

O'Mottel's Kitchen

Posted by obormottel - 02 Nov 2011 23:29

It seems that a lot of us here suffer from malnutrition, which tends to bring about depression and other *machlas* of the mind. I mean, how are you gonna feel good about yourself, when you're 30 pounds overweight, and you don't even have an excuse of a recent pregnancy?

So pile in, and if you're sick of cholint and kishke, I'll set you up with a nutritious meal that is inexpensive and good for you at the same.

Oh, and we do give out complimentary drink tickets to Bardy's Pub with each meal. You may have to check with Bards, though, if he'll honor them for anything other than a shot of Crapowitz.

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Re: O'Mottel's Kitchen

Posted by obormottel - 23 Jan 2012 22:37

Not in my kitchen!

Shmueli, thanks for the compliment.

[Shmueli wrote on 23 Jan 2012 21:52:](#)

hey mottel, im pretty impressed, you seem like youre quite well-versed in the lore of the hearth.
(and im not easily impressed when it comes to cookery.)

im surprised, though, that you cook with canola oil as you seem pretty health-conscious. canola oil breaks down into toxins when heated.

There are many negative things to be said about canola oil: that it's GMO; that it was invented by Canadians; that it's real name is rapeseed oil.

But I think you're mistaken in this one: canola oil has one of the highest burning points, second only to grapeseed oil. So while ALL oils turn carcinogenic once burned, canola certainly beats olive oil (the worst for heat-treatment), and even soybean oil et al.

Rapeseed oil used to be used as a machine oil because of it's heat-resistant properties, until the Canadians modified it genetically to suit to human consumption.

So eat without worry, my friend, I'm on top of it.

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Re: O'Mottel's Kitchen

Posted by Shmueli - 23 Jan 2012 23:10

while canola oil does indeed have one of the highest burning points, which is why its commonly used for asian stir-frying, unlike most other oils it doesnt need to reach the burning point to turn into trans fatty acids and other toxins. in fact, heating it even low temperatures destroys many of the omega-3's that people think it is healthy for having, turning them into toxins. and dont forget that its processed at high heat to begin with, so even if you yourself dont heat it at all, it has already been heated in the plant.

personally, i use peanut oil for high-heat things like stir-frying and e-v olive oil for most other things, unless i dont want the taste, like in eier mit svivel...

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Re: O'Mottel's Kitchen

Posted by obormottel - 23 Jan 2012 23:43

Finally there is a heated discussion about something other than compulsively grabbing our privates...

Transfats do not equal toxins, even if you beleive they are bad for you. In fact, transfats are IN, as of late (coconut oil, for example, is the new health trend, and it's packed with transfats, right?).

Peanut oil is expensive and it stinks, and it gives some people allergies, and when you're dealing with a mixed crowd of sickos here on GYE, you don't want to allergize anyone...

Olive oil, e-v, or other, should takka not be exposed to heat for fear of toxins/carcinogens.

And destroyed omega-3s don't equal toxins either, just means the health benefit is not there.

And finally, ALL oil undergoes heat treatment at processing (save for extra-V*****, i.e. without experience) which is why ALL oil needs a hechsher (save for extra-V*****), and yet they all make a claim of containing more or less omegas so I don't quite get your point there.

The motto in this kitchen is "Everything in moderation except masturbation", so a little canola oil won't hurt anyone, even with all the terrible attributes you ascribe to it.

Welcome to GYE, my friend. Where did you say your thread is so we can get to know you better?

Mottel

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Re: O'Mottel's Kitchen

Posted by Shmueli - 24 Jan 2012 09:57

i havent heard that trans fats were in, in fact last i heard many places, like nyc, were banning them, which caused some problems for bakeries to try to find a replacement, especially in the kosher world. while it hasnt really been publicized until recently, its been known since the 70's that trans fats were bad for you. like with many things, though, business won out and it was covered up. i think what youre thinking of with coconut oil (which only has trans fats if its hydrogenated) is saturated fats. for a while it was thought that all saturated fats were bad for you, but recently some have distinguished between fruity based saturated fats like in coconut oil and others, saying that fruity based ones might even be good for you because of the way the body metabolizes them.

i hear not recommending peanut oil to an unknown crowd, though i still personally like it. its quite common in asian cuisines such as thai, both for the flavor and the fact that it also has a higher burning point.

