GIRL SCOUT COOKIE UNITY CHEESECAKE

If you unify a bunch of different Girl Scout cookies in a single cheesecake, it doesn’t matter what they’re called. It’s Girl Scout Cookie Unity Cheesecake. And it’s amazing.

My friend Emily Konn, a passionate Eater and professional pastry chef, makes the best cheesecake I’ve ever eaten. I asked her to create a cheesecake that uses as many types of Girl Scout cookies as possible.

CRUST

YOU WILL NEED:
- 8 tablespoons (½ cup) unsalted butter, melted
- 1 box Do-si-dos/Peanut Butter Sandwiches
- 1 sleeve Thin Mints
- 1 sleeve Trefoils/Shortbreads
- 1 box Samoas/Caramel deLites

INSTRUCTIONS

Adjust oven rack to middle position and heat oven to 350˚. Grind all cookies except Samoas in a food processor or blender, or put in a sealable plastic bag and crush with a mallet or rolling pin into a fine meal. Mix with butter by hand and press into a 10-inch springform pan. Make sure cookies are evenly distributed along the bottom and up the sides of the pan.

Bake in oven for 15 minutes. Remove from oven and immediately layer Samoas on crust so chocolate melts slightly and helps cookies stick to the crust. Let crust cool at room temperature for 15 minutes. Transfer to refrigerator and chill completely (about 1 hour).

CHEF’S NOTE: This recipe accounts for at least two cookies being eaten out of each box during the cooking process.
FILLING

YOU WILL NEED:

24 ounces cream cheese

\( \frac{2}{3} \text{ cup sugar} \)

3 eggs

1 cup heavy cream

1 box Tagalongs/Peanut Butter Patties, cut into quarters

INSTRUCTIONS

Soften cream cheese until it’s very mixable. You can even microwave it briefly on defrost until it starts to soften.

Place cream cheese and sugar in a bowl. Use a mixer on medium-high speed (with a paddle attachment if you have it) to beat the cream cheese and sugar together until cream cheese is smooth. Scrape sides of bowl. With mixer on medium speed, add eggs one at a time. When all eggs are added, continue to mix until thoroughly combined, about 2 minutes, scraping down the bowl twice. With mixer running on medium, gradually pour in heavy cream. Mix until just combined. (Do not overmix. If it starts to look thick like whipped cream, you overmixed.) Optional extra step: Strain it through a fine-meshed strainer to remove lumps. This gives you more margin for error if you messed up your mixing.

Pour mixture into cooled crust. Tap pan on counter to dislodge air pockets. Drop the Tagalongs evenly into the batter.

Prepare a water bath in a pan big enough to hold your cake. Crush aluminum foil together to create an S that will hold up the cake above the water level. Place cake on top
of foil and make sure it’s stable. Place in oven and pour water in pan just until it reaches the bottom of pan. If you go above the foil your crust will get soggy.

Bake for 15 minutes at 350˚, then lower temperature to 250˚ and continue to bake for another 60 to 90 minutes or until it’s firm and only the center of the cheesecake looks a little wet and wobbly (but not cracking). Let stand on rack on counter for a half hour, then refrigerate for four hours or overnight.
## POPULAR SANDWICH BREADS AND THE PROS AND CONS OF EACH

