

The Human Upgrade: Episode 1125

[00:00:34] **Dave:** Wow. You're listening to The Human Upgrade with Dave Asprey. If you're watching this on video, you might've noticed I'm not on the normal set. That's because this is recorded here in Boulder at Kimbal Musk's place. This is Kimbal. Nice to meet you. Hey, Kimbal.

[00:00:51] **Kimbal:** Nice to see you again, David.

[00:00:53] **Dave:** If you're a longtime listener, you remember Kimbal's last interview that we did at his newly opened restaurant called The Kitchen. And I went there to interview because, like, what is this tech guy? I want to say tech guy, Tesla, SpaceX. You guys recognize the last name, right? But you're on the boards of these companies, and you were the first company with Elon to do mapping online.

[00:01:16] **Kimbal:** Yeah, we did it in the mid '90s.

[00:01:18] **Dave:** I will say, I stopped getting lost after Zip2 was formed.

[00:01:21] **Kimbal:** Thank you very much. It was a crazy time.

[00:01:23] **Dave:** It really was. And people who were there remember Silicon Valley that way. And yet, years later, I didn't meet you back then years later, all of a sudden, what is the tech guy doing with regenerative ag and aggressive restaurant? Because I did the aggressive restaurant in LA, and I'm on the regenerative farm.

[00:01:42] And so we had to talk then. But now it's time for an update because you've done a lot since then, including a new cookbook, which is actually really cool because it's got real food in it.

[00:01:51] **Kimbal:** Yeah, that's right.

[00:01:52] **Dave:** Okay. So we're going to cook together, show people some stuff, and we're going to catch up on what's happening in the movements and other cool stuff.

[00:01:59] **Kimbal:** That sounds great. Looking forward to it.

[00:02:00] **Dave:** All right. Regenerative versus industrial plant-based oat milk. What's your stance?

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[00:02:10] **Kimbal:** When we started The Kitchen in 2004, I actually did it coming off a 9/11 experience. And it's weird what's 9/11 got to do with restaurants or food? After the mapping company, we sold it. My brother did PayPal, and I went to cooking school in New York, and it's just passion of mine.

[00:02:36] I've cooked since I was a kid. I found that when I cooked-- it's literally from 11 to 12 years old-- my family would sit down and eat, and that was it. I was like, well, this is pretty cool. And my mom jokes that her lack of cooking skills also inspired me to cook.

[00:02:54] And so by making the food tastier and also getting everyone to sit down, we really started to build this tight fabric as a family. And I really believe that is what made us what we are today, where we all come out very, very strongly connected at a very deep level. Cooking for your community, it gives me life, it gives me joy, and it connects me with my community, and I really believe it makes a huge difference.

[00:03:25] So what happened with cooking school was a few weeks after cooking school, 9/11 happened. I was in New York for cooking school. And I woke up to the sounds of the planes hitting the building. I was right at Chambers and Broadway. And it was this crazy experience where you wake up as a New Yorker and you hear the sound, and then the doorman rang the bell saying, plane's hitting the building, plane's hitting the building.

[00:03:50] You live in New York. You're like, some idiot has hit a plane into the building. You're thinking it's a small little plane or some rink-eating thing. And so I get in the shower and go down, across the street to the deli. As I get out of the elevator, another plane hits the building. And again, you're in New York. You can't look up and see the buildings. You're close by, but you have these other skyscrapers in the way.

[00:04:14] Go to the deli, and many, many more people in line than usual. So I know the deli really well. I just want to get two cups of coffee. I don't get in line. I just pay right up front, help myself. And over the radio, it said that the Pentagon got hit, and that's when everyone just started running. And I ran upstairs, got my wife, Jen, at the time, and we just started running.

[00:04:42] We got to Connell Street by the time the first one fell, and the second one fell when we were at Union Square. By that point, you could see. All you saw at Canal Street was this giant crazy cloud of white powder.

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[00:04:54] **Dave:** So you were running away?

[00:04:56] **Kimbal:** We were running north. Yeah, you're just running. We were running with a crowd. And when we get to Canal Street, you see people coming out of the dust cloud. They might be in a fire truck, or they might have been in a police car, or just regular cars. You couldn't tell. They were just covered in white dust. And people clinging onto the sides of the cars, just to get a ride out.

[00:05:16] And when I saw that, reality just broke. See the World Trade Center fall in front of your eyes. My mom lives at 22nd Street. Us and about eight other people just slept on the floor there for about a week. And then she got a call. She was a well known dietician at the time. She's now retired. They're looking for volunteers to cook for the firefighters. And she said, look, I can't cook, but my son can. And I said, yeah, I'd love to. That would be an honor. And of course, millions of people are trying to volunteer.

[00:05:49] **Dave:** So she volunteered you.

[00:05:50] **Kimbal:** She volunteered me. And I'd just gotten a cooking degree, so they were like, okay, this guy's for real. But the other thing that I had was a security pass because you can't get down to ground zero unless you live there. And even then, you can only go to 14 days or so after 9/11.

[00:06:05] And so I got back down there, and for six weeks every single day, 16 hours a day, whether it was peeling potatoes or eventually cooking with some of the best chefs in the world, you got to go to this gymnasium that had been converted to a cafeteria. You're feeding these firefighters, they're coming in from these giant piles of melting metal, still melting weeks after 9/11. You can smell it. It smells like the dentist's worst smell ever.

[00:06:33] And you watch them sit down. They're completely grey, and their eyes are down, and you feed them this beautiful real food that we were cooking constantly, just the best. You can imagine that we were just getting the best farmers, best fishermen, just giving us all their food to cook for them, and slowly the life would come back into their eyes. And then they would start talking to each other, and they would actually have a revitalized experience.

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[00:07:06] I would do this every day. And it was that feeling of community through food that this life-bringing energy we were putting into them. I said, you know what? I didn't plan on doing a restaurant after cooking school. I just wanted to learn how to cook. I'm a student of life, so let's go learn.

[00:07:23] And I was like, yeah, I got to go do a restaurant. And so came to Boulder 2002, and in 2004, we opened The Kitchen. And it's just been this beautiful experience of community through food ever since.

[00:07:38] **Dave:** This might be one of the less scientific questions in the world of biohacking, but does food taste different when there's love in it?

[00:07:47] **Kimbal:** We actually use that word. It really does make a difference. If you see your grandmother cooking or some figure who in your family loves to cook, and they really are pouring their love into that dish, what I think that translates to on a scientific level is they're being really careful not to overcook it, or they're braising it just the right amount. And they know where it needs to go, and they're putting that just a little bit extra in in every step of the way, and an easier way to say that is love.

[00:08:21] **Dave:** I love it. So you have this consciousness from the person preparing food. And Buddhists actually teach that. They say, the fewer people who touch your food, the better.

[00:08:30] **Kimbal:** Oh, cool. Yeah.

[00:08:31] **Dave:** And the Dalai Lama is very particular about who can prepare his food, because he doesn't want who's angry and pissed off.

[00:08:37] **Kimbal:** And then they put it into their food.

