

## Home Cooking: Episode 17

Samin: I'm Samin Nosrat.

Hrishi: And I'm Hrishikesh Hirway. And then you say:

Samin: And we're Home Cooking.

Hrishi: This is now a podcast that I guess we make once a year. And so, this year, we bring you episode 17 of our four-part series.

Samin: Oh my God. Everyone's like, Oh, you're recording again. I'm like, Well, Hrishi made me. (laughs) I had to set up this audio stuff that was all rusty.

Hrishi: Yeah. Yeah. I do like the look of your podcast cave.

Samin: My real - it looks, like, Game of Thrones-cozy back here.

Hrishi: It does, yeah. You are ready for winter, between all the blankets and also the fact that you're sitting on, is that an Aeron chair, made entirely out of knives?

Samin: It is.

Hrishi: Well, Samin, it has been a year.

Samin: A year since we talked.

Hrishi: Since we, we talked in a way that was recorded, but how's your 2022 been? This is, by the way, should we tell people? That this episode, and our lives, have entered a new chapter, the Chill Era?

Samin: Oh, yeah, yeah. Yesterday, Hrishi and I decided that, the two least chill people who've ever walked -

Hrishi: Walked the earth --

Samin: Yeah, we've entered the Chill Era of Home Cooking. And then he promptly sent me a Google Calendar invite, thereby canceling out -

Hrishi: (laughs)

Samin: I was like, That's not chill, dude. Like...

Hrishi: Yeah.

Samin: Maybe you should go first. Tell us how your year has been.

Hrishi: Maybe we should narrow it down. Remember how we used to do this?

Samin: Oh, what's the best thing you ate this week?

Hrishi: Yeah. What, what's the best thing you've eaten this year?

Hrishi: Is that too much pressure?

Samin: This is gonna really um, bring the tone of everything down, but I'm just gonna talk about it, so -

Hrishi: Okay, sure.

Samin: It's a safe space, right? It's a safe space.

Hrishi: Yes.

Samin: So, this has been a truly hard year for me. My dad passed away, after four months in the hospital that were really excruciating. And, toward the end, he wasn't able to swallow. But he could still taste things and that could bring him some joy.

So, I kind of became focused on, like, giving him whatever he wanted to taste during these last days. And driving all over Southern California to try and find, like, things that were soft enough for him to swallow.

Hrishi: Mmhmm.

Samin: Near the hospital, I was really excited cuz there was an H Mart, like the Korean grocery store.

Hrishi: Mmhmm.

Samin: And it was truly, like, the most amazing grocery store I'd ever been to.

It was just, like, heaven, and there was a bunch of fruit and it was like peak summer, so there was tons of watermelon, like pre-sliced and packaged watermelon.

Hrishi: Mmhmm.

Samin: Which normally I never buy, but I was like, Oh, that actually kind of looks good to me. And I thought, Oh, maybe my dad would like this. Like, Iranians are really into fruit, like they eat crazy amounts of fruit. Like, there's not a lot of like, "dessert" in Iranian culture. There's just more, like, it's a fruit-eating culture. And so then, back in the hospital room, I'm like, trying to like eat this watermelon.

It's so sweet, and perfectly, like, crisp in that way, there's like, no mealiness. It was just really, really good.

Hrishi: Mmhmm.

Samin: And I looked at my dad who really wasn't, like, interested in eating much or drinking anything. And I said, Oh dad, like, do you want some watermelon? And he was like, Yeah, I'll try it. And so I mashed it up and I, like, made him watermelon juice, and he loved it.

So that became this like, nice ritual for the last few days of his life.

Hrishi: Mmhmm.

Samin: Was the, the watermelon. Then like that was sort of how I nursed myself back to health. That's like the only thing I can think of. Because other than that, for the last six months, the main thing I've been eating is Barbara's Cheese Puffs.

Hrishi: This is unfamiliar to me.

Samin: (dramatic gasp)

Hrishi: Is this a health food store thing?

Samin: It's, it's a health food store snack that tastes not healthy. And is not actually healthy.

Hrishi: Oh, okay. So how does it sneak into the health store?

Samin: Because it doesn't have like bright orange, like, "Cheeto-artificial" color.

Hrishi: Hmm. And they, it looks like they put like some pictures of some out-of-focus trees in the background on the packaging.

Samin: I've not really examined the package, 'cause I'm too busy just eating the cheese puffs.

Hrishi: I'm looking at it right now. It's like presented, it's on a picnic table, It's outside. But you're really saying they're just bamboozling everybody.

Samin: Yeah. Yeah. Totally lies and deception. But like, let me just tell you, there's a hierarchy of Barbara's Cheese Puffs well in, but I, I think, not very many people agree with me.

Hrishi: About what?

Samin: So there's the people who believe that the top of the hierarchy is the Jalapeno Cheese Puff.

Hrishi: I believe those people already.

Samin: But the problem for me, with that, is that the Jalapeno Cheese Puff only comes in one texture, and it does not come in my preferred texture. I like the *puffy* texture. You know, like, not the Cheeto texture, but like the super puffy kind, you know, like the puffy Cheetos

Hrishi: The like, the cheese curl, as opposed to a Cheeto.

Samin: Yes, exactly. I like, like the cheese *curl* versus the *Cheeto*. Exactly.

Hrishi: Yeah. Yeah.

Samin: So I prefer the kind that's basically like you're eating piece of styrofoam, like a biodegradable styrofoam that's melting on your tongue. Yeah.

Hrishi: Yeah. Yes. And the cheese puff you're saying is gonna be like a skinnier, more - a harder...

Samin: A like, denser, denser, more crunchy, like more likely to scrape the skin off the top of the roof of your mouth.

Hrishi: Yes.

Samin: And the Jalapeno, for some confusing reason, only comes in that texture.

Hrishi: But both products are called cheese puffs.

Samin: Yes, but one's called "baked." The one I like is called baked, for some reason.

Hrishi: Ohhh, I see, okay.

Samin: But I, what I do believe is that White Cheddar is inferior to Original. Because Original has blue cheese in it. And blue cheese has more like, cheesy umami, funky goodness funky goodness. And Jalapeno is basically the Original plus jalapeno.

Hrishi: Oh, gotcha, gotcha. And you want that blue cheese stinkiness?

Samin: Yes. It's not even so stinky. It's just like umami yumminess. You can't even tell it's blue cheese. You just miss it, when you're eating White Cheddar.

Hrishi: Interesting. Okay.

