

GRIDDLE ME THIS DAD NEWSLETTER

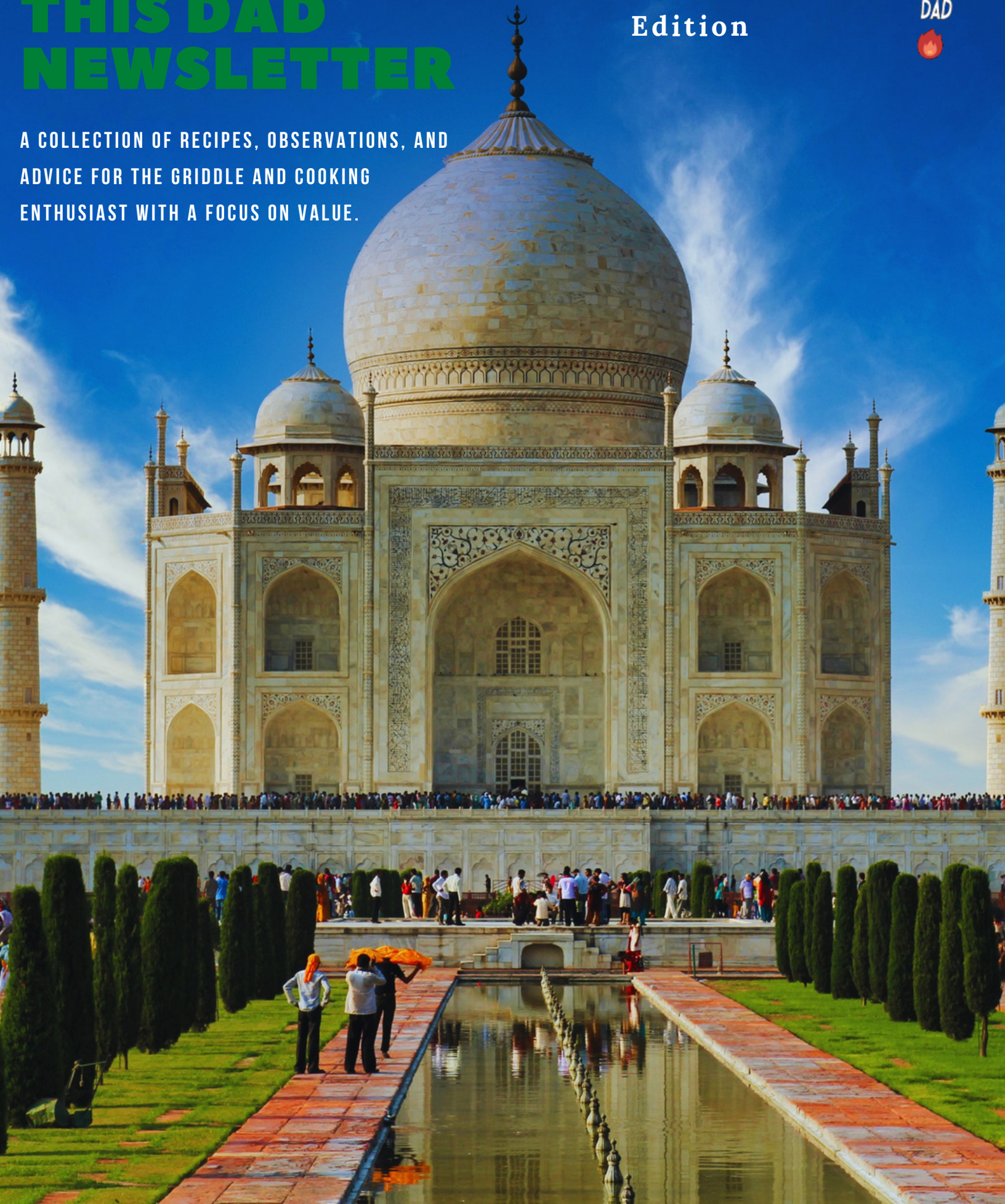
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Edition