[00:08:38] **Dave:** Yeah, because they believe that food absorbs that. And I probably does.

[00:08:43] **Kimbal:** Actually, that's funny. I cook dinner for my kids every night. It's one of my things. I'll be working. I'll come home, cook, sit down, have dinner with him, just like I did growing up with my family. And just the other night, I was having an argument with my daughter about what we should cook.

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[00:08:59] And I was like, I'm going to cook something that you're going to be jealous that I have it. And I'll cook something else for you. It wasn't related to her at all, but I was just angry. I was having a tough day. They sat down. My meal sucks. So yeah, when you're angry, you're not able to put that consciousness, that love into it, that soft energy that goes into making it taste so good.

[00:09:26] **Dave:** Yeah. Food nourishes people. Love nourishes people. There's an emotional thing that's hard to measure but people can feel. And I feel like that's extra important in even how you prepare the food, but also how animals are treated, how plants are treated.

[00:09:40] **Kimbal:** Yeah, absolutely. In the world of regenerative farming, there's a lot of scientific principles there, which we'll talk about throughout the podcast, but you're putting love into it, but the animals, you're caring for them. They're caring for the land. It's a beautiful cycle.

[00:10:03] **Dave:** Can you have regenerative agriculture without animals on the farm?

[00:10:08] **Kimbal:** I don't think so. Obviously, there isn't a hard and fast definition of regenerative.

[00:10:14] **Dave:** Yeah.

[00:10:14] **Kimbal:** In my opinion, and it's supported by most people, there are a lot of views on the subject. When you talk about soil health, manure is a big part of that. And regenerative farming is about bringing life back into the soil. It's about sequestering carbon in the soil, which, by the way, makes the food taste better. So it's really about bringing the soil back to life. And animals are part of life.

[00:10:42] **Dave:** They are. When I hear people talk about, let's remove animals from farms because we'd have to kill them and then we're done, I feel like, why do you hate animals so much?

[00:10:55] **Kimbal:** Yeah. There's another way to think about it, which is a practice of thanking the animal.

[00:11:02] **Dave:** Amen, right?

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[00:11:03] **Kimbal:** Yeah. And to just be grateful for this incredible circle of life that we have. We did something that was pretty controversial at The Kitchen. We would raise our own animals. And that part wasn't controversial.

[00:11:21] **Dave:** I did that too. So how was that controversial?

[00:11:23] **Kimbal:** Well, what we would do is we would name the animals, and then we would put the names on the menu.

[00:11:29] **Dave:** I think that's freaking beautiful.

[00:11:32] **Kimbal:** And so we already had these two lambs, and we named them Nessie and Bessie. And we put on the menu Nessie and Bessie with couscous. And we got this uproar, and it was from a lot of vegetarians. Their first reaction was negative, but when we actually said, actually what we're here is we're here to respect the animal and make sure that people really understand that this was a living being that gave themselves to this dish, they changed their tune, and they're like, you know what? You're actually connecting people more to what they're eating. That can only be a good thing.

[00:12:05] **Dave:** And is a farmer who cares enough to name his animal going to torture the animal, allow it to be killed in a way that's disrespectful? No. And, yeah, we named our house too for exactly the same reason. Because we're nourishing them, and then they're nourishing us, and it's the cycle of life. And there's gratitude, and that's why they're here exactly.

[00:12:23] **Kimbal:** Exactly. And when you're talking about regenerative farming, you get a relationship with your animals.

[00:12:29] **Dave:** And with your whole soil.

[00:12:30] **Kimbal:** Yes, your farm. You even know that that section of the farm needs a little bit extra here or there, and it's like putting love into your food. If you're putting love into your land, that, at its core, I think is what regenerative farming is about.

[00:12:46] **Dave:** It really is. And even from a young age, a lot of people, it was controversial because I think it's on a farm, and we have cows, and chickens, and pigs, and sheep, and all that. And we let them pick the names. And I remember the first time we had pigs. My daughter picked the name's Svin, because it means swine in Swedish. And everyone is Swedish, so I thought it

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was funny. She's like, I want to make sure that we know which bacon is from Svin because that's going to taste the best.

[00:13:14] **Kimbal:** That's right. Exactly.

[00:13:16] **Dave:** And there was no trauma. It was just a happy thing, a grateful thing. And the fact that you put those on the menu at The Kitchen, I think it exhibits extreme consciousness.

[00:13:29] **Kimbal:** Consciousness and gratitude. You really are connecting the guests to the food. And it was actually the meat eaters that struggled with it. When they dug in a bit, they're like, here, whoa, this is a bit much for me. That was actually our goal, was not to-- I'm a meat eater. I'm not asking anyone to change, to not eat meat. And as we were saying, it's they're part of the cycle, but to be conscious of it and to be grateful for what they've given, I think is pretty great.

[00:14:00] **Dave:** And I have to go with you. We're both tech Silicon Valley guys, so when you boil us down all the way, are we meat robots or do we have a soul and spirit?

[00:14:13] **Kimbal:** I am absolutely a believer in the soul and spirit.

[00:14:15] **Dave:** Yeah, me too.

[00:14:17] **Kimbal:** I think it's quite a depressing outlook to choose to say we're meat and bones, just a bag of meat. And I think it's a choice. It's not like you could prove it either way. So I feel love for people around me.

[00:14:37] Okay, well, where's that coming from? That's not an artificial intelligence. That's not the meat and bones. That's coming from inside me. That's soul and spirit, and there's no denying that for me.

[00:14:50] **Dave:** I share that, and I didn't used to. I was a hardcore APS meat robot, but if you start studying and paying attention, you just realize there's something out there, and there's enough data points. You can just support it if there's stuff going on.

[00:15:03] **Kimbal:** I had two different lives. I had a very serious accident when I was 37, and prior to that accident, I was much more like you described. We're very much hardline techie. I

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had opened the restaurant at that point, but it was still coming at it from an analytical place. Like, okay, we should work with our local farms because we want to support our community.

[00:15:26] We should work with the local farms because we can see how animals are raised. These are all logical things. And I was going down a ski hill on an inner tube, and the tube flipped, landed on my head, going 35 miles an hour.

[00:15:40] **Dave:** Ouch.

[00:15:40] **Kimbal:** Ouch. And I have the metal spine here that they put in there. But being paralyzed for those three days and just feeling the voice of God-- and I'm not a religious person. I don't subscribe to any of the religions, but I felt the voice of God. I felt a deep resonance in me. And at that point, I wasn't sure if I would be able to be healed.

[00:16:09] And it was about three days, and they did one difficult experience after the other in terms of trying to examine whether they could fix me. And they did complete the surgery, but actually, it was in that moment where I said to God, if I am healed, I will really dedicate myself to food in a way that would make the planet a better place.

[00:16:34] **Dave:** Wow.

[00:16:35] **Kimbal:** But prior to that, I was very check and heady-oriented, and after that, I was very soul and spirit-oriented.

[00:16:42] **Dave:** Was the voice of God scary?