<table>
<thead>
<tr>
<th>BREAD</th>
<th>PROS</th>
<th>CONS</th>
<th>IDEAL SANDWICH USE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Loaf, pre-sliced</td>
<td>Exposed bread exterior is perfect for griddling, which greatly improves stiffness; ungriddled bread is soft and easy to masticate, especially useful when more delicate fillings are inside; machine slicing ensures equal top and bottom slices</td>
<td>Exposed bread interior is more vulnerable to soggage from excess moisture; lack of top and bottom crust increases chance that it will get stuck to the roof of your mouth; machine slicing makes it impossible to vary slice thickness based on need</td>
<td>Classic grilled cheese, tuna fish, or PB &amp; J</td>
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<table>
<thead>
<tr>
<th>Roll (round or oblong)</th>
<th>Toasted, buttered, and filled with good ham</th>
<th>Broccoli, ricotta salata, pickled lychee, and peanuts, as served at Sporkful guest Tyler Kord's No. 7 Sub in New York.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bagel</td>
<td>Possesses a particular type of bulk that pairs well with subtle additions like melted cheese, as well as spreads like cream cheese</td>
<td>Often too thick, dense, and hard, requiring so much bite force that fillings are pushed out the back; see Bagel Trifurcation Technique on page 199 for a tip</td>
</tr>
<tr>
<td>Baguette</td>
<td>Exterior is not greatly improved by toasting or grilling, and it may be hard to heat it through to the center without drying outer layers</td>
<td>Warm prosciutto, mozzarella, and arugula with olive oil</td>
</tr>
<tr>
<td>English muffin</td>
<td>Small and thin, meaning sandwich size must be minimal and moisture must be curtailed</td>
<td>toasted, buttered, and filled with good ham</td>
</tr>
<tr>
<td>Croissant</td>
<td>Too soft and delicate for sandwichization; the mere act of slicing it in half destroys the croissant's fragile beauty</td>
<td>Because don't.</td>
</tr>
<tr>
<td>Donut</td>
<td>Sweetness of many donuts is overpowering; large center hole presents design challenges</td>
<td>Balance a yeast donut's soft texture and sweet flavor with salty crunch. Yes, that means bacon.</td>
</tr>
<tr>
<td>Loaf, hand-sliced</td>
<td>Steak sandwich on buttered, grilled bread, to be dipped into gravy or jus on a per-bite basis</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Same as above, except that hand slicing offers ability to vary thickness on a per-sandwich basis</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Same as above, except that hand slicing makes it harder to achieve consistent thickness, not only between top and bottom slices but also within each individual slice—a slanted interior is a risk</td>
<td></td>
</tr>
<tr>
<td>Roll (round or oblong)</td>
<td>Thick enough to handle moderate moisture; exterior crust increases strength; domed top can often accommodate otherwise-errant fillings like sun-dried tomatoes or broccoli</td>
<td></td>
</tr>
<tr>
<td>Bagel</td>
<td>Hard crust is strong and can tolerate high levels of moisture</td>
<td></td>
</tr>
<tr>
<td>Baguette</td>
<td>Hard crust requires extreme bite force and can cut the roof of one's mouth, resulting in the condition we call Cap'n Crunch's Complaint</td>
<td></td>
</tr>
<tr>
<td>English muffin</td>
<td>Unique flavor profile; nooks and crannies may act as safe harbors for excess condimentation</td>
<td></td>
</tr>
<tr>
<td>Croissant</td>
<td>As a sandwich bread—none</td>
<td></td>
</tr>
<tr>
<td>Donut</td>
<td>Offers opportunity for sweet/savory combos and dessert sandwiches; light toasting improves texture and support</td>
<td></td>
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*Because don't.*
TASTE THE MOMENTOUSNESS TURKEY BRINE

This brine recipe is for a 14- to 18-pound turkey. If your turkey is larger, add more water and brine it for longer—up to 36 hours.

YOU WILL NEED:
- water
- 1 cup kosher salt
- 1 cup teriyaki sauce
- 1 cup low-sodium soy sauce
- 1 cup garlic powder
- 1 cup onion powder

INSTRUCTIONS
Make sure your turkey is fully defrosted. In a 5-gallon bucket, mix 3 gallons of cold water and all brine ingredients. (You can mix the brine in a pot and then use a brining bag, but those things scare me. They’re liable to open, and it’s hard to store them in the fridge in such a way that the sides don’t sag, leaving the turkey unsubmerged.) Stir until salt and spices are dissolved. Add several handfuls of ice.

Place the turkey—innards removed, breast side down—in the brine so it’s completely submerged. Add a little more cold water or ice if necessary. Cover and put in the fridge.

You want the bird in the brine 20 to 24 hours before it goes in the oven.

On Thanksgiving, when you’re ready to cook, pour yourself a drink. (Remember, this is an event.) Preheat oven, remove turkey from fridge, discard brine, wash bird in cold water, and pat it dry with paper towels. Cook it as you like.

TIP As you plunge your turkey into the brine, state loudly and with authority, “Initiate brining sequence!” It feels really awesome.
The folks at Jack the Horse restaurant in Brooklyn Heights make the best mac and cheese I've ever eaten. It has the perfect combination of cheese flavors, creaminess, and crisp, plus a ridged, corkscrew mac that maximizes cheesehesion. Chef/owner Tim Oltmans was nice enough to let me publish his recipe here. Enjoy!