Samin: So, if you cut me open right now, I'd be like, mostly a Barbara's Cheese Puff, a little bit of watermelon residue. And maybe some ice cream. (laughs)

Hrishi: This makes me wanna jump right into a question that, that we got.

Samin: Oh, we're not even gonna hear anything about your life?

Hrishi: We'll come back to it. We'll, because it's just too perfect of a segue. Here's a question we got from two listeners calling in together.

Listeners: Samin, Hrishi! It's Maureen and Caitlin! We need, we need your help. Caitlin thinks that crispy and crunchy are the same thing! No, wait, / think they're the same thing, I just don't understand. I just feel like they just mean like little things are in your teeth.

No, like a nice airy oyster cracker is *crispy*, but It's not *crunchy*. And like, a hard cereal or granola is crunchy, but it's not crispy. I don't know. Like I could tell when something is *neither* crispy *nor* crunchy like Velveeta cheese, but, other things, it's just the same. Okay. Tell us, is there really a difference? We need to know your thoughts. Yes. And we miss you. Okay. And we love you. Bye, guys.

Samin: Oh my god. This is so funny. I like that there was clearly, like, many conversations that preceded this phone call.

Hrishi: I like that Maureen didn't even know which position she, she took originally. Do you have a gut reaction to whether crispiness and crunchiness are two different qualities that food can have?

Samin: I think they're different.

Hrishi: Okay. How would you characterize the differences?

Samin: You can think about them as happening in different parts of your mouth.

Hrishi: Mmm.

Samin: I was like, Yeah, granola's *crunchy*. Like, the crunch comes from my back teeth.

Hrishi: Uh-huh.

Samin: Whereas *crispiness*, it's a little bit more delicate.

Hrishi: Mmhmm.

Samin: And so. I can put like. a chip that's crispy on my tongue, or even between my lips or my front teeth.

Hrishi: Mmhmm.

Samin: I don't have to go all the way to like, my back teeth, to get it.

Hrishi: Right.

Samin: There's also things that you can get to be crisp that don't even necessarily give you that sound. I think crispness, like, when we say we crisp up the chicken skin.

Hrishi: Mmm.

Samin: You know, a really perfectly crisp chicken skin on that first few bites actually *will* give you a little bit of a, like, a...

Hrishi: Snap?

Samin: ...little, a, will actually kind of break, snap a little bit.

Hrishi: Yeah.

Samin: I don't have to go and do that huge work in the back of my mouth. I think *crunch* happens in the back of your mouth,

Hrishi: My first thought was in music terms or audio terms, I guess. Crispiness is more of a treble sensation and crunchiness is more of a bass sensation.

Samin: Okay. I can, I can get with you on that.

Hrishi: And I think that that kind of corresponds with what you're saying, right? Like, front teeth: Treble. Back teeth: The bass.

Samin: Just to circle back to Barbara's Cheese Puffs, the like, baked fluffy ones are *crispy*, and the like, denser, Cheeto-y ones are *crunchy*.

Hrishi: Did you know that there's a magazine called The Journal of Texture Studies?

Samin: I am sure I have cited it. (chuckles)

Hrishi: Well, let's cite an article from January of 2007, by Z. M. Vickers, who writes "Crispness versus Crunchiness - A Difference in Pitch?" I found an article that actually supports -

Samin: Oh my god, you found like, an article that uses the music metaphor!

Hrishi: Yes! Here's the abstract. Initially, two groups of foods were selected, one containing foods that were more crunchy than crisp and the other containing foods that were more crisp than crunchy. So already in the opening sentence of this article from the Journal of Texture Sciences.

Samin: They're acknowledging that they're two different things.

Hrishi: Exactly. Yes. Subjects then compared each of the crisp-er foods with each of the crunchier foods, and selected the product producing the higher-pitched sound. More crisp than crunchy foods nearly always produced higher-pitched sounds than the more crunchy than crisp foods.

Samin: That makes sense.

Hrishi: When the pitch of the eating sound was altered, lowered by changing the eating technique from a bite to a chew, judgements of crispness were depressed.

Samin: Totally. Wow! We're both right.

Hrishi: We basically wrote this.

Samin: We're both basically food scientists. I was gonna say, we should call Sumesh Uncle, but we don't even need him.

Hrishi: But maybe we should anyway.

Samin: This is really his ex- area of expertise. He'll be offended if we don't consult him.

Sumesh: Hi Hrishi.

Hrishi: Hi dad.

Samin: Hi Sumesh Uncle.

Sumesh: Hi.

Samin: Alright, so dad, is there a difference between crispiness and crunchiness? And if so, how would you describe the difference?

Sumesh: Okay, so crispiness, it'll be on the surface. So, so you're making, say for example, fried chicken. The chicken has got a breading and all that. So that makes the surface of the chicken more crispy. Okay? Then you are saying crunchy, crunchy means you, you have to chew with, with your teeth.

Hrishi: Uh-huh. Is it possible for something to be crunchy without being crispy?

Sumesh: Yes.

Hrishi: Like what?

Sumesh: Like, say, potato chips, you know, they're crunchy.

Hrishi: Do you know what a potato chip is called in England? A crisp.

Sumesh: Yes.

Hrishi: But you're saying potato chips aren't crisp, You're saying they're crunchy.

Sumesh: Crunchy, right. Because you press it -

Hrishi: You've just insulted an entire nation. And their entire packaged potato food industry,

Samin: (chuckles) He's cool with that.

Sumesh: No, it shouldn't be. One second. I had to look for the, the book, which I can tell from there...

Samin: He's gonna cite.

Sumesh: According to me, according to me -

Hrishi: "According to me?" Wow. Is that, that's your citation, Dad?

Sumesh: Yeah, what from my, my what do you call experience, learning, and all that.

Hrishi: Okay. Okay. Okay,

Sumesh: Okay. Okay. Crunch means you put it, and you bite it with the teeth.

Hrishi: Uhhuh,

Sumesh: That's crunch.

Hrishi: Okay.

Sumesh: Crispy is like a texture, but it won't make a noise. It's a little bit more than chewy. It's crispy. And then I do have a textural book, but you guys are in a hurry. If you give me time, I can look it up and let you know, too.

Hrishi: Okay. Sounds good. Yeah. Yeah. If you find it later, then let me know.

Samin: You can phone it in.

Sumesh: Okay.

Hrishi: Okay, we gotta go.

Sumesh: Okay. Bye



Samin: Bye

Sumesh: Take care. Bye. Thanks for throwing a fastball at me.

Hrishi: You're welcome.

