

# LAWN

The background is a dark blue, wrinkled fabric. Scattered across it are several slices of pizza with melted cheese and toppings. Small white tiles with green letters (A, B, C, E) are also scattered around the pizza slices.

06

How Much Coffee  
Is Too Much ?

14

Space Bakery

22

ROSE CHALALAI  
SINGH



06

How Much  
Coffee Is  
Too Much ?

10

THIRST AID

18

HANGING OUT  
WITH  
ANDY BARAGHANI

22

ROSE  
CHALALAI  
SINGHI





14

Space Bakery

# Table Of Contents





Eric Helgas for The New York Times

How  
much coffee  
is  
too much  
?



# How much is too much ?

What experts say about where to draw the line for coffee



By Alice Callahan  
Sept. 26, 2023

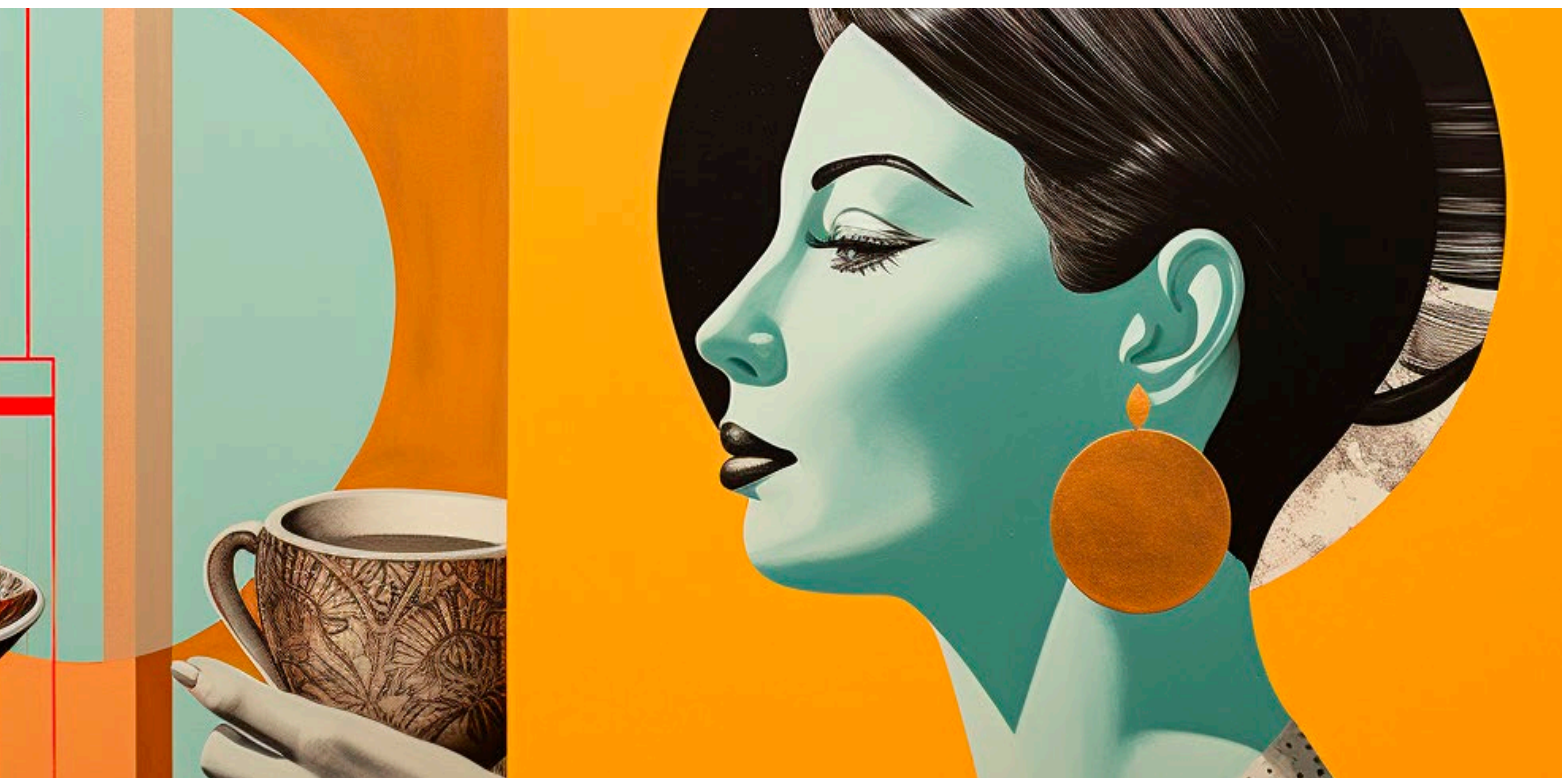
As summer iced coffees turn into seasonal fall lattes, it can be easy to reach for an extra cup of coffee throughout the day for a jolt of energy, a mood boost or a sugary afternoon treat.

