy.

8. **Butterfinger** -- Sinfully sweet. The flaky "peanut buttery" filling is so sugary that it sticks to teeth and fills the gaps between them. Butterfinger is most likely not the healthiest choice for dental hygiene. But what candy is?

9. **Skittles** -- Skittles are always very popular. Just watch out for the kids that try to see how many they can eat at one time. That can be scary.

10. **Candy corn** -- Somehow candy corn always seems to make the list. Young or old, not many people admit to liking this stuff.



"By The Book"
An MP3 Experience

So you might have noticed there is also an Audio file contained on this 'NEXT' Digital Magazine. Its called "By The Book".



As you saw "By the Book" is in MP3 format. So all you have to do is double click, it'll open up in your favorite media player.

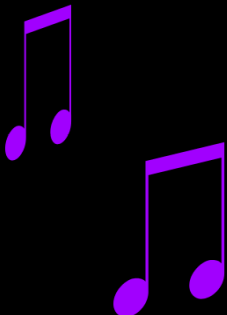


"By the Book" is an audio recording that can and will contain many different samplings: from interviews with writers and artist and tutorials to entertainment reviews and educational commentaries.



THIS ISSUE —
CULINARY COMBAT
FOOD PHOTOGRAPHY
A GEEK'S GUIDE TO EATING
HEALTHIER

So be sure to pay attention for up coming issues of NEXT for the latest episode of "By the Book".



Metropolitan Cooking Expo

With our general admission we had access to innovative and entertaining demonstrations that helped us take a serious look at our culinary skills that needed improving as well as some great suggestions. They also had Food Network's guests Paula Dean, Giada De Laurentis, and The Neelys. On the Expo floor they had one hundred and fifty exhibitors including food and beverage companies to home goods as well as special occasion retailers. It was a fun opportunity to explore the convention!

Here is a
Picture of
Jerome
At the
Show's
Kiosk
Entrance.



***"THIS WAY PLEASE...EXCUSE ME...
FAT GUY COMING THROUGH!"***



I can only say that like any good convention-goer that you should start by taking the time to preview the directory that they provide to you at the entrance of the show. My fellow foodie and Chef-Blogger, Jerome Montgomery, and I laid out our plans for which demonstrations to attend. On the program they called these events "workshops" but by definition of what I attended they were panels with demonstrations about products and techniques. A workshop implies audience participation beyond Q&A sessions. Perhaps the Expo Administrators could change that listing to Demos or Panels to avoid future confusion.

Anyhow, we decided on the following schedule for our Sunday itinerary...

- 10:30-11:00 Knife Skills with Matt South from Cook's Warehouse
- 11:00-11:30 Cheese 101 Tasting with Tim Gaddis from Star Provisions
- 11:30-12:00 Cooking Tips for Fitting Beef into a Healthy Lifestyle
with Mary Moore from Cook's Warehouse/GA Beef Board
- 12:00-12:30 Discover Ireland with Chef Justin Keith-Food 101
- 12:30-1:00 Summer Entertaining with Ginny McCormack from Ginny McCormack, LLC.
- 1:00-1:30 Easy Appetizers with Rosemary Rutland from Chef's Table
Personal Chef Service
- 1:30-2:00 Rockin' An Ice Cream Social with Keith Schroeder from
High Road Craft Ice cream & Sorbet
(Remainder of the day explore 150 Exhibitors Booths!)

At Matt South's demonstration on Knife Skill Basics at ten thirty, I was really able to understand the proper use of knives, choosing the correct knife for the task at hand, and using common acts essential to making the most of my time in the kitchen.

" Good knife skills make your food uniform with clean lines and allow the food to cook at the same rate", Matt espoused throughout the demonstration.

We learned the difference between a Brunoise cut, Jardinier, Macedoire, and a Parmentier cut. He demonstrated the Julienne, Battonet, and Frit techniques. He also showed us the Chiffonade technique as well as Rondelle and Bias cuts. It was extremely informative.

We discussed knife care as well as storage. The topic of not using a glass, granite, or marble cutting board was discussed. Matt recommended an Epicurean cutting board. Epicurean is made from an environmentally friendly natural wood composite that is non porous and dishwasher safe. Those other materials will dull the knife blade. For more of Matt's demonstration and information check out the entire article discussion with images in Next#17 from GIRAFNetwork. matt's three hour interactive classes can be experienced at the Cook's Warehouse. Check their website for times, locations, and cost. www.cookswarehouse.com

The next demonstration which had a palatable approach was Cheese Tasting 101 with Tim Gaddis. A cheese monger in all sense of the word, Tim presented all in attendance a small sampling of cheeses illustrating the basic cheese profiles. This was done so we were eating as well as serving to inform us when shopping abroad in the local markets. We tasted Goat's cheese, Brie, Vermont Cheddar, and Windsor Bleu Cheese. We had that one in honor of the Prince and Princess' wedding the day before in London. Well that's what he said.

Tim explained the basics of cheese making as it relates to the process of taste development ergo milk to whey, draining off liquid or not, bathing cheeses to cause a rind, or natural development. I feel fortunate to have attended this panel. Tim Gaddis provided excellent knowledge in the small amount of time we had to discuss the subject of his passion. His cheeses can be purchased through Food Haven in Marietta, GA.

We followed the itinerary to the 11:30 demonstration with Mary Moore on Cooking Tips for Fitting Beef into a Healthy Lifestyle. This demo was less about choice of better beef in your diet or alternatives where beef can be used and more on using a cut of beef, a flank steak, in a summer recipe. In this case Thai Beef Salad.

Don't get me wrong it was some what useful but we were expecting more from this particular event. The information like curing beef against the grain so as to provide maximum chewing elasticity was already known by most in the crowd. The Thai Beef Salad recipe can be seen in Next #17 produced by GIRAFNetwork. You will also be able to see recipes on beef including Herbed tenderloin, Braised Beef Pot roast with Leek-Mustard Au jus, and Mediterranean Beef and Veggie Wraps.

After leaving with a small plate of that very delicious summer salad, we made our way over to the Discover Ireland Presentation Arena. I collected several magazines about food & wine in Ireland as well as the famous James Beard Foundation. We watched Executive Chef from Food 101 Justin Keith prepare a delicious shrimp and watermelon salad in a vinaigrette that smelled awesome! Chef Keith also demonstrated how to preserve watermelon rinds instead of disposing of them as waste. Kudos!

That event ended early so we decided to take in Ginny McCormack's demo on Summer Entertaining. Everyone can enjoy the tips that Ginny provided at the expo at her website www.GinnyMcCormackcooks.com that we received in person. She had a tremendous amount of audience participation as well as personal insight into local retailers that she patronizes when preparing for her parties. Trader Joe's is a favorite of hers that she is never embarrassed to mention. She gave the audience some key points to include when throwing that party. Setting the Mood. Bring the outside In or Vice Versa. Set the Tunes. Set the Table. The Sparkly & the Bubbly. She also demonstrated how to build your own Crostini Bar or what she called "Party on a Tray". This was a great event. Definitely check out Ginny at her website as she is an accomplished author as well (www.ginnymccormackcooks.com).

Chef Rosemary Rutland from Chef's Table Personal Chef Service in Atlanta, GA started the next demo on Easy Appetizers for entertaining. Her key points for enjoying the party you are hosting were well taken. Besides getting the guests involved by asking them to either bring something to the party or help out in the preparation in the kitchen Be prepared. Being prepared can be accomplished by planning ahead. She also touted choosing a variety of recipes for your menu. Consider the ease of preparation for that menu is vital to the smooth execution of the party.

Chef Rutland gave the audience some insight by suggesting we review Mark Britzman's extensive list of appetizers in his 2007 New York Times article entitled "101 Simple Appetizers in 20 Minutes or Less".

This write up provides ideas on using simple foods in a very wide array of appetizers.

The URL is: www.nytimes.com/2001/12/19/dining/19mini.html . Chef also provided three simple receipes to get started: Spicy Marinated Olives & Feta, Stuffed Medjool Dates, and Warm Brie Apricot Cups. All three recipes can be found in the Next #17 edition from GIRAFNetwork dedicated to the Culinary Arts.

Soon it was One thirty and the ice cream was floating as well as the chocolate and alcohol toppings as the booth for High Road Craft Ice Cream & Sorbet. Keith Schroeder explained this culinary background as students from the Culinary Art Institute in Atlanta aided in preparation as well as distribution. After leaving the Art Institute of Atlanta, Keith originally planned to dedicating the production and distribution of specialty ice creams to local restauranteurs. Therefore he helped found the High road factory. Eventually word of mouth and flavor on wilting tongues of the pleased crowds spurred High Road to open on Saturdays for tours and samples. This also led to several collaborations in taste developing with local businesses in the industry. They combined High Road's excellent product with coffees, teas, jams, and jellies as well as liquors. Amazing what you can create when edible collaborations occur!

High Road's products are being distributed across the five main south-eastern states but not in Florida. You can experience High Road at their website if you can't make it down to the Factory one Saturday. their site is www.highroadcraft.com .

The last few hours of the sojourn through the culinary expo we explored the one hundred and fifty booths. It was a modern bazaar of people, products, and punitive pursuit. All minus the camels mind you. Some of the items I partook samples of were Herlocher's Dipping mustard, desserts from Tastefully Simple, Del Grosso's Pasta Sauces, daily cakes, Chinese Southern Belle, Emily G's Blueberry Jam and olive oil from Gourmet Blends.

I also want to thank the Metropolitan Cooking & Entertaining Expo for coming to Atlanta, GA. Appreciation for the Arts, even the Culinary Arts, is a lost aspiration for most. we can all help each other to appreciate more with it's return!

Special Thanks to.....

Bullock Best BBQ & Catering
Chinese Southern Belle
DelGrosso Foods
Duke's Mayonaise
Minute Rice
Fudgemaid
GA Beef Board
Graffitti Zoo Chocolate

Honey creek Bee Farms
Mahatma Rice
Olive Branch
Peanut Butter & Co.
Tastefully Simple
The Cook's Warehouse
Ginny McCormack Cooks
Herlocher's Dipping Mustard



ONE WORLD

ONE UNIVERSE

ONE COMPANY

ONE RESOURCE

ONE WEBPAGE

INFINITE POSSIBILITIES

WWW GIRAFNETWORK ORG

MAD KNIFE SKILLS !!!

BY JASON BULLOCK

Why are good knife skills so important? Even if you don't work in a commercial kitchen, developing your knife skills will help improve the quality of the food you cook. Here's how:

Uniform cooking times.

Large pieces of vegetables take longer to cook than smaller ones. So if you're sautéing carrots that are cut to different sizes and shapes, you'll either overcook the smaller pieces by the time the bigger ones are done, or you'll cook the smaller pieces properly but leave the bigger ones undercooked. Consistent cutting technique ensures your food is cooked to a uniform degree of doneness.



Enhanced visual appeal.

Again, it's the *art* part of the culinary arts. Of course, no one's going to take out a ruler and measure your knife cuts — unless you're in culinary school. But sloppy knife work makes for a sloppy-looking dish.



Skilled knife work indicates a cook who takes pride in their work and doesn't take shortcuts. It's a way of paying a compliment to whoever you're serving the dish to — saying to them, in effect, "You're worth the trouble."

Types of Cuts

Large Dice

Batonnet

Medium Dice-

Allumete

Small Dice

Julienne

Brunoise

Fine Julienne

Fine Brunoise

Start with ½-Inch Thick Slices

The first step in making an allumette cut (pronounced al-yoo-MET) is to cut your product (in this case I'm using jicama) into ½-inch slices and 2½ to 3 inches long.



Square Off and Cut in Half Lengthwise

Square off the edges, and then you're going to cut them in half lengthwise, giving you several flat pieces, ½ inch wide and ¼ inch thick.



Stack Those Flat Pieces on Top of Each Other

Since they're flat, you can stack a few of them up -- maybe 3 or 4 at a time.

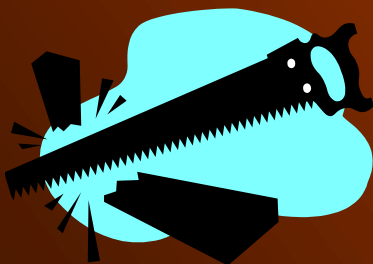


Just like this!



Now Cut Lengthwise Through the Middle of the Stack

Yep, that's right: We're going to slice the whole stack right down the middle. Use the tip of your chef's knife for precision work like this.



Draw the Blade All the Way Through

Continue lowering the tip of the blade through the entire length and thickness of the stack.



Use a Gentle, Steady Hand

Be careful -- this part is where your knife is most likely to slip.



The Finished Allumette Cut

The allumette knife cut measures $\frac{1}{4}$ inch \times $\frac{1}{4}$ inch \times 2½-3 inches.

Isn't it glorious?

The allumette is also the starting point for another culinary knife cut, the small dice.



Seeya!



What's it like in Culinary School?

Name: Wil Schmiedeknecht

Age: 27

School Attended: Le Cordon Bleu

Years Attended: 15 months for Associates Program.

Questions:

1) So what prompted you to attend Culinary school?

I have always had a great passion for eating good food. The first time I ever wanted to be a chef, was when I was 17 years old, and returning from Kendo practice. We stopped at a sushi bar, and I had my first taste of sushi. I fell in love with it, and I knew that I wanted to be a chef.

2) What does food mean to you?

Food is an expression. It's how I feel, or who I am with. If I am feeling down I know the exact food I will always reach for, or if I am with someone special to me. Food is about how you feel, and making memories.

3) Would you describe yourself as a "Foodie"?

Foodie is an interesting term. I would definitely consider myself a foodie. I am addicted to the "food porn" on television, I find myself watching hour to two hour long documentaries on food all the time, and sometimes wonder why. But I think being a foodie is admitting that you are tired of the shackles of poor cooking, you are looking for the ethnic cuisines that we have for a long time shunned out of misinformation or disinterest. I love food, and I would proudly label myself as a foodie.

4) Could you describe an average day for a Culinary Student on campus?

Well the life of a culinary student is rough. I would generally wake up at 5am, iron and press my uniform, get into the shower and dressed, and ready for class by 7am. You get to class, and the first thing that happens is an inspection. Your instructor comes up and looks over your "Mise en place" and your uniform. Do you have a thermometer? Do you have a marker? Are your clothes cleaned and pressed? If there is one thing wrong with your uniform or supplies, you are simply told to go fix it and come back to class, which would mean missing the first 2 hours of lecture. After inspection, there is generally a two hour lecture and demonstration, then about

an hour and a half of practical application, thirty minutes of critic and discussion, then the rest of the time is spent scrubbing and cleaning. Class would end at noon, then I would hop in my car and drive to work which began at 1:30pm, I would work my shift and then get home around midnight to 1am. Then rinse and repeat for the rest of the week.