[00:16:44] **Kimbal:** No, it was just very clear. You know the monkey brain? Everyone has that. It's gone. Just completely gone. And I've done ayahuasca later in life, and ayahuasca, there's a DMT chemical that's released that is simulating when you're dying. And it was actually a very similar experience.

[00:17:08] It was a, oh wow, the voice of God is back. That's interesting. And it was a powerful experience for me, but I didn't even necessarily need it that second time. I already had it.

[00:17:20] **Dave:** You already had it.

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[00:17:22] **Kimbal:** And that moving of soul and spirit, I now apply to the food I cook, my family. We work in schools, helping kids grow food in organic regenerative soil. And it's just a much more beautiful way of living.

[00:17:39] **Dave:** Wow. I like that. I had a direct God experience too, and not at all scary, pure goodness, but I'm pretty sure it's going to blow a fuse in me. I'm like, I don't know if I can carry that much current for more than a month, something's going to melt. And I don't talk about it that often, but yeah, that can make things like psychedelics--

[00:18:01] **Kimbal:** I think that for people who are going through PTSD, especially military veterans, it's so powerful. It is such a great way to go in and talk to your own spirit and however you want to describe it. For me, it was beautiful in that it reminded me, and I also didn't need the reminding because it was always with me.

[00:18:24] **Dave:** And it was always with you because you rediscovered your humanity because of the near-death experience. And then you brought that into all of your work with kids with restoring soil. The parallels there are just really fascinating for you. So thanks for going--

[00:18:41] **Kimbal:** Yeah, absolutely.

[00:18:42] **Dave:** Why you do what you do. You know Elon's 100-million-dollar carbon capture XPRIZE?

[00:18:50] **Kimbal:** Sure, yeah.

[00:18:51] **Dave:** So that wasn't going to be elected to be an XPRIZE. And when I ran Bulletproof, I was a small sponsor of XPRIZE, and I gave this impassioned speech, like, guys, this carbon thing really matters. So I don't have half a million dollars to sponsor the creation of the prize that Elon eventually funded. I said, but I have 50 grand. And you're dumb if you don't do it. And a few other small guys me pledged a little bit, and someone came in with the rest. And that launched at the end of the prize.

[00:19:19] **Kimbal:** That's great.

[00:19:19] **Dave:** But my answer was, we just need to fix our soil. We already--

[00:19:23] **Kimbal:** That's right.

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[00:19:24] **Dave:** In my mind I'm going, it's all about the soil.

[00:19:26] **Kimbal:** Yeah. Actually, we've done it at scale, and it would require a lot of scale. The math actually works out that we would be able to sequester all of the carbon that we were using up in the world, driving cars and so forth, but we have to do it at scale. And the challenge was regenerative at scale is not that farmers don't want to do it. It's just you have to do one farmer at a time, and need actually a lot of government support to help farmers make that transition.

[00:19:55] **Dave:** It didn't work in Sri Lanka.

[00:19:58] **Kimbal:** Regenerative?

[00:19:59] **Dave:** Yeah. I guess they were doing organic, but not regenerative. Was that the issue?

[00:20:03] **Kimbal:** Yeah.

[00:20:04] **Dave:** Fertilizer or something in an attempt to become regenerative. And of course, the production fell and prices went up. Government gets, I think it was wrong, but it was a little--

[00:20:13] **Kimbal:** Yeah. I have this experience. I wouldn't say it's the best experience, but I got fascinated with Cuba for a long time because they had been forced to be organic for decades. And there were a whole bunch-- and I work in Florida with a lot of farmers that are organic and are regenerative. And I wanted to see what Cuba was like. And they have a blockade, so they were not, at the time, allowed to have fertilizer, at least not from America.

[00:20:45] When you get there, you realize they're growing a 10% productivity relative to their neighbors in Florida, same land, same weather system, and they're doing organic regenerative in Florida, and they're doing organic regenerative in Cuba. But communism is just a terrible system to motivate people.

[00:21:08] And so I can't speak for Sri Lanka, but actually, you do need to have systems in place that encourage you to put love into your land, put love into your food. And I think what you like about capitalism, it certainly makes sure your output, what you're producing is growing in a healthy way.

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[00:21:28] **Dave:** It's one of the reasons that I've been so loud about grass fed. There was a global grass-fed butter shortage in 2014. That was my fault because I know grass fed leads to regenerative. Yeah. And that's an economic thing. But if demand is high for what you're doing at The Kitchen for all of the regenerative stuff, then farmers will respond.

[00:21:50] And if instead demand is high for sterilized, soil-derived soy biscuit, vegan puffs, then that's what we're going to have the world made of. And then we won't have any carbon sequestration in the soil and then carbon is going to be an issue. But the dead soil was the real issue.

[00:22:07] Carbon was a symptom. So you're doing something magic. You're teaching kids how to do regenerative farming in schools in a project called Big Green. Tell me about that and why you think that matters.

[00:22:21] **Kimbal:** So my goal is to actually get everyone in America growing food, and the place to start is with kids. And you can do it in schools where we do these beautiful outdoor classrooms that are edible schoolyards, and we help the teachers teach classes that they would normally be teaching in the class. They just do it outside. And the motivation, of course, is it's beautiful to teach outside. But we also design them very beautifully and carefully so that they're very easy to teach in.

[00:22:47] Kids have fun in it. They're raised about 18 inches off the ground rather than at grade. Irrigation is built in, so the maintenance is very easy. No fences are allowed, all these cool innovations. We've been doing that almost now 13 years. So been beautiful. We're in thousands of schools.

[00:23:04] And the power of them growing their own food, you take those same kids, and you give them a tomato, or you give them a carrot, or lettuce, or something like that, they will just reject it outright. But you have them grow something, they will eat that carrot right out of the ground with the dirt on it.

[00:23:23] **Dave:** And they love it.

[00:23:24] **Kimbal:** They love it.

[00:23:25] **Dave:** They really connect.

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[00:23:25] **Kimbal:** And again, it comes back to love. They are actually putting love into that garden when it produces something. And carrots are a magic trick. All you see is a little green sprout, and you pull it out of the ground, and you're five or six years old. You're like, what? It's really incredible.

[00:23:46] And so to do that now with hundreds of thousands of kids now across the country, we also now do a lot of funding for nonprofits in communities. One of the things that COVID forced us to do was to, instead of traveling, because you couldn't get on planes and schools had a lot more restrictions was what if we helped other nonprofits in that work in the space? And so now we have a community of about 150 nonprofits that we support all working on getting Americans to grow food.

[00:24:18] **Dave:** That's interesting. To make food safer more available, cheaper, and help the environment, we need distributed food production. It can't all be owned by one evil billionaire or another. Not naming names. But in order to do that, we need distribution, but what you're doing is you're also distributing the non-profit work. So it's also distributed instead of one big nonprofit that maybe isn't doing things for the right reason. It actually ensures availability and reliability.

[00:24:52] **Kimbal:** Well, it was an interesting process when I first started Big Green in 2010. I was a tech guy. This is right after I broke my neck, and I was like, I'm going to go do this, and I was watching what everyone else have been doing. And I'd help them philanthropically before.

