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Edition

GRIDDLE ME THIS DAD NEWSLETTER

A COLLECTION OF RECIPES, OBSERVATIONS, AND
ADVICE FOR THE GRIDDLE AND COOKING
ENTHUSIAST WITH A FOCUS ON VALUE.



MOTIVATION

by Bill Pickrel

Welcome to the March edition of the GMTD newsletter.

Happy Fat Tuesday, Laissez les bons temps rouler (let the good times roll). Mardi Gras is French for "Fat Tuesday" reflecting the practice of the last night of eating rich, fatty foods before the ritual Lenten sacrifices and fasting of the Lenten season. Lent is a solemn religious observance in the Christian liturgical calendar commemorating, according to the gospel, the 40 days Jesus spent fasting in the desert. In Lent, many Christians commit to fasting, as well as giving up certain luxuries in imitation of Jesus Christ's sacrifice during his journey into the desert; this is known as one's Lenten sacrifice. Lent is a season of grief that ends with a great celebration of Easter.

Happenings - So in the spirit of the day, the featured county for this month's newsletter is France. Recipes include two French classics, Griddle Ratatouille and Croque Madam.

Information - The theme for this month's newsletter is motivation. Motivation is commonly defined as what explains why people initiate, continue or terminate a certain behavior at a particular time. Motivation can be internal (intrinsic) or external (extrinsic). Intrinsic motivation exists within the individual and is driven by satisfying internal rewards rather than relying on external pressures or extrinsic rewards. Intrinsic motivation tends to be more long-lasting, self-sustaining, and satisfying than extrinsic motivation. The interesting question is what drives the internal rewards. Varied views exist on this question, my view is that internal rewards are driven by achievement not happiness. Like Jocko Willink is the embodiment of discipline, David Goggins is the embodiment of motivation. Per Wikipedia; "David Goggins (born February 17, 1975) is an American ultramarathon runner, ultra-distance cyclist, triathlete, public speaker, and author. He is a retired United States Navy SEAL and former United States Air Force Tactical Air Control Party member who served in the Iraq War. His memoir, Can't Hurt Me was released in 2018." His man has literally willed himself to the following accomplishments: a course record at the 48-hour national championships, beating the previous record by 20 miles with a total distance traveled of 203.5 miles; graduated from Army Ranger School, and received the "Top Enlisted Man" award; member of SEAL Team 5, held world record for pull-ups in 24 hours; and lost over 100 pounds to even qualify to go to SEAL training. In his book he, refers to the 40% rule, his belief that most of us only tap into 40% of our capabilities. Obviously, his internal rewards are driven by accomplishment and achievement, at the price on personal pain and agony, not that he acknowledges that agony, ever.

March is also the calendar home of St. Patrick's Day. Per Wikipedia: "The Feast of Saint Patrick, 17 March, the traditional death date of Saint Patrick (c. 385 – c. 461), the foremost patron saint of Ireland. Celebrations generally involve public parades, festivals, and the wearing of green attire or shamrocks. Historically, the Lenten restrictions on eating and drinking alcohol were lifted for the day, which has encouraged and propagated the holiday's tradition of alcohol consumption. In the spirit of the holiday, the review this month is about my all-time favorite macro brew – Guinness Draught.

Review - Guinness is an Irish dry stout that originated in the brewery of Arthur Guinness at St. James's Gate, Dublin, Ireland, in 1759. It is one of the most successful alcohol brands worldwide, brewed in almost 50 countries, and available in over 120. Guinness Draught is a magical can of Irish goodness. Powered by an ingenious "widget" that releases nitrogen to cause the mesmerizing upward cascade of bubbles that form into a light tan, creamy head. The foam is contrasted with the dark ruby, nearly black liquid that is malty and smooth with hints of chocolate and coffee. As you proceed, the beer is clean and crisp with finish that is highly drinkable and enjoyable. With zero sugars and an 4.2% ABV, Guinness Draught is a great choice for frequent enjoyment. Guinness Draught is also used in various recipes from chocolate cake to beef stew. With over 250 years of brewing art, this beer reigns supreme in the macro world.

ONE REVIEW MORE

Trader Joe's Chili Pepper sauce is a great addition to your hot sauce selection. Powered by red jalapenos, the sauce has a chili powder nose and a smoky, mesquite like temperament with clean finish and a decent spice level, with a light vinegar finish. Minor complaint that the opening to the bottle is much wider than customary and can roll out quickly. Reasonably priced at under \$3, the sauce works well with Mexican food, soups, and things that need a spicy, smoky punch

INTERESTING LINK

OK. one more YouTube cooking dude: Ethan Chlebowski
His healthy meal videos are great and easy to follow, and quite tasty. As Ethan describes himself: "It's my philosophy that once you learn the how AND why behind cooking, you become a much better cook. Why is salt the most important seasoning for cooking? How is gluten actually developed in bread making? Why does a smash burger generate more flavor compounds through browning than a grilled burger? Once I learn, I want to share that information with you, so we can all become better cooks together.
<https://www.youtube.com/c/CookwithE/featured>