One of the biggest hurdles I had, was doing home work. I worked five days a week, and I went to school for five days a week. I never had a day off the entire time I was in school, and I had to cram a weeks worth of home work into my off days. I also didn't sleep much if you did the math.

5) Did you specify into one or more areas ?

Generally in culinary school they teach you various techniques that you can take and apply to all applications of cooking. So you learn things such as knife skills, proper temperatures for meats, how to saute, or how to braise things properly. There was also a crash course into baking and pastry. I myself was unemployed my first four months of culinary school, and took a very keen interest in baking and pastry. It quickly became one of my biggest passions. So I had asked the baking instructors (baking and pastry classes were evening), if I could sit in on their classes quietly and take notes. The majority of the chefs were more than happy to oblige, and actually offered to let me join in on their classes when ever I had the time. So I found myself spending about 16 hours a day at school learning pastry, and advanced pastry after hours. It was little wonder that when my actual baking class came around, my bread and pastry always came out better than everyone else.

6) What were the struggles of attending school and maintaining a life?

You really struggle to maintain a life if you are serious. I had maybe 4 hours of sleep a night during the week between work and school. Friday nights were my time to go out and have some fun. I would generally stay out late Friday night after work, and then sleep in on Saturday to have some semblance of a life. I did live with 4 other room mates who were not as serious as I, and didn't have to work, so I am sure their experiences differed from mine. Though the struggle is tough, only about 12 students from the original 120 that started, finished the program.

7) Were you involved with any competitions?

I did two competitions the entire time that I was in culinary school. One was a mystery basket competition, where you are given a sheet pan of items and told to make a complete dish with starch and vegetable in an hour. The other competition I was in was just as an assistant to another chef, and I enjoyed greatly. It was really hard for me to compete with my time constraints, and I didn't get as many opportunities as I would have liked.

8) What words of advice did your mentor give to you about using what experience you gained from Culinary School ?

I was lucky enough to have the greatest mentor when I went to culinary school. His advice to me was to always do better than you are capable of doing, never be settled with doing your best, do someone better than you's best. He was also a great influence on my life, and my outlook on things. He was always there to help me when I was struggling with any problem, and went out of his way several times to help me. He had started teaching there the same day I started class, and he became one of the best friends I had in culinary school. He always had phrases for me, and one has always stuck with me "If you become that which you do not respect, what do you have left?"

9) Describe the processes involved with your specialty (ie, Sugar art, ice sculpting, Baked desserts, ie.)

Practice, practice, practice. A lot of things that I wanted to do, I had to go out of the way to learn. Nothing is ever given to you for free, if you want to learn something, you need to physically seek it out. I was lucky enough as I said to step in on extra pastry classes for free, and one of the chefs was always eager to teach me more and more techniques with sugar. She would ask me to come help demonstrate to ACTUAL pastry students all the time, and even asked me once if I would be her assistant for a demonstration that she had off campus. As for ice sculpting, I actually had to wake up at 4am to drive down to the place I worked to come watch one of the chefs work. He would tell me a few days in advance if he was going to cut ice that day or not, and I would wake up, and he would start cutting while I watched. I didn't get enough practical application since ice sculpting can be quite expensive, but I was honored to be allowed to watch someone so skilled and learn what I could. The majority of what I learned honestly, was taught to me in the kitchen. There is only so much books can teach you, and practical application and practice are the only way you can improve.

10) How has Culinary School influenced your life to date?

It has opened my eyes to a lot of realities in the world. It has broaden my horizons on food, and my ideas on what food means to me. It has also put me massively into debt. So beware!

11) Would you recommend to others to attend Culinary school as a means into the Food Industry at large?

Culinary school can be a boon, or a curse. My advice to any future prospective foodies that want to become a cook or chef, is to look into an apprentice program. It is much cheaper, you get one on one time with a chef, and you are working for them in their kitchen. You will generally learn more, and you still have to attend general college classes but when I went to school I want to say it was around 4 to 5 thousand dollars to complete. Culinary school was around 40 thousand. I learned the majority of things from practical kitchen application, and culinary school is only as good as what you get out of it. If you want to get into the food industry, I would say look into finding work in a decent kitchen, and then look for an affordable apprenticeship.

12) What is your particular favorite recipe to share with others?

Oh man Favorite recipe. I always enjoy the simple things honestly. The one thing that comes to mind is the rice ball.

Take about four cups of white rice, I would generally cook it in a rice cooker. Then you get some nori (seaweed) cut them into long strips, about an inch and a half wide. The classic filling is umeboshi (pickled plum) though you can generally fill rice balls with ANYTHING, and I do mean anything. Left over salmon, left over beef, your favorite filling. You then wet your hands fairly well, and salt them liberally. You scoop up the rice and place your filling in the middle of it, then shape it into triangles. It takes a little practice, but you will get it sooner or later. You then add your strip of Nori, and you are done! You can eat them warm, or cold. Perfect snacks.

13) What are the kinds of demands in Culinary school (ie, classes, homework, cooking labs, presentations, tests, etc)?

You generally have a five hour class every single day (Monday - Friday). General work in the class is hands on work. You are given all of your home work (generally) at the beginning of the class, and it is all due toward the last week of class. So most people put it off till the last day or two then start crunching. I would work on it a little each week on my days off. There was also

a group project every day and then a test every Friday. Most of the tests toward the beginning of the year are group tests, and depend heavily on your partners, and as the classes begin to thin out, you slowly but surely become more individually tested. There were a few classes that had presentations, but for the most part everyone had a practical exam at the end of the course on what you learned in the class.

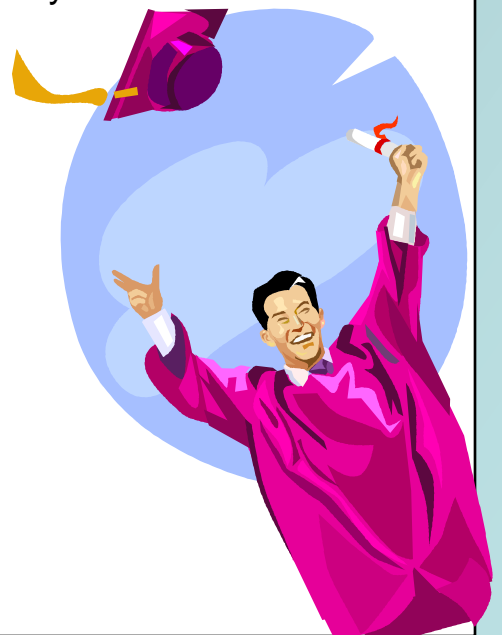
14) Did you have a favorite teacher at the school who inspired you?

I had several chef instructors that inspired me, and I owe much to each of them. My mentor influenced me greatly, and I was honored to be his first student that he mentored. My boss was also a huge influence, and believed that you should never stop learning, even if you are not in school. I would bend over backwards if he called me up and asked me to do anything for him. If he needed me to come in and fill a shift for him, I would get up, find the quickest means of getting there and start heading that way. If I have one regret, it is having left that job, and my family at the Atlanta Athletic Club. Everyone there inspired me, and I would give anything to work there again.

15) What words of wisdom can you impart to foodies out there today?

Be adventurous. Do not be afraid to make mistakes, but be afraid of not learning from them. I encourage everyone to go out of their way to find a hole in the wall locally owned restaurant, and try a new food you have never heard of. Had I not been brave enough to walk into a pho' restaurant I would have never found one of my favorite foods. Don't be afraid, step forward and experience a new culture the right way.

***Thanks Will.
We really appreciate
You taking time to
Give of your own
Experiences!***



A Geek's Guide

To Eating Healthier!







So that's what this is, a Comic Cook Book presented for "Free Comic Book Day".

A small preview of the book coming out in early 2012.

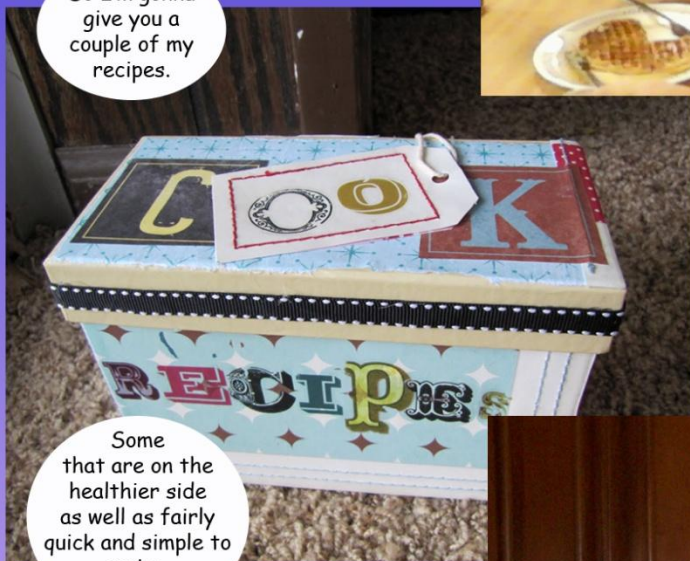
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Book could not have been printed
then photoed for print.

People seem to be afraid of cooking, thinking it is too time consuming or hard.



So they stick with nothing more than a micro pizza or even.... Fast Food.

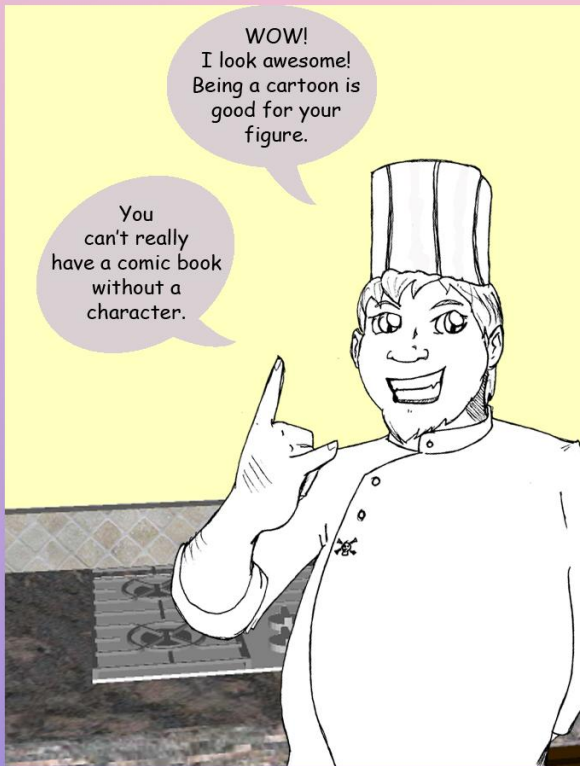
So I'm gonna give you a couple of my recipes.



Some that are on the healthier side as well as fairly quick and simple to make.

Oh yeah one more thing first:





Anytime Awesome Ramen

This first one is a simple, "Snack". A tasty Geeky "Snack".

PAGE 4

3 oz pack of any flavor Ramen



2 oz thinly sliced meat (Pork, Beef, Chicken)

1/4 cup chopped scallions



1 cup any left over veggies you like, julienned

2 cups of water

Other Seasonings to taste

Salt & Pepper to taste

Besides the taste.
Best thing about this recipe is that you can leave it alone for 10 minutes or so.



Just enough time for a chapter of your favortie manga.

Steps

1. In a 2qt. sauce pan mix the ramen flavor pack & water
2. Season the meat how you see fit
3. Place noodles, meat & veggies in the pan with water
4. On High, bring the water to a boil
5. Reduce heat, Low-Medium to Medium, place lid on pan
6. Let Simmer till the meat is cooked to your liking.
7. I leave the broth on mine.
8. Let soup rest two minutes, unless you've a metal tounge.
9. Since it cooked so long the noodles & meat soaked in the flavor, so you can drain if you want.

Quick Tasty Chicken

2nd,
not really geeky,
but quicky, tasty
and simple.

PAGE 5

4 boneless chicken breasts



2 teaspoons olive oil

1 teaspoon cumin



1 teaspoon garlic



1 teaspoon paprika



1/2 teaspoon salt

1/4 teaspoon pepper

Wanna
snap it up
a bit. Add some
lemon juice
and/or hot
sauce.

Let it
marinate in the
juice & spices for
20 minutes; it'll start
soaking into the meat.
An hour is best for full
a marination.

The skin
is what holds most
of the fat in chicken.
Cutting off the
skin makes it fairly
healthy.

Steps

1. Cut the excess fat & skin from the breasts.
2. Rub chicken breasts with olive oil.
3. Combine cumin, garlic, paprika, salt and pepper.
4. Rub spice mixture evenly onto chicken breasts.
5. Grill until grill marks have formed and chicken is cooked through, about 4-5 minutes per side.

If
you don't have a
charcoal or gas grill, you
can use a "Pro Boxer"
Fat Fighter Grill.
Just cut the time to
5 minutes each

Ha...
If you don't have a
"PB" FF Grill, you can
bake the chicken.
Preheat the oven to
400.

Cook the
chicken for
10 minutes
on each side.



Mediterranean Couscous

1 1/2 cup instant couscous



This, will make a nice side to the chicken.



2 cups low-sodium chicken stock

4 ounces dried fruits



1/4 cup pitted kalamata olives

3 scallions, thinly sliced



Salt and Black Pepper

Couscous is a mediterranean dish, and there some really good mediterranean dried fruits.



You could use, dried dates, figs, currants, apricots, raisins and even apples.

Steps

- 1: Put the couscous in a large mixing bowl.
- 2: Put the chicken stock and fruits in a saucepan, season with salt and pepper. Bring to a boil over high heat.
- 3: Pour the boiling liquid over the couscous, and shake the bowl to moisten every grain.
- 4: Sprinkle the olives and scallions over the top and cover the bowl tightly with plastic wrap.
- 5: Let stand 10 minutes, until the liquid is absorbed.
- 6: To serve, season the couscous with salt and pepper and fluff with a fork.

Serve warm or at room temperature.