[00:25:05] And I was like, you're doing this wrong and that wrong. And we just pull that lever there, pull that lever there. We will really be able to do this better and faster and reach more kids. And I did do that, and it was very, very effective, very successful. But I also had to deal with quite a lot of frustration from these other nonprofits where they were like, Kimberly, why don't you help us instead of doing it for us? And I think I had that tech mentality where it was like, look, we're just going to solve the problem. Let's not complicate things.

[00:25:36] **Dave:** It might just run in your upper game.

[00:25:38] **Kimbal:** Yeah, right, exactly. And so in that process, I actually did learn that by bringing other nonprofits into the fold, helping them be more effective, still providing them the technology, and the tools, and those same levers, but allowing them to put their special sauce into it and their love into it has really been a magical evolution of Big Green over the years.

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[00:26:05] **Dave:** So you're adding even the community vibe into it.

[00:26:08] **Kimbal:** Oh, yeah. In fact, I would say the power of what we're doing with Big Green has transformed to be about community. It's almost like its super power. And that comes back to what we do at the restaurants. It is this wonderful phrase that Picasso does which is the meaning of life is to find your gift. And the purpose of life is to give it away.

[00:26:33] **Dave:** Wow.

[00:26:35] **Kimbal:** It's beautiful. So for me, I found my gift, which is community. I love bringing people together, whether it's my kids or my family, or it's the people at the restaurant, and to give it away. And I do the same thing with Big Green and have learned that that's where I get fed when I feel community around me.

[00:26:54] **Dave:** I love it. When I'm chatting with you, I'm watching the way your brain works. And I have a neuroscience company. That's part of what I do. When I ask you a technical question, your eyes look up that way. And then you actually switch into this analytical mode. Your tone of voice changes.

[00:27:12] **Kimbal:** Ah, yeah. I don't know that, but I can believe that.

[00:27:16] **Dave:** What's going on when you switch into computational tech guy mode versus your default mode now, which is more compassion? There's a switch in there.

[00:27:27] **Kimbal:** Where I recall you just doing that or me just doing it was I was thinking about the technical design of the learning gardens. And then my head went into analytical place. And then I was then connecting to the community that we have at Big Green, and I was in a Sol's virtual place. And I think it's great to have both.

[00:27:48] **Dave:** It is. You're very facile at switching between the two relatively effortlessly compared to most people I've talked with.

[00:27:55] **Kimbal:** Thank you.

[00:27:55] **Dave:** Have you always been able to do that? Or is that potential--

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[00:27:58] **Kimbal:** I think prior to me having my life-changing accident, I really downplayed the EQ, I guess, the emotional motion, and I played up the technical side, and now I really enjoy holding both.

[00:28:18] **Dave:** Yeah, you seem balanced.

[00:28:20] **Kimbal:** Yeah, and it's a beautiful thing to learn. There isn't a light side and a dark side. There isn't a good and an evil. You can hold a number of things. In fact, there are more than two things in your head.

[00:28:33] **Dave:** Yeah, they're useful states as long as you choose the states instead of them choosing you, right?

[00:28:39] **Kimbal:** Right. If you're just conscious about what's going on inside you, yeah, I think you'll learn a lot.

[00:28:47] **Dave:** I wanted to create more resilience and cognitive function in myself. That's why I started doing biohacking before I called it that in my mid-20s here in Silicon Valley. If only my brain could work better, then I'd do even more. And I didn't understand it was consciousness that was a part of it.

[00:29:04] And I started paying more and more attention and looking at things that were affecting my state, and nootropics, and psychedelics, and all the blinky lights you can possibly imagine. But one of the things that showed up in my data, which was on the side of lab notebooks mostly, was food.

[00:29:23] So when I eat the right stuff, the good stuff, my resiliency, what I call the Bulletproof state of high performance for a while, it was so strong, and I could hold it almost effortlessly for 24 hours straight if I needed to till everyone else couldn't do it anymore. I'm like, no, there's more. But if you gave me the wrong stuff for my biology, and it's not the same for everyone, I was a jackass.

[00:29:53] **Kimbal:** Yeah, yeah, yeah.

[00:29:54] **Dave:** I couldn't control my emotions the way I wanted to. And now I don't have to control them. I have to be aware, and they do what they're going to do. What's your relationship with food and your level of love and compassion that you care?

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[00:30:06] **Kimbal:** So for me, food is the gift I give myself three times a day. I cook breakfast, lunch and dinner. If I'm at work and I am eating with colleagues, I won't cook in that case because it has to be in a restaurant nearby. We do try to avoid eating in the office. I think that the experience of eating is it calms the nervous system if you choose to let it be that way. So for me, I put love into it. I find cooking is like therapy.

[00:30:40] I'm a pretty high, strong guy when I'm working at work and dealing with a lot of challenging things and I come home, like I said earlier, I cook every night, and I come home and cook. And that 20 to 30 minutes of calming myself down sets me up to then sit down with my family, and we do a gratitude at the table before we start eating.

[00:31:05] **Dave:** Your kids are still pretty young.

[00:31:06] **Kimbal:** 11 to 20. Yeah. But even the 20-year-olds, you'd think they would be like, why are we doing that? No, we're having dinner. They are on it. They're holding me accountable now.

[00:31:18] **Dave:** That's so good.

[00:31:19] **Kimbal:** It's great.

[00:31:20] **Dave:** The idea of having family meals is something I do fulltime. I like to think I've had dinner with my kids at least as much if not more than any other tech CEO.

[00:31:31] **Kimbal:** Oh, yeah.

[00:31:32] **Dave:** And you sound like you're at the top 1% of that.

[00:31:34] **Kimbal:** I find it amazing that a lot of families don't do that. And it's obviously work. Not everyone can comfortably do it. The cookbook that wrote has some of the best recipes from The Kitchen over the past 20 years. But the other filter I put on it was, can a home cook do this? Can they cook this for their family? Will their family enjoy it?

[00:31:56] **Dave:** That's why I wanted to talk with you about it. We have all kinds of cool stuff to talk about. And by the way guys, yes, you can pre-order on Amazon. You should, because Kimbal's doing awesome stuff. But you have a QR code for every recipe.

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[00:32:09] And I've been working on getting people to cook at home too. Some people, they don't know how to sauté. And you can say, sauté it until it's done, and it's like speaking French. Actually, just speaking French. But it doesn't translate. And so you are going to a lot of trouble, actually, to record videos.

[00:32:28] **Kimbal:** Yeah, exactly. So we have a steak recipe there. It has come to this beautiful chimichurri sauce, but what people often don't know is, how do you even season a steak? And if you just use the right salt, plain kosher salt, which is a slightly bigger grain, you can just see how much salt you're putting on the steak. You use table salt, which most people use, it just disappears. And you have no idea.

[00:32:58] **Dave:** Why do you use plain kosher instead of like Maldon sea salt?

[00:33:01] **Kimbal:** So Maldon is delicious for finishing, but I have too much respect for Maldon salt. So I'll put it on top of the steak at the end, but not when I cook it.

