
And this week...

I tend to avoid politics here (besides those revolving around the agro-industrial complex) because, despite my being a news junkie, a newsletter about food doesn't really seem the place to share my thoughts on such things.

This week however, it seems hard to escape speaking of politics, specifically the war in Ukraine. Though we are far away from the epicenter, this war is going to touch all of us if Putin has his way, and I am experiencing the same constant, underlying nausea and anxiety that stayed with me every single day of the Trump years, a sort of physical "Oh God, what next..."

I am in complete awe at the bravery of the Ukrainian people, of heroes such as Vitaly Skakun Volodymyrovych, as well as of the dignity of leadership thus far shown by President Zelenskyy. (For those proofreaders amongst you who are bound to reach out to point out my typo, the second y at the end of the name is how he seems to spell it himself, contrary to how the Western press spells it.) My heart bleeds for all the civilians stuck in Kyiv, subjected to this violence and destruction. I am amazed at the courage of the thousands in Russia who have taken to the streets in protest, serious personal consequences be damned. I am shocked (but not surprised) at how ill-prepared the West seems to be for this whole crisis and how little aid has yet to be decanted or strategies implemented to stop this war in its tracks. I am terrified that this will turn into a full-blown WWII, and that the US will reinstitute the draft and send my beautiful boy into battle. I am incredibly annoyed at all the "We Stand With Ukraine" color-of-the flag lighting of monuments, and Instagram and Twitter solidarity posts; they contribute nothing.

I also find myself incapable of finding much joy in eating, cooking and transcribing recipes right now. They seem particularly inconsequential as we watch history seemingly repeat itself -- this war a new Sudeten crisis, and Putin a stand-in for Hitler. We have learned nothing from our past.

I will be back next week. Between my trip to New York City and my lack of interest in cooking, there is not much of a weekly recipe recap.

Spiced Chickpea Sandwich

Steamed Eggplant with Herbed Couscous and Rose Harissa Chickpeas and Onions