Phoenix Cinnamon Buns

PAGE 7

5 oranges

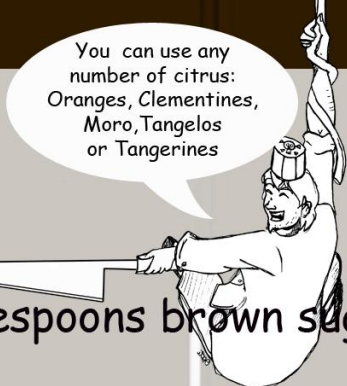


10 tablespoons brown sugar

1 (12-ounce) package
buttermilk biscuit dough



10 tablespoons milk
1 tablespoon ground cinnamon
Butter (optional)



You can use any
number of citrus:
Oranges, Clementines,
Moro, Tangelos
or Tangerines

Each will give a
slightly different and
unique flavor. You
could try one
of each.

Steps

- 1: Pre-heat oven to 400o
- 2: Cut the top third off the oranges and scoop out all the pulp; reserve the tops for this recipe
- 3: Mix together the brown sugar and cinnamon in a small bowl.
- 4: For each orange, flatten the dough for 2 biscuits and top them with 2 tablespoons of the brown sugar mixture.
- 5: Roll the biscuits up into a ball and place them into the oranges.
- 6: Add 2 tablespoons milk to each orange and put the tops back on.
- 7: Wrap them individually in 3 layers of foil.
- 8: Put them into a pre-heated 400o oven and cook for 8-12 minutes, turning halfway through the cooking time.
- 9: Remove the cover and top with a teaspoon of butter.

Thanks Chef? We can't wait to see more...

In 2012
Be sure to look for the full edition of
"A Geeks Guide for Eating Healthier"

Presented by
Tales of a Wanna Be Chef
sites.google.com/site/IWannaBeChef

Produced by
GIRAF Network
www.GIRAFnetwork.org

Mmmmm....
Something smells
Good.



Illustration by

Lysa Shin

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Book One of
A Curiouser and Curiouser Series
Coming in July from
Erin Pyne & Cayce Moyer



What is Culinary Art?

Culinary art is the art of preparing and cooking foods. The word "culinary" is defined as something related to, or connected with, cooking. A culinarian is a person working in the culinary arts. A culinarian working in restaurants is commonly known as a cook or a chef. Culinary artists are responsible for skilfully preparing meals that are as pleasing to the palate as to the eye. Increasingly they are required to have a knowledge of the science of food and an understanding of diet and nutrition. They work primarily in restaurants, delicatessens, hospitals and other institutions. Kitchen conditions vary depending on the type of business, restaurant, nursing home, etc. Some cooking schools are renowned around the world for the comprehensive, high-quality education they provide. At Cooking Schools 101 you can review several of the nation's top cooking schools, including the Culinary Institute of America, the New England Culinary Institute and the French Culinary Institute. The culinary-arts industry is growing, and it offers myriad career opportunities in a variety of sectors, including restaurants, travel, hospitality and recreation. Here you can access detailed information regarding the career prospects of jobs in the industry, including executive chef, personal chef, sous chef, chef de partie and more.

CRANBERRY SAUCE CHUTNEY (BEST EVER)

By Keith Daniell

Before my grandmother, Nanny Bonnie passed away she would join my family and I for Thanksgiving dinner. Always at those meals we had that crappy canned cranberry sauce that retains its cylindrical shape when shuffled loose of its can, complete with grooves and ridges. Why did we have this gelatinous mass of tart monstrosity? Because crazily enough my nanny liked it and in a fit of madness so did I. After she passed away we no longer had cranberry sauce at Thanksgiving, cause no one else, but me, liked it. After a few years I voiced my desire to see a return of the cranberry sauce because I liked it, and it gave me fond memories of my nanny. My mother agreed so long as it wasn't the canned abomination most of us know as cranberry

sauce, and so long as I made it. So we looked and came and came up with this recipe that we could both agree on. Making the cranberry sauce for the first time was interesting. You cook the cranberries until they pop, or explode thereby releasing their tartly goodness. I did this at a rolling boil so when they pop they truly do explode. They explode on the back splash, on the stove, on the nearby coffee maker, onto family members standing too close and on favorite t-shirts, which I was wearing. The shirt was ruined, cranberry innards stain. It was also the first time I zested a fruit. I recall saying to my mom, "This calls for the zest of an orange. What is that?!" she told me and I said, "oh, well how do I get it off the peel?" then she showed me. And I learned what the zest of a fruit was and how to extract it.

The finished product was amazing. Everyone liked it, if not loved it. This has no resemblance of the gelatinous canned horror, save for the color. The extra fruit and juices and nuts which make this more of a chutney than a true sauce also elevate the flavors into something yummy and amazing. So give this a try, don't wear your good shirts and have the lid to the pot handy when the cranberry carnage begins.

- Bag fresh cranberries
- 2 ½ cups of sugar
- 1 Apple peeled and chopped (Red)
- Zest of 1 orange
- 1 Orange- juiced & nectar removed from orange peel (no white parts)
- Dash of cinnamon
- Toasted pecans
- 1 can Crushed Pineapple

Place cranberries in a pot; add just enough water to cover them. Put heat on medium high until the water just begins to boil. Reduce heat to medium and cook until the cranberries pop, i.e.: explode.

Add all the above ingredients except the pecans. The nuts go in last!!!! Cook 10 -15 minutes – Stirring occasionally until it begins to thicken slightly. Then take off heat. Mix in toasted pecans. **Chill over night** Yummy !

Turkey!

1 (14 to 16 pound) frozen young turkey

For the brine:

1 cup kosher salt

1/2 cup light brown sugar

1 gallon vegetable stock

1 tablespoon black peppercorns

1 1/2 teaspoons allspice berries

1 1/2 teaspoons chopped candied ginger

1 gallon heavily iced water

For the aromatics:

1 red apple, sliced

1/2 onion, sliced

1 cinnamon stick

1 cup water

4 sprigs rosemary

6 leaves sage

Canola oil

Directions



2 to 3 days before roasting:

Begin thawing the turkey in the refrigerator or in a cooler kept at 38 degrees F.

Combine the vegetable stock, salt, brown sugar, peppercorns, allspice berries, and candied ginger in a large stockpot over medium-high heat. Stir occasionally to dissolve solids and bring to a boil. Then remove the brine from the heat, cool to room temperature, and refrigerate.

Early on the day or the night before you'd like to eat:

Combine the brine, water and ice in the 5-gallon bucket. Place the thawed turkey (with innards removed) breast side down in brine. If necessary, weigh down the bird to ensure it is fully immersed, cover, and refrigerate or set in cool area for 8 to 16 hours, turning the bird once half way through brining.

Preheat the oven to 500 degrees F. Remove the bird from brine and rinse inside and out with cold water. Discard the brine.

Place the bird on roasting rack inside a half sheet pan and pat dry with paper towels. Combine the apple, onion, cinnamon stick, and 1 cup of water in a microwave safe dish and microwave on high for 5 minutes. Add steeped aromatics to the turkey's cavity along with the rosemary and sage. Tuck the wings underneath the bird and coat the skin liberally with canola oil. Roast the turkey on lowest level of the oven at 500 degrees F for 30 minutes. Insert a probe thermometer into thickest part of the breast and reduce the oven temperature to 350 degrees F. Set the thermometer alarm (if available) to 161 degrees F. A 14 to 16 pound bird should require a total of 2 to 2 1/2 hours of roasting. Let the turkey rest, loosely covered with foil or a large mixing bowl for 15 minutes before carving.

[Click here to see how it's done.](#)

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Culinary Lingo

We all want to know what terms mean, especially if we want to enjoy discussions about our favorite topics. Here are a few Culinary Terms to get you started. For the remainder of the collected definitions refer to the ultimate food dictionary.
http://culinaryarts.about.com/od/glossary/Culinary_Glossary.htm

A la Carte.

What is a la carte? Definition: In the culinary arts, the expression à la carte signifies a menu item that is priced individually, rather than as part of a meal. À la carte can also refer to a menu in which the items are thus presented.

A la Minute

What is a la minute? Definition: In the culinary arts, mainly in high-volume restaurants, à la minute refers to a style of cooking where an item, or particularly its accompanying sauce, is prepared to order, rather than being prepped in advance and held for service. When a sauce is prepared à la minute, it is often prepared in the same pan in which the item was cooked.

Agar

What is agar? Definition: Agar is a natural, vegetarian form of gelatin derived from red algae. Available in strips or as a powder, agar can be used in making jellies, custards and other desserts. Agar is also useful as a thickening agent for soups and sauces.

Al Dente

What is al dente? Definition: In the culinary arts, the expression al dente refers to the degree of doneness of properly cooked pasta. The term al dente comes from an Italian phrase which translates as "to the tooth." When cooked al dente, pasta should be tender but still firm to the bite.

Alfredo

What is Alfredo? Definition: In the culinary arts, alfredo is a creamy sauce that can be served with pasta and chicken. The basic ingredients of alfredo sauce are cream, butter and parmesan cheese. Other alfredo ingredients frequently include garlic and chopped parsley. In some versions, alfredo sauce is made with egg yolks. Alfredo sauce is often served with fettuccine noodles to make the classic dish Fettuccine Alfredo. This dish can be enhanced by adding strips of cooked chicken, to make Chicken Alfredo.

Allspice

What is allspice? Definition: In the culinary arts, allspice is a spice made from the dried berries of a plant known as *Pimenta dioica*. A member of the pimento family, allspice is used in Caribbean, Middle Eastern and Latin American cuisines, among others. The flavor of allspice is similar to cinnamon, cloves, nutmeg and pepper. Allspice can be used to flavor desserts as well as savory dishes. Allspice can be used in ground form or whole. Whole allspice berries are sometimes used in pickling and brining.

Allumette

What is Allumette? Definition: Allumette is a basic knife cut measuring $\frac{1}{4}$ inch \times $\frac{1}{4}$ inch \times $2\frac{1}{2}$ inches.

Amandine

What is Amandine? Definition: In the culinary arts, amandine refers to a dish that is served garnished with almonds. Dishes prepared amandine can be garnished with sliced, slivered or whole toasted almonds. Fish (such as trout), green beans and asparagus are frequently prepared amandine.

Amaretto

What is Amaretto? Definition: Amaretto is an almond-flavored Italian liqueur that is used as a flavoring in many culinary preparations. Made from almonds or apricot pits, amaretto can be used in making desserts, especially ones that feature chocolate. Tiramisu, an Italian cake made with coffee, cocoa and mascarpone cheese, is often flavored with Amaretto. Amaretto is also sometimes used in savory dishes, like Chicken Amaretto, where chicken cutlets are simmered in an Amaretto-flavored sauce. Amaretto is associated with the Italian town of Saronno. Indeed, one of the most popular brands of Amaretto, Disaronno Originale, is made in Saronno.

Ancho

What is ancho? Definition: In the culinary arts, ancho is the name for a type of dried chili pepper commonly used in Mexican cooking. The ancho chili is the dried version of the Poblano pepper. Ancho chiles have a deep red color and a wrinkled skin. The ancho chile is sweet and smoky with a flavor slightly reminiscent of raisins. Ancho chiles are mild to medium-hot. Ancho chiles can be used whole, in which case they are typically reconstituted by soaking them in hot water to soften them. Ancho chiles are also sometimes ground into powder which is then used in spice rubs or for making mol enchilada sauce and chili. Ancho chiles register between 1,000 and 2,000 Scoville heat units on the Scoville Scale.

Andouille

What is Andouille? Definition: Andouille is a spicy sausage made from smoked

pork. Andouille sausage originated in France, where it was traditionally made with the stomach and intestines of the pig. In the United States, andouille sausage is characteristic of Cajun cuisine, where it is featured in traditional dishes such as gumbo and jambalaya. Cajun andouille is spicier than the French version, and it is made with pork butt.

Anise

Anise is a plant with aromatic leaves and stems that taste like liquorice, fennel or tarragon. The leaves of the anise plant can be used as an herb. The seeds of the anise plant, called aniseed or anise seeds, are used as a spice, either ground or whole. Aniseed is used in a various baked goods and desserts, for example Italian biscotti. Anise seeds are frequently used in making sausage. Anise seeds are the basis for a number of alcoholic beverages, including absinthe, anisette, ouzo and sambuca. Despite its similar name, anise is not related to star anise, which is another spice from a different family of plants.

Aperitif

An apéritif is a cocktail or other alcoholic beverage that is specifically served before a meal, or with a small appetizer. In the culinary arts, the purpose of an apéritif is to stimulate or or arouse the appetite. Examples of some common apéritifs include champagne, sherry, vermouth or bitters. Liqueurs made from anise, such as ouzo or anisette, are often served as apéritifs.

Arrowroot

Arrowroot is a form of starch derived from the root of a plant that grows in tropical regions. Processed into a white powder, arrowroot is useful as a thickening agent for soups and sauces. Arrowroot is sometimes used interchangeably with corn starch, although there are differences. Although both arrowroot and corn starch are employed by means of a slurry, arrowroot should not be combined with dairy products, as it can produce an unpleasant texture. Arrowroot has a more neutral flavor than corn starch, but it tends to break down more easily when heated.

Arugula

Arugula is a type of leaf vegetable with a slightly bitter, peppery flavor. Because it grows natively in the Mediterranean region, Arugula is used widely in Italian cuisine. Arugula can be served cooked, as in pasta or pizza. But arugula is more commonly served in salads. Because of its strong flavor, arugula tends to mixed with other milder salad greens.

Asiago

Asiago is a type of Italian cheese made from whole cow's milk. Depending on how long it is aged, Asiago cheese can have different flavors and textures. Fresh Asiago has a smooth texture, mild flavor and white color. When aged at least six months, Asiago cheese is crumbly in texture, has a more pungent flavor and is a light yellow color. Fresh Asiago cheese can be used for making sandwiches or served with crackers. Aged Asiago is usually grated and can be used in cooking and making sauces. Aged Asiago cheese resembles Parmesan cheese in flavor.

Aspic

Aspic is a savory gelatin made from consommé or clarified stock. Because consommé is high in gelatin, it hardens when it cools, forming aspic. Aspic can be prepared as a mold with various ingredients such as meat, vegetables or egg set into the mold. The aspic is chilled and then sliced and served. Used in this way, aspic is an effective method for preserving foods because the gelatin seals off the oxygen, preventing the bacteria that cause food spoilage. Aspic can also be used as a glaze for appetizers and cold food platters.