[00:33:14] **Dave:** If you're not a chef, Maldon sea salt, you might've seen it at a nice restaurant. It comes in little pyramids, and it's crunchy, and it's delicious. But yeah, it would be weird.

[00:33:24] **Kimbal:** It would break up in the pan. Exactly.

[00:33:26] **Dave:** I have four containers of different kinds of salt in my kitchen, so I can use the right one.

[00:33:31] **Kimbal:** The two that I use mostly are kosher and molten salt. Molten for finishing, and then kosher for cooking.

[00:33:37] **Dave:** I'll use a Redmond or an Oryx, which is actually South African.

[00:33:42] **Kimbal:** Oh, cool.

[00:33:43] **Dave:** Yeah. But regardless of whatever you use, the hint that using iodized table salt is not good for cooking because you can't even see it, I like that.

[00:33:53] **Kimbal:** Yeah, you just want to be able to see it. And everyone has a different salt preference. So you just learn. Do it a few times. You're like, oh, that's kind of what I like. And it's actually a simple technique, but if you describe it in a recipe, people just gloss over it. But if you show them a video in about 10 seconds, they know exactly what you're talking about.

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[00:34:11] **Dave:** And by the way, there's no reason-- if you've heard lots of my videos about that, stress, people need more sodium. If your body wants more sodium, have more sodium. But maybe you should take magnesium and potassium too because you need those two.

[00:34:22] **Kimbal:** Great.

[00:34:23] **Dave:** Yeah. What are we looking at here?

[00:34:25] **Kimbal:** Okay, so these are two amazing dishes from the cookbook. Number one is this char grilled sea bass.

[00:34:33] **Dave:** These are gorgeous.

[00:34:34] **Kimbal:** Delicious. Obviously, it's a great recipe. You'll love the recipe. But the technique here is, how do you char fish? And charring fish is a technique, and one of the ones we do with the video.

[00:34:50] So you'll see here you have fish here that is perfectly cooked with a crispy, delicious skin, that caramelized salty texture because it gets the salt on it. And the technique is you put it on the grill and you don't move it at all. And then when you can slowly pull the fish off without it sticking, it's done.

[00:35:16] **Dave:** That is such an amazing trick. It also works with really nice cuts of meat.

[00:35:22] **Kimbal:** Oh yeah. If you're yanking at it-- it should not be touched. Exactly.

[00:35:27] **Dave:** Yeah. No one teaches you that. I am not a trained chef like you, but I have done my share of cooking classes, and I was trying to combine basic molecular gastronomy or modernist cuisine with health. My goal isn't to make it taste good first. My goal is how does it make me feel first, and then how does it taste? So I got into that, and I did not know that. And I don't think most people listening know that. So that's how you grill.

[00:35:50] **Kimbal:** Yeah. And so it's what we do with next each recipe is it'll be a beautiful photo of this, but then-- QR code takes you to the video.

[00:35:56] **Dave:** Shows you how to do.

[00:35:57] **Kimbal:** And show you how to do it.

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[00:35:59] **Dave:** Just go anywhere you like to write books. It's called The Kitchen Cookbook. And the restaurant is called The Kitchen. I heard you're opening one in Austin.

[00:36:07] **Kimbal:** That's right.

[00:36:07] **Dave:** I hope it's next door to Upgrade Labs, but I don't know.

[00:36:09] **Kimbal:** We're going to be at 6th in Guadalupe.

[00:36:11] **Dave:** Oh my gosh, we're at 5th.

[00:36:12] **Kimbal:** Amazing. That's fantastic. That is great. That is great.

[00:36:16] **Dave:** It's cool. Now, I don't know if you guys can go tight on the fish here. So if I was going to choose from these two fish, which are both gorgeous, I would choose this fish because it's less charred than that fish, but it still has a nice crust on it, because too much charring a protein can increase inflammation. So I'm always working on teaching people, follow recipes in your book, and cook it so that it's perfectly beautiful, but maybe not all the way blackened.

[00:36:45] **Kimbal:** Yeah. You want to go more golden brown.

[00:36:47] **Dave:** Golden brown.

[00:36:48] **Kimbal:** Yeah. So that one is better than that one.

[00:36:50] **Dave:** It is. Okay. So I was going to ask because some people like the flavor.

[00:36:52] **Kimbal:** I actually enjoy it. I do enjoy it. But if I were to serve it at the restaurant, which one I would prefer to serve would be the golden brown.

[00:37:01] **Dave:** Okay. Got it. So then we're in alignment there. Would I eat that one? Yeah. I might take some of the crust off. But I'm not a perfectionist either. These are both amazing.

[00:37:09] **Kimbal:** Yeah, both of those will taste great.

[00:37:12] **Dave:** They're magical.

[00:37:14] **Kimbal:** And then we have the broccoli here, where I actually do like a little char on the broccoli, and it gives a-- here we have broccoli without char on it, and it's going to taste great

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well-cooked, and then you add the char to it with a little olive oil, and it just comes to life. And actually, a little lemon juice. Don't forget the lemon juice.

[00:37:29] **Dave:** Yeah, lemon juice is really nice.

[00:37:31] **Kimbal:** People underrate lemon juice. You just little squeeze, almost anything will taste better.

[00:37:36] **Dave:** The tiny little sour note at the end. It also has health benefits. People don't talk about it, around breaking up oxalate in the body. And also, I do about a shot of it a day between all my different meals.

[00:37:46] **Kimbal:** People don't, maybe, always remember it, but it was really the use of citric acid or oranges and lemons and so forth when we were-- but that enabled us to explore the world, because our body absolutely needs it-- not kind of needs it. Needs it.

[00:38:03] **Dave:** And when you use real lemon juice, a lot of people don't know the citric acid you buy now, it's all from black mold fermentation from an industrial process versus actual real citric acid from lemon. So lemon juice or lime juice or whatever--

[00:38:17] **Kimbal:** But if they're freshly cut, it's just so great.

[00:38:19] **Dave:** So good. All right. Because we did talk about Burning Man, is it true that the sea bass has DMT sauce on it?

[00:38:29] **Kimbal:** It's probably a good idea. Someone's got to try it. What I've learned is everyone has tried everything at least once.

[00:38:35] **Dave:** I'm sure someone has.

[00:38:37] **Kimbal:** I'm sure someone has tried it.

[00:38:39] **Dave:** So we both go to Burning Man.

[00:38:42] **Kimbal:** Yeah. In fact, that's where we met. Yeah.

[00:38:44] **Dave:** Yeah. It's funny. And I think most people now know what that is listeners of the show. And I've been going for 10 plus years. I think you've been going for a while too.

[00:38:53] **Kimbal:** 25 years.

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[00:38:54] **Dave:** 25. Wow. It's been on my list for 25 years, but the first 15, my main industry conferences at the same time, and I finally went in 2011 because I said, I have to go to a wedding. I didn't tell him. I didn't know whose wedding it was. I just had to go to Burning Man. Yeah, I gave my keynote and flew out.

