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SPEAKERS

Scot McKay, Edroy Odem, Chef Joe Gatto



Edroy Odem 00:05

From the mist-enshrouded mountaintop fortress that is x&y Communications Headquarters, you're listening to the world-famous Mountain Top Podcast. And now, here's your host Scot McKay.



Scot McKay 00:18

Odd greetings, gentlemen. Welcome back to yet another episode of the world-famous Mountain Top Podcast. As always, my name is Scot McKay at Scot McKay, on Twitter, on YouTube, on true social just about any major platform out there with the exception of threads and Instagram where I'm real Scot McKay. And you can also join us at the Facebook group, which is The Mountain Top summit on Facebook. As always, the website is mountain top podcast.com Hope you'll join us there lots of free downloads and goodies to be had there. With me today is a new friend of mine. He is a first time guest His name is Joe Gatto. He's from Boston mass. And he is the author of a book called from scratch, which you can find at the top of my Amazon influencer queue. If you're listening to this show within a few days of its release, he is also the host of a television show and a radio show of the same name from scratch, you can find his television show on Pluto and Roku or listen to his radio show on NPR. Today we're going to talk about a very interesting, well, kind of a dynamic duo of topics, if you will, we're going to talk about how we as men eat horribly. And come on guys, you know we do, especially when we're single, and also one of my favorite topics, which is extremely underrepresented on this particular show, mostly because I usually don't have the right guest to talk to about it, which is cooking for women. We're going to talk about both of those topics today. So with nothing further, Joe Gatto from Boston. Welcome, Joe.



Chef Joe Gatto 02:01

Hey, how are you, Scot, thanks for having me on. Am I your first chef on on the show?



Scot McKay 02:06

Now listen, it's been about 360 some, 370 some episodes, I guess, at this point, I'd have to go way back and go through all the file cards to figure it out. But I think so. Certainly, you're the first television celebrity chef we've had, which is kind of nice.



Chef Joe Gatto 02:22

All right. I like that bonus.



Scot McKay 02:24

Yeah, I'll tell you what this is going to be sure I'm personally taking notes. I'm an open book. I want to learn everything I can for myself, because I am totally a foodie. I love to cook with my wife. I loved to cook for my wife when we were dating. Sometimes we cook together, and just had a whole lot of fun doing it as a matter of fact, in my match.com profile has somewhat infamously challenged women to an Iron Chef battle in my kitchen. And I was amazed Joe by how many women took me up on it. Women just love a guy who can cook.



Chef Joe Gatto 02:54

Right? Yeah. 1000 1,000%



Scot McKay 02:56

Yeah, you got any experience with that?



Chef Joe Gatto 02:58

Yeah, I got a little, you know, that's how I actually snag my wife, you know, was, was like our third date. And, you know, if your audience doesn't know me, I'm known for making everything from scratch. So when I say that, I mean like I can forge my own knives. I pull water out the Atlantic make salt, I make my own charcoal, I break down whole animals, milk cows, make butter and cheese. So I really like to go all the way. So on our third date, my wife had suggested you know, maybe we could go out to dinner and I said, Why don't you just come over and I'll make dinner. So you know, I handmade pastas, and did a toasted pistachio pesto. Once she ate that, I mean, it was basically cut to three kids later,,



Scot McKay 03:40

I think I would marry you if you made me pistachio pesto.



Chef Joe Gatto 03:44



Chef Joe Gatto 03:44

I get a lot offers, I get a lot. But I mean, you know, food is a food is a powerful thing. And one of the most powerful things about it is the way it brings people together. And I'm a huge believer that food leaps over everything, let it be religion, let it be race, let it be culture, let it be even like even language, food breaks barriers, like nothing else can because when you share a meal with someone, you're not just sharing something that they're shoving in their piehole you're sharing a piece of you. And it's very meaningful and impactful. They call the kitchen, the heart of the house. And there's a reason behind that. So cooking for women, you know, cooking for anyone cooking for any partner is extremely important. I think for more than just, you know, impressing someone, you're really showing something that's deeper about you and and it really, it really is a map to who you are.