Samin: You did a great job. You did a great job.

Sumesh: Take care. Bye.

Hrishi: Okay, bye.

Samin: (chuckles) It sounds like basically, crispy is on the surface and crunchy is all the way through. I think that's one another way you can think of it.

Hrishi: Look at that. We answered a question. Thank you so much to Caitlin and Maureen for sending us a question.

Samin: Yeah, I hope this settles something between you.

Should we go back and answer what your favorite thing that you've eaten all year has been?

Hrishi: Oh well, you know, one thing actually, I, um, I was in San Diego and I was driving back to LA. And you told me, a little while earlier when you were driving around California, about this place, Wholesome Choice. Tell everybody what Wholesome Choice is.

Samin: Um, Wholesome Choice is a grocery store in Irvine, California, and I don't know if it used to be like a Safeway or something, but it's a full-sized Iranian slash Middle Eastern, slash brown people grocery store. So it's like, kind of this amazing place to visit, and one of my favorite things about it is they have like the white people yogurt area, like the Yoplait and the Danone and stuff.

And then they have the brown people yogurt area where it's like...

Hrishi: In the 64oz tubs?

Samin: What an Iranian or Indian person would buy, like a gal, like a gallon of yogurt. (chuckles)

Hrishi: Yeah. Yeah. (laughs)

Samin: But the true, like, draw of Wholesome Choice is, right as you walk in, there is a bakery that bakes specifically a type of bread called sangak, which, in Farsi, the word "sang" means "stones." And so way back when this type of bread used to be baked on an oven that was lined with like, pebbles from a riverbed.

And the bread is, like, a whole wheat flatbread that has a really wet dough. And so it's almost like, poured out into this oven, into like a long, maybe two-or-three-foot-long, flatbread.

Hrishi: Yeah.

Samin: And sprinkled with Nigella seeds and sesame seeds.

And they're just so delicious. And this is this bread that when I grew up, when I was little, like my mom and my aunts and uncles, everybody was always like, sangak, sangak, sangak. And I never really got it, because you couldn't really get great sangak, *until* Wholesome Choice opened.

And it was such a draw, that we would drive like the 88 miles from our house. 88 miles! Can you imagine? And my mom would pack all of us, me and my brothers in the car, because Wholesome Choice used to have a limit to how many sangaks each person could buy.

And so, she would drag us all in there, and make us all buy, like, I think everyone could buy either two or three. So, then we'd each have to get the two or three, then we'd have sangak for like the next number of weeks. Now, if I'm ever driving between LA and San Diego, I always stop. It's like, just about halfway. And I get sangak, and some snacks from the prepared foods. And it's, it's a, it's just a really, really great place. And so, when you guys were driving home, I said, Oh, you should go to Wholesome Choice and you'll really like the sangak.

Hrishi: Yeah. And they still have the "Two Sangak" limit.

Samin: Oh, they do? Okay!

Hrishi: Yeah. At least in terms of, if you wanna get warm ones, you know, cuz they, you can buy it and it's all packaged.

Samin: No. Warm is the way to go.

Hrishi: But you can also get it right out of the oven and It was so good. I was just eating it in the store as I was going through the aisles.

Samin: That's what I do, too.

Hrishi: Yeah. But yesterday, I was at a car dealership, looking for, looking for a car.

And the guy who was helping me was Persian. We were talking and he was asking me where I'm from and, you know, he was asking me about India and, and my parents and stuff. And then I asked him, I was like, Oh, by the way, you know where I went the other day that was so good? I went to Wholesome Choice. And he just put his pen down and he looked at me, he put his hands on his lap and he said, You know Wholesome Choice? And I said, I do, I said, Well, my friend had told me about it. And so I had to stop there so

I could get the warm sangak. And then his whole face lit up. It was just like, he was like, You know sangak? You must be Persian.

You know, Even though he already knew I wasn't. It was just an incredible bonding moment between me and my car salesman.

Samin: And actually I'll take this moment to do a little shout out. My cousins have a bakery in LA where they make really delicious sangak. If you wanna try it, it's called House of Bread. I would say theirs may even beat out Wholesome Choice.

Hrishi: (gasp)

Samin: Yes.

Hrishi: My new friend Amir also told me that the Jons in Burbank also bakes Sangak.

Samin: Oh, I don't know what Jons is, but we should go there next time I'm down there.

Hrishi: Yeah. Jons is, I believe, an Armenian grocery store.

Samin: Ooh! We should definitely go there. I'm really, as you can tell already, it's like, just mere several minutes into this episode. And we've already talked about H Mart and Wholesome Choice, so I'm, I'm really into like "a particular community's grocery store."

Hrishi: The other thing that I had that was really tremendous was, while I was on tour, earlier this year...

Samin: Tour for what?

Hrishi: For, for my music!

Samin: Oh, okay. I don't know if you're golfing or something.

Hrishi: What?

Samin: Well, maybe the audience wants to know! I think you should specify.

Hrishi: Okay, okay. Okay. Earlier this year when I was on tour playing concerts, playing music, I played a show in Portland. And while I was there, I went to the headquarters of Salt & Straw Ice Cream.

Samin: Yeah, I know. I'm very jealous.

Hrishi: And while I was there, I had my first tastes of a new, limited edition ice cream that they, and I, and you, helped bring into existence, called Mom's Mango Pie.

Samin: That's so awesome.

Hrishi: It's so awesome!

Samin: Can you tell us about the whole experience of developing the ice cream?

Hrishi: Yeah. Okay. So, we've talked about the Mango Pie on Home Cooking so much. Maybe too much.

Samin: No such thing.

Hrishi: Okay. Much like the Mango Pie, there's no such thing as too much. So, this is, I guess, part two of our two-part, Sad, Parents-Have-Died, Food Stories?

Samin: Oh, yeah. (laughs)

Hrishi: (laughs)

Samin: Welcome back, guys.

Hrishi: So, this is my mom's Mango Pie recipe, which, Samin, you wrote about in the New York Times in 2019. In 2020, my mom passed away and I did not make Mango Pie that year. It was the, right before Thanksgiving, and people might remember that from, for us it was two years ago, but for you, it might have been just three episodes ago, depending on when you've been listening to the show. But then, last year I decided I was gonna make Mango Pie again.

Samin: Oh, I remember this!

Hrishi: And I tried to make it vegan. I tried to make a vegan version of the mango pie, which I had not done. I was using like a coconut-based Cool Whip-type product and vegan cream cheese.

Samin: This is my favorite thing, is like, when someone takes a recipe that works, and then changes everything about it.