Au Gratin

the term au gratin refers to a dish that is baked with a topping of seasoned bread crumbs and cheese. The au gratin topping should be golden brown, which can be achieved by baking or by placing the dish under a broiler. Potatoes au gratin are a popular recipe that is prepared in the au gratin style. Vegetables such as cauliflower, green beans, eggplant or tomatoes can be prepared au gratin. Fish and seafood is also sometimes prepared au gratin.

Au Jus

the term au jus traditionally refers to a dish of roasted meat that is served with its own juices. In its simplest form, jus is simply the pan-drippings from the roasted meat. In practice, the jus is enhanced by deglazing the pan with stock and then simmering the liquid with mirepoix before straining and serving. But the jus is unthickened, which is what distinguishes it from a pan gravy. Recipes prepared au jus include roast rib of beef (sometimes called prime rib) au jus. Poultry, lamb and veal can also be served au jus. A thickened version of jus, called jus lié or (fond lié) is prepared by adding cornstarch or arrowroot to brown stock and then simmering.

Au Sec

the term au sec refers to a liquid that has been reduced until it is nearly dry. Indeed, au sec means "nearly dry" in French. Reducing a liquid to au sec is a process most frequently seen in sauce making. It's often the acid component, such as wine or vinegar that is reduced to au sec. Examples of sauces where the wine or vinegar are reduced to au sec include Béarnaise and beurre blanc.

**What's That
In The Sky?**



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HIGH ABOVE THE MOUNTAINSCAPE
OF DUVALL. THIRTY MILES OUTSIDE
THE VILLAGE-CITY OF VALE.

Preview: Humboldt's Folly

THE SKIES NOR THE WATERS
ARE GULLIED BY ANY MEANS
OF RESIDUE OR POLLUTION
HERE ON DUVALL. THIS IS A
WORLD WHERE SCIENCE AND
MAGIC SIMULTANEOUSLY
REIGN.

THE CREW OF THE AIRSHIP HUMBOLDT HAS COME TO DUVALL TO REPLENISH ITS SUPPLIES.

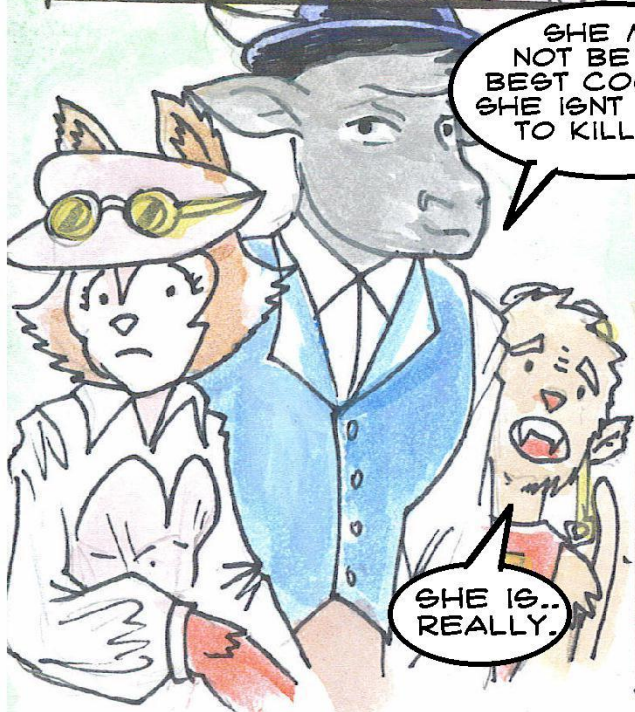
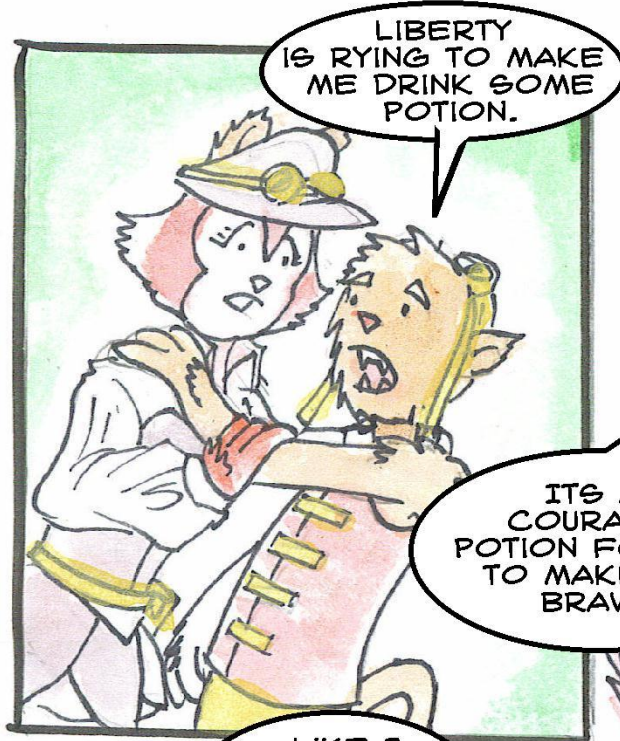
FRESH WATER, FRUITS, VEGGIES, AND THE LIKE. THIS PLANET SEEMS TO HAVE EVERYTHING THAT A FURRY CREW COULD NEED.

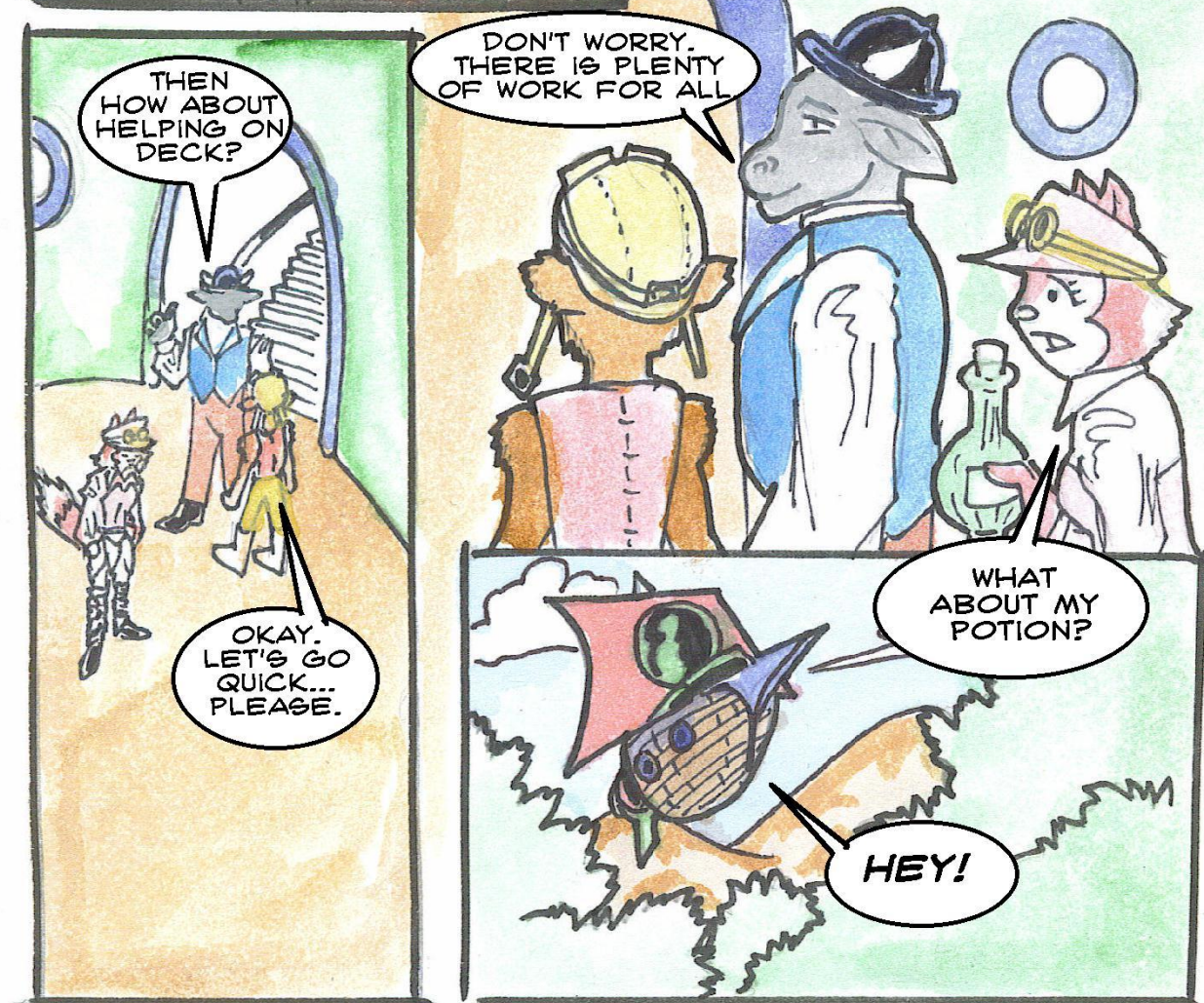
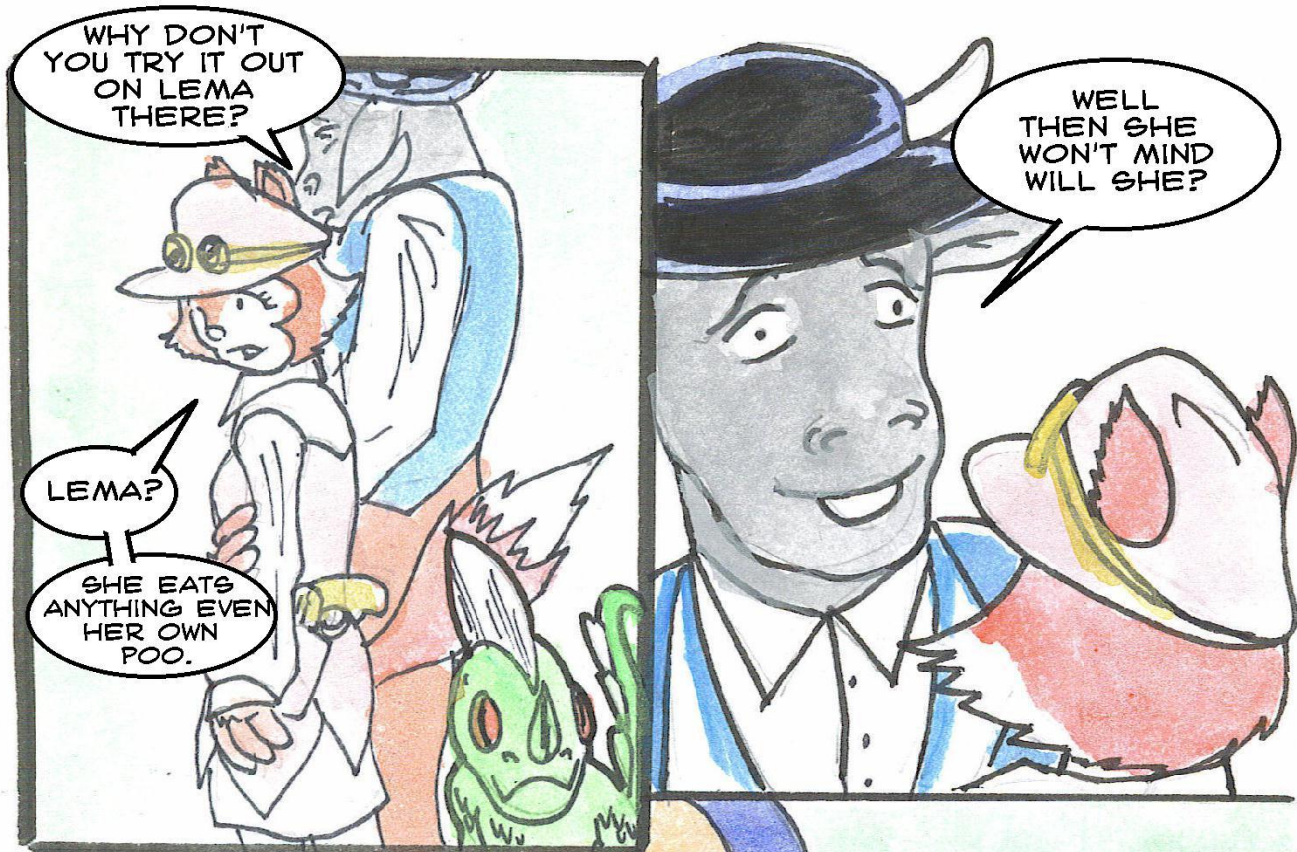
NO...NO...
NO !!!!

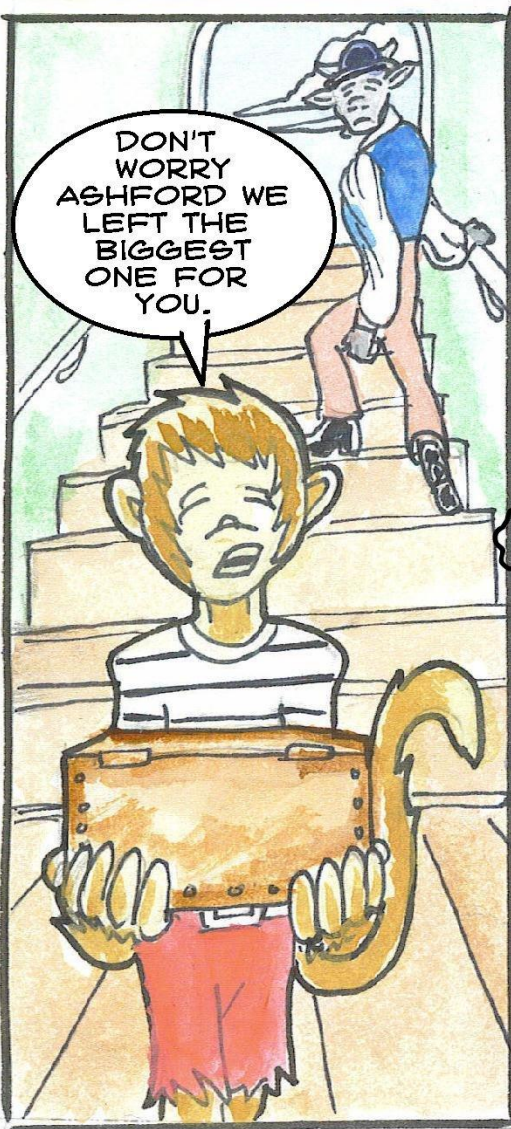
JUST
STAY
STILL.

ARRRGH!

WHAT
IS GOING
ON HERE?







GAKIGAKI!