Scot McKay 04:42

Yeah, two things there jump out at me. First of all, you speak about cooking for a woman and very much the same terminology even the same exact words I use in my book cook for your date, which I published, you know, darn near 15 years ago now and It's all about creating a connection. There's a bond between people when they break bread together. This is why business deals are made over dinner. This is why, you know, especially in European countries and indeed many cultures all over the world, having a meal together, even preparing it together is a sign of friendship, partnership, camaraderie. And it's unmistakable, because what you're doing is you're providing each other nourishment, sustenance, and when you have a woman over your house and you cook for Yeah, I mean, it's really impressive that a guy can cook, but you're also providing and protecting in a very real way for her. As she's there. It's very impressive to a woman. Now. I agree with that. Yeah, yeah. Oh, for sure. Yeah, I mean, I heard you say so. And that kind of is of solid segue to the second point I wanted to bring up, which is Chef Joe, man. This is not women's work. Being in the kitchen and cooking isn't something chicks do. You're out there forging your own freakin knives, making your own cookware, making your own sea salt, doing the fishing, doing the hunting gutting your own fish. You're doing the whole thing from scratch. That's about as manly as it gets. And indeed, a lot of the major world chefs the Michelin star guys are men. So this is manly stuff.



Chef Joe Gatto 06:24

I mean, to think that a woman should be barefoot in the kitchen. I don't know if there's more antiquated thinking I've ever heard. You know, someone's if someone ever said that, to me, they would definitely have to, I would have to explain to them what it's what it's really about. Anyone can be in the kitchen. But you know, a man being in the kitchen for me. I love that part of it. And it's gone beyond of that I enjoy cooking for my family and I cook every single meal every single day. And I don't slouch I packed I make you know homemade breads to make the sandwiches for lunches when school's on, I do it all. And it's not because I'm showing off. It's because I love it. And my kids love cooking with me. And I have a I have a five a 10 and a 13 year old and they've cooked with me forever. They've been on my television shows that come on my radio shows. But sharing that time. When we're all together, man, you can order a pizza, I'm sure it'll be good. But when we make our pizzas together here, and I've made the dough couple days ahead, so we have a 72 hour dough. We're pulling the fresh mots, we're not just building a meal, you know what I mean? Scot, we're building a memory. And that when it comes down to like we were talking about like when cooking for a woman, right? All of that is

wrapped up into a relationship because the relationship is like cooking, because the key to cooking is balance. A balanced dish is what's delicious. Just like a relationship, a relationship needs balance. And being in the kitchen and taking care of the shopping and doing that part of it brings balance into a relationship. And it's also really fun to sit down still to this day, almost 20 years later, and serve my my wife a meal and have her just blown away. I love that it keeps the fires burning man there is something that has a little sexual part to it that it's sensuous. And having that kind of skill to show off still keeps me young.



Scot McKay 08:26

I definitely want to talk about cooking for a woman in a way that is sensual. Because I think that is a huge takeaway. But I gotta tell you, first of all, man, if you're hammering out three squares a day for your family from scratch, I just feel like a slacker. I don't know where I'd find the time you got to be like one of those efficient guys who can like chop up a carrot like like real fast and all that. Oh yeah,



Chef Joe Gatto 08:50

I mean you can see on my instagram at chef Joe Gatto if anyone wants to follow me we do some crazy we just did like these rainbow ravioli as I did with kids like we're just I get them involved because I think that's where some parents make a mistake. Where they're like oh, all the pressures on me to cook all the pressures on me to shop all the pressure all the pressure bring the kids teach the kids show the kids my kids come shopping I send them off in a whole foods they come back with the things I need. So they're part of the experience so they're learning that for when they grow up right? But then when we get home they understand because they just helped me shop for the ingredients they understand how dishes are built why their favorite dish is this how to make chicken broth why we're getting bones to bones you know my five year old daughter, but then she loves the ramen that we made. So man, you know that you make when you make ramen with you know you make your own bone broth and then you know we made our own noodles and the whole deal. There's a great picture of it on the on the Instagram. It's something else and we make a big batch of the broth. The kids know it's just simmering all day. The house smells awesome. These are things things that the kids are going to grow up with. Right? And that means something to my wife, what are the things, it's a transition into what you were saying earlier about, you know, cooking for a woman, I find this a lot with guys, because I teach big groups. I do like big demos in Boston all the time. 4050s I got one coming up on Thursday, it's 150. And one of the things that guys, I think, is a real mistake that I hear a lot for all the time I've been doing it is what guys will do is they'll cook something they like, because they know how to cook it. And it's good. There's your first mistake, because you're not learning anything about her. What do you need, you need to find out what she likes, why she likes it, where those memories come from. Maybe she had a dish in France that she's never had, again, that you could recreate something that's special, that means more than just the dish itself, it should be layered. And you should really dig in and find out take a little time it's just a conversation. Maybe you have favorite things, tomato soup and grilled cheese. Well, maybe you can make the tomato soup. And then you make homemade bread to make the grilled cheese. She'll never forget it. It has meaning. It's beyond just trying to make pasta that you like, it should have the meaning of as you're building that meal, you're building the relationship.



