

TACO BELLE
TRYING MY HAND AT MAKING A KOREAN BURRITO
AT THE CULT FOOD STAND, KIMCHIMINARY.



TKTKTKTK
AN INSTAGRAM OF SKYE GYNGELL'S
FIG AND RASPBERRY GALETTE.



ELISABETH TNT TAKES A BITE OUT OF LONDON'S EMERGENT FOODIE SCENE, TASTING EVERYTHING FROM BONE BROTH TO GUILT-FREE CHEESECAKE ALONG HER WAY.



SIMMER SISTERS
SORORAL COOKING DUO JASMINE AND MELISSA HELMSLEY ARE AUTHORS OF TWO COOKBOOKS AND THE HUGELY POPULAR HELMSLEY & HELMSELY FOOD BLOG.

Scrolling through my Instagram feed, I see more and more cool girls finding inspiration in food—be it a superhealthy green-juice hot spot or a new raw café. The cool-girl-turned-chef trend has mushroomed out of nowhere, with a few of them attracting followers on par with movie stars. I wanted to meet some of these ladies and hopefully have attract a bit of their domestic-goddess dust just in time for the festive season.

I start with **Natasha Corrett**, author, blogger, and self-taught chef, with an Instagram following of more than 70,000, and a brand-new top-selling app on iTunes. In her West London kitchen, every shelf and drawer seems to be crammed with grains and seeds, but she assures me all her dishes are easily prepared and fast. The proof comes an hour later when we have a tray of colorful roasted veggies (a great trick Natasha learned in Turkey is to add a bit of water while roasting, and the vegetables become even juicier). We sprinkled the tray with Nigella seeds to add a bit of smoky flavor and threw together a tahini dressing (store-bought paste plus water, lemon juice, and salt). Next I was taught how to make a chocolate cheesecake without the use of chocolate, refined sugar, flour, or dairy. In fact, there wasn't any baking involved, just grinding and blending. This scrumptious, guilt-free cake took less than ten minutes to prepare, plus a few hours of refrigeration, and by God it made an impression. I'd happily serve it at my next dinner party.

But let's be practical: What is it I'm really looking for? The culinary equivalent of a statement coat. How can I make a big entrance without putting in too much time and effort?

Who better to ask than **Jasmine and Melissa Helmsley**, of Helmsley & Helmsley, the beautiful sister act, all glossy dark hair and trendy East End looks, who

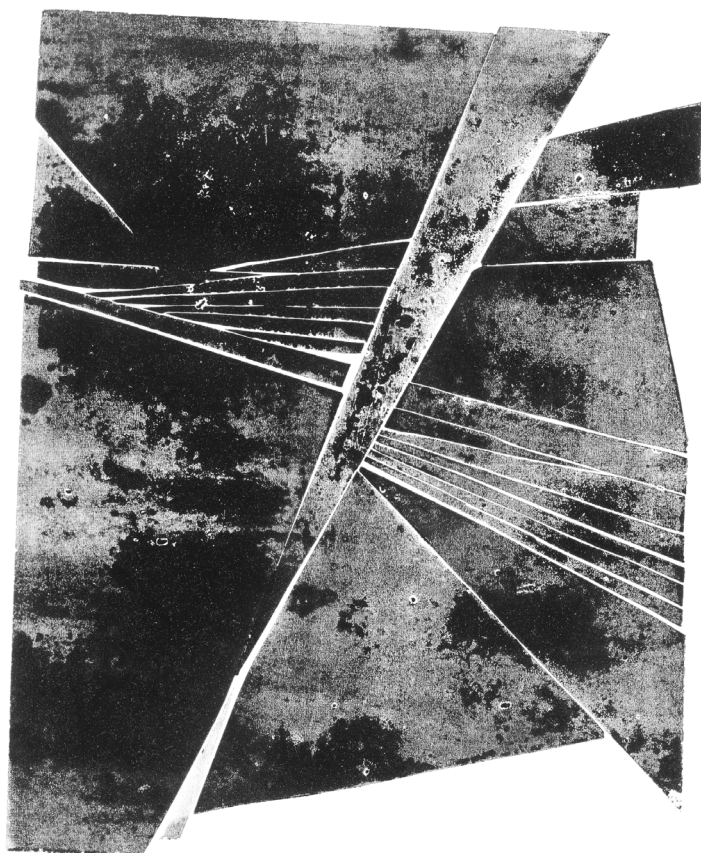
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turned themselves into self-taught chefs inspired by their mother's home cooking? Now their Web site has a cult following, and their second cookbook, *The Art of Eating Well*, has been translated into three languages. "Boil your bones" is the girls' mantra. Jasmin explains that "bone broth is the often-forgotten superfood that forms the basis of nearly all our soups and stews. It's nourishing, simple, cheap, and makes everything taste amazing." Walking through Borough Market, one of London's foodie hot spots, the sisters eagerly drag me straight to their favorite stall, Wildbeef, where they buy all their meat. A passion for bone broth, sausage, and beef was not what I expected from ex-model and girl-about-town turned foodies, but as they passionately explain: "These cows graze only on the long grass of the moors, so omega 3, 6, and 9, plus minerals and trace elements and all that goodness, are passed on to us through their beef."

Know your produce and its producer. Veteran chef **Skye Gyngell**, whom I visited at her latest venture, Spring, explained it best. The beautiful light-flooded space in London's iconic Somerset House has been executed with precision to detail. For one, the superchic staff uniform has been customized by London's young design duo Trager Delany, with **Maureen Doherty** from the cult boutique Egg. The walls are filled with art, and almost everything you eat is homemade. Skye strongly feels that the future of food lies in developing an exclusive relationship with a farmer. She wants to create an interdependency where the farmer can focus on producing the best possible crops with the assurance that even his



JUST BEET IT
SNAPPING A PICTURE OF OUR TAHINI-DRESSED ROASTED VEGGIES WITH HONESTLY HEALTHY'S NATASHA CORRETT. BELOW LEFT: SEASONAL PRODUCE AT THE TK FARMER'S MARKET.



PRINTING MATTERS

When former **Matthew Marks** director **Adrian Rosenfeld** met model-turned-curator **Athena Currey**, it was the gallerist equivalent of *le coup de foudre*. "We had instant chemistry," Rosenfeld remembers. "Athena told me she wanted to start a poster company. And I said, 'Well, that would change the art world.'"

Thus was born **TheC Posters**, an L.A.-based e-commerce endeavor launching this month that offers limited-edition lithograph prints from artists like **Nate Lowman**, **Owen Schmit**, and **Barry McGee**, each richly printed on 80-lb. archival-quality paper and sold for only \$55. "It's really about access," according to Rosenfeld, who compares the startup to **Swatch**. "It's about a way of living with art that isn't precious." It's also about altruism, as ten percent of **The Posters'** profit will be donated to arts education (starting with **Inner-City Arts**, which provides free programming at its **Michael Maltzan**-designed campus in the heart of **Skid Row**).

"It's a for-profit company—there's no question about that—but **The Posters** will also support the ecosystem the artistic community," CEO **Currey** says. "Our aim is to create an experience, rather than aggressively sell art," Creative Director **Rosenfeld** affirms. "That was **Leo Castelli's** model. That's the way it is at **Matthew's**. And that's the way it's going to be at **The Posters**." Beautiful,

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POSTER CHILD
A LITHOGRAPH PRINT OF **WYATT KAHN'S** *UNTITLED*, 2013.