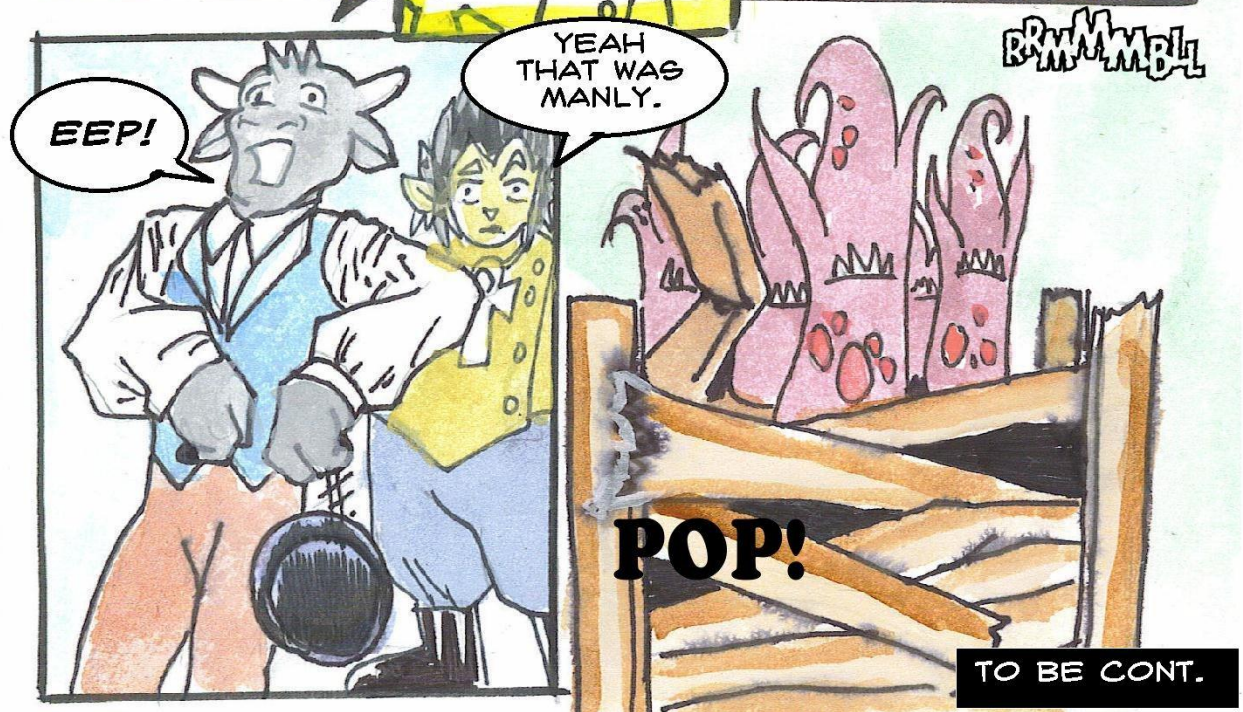
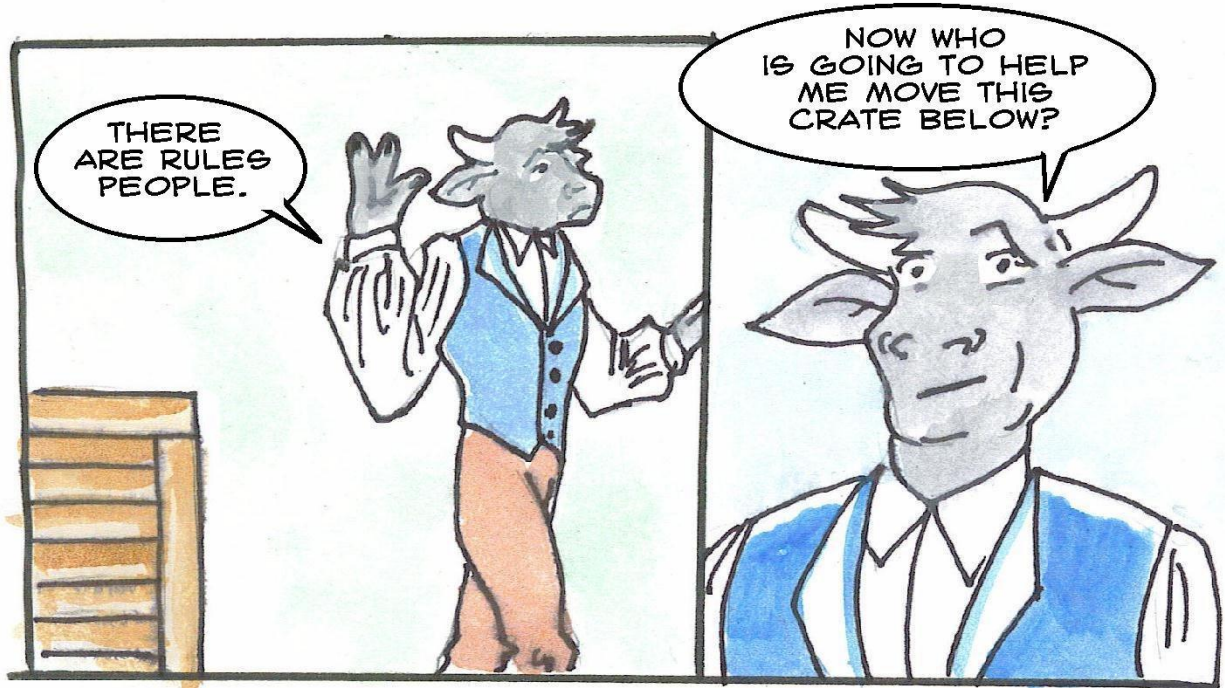
WHAT
IS GOING
ON?!

ASHFORD
ITS JUST
LEMA.

YOU NEED
TO KEEP THAT
THING ON A
LEASH!

SHE ISN'T
HURTING
ANYONE.

DON'T WORRY LEMA.
HE LOVES YOU TOO.



TO BE CONT.

Hero Central Universe

Issue 5

Available

Nov. 2011



Story & Art by
Jason Bullock
Colors by
Steve Lisefski

Arts & Crafts...

How to Make Sculpting Dough

A great playtime thing for Kids to do around the home Is use their imagination. We All know that toys can be Expensive. We also know that Kids really enjoy playing with Things that they create with Their own two hands. Sculpting Can be a truly rewarding way to Express your inner creativity. Hobby Clays, modeling or other- Wise can get expensive. So we Also decided to take this moment To show you how you and your Kids can use kitchen-based items To make their own Home-Made Sculpting Dough!



Ideas:

Divide into sections, then knead in food coloring (liquid or paste). Kids love making the white play dough change colors. Use unsweetened Kool-Aid for color and scent. Add glitter for sparkly play dough.

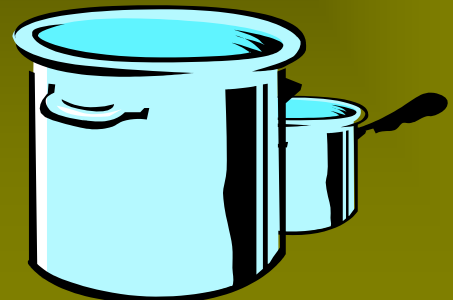
Kids are amazed when they learn how easy it is to make play dough wit this activity. The dough can be stored in air tight containers, or left to air dry to save a finished creation.

Recipe 1

3 cups flour
1.5 cups salt
6 tsp. cream of tarter
3 tbsp. oil
3 cups water



Pour all ingredients into a large pot. Stir constantly over medium heat until a dough ball forms by pulling away from the sides. Knead dough until the texture matches play dough (1-2 minutes). Store in plastic container. Should last for at least 3 months.



Recipe 2

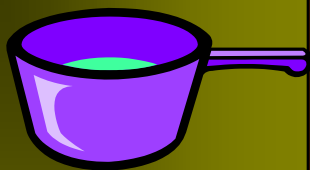
1 cup baking soda
1/2 cup corn starch
3/4 cup water

Have your child mix the baking soda and corn starch in a pot. Use hands to make sure all the lumps are broken up. Add water. The adult should put the pan on the stove over medium heat and stir constantly. As soon as the mixture gathers together, remove from the heat. When it cools, have your child knead it into a smooth dough. Don't over cook this dough or it will crumble.

Recipe 3

1/4 cup salt
1 cup flour
1/4 cup water

Have your child mix the flour and salt in a bowl then add water. Knead and squeeze the dough to make a clay consistency. You may need to add more water. Note: This dough doesn't last as long as the cooked recipes.



My Homemade Finger Paints

I used to work with children every week and I think it is important to know exactly what is in the products I give them to play with especially when half of it ends up in their mouths.

These homemade finger paints are not only incredibly cheap and very easy to make, but they give the kids hours of fun. Plus you probably have all the ingredients in the cupboard already, so why not have a go at making some home made finger paints for your little ones.

This recipe makes at least six cups of paint.

Things you will need

2 cups of flour
2 teaspoons of salt
2 1/2 cups of cold water
2 cups of boiling water
Food Coloring

Instructions:

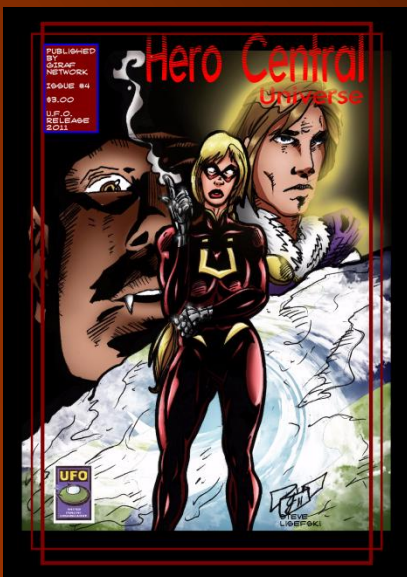
Mix the flour and salt together. Add the cold water (2 1/2 cups) and stir until nice and smooth. Pour the 2 cups of boiling water into a sauce pan and gradually stir in the flour mixture. Whilst stirring continuously bring the mixture back to boiling point and then simmer (still stirring) until thick and smooth. If the mixture has become too lumpy, give it a quick blast with a whisk or push it through a sieve. Divide the mix into individual pots then add the food coloring to your required color.

New!!!



GN Presents #1 is now available with eastern manga and western style comics. This debut issue we get to see the beginnings of The Watchers of Enoch, Land Of Zoa: Melting Point, The Gryphon, and the new Ampersand: Earth's Last Hope. These are colored and Black & White releases for you to enjoy. All for \$5.00 an issue of this bi-monthly release. Digital Copies can be downloaded for \$1.99

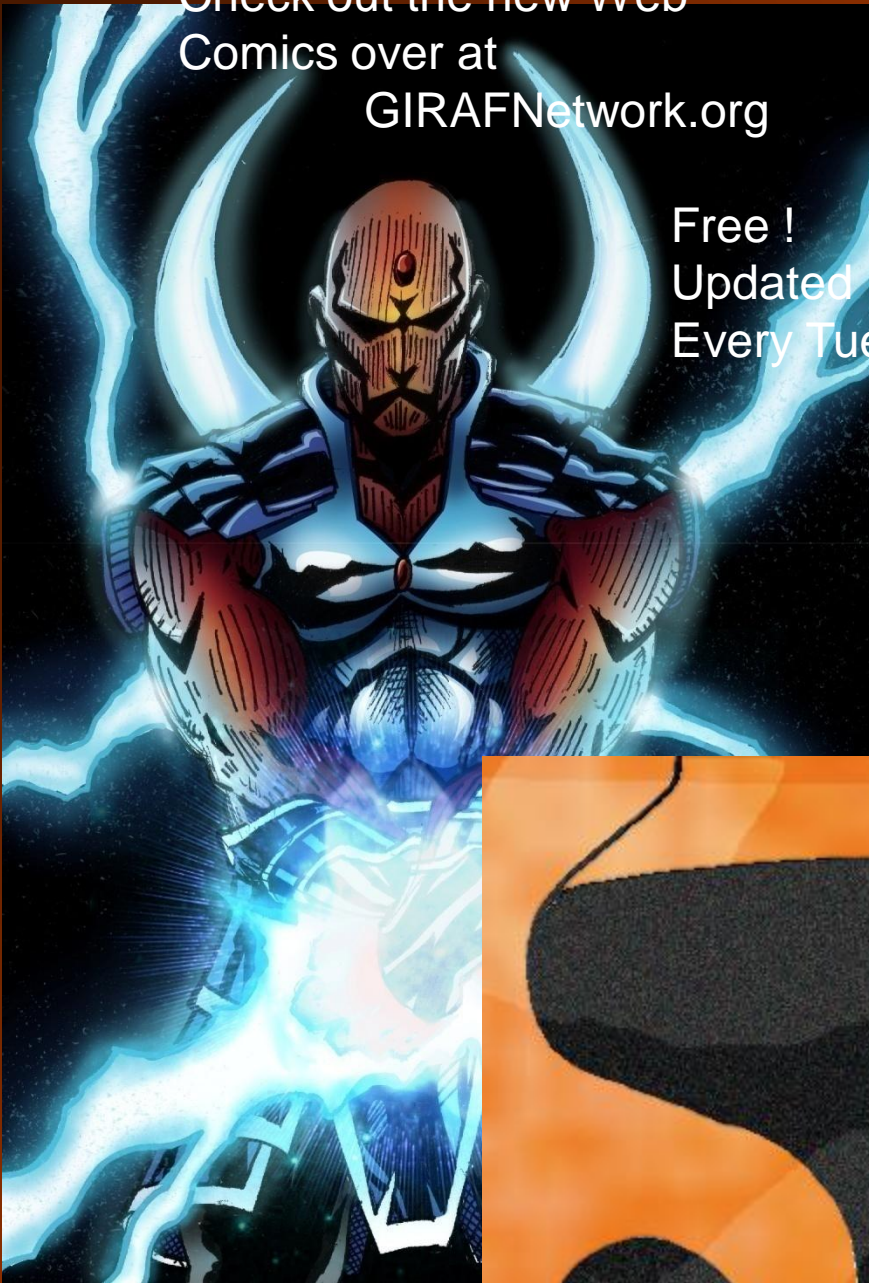
Soba-Ko! #2 is ready to be purchased for your younger children who love manga. This series is made with them particularly in mind. Hey Blip! Continues in this issue as Nita & Kita are almost discovered. More recipes for all to do in the kitchen from Iron Chef J. Kid friendly reviews for Anime and Manga that are on the shelves now. All this and more as you can learn some more about Japanese Culture. B&W 20 page release for \$3.00.