[00:39:09] **Kimbal:** That might have been the year we met, actually, because I remember meeting quite a while ago. We met on the bus from the airport to our camp.

[00:39:15] **Dave:** Yeah, it might have been 2011 or 2014.

[00:39:17] **Kimbal:** Yeah, something like that.

[00:39:19] **Dave:** And it's such a funny serendipity place. And who would have thought, years later, we're in your kitchen.

[00:39:25] **Kimbal:** I know.

[00:39:26] **Dave:** Are you concerned about the role of the overuse of psychedelics now?

[00:39:34] **Kimbal:** I'm a big fan of Ram Dass. And Ram Dass from his early days, he was part of the Harvard situation where he was Tom O'Leary's partner in that situation, got kicked out of the school and so forth. And what you learn if you read his books is you just got to a point where he just didn't need them anymore.

[00:39:54] **Dave:** Exactly.

[00:39:55] **Kimbal:** It wasn't that they didn't help him at the time, and especially if you use them for mental health, I don't think there's anything more powerful and certainly better than pharmaceutical products, which are really more about you taking something every day. There's a business model associated with it. Psychedelics have the worst business model on the planet. You try them once. You get that experience. You're good.

[00:40:18] **Dave:** Right. So try the once thing or maybe a few times.

[00:40:23] **Kimbal:** When I say driving journey, when we are willing to let go and you want to do it with a therapist, someone that looks after you, it's not a recreational experience, and it's a life-changing, positive experience.

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[00:40:39] **Dave:** I tried it in 1999 in the jungle in Peru. And when I was around it, they're like, you're white. Oh, it's for local people. You'll throw up. You'll hate it. And years later, one of my Burning Man campmates, Glenn Wilcox, is one of the guys in DMT, the sphere molecule, in the book about the first studies at UNM. He was one of the patients in the study and talks about it. So I recognize what you're saying. You probably had some DMT when you had your neck thing.

[00:41:07] **Kimbal:** Yeah, I absolutely had that.

[00:41:08] **Dave:** Exactly. And it's so magical. And it's not really a party drug. And I feel like it should be like cooking or growing food. It should be treated with respect.

[00:41:16] **Kimbal:** With respect. And when you need it, it really is there for you. But I was actually just in Peru. I think I came back a few days ago, and I was there. We do a lot of philanthropic work to help veterans get access to psychedelics for their PTSD. It's all run by the government.

[00:41:32] **Dave:** Thank you for doing that. PTSD is horrible. I've had it. The Black Rifle Coffee guys, you probably know them through that as well. Do you know them?

[00:41:39] **Kimbal:** No. Yeah, please. That'd be great. No, I'd love to. I'd love to. Love to. Yeah. So we went down to Peru to visit some of the indigenous tribes, and I didn't partake. I didn't need to. You weren't called to. I just wanted to learn where it came from. I wanted to be there to experience this. Let's learn about this because we're helping veterans in America. Great. Well, we should do our research as well. Let's see how it is done in a more indigenous traditional way. And like I was saying, it's a terrible business model because you don't seek it. You don't grasp for it like you might other drugs.

[00:42:18] **Dave:** And it's scary. Clearly, Fennel is the best business.

[00:42:21] **Kimbal:** Oh my God. It's a whole other nightmare.

[00:42:24] **Dave:** It's a great business model because you can't say no.

[00:42:26] **Kimbal:** You can't say no. And actually, the state of Kentucky is now working with a medicine called ibogaine, which I've never taken that, but it's actually--

[00:42:37] **Dave:** It's on my list. I'm actually scheduled to go do it.

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[00:42:38] **Kimbal:** And it's about getting people off fentanyl. And guess who's fighting it? Pharmaceutical industry.

[00:42:44] **Dave:** I wonder why.

[00:42:45] **Kimbal:** Yeah. It's just so sad.

[00:42:47] **Dave:** Maybe the WHO can ban it for us.

[00:42:50] **Kimbal:** Right. Seriously.

[00:42:54] **Dave:** Let's see. I have two more questions, but let's cook a steak.

[00:42:57] **Kimbal:** Great. Love it.

[00:42:58] **Dave:** Okay. First question, you spent a lot of time with Walter Isaacson who you once [Inaudible] biography yet, and I thought it was really interesting. Is Walter legit? He talks a lot of the-- was he really that embedded with you?

[00:43:14] **Kimbal:** I spent hundreds of hours with him.

[00:43:17] **Dave:** You did. Okay. I was blown away by the whole story and the narrative, and I thought it was such a respectful-- and I felt like I got inside his head, but I always wonder, did they sit there for 10 hours and tell a story? But he spent hundreds.

[00:43:31] **Kimbal:** No, he was more embedded than he was interviewing. And I don't think you can write a book like that without actually being-- with my brother, I think maybe 10, 000 hours, even. Two years of either physically there or on conference calls, and then with me a lot.

[00:43:52] And he's just so good at what he does. He's not trying to create a got you. He's just trying to get to the story. The truth is-- fair enough. He's got to have an opinion. He's got to write a story that captures the reader, which he's so good at. But he worked so hard to get as much of the story in his own psyche as possible versus writing a story about someone else.

[00:44:24] **Dave:** It was just fantastic. I was mesmerized by it. Here's an idea, guys. If you haven't read or listened to Elon Musk by a Walter Isaacson, you could do that. And at the same time, order The Kitchen Cookbook, and then they'll show up on Amazon. That's where you go as people read this about this, and then everybody wins. What do you think?

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[00:44:44] **Kimbal:** I think it's great. In fact, there are quite a few recipes in there that I've cooked with Elon over the years.

[00:44:48] **Dave:** So we'll get those paired up. And I'm serious, guys, The Kitchen Cookbook. If you like to cook, and you probably do because you probably have the bulk of diet and all that stuff, there's really good stuff in here. And the techniques, you want to know this because you'll save money-- and food's expensive right now-- when you just use the QR code. So that's one of the cool things. It matters, so do that. And also, I recommend meaningful books. The biography is amazing. So pair them together, or do everyone itself.

[00:45:15] **Kimbal:** I think the joy of cooking for me, that even comes through in the book, where I cook a little-- I do actually cook for my brother. I didn't tell him that story. He just heard it through the ether. I would do it with SpaceX engineers when I would fly out to this island in the mid pacific called Kwajalein. And they're all rocket scientists.

[00:45:42] I'm his brother. So they got stuff to do. I'm just there to be helpful and advise my brother where I can, but really, they're working. So I got to know someone on the island and start cooking for them. And I found this little grocery store, barely even a grocery store, and it was either that or the military cafeteria, which is the worst food you can imagine.

[00:46:03] And so at the end of the day, we're talking about very simple ingredients like cans of tomatoes with some hint of vegetable here and there, beans, but still, I was loving it. And we sit down after a hard day, sometimes really crummy day, where blew up a rocket. Again, there's no tables. This is a military base on an island, and we just scoop into our bowl and sit around a circle and--

[00:46:32] **Dave:** How often does the board of directors member cook for people in the--

[00:46:37] **Kimbal:** I think that is something that's special to me.