Scot McKay 11:22

Let me tell you something, Mr. Joe Gatto, you're spitting so much game right now I'm having a hard time keeping up. We're gonna have to go back in time here about five minutes. First of all, let's address the children for a second, just one snippet there, okay. Kids love to help. They love to take part. And they especially love to do that at an early age. So if you establish that habit, when they're like three or four, give them something to do and then validate them for it. Instead of saying, Oh, you did that all wrong, go away, I'll just do it myself. What you are indeed doing is building a love for Well, what this family does, right? You know, we've seen that in just about every dimension of what we do as a family, whether it's traveling, whether it's cooking, whether it's keeping the house in shape, whether it's fixing things that are broken, and yes, even cooking, and certainly BMX racing, because that's what we do around the house, a lot of parents will force their kids into, you know, being a chip off the old block. And then the kid just rebelled against it at age five and doesn't want to do it says, nope, nope, nope, I don't like it. And they cry when you take them. If you give the kids a chance to actually warm up to it and form their own opinion, and introduce them to something rather than forcing it on them. It's amazing. How what do you know, they're your gene pool after all, and they end up loving it just like you do? Amazing. Yeah.



Chef Joe Gatto 12:39

Yeah. And it's a great thing to share it for me, it's meant a lot that, you know, even on my show on on BUR. You know, I have a food show where, you know, cooking live on the air and it streams and everything. And I brought my daughter a bunch of times, and they're peppering her with questions. You know, she's ten, they're peppering her with Chef questions, and she can hold her own.



Scot McKay 13:02

Oh, I bet she feels like a million bucks.



Chef Joe Gatto 13:04

Right. And there after the show, everyone's hugging her. But one of the things is like you were saying, she loves it. I'm not bringing her on because I'm like, hey, look, you know, my kids can all make pasta from scratch. My kids can pull fresh mozzarella. I'm bringing her on because that's what we do. That's how we share time. And it's wonderful. And at the end of the meal at the end of the road, we get something that's really delicious as well. And then here's a great example of it right talking about kids and family. We have a place to loom in Mexico. So we go down there quite often. And here's one of my favorite things at on Sundays in the center of town. All the taco carts and all the dessert carts are all lined up, right like this classic lining of the carts at night smoke billowing to the air and music pumping through cheap speakers. And here's my three kids just walking, my son's talking Spanish. And they're pulling things. They're paying for things and pulling them off the cart, and just eating what's there. They're not looking for Chicken, Chicken McNuggets they're not looking for little like macaroni and cheese. They're eating off these carts that I turned to my wife and it was like this is it. This is exactly what I meant. And it's beyond that. They could just do that. You know what it meant? Like deep down

to me. They're getting to share in the heritage of these families down there because the food is their heritage. So it's so beyond just something that they like the scope of it is larger, they'll see it more as they get older. Right now I just want them to enjoy the taco. But you know when you're sharing when you're having a taco in the streets in the middle of the loom at night, that's that's heritage you're sharing in something that's the tradition is strong, and it's really teaching them that the world is different and that's good.



Scot McKay 15:01

Yeah, man so much for a little snippet on parenthood. That was one hell of an epic snippet. But you know, it is important. And you know, so many things come up once again. First of all, if we just sit on our couch and watch the world happen on TV, our kids will not have their minds open to other cultures, other people, anything that's different than what they're used to. My kids are world travelers like yours, and they want to eat Ethiopian food, and they want to eat Japanese food. And it isn't just chicken nuggets. So man, I echo everything you're saying. That's a great word for parenthood. Yeah. The second thing that came up, I want to go all the way back not only that little bit about parenting, but you were talking about this magical idea of not just making for a woman your favorite dish, but God forbid, listening to her.



Chef Joe Gatto 15:52

I mean, is there anything better you can do?



Scot McKay 15:55

Oh, man, we beat that drum on this show all the time. When women say they want a man who listens, a lot of guys get defensive and they bristle and they go, Well, she wants me to follow her. She wants me to, you know, be her little puppy and be her scent. That's not what a woman is saying. She doesn't want you to obey her when she says she wants you to listen, she wants you to tune in to what her hopes, dreams, loves, dislikes, passions, etc. are food allergies, so that you know how to lead and how to provide. I remember a woman came to my house one time for dinner. And she told me she was of Greek heritage. So I said why don't we make Greek food and she goes I haven't actually had real honest to goodness Greek food in ages, I go well, we need to change that. And I made spent a Copa is with a filo dough and all kinds of stuff. And she was just in heaven. She was like, finally a guy who paid attention to me, you go and see she was very sexy. So she was getting hit up on a lot. And a lot of guys just wanted to get in her pants without much regard for anything else. So when I come along, and I'm actually interested in the Greek heritage and thinking to myself, yeah, you know what, Greek food sounds pretty good. Let's do this thing. Oh, man, I basically could have had a reading out of my hand instead of from a plate at that point. Yeah, it's huge, what you're saying.