Hero Central Universe #4 is on the shelves now for Everyone to continue with the existing saga. We are Introduced to yet another culture affected by the Loosing of evil from the previous six months. We Meet Uberfraulein, the Nordic superheroine, now Seeking out evil with her soon to be allies in Hero Central ! 16 page B&W comic featuring the Inking talents of German' Carratala Martinez. All For \$3.00 to everyone. Digital copies are 99 cents.

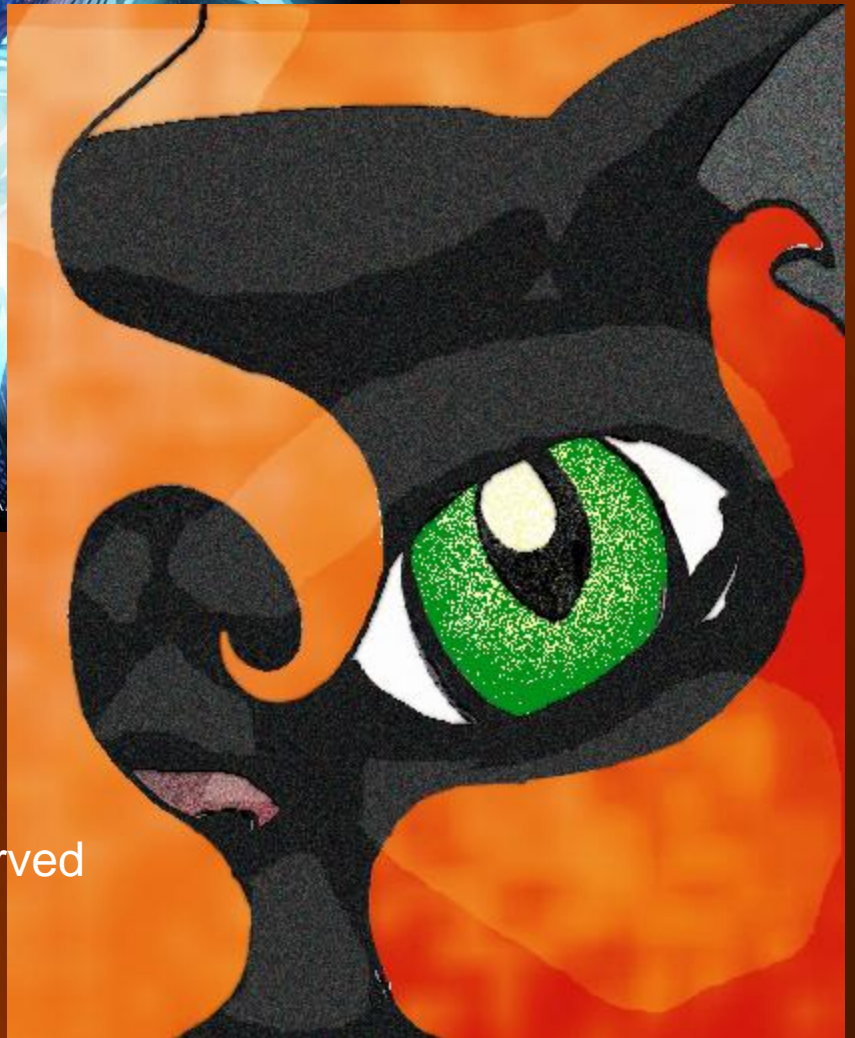
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Come See
Hero Central
Junior
&
Moonbane

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Food Photography: How to do a Foodie shoot.



Making food look tasty and tempting in a photograph can be lots of fun if you crave the creative challenge of experimentation. Here are some things to apply to enhance your beholder's visual taste buds and build your "food Photographer" portfolio.

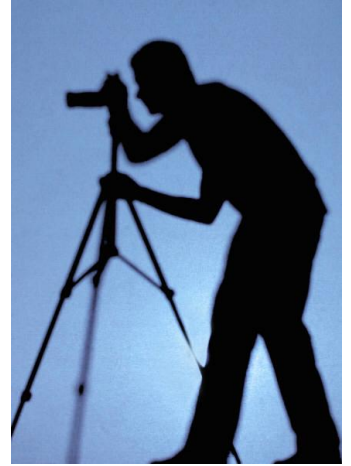
Food Photography Techniques

Cropping – It's kind of tough to discuss composition here. I've spent twenty or so years learning about composition and it seems to be one of those topics that don't translate very well into words. Good composition is sort of like pornography. You know it when you see it. We could discuss things like shapes, tangents, compositional flow, balance, and all kinds of other high-faluten words, but they wouldn't mean much. The trouble is that Art is so damn subjective. One man's garbage is another's Rembrandt. If you can list a bunch of compositional rules, I'll take those same rules and show you how they've been successfully broken. Sometimes during the course of a photo shoot, I'll make a stand and fight the rest of the team on a compositional issue, but not very often.

Propping – The props or background in food photography can be a very important element of success. Not having the right prop can mean the difference between success and failure. The correct prop or background will help set the mood of the photograph. High key lighting with low-key props can be a recipe for confusion and disaster. Many times in a food photography shoot, the entire team isn't happy with the shot and no one really knows why. In these cases, propping is usually the problem. The propping is the thread that ties everything together. The color, texture, and style of the props must complement the food for the "concept" of the photograph to make sense to the subconscious of the viewer. I know, it sounds a little weird, and it is... It's all really subjective and on most shoots, not everyone ends up completely happy with the end results. As a matter of fact, I would venture to say that on all shoots, not everyone gets his or her way, but the important thing is that the end result be consistently excellent. You need to trust in the rest of your team members. If you don't, you need to tweak the team so that the results are

better and the working experience continues to be a pleasurable one for the majority of the team, or at least the client.

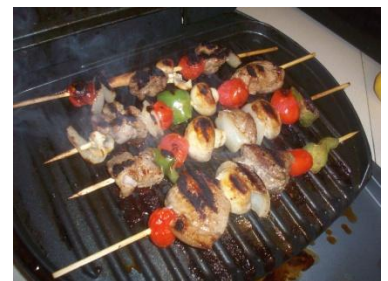
Camera Angle – Many times the angle that the food is to be photographed from has been determined in advance by the layout artist or art director. He or she will usually have an illustration or sample photograph to show you what they expect you to produce. If not, I would suggest that you choose an angle somewhere between 10 degrees and 45 degrees above the table surface. Your job as photographer is to make a two dimensional medium, (a photograph) as three dimensional as possible. If you shoot from directly above so that you can't see the sides of the food, you eliminate one of the two dimensions left available to create the impression of three dimensions. Not a good idea. The lower angle you shoot from, the more height the food will appear to have. If you go too low though, you won't be able to see the top of the food, thus eliminating another dimension. These suggestions here are only basic rules of thumb. Always remember, breaking the rules can sometimes be a fun and exciting thing. (I sure hope my daughter doesn't read this...This never ever applies to doing your schoolwork or listening to you PARENTS!)



Another factor in the decision of camera angle is that the lower you go, the better the food looks, but the more props you need to take up some of that vertical space created in the composition. Also, remember that the professional is attempting to fill up image space in such a way as to make the client happy.

Food tends to be a horizontal subject matter, but sometimes the ad space you are trying to fill is vertical and sometimes there is copy (words) that you need to work into the composition. If you're an amateur and just trying to make a pretty picture, you will probably find yourself taking mostly horizontal pictures from kitchen chair height.

Focus – Along with lighting, focus tends to be a very trendy component of food photography. Limited focus usually produces a more "artsy" feel to the photo and is seldom used in packaging and often used in editorial food photography. Maximum focus is usually the technique of the packaging project.



Of course, there are always exceptions. When limiting focus, make sure that you pick out the plane of focus with great care. Usually, you will want to select an angle of the food that is either at the very front of the plate or somewhere in the first third. Try to choose an area where there is something specific to look at. If there is a pea sitting on a field of rice, focus on the pea. Give the viewer something prominent to look at. I find that I either shoot

almost wide open, or I shoot for max, depth of field.

As far as Lighting goes...

Mood – Before you begin lighting a subject, you need to know which way you want to go, whether it's high key, low key, or somewhere in between. You can always change your mind and go in another direction, but at some point, you have to begin in one direction or another. Most times, the mood of the shot will be determined by the art director or the leader of the project. Their printed piece will have a “look” that they are attempting to maintain. This look should be supported by not only the lighting, but also the propping, focus and composition.

Shape – Probably be biggest decision a food photographer will make during the creation of a photograph, is where he will place the main light. Most novices will not realize how important in inch or two can be when positioning the main light. Remember! Your job is to make a two-dimensional object (the final image) look as three dimensional as humanly possible. One way you will do that is by lighting the object in such a way as to create as much shape and texture as possible. The placement of the main light is made to create shape. Is the main object being photographed most like a cube, a sphere, or a cylinder? There are “classical” ways that artists have used to illustrate these shapes for centuries and there is a good reason for that! You might want to consult a “how to draw” book . You'll be amazed how much you can learn from drawing books. Your real challenge is not so much to learn how to light well, the real challenge is to learn how to “see light” and what it does to the world around you. The great thing is that you don't need to be in a photo studio to learn this. You can study light anywhere you find yourself with a few extra moments to give a little thought to what's sitting in front of your face.



Another great way to learn how to light is to visit sites like the Black Book or the Work Book. These sites are advertising mediums for the best photographers in the world. Just for fun, try to figure out how they did the shots that you find yourself admiring. They don't have to be food shots either, just really good shots. Good Lighting is good lighting... Where was the light placed? How big was the light? How many lights do you think they used? Was it the light that “made” the shot, or was it the shadow that made the shot great? LEARN TO SEE THE LIGHT. Then it will be easy to see the light on your shots too. Take a picture. Look at it. No, I mean REALLY look at it! Move the light, take another picture and compare it to the last one. (repeat as needed) You need to think in terms of learning to see the light, not in terms of making pictures. Pressing the shutter, does not a photographer make...Which is the most important surface of the main object? If you put the main light on that side, will the shadow obscure some other important object? Is that necessarily a bad thing? What if I raise the light a couple of inches? Will that change the shadow and make it worse or maybe better? What about if I

move the light a little farther behind the subject? Does that give me a little more texture, or does it cause a glare on the surface?

Texture - Do you want to emphasize or deemphasize the texture of the subject? I like to “scrape” the light down the side of a food item when I’m looking for maximum texture (which is most of the time) One inch can really make a difference when you’re trying to do this. I can’t tell you how many times I’ve had to reposition my lights and reflectors after the client has spun the plate just a fraction of an inch. In food photography, inches really do matter. And bigger is not always better, either... Another issue that is much more important than most photographer realize is light source size. Boxes are more forgiving, and they’re a lot less textural too. There is a rule of thumb in food photography and photography in general. The bigger the light source, the less texture you will end up with. If you’re shooting people, texture usually isn’t your friend. That’s why so many people shooters use large umbrellas and boxes. In food photography, texture is your friend, your desire and ambition. In food photography, small light sources are a good thing. With all good things, there are drawbacks. When you have small light sources that produce beautiful texture, you also get very crisp cast shadows. Sometimes these shadows are unsightly and unwanted. You will need to experiment with various fill techniques to alleviate these downsides. Believe me though; the advantages of small light sources far outweigh the disadvantages when it comes to food photography and creating texture. Having said that, if you live in Pittsburgh and you make a living photographing food, I strongly recommend that you use the largest light box possible!



Some food objects have a characteristic that make its texture somewhat unique in the world of photography. Most things we are asked to shoot are opaque objects, but when it comes to food photography, many of our subjects offer us an interesting alternative way of showing texture. Some of the things we are asked to shoot are translucent. The translucent leaves of a salad can show the interesting texture we so desire to create, even more spectacularly than “scrapping light” can produce. Keep your eyes peeled for opportunities like this. Take your time and look to see what each food subject offers in the way of uniqueness. Is there a way to create something special from this particular subject that other subjects do not offer. Just think to yourself that this photo will only be good if you can somehow figure out a way to make it “special.” Food has different types of reflective qualities. Maybe it’s the sheen of the food that will make it special? It’s all in the light.

Always Remember to....

Use a smaller light source than you feel comfortable with. Larger light sources are more forgiving and easier to use. They also create very little texture on your subject. Smaller is better! Keep the light lower than you think you should. Low lights create more texture on the top surface of moist food items. Too many food photographers keep their main light so high that they don't get as much texture as they could. They do this, mostly out of habit and because the cast shadows from high light sources are less distracting. What they don't realize is that shadows can also be "interesting" too. I read on some forum somewhere that it's not the light that makes most photographs beautiful, but the shadows that make the shot. I whole-heartedly agree.

Use more mirrors than you think you should. Mirrors are like little baby "main lights" whose shadows can be hidden. If I don't have a hundred little mirrors lying around my studio, I don't have a one. Mirrors are great things. You can either make them in all shapes and sizes or tape them off to the shapes you need at the time. There are times you need the light to be long and thin and there are other times when you can use a circular mirror. I love mirrors.



Use less overall fill light than you think you should. One mistake many photographers make is to use more fill light than they need. The rule of thumb is that the less fill light, the more drama and texture you end up with. You can go too far though. Very seldom do I see a successful food photograph with black areas in it. Black food is usually a no-no. Keep the main light as far back as you can without creating too much glare on the food surface. Most amateurs light from the front. You can't get too much texture from lighting from the front.

Don't light from the front. Did I mention lighting from the front? Don't.

Use either a really short or really long lens. Unusual perspectives are interesting.



THE TEN TASTIEST FOOD PHOTOGRAPHY TIPS

1: SETTING

Choose a setting that enhances, but doesn't distract from your food. Pick a simple, plain background or tablecloth. Use plates whose color contrasts with or harmonizes with your food, but not ones that are the same color. Before you start shooting, make sure there isn't any distracting clutter in the background of the shot (stray people, silverware, whatever). Using a wider aperture to blur the background will help.

2: LIGHT

Use natural light whenever you can. The ideal set-up is a next to a large window, with a white curtain to diffuse the light. If you can't get natural light, don't be tempted to use your flash. Flash photography is too harsh for food's delicate sensibilities. It flattens everything out and makes for unappealing shiny spots.

3: COLOR BALANCE

Learn to color balance. Especially in situations where natural light is unavailable, your photos can have a yellow or blue cast that makes food look terrible (see the blue bacon pictured right). Use the white balance setting on your camera, or adjust the color digitally later on.