Makes 4 servings

YOU WILL NEED

1 pint potato cream (see recipe below)
12 ounces grated cheese (8 ounces smoked gouda and 4 ounces fontina)
2½ cups cooked cavatappi pasta
1 tablespoon Dijon mustard
¼ cup toasted panko bread crumbs
pepper

INSTRUCTIONS

Gently heat potato cream. Add cheese; stir until melted. Add pasta and mustard; stir until heated. Fill baking dishes and sprinkle on bread crumbs. Bake at 400˚ for 6 minutes (if making mac and cheese ahead bake for 8 to 10 minutes when ready to serve).

Note: Individual baking dishes are best. You want dishes that are not too deep or they’ll take too long to heat and the fat may separate.

POTATO CREAM

YOU WILL NEED

1 pint heavy cream
½ cup grated potato
¼ teaspoon grated nutmeg
½ teaspoon salt
½ teaspoon pepper
INSTRUCTIONS

Heat all ingredients, stirring frequently until thickened, 15 minutes or so. Strain out and discard grated potato. You should have about one and two-thirds cups of liquid left, and it should be like béchamel (roux and milk). This process washes the starch off of the potato to thicken the cream and absorb the fat from the melted cheese.
PASSOVER SANGRIA

Make no mistake—Passover is a drinking holiday. During a single night’s observance Jews are supposed to consume four glasses of wine as we recall the plight of our ancestors. But why not drink enough to forget the plight of our ancestors? After all, they don’t want us to worry about them. They only want us to be happy. Can’t you just hear them?

“Don’t worry about us. We only want you to be happy. Go, have a good time with your friends. We’ll be fine. We love building pyramids. Heavy? No, these bricks are light as feathers!”

This sangria includes some Passover staples:

- **MANISCHEWITZ WINE** A red wine with lots of sugar added.

- **CHAROSET** Represents mortar from the building of the pyramids; generally chopped apples, nuts, cinnamon, sugar, and more Manischewitz, although recipes vary widely.

- **MAROR** Bitter herbs to represent the Jews’ suffering in Egypt—usually horseradish.

This recipe makes about 1½ quarts. As always, tweak it to your liking.

**YOU WILL NEED**

- 1 bottle (750 ml) Concord grape Manischewitz
- 1 cup Calvados (can substitute brandy)
- 3 cups charoset
- ¼ cup fresh lemon juice
- ¼ cup fresh lime juice
- Pinch salt
- 4 (¼-inch-thick) slices fresh horseradish, a.k.a. maror (optional)
- Seasonal Fruits (optional):
  - Orange, grapefruit, or tangerine, peeled and segmented
**Kiwi, peeled and quartered**

**Cherries, pitted and halved**

**INSTRUCTIONS**

Combine everything in large pitcher. Cover and refrigerate at least 8 hours and up to 48 hours. Serve in wine glasses filled with ice cubes.

**Notes**

- Charoset that isn’t too sweet and is made with Cortland or McIntosh apples is best for this recipe. If you want to get really hardcore, you can swap out the charoset for 2 chopped, peeled apples, ½ cup of toasted walnut halves, and 2 cinnamon sticks, so the charoset isn’t adding extra sugar.

- If you want even more tart, substitute grapefruit juice for lemon and/or lime juice. Orange juice is also a nice option.

- Peeled horseradish needs to sit exposed to the air for at least 10 minutes in order for it to develop its characteristic spiciness.
DRUNKEN SALAMI

YOU WILL NEED

2 kosher beef salamis (bullet shaped—about 6 inches long and 2.5 inches thick)
1 cup Russian dressing
1 cup Scotch

INSTRUCTIONS

Mix Scotch and Russian dressing. Remove all wrapping from salamis, but do not otherwise alter or pierce them. Place salamis in a plastic bag, pour in the liquid, and store in the fridge. Rotate salamis and mix marinade every week for at least 3 weeks, and up to 4 months. Karen says, “The longer you marinate it, the better it is.”

When you’re ready to cook, set up your grill to provide both direct and indirect heat. For charcoal grills, bank the coals steeply to one side, about 3 inches below the grates at their highest point, and open top and bottom vents halfway. For gas grills, set the primary burner to high and turn off all other burners.

