

Pull Up A Chair Episode 4:
“Culinary Culture and Mental Health”
Chefs Nephi Craig and Chris Rodriguez

Links to articles, books, and media referenced:

Gather Film: <https://gather.film/>

Fine Dining Faces It's Dark Truths in Copenhagen | Financial Times
<https://www.ft.com/content/a62a96b8-2db2-44ec-ac80-67fcf83d86ef>

Behind the Kitchen Door | Saru Jayaraman
<https://www.amazon.com/Behind-Kitchen-Door-Saru-Jayaraman/dp/0801479517>

A Letter to Prospective Stagiaires | New Worlder
<https://newworlder.substack.com/p/a-letter-to-prospective-stagiairesv>

Anthony Bourdain's Parts Unknown "Lyon, France"
– home of the modern kitchen brigade system:

<https://explorepartsunknown.com/lyon/bourdains-field-notes-lyon/>

History of Modern Culinary Culture:

The Last Days of Haute Cuisine: The Coming of Age of American Restaurants by Patric Kuh
<https://www.amazon.com/Last-Days-Haute-Cuisine-Restaurants/dp/B0047THCYW>

A Revolution In Taste: The Rise of French Cuisine by Susan Pinkard
https://www.amazon.com/Revolution-Taste-French-Cuisine-1650-1800/dp/0521821991/ref=sr_1_1?crid=3UDPJN9JQ6SVS&keywords=A+Revolution+In+Taste%3A+The+Rise+of+French+Cuisine+by+Susan+Pinkard&qid=1656524084&s=books&sprefix=a+revolution+in+taste+the+rise+of+french+cuisine+by+susan+pinkard%2Cstripbooks%2C100&sr=1-1