Chef Joe Gatto 17:15

Yeah. And I mean, you're, you're dead on there, right? Because I mean, when guys have that misconception that listening makes you a lap dog. That's the kiss of death.



Scot McKay 17:24

Well, it's just a misunderstanding.



Chef Joe Gatto 17:26

Yeah, I mean, don't you want someone to listen to you. I mean,



Scot McKay 17:30

Go figure.



Chef Joe Gatto 17:31

I'm a big believer in listening. I mean, my wife is a very powerful woman, she's an entrepreneur, she's always run her own businesses. She's one of our businesses is helping women entrepreneurs find their strength. So she's very passionate about that. But listening to her and having her, you know, take over sometimes go for it. I don't want to be in charge all the time. I'm in charge of everything. All the time, it seems if she wants to take the lead, isn't that the whole idea of getting with a partner is that you'd let them lead to because they take the slack, then you take the slack, it's the beautiful ying and yang of having a truly deep committed relationship.



Scot McKay 18:18

I agree 100%, with everything you're saying. But I want to issue a caveat for the guys who are thoroughly confused by this conversation. Okay. Yes, women can take the lead in the context of a relationship, but it is always the man who has the overarching provision and protection of that family. Sometimes women are the better suited partner to take care of something. Sometimes, for example, in my house, Emily is more excited about doing a task or a chore than I am, even though I'm perfectly capable of it. So I don't feel like it's incumbent upon me as some kind of insecure man to wrest that back from her. Right.



Chef Joe Gatto 18:56

That's exactly what I'm talking. Yeah,



Scot McKay 18:57

it's not that all of a sudden, she owns you. And she's putting you in your place and saying, Well, no, I'm going to be the one who provides and protects around here. It's just sometimes women have great ideas. So we're going to do it. But you're validating that idea. And I mean, deep down as the man of the household, you might have veto power, but you just don't because

there's no need for it. It's almost like when you visit the Serengeti and see a pride of lions. There's a male lion just typically laying there being lazy and the cubs are just ransacking the poor bastard. You know, they're nipping at him, he just shakes a tail on them. And it's not like he's beating the crap out of them and eating them and scarring them up and showing them his boss. He could do that if he wanted to, but he just knows not to. It's not worth it. It's not even a symbol of leadership on his part in the animal kingdom to behave like that. So since we're apparently a more evolved species, sometimes what sometimes why is it so hard for us to understand? Sometimes our kids have the best day Yeah, yeah.

 Chef Joe Gatto 20:01

1,000% or less. Yeah, kids all the time. I mean, but I agree with that. I mean, there's there's only one alpha. And that's, that's good. There should be structure to that.

 Scot McKay 20:10


But that doesn't mean everybody's creativity and their agency is sapped because you're this big man in charge to me. That's just right. Oh, masculinity.

 Chef Joe Gatto 20:20

I mean, alpha doesn't mean dominant, domineering, right.

 Scot McKay 20:23


I mean, hominid is not dominant. Yep. For so.

 Chef Joe Gatto 20:26

I mean, and Food plays into that, too. It's just like, you know, a kitchen, there has to be one chef. You can't have 10 chefs trying to make one dish. It's not gonna work. Yeah,

 Scot McKay 20:36

I hear you. Let's talk about the sensuality of cooking for a woman. I wasn't going to let that one go under the bridge, without being talked about. I have an idea. I know what you're talking about. But I want you to give me your impression, first of what it means to cook for a woman in a way that brings out the sensuality, which is all important, by the way. Because when we lead with sensuality, women tend to reciprocate with sexuality.

 Chef Joe Gatto 21:04

Yeah, and I mean, you know, and when you're saying cooking with sensuality, I'm sure. You

know, for people, that means Oh, I have to get some oysters. And I have to make all these things that I've seen in the movies.



Scot McKay 21:16

Again, they're gonna get a very objective viewpoint of that.