Remove salamis and wipe off most of the excess marinade with a paper towel. Place them on the cool side of the grill and cook until the interiors register 125˚ to 135˚ degrees (20 to 25 minutes), flipping and rotating salamis halfway through cooking. Then slide them to the hot side of the grill (if using charcoal, open bottom vent), and cook, uncovered, until well browned and charred on all sides, 6 to 8 minutes.

Once you remove the salamis, slice them in half the long way, then chop into half-inch thick semicircles and serve. “You should taste the Scotch a little bit,” Karen explains.
NOTES

• When in doubt, err on the side of cooking it slower and lower.

• Russian dressing means different things in different parts of the country. In this case it’s referring to a red, syrupy dressing similar to Catalina, not the mayonnaise-based dressing similar to Thousand Island.

• If you don’t want to have to rotate the salami regularly in the fridge, you can use twice as much Scotch and dressing, so the salamis are more fully submerged. (That does make the dish more expensive.)

• Drunken Salami is not traditionally eaten with any condiment, and although I don’t think it needs one, I’ve served it with yellow mustard or honey mustard to positive reviews from Mrs. Sporkful.
With Rachel’s blessing I am happy to share the recipe for the Maddow Colada, printed here alongside the traditional piña colada recipe for comparison purposes only. If the piña colada had originated as a wholesome and delicious beverage, this would have been the recipe.

<table>
<thead>
<tr>
<th>ORIGINAL PIÑA COLADA</th>
<th>THE MADDOW COLADA</th>
</tr>
</thead>
<tbody>
<tr>
<td>1½ ounces light rum</td>
<td>1½ ounces light rum</td>
</tr>
<tr>
<td>1 ounce Myers’s dark rum</td>
<td>1 ounce 8-year-old medium-bodied amber rum</td>
</tr>
<tr>
<td>2 ounces Coco Lopez</td>
<td>1½ ounces unsweetened coconut milk</td>
</tr>
<tr>
<td>1 ounce cream</td>
<td>1½ ounces orgeat (almond syrup)</td>
</tr>
<tr>
<td>4 ounces fresh pineapple</td>
<td>4 ounces pineapple juice</td>
</tr>
</tbody>
</table>

Fresh pineapple wedge, for garnish

**INSTRUCTIONS**

Blend rums, coconut milk, orgeat, and pineapple juice with ice. Don’t strain. Serve in a short glass garnished with pineapple wedge and tiny umbrella. Serve with short, stubby (fat) straw.

Rachel correctly points out that coconut milk doesn’t have the same rich, sweet mouthfeel you get from cream of coconut. That’s why the almond syrup is the key. (Organic brands are available online. She recommends Teisseire.)
The Dean of Sporkful University, with the consent of the Board of Trustees and acting upon the recommendation of the Faculty, has hereby conferred upon

____________________________  the degree of Bachelor of Eats in  ____________________________

(NAME) (MAJOR)

on this _________ of _________________  in the year _________,

(DAY) (MONTH) (YEAR)

with all the rights, privileges, and deliciousness pertaining thereto. In witness of this action, the seal of the University and the signature of the Dean are affixed herewith.

Dean
GLOSSARY

A LPHA . . . a food that is dunked into another food

B ACONY BUNDLE OF TWIGS . . . a bunch of asparagus or string beans wrapped in bacon so they can be grilled without falling through the grates

BAGEL TRIFURCATION . . . slicing a bagel horizontally in thirds to improve sandwich ratios; the same technique can be used with muffins (sliced vertically), exposing more interior to buttering and griddling

BALANCING ACT . . . when a larger piece of meat or veggie is balanced on top of a ball of pasta that’s wound around a fork

B ETA . . . a food that has another food dunked into it

BITE CONSISTENCY . . . when each bite of a food or dish offers essentially the same taste and textural experience as the others

BITE VARIETY . . . when different bites of a food or dish offer notably different experiences from each other

T HE BONE SPLITTER . . . a chicken wing consumption technique for two-boned, flat wings where you first remove the smaller of the two bones without removing any meat, to provide unfettered access to succulence

BUBBLING CARBONIC ACID . . . a beverage not unlike water that fizzes but does not sparkle; sometimes incorrectly called sparkling water

B UDDY SYSTEM . . . a cocktail-hour strategy where one person gets drinks while the other gets food and/or scopes out a location for a base camp