[00:46:39] **Dave:** It's very, very special. And I believe that people on teams and smears and rocket guys and-- hey, it changes the culture.

[00:46:50] **Kimbal:** It really does. And especially when you go through hard times with folks and you don't really know what to do-- going back to the social anxiety of, I think I have it, where what cooking does for me, it calms me down. And so when you're dealing with a difficult

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time and you're cooking and everyone gets to partake, it calms them down, and it brings people together.

[00:47:13] **Dave:** It really does.

[00:47:14] **Kimbal:** Yeah.

[00:47:16] **Dave:** Let's cook the steaks, and then we're going to talk about health, longevity, cognitive function.

[00:47:20] **Kimbal:** Great, I love it.

[00:47:21] **Dave:** All right. What do we have for steak?

[00:47:23] **Kimbal:** We have two New York strips. So these are grass-fed.

[00:47:27] **Dave:** We have a grain fed one.

[00:47:28] **Kimbal:** We have a grain fed one for comparison. And to the trained eye, you can tell the difference.

[00:47:36] **Dave:** Industrial grain-fed beef, grass--

[00:47:39] **Kimbal:** Grass fed.

[00:47:40] **Dave:** So at the store, just look for the difference. You can do this.

[00:47:43] **Kimbal:** You can do this. All right, so what are we going to do is we have some delicious ghee with some thyme. And this is a tip that Dave gave me, which is you actually put the dry thyme into the ghee, and it'll help prevent the ghee from oxidizing too much onto the stake. So first of all, we're going to do a little seasoning. So I'm going to get the--

[00:48:05] **Dave:** Room temperature, or are they designed to be room temperature?

[00:48:09] **Kimbal:** You ideally want them to be a little bit room temperature. You want to take them out of the fridge a little bit because it will cook more evenly through. Obviously, most people don't have that time. Even if it's five or 10 minutes out of the fridge, it helps a lot.

[00:48:21] **Dave:** As a professional trained chef well done is the best date, right?

[00:48:27] **Kimbal:** Yeah.

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[00:48:28] **Dave:** Ketchup.

[00:48:29] **Kimbal:** Right, ketchup. In fact, it's one of the recipes. Just cook until it's dead, and ketchup.

[00:48:38] **Dave:** You're a medium rare guy?

[00:48:39] **Kimbal:** Medium rare.

[00:48:41] **Dave:** Medium rare too.

[00:48:42] **Kimbal:** So ribeye is a bit fattier. This New York strip here you can see, especially this one, it's got a gamier look to it. I prefer the flavor of grass-fed because it tastes more like meat.

[00:48:55] **Dave:** It tastes like meat, right?

[00:48:56] **Kimbal:** Yeah, exactly. And what we do at The Kitchen is we work with our farmers. We actually go visit the farm. We watch what they do.

[00:49:05] **Dave:** I have a confession. When I'm staying in Boulder, I go to the kitchen, and I have your steak for lunch and dinner, almost every day.

[00:49:14] **Kimbal:** Fantastic.

[00:49:15] **Dave:** It's the best.

[00:49:16] **Kimbal:** I love it. We obsess over it.

[00:49:18] **Dave:** And also, I have to tell you something. It's a nice to dine restaurant. It's 29 bucks. It's actually fairly priced. And it's really good. So, thanks. Thank you.

[00:49:28] **Kimbal:** Absolutely.

[00:49:28] **Dave:** I can eat that.

[00:49:29] **Kimbal:** Awesome. All right. Now what we're going to do is put a little bit of seasoning on the steaks. Let's do one ribeye and one New York strip. So one of the tips in the cookbook is to use kosher salt when you're seasoning, and you can tell how much you can see it. Whereas if you use table salt, it just disappears into the steak.

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[00:49:49] **Dave:** So Kimbal, is this the steak that I'm going to be able to get at The Kitchen in Austin?

[00:49:54] **Kimbal:** You're going to be able to get a great steak at the Kitchen in Austin. We actually do a special cut all the time.

[00:50:00] **Dave:** It won't be this one.

[00:50:01] **Kimbal:** It won't be this exact one. I think we're going to have to eat this one today.

[00:50:04] **Dave:** All right, I guess. When are you opening?

[00:50:07] **Kimbal:** We're going to open late summer of 2024.

[00:50:10] **Dave:** Late summer, okay. When you do that, I will be there on opening day. Just let me know.

[00:50:14] **Kimbal:** I love it. That's great. Thank you. And I love that you're in Austin now. It's so awesome. So we can turn it over and get salt on the other side.

[00:50:27] **Dave:** That's a beautiful steak.

[00:50:28] **Kimbal:** Yeah, the grass-fed, you can just see the color, and it's just so much better.

[00:50:32] **Dave:** They look like healthy animals. The other ones look like [Inaudible] animals.

[00:50:35] **Kimbal:** Yeah, exactly. This is your trick that I'm doing right here, which I think is pretty fun. And I'm pretty sure it's going to work out pretty great. So this is thyme mixed in ghee. And what we're going to do is we're going to put that straight onto the stove. And what you were saying, it like actually reduces the oxidization.

[00:50:58] **Dave:** Yeah, some of the polyphenols in the herbs, rosemary, thyme, oregano in particular, they help to protect the oil. So you get that nice caramelization, but the oil's better. Okay. There it is. Now I noticed you're using stainless steel. Do you recommend in the book the kind of pans people should use?

[00:51:26] **Kimbal:** Yeah, so actually there's two kinds of pans I would recommend. One is cast iron, and the other is a thick bottomed stainless steel pan. And it's really about that ability to hold heat. If you use a thin pan, you're just going to burn things much quicker. But what you get out of

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a nice thick pan is even heat. You'll get burning spots in a thin pan, and then it comes back to oxidizing the oil, and you get that metallic taste out of the oil, which no one likes.

[00:51:57] **Dave:** For years, I was using Le Creuset because these are those really heavy cast iron.

[00:52:02] **Kimbal:** Yeah. I've got them right here.

[00:52:03] **Dave:** Okay. But it has the ceramic. I guess it's ceramic coating, not the non-stick ceramic, but it's ceramic. But then I was finding if I left the food in there, just keep cooking for half hour. So you have to move--

[00:52:14] **Kimbal:** That is one of the benefits arguably of a cast iron because you can cook with, can braise things. And it holds heat better. The benefit of a stainless steel is it's lighter. So depending on who you are, what size of the pan is, you're pulling this out of the oven. You've got a hot handle. Yeah, sure, you're going to wear gloves and everything, but it makes a difference if it's a little lighter.

[00:52:38] **Dave:** And if your pan weighs 20 pounds and you have little kids, something bad's going to happen.

[00:52:42] **Kimbal:** Yeah, right. And actually, one of the things I teach in the cookbook is, how do you handle hot pans?

[00:52:49] **Dave:** Oh, so this is kitchen skills and cooking at the same time. It's called The Kitchen Cookbook. This is how cookbooks should be, to be honest.