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



ENJOYMENT

by Bill Pickrel

Welcome to the May edition of the GMTD newsletter

There are a great many things to celebrate and enjoy these next two months with my family. First, happy birthday to my always awesome and fabulous wife Pam, you mean the world to me. Next, do not forget to celebrate Mother's Day, without her, you would not be here. Finally, I warmly and deeply congratulate my son Hunter and his fiancée Erika on their upcoming wedding in June. I wish you both all the best and as the saying goes, "Marriage justly understood, gives to the gentle and the good, a paradise on earth."

Happenings - The featured country for this month's newsletter is India. Recipes include my take on Indian classics of Butter Chicken, Chana Masala, and Aloo Gobi. We will be featuring different regions in the US for the next several newsletters.

Information - The theme for this month's newsletter is enjoyment. Enjoyment is different than pleasure. Pleasure refers to experience that feels good, that involves the delight of something. It contrasts with pain or suffering, which are forms of feeling bad. Humans and other conscious animals find pleasure desirable, positive or worthy of seeking. A great variety of activities are experienced as pleasurable, like eating, having sex, listening to music or playing games. Pleasure is part of various other mental states such as ecstasy, euphoria and flow. Enjoyment is more closely aligned to happiness and well-being. Pleasure is fleeting and temporary and is a basic impulse that we temper with experience. Enjoyment is superior to pleasure because it's more conscious and permanent. Everyone gets pleasure from eating when they're hungry, but it takes some effort, knowledge, and cultivation to appreciate food. The memory of the meal enjoyed with friends transcends the immediate gratification experience and can bring good feelings and happiness long after the end of the meal. Pleasure happens to you, enjoyment is something you create through your own efforts and learning. Enjoyment is generative and restorative and thus worthy of time and resources. You can enjoy activities that are not pleasurable like running or working out. Although, it can be painful and exhausting, the effort and results are meaningful and rewarding. I recommend scheduling enjoyable activities especially with loved ones. Do not be tempted by the mindless pleasures of your device or by the television. Enjoyment means refusing to be managed by your pleasures or subjugated by mindless drudgery. Pursuing enjoyment is a declaration of independence from your base impulses and is a key ingredient to creating the life you truly want.

Review - It was with high hopes, I sampled the Yuengling Hershey's Chocolate Porter. The initial aroma was fantastic, like opening a Hershey Bar, rich and powdery like cocoa. I was expecting a creamy, malty, chocolatey, maybe slightly sweet, porter. The reality was a thin, slightly bitter, cola consistency with little malt, underwhelming mouthfeel and even less finish. To say that this beer did not meet my expectations is a gross understatement. In the end, it tasted like just another beer, not horrible, but nothing special either. Give me a Guinness over this everyday of the week and twice on Saturday. I do not recommend the beer overall.

ONE REVIEW MORE

If you do not feel like spending any time cooking the recipes this month but Indian food still sounds great right now, I would suggest the Korma or Tikka Masala Cookhouse ready made sauces from Aldi. The Korma is creamy, yellow sauce with coconut and hints of garlic and ginger. The Tikka Masala sauce is a tomato based red sauce with notes of coriander and ginger. Both sauces are mild and quite tasty. Add veggies and protein over rice for a complete meal in seconds. Highly recommended.

INTERESTING LINK

Todd Toven was the first griddler I ever watched on YouTube and in my opinion is an original gangster (OG), as the kids say. His griddle initial seasoning video is one of the best (for you first time owners, shout out to Wes!), even if it is four years old. As a Blackstone sponsored personality, his gear is spectacular and he often highlights new releases of products. Frequently, he gives away his spare stuff, I am jealous of all the free gear Blackstone sends his way, but he is an affable mountain man spokesman for the company, He does a quite a few recipes, with the fantastically named Pasta Toddellini looking quite tasty.

<https://www.youtube.com/user/praisehisawesomename>