4: DON'T MOVE

Hold still. In low-light situations like restaurants and kitchens, long exposures will register any camera movement as blur. Use a tripod whenever possible. If you don't have one, try resting your camera on a water glass or the back of a chair. Or make yourself a string tripod.

5: SHOOT A LOT

Take lots of pictures. Move around the food and see what angle looks best: down low to see the food head-on? Up high to take in the geometry of the presentation?

6: ZOOM IN

Get in as close as you can. Use the macro setting on your camera if it has one. Fill the frame with the food, so the viewer can almost taste it.

7: PREPARATION

Don't forget to take pictures of the process. Sometimes making the food (chopping, cooking) can be as interesting as the final product.

8: BE QUICK

Work quickly. The faster you take pictures of the food, the fresher it will look. Cold, congealed meat and wilted salads just don't look good. Use an empty plate to help you set up your shot before the food is ready. At the last minute, slip in the real plate of food.

9: DETAILS

The devil is in the details. Check the edges of your plates and glasses for stray food, and wipe away any smudges. Use sauces and garnishes to add color to drab shots (i.e. adding a lemon wedge to iced tea).

10: DON'T SHOOT

Know what not to shoot. Some things will just never look delicious, no matter how hard you try. Meals that are all the same color and brown sauces are best left alone. And tasty though they may be, we defy you to make a haggis look good.

Everyone online should be on the look out for a great food blogger to follow these days. We recommend this one. His insightful tips can be seen at <http://sites.google.com/site/wannabechef/home> !



Contact me at:
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Email:
Smile.its.Rome@gmail.com

About me...

My name is Jerome Montgomery and my motto is "School doesn't make you a Chef. Passion Does." I'm a family and self taught, self proclaimed House Chef. I've coined the phrase House Chef, which is some one with the passion and love for all things cooking. House Chefs for one reason or another never got to go to culinary school, and have never worked in the food service industry; yet all of their free time is spent cooking, watching cooking, thinking of cooking, etc.

I've wanted to be a Chef since fairly young. My Mom and Grandma started teaching me how to cook when I was 7y/o or so. After trying to make Ramen on my own and getting distracted by the TV I let the water boil out till the pan started smoking. I guess they figured if I was that determined, then they should show me how. My first Cooking show was Justin E. Wilson a Cajun Chef from Louisiana. His funny wit combined with his tasty looking food hooked me quickly. My favorite Chef is Alton Brown from my home state of Georgia. I've been addicted to his show 'Good Eats' since I first saw it. I've learned so much from watching him. His show is both informative and funny. He's a Chef that knows how to make...Good Eats.

I'm a Chef. Ok maybe not a classically trained Chef. I've never gone to school for it, but I'm a Chef at heart. To me the difference between a Cook and a Chef is: Anyone can cook. Anyone can read and follow a recipe or be taught to. A Chef makes recipes, it comes naturally to them. I've been cooking sparingly since I was seven. In high school I wanted to go to school for Culinary Arts. Alas like alot of teenagers I got in with the wrong crowd, I became an addict, I became homeless, later I buried myself in debut. All of which took away from my desire and chance to go to school. For a few years after I floated around, still struggling to get my head above water. Amidst, my past and even current struggles I've found my passion for cooking again.

I'd started thinking about going to culinary school, with others encouragement. Two things have kept me from doing so. First, a mountain of debt higher than a pile of Mario Batali's spaghetti. I'm working steadily to try and get to all paid off. Second, I keep hearing stories from others that attended school about it "taking away your own personal touch" and all they do "is train you to be a line cook". So I'm not too sure about that now. I've got a little while before I can do it.

Cooking, it's my "Ultimate Gift from GOD" as a friend once told me. When Friends and Family see a dish on T.V that they like, they come to me to make it so they can taste it; but it's never really exactly how it should be. I, as any true Chef does, alter the recipe; I'll add this, take away that and add 10lbs more garlic(butter is the KEY to life & garlic is the spice of life).

My Ratings System

For Restaurants and Food I use a numeral rating scale of 1 - 10. I find it gives me a better range than the typical 1 - 5 scale or stars, which I still use for tools, books, and other items. This is how my scale breaks down.

1 - One of the most vile, retch inducing chemical cocktails that has ever been concocted. I'd sooner cut my tongue off than taste it again.

OR

A place which should be quarantined by the Federal Government.

2 - If you've ever heard the expression, "Good enough to slap yo Momma". Well this is bad enough to make you actually slap her for giving it to you.

OR

Some place I would rather drive out of my way to avoid driving past; much less actually going inside.

3 - The food had a good component, but lacked too much in other areas. I won't be tasting it again.

OR

A place where the only reason I'd enter is to ask for a restroom.

4 - It had some good components, but still it's lacking that...Je ne sais quoi. I might try it again, if there was money on the line.

5 - It wasn't bad, but it really wasn't that good either. I'd at least try it again.

6 - It was good, but not quite all there; maybe portion was off, maybe a little over or under seasoned. I'd probably have it again.

7 - It was good, I actually liked it. I wouldn't have it or go there every day, or even every week, but I wouldn't mind having it at least every couple months
(This is my average rating)

8 - This was really good and I like it a lot. Something about it makes me feel all warm and fuzzy on the inside. This would be at least a monthly thing for me.
(Kind of a rare score. But I've been known to hand them out)

9 - Wow, this is excellent on the border of being great. I'd have this on a bi-monthly maybe even a tri-monthly basis.
(This is a fairly rare score)

10 - Perfect. The best thing that has ever graced my taste buds. I would go here or eat this as often as I could.
(The rarest score, I've only given it a few times)

Just as a matter of reference here are some samples of reviews that are from both extremes, good and bad!

Le Technique by Jacques Pepin

posted Jul 23, 2011 6:09 AM by Jerome Montgomery

I bought this book on the recommendation of Chef Alton Brown, when I asked for a good book to teach a learning chef the basics of cooking. I paid an outrageous \$0.30 + shipping for the book.

It is 2inches thick X 8inches wide X 13inches tall. The book is intimidating. It came without a dust cover and had actually very few marks. On first glance, the book has a lot of both useful & not so useful info. There are a lot of techniques for beginners like poaching, sauteing, proper meat and fish cleaning; things that any at home cook should want to know. Then there are things like olives rabbits, tomato flowers, mushroom designs and many other presentation techniques that right now, I'm not really worried about.

There are some random things in there, that to me aren't basic, but are still good to know: cleaning a squid, gutting a fish without cutting it open, so on and so forth.

There are also a lot of great recipes for cooking & baking. One I want to try is "Trout Amadine" or "Almond Trout", you have to gut the fish without cutting it open, then debone the fish (leaving it whole), stuff the tail through the mouth and out the mouth then sautee it in butter and almonds. It look just as hard as it sounds.

The book is broken down by sections: Meats, veggies, fish, garnish, baking. Each technique is describes "step by step" with a picture joining each step. A problem is, though, the step aren't always in detail. I used the book and tried cleaning a fresh squid. The book told me about peeling the skin membrane, separating the head and legs from the body, a plastic like bone on the inside and turning it inside out to clean it as well. It, however, made no mention of how to remove the intestine and ink sack without busting either, nor did it mention the best way to peel the skin with your hands covered in the ick from the squid. I ended up getting it done, maybe not properly, but done none the less. And the resulting calamari was super good.

Overall, "Le Technique" has some Really good lessons to teach. For a total price of just under \$6, how could I be anything less then pleased; I mean I would not have attempted squid if not for this book.

I give it a 4 out of 5

KFC's Doublicious

posted Mar 30, 2011 10:00 PM by Jerome Montgomery

KFC's Doublicious Sandwhich \$

I recently tried KFC's Doublicious Sandwich, which on their website is described as: "The latest sandwich from KFC combines a savory boneless chicken filet with a sweet Hawaiian Bread bun for a one-of-a-kind taste combination. Available in both Original Recipe and Grilled!"

To me the bread didn't, at all, taste sweet or Hawai'ian. The chicken tasted just as bland as it normally does, they hardly put any of the new sauce on it and the bacon wasn't even there...I don't think, at least I didn't taste it there.I...you know what.. whatever, it wasn't even worth finishing this review.

2 out of 10

Ecco

posted Apr 3, 2011 10:06 PM by Jerome Montgomery

Ecco \$\$\$\$

40 7th Street NE

Atlanta, GA 30306

(404) 347-9555



Reviewed by Jerome Montgomery

I recently stopped by Ecco a Fifth Group restaurant, located only blocks from a Marta station in the heart of midtown. It opened and was quickly named "Best New Restaurant in America" in 2006 by Esquire Magazine. It labels itself as one of, "Atlanta and the Southeast's, most recognized and renowned restaurants" and says it offers, "A seasonal European menu that tempts with delicious meat and cheese boards featuring a myriad of different selections, house made pastas, authentic wood-fired pizzas and mouthwatering desserts."

On the last day of MomoCon, an anime convention in Atlanta, my brother and I decided to try something off the beaten path of the normal anime geeks menu. He was on a temporary gluten free diet for lent, so we had to take that into account. We looked at an iPhone app to see what was around; Ecco came up as a close venture and offered a wide selection of gluten free items. We made a reservation for when they opened at five thirty.

Before entering there is a patio section, once inside there is a closed in space where they keep the wine as well as drying meats, a spacious bar, past that is the open dining room and an open air kitchen with a brick oven plus a Meats & Cheese's display case.

We were promptly seated and met by our server shortly after. Will, at first seemed a bit stand offish, speaking in one to two word sentences'. After I threw a few opening jokes and then some menu based questions, Will quickly opened up. He let us know, unlike most restaurants, we should take as long as we wanted in: a) making a decision for our order and b) eating and enjoying the food we ordered. He informed us as to how the meat & cheese boards worked. He was very knowledgeable about the restaurant and the menu.



The menu breaks down into these sections:

Cured Meats & Cheese's, Taste & Share, Appetizers, Wood-Fired Pizzas, Pastas, Mains, Sides & Dessert.

Thanks to the help of Will, we started off with some mixed olives & Italian-style pickled vegetables from the Taste & Share menu.

The mixed olives seemed to include non-pitted arbequina, empeltre, kalamata and manzanilla olives mixed with an herb & spice pickling vinegar. Each olive brought its own flavor to the mix, they contrasted well together. The Italian-style pickled vegetables were a combo of carrots, celery, pearl onions, sliced garlic, and cauliflower in a sweet wine vinegar. You could taste each veggie's flavor with a sweet tangy burst behind it. Each was served in small saucers with plenty to share between the two.

Next we had marinated white anchovies, also from the Taste & Share menu. The taste was exquisite; I could make out the garlic, olive oil, lemon and a hint of herbs. This all made the taste of the anchovies unbelievably outstanding. I sat and savored the taste. Chewing once, and then rolling on my tongue; then another chewing again each time letting the taste explode my taste buds with the potent flavor. My brother told me, "These anchovies are so good, I feel like they should be hand fed to me by naked women as I lay on a large silk cushion." There were six anchovies on the plate, I stopped at one.

The appetizers were served with a half loaf of fresh whole grain bread and whipped butter. Both were good, I'm not a fan of whole grain bread, but with the whipped butter...I ate most of the half loaf.

We ended up not ordering Entrees, no offense to Executive Chef Micah Willix, but we were really intrigued by the meat & cheese boards. Will, again gave us very useful information about the meats & cheeses...making it ever so hard to narrow down our choices. As for myself I went with the five meats & cheeses option; choosing three meats and two cheeses:

Coppa: a cured pork shoulder

Toscana: a beef & pork salami with black pepper

Saucisson Sec: a house-cured mild pork salami

Caña de Oveja: Spanish sheep's milk; soft

Frumage Baladin: Italian cow's milk with beer and barley malt; semi-firm



After tasting these, I'm sure there isn't single meat or cheese on that menu that shouldn't be there; this was a wonderful choice for a meal. I had doubts at first, thinking that going this route might leave me still with a hunger. Each choice came in a thinly sliced 1oz pile served on a wooden cutting board. The toscano and the caña de oveja were very good. My favorite, though, out of the meats was a tie between the coppa and the saucisson sec. Coppa is lightly seasoned, often with red and sometimes white wine, garlic and a variety of herbs and spices. It had a delicate flavor and a tender fatty texture; it had a thin layer of fatty tissue making it taste a bit creamy. Saucisson Sec is basically a sausage they dry in house; the pork meat is unadulterated save for some salt, pepper, sugar, garlic and is just plain tasty. Frumage Baladin is exactly what the description says, an Italian semi-firm cheese made from cow's milk with beer and barley malt. When the cheese settles the rind is left with a skin covered in barley, and is edible. At first it's kind of awkward eating cheese and tasting beer. It has a chewy almost meaty, unusual flavor. I think if it were creamier it may have been not as good.

My only real complaint was with the caña de oveja, which is a creamy cheese, it can become overpowering. I tried spreading it over my bread crust, but then it's overpowered by the whole grains. I couldn't find a balance; I think it would help if the meats and cheeses were served with fresh crackers or thin toast.

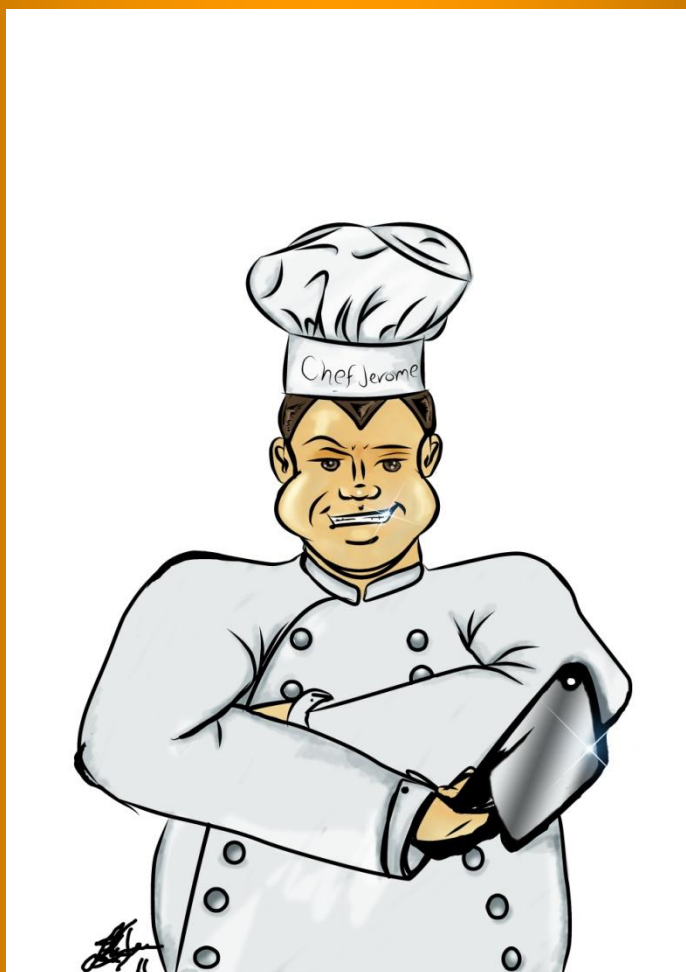
Will tried tempting me with dessert, which I've given up for lent. He almost had me too, when he started describing the olive oil and sea salt ice cream. As odd as the combo sounds, Will made me want to give up on lent and have a big helping. Alas, I stuck to my faithful guns and passed it over (pun intended).