B UFFET MASTER . . . a diabolical overlord who seeks to prevent you from getting your money’s worth at an all-you-can-eat buffet
THE BULLFROG . . . a popcorn consumption technique whereby you hold a pile of popcorn near your mouth and grab single pieces with your tongue

CAP’N CRUNCH’S COMPLAINT . . . a medical condition characterized by scraping and cutting on the roof of one’s mouth

CAPPING (WRAPS) . . . folding in the end or ends of a wrap

CHEWABILITY (GUM) . . . the level of satisfaction produced by chewing a piece of gum

THE CLAW . . . a technique for mixing cereals or snack mixes by using your hand like one of those arcade claw games that dips into a vat of stuffed animals

COMPRESSIVE LOADING . . . biting

CONGRESS OF EQUAL PROPORTIONS . . . when the Eater places an onion ring in the mouth so that its sides align with both sets of molars at once

CONGRESS WITH THE COURTESAN . . . when an Eater eats melon cubed to include a bit of white rind to add a pleasing touch of complementary tart

CRISP (NOUN) . . . like crispiness, only crispier

CRISPER . . . an Eater whose priority when eating a baked potato is maximum exterior potato crisp, even if that means less potato-to-topping contact

CUPCAKE SANDWICHIZATION . . . removing the bottom half of a cupcake and placing it on top, to bring the frosting closer to your tongue and make the cupcake easier to hold and bite

CYCLIC LOADING . . . chewing

DEPRESSION . . . a psychological condition where, after an especially great meal is over, you become deeply sad and withdrawn
DIPPING . . . inserting one food into another to season the food being dipped but not to fundamentally alter it (example: a tortilla chip dipped in salsa)

DOMINANT INGREDIENT . . . an overpowering ingredient that easily masks recessive ones

DOUBLE FOLD (POTATO CHIP) . . . a potato chip folded in half twice

DRESSING . . . (1) a food placed around (but not inside) another food; a poor substitute for stuffing, or (2) sauce or liquid seasoning for salad

THE DRIZZLER . . . pouring milk over cereal in a circular motion to ensure that all cereal is milked

DUNKING . . . inserting one food into another such that at least one of the two foods is irreversibly changed (example: a donut dunked in coffee)

EATABILITY . . . the compatibility of a food with the Eater’s interface

EATCONOMY . . . the wealth and resources of your stomach, as well as the flow of goods through your stomach

EATER . . . a seeker of the Platonic ideal known as Perfect Deliciousness

EATER ACTUALIZATION . . . a psychological state embodied by an Eater who exhibits morality, creativity, spontaneity, problem solving, lack of prejudice, and acceptance of facts; the highest level in Maslow’s Hierarchy of Needs

EATSCAPE . . . a community brought together by its members’ common passion for eating and seeking deliciousness

EGG BEATER TECHNIQUE . . . replicating the motion you use to beat eggs in order to mix cereal and milk, to cover all the cereal with milk when you’ve added the milk first

EGGTEGRITY . . . structural integrity in an egg-based food
EGO . . . the part of the stomach between the id and superego, where the stomach’s fill line is located; often rationalizes increased consumption

EL MIXTEC . . . mixing all the fillings of a wrap or burrito before wrapping them in the tortilla or wrap

EXTREME PICNICKING . . . an elaborate picnic setup with multiple courses, plates and utensils, and cloth napkins; usually only happens in movies and catalogs

EYE OF THE STORM (POTATO CHIP) . . . a potato chip that’s smaller than its brethren, so it ends up cooked medium well, crunchy, and charred

FACE FUNNEL . . . a popcorn consumption technique whereby you hold a handful of popcorn against your face and let it cascade into your mouth

FALLINGSANDWICH . . . a Buffalo chicken sandwich constructed as a tribute to Frank Lloyd Wright’s Fallingwater

FIXINS . . . the accoutrements traditionally served with a food, such as lettuce and tomato with a burger, or Israeli salad and hummus with falafel

FORKABILITY . . . the ease with which a food can be stabbed onto a fork and kept there until eaten

FORKED TONGUE . . . a chicken wing consumption technique for two-boned, flat wings where you nibble the exterior, then use your tongue to poke out the meat between the bones

FRIED . . . the crispy exterior of a fried food, as in “I wish this fried chicken had more fried.”