Along with a temporary pick-me-up, research has continued to show the longer-term health effects of coffee include a decreased risk of cancer, heart failure, Type 2 diabetes and even death. But there are a few caveats: Studies have also shown that high coffee consumption is linked to increased risk of dementia and stroke, as well as a higher risk of death from cardiovascular disease among coffee drinkers with hypertension.

So where's the line between reaping the benefits of a morning cup of coffee and taking it too far?

---

“A couple of cups of coffee a day is likely to be fine for most people, experts said — but people with pre-existing health conditions should be warier.”



NBC News reviewed the research and spoke with four doctors and nutritionists, who generally agreed that although coffee is safe and healthy, people with pre-existing health conditions may feel more of its negative side effects.

And though there is “strong and consistent” evidence that moderate coffee consumption isn’t harmful, that doesn’t mean coffee should be consumed for health benefits, said a member of the American Society for Nutrition, Tricia Psota, a dietitian with Nutrition on Demand.

“I would never recommend that individuals who don’t consume caffeinated beverages start incorporating them into their day for any reason,” Psota said.

## How much coffee is bad for you?

The Food and Drug Administration recommends people cap their daily caffeine intake at 400 milligrams, or about four or five 8-ounce cups of coffee. Most people are unlikely to experience serious side effects of caffeine — like erratic heartbeat, vomiting, seizures, diarrhea and even death — unless they consume 1,200 milligrams, or about 12 cups, in a day, according to the FDA.

But even consuming 400 milligrams of caffeine daily can sometimes come with undesirable side

effects, including jitteriness, anxiety and trouble sleeping, Psota said.

While some people can easily down four to five cups a day, she said, others may just have lower caffeine tolerances and be more susceptible to the side effects. Psota said she has found her own body can’t tolerate more than one or two cups of coffee a day.

“I’ve noticed that on days when I might not have slept as well the night before and go beyond that point, I just feel jittery and uncomfortable,” she said. “So for me, I definitely stay below that FDA recommendation.”

A daily cup of coffee might also be riskier for people with cardiovascular disease or diabetes if they add sugar or cream, said Nikki Cota, a dietitian at the Mayo Clinic in Arizona. Cota said she has seen elaborate caffeinated beverages from coffee shops that contain up to 50 grams of sugar — which is how much added sugar the FDA recommends for the entire day for people eating 2,000 calories a day.

Though she drinks two 12-ounce coffees a day, Cota said, she usually makes them herself to control the added sugar.

“Watch out for that pumpkin spice latte with the sugar and the calories,” she said.

## When should you stop drinking coffee?

Some people might feel more of coffee’s negative side effects as they age, as the body’s ability to tolerate certain chemicals and foods evolves over time, said the spokesperson for the Academy of Nutrition and Dietetics, Jessica Sylvester, a dietitian at the Florida Nutrition Group.

“Within those milligram or cup of coffee recommendations, if you start feeling overly tired and the caffeine is not helping, then you’ve got to stop,” Sylvester said. “If your heart starts beating incredibly fast, you’ve got to stop. It’s different for each person.”

Coffee can also pose risks for younger people, especially teenagers. Dr. David Buchholz, a pediatrician at the Columbia University Irving Medical Center, said no amount of caffeine is healthy for adolescents. But in recent years, he said, brands have increasingly marketed caffeinated energy drinks to children.



A glass dropper with a yellow liquid inside is positioned vertically above a glass filled with a bubbly yellow liquid. The dropper is centered, and a single drop of the liquid is falling from its tip. The glass below is filled with the same bubbly liquid, with many small bubbles visible. The background is a light, neutral color.

