GQ

THE Wellness AND Success ISSUE

An Action Plan For 2020

HOW TO

Climb Like **Alex Honnold**

Eat Like **Jean-Georges**

Globe-Trot Like **Diplo**

PLUS

BIG FITS FOR THE GYM

RELEARN THE ANCIENT ART OF RUNNING

WHAT YOU CAN LEARN FROM

Larry David

COMEDY LEGEND, STYLE GOD & SELF-ACTUALIZATION WIZARD

Jean-Georges Vongerichten

The Michelin-Starred French Chef With a Vegetarian Tasting Menu

The New York City–based, Alsatian-born Jean-Georges Vongerichten, who operates more than 30 restaurants around the world, has long been a sovereign of fine dining. Now he's pivoting toward a new role—as a champion for plant-based eating.
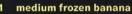
When I was growing up in France, the meals my family made were 65 percent vegetables—a small roast pork to feed the entire family, vegetables from our garden, and some grain. So when I opened Jean-Georges, in 1997, I wanted to do composed dishes—not just with meat and fish but with a lot of vegetables too. But back then, the availability of varied, fresh vegetables in New York was not that much. As time went by, though, more people were asking for a vegetarian menu, so we would create one à la minute using what we had in the kitchen. The availability at the Union Square farmers market was [also] improving—six different colors of carrots, five colors of beets. People wanted to eat more vegetables for their health and also for the sake of preserving nature. It takes two weeks to grow a radish but two years to grow a steak. I opened ABC Kitchen, in 2010, and abcV, in 2017, because people were saying, "You are doing such a good job with cooking vegetables, why don't you open a vegetable restaurant?" And in September, I added a vegetable tasting menu to Jean-Georges. When you consider the array of vegetables and herbs and spices, there is no limit. You can be more creative. They make you think outside of the box, be more experimental, and feel better about the future of the planet. It is more gratifying. And nobody needs to eat a three-pound steak. We are going back to what we are supposed to eat. I want to be a part of that future.
—AS TOLD TO PRIYA KRISHNA

FITNESS & PROTEIN MORNING SHAKE

At Jean-Georges Vongerichten's extremely fashionable plant-based restaurant, abcV, the old bodybuilding protein shake gets a chef-y update. It uses a luxe mixture of six nut and seed butters (pecan, hemp, chia, poppy, almond, and macadamia). But almond butter is a great substitute.

1 medium frozen banana
¼ cup plus 2 Tbsp. unsweetened almond milk
½ cup frozen blueberries
1 Tbsp. nut butter
1 Tbsp. brown rice protein
1 Tbsp. hemp protein
½ tsp. vanilla extract
1½ small dates

Purée all ingredients in a blender until smooth.

David Zilber

Noma's Director of Fermentation Wants You to Ferment Everything

Along with chef René Redzepi, Zilber cowrote *The Noma Guide to Fermentation*, bringing cutting-edge R&D lessons from the world-renowned Denmark restaurant to the masses.

It seems like more and more people are getting into fermenting at home. What's going on there?
People get really fucking fired up by the fact that there's that holy-shit moment: "Wow, it's not just sauerkraut, it's not just kimchi, it's not just pickles. It's everything. I can make meat taste different if I want to. I can make fruit taste different if I want to. I can enter this pact with nature and interact with the food that I produce and eat."

You say fermented foods not only taste good but also feel good to eat. Why is that?
You end up tasting the molecules responsible for satiety in a higher quantity than you would in a traditional meal. By outsourcing that act of digestion, your body assimilates them at a much higher rate. Meals at Noma always leave you feeling full but never bloated. [At] Noma, vegetables, because of fermentation, can be as delicious as any steak.

Fermentation has been around forever, but it seems like Westerners started talking about it more recently.
The reason why it's exciting is because things go wrong on occasion—the splendor of the natural world is the diversity and uncontrollability of fermentation writ large. When you understand that, it lets you ferment better and lets you move through the world more at peace, with more understanding, with more appreciation for the natural world, and that is a really fucking powerful thought.
—CAM WOLF