while destroyed beneficial nutrients doesnt necessarily mean toxins, in the case of omega-3's its thought that they do turn into toxins. the body can often turn otherwise harmless substances into harmful ones. one good example is poppy seeds. aside from the minute amount of opium

present, they also contain another substance that the body turns into the same substance used to induce abortions. thus, a pregnant woman should not eat large amounts of poppy.

in moderation canola oil probably wont add up to all that much harm either, but it sounded like you used it a lot, and its always good to be aware of risks, so i figured i would warn you...

thanks for the welcome. i just recently joined, and havent made a thread yet. for my particular situation im still undecided whether i will though. the forums are a bit open, being able to be seen by anyone.

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Re: O'Mottel's Kitchen

Posted by tehillimzugger - 24 Jan 2012 12:42

WOW!

here are some people that sound like they know what's going on in the kitchen!

although personally i suspect that mottel just started another account so that he can regain control of his kitchen....

[sorry shmueli]

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Re: O'Mottel's Kitchen

Posted by Shteeble - 24 Jan 2012 14:24

any nosh in the kitchen?

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Re: O'Mottel's Kitchen

Posted by gibbor120 - 24 Jan 2012 17:06

All the nosh in mottels kitchen is organic and has no sugar added. You may have to change your definition of nosh ;D.

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Re: O'Mottel's Kitchen

Posted by obormottel - 24 Jan 2012 17:19

Well, we do have peanut bars wrapped in allergy warnings (you need to sign a waiver and have it verified by a notary).

And of course there is sugar: we use stevia, as well as raw organic sugar.

And if you're clean for at least three days, you can have a cup of Organic Yerba Mate or Java (No Amazon forest was harmed in producing this fine beverages).

[Shmueli wrote on 24 Jan 2012 09:57:](#)

thanks for the welcome. i just recently joined, and havent made a thread yet. for my particular situation im still undecided whether i will though. the forums are a bit open, being able to be seen by anyone.

Shmueli, your points are well taken, I may wanna do some more research on it if I find the time.

As for the forums being open: you can change your name to MatisyahuWithABeard and post away without fear of being found out. As fun as the kitchen thread is, our main focus here is battling internet and pornography addiction, so it would help all of us to know where you fit in.

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Re: O'Mottel's Kitchen

Posted by tehillimzugger - 24 Jan 2012 17:38

as per matisyahu with a beard

play the song ROOTS IN STEREO while singing these lyrics

It's B.R.D and Matisyahu

One time growin' down

To an end

How 'bout that

Ah boom boom bye

Don't nobody disrespect

Yuh

don't look

Give me strength

To shave

The long strands

Not sane

You want

Walk with yids

Talk with yids

When it all comes off

Have no idea what it really means

To live by words of scriptures roots

And why hold your tongue?

When you speak the truth

You learn real quick

Where yo from

If you don't belong

Only the truth survives

Once the beard comes off

You think you're number one

Wicked society

Tryin' to sneak up

With yo pretended piety

(it can grow to the ground)

In the streets they hear my name

They respect me

You can run and hide

In the end we gon' get ya

BOOM beardy bye bye

Original roots in chinbone

so long the streets

just ride on

chop em down

gain a rude boy sound

and watch the whole world blog now

extend around

through the cheeks they know

where's your crown

you shine now

you gotta shave around

washing through the locks

and make the world go blog now

use yah energy

make life where you come from

so the mountains touch the cities

and the waters touch the sun

whose sons carry tefilin

like others carry guns

in fact

shaving glorified

'til a day soon come

Follow me

Take a shave if you a mighty warrior

Take a shave if you a freedom fighter (brruh brrruh)

Take a shave if you a true soldier

That's the way back to goytown

Yah that's the way back to goytown

I grew it down

For your looks

'til my journey is done

And let stories be told

Now the battle is won

So I grabbed the microphone and I started to run

Here I come

Boom beardy bye

Here I come

BUH BOOM beardy BYE BYE

Original roots in chinbone

so long the streets

just ride on

chop em down

gain a rude boy sound

and watch the whole world blog now

extend around

through the cheeks they know

where's your crown

you shine now

you gotta shave around

washing through the locks

and make the world go blog now

empty nation just a phase

torah's on its way

them people love to talk

but they don't got much to say

generation of orphans

whose hearts are all ablaze

and a light in the darkness goes ahead and shaves

freedom!