Hrishi: Yeah, exactly. And so it didn't go exactly as planned, if the plan was to make a pie.

Samin: (chuckles)

Hrishi: I put it all together, I put it in the -

Samin: That's some true self-compassion if I ever heard it. Yeah.

Hrishi: I put it in the fridge, you know, to set overnight. And then we had our Thanksgiving dinner, and then I brought it out for dessert. And, it had a nice sort of glossy shine on the top. And I was like, Okay, here we go. And then I cut into it.

Samin: And it spilled everywhere.

Hrishi: Yeah – Just liquid filled the gap where knife -

Samin: The - oh, filled the wedge. Uh-huh.

Hrishi: Yeah. It hadn't set completely. And um, -

Samin: Been there, done that.

Hrishi: Yup. So I ended up (laugh) instead of serving it in plates, I had to serve it in bowls. It basically had the consistency of melted ice cream. But all of my friends, who were there, all still loved it. They were like, This is delicious. And it still tasted like the Mango Pie. It was just in the wrong, you know, state of matter. Um, and so, and because it reminded me of melted ice cream, it made me think, what if there were actually Mango Pie flavored ice cream?

Samin: Yeah, which sounds delicious.

Hrishi: Yeah. And so I brought that idea to the folks at Salt & Straw, who are wonderful, lovely people who I'd met from interviewing them for my podcast, Partners. So I texted them a picture of this pie failure. (laughs)

Samin: (laughs) Pie failure, but ice cream success.

Hrishi: But ice cream success, maybe, question mark? And, I sent them your article, and they got excited and they said, Should we do a collab? And I said, Oh my gosh, that, yes. And so, in the spring, they had made their first batch of the Mom's Mango Pie ice cream.

And so I got to taste-test it, and give them some notes and some thoughts, and then they made another round, and then they sent them to me in LA and I got to give them some more thoughts. And then they made the final batch, which is part of their Thanksgiving menu this year, as like a limited edition flavor.

Samin: What you're saying is, people should buy the Salt & Straw ice cream, or if they don't have access to Salt & Straw ice cream, they should make the mango pie and leave out the gelatin or agar agar.

Hrishi: Either go buy this delicious ice cream, *or* make the Mango Pie poorly.

Samin: Mhmm. Mhmm. Mhmm. And maybe, like, freeze it a little bit, and then it'll be the same thing. Yeah. (laughs)

Hrishi: Yeah. Okay. I'm gonna read from the press release. Ready?

Samin: Okay, ready!

Hrishi: Okay. Okay. "Like many families throughout the US, the Hirway Family Thanksgiving menu combined flavors from their Indian heritage with classic American favorites, blending flavors to create dishes like "Stuffing Bhaji," which was stovetop stuffing with onions, garlic, and Indian spices –"

Samin: That sounds good.

Hrishi: Which I, I'm pretty sure we've talked about in our past Thanksgiving episodes.

Samin: Mmhmm.

"And serving a full vegetarian Indian dinner alongside Turkey and mashed potatoes. Amongst all the incredible food on the table, the standout dish every year was Hrishikesh's mother's Mango Pie. It's a perfect amalgamation of American pie and Indian flavors, and it features a bright mango pulp filling, made tangy with the addition of cream cheese and a Keebler graham cracker crust."

Samin: (laughs) Wow! They mentioned Keebler in the press release.

Hrishi: Yeah. "Now, though Hrishikesh's mother passed away in 2020, the cherished Mango Pie recipe lives on, making its debut in ice cream form. Noting that his mother's mango pie might translate really well as an ice cream, and wanting to memorialize his mother's beloved recipe, he turned to one of his favorite pastry chefs, Tyler Malek of Salt and Straw. Tyler was immediately drawn to the recipe and, soon after, developed what is now the Mom's Mango Pie ice cream flavor. The ice cream has a Kulfi base made with Mawa, and just a touch of Mango."

Samin: What's Mawa?

Hrishi: Mawa is, it's a - Indian cheese.

Samin: Ohhh, uh-huh, uh-huh. What Kulfi's made with.

Hrishi: It's just, it's so smart that Tyler decided to pull that into the recipe.

Samin: So rad.

Hrishi: "Mango pulp cream cheese and Cool Whip is swirled into the Kulfi base and Mawa, and then all is mixed with Keebler graham cracker crumbs."

Samin: Ah! That's so rad.

Hrishi: It's SO delicious.

Samin: Oh my God. I can't wait to taste it.

Hrishi: So you can buy it at Salt & Straw, through Thanksgiving. And then, if you're not anywhere near a Salt & Straw, you can just order it, and it'll ship to you.

Samin: Or, like I said, you could just make a bad Mango Pie. (chuckles)

Hrishi: Yeah, exactly. But that ice cream is definitely one of the best things that I have eaten this year.

Samin: Well, also like, there's so much story and personal emotion built into taste. And so it could be a watermelon, or it could be this like, wonderful thing that's bringing back all of this memory and honoring your mom. Also, you've had your own share of being a food scientist. (chuckles)

Hrishi: Yep!

Samin: Honoring your dad.

Hrishi: Exactly.

Samin: It's pretty cool.

Hrishi: It's pretty cool.

We got a question from, from Lachlan, about something that happened on this podcast earlier. When we first first talked about ice cream, we talked about the ice cream store that you always wanted to open.

Samin: Oh yeah. Uhhuh, the Emperor of Ice Cream. Mm-hmm.

Hrishi: Emperor of ice cream. And then we started talking about dream ice cream flavors. But Lachlan said that, in that ice cream segment - Here's the question:

Samin said her *second* favorite ice cream flavor was mulberry. And I don't know how this happened, but Hrishi didn't ask what her *first* favorite ice cream was!

Samin: (chuckles)

*(clip from prior episode:*

*Hrishi: Wait, is mulberry ice cream something that exists in the world? Have you ever had that before?*

*Samin: Um, yes, it's like one of my top 2 favorite flavors, ever, in the entire history of the universe. It's like \*the\* special flavor of Chez Panisse restaurant, where I learned to cook.)*

Hrishi: And I don't know how that happened, either! If Mulberry is your second favorite, what's number one?

Samin: Well, it's a complicated answer because I have a bouj answer and I have, like, the grocery store, everyday answer.

Hrishi: Is the bouj answer the Salt, the Salt & Straw Mango Pie ice cream?

Samin: No, I've never had it! (chuckles) How would I know?

Hrishi: You know, I'm just trying to be on my side here.