GENERALIZED ANXIETY DISORDER . . . a psychological condition that causes you to worry constantly that your food won’t be delicious enough and/or that there won’t be enough of it
HERETIC’S BUFFET . . . a family of dishes that combine traditional Jewish foods with pork and/or shellfish

THE HIGH HORSE . . . a technique for wrapping a wrap where all fillings are piled in the middle and the wrap is folded over them

HORIZONTAL CONGRESS . . . when an Eater eats melon squares, rectangles, or trapezoids cut to provide flat sides that lie pleasantly flush against the teeth

HUMMINGBIRD TECHNIQUE . . . getting seconds at a buffet without waiting in line again by hovering and darting into openings; also known as the Hover-and-Dart

HYPOCHONDRIA . . . a psychological disorder in which you always think you’re hungry, even when you’re not

ICE COFFEE . . . iced coffee made with coffee ice cubes

ID . . . the part of the stomach that growls

INITIAL BITE AREA . . . the region of a food from which the Eater may choose the first bite

INVERTED SALAD . . . a salad with the greens on top and more substantial components underneath

IN VITRO POPCORN-BUTTER FERTILIZATION . . . a method for jury-rigging a movie theater butter dispenser with straws to ensure even butter distribution throughout popcorn

IRONING OF THE SHEETS . . . when an Eater presses down on the top of a very tall sandwich to flatten the layers and make it mouth-ready

JACK SPRAT COROLLARY . . . the notion that if you’re going to remove a portion of a food, and leave only a part that may be unappetizing to others, you have to ensure there’s someone present with complementary tastes who will eat the part of that food that you left
KAMA SUTRA OF CONSUMPTION . . . a series of positions meant to maximize pleasure during the eating act

LEAF THICKNESS UNIT (LTU) . . . a unit of measurement equal to the thickness of one leaf of lettuce or comparable salad green

LEGIBILITY (SALAD) . . . the ease with which a salad can be transported to the mouth

LETTUCE GLOVE . . . a leaf of lettuce used to grip a food or group of fillings in a sandwichesque arrangement

LIVING SANDWICHDOM . . . a school of thought that argues that sandwiches are dynamic foods that change over time, so that the definition of a sandwich should not be restricted by the Earl of Sandwich’s intentions when he created this food centuries ago; opposite of the Strict Sandwich Constructionism approach

MARRIAGE OF CONVENIENCE . . . when an Eater eats melons cut into large wedges with the rind attached, making them easy to hold in the hand but messy on the face to eat

MARTYR . . . a host who sacrifices his/her own enjoyment so that guests may be happy

THE MEAT UMBRELLA . . . a chicken wing consumption technique for two-boned, flat wings where you stand a wing on a plate, smaller end up, and press downward along the bones from all sides, causing the meat to strip off the bone and turn the wing into the shape of an umbrella

MÉNAGE À 3.14159 . . . a French term for the area of pie where the bottom outer crust, vertical side crust, and fillings all come together

THE MID-FINGER PINCER . . . a technique for picking up a beverage when your hands are very messy that involves gripping the glass with the pads in the middle of the fingers
MISSIONARY . . . a host who leads by example, setting a tone of revelry and merriment that becomes contagious

MISTLEHOCK . . . a superior alternative to mistletoe made by hanging a ham hock from the ceiling

MULTIPLE PERSONALITY DISORDER . . . a psychological disorder that leads you to assume multiple personalities when free food is available, in order to take as much as possible without seeming greedy

MUTUAL TRANSFERENCE . . . when one food is dunked into another and both are changed as a result

NEW YEAR’S LETDOWN SYNDROME . . . the inevitable reaction when overhyped New Year’s Eve plans fail to meet expectations

OBSESSIVE-COMPULSIVE DISORDER . . . a psychological condition in which you compulsively turn on the stove to cook things, taste food repeatedly, and wash your hands after eating

ONE HAND, TWO CHIPS RULE OF NACHO MORALITY . . . the notion that when taking nachos from a pile, you should only use one hand and only grab up to two chips at once with that hand

ONION DONUT . . . a really, really heavily battered onion ring

ORIGIN OF SPICES . . . a theory that states that an appreciation for spiciness that’s complementary without being dominant is a sign of a more evolved Eater

THE PALM . . . when you use your palms to pick up a beverage because your hands are very messy