Chef Joe Gatto 21:19

Of course, yeah. Because we're inundated with pop culture. And that's what pop culture says. But the sexual the sensuality of cooking for a woman is finding out what she really loves. And when you're making something, the sensuality for me what I believe, and this is going to be different for everybody, right, just like everything is. But from my point of view, the sensuality is I'm taking something that she cares about some dish, some some memory, and then I'm crafting and re crafting that almost by hand. So I'm taking the time to think it through to care about her. And then I'm taking my hands, and I'm building something for her. And not only is it something like a house or something, it's something that she's going to be able to experience, which is the difference of food than it is to something or carpentry or anything like that, she's actually going to put that in her mouth and experience that balance. And she's going to experience something, because I can take that memory. And of course, it's going to be my interpretation of it. And I might make it a little spicier, a little sweeter, depending on how I'm trying to make her feel. So all of that comes into play. So when you're that when you're that in tune with each other, and you're sharing something so intimate. I mean, there's there's just no way it can't be sensual. There's just no way it's, it's inevitable that you're going to create that. Now, if you just take out a friggin microwave pizza, shove it in the microwave, and then slap it in front of her and say good luck. Well,



Scot McKay 22:50

Garbage in, garbage out.



Chef Joe Gatto 22:51


There you go, you're gonna get exactly what you give.



Scot McKay 22:54

Yeah, a lot of guys don't understand that simple truth in life as it relates to relating to women, either. Let's break down the word sensuality for these guys. Everything you said, of course is right on the money. Sensuality is relating to the senses. So more complicated than that, right? You have five senses. Obviously, when you eat something, you taste it. So the more complex, the more flavorful, the better. But that's only 20% of the bargain. And of course, closely related to taste is the olfactory sense of smell right? I don't think we need a whole lot of explanation for why a kitchen that just has this wonderful aroma of whatever the chef is cooking would be incredibly pleasing and seductive. Alright, one of the things that came to mind was the old


marketing adage to sell the sizzle, not the steak. So what does it sound like? When you're cooking the meal? Does it sound delicious? Or her ears perked up is something sizzling? Do you throw something in the pan and Foom it makes this big flourish of a sound. All of that is part of the sensuality of it. Presentation. Of course. I mean, I love how the Japanese focus on this, by the way, right? And certainly the French but the idea of course of throwing that frozen pizza in the microwave, hearing a beep and having this like charred thing thrown on the table for you to slop up is not sensual, or it's centrally a negative experience. The presentation of it how it looks, even while it's cooking is amazing. And even the texture of things desserts are famously about texture because it's the kind of the denouement to your entire dinner. It's the it's the crescendo is the grand finale. And to have that texture of the perfect flaunt or the perfect. You know, whatever your dessert is something Michelin starred chefs pay huge attention to but all of this of course goes way over the head of the garden variety dude out here listening to the show, even perhaps while we're eating I'll tell you what my secret weapon was ready when it comes to the sensual dinner, and it did involve dessert. I did Bananas Foster. Oh, that's a fun one. Oh, yeah. Because I you know, it's flaming very dramatic. Yes, yes, yes. Yes. So we've had this wonderful dinner, and then it's the bananas. And it's the liquor, and that brown sugar. So it has this sweet, aromatic, intoxicating scent. And then you say, Hey, watch this, and you turn off the lights in the kitchen, and then just set it on fire. And the woman will gasp and start giggling

 Chef Joe Gatto 25:35

1,000% You might want to put a disclaimer on that. Just so you know,

 Scot McKay 25:38

You don't blow up the kitchen?

 Chef Joe Gatto 25:39

So the new the newbies to the kitchen don't catch fire.

 Scot McKay 25:43

Right, right. Yeah, a little goes a long way.

 Chef Joe Gatto 25:46

Yeah, that is super. Yeah, that's a great dramatic one. Because it's impressive. And it's fun. And that's another part of it. Right? It should be fun. Because one of the biggest parts of that sensuality, there is the conversation that goes on while you're making the meal. I'm a big believer in don't cook everything and just bring out plates to her at the at the dining room table. I'm a big believer that you sit in the kitchen together and you share these moments and you have this conversation. And things always get deeper. When there's a task at hand and you're a little distracted by it, you seem to you tend to be a little more open with yourself. And

it's also a fun thing to let her watch. And that that voyeuristic part of it of her just watching you chop and create something right in front of her. And that's a really, I think people forget that that part's very, very important to share not