Samin: Uh, no, sorry. My regular, everyday, like probably take it to the grave answer, is mint chocolate chip.

Hrishi: Doesn't it melt after it goes underground?

Samin: No, it's like, pretty cold down there.

Hrishi: Oh I see, I see.

Samin: And then my bouj answer, which is like, so... This is probably why I didn't say, it's like, it's embarrassing. You know what I mean?

Hrishi: Oh, it's the, I know which one. I know what it is.

Samin: Yeah.

Hrishi: It's the one that's made from the blood of peasants.

Samin: Yes, that one.

Hrishi: It is really boujee,

Samin: Stop. Stop. I can't right now.

Hrishi: Okay. Okay.

Samin: It's Burnt Caramel Noyaux, so...

Hrishi: (chuckles) Jeez.



Samin: I know! Well, there you go! That's why I couldn't say it is like, Hrishi's eyes just rolled so hard.

Hrishi: Wow.

Samin: They basically, like, fell to the back of his brain.

Hrishi: Yeah.

Samin: Yeah. And that's my actual friend, quote, unquote. Like, I can't even imagine -

Hrishi: (chuckles) Oh my god.

Samin: What my, like, other people... That's why I can't say it out loud.

Hrishi: Yeah. I can, I, I, now I understand. Yeah. sure

Samin: But I will say like ice creams that are flavored with - What noyaux is, it's it's the French word for the apricot pit. It's like the kernel inside of an apricot pit.

Hrishi: Mm.

Samin: Which produces this like, incredible almondy flavor. I can't remember if we've talked about it on the podcast before, but -

Hrishi: We haven't, actually.

Samin: I wrote a column about apricot jam and noyaux and how it's like, the secret ingredient to like, my favorite apricot jams, including the one that I make.

I just learned this recently when I went to the farm where I pick up the apricots for my jam, but - Some stone fruit kernel is actually where they get one of the flavorings for Coca-Cola.

Hrishi: Hmm!

Samin: It's a very specific sort of like almond-y flavor, cuz all of those things are related. Almonds and cherries, apricots, nectarines, all the stone fruits. They're in a family called, a botanical, family called droops.

Hrishi: Hmmm.

Samin: So if you steep like the cream or the ice cream base with the apricot kernels, it releases its aroma into the ice cream base and it's so good. And then, there used to be a really like, wonderful ice cream shop here in, in Berkeley called Ici. And she would just make

these seasonal flavors. And honestly, the best flavor I ever had was Burnt Caramel Noyaux. And I, I've never forgotten. It was probably like 12 or 15 years ago.

Samin: And I just, I've never forgotten how delicious that was.

Hrishi: So it's your favorite ice cream, but you've only had it once.

Samin: Mm-hmm.

Hrishi: Wow. Okay.

Samin: It was so good. I think it was just like a special, like really, really special thing that I knew would probably never happen again.

Hrishi: Hmm.

Samin: Everybody needs to know that, like, even though I've been through a, a life-changing trauma, like Hrishi has still not given me any break from the puns. Like, it continues.

Hrishi: You don't know the amount of restraint that I have shown.

Samin: No, no, no, no!

Hrishi: I mean, even in this podcast, after you'd explained what the apricot pit was, I did not say, "And now you know, yo."

Samin: (chuckles) But I will say like, this is to what length he goes to is, I left Twitter, like 90% to get away from Hrishi, and now he just screenshots the bad puns and texts them to me.

Hrishi: Yeah.

Samin: I'm gonna be like six feet underground and I'm gonna hear like, a clawing at my casket.

Hrishi: And I'm gonna be like, can I have some mint chip ice cream please?

Samin: I'll be like, yeah, it's perfectly frozen down here.

Hrishi: It's perfectly frozen!

Samin: He's like, by the way, here's a screenshot of my latest tweet.

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Hrishi: Okay, let's turn to another question. This one was a voicemail that we got, but the caller did not identify herself.

Listener: Hi Samin and Hrishi. I just discovered your podcast, and I just also discovered that I have Covid. So I'm hunkering down with my boo, and we just roasted a chicken, which was delicious.

And now I have all this leftover chicken fat in the pan. And I hate figuring out what to do with the leftover fat from chicken that I cook. I'm newly eating chicken. It just pains me to like, throw away oil. So I'm wondering if you have any recipes to use up leftover, like, meat fat. Thanks!

Samin: Oh my God, I love this question, and I have been thinking about chicken fat a lot because I just made chicken soup and I feel like it's becoming chicken season. Like, I don't eat a ton of meat anymore. Well, also cuz I'm on a Barbara's Cheese Puff-only diet but - like, I -

Hrishi: Also because the phrase "leftover meat fat" just isn't the most appetizing thing.

Samin: But I, I guess cuz I also have leftover meat fat that I'm, uh, pondering what to do with.

Hrishi: I have leftover meat fat that I'm also pondering what to do with, but that's why I have a gym membership.

Samin: Oh my God. Why? Why, why, why, why, why, why, why? Is her, wait, is her name Rachel? Is that -

Hrishi: We don't know her name, but you can call her Rachel, if you want.

Samin: Okay. I'll just call you Rachel. Dear Rachel.

Hrishi: You know how they sometimes, how, like people will be like, sleepless in Seattle, and then the advice columnist will be like, Dear Sleepless, or something like that, yeah.

Samin: I'll Be like, Dear Leftover Meat Fat.

Hrishi: Yeah, exactly.

Samin: Uh, but okay. Here is a shortlist of things that I've been thinking of doing with my leftover rendered chicken fat. To begin with: Don't feel pressure to use it immediately. You can just tip it out of the pan, strain it through a strainer and into a glass jar and refrigerate it, and it'll keep for, I don't know, a few weeks.

You could also freeze it for, you know, up to, I don't know, I, I honestly have one from last year, but maybe what's safer is just, up to like six months or something like that. Jewish folks call rendered chicken fat, "schmaltz." So that's how I like to label it in the fridge.

Hrishi: Hmm.

Samin: That's the word I think in Yiddish for it. And so, a classic use for schmaltz is in matzo balls. If you don't feel like, up to making matzo balls, some much easier ways to use it up,

is roasting vegetables, like tossing your vegetables that you wanna roast in it. Like a classic, delicious thing is just potatoes, like cut up your potatoes, toss them with like warm liquid-y schmaltz.

Hrishi: Hmm.

Samin: Instead of olive oil or another fat.

Samin: Or sweet potatoes is great. Carrots are also good. Truly, I mean, any potatoes cooked in chicken or duck fat are just so, so, so extra delicious. I, I was thinking actually of putting that in my next book.