THIRST



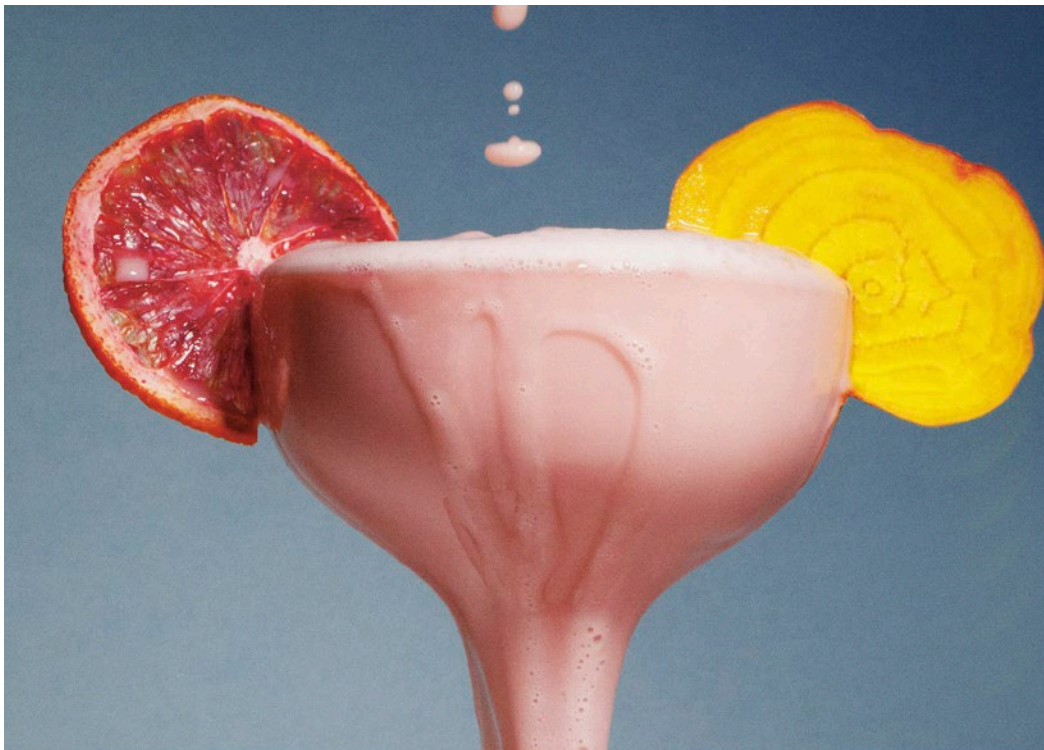


AID



# THIRST AID

## BLOOD ORANGE TAHINI COOLER



Photography by Yana Sheptovetskaya

A savory-sweet refreshing drink that recalls the beach at golden hour. Blood orange brings it to the next level with a light pink color. 1 blood orange, 1 ounce lime juice, ½ ounce simple syrup, 1 tablespoon tahini. Squeeze juice from the orange. In a cocktail shaker, combine all liquid ingredients and shake with ice. Strain into a glass and garnish with a slice of blood orange.



## Five alcohol-free cocktails for the summer.

---



### SALT LIFE

A nonalcoholic take on a dirty martini. In lieu of vermouth, the sea water minerals add a level of complex, savory salinity to this classic. For a little extra oceanic magic, dye the solution blue with a dash of blue butterfly pea solution. 3½ tablespoons butterfly pea flower for blue tint (optional), 3 ounces nonalcoholic gin or vodka, preferably AMASS Riverine, 1 ounce olive brine, 1 ounce sea water minerals, such as Quinton Isotonic (optional), 3 green olives, pink peppercorn fronds or berries for garnish.



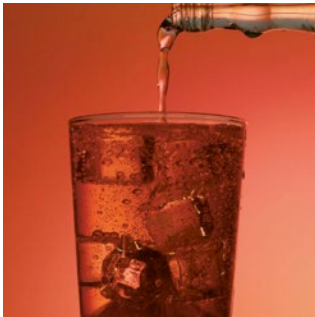
### SURLEY TEMPLE

Grenadine, once derived from pomegranate, is now most commonly made from artificial ingredients like corn syrup. This recipe uses the real juice with added elderberry for a fresh and antioxidant-rich alternative. 4 ounces unsweetened pomegranate juice, 4½ tablespoons raw sugar, Juice of 1 lime, 1 tablespoon elderberry syrup, 4 ounces ginger ale, Maraschino cherries for garnish.



### GREENY COLADA

A green juice spin on a virgin piña colada. Use your green juice of choice. 2 ounces green juice, 1 ounce pineapple juice, 1 ounce coconut cream, ½ ounce lime juice, ½ ounce simple syrup, 1 slice yellow or red beet for garnish.