Scot McKay 26:37

to be missed there. It demonstrates you have a plan. You're directed, and you're in control, and you know how to handle things. Yeah. And that's very, very sexy to women. You know, when you're done cooking with a woman, sometimes her antenna will be perked up, especially if it's like a first date. And indeed, I had women come over to my house for me to cook dinner for them, Joe and it was the first time I ever met him. I need both hands to count how many times that happened while I was dating. And so they're thinking, Okay, now that this guy is cook for me, he's gonna be like every other guy who's taking me out to an expensive dinner, and he's gonna start turning into an octopus and his hands are gonna be older for me. I used to always disarm women by saying, Okay, let's do the dishes. And they're like, what? You don't always take a walk around the neighborhood then do the dishes. And they would come and do the dishes with me. And it would be and it would almost invariably degenerate into whacking each other on the tail with wooden spoons and a water fight. Well, boom, that's when the first kiss happens. Right? Right. Yeah, this is magic. It's just magic stuff. And I hope the guys really enjoyed this portion of the conversation. I want to make sure we talk to guys about cooking for themselves to Chef Gatto. Because when men are alone, we tend to say, Okay, we're busy, we have better things to do than cook. So they end up eating prepackaged crap, okay. A lot of the grocery stores nowadays are very good about making simple meals for relatively cheap that you could come on, throw in the oven for 20 minutes and eat well. But guys are still feasting on fast food and macaroni and cheese, and just hotdogs and things that aren't going to make them healthy. What are some quick and easy ways the guys listening? Can first of all eat better? And second of all, maybe not be so intimidated by turning stuff on? Yeah,



Chef Joe Gatto 28:31

I mean, this is a really important subject. And if your audience doesn't know, you know, for a long time, I was a chef for professional athletes, Red Sox players, Celtics players. So I've been around the health side of it quite a bit and in depth. And that's even a problem that professional athletes struggle with is these prepackaged meals, too high of sodium content, the easy takes over for the healthy. There's, there's nothing wrong with occasionally having a hit something like that up, I get it right, people are busy. But what goes in that mouth is really important. So we have to be way more careful of what we're putting in our mouth and start making better choices. A lot of the problems that come in America, I mean from I mean, everyone knows that health is a huge problem. And it's coming from what we're putting in our mouth, obesity, high blood pressure, all of that, that also creates problems within the health system it makes for higher payments, all of that. And it all starts at home just by making better choices. And better choices doesn't mean that you have to spend two hours a night trying to create some superduper meal. making better choices means on Sunday doing a whole rack of chicken thighs and roasting them. So we're getting all the fat out. We're roasting him it's super flavorful has a spice rub. And instead of using barbecue sauce, we're making an avocado chimichurri. We're making something that's absolutely delicious. that's healthy for you. And it's fueled. in your body, instead of constantly doing fried potatoes and things like that roast vegetables, this is something that my athletes and my clients over the years have found as a

super valuable tip. Roasting sweet potatoes, asparagus, green beans, anything that you'd like broccoli, carrots, onions, whole heads of garlic, and making a big tray of that. And just once you're done roasting it for 25 for an hour, you know, and stirring it a couple times, you have this big huge bag of roasted vegetables that you can just use for the week. It's really healthy. It's really delicious. And it will last so there's your Monday, Tuesday, Wednesday. Now you're just thinking Thursday, Friday, maybe Thursday you just have who knows, maybe just have a couple burgers, right? And then Friday, do something healthy. So maybe you can have a Saturday that you have a nice cheat day and have beers and whiskey with the boys eaten buffalo wings. That's okay. Again, one of the things I want to stress that I stress with everything in my business in my career is balance. Right? When you're eating healthy, the immediate connotation is, I'm not going to eat salad every day. I hate salad. It's not about that. Okay, it's about keeping track of what's going on. When you're eating these frozen meals. The sodium is through the roof, the fats through the roof. Sure, they're easy, they might taste good, high in sugar, all that they're built to taste good. So you keep going back. But taking the time on a Wednesday night to do a ribeye yourself on a cast iron or on the grill. Right and doing some roasted asparagus with some nice lemon and garlic and having a nice meal boom. And you know that it's not that hard, it's going to take you 15 minutes, 20 minutes, right with the right tips for cooking steak. You pull it out of the fridge a half hour, 45 minutes before even doing anything to it. It's just sitting there waiting to be cooked. So you can do things right on the spot. Or you can do things ahead of time. Build yourself some nice stews, soups, Chili's, right.



Scot McKay 32:07

They're all better the next day anyway.



Chef Joe Gatto 32:09


Exactly. And you don't have to use beef every time you some lean turkey, some ground turkey. Everyone's Oh, Turkeys terrible. I bet if I did a chili for some with Turkey with Turkey, they wouldn't know the difference. Because it's about flavor. And it's about building flavors. But what people do is they say oh, that means I can eat Caesar salad every night. You don't. It's not about that. It's it's about having those balanced meals. Instead of eating chips. You're eating some fruit, make a little fruit salad, keep it in containers, making that choice is going to make you live longer, you're going to feel better, you're going to be happier. I know. It doesn't seem that way. It seems fun just eating a whole bag of chips. But then the next day you're like, Oh, I gotta lose some weight. Ah, I gotta do this. Right. So that's my big take on something like that, right? It's either today, or one day, right? You either started today, or you're gonna say to yourself, I'll do it one day. Yeah, I