Hrishi: Hmm!

Samin: That's how much I love them. Another thing that I really love doing is making rice with some chicken fat in it.

And this came about because of a mistake I made once where I was making a pot of chicken stock. And I love making chicken stock rice, where I use stock instead of water to cook my rice.

Hrishi: Mmhmm.

Samin: And I had the pot of stock on the stove and it was like, you know, still cooking or almost done. And so, instead of like, doing the normal skimming of all the fat at the top, and then putting the measurement of stock into the pot of rice.

I just like took, I was lazy and I took it from the top, thereby bringing, accidentally, a whole bunch of the fat from the top of the stock into my rice pot.

Hrishi: Mmm.

Samin: And then, I think I like, went to take a bath or some, I like, somehow ignored the pot of rice for a little too long. So once all of the liquid was absorbed into the rice, there was then fat left in the pot, at the bottom of the pot.

And the, the bottom rice sizzled in the chicken fat, turning into like a chicken fat tahdig.

Hrishi: Hmm.

Samin: A schmaltz tahdig.

Hrishi: Hmm.

Samin: And it was truly so delicious. So now, I almost always will just put a little bit of schmaltz in my rice cooker, or in my pot of rice, if I'm making chicken stock rice to try and get that.

Or like, you could make fried rice, if you're making chicken fried rice, you can use the schmaltz for that. Helen Rosner, who writes about food for the New Yorker, in probably 2020, I think, early pandemic times, she came up with like a viral recipe for chicken with schmaltzy cabbage where she would like, roast a chicken and, I don't know if she just let the schmaltz drip down onto like slices of cabbage underneath the chicken in a cast iron pan. But, that's a great way where like you could, I mean, honestly just the cabbage in schmaltz is a great idea.

I don't know, is this enough schmaltz ideas? Do you want some more?

Hrishi: That's great!

Okay. So we got a question from Emmy about salting and marinades. She said she's been learning a lot about salting foods from Salt, Fat, Acid, Heat. But, one of the things she's wondering about is how much you salt a protein when it's gonna be in a marinade.

Samin: Ooh.

Hrishi: I know, from talking to you and from reading your book and from just, you know, living life adjacently to you, you love to put a lot of salt on meat to tenderize it and also make it delicious.

Samin: Mm-hmm.

Hrishi: But the question is, do you take a different approach when it's gonna be in a marinade? Should there be less salt? Do you put the salt in the marinade itself?

Samin: I guess it depends on what is in the marinade and two, exactly what type of meat, or what size of meat, you're marinating.

If we're talking Thanksgiving, or a chicken or a big piece of meat on the bone, you can kind of like go for a whole day or even two days. I mean a Turkey, I would do two days in advance. But like a chicken, I would do a day in advance. And if you do it and then you end up having to go out to dinner, it's fine for that second day.

But if it's a smaller piece of meat, like a steak, or chicken breast, or Turkey breast, you know, something *not* on the bone, less time is better, 'cause it *will* start drying out.

And that same thing applies to marinades because marinades tend to have acid in them and acid works differently on meat. Acid has kind of a more, I would say hard, time limit than salt does. With salt, things are a little more forgiving and it's like a little bit more of a gray area.

If you're gonna make a *sel gris* joke, insert here.

Hrishi: I was gonna say, if your meat is exhibiting a gray area, probably don't salt it at all, just throw it away.

Samin: Okay, there you go. (chuckles) But what will happen with acid is, you'll put it on your meat and it will start to tenderize, but then at a certain point, it will dry it out and cause, like, tough, dried-out meat. And so, you wanna marinate the bigger, tougher things. 'Cause that's what needs that help and that flavor infusion and that tenderization that comes with the acid.

Hrishi: So marinating, you do it mainly for the tenderizing? And less for the flavor?

Samin: I have opinions that nobody else needs to follow, but like, I don't necessarily think, like

Hrishi: See: Burnt butter, Caramel and noyaux, and the blood of peasants ice cream -

Samin: Yeah, that's why I keep those opinions to myself! Exactly. That's what I'm saying. Was I out here telling everyone what my favorite ice cream was? No. Just my second favorite, which already, honestly, Persian mulberries are like, you know, snooty enough!

So like, I couldn't very well in the same breath tell you two fancy ice creams!

Hrishi: Let me give you a scenario.

Samin: Okay. Gimme a scenario.

Hrishi: What's the scenario? It's Chickety Choco, the chocolate chicken.

*(A Tribe Called Quest song plays: "Chickety Choco / the chocolate chicken...)*

Samin: Okay, so we're talking mole chicken mole here,

Hrishi: Chicken mole. Say you're m-making chicken and you have the same chicken, two chickens, and you want to have the same flavor. One of them is gonna go in a marinade.

Samin: Uh-huh.

Hrishi: One of them is not gonna go in a marinade.

Samin: Uh-huh.

Hrishi: Between the two, which one requires more salt? Like in your recipe list? Which one is like, you need these many teaspoons, or tablespoons.

Samin: It depends if there are other salty ingredients in the marinade.

Hrishi: Hmm.

Samin: So if there's soy sauce in the marinade, if there's, I don't know, Braggs liquid aminos.

Hrishi: Let's say there aren't any other salt ingredients in the marinade.

Samin: Then I would still use the same amount of salt. It also depends how much quote unquote marinade.

Hrishi: Hmm.

Samin: Because like, for example, in the buttermilk chicken that I have in my book. One can think of the buttermilk as a brine, or some people might think of it as a marinade. I think of it more as a brine.

Hrishi: What's the difference? I was thinking of them interchangeably, in my mind.

Samin: I think like a, um, brines tend to be that you put meat in when you're brining your meat, there's like much more volume of it. Whereas marinade is just enough to coat the meat. Because all you're trying to get is like a flavor interchange. And a salt and acid interchange. So it's just enough to coat. It's not like, necessarily needs to be submerged.

So if I were making a marinade out of like, expensive ingredients, like vinegar and olive oil and I don't know, pounding garlic and putting ginger and chili pepper, I wouldn't put enough that it's like, so my chicken's being submerged into it, I would just want it to coat.

I have found that, if I put zero salt and thinking that like my marinade will take care of it, that that doesn't ever work.

I always need to put a little bit of actual salt on the meat, and usually give it a little bit of time, like a 30 minute heads up, for that to start getting absorbed before adding the marinade.