PANIC DISORDER . . . a psychological condition in which you suffer from recurrent panic attacks, perhaps resulting from agoraphobia (the fear of being in a public place without enough food) or claustrophobia (the fear of being in a confined space without enough food)
PERFECT DELICIOUSNESS . . . a gustatory nirvana, a higher state, greater even than the sum of all the sensory pleasures, derived from eternally consuming the ideal bite

PIPELINE (POTATO CHIP) . . . a potato chip that’s folded over but not flat, so it resembles a wave about to crash

POPCORN MOMENT . . . an instance of eating discovery or inspiration

POPPING THE PLUG . . . a technique for chewing capped pens in which you use your teeth to remove the plug at the back end, chew it until it’s folded over, then reinsert it sideways

PORKLIFT . . . a bacon lattice structure that elevates a pancake stack off the plate, so the bottom pancake doesn’t become soggy with syrup

POTLUCK DINNER . . . a meal in which all participants bring food but none knows what the others are bringing, so the success of the meal is largely determined by luck

PROXIMITY EFFECT . . . the notion that when you put any multifaceted food into your mouth, the components in closest proximity to your tongue are the ones you’ll taste the most

PRUNING THE HEDGES . . . when an Eater nibbles the perimeter of a sandwich to trim fillings that protrude beyond the bread boundary

THE RAKE’S PROGRESS . . . a chicken wing consumption technique for two-boned, flat wings where you snap one of the end joints, spread the bones into a V shape, put the whole thing in your mouth, and pull it out while using your teeth to rake off the meat

RECESSIVE INGREDIENT . . . a mild ingredient in danger of being overpowered by a dominant one

REFRIGERATOR BLINDNESS SYNDROME . . . a condition that prevents people from seeing some foods in a refrigerator; afflicts people with gaps in their mastery of object permanence
RIDING THE WAVE . . . getting seconds at a buffet without waiting in line again by monitoring ebbs and flows and bottlenecks, then striking where there are breaks in the crowd waters

SAFE WORD . . . when an Eater arranges the hands like a net around the back of a sandwich to restrain disobedient fillings

SALSA SLALOM . . . maneuvering a chip through multiple dips in a slalom pattern, to avoid vitiating one dip with another

SALTWATER SPRINKLE . . . a method for salting a hard-boiled egg that’s rooted in the Jewish observance of Passover but useful for all people, all year round

SANDWICH . . . a food that satisfies two basic criteria: 1) you can pick it up and eat it without your hands touching the fillings, and 2) the fillings are sandwiched between two separate, hand-ready food items

SANDWICH GENOME PROJECT . . . a worldwide effort to map the genetic makeup of every sandwich in existence

SATVOR . . . surface-area-to-volume ratio, essentially the ratio between a food’s volume and the amount of exterior it has exposed to its surroundings; affects a food’s temperature, texture, flavor, and much more

SAUCEABILITY . . . the degree to which a food keeps sauce adhered to it

SAUSAGE GRAVY APEX . . . the physical and emotional high that results from the first bite of sausage gravy, making such a strong impression that it drives you to order sausage gravy again in the future, despite the fact that the Apex is quickly followed by sadness

SEIZING THE SPARROW . . . when an Eater is at the halfway point of eating a coated ice cream pop and skips ahead to the bottom two corners, because they’re the two best bites and they’ve reached the perfect level of meltiness at that precise moment
SEMOLINA FULCRUM . . . the point at which the relationship between sandwich bread hardness and filling stability becomes structurally sustainable

SHOVEL FORMATION . . . an arrangement of short pastas on the fork such that they’re perpendicular to the tines, forming a type of shovel that can be used to scoop sauce and other ingredients

SIDECAR . . . an espresso cup or other small vessel used to hold liquid for the purpose of dunking a food into it without leaving crumbs or other residue in your actual beverage

SINGLE FOLD (POTATO CHIP) . . . a potato chip folded in half once

THE SINGLE STREAM . . . pouring milk into cereal in a single spot, so some surface cereal stays dry

SLICEABILITY . . . the level of ease in slicing a food without disrupting its structural integrity

SLICED AVOCADO GORDIAN KNOT . . . the problem posed by sliced avocado in a sandwich, namely that if not secured properly, it tends to slide out the back when confronted with bite force

SLICED CUCUMBER CONUNDRUM . . . the problem posed by sliced cucumber in a sandwich, namely that if not secured properly, it tends to slide out the back when confronted with bite force