Hearts bleeding

Chassidim

Feeling poison

For choices

Where it's searing

Tryin' to break these boundaries

Runnin' up fame's mountain

Chains tied to my cheek

Runnin' up fame's mountain

Chains tied to my cheek

Original roots in chinbone

so long the streets

just ride on

chop em down

gain a rude boy sound

and watch the whole world blog now

extend around

through the cheeks they know

where's your crown

you shine now

you gotta shave around

washing through the locks

we gon' make the world go blog now

make the world go blog now

make the world go blog now

heh hey tripping through the rain

face down razor feel the pain

get up

you conduct your own train

shavin' it off and shavin' off shavin' it off?

we're the blood of g-d's veins

we got to maintain!

When Israel came

There were reasons

For assimil'

But we stayed up

Yet lay low

And raised our son up the hope

That their beards grow

and blessings will flow

so let the world go blog now

let the world go blog now

let the whole **** world go blog now

said a bye bye bye bye bye bye bye yo

tripping in the rain

face down

razor feel the pain

get up

you conduct your own train

shavin' and shavin' and shavin'

There were reasons

For assimil'

Need to stay up

not lay low

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Re: O'Mottel's Kitchen

Posted by Shteeble - 24 Jan 2012 18:27

but aren't potato chips vegetables?

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Re: O'Mottel's Kitchen

Posted by obormottel - 24 Jan 2012 19:51

TZ, when did you have time?

It was nice talking on the phone to a new friend this morning. If anyone else is interested in making a real connection, please PM me for my cellphone#.

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Re: O'Mottel's Kitchen

Posted by Shmueli - 24 Jan 2012 20:27

[obormottel wrote on 24 Jan 2012 17:19:](#)

Shmueli, your points are well taken, I may wanna do some more research on it if I find the time.

As for the forums being open: you can change your name to MatisyahuWithABeard and post away without fear of being found out. As fun as the kitchen thread is, our main focus here is battling internet and pornography addiction, so it would help all of us to know where you fit in.

like most things are debatable, im sure youll find two sides to it. i have from what i consider to be a good authority to stay away from it, though, so thats what i do.

oh, dont worry, shmueli isnt my real name. but names not withstanding, details can give you away to someone who knows you well enough. even the way you speak could to someone who knows you really well. for now, im just going to glean chizuk from lurking and talking food.

speaking of which, enough debating canola oil, lets make some food! heres a two-in-one recipe for some yummy eye-catching rice.

1 2/3 cups brown rice

1/3 cup black rice (supposed to have a high amount of antioxidants and other goodies. i found it at costco.)

1/4 cup mexican tomato dip (recipe below)

3 7/8 cups water

put it all in a rice cooker. have a shot of scotch. (sorry, no vodka here!) turn it on. have a few more shots while you wait.

you can use more dip and less water if you want it to be more flavorful.

mexican tomato dip

1/2 lb kumato brown tomatoes (or regular vine-ripe if you cant find those)

2 med cloves of garlic

salt/pepper to taste

2-3 tbsp oil (i use 100% pure olive. e-v has too strong a taste for this.)

1 med tomatillo (looks like a green tomato in a papery wrapper)

1 med jalepeno (include seeds if you like it spicy)

handful fresh cilantro

a few drops lime juice

puree it all in a food processor.

oh, and on the subject of vegetables, candy is a vegetable, too. sugar and chocolate both come from plants!

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Re: O'Mottel's Kitchen

Posted by Gevura Shebyesod - 24 Jan 2012 21:54

[Shmueli wrote on 24 Jan 2012 20:27:](#)

oh, and on the subject of vegetables, candy is a vegetable, too. sugar and chocolate both come from plants!

I've been trying to convince my mother of that since i'm a little kid. Can I tell her you said so? ;D

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Re: O'Mottel's Kitchen

Posted by Shmueli - 24 Jan 2012 22:43

yeah, sure. also tell her i said you should have at least five servings per day. the sfda (shmueli food and drug administration) also recommends 3-4 servings of starches per day in liquid form such as might be found in a scotch or bourbon. these are important nutrients that should not be ignored.

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