Scot McKay 33:09

think that's really good advice. Matter of fact, a lot of guys, if they're making a little bit of money, hire someone to come in and cook all day. Sure, when they do it once a week pair 200 bucks, pay for the shopping bill. And it's one and done that way. I think that's a great strategy. Because indeed, a lot of food not only keeps well, but it tastes better the day after it's made the stews and the soups, things like that. Guys may be listening to this. And they're thinking two things. First of all, this is really complicated. And what I want to tell guys out there is you

can skip all the complicated stuff. You know, you don't have to be a graduate of Culinary Institute of America and be after your first Michelin star. You can just cook food that tastes good. Simply I mean the roasted vegetables are literally cut up the vegetables. Watch them. Taoism and a little olive oil. Put them in a tray. You know one of those glass Pyrex trays I put on 400 Yeah, right. Exactly. And wait an hour and you're done. It's that easy. And that's three nights meals. Three, for sure. Yeah. And it's good for you. The other thing is, I think a lot of guys think this is really expensive. Well, if you start adding up the bills for going in and out burger six times a week. Yeah. And add up the cost of let's say, a shaker of fake parsley leaves versus real parsley, real actual parsley that you can cut up in 30 seconds being 45 cents a bunch at the grocery store. You're gonna realize this isn't as expensive as you thought it was. As a matter of fact, you're gonna start saving money. Exactly. Yeah, exactly. So from my experience, I think men, normal guys like us who aren't trained chefs like you Joe, run into three major pitfalls when we start cooking. First of all, we fail to use fresh ingredients so our food tastes horrible. We buy those fake dried parsley leaves We get a bunch of crappy ingredients and try to mash them together. And it just doesn't taste so good. So men definitely need to use fresh ingredients. Keep that in mind. The second thing I've already alluded to is men make things so complicated. I mean, if we make pasta, my wife used to call this garbage pasta, I have to add everything to it, I have to have Italian sausage, pepperoni, parmesan, anchovies, artichokes, pasta, and tomatoes. You don't have to do so many ingredients. In many, many dishes. The more elegant the recipe, the fewer the ingredients, the better that thing's going to taste. And again, that lowers the cost and makes it all the more delicious. The third thing that men in particular do, well, I'm going to add a fourth one after all, and that kind of goes with too many ingredients is we make it too spicy. Too many different kinds of spice, too much heat too much oregano over the top. So that's kind of like two and a half, I guess. But the third one, Joe is we overcook the crap out of everything. I mean, we just boil, cook, bake fry things into oblivion. So they're basically a charred semblance of themselves when we're done. The truth of the matter is, this should be less expensive. It should be easier, and it should take less time. And it'll be more delicious. But we as guys can't seem to get those truths I just talked about through our head can we

 Chef Joe Gatto 36:26

know I mean, guys, just their ego gets in the way to having taught for so long. I mean, one of the things I see all the time is, you know, the guys, especially I teach a steakhouse class. And it's really about I mean, I break down hook house, so I understand how it works from the core. And guys, once I started teaching it, the light dawns on marble head kind of thing that they've been doing it wrong the whole time. And it all you don't have to be Gordon Ramsay. Okay to make a good meal for yourself what I'm talking about?

 Scot McKay 36:57

I hope you're not right. Yeah.

 Chef Joe Gatto 36:59

I mean, he is a fantastic chef, though. One of the things they could you can do is look up a meal you've had at a restaurant that you love to, even if you've never cooked it, find it on YouTube, make it put it into your repertoire. One of the big things that you're talking about is all wrapped

up in one thing, guys, most of them who I meet all through the years who have taken my classes and still keep in touch with me have watched my show. Listen to me, everything else. One of the things that is guy's biggest problem is they have three things in their repertoire. And that's it, because they can't mess it up. Right. And it's even if it's not even that good. It's like this is what I've been making since I was in college. You got to expand. You gotta find other things, dive into other cooking, make your own tortillas and make tacos for yourself. super fun, super easy. My kids, all my kids, including my five year old can make tortillas by themselves on the stove. My five year old you'd see videos on my Instagram up there flipping tortillas. It's super easy and then you're making some nice healthy tacos for yourself with a nice Picota guy oh no cheese because cheese. I mean I'm not a big cheese guy on tacos anyway. But just pulled chicken or make some nice roasted fish tacos. Not deep fried not San Diego ones which are delicious. But more over towards like LA where it's roasted white fish on a tortilla. Just with a Picota guy oh, we have those like once a week here. You take that white fish put a nice dry rub on it with like chili not and not spicy chili ancho kumin little garlic little salt, little lime juice, put it in your fridge for three hours. Then roast it for about 15 minutes depending on the thickness 10 to 15 and all you're doing is making tortillas and you made Pecos so easy. tomato onion, cilantro, little jalapeno maybe.