SLICED TOMATO BOTHERATION . . . the problem posed by sliced tomato in a sandwich, namely that if not secured properly, it tends to slide out the back when confronted with bite force

SLIDEAGE . . . the condition of sliding; similar to slippage

SLIPPAGE . . . the condition of slipping; similar to slideage

THE SNAIL’S COCHLEA . . . a technique for wrapping a wrap where fillings are spread out on the wrap and it’s wrapped in small, tight circles, so a cross section produces a spiral
SOAPPELLIER . . . an expert in scented soaps and the art of pairing such soaps with different foods

SOGGABILITY . . . the likelihood of a food to experience soggage

SOGGAGE . . . like sogginess, only more demoralizing

SPLITTER’S DILEMMA . . . a quandary whereby the more you open a baked potato to expose its interior to delicious toppings, the more you also flatten its skin against the plate and cause condensation, eating away at exterior crisp

STAINABILITY QUOTIENT . . . the probability that a food or serving method will result in you staining your clothes, or someone else’s

STALKING THE SIREN . . . when an Eater eats melons cut into balls, which possess a certain aesthetic beauty but are difficult to keep on a plate

STARBURST (POTATO CHIP) . . . a potato chip that resembles a starburst or other interstellar phenomenon

STEAK SATIETY PARADOX . . . the notion that the more delicious steak you eat, the hungrier you become

STIFFNESS . . . a measure of structural rigidity, determined by the degree to which a sandwich bread has been toasted or griddle-grilled before sandwichization

STRENGTH . . . a sandwich bread’s ability to support the sandwich mass, especially in tension from compressive loading (biting) and cyclic loading (chewing)

STRICT SANDWICH CONSTRUCTIONISM . . . a school of thought that argues that we must look only at the Earl of Sandwich’s original intent in creating his eponymous masterpiece in order to find the limits of sandwichdom; opposite of the Living Sandwichdom approach

STUFFING . . . a food placed inside another food; its primary purpose is to absorb flavor from its host, but it may impart flavor as well
SUPEREGO . . . the part of the stomach that feels revulsion at the thought of excessive eating, and produces pangs of guilt (also called “nausea”) if you do it anyway

SWALLOW’S CIRCUMSTANCE . . . when an Eater eats melons cut into very narrow wedges, so they’re less substantial but can fit in the mouth and be eaten by hand without facial mess

TART (noun) . . . like tartness, but without the negative connotation

TEMPERATURE OF LIFE . . . the precise temperature of the air in the Eater’s immediate vicinity at any moment; a scientifically superior alternative to “room temperature”

TIME . . . a seasoning to be applied to foods, generally by letting them sit while time elapses

TIPPLING POINT . . . the moment during a large party in a home, as guests arrive, when there is one more guest than there are seats; the sooner the party passes this point and seated guests stand up, the sooner the party will kick into high gear

TOOTHPICNIC . . . a picnic where all foods are served in bite-size pieces, so they can all be eaten with toothpicks, eliminating the need for plates, utensils, and most napkins

TOOTHSINKABILITY . . . the amount of satisfaction an Eater receives from sinking his/her teeth into a food

TOPPABILITY . . . the ease with which toppings can be added to and kept on a food

TOPPER . . . an Eater whose priority when eating a baked potato is maximum topping-to-potato contact, even if that means more skin is pressed against the plate, which causes condensation and reduces crisp
TWINING OF THE CREEPER . . . when an Eater wraps food such as bacon strips or string cheese strands around the finger with the desire of kissing it

UNREQUITED TRANSFERENCE . . . when one food is dunked into another but only one is changed as a result

VEGGIEDUCKEN . . . a large, time-consuming, centerpiece-worthy, vegetarian dish fit for major holiday events; made of sweet potatoes inside leeks inside a giant squash, with stuffing between the layers

“WATERMELON” . . . artificial watermelon flavoring

WATSON AND CRICK . . . a maneuver for getting short, cylindrical pastas on the fork that involves sliding the tines through the pasta’s hollow cavities

WEBER’S LAW . . . the notion that a grill generates heat, people talking about grilling generates more heat (in the form of hot air), and as more people grill and talk about how great grilling is, grilling grows more popular (thus changing the system), and leading to more grilling (thus increasing work); an example of the First Law of Thermodynamics

WINDOW OF OPTIMAL CONSUMPTION . . . the period of time when a food’s changing characteristics are at their most delicious