### BITTERS + TONIC

Bitters are an herbalist's favorite for supporting the digestive and nervous systems. Use herbal bitters here instead of Angostura to access more of the medicinal qualities. 4 ounces tonic water or seltzer, 1 tablespoon medicinal digestive bitters, such as Urban Moonshine or Wooden Spoon Herbs, 1 tablespoon herbal drops, such as Coat My Nerves (optional), 1 orange or lime.

# Space





# Bakery

A stack of approximately ten slices of white bread is positioned on the left side of the frame. From this stack, a series of slices are shown in mid-air, following a parabolic trajectory as they fall towards the bottom of the image. The background is a solid, dark navy blue. The bottom portion of the image features a horizontal band of a vibrant, textured blue surface, which appears to be the destination of the falling bread. The lighting is soft, highlighting the golden-brown crusts and the pale interiors of the bread slices.

# Space Bakery





“Bread may be  
a staple food  
here on Earth  
but can be a  
life-threatening  
hazard in space.”

Words by Molly Mandell

Baking and eating bread may be a tried and tested process on Earth, but whether it will become so simple in other parts of our galaxy is yet to be determined. “Crumbs are a huge issue,” explains Sebastian Marcu, co-founder of Bake in Space—a German company aiming to make bread that can be consumed in the cosmos. “On Earth, crumbs will land in your toaster tray.

But in microgravity, they fly around with no way to contain them.” Midway into the flight of Gemini 3 in 1965, American astronaut John Young discovered the potential danger when he pulled out a corned beef sandwich that he had smuggled aboard (perhaps it had seemed more appealing than the rehydratable hot dogs and prepared food cubes that he had been sent to test). Young quickly realized that free-flying crumbs could land in astronauts’ eyes or throats, or make their way into equipment.

He never got to eat his sandwich. It was the first—and, until now, last—sandwich to enter space. Imitation sandwiches, with tortillas filling in for sliced bread, have meanwhile become popular alternatives. But imitations don’t cut it in Germany, where there is a bakery on nearly every city corner and around 3,200 varieties of bread. “This is about much more than making a few astronauts happier,” Marcu clarifies. “The

project is a stepping stone for human exploration of space.”

Bake in Space aims to develop technology that makes the entire process possible aboard spacecraft, from growing grain to actually baking loaves of bread.

“This is about much more than making a few astronauts happier,” Marcu clarifies. “The project is a stepping stone for human exploration of space.” Bake in Space aims to develop technology that makes the entire process possible aboard spacecraft, from growing grain to actually baking loaves of bread.

# HANGING OUT ANDY BARAGHA

Out of the kitchen, and onto your plates, shelves and screens.

---

Words by Angela Hui

Andy Baraghani worked his way from restaurant kitchens to test kitchens. Now he's in control and cooking for himself.

"I'm sorry for all the commotion and dog barking noises, it's a bit chaotic today," says Andy Baraghani, the 33-year-old chef and New York Times best-selling cookbook author of *The Cook You Want to Be*, looking off into the distance, distracted. I'm on Zoom nine hours ahead from a hotel room in Frankfurt. On the other side of the Atlantic, in the Bay Area, Baraghani has just woken up and is currently spending some rare downtime at his parents' house. He's wearing a simple gray T-shirt that shows off his biceps and sipping a cup of coffee on the garden terrace. It's 9:00 a.m., and golden rays start to peek through the lush, leafy trees, lighting his face. "I mean, it's a Monday morning and there's already like 10 people here. We're planning a big dinner later," he says.

Entertaining, hosting and feeding people is very much in Baraghani's blood, and very much part of Persian culture. (His parents emigrated from Iran to Berkeley, California, in 1977, shortly before the Iranian revolution.) A family occasion involves siblings, aunties, uncles, extended family and friends cooking elaborate meals together for hours, staying up late, telling each other stories

"All I can do is to try to set my doubts aside, get back to the kitchen, and cook."

and reminiscing about childhood memories. On tonight's menu: *tahchin-e esfenaj*, a crispy baked saffron rice dish flecked with spinach and dried powdered lime. "My family are very supportive, and I don't think I could've written my book without them," he says. "They've hidden a copy in every room, which is a little ridiculous—I have to put it away."