Scot McKay 38:57

And you're killing me Smalls. I'm starving. Right?



Chef Joe Gatto 39:00

Yeah, one of my favorite dishes in the world. And that's so easy.



Scot McKay 39:04

You know I have one little note to add relative to everything you just said as it relates to cooking for women. If you're going to throw out a main dish and a few side dishes and maybe an easy dessert, really you only have to focus on that one main dish and get it right and the side dishes you can kind of fudge on you know you can have a little butter linguini and take a bag of frozen peas and put some butter on that and put that on the side as long as you have that one main dish that is made of fewer ingredients fresher ingredients and not overcomplicated and you'll do great and you'll gain the confidence and you'll want to do it again and again. When you see how she reacts. Great stuff. Great stuff. I tell you what, Chef Joe Gatto, I want to send these guys to your Instagram an easy way for them to do that is just to go to [The Mountain Top podcast.com](https://www.themountaintoppodcast.com) front slash chef, CH e f and in addition to seeing your five year olds Flipp tortillas, what else will they encounter when they get on Instagram?



Chef Joe Gatto 40:03

I mean, on Instagram, you'll see my classes, you'll see clips from my podcast, you'll see clips from my TV show my links to everything I do is on there you can see my 10 year old daughter and I making chocolate from scratch where we can actually we actually break down the cacao

pod. And there's just a ton of fun food content on there. If you like to cook or you like to see other people cook or you'd like to see cool creative dishes definitely stop by and definitely say hi, when you're there.



Scot McKay 40:30

Fantastic. And I'm assuming I hope this is a safe assumption that your podcast is also called from scratch.



Chef Joe Gatto 40:36

No, this one actually is called Baking Bad. So what we do we have beautiful chefs, people from network television, we have a whole bunch of big TV personalities coming on and they come on do a half hour interview. And then we actually take them to the kitchen and my two hosts in LA try to cook their favorite dish with them as I watch and just laugh. So it's it's absolutely hilarious. It's a super fun podcast. And luckily, we make the dish before for them. So even when everything goes to shit in the kitchen, it's still a blast. So yeah, it's Breaking Bad, which there's a link on my, on my Instagram. But yeah, so stop by and check it out. It's really fun. This was a great podcast that this is really different. I love how you do it here a lot of discussion and just realness. I love it.



Scot McKay 41:26

Yeah well, you know what? These are the topics that matter most to the men listening, when it's time to interview a chef who knows his way around the kitchen and does everything from scratch. So kudos to you, man for bringing the noise with these guys today and really helping us grow not only as I don't know, junior chefs in the kitchen to some degree but as man, because I think indeed this is a manly skill. As a matter of fact, I know it is. And I've often referred to cooking for one's date as the nuclear weapon of attraction and first person you came here and pretty much mirrored that.



Chef Joe Gatto 42:04

Does that make me...does that make me Oppenheimer?



Scot McKay 42:07

Yeah. Oppenheimer of culinary excellence. Yes. Yes. Fantastic stuff. Thank you so much, Joe Gatto for joining us today. Thanks, Scott. This was a blast. Yeah, indeed. And guys, I have actually written a book called cook for your date, and I don't ever talk to you guys about it. It is all about how to prepare your place, prepare your kitchen, do the shopping and get cooking for a woman right the first time what to do when she gets there how to conduct the entire evening and it's chock a block with simple, elegant, delicious, sensual recipes for the second half of the book. I'm not going to push it too hard on you. All I'm going to do is put the link for it in the show notes at mountaintop podcast.com where you can also check out Joe Gatos, Instagram, at

mountaintop podcast.com front slash chef I'll link to that there also. And you can also visit our sponsors origin and main heroes soap company and the key port and when you buy something from any of our fine sponsors, please use the coupon code mountain 10 to get 10% off. Gentlemen, some of you have not talked to me yet on the phone, Skype or Zoom about how to get the right woman in your life. Hey, by now you know you resonate with the message here. You know, we're bringing all kinds of creative ways to get better with women. A shining example of which you have witnessed right here in this very episode. Hey, it's time. Get on my calendar. Let's talk on the phone for 25 minutes about the kind of woman you want to get in your life and how you're going to attract her. The opportunity to get on my calendar is indeed there for you using the red button at the upper right hand corner of mountaintop podcast.com and so much more. And until I talk to you again real soon. This is Scot McKay from X & Y Communications in San Antonio, Texas. Be good out there.

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