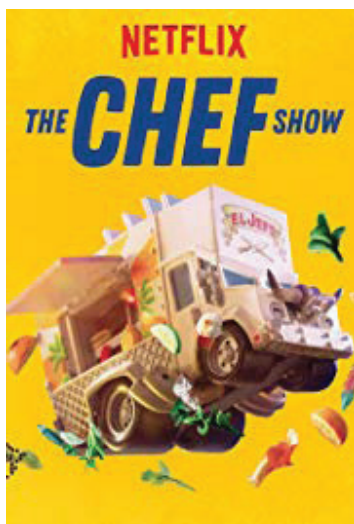
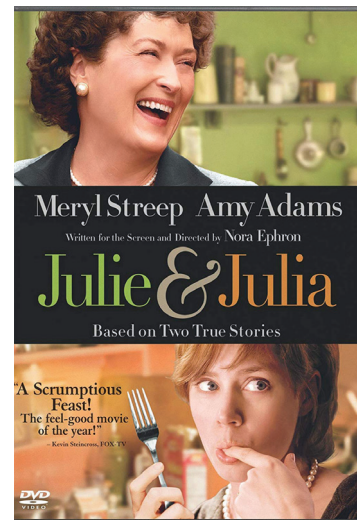
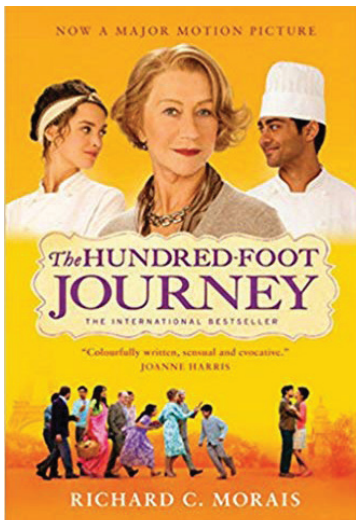


# CULISINE



## The Hundred-Foot Journey

A family migrates from India when their village is burned down, traveling to a small town in France. The son, Hassan, befriends Marguerite, the chef at a Michelin-star restaurant 100 feet away from Hassan's family's Indian restaurant. Competition and love mix in this beautifully told international story.

## This Is Not What I Expected

With exciting and original filmography and the most unconventional characters, you will not expect anything in this beautiful and hilarious Japanese film. Gu Shengnan, a flamboyant chef at an expensive hotel, falls into a series of mischievous antics to win over the handsome hotel acquisitioner, Lu Jin.

## Julie and Julia

Based on a true story, Amy Adams and Meryl Streep star in a multi-generational narrative of a blogger trying to work her way through Julia Child's famous cookbook, "Mastering The Art of French Cooking." It tells the story of Julia Child and Julie Powell as they journey to discover the art of French cooking.

## The Great British Baking Show

With quirky hosts, lovable contestants, and the ever-famous Hollywood Handshake, "The Great British Baking Show" is a baking competition that spans all cultures and is perfect for the whole family. Contestants compete in a variety of tasks set by the hosts, Prue and Paul.

## The Chef Show

Starring Jon Favreau, who played Happy Hogan in the Marvel movies, and chef Roy Choi of Kogi taco truck fame, "The Chef Show" travels across the country to explore the world of cooking from two very different points of view. The two also partnered on the movie *Chef*.

## Salt, Fat, Acid, Heat

A thoughtfully filmed 4-part documentary on the four elements of cooking, "Salt, Fat, Acid, Heat" is hosted by Samin Nosrat, author of the cookbook of the same name. This is an experience for the ages, filled with breathtaking footage and mouthwatering recipes.

by Luxe Palmer

# Netflix and Cook

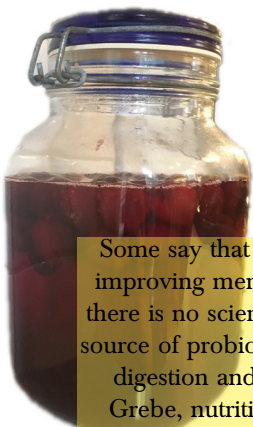


# the lowdown: *kombucha*

by Luxe Palmer and Kaitlyn Ketchell

Kombucha is a fermented tea that dates back to China in the 200s BC. With a misnomer of “mushroom tea,” kombucha is made by fermenting tea with a bacteria solid called a SCOBY (Symbiotic Culture of Bacteria and Yeast), which gives the carbonated drink its probiotic health benefits.

Photos by Luxe Palmer

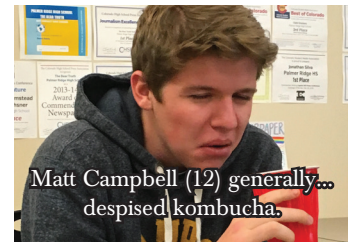


Some say that kombucha can do everything from improving mental health to preventing cancer, but there is no scientific proof to back it up. It is a good source of probiotics and has the potential to improve digestion and weight loss. According to Jenilyn Grebe, nutritional coach at Natural Grocers, “... this is where the controversy comes in, because is there enough health benefits for some people? Yes. For others, no. [If you are someone] with an overly sensitive digestive tract, kombucha... could actually aggravate.”

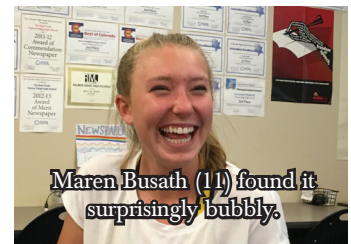
## How To Make Kombucha:

1. Procure a SCOBY from your local natural grocery store or kombucha-making friend.
2. Mix together 70 grams sugar, 7g black or green tea and 1 quart water, adding the SCOBY on top.
3. Let it sit (ferment) in a dark cabinet for 1-4 weeks.
4. Strain kombucha from the SCOBY and add in any flavoring elements such as herbs or berries, and let ferment for another week or so.
5. Strain once more and store in an airtight bottle in the refrigerator!

“It tastes like vinegar gone off!” -Matt Campbell (12)



Matt Campbell (12) generally... despised kombucha.

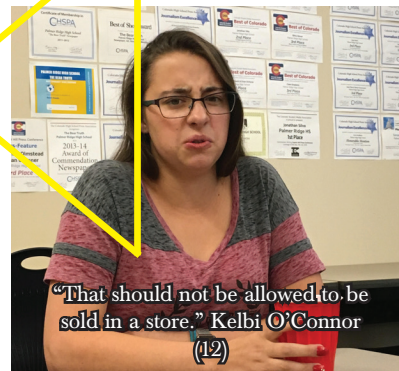


Maren Busath (11) found it surprisingly bubbly.



“It’s definitely interesting. 10/10 would try again.” -Zoe Johnson (10)

We took a poll on Instagram (@prhs\_bear\_truth), and it turns out that about 65% of y’all love kombucha! We also performed a blind taste test, with three different brands of lemon-ginger kombucha- the overall winner being Humm. “It is unusual. It is unique...” -Anthony Marsico (11)



“That should not be allowed to be sold in a store.” Kelbi O’Connor (12)



Miela Tenace (9) was simply appalled. You can just see it.