Baraghani says that he didn't fully acknowledge that he was the child of immigrants until he became an adult; how it had a huge impact on how he thinks about food, how he interacts with people, and how he carries himself. But his fascination with food started here, with a Fisher-Price kitchen he received as a birthday gift when he turned four. By the time he finished high school, he had already worked in three restaurants, including at Alice Waters' famed *Chez Panisse* in Berkeley. "I worked up the courage to ask the staff if I could help out on Friday nights—who did I think I was?" he laughs. "Chez Panisse showed me that a kitchen was a place where I could belong."

In the time since then, he's been labeled a "food world favorite" and "the internet boyfriend of our dreams" thanks to his viral recipes—cauliflower Bolognese, tahini ranch dressing and ramen noodles with miso pesto—and the videos of him cooking them. In June, Baraghani's cookbook won a James Beard Foundation Award, which, he says, caught him totally off guard. "I never allowed myself to dream that my debut book would ever be nominated. I'm just so humbled—I'm friends with the two other nominees and I really admire their work," he says.









Photography by Emma Trim.

The idea behind *The Cook You Want to Be*, he explains, was to empower the home cook to experiment, and to make sure that it felt like he was right there in the kitchen with them: “I want to give a deeper knowledge about food and cooking that people can take away to help them with their everyday cooking; I didn’t want it to be an authority or a template, but merely a guide with amounts and indicators,” he says. “When you’re at a restaurant, you’re very much cooking someone else’s food. I’ve also developed hundreds of my own recipes for different publications, but they’re still under the template of that publication. With this cookbook, I really thought about how they should read or sound.”

Baraghani transitioned from the restaurant business into food media after contributing to *Saveur* magazine, where he had interned while studying food studies and cultural anthropology at New York University. Here, he learned the ropes of recipe development, writing, testing and food photography until, in 2016, after a “really long and rigorous” interview process, he bagged the senior food editor role at *Bon Appétit*. While

at Condé Nast, he met his partner, Keith Pollock, a former executive at *Architectural Digest*, who he lives with in New York and who, he says, makes a mean breakfast. “I fuck with a man who makes an excellent soft scrambled egg,” he laughs.

Over the past year and a half, Baraghani has been freelance. It’s been a nonstop roller coaster ride, he says, but, for the first time, he’s felt in control of how he wants to present recipes. He’s cooked at events for brands such as Beni Rugs, Reform and Nili Lotan, created lemon, sumac and thyme CBD gummies with Rose Los Angeles, taught *Today Show* viewers how to cook sticky-sweet roast chicken (which the internet had a lot to say about), appeared on *The Drew Barrymore Show* and was invited to the White House to celebrate the Persian holiday Nowruz.



Baraghani says he first learned to cook by watching family members prepare Persian classics such as kuku sabzi (an herb-filled omelet) and chelo ba tahdig (steamed rice with a golden crust).









# ROSE CHALALAI SINGHI

On cooking for the art world elite.

Words by Annick Weber.

The first thing Rose Chalalai Singh does when hosting a dinner party—be it a 200-person affair for an art world client or a small, private event—is get the table ready. Only when that's out of the way will she be able to focus on the actual food. No wonder, perhaps, since much of the chef's childhood took place around a table that was always set for guests. Growing up, she lived in Bangkok with her grandmother, a mother of 11 children.<sup>1</sup> Singh would help cook up feasts for the constant stream of family members filling the house.

Today, Singh's cooking is still family-style, it's just the crowd eating it that has changed. Almost overnight, her two Parisian eateries—Ya Lamaï and the recently closed Rose Kitchen—became favorites among the city's art, design and fashion circles, helping her make a name for herself as their go-to chef for all kinds of events.<sup>2</sup> With Ya Lamaï now run by a trusted team of sous-chefs, Singh is free to dedicate all her energy to the catering side of things. Together with her business partner, Petra Lindbergh, she's worked

with luxury conglomerate LVMH, gallerist Thaddaeus Ropac and the design agency Desselle Partners, and has befriended much of the cool set along the way. After all, can there be a better way to break the ice than with a bowl of steaming tom yum?

AW: What's your earliest food memory?

RCS: I will never forget my grandmother's fish sauce which she made from scratch. She would marinate the fish intestines for one year before filtering and boiling the mixture. You can only imagine how bad the smell was when she opened that pot after all those months. Everyone in my family would go to sleep at a hotel on that day.

AW: And how did it taste?

RCS: It was absolutely worth it. I love the way my grandmother did things; she was a great chef. She never cooked with gas, just with fire. She didn't even know how to do it the modern way. Still, she was very sophisticated in her ways of thinking and making.