I turned my attention back to my remaining marinated white anchovies. They were so good I had to leave them for the last of the savory dishes. I wanted the taste to haunt me until I got off the Marta train at Indian Creek Station, I am so glad I did.

Now as to what I was saying about being worried about still being hungry. After fresh bread, olives, veggies five ounces of meat and cheese, I can honestly say, I was full. And I feel my money was well spent that night at Ecco.

There are few words to cover the goodness devoured that night, but I do know I will be going back...Often.

I give Ecco a 10 out of 10



Food Events 2011-12!

September 2011

September 8-10, 2011

Florida Restaurant & Lodging Show
Orange County Convention Center
Orlando, Florida

Website: <http://www.flrestaurantandlodgingshow.com/en/Home/>



September 16 & 17, 2011

Join us and "Spice It Up!" at the fourth annual Gourmet Chili
Pepper & Salsa Festival, held on the grounds of Wildseed Farms,
7 miles outside of Fredericksburg!

Website: <http://www.tex-fest.com/gcp/index.html>



9/25/2011 - 09/27/2011

MUFSO 2011

Gaylord Texan Resort in Grapevine, Texas

Read more: <http://www.nrn.com/event/mufso-2011#ixzz1HI5NknWd>

October 2011

OCTOBER 22, 2011

The Fredericksburg Food and Wine Fest will be in its 21st year in
2011.

Website: <http://www.fbgfoodandwinefest.com/>



November 2011

November 1-3, 2011

Ice Cream Expo 2011

Harrogate, UK

Yorkshire Event Centre, Harrogate

Website: <http://www.ice-cream.org/>



November 8-9, 2011

KosherFest

Meadowlands, New Jersey

Website: <http://www.kosherfest.com/10/public/enter.aspx>

November 16-20, 2011

8th San Diego Bay Wine & Food Festival

San Diego, California

Website: <http://www.worldofwineevents.com/>



November 26-27, 2011

Christmas Food & Drink Fair 2011

Lincolnshire, England, UK

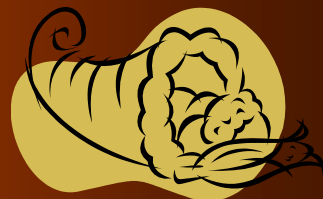
Website: <http://www.visitlincolnshire.com/site/food-and-drink/tastes-of-lincolnshire>

Nov 29-Dec 1, 2011

Food Ingredients Europe & Natural Ingredients 2011

Paris, France

Website: <http://fieurope.ingredientsnetwork.com/>



December 2011

December 7-9, 2011

USA Rice Outlook Conference 2011

Austin, Texas

Website: <http://www.usarice.com/>



December 9-11, 2011

UpperCrust Show, Food & Wine Show

Mumbai, Maharashtra, India

Website: <http://www.theuppercrustshow.com/>

January 2012

January 14-15, 2012

The Asian American Expo

Pomona Fairplex, Halls # 4, 5, 6, 7 & 8

1101 W. McKinley Avenue, Pomona, CA 91768

Visitors please enter from Gate 9 on White Avenue.

Website: <http://www.asianamericanexpo.com/visitor.asp>

February 2012

February 10-13, 2012

NAFEM

2012 Annual Business Meeting & Management Workshop

Website: <http://www.nafem.org/education-certification/>

AnnualMeeting.aspx



March 4-6, 2012

More than a trade show, the International Restaurant & Food service Show of New York is a complete learning experience that improves your business throughout. From new products, to new tricks of the trade, to gold-standard food service education – you'll gain real-world solutions you can apply to your business immediately

Jacob Javits Convention Center, New York City.

Website: <http://www.internationalrestaurantny.com/>

March 27th to Friday, March 30th, 2012.

Anuga FoodTec 2012

The international trade fair for food and drink

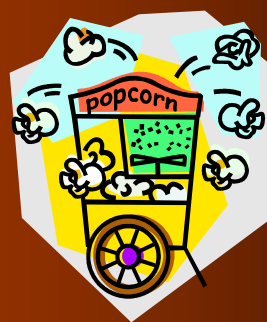
In 2012, the 6th Anuga FoodTec will become the world's most important trade fair for the food and drink industry. And consequently also a valuable marketplace for all those who want to present their solutions and products to a global audience of trade visitors.

Website: <http://www.anugafoodtec.com/en/aft/diemesse/index.php>

April 24 - 26, 2012

IFEX is set to shake up the food service and food retail sectors in Northern Ireland

Website: http://www.easyfairs.com/events_216/ifex-2012_13699/ifex-2012_13700/exhibitors_13714/welcome_13729/

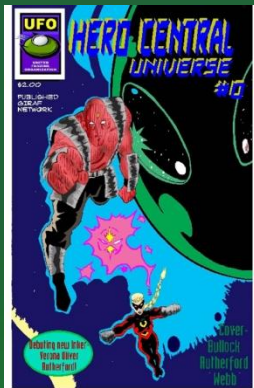


Available Catalogue Inventory



Ala de Fuego #1 \$3.00 Rated: 13+
Features: One woman's search for easing the stress on her village San Rosal in Peru leads to the roller coaster ride of her life as she is empowered by the ancient deity Quetzlcoatl into bearing his light back into the modern world. Now available in Spanish and English.

Available: GIRAFNetwork.com,
IndyPlanet.com, or e-mail at
jasonb@girafnetwork.com



HeroCentralUniverse #0 \$2.00 Rated: 13+
Features: Evil is loosed back into the world from Vatican City which causes ripples throughout time and space. Debut inker Verona Rutherford.

Available: GIRAFNetwork.com,
IndyPlanet.com, or e-mail at
jasonb@girafnetwork.com



HeroCentralUniverse #1 \$2.00 Rated: 13+
Features: The Panthion rising seeks to find and stop the rifting evil, but they are too late.

Available: GIRAFNetwork.com,
IndyPlanet.com, or e-mail at
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Available Catalogue Inventory



GN Presents #1 \$5.00 Rated T13+

Our Larger color and B&W comic release is now available for all our fans Who loved DangerZone & Neo-Kyoto. Here East meets West as we enjoy Manga and american comic stories one and all. In this issue we get to start some great stories like... The Gryphon, Ampersand ELH, The Watchers of Enoch and Land of Zoa: Melting Point. A bi-monthly release with a huge page count for those economic minded fans! Enjoy!



Soba-ko #1 \$3.00 Rated: All Ages
Features: Hey Blip by Marques Huff and Jason Bullock. This is a child's story book.
Available: GIRAFNetwork.com,
IndyPlanet.com, or e-mail at
jasonb@girafnetwork.com

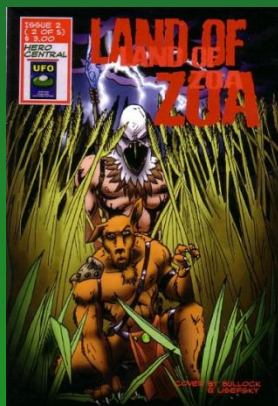
Available Catalogue Inventory



Soba-ko #2 \$3.00 Rated: All Ages
Features: Hey Blip by Marques Huff and Jason Bullock. This is a child's story book.
Available: GIRAFNetwork.com,
IndyPlanet.com, or e-mail at
jasonb@girafnetwork.com



Land of Zoa #1 \$3.00 Rated: 13+
Features: The continuing story of the star crash saving the world of the future for animal kind.
Available: GIRAFNetwork.com,
IndyPlanet.com, or e-mail at
jasonb@girafnetwork.com



Land of Zoa #2 \$3.00 Rated: 13+
Features: The continuing story of the Zoans As they fight to save their world from doom.
Available: GIRAFNetwork.com,
IndyPlanet.com, or e-mail at
jasonb@girafnetwork.com

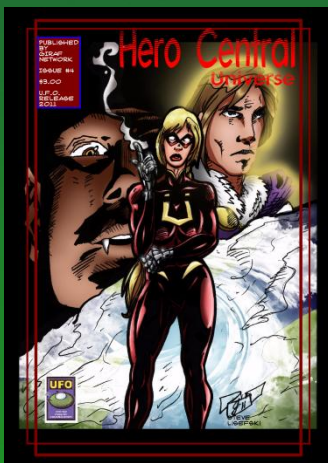
Available Catalogue Inventory



HeroCentralUniverse #2 \$3.00 Rated: 13+
Features: Ancient romances get in the way of the search as all are tested in trying times.
Available: GIRAFNetwork.com, IndyPlanet.com, or e-mail at jasonb@girafnetwork.com



HeroCentralUniverse #3 \$3.00 Rated: 13+
Features: Isis makes her move by choosing Her avatar Aesys to find the source of evil..
Available: GIRAFNetwork.com, IndyPlanet.com, or e-mail at jasonb@girafnetwork.com



HeroCentralUniverse #4 \$3.00 Rated: 13+
Features: Origin of Uberfraulein and her own quest to find the Amulet of Power.
Available: GIRAFNetwork.com, IndyPlanet.com, or e-mail at jasonb@girafnetwork.com

Available Catalogue Inventory



Twilight: The Battle of Spiritual Warfare Trade
Vol. 1 \$3.00 Rated: 13+

Features: This is a compilation of the first 16 books.

Available: GIRAFNetwork.com,
IndyPlanet.com, or e-mail at
jasonb@girafnetwork.com



Twilight: The Battle of Spiritual Warfare #17
\$3.50 Rated: 13+

Features: The Red Bulls are still running around causing Chaos, could there actions have a bigger affect on the future than we know, who are they, where did they come from we will find out as the battle of spiritual warfare rages on.

Available: GIRAFNetwork.com,
IndyPlanet.com, or e-mail at
jasonb@girafnetwork.com



Chaos of a Fallen Empire #1 \$3.50
Rated: 13+

Features:

Available: GIRAFNetwork.com,
IndyPlanet.com, or e-mail at
jasonb@girafnetwork.com

Available Catalogue Inventory



Rescue Gear #1 \$3.00 Rated: 13+
Features: Mission 1 a forest fire rages out of control, in California the states firemen have been hopeless to stop the fire, now it's time for Rescue Gear to step in and get to the bottom of this.

Available: GIRAFNetwork.com,
IndyPlanet.com, or e-mail at
jasonb@girafnetwork.com



Blitz #0 \$3.00 Rated: 13+
Features: When Atlanta's star player is injured while trying to rescue a fan, Malcom Carter's life is changed forever after being told he will never walk again. But after receiving a experimental operation he was able to walk and dawn new powers .

Available: GIRAFNetwork.com,
IndyPlanet.com, or e-mail at
jasonb@girafnetwork.com

How to Contribute & Submit Samples

There are several ways to submit materials for our periodicals. We accept columns, review articles, and tutorial articles from artists, writers, & filmmakers on all artistic subjects. Its a good way to promote your own work and website by helping aspiring creative types thus building your own fanbase. We also accept sequential submissions of a manga and western comic format. If you wish to submit sample work to work on an established storyline then please take the scripts below, choose one, complete the samplework and send them to us.

Here's what you need to do...

1. Draw the pages to show your range of skill.
2. Scan them in at 300 DPI and email them to jasonb@girafnetwork.com

Script...

"The Encounter" by Jason Bullock, 2008

Page 1.

Panel 1. Long establishing shot of young man and woman standing near a tombstone in a run down cemetery. Dressed in black attire, it is obvious that the woman is crying.

Caption- Present Day

Panel 2. Tilting Medium shot as a close up on the tombstone that reads:

Billy Hatfield

1852-1921

"He was no McCoy."

Panel 3. Straight in Medium shot of upper torsos of Man and middle age woman crying into her kerchief.

Woman - "It was so sudden. How could he have not told anyone that he was in pain? Sob...Sob..."

Man - " These things happen, mom. He was a proud man. He wouldn't have told you the truth no matter how much pain he was truly in."

Panel 4. Large shot semi-bird's eye view from behind of the two mourners standing over the gravestone. The woman kneeling, placing a bundle of flowers on the capstone.

Woman - " I loved him Billy...I loved him so much."

Man - " I know."

Page 2.

Panel 1. Splash page of Woman and Man in mourning standing over the gravesite, her in tears and clutching a single flower from the bouquet.

Page 3.

Panel 1. Wide shot one third of top half page of a silhouetted man standing under a tree watching the two in the cemetery.

Panel 2. Medium shot, over the shoulder view from behind, focusing on the man under the tree reaching out to the woman in the distance.

Silhouetted Man stutters - "MMMmmmmaaaaaayyyy...."

Panel 3. Close up shot of Woman's face, focusing on lifted eyebrow and eye in abject fear....

Woman - " Billy? "

Panel 4. Large wide shot of woman in tears looking up at the tree behind them but no one is visible to her.

Man - " Mom...dont do that to yourself. Grandpa's gone. He's not with us anymore."

Woman- " Dont say that! He'll always be with me."

Panel 5. Close up inset panel within panel 4 on bottom right side of page, of the ghostly older man's face from under the tree.

What we are looking for? Talent. Passion. Determination. A great desire to work hard and be successful. We are looking for fellow artists who are ready to put their nose to the grind stone to turn out some great work. Its so hard to find anyone willing to give new artists a break these days. That is what we try to do. Our goal for the submissions to work on our existing stories as well as stories of the contributors is to provide that venue of exposure. We hope to work with you on your project!

Contact us at the following....

Mail- GIRAFNetwork EMAIL- girafnetwork@hotmail.com

POB 2684,
Loganville, Ga 30052



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| Misc | | |
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