Hrishi: One question that Emmy also asks that I think is, is an interesting one, is: How much flavor do you find the marinade should have? Like should a marinade taste perfectly seasoned before you add the protein in? Like, if you were to just, like, take a sip or whatever, should it be like, Ah, that is super tasty.

Samin: Your marinade should taste perfectly salted, even maybe tiny bit more. Just like, on the edge of saltiness.

Hrishi: Hmmmm. Much like Samin on this podcast.

Samin: Yes, I am definitely on the edge of bitterness and saltiness. A hundred percent. When it comes to the puns, I'll say.

Hrishi: With all of the nature foods that you eat, you're also, I would say, on the edge of crunchiness.

Samin: It's true.

Hrishi: You know, the last time I had mentioned that we were still taking questions for Home Cooking theoretically was back in August and we got two questions, back to back, that both dealt with parsley. If you can believe it.

This one comes from Andrew. Andrew says he has a - I'm just reading this more closely and appreciating that he says, I have a two parts-ley question,

Samin: Oh, no, Andrew, you're fired.

Hrishi: One. Do you prefer flat leaf or curly? And if so, why?

Samin: I will say I prefer flat leaf, also known as Italian, because of brainwashing. Um, because that's what I've always used. Both, like, as a kid, my mom bought it. And also, in all the restaurants where I've worked, that's what we've used.

Hrishi: That's interesting because you also prefer your hair curly.

Samin: Hair curly, parsley, flat. Correct. But I will say, like I've had different forays into juicing, because I really like green, fresh things,

Hrishi: Mm-hmm.

Samin: And I think curly parsley produces more juice than regular parsley, So I, I will buy curly parsley for juice purposes.

Hrishi: Okay.

Samin: But I have found that Italian parsley, aka flat leaf parsley is way easier to um, chop up. And if you're biting on it it doesn't get like, stuck in your teeth. It's just not quite as like, fibrous and hard.

Hrishi: Okay. So these are the things that we have learned that you prefer curly: Juice. No, not parsley. *Juice* parsley.

Samin: Juice parsley. (chuckles)

Hrishi: Hair; and Barbara's cheese puffs.

Samin: I don't know that they're cur- Are they curls?

Hrishi: They are curlier.

Samin: But they're not curly, they're just a little round. They're like, fluffy and round. I'm gonna say I have to, Oh God. I can't promise to send you anything, cuz then you'll just ho- hold -



Hrishi: Here's the second part to Andrew's question. How do you keep herbs fresh if you don't grow them? He says, I feel like I waste a lot of what I buy at the store -

Samin: Me too, dude.

Hrishi: - which mostly translates to, I don't buy them, even though I like fresh herbs.

Samin: I know. Isn't that so horrible? Ugh. Some people say that you should, like, cut the root off, and like put it in a glass of water and put it on your window sill, or your fridge.

Hrishi: Like a little vase of flowers.

Samin: But I have not actually found that that keeps them alive and fresh.

Hrishi: Same with flowers, by the way.

Samin: (chuckles)

Hrishi: It's like a little change of the water. Oh, look. And they still have a lifespan of one day.

Samin: Yeah, I guess. Okay, I mean, that's just you. I think they're dying 'cause they don't like you. They're like, Get me out here.

Yeah. But what I like have always done in restaurants and what I do when I'm being my best cooking self at home is I'll wash the bunch of herbs, and I don't even bother to like, unwrap it from the bunch. So, if there's like a rubber band holding it together, I'll leave the bunch in the bunch, and dunk it in my salad spinner in a big bowl of water or, or the sink or something, and, to get as much dirt out as I possibly can.

Hrishi: Mmhmm.

Samin: And then let it drip dry or spin it whole.

Hrishi: Mmhmm. Mmhmm.

Samin: And then wrap it in a dish towel. Can I just also give a plug for my favorite dish towels right now?

Hrishi: Sure.

Samin: Like, truly life changing, awesome-est.

Hrishi: This is not a sponsored -

Samin: No, not sponsorship, but just like - They're so good. I buy these, like, 12 packs of flour sack, kitchen towels. Just white, soft, flour sack towels that are so absorbent, and so soft,

and so inexpensive. And I'm like constantly using 'em, washing 'em, I'm using 'em, washing 'em. I, I'm really trying to cut down my paper towel usage. So this is a great use to like wrap your herbs and then just like put 'em back in the plastic bag and keep 'em in the plastic bag, sort of with as much water taken off as possible. But a little dampness is nice and helps with the freshness.

And that way, depending on the herb, like, you'll be able to keep it for, maybe even up to like 10 days.

Hrishi: But, so don't dry it completely.

Samin: I would say get as much out as you think you can, but it's like you don't need to be out there like, patting each leaf.

Hrishi: It's okay if it's *parsley* wet.

Samin: Oh no, you didn't. (chuckles) It's okay if it's partially wet.

Hrishi: Okay.

Samin: But the herbs I'm referring to in this lesson are parsley, cilantro. I wouldn't do this for thyme, or sage, or any of what, like, are the woodier herbs. Because they're woodier, they're like, they last a lot longer.

Hrishi: Yeah. Basil is the worst because I get really excited about basil -

Samin: My god, my basil dies in a second. You look at it, and it's dead.

Hrishi: Oh, should we turn to our brand new segment? That may only last for this one episode. But we've been watching so much television, and there's been so many great food scenes and so many of the things that you and I have watched, I thought we would have a little segment where we could talk about some of these scenes.

It's a segment called "TV Dinner." Samin, could you maybe improvise like a little jingle for what is the theme song for the TV dinner segment?

Samin: (sings) And now, here's our TV dinner! (chuckles)

Hrishi: Perfect. Okay.

Samin: Oh my God. What are you gonna do to that in post-production?

Hrishi: Nothing. Nothing.

Samin: Can you autotune it, please?

Hrishi: No, that's what it's gonna be.

Samin: Oh my God. Oh my God. Okay. Yes, I'm very excited because, per usual, you told me to watch something, and then I ignored you for two years. And then, when I watched it, I was like, I discovered the best thing in the world.

I'm sure also the entirety of our audience feels the same way. And they also have watched this show. It's called Better Things, that, it had its final season this year. It was written, produced, directed, made, starred in by the wonderful, like, incredible Pamela Adlon.

And it's clear pretty much from the first episode that Pamela Adlon, whose character is named Sam, both in real life and in the show, like, knows how to cook and has like kind of a sacred relationship to cooking. I think, for her, the kitchen is a place where she relaxes. And so, when I got to season four, there's this scene and she's kind of like in the kitchen, wearing her underwear and a t-shirt and socks and her kids have just gotten off to school.

She's just gotten off the phone with her agent. And she's making this like spring lamb dinner, like a rack of lamb. And she's wrapping the, all the bones in foil and she's roasting asparagus, and she's not looking at any recipes. She's so comfortable in the kitchen and she's cleaning up as she goes and washing the dishes and wiping the counter.

And at one point she starts like, making the Julia Child Voice.

*(Better Things Clip plays: "We must cover the legs, so as not to burn them!")*

Samin: You can tell there's kind of like an ease for her in the kitchen. And also there's something, sort of, bigger than her that's guiding her in her cooking because it's for the people that she loves. They could show up at any moment and she'd still be wearing her underwear and it would be fine. And I was like, Oh my gosh! This encapsulates everything that I aim to think about as I cook, and what I try to convey to people. This three-minute scene is like, this is me! It's me.

I'm in my house all the time cooking in my underwear, like whether it's for myself or somebody's coming over and I'm like, behind, and I haven't set the table. But I don't want it to be stressful. I want it to be joyous and I want it to be for a larger purpose. And like, I want people to know there's value in cooking for someone you love, even if that someone you love, is just yourself.

And sometimes it's also all the people you love, coming together with you, around the table. And like, it doesn't have to be this huge deal where like, you've dirtied the whole kitchen and like you've pulled everything out and you're doing all the recipes and the 19 cookbooks are out. It can just be this kind of, like, clean-up-as-you-go, and make a mess and have fun and not take it too seriously kind of thing.

It was just so, so special and so beautiful. And I was like, Underwear Cooking. Underwear Cooking. That's my motto. Underwear Cooking. That's it.

Hrishi: We're not yet ready to unveil our new line of merch of Home Cooking underwear, but...

Samin: Coming soon for the holidays.

Hrishi: You still can get Home Cooking sweatshirts and the Home Cooking magnet. Do you remember the address, Samin?

Samin: "Homecooking.home, dot -" No, I have no idea. "shrimpjenga.com"?

Hrishi: "slash..."

Samin: "slash merch"?

Hrishi: Or our, our regular address is homecooking.show/merch. All right, Samin, I think that's it for this episode and I guess maybe for this year. I'll talk to you in 2023.

Samin: Oh, thank God.

Hrishi: Any final thoughts before we sign off, Samin?

Samin: Well, I will say these last couple days I've been cooking a little more in the kitchen, 'cause I'm, I'm finally sort of home for a little amount of time. I made rice pudding yesterday.

And I did fry some bread in olive oil today. So, depending on how thickly I slice it, to be determined if it's crispy or crunchy!

Hrishi: Can I tell you something that I ate, that was also one of the best things I've eaten recently, that is both crispy and crunchy?

Samin: Yes, yes, yes.

Hrishi: So I was back on the East Coast recently and I was with my sister and her family. One of her kids will only eat one thing, which is raisin bread, toasted, with peanut butter. And that's all he wants to eat.

And I've never had it before. But while I was putting together one for him, I made one for myself. And I was like, well, I understand. He is a genius. Why would you eat anything else?

Samin: It has like, built-in jam.

Hrishi: Raisin bread - exactly - and peanut butter. And it was so -

Samin: Wait, Did it - but why is it crunchy? Does it have crunchy peanut butter?

Hrishi: I think, I would say, toasted bread is both crispy *and* crunchy.

Samin: Depends on how hard you toast it and how thick the bread is.

Hrishi: Sure, sure, sure. Yeah. Well, in their house, their bread toasts all the way through.

Samin: Okay. Okay. Once you told me about that, ever since then, which I think was probably close to a month ago, I've been on a cinnamon toast kick. My preferred one, which I found on a fluke, but I have since found out is many people's preferred one is Trader Joe's.

It's very thick, super soft, like perfect white bread texture. Oh my God. It is so good. I can't even tell you.

Hrishi: All right.

Samin: Again, not sponsored.

Hrishi: There you go. Thanks for listening to our Home Cooking episode with renowned James Beard Award-winning Chef Samin Nosrat, who tells you go get some bread from Trader Joe's and toast it!

Samin: And Barbara's Cheese Puffs! (chuckles)

Hrishi: Barbara's Cheese Puffs.

Samin: And the mint chocolate chip ice cream.

Hrishi: Mint chocolate -- oh, do you have a preferred brand of mint chocolate chip ice cream?

Samin: I'm not gonna say it right now. I'm already too bouj for everyone. It's fine.

Hrishi: It's gonna be like, Tiffany's, Tiffany's platinum mint...

Samin: No it's Straus, but you can't get that everywhere.

Hrishi: Just let me believe it's Tiffany's.

Samin: I don't know what Tiffany's ice cream is.

Hrishi: I'm just *guessing* that Tiffany's, You know, when you go to get your diamond tiara, you can also stop and get some -

Samin: Oh my God. Stop trolling me!

Hrishi: And that's it for this episode. Until next time, whenever that's gonna be.

Samin: Can I please ask everyone to write in, with their opinions about the Chill era? Because -

Hrishi: You, do you know how chill it was? It's as chill as ice cream -

Samin: Ice cream under the grave?

Hrishi: Six feet under! Done. Exactly.

Samin: (laughs) Oh my God.

Hrishi: We made this episode with the help of Margaret Miller, Zach McNees, Reese Lichtenstein, and Mary Dolan, and Mamie Rheingold makes our episode artwork.

Samin: We're a proud member of Radiotopia, a collective of independent podcasts. You can learn more about all the Radiotopia shows at radiotopia.fm.

Hrishi: Our website is homecooking.show.

Samin: Or shrimpjenga.com, which is honestly better. Come on. We pay for it, so use it, please.

Hrishi: Either one is where you can find recipes and transcripts for all of our episodes.

Samin: You can follow Hrishi on Twitter and Instagram @hrishihirway

Hrishi: Samin is on Instagram @ciaosamin. Sometimes. Not very often. And pretty much never on Twitter, but she's also technically @ciaosamin there.

Samin: Or you could just take screenshots and text them to me! (laughs)

Hrishi: Yes. The Address to send your screenshot is six feet underground, c/o mint chocolate chip ice cream.

Samin: Oh, aïe, aïe, aïe, aïe... Stay healthy, eat well, and take care of each other.

Hrishi: Thanks for listening.

Samin: I'm Samin.

Hrishi: And I'm Hrishi.

Samin: We'll be Home Cooking. And eating Barbara's Cheese Puffs.