[00:52:59] **Kimbal:** Yeah, it was really fun for me to work on-- I'm a student of cookbooks. I use them all the time, but I actually still learn something new every day. And that's what's beautiful about cooking. And so I was like, why don't I try and teach some of these, what I would call kitchen hacks into the cookbook.

[00:53:15] **Dave:** It's beautiful. Now, I have two questions for you. One, our butter vaji is puddling over here. Do you like to roll it back and--

[00:53:23] **Kimbal:** What I'll do is I'll just turn the pan around a little bit because that works.

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[00:53:26] **Dave:** Good. Second one, the number two source of indoor air pollution after smoking is kitchens. And so I'm always encouraging people to turn on the exhaust fan, but mine at home doesn't even work. So I end up putting an air filter in the kitchen, and it does turn yellow when I do it. When you're working in kitchens and all, how do you protect your lungs when you're over a pan all day?

[00:53:50] **Kimbal:** Well, one of the things I just did here was I was noticing it smoke on the side, and I just pulled pan over here because I'm controlling it. You could benefit, I guess, a little bit from having the fan on. But then they couldn't hear us. But actually, a lot of it's got to do with you're letting the oil burn.

[00:54:12] **Dave:** So you can move the oil so it doesn't burn.

[00:54:13] **Kimbal:** Yeah, exactly. And move the pan around. You can see it out there. That's where the heat is. And no pan is perfect. So you're just going to watch your pan. If you see it's smoking, just move it a little bit off the heat.

[00:54:28] **Dave:** Now, do you like to turn it with tongs or a spatula? What tool do you use?

[00:54:31] **Kimbal:** I love spatulas.

[00:54:35] **Dave:** Okay, no kidding.

[00:54:36] **Kimbal:** Yeah, so I have two kitchen-- actually spatulas and tongs are my two favorite pieces of equipment. Let me see if I've got my favorite here. Not here, but one of the things that is very, very important about a spatula--

[00:54:54] **Dave:** Grass-fed Merry Christmas

[00:54:58] **Kimbal:** Grass-fed Merry Christmas is a flat edge. So most many spatulas, or even wooden spoons, are rounded, and actually, you need that flat edge.

[00:55:07] **Dave:** Yeah.

[00:55:07] **Kimbal:** So what I can do here is I get in there with it. I can see it's moving nicely.

[00:55:14] **Dave:** If it moves nicely, it's ready. If it doesn't move, it's not ready.

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[00:55:17] **Kimbal:** Yeah, that one looks like it needs a bit of time. That one looks like it's ready to turn.

[00:55:20] **Dave:** If your steak doesn't want to lift off the pan, leave it alone, and then it'll want to lift off, right?

[00:55:25] **Kimbal:** And look how that beautiful--

[00:55:27] **Dave:** That's gorgeous. Wow.

[00:55:29] **Kimbal:** Gorgeous. That also comes from being grass-fed?

[00:55:32] **Dave:** Yeah.

[00:55:32] **Kimbal:** And you can actually see the time that we put in the ghee.

[00:55:34] **Dave:** That's embedded in there.

[00:55:35] **Kimbal:** Yeah.

[00:55:35] **Dave:** And it's not burned.

[00:55:37] **Kimbal:** Not burned.

[00:55:37] **Dave:** You had temperature control.

[00:55:38] **Kimbal:** Yeah.

[00:55:38] **Dave:** That's good.

[00:55:39] **Kimbal:** And I want to leave a little time before I turn it.

[00:55:42] **Dave:** Wow. This was a really fatty New York, what you want. The more fat is better.

[00:55:48] **Kimbal:** And it's actually rare for grass-fed. Grass-fed is usually leaner. You can tell it's grass fed because it's darker.

[00:55:54] **Dave:** That cow had a good life.

[00:55:56] **Kimbal:** Yeah, the cow had a good life, exactly.

[00:55:59] **Dave:** And this guy is the ribeye, which normally--

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[00:56:01] **Kimbal:** Normally it would be very fatty. Yeah. But that's quite a lean ribeye.

[00:56:04] **Dave:** I pick the ribeyes. But the other thing is the steak shouldn't be the same. It's not a cubed industrial product. It's a function of, how did the cow live? What was it fed? Where was it? How much sunshine? How cold was it? So it's supposed to be different, and it's okay. And when you go to Instacart, they give you a hunk of meat. But when you go and you say, I want that one, you can actually take the good cuts, right?

[00:56:29] **Kimbal:** We love, and I would encourage anyone else to [Inaudible] and I are moving nicely, right?

[00:56:34] **Dave:** Oh, that's gorgeous.

[00:56:35] **Kimbal:** See that? It doesn't want to move? It is not ready to be moved.

[00:56:43] **Dave:** Even here, the herbs are intact, so it's going to have that nice infused flavor.

[00:56:47] **Kimbal:** That's a beautiful little thing. I'm going to use that in the future. So you're mixing the thyme in with the ghee, and then you just smear it on the steak. Great. Now what we're going to do is we're going to put some fresh thyme on it, and we're going to put it in the oven. Whoop.

[00:57:18] **Dave:** Nice. And the oven is 400?

[00:57:20] **Kimbal:** I like to do it pretty hot, so 400 degrees convection.

[00:57:23] **Dave:** Convection. Convection is magic.

[00:57:24] **Kimbal:** Yeah, because it'll actually keep crisping the steak.

[00:57:27] **Dave:** And how do you know how long to leave it in for?

[00:57:29] **Kimbal:** Well, because we have two side steaks, it's actually not fair. We're going to take one out sooner than the other, but--

[00:57:36] **Dave:** I'll eat that one.

[00:57:38] **Kimbal:** Yeah, right. Exactly. But the meal strip, since a thinner cut, five minutes. Now in 10 minutes.

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[00:57:48] **Dave:** And the way I tell my steaks, and for me, meat is a central food group, I use the test where if you squeeze your fist all the way, that would be well done. And if your hand is totally loose and you push right here, that's rare. So I just pushed on the stake a little bit to know how well done it is. I might mash the steak. Am I harming it?

[00:58:08] **Kimbal:** No, no, no. You're doing fine. If you actually penetrate the steak with a knife, which a lot of people do, like they'll do with a thermometer, that's going to hurt the steak. That's going to take the juices out. You really want to learn how to touch it with your finger and get a feel. You're going to make a lot of steaks in your life, so just practice.

[00:58:25] **Dave:** It takes about one week. In fact, you say, oh, that one is.

[00:58:28] **Kimbal:** Yeah, I like that one better. It's pretty straightforward.

[00:58:31] **Dave:** And if you use an infrared thermometer, it's useless because it's exterior temperature and it's the middle you're worried about it, right?

[00:58:36] **Kimbal:** Yeah, exactly. I don't use thermometers unless it's like a Thanksgiving turkey and I'm cooking for people that really want a dry turkey. Okay, fine.

[00:58:45] **Dave:** Or if it's a 12-hour roast or something, you want the inside, and you're never--

[00:58:50] **Kimbal:** Yeah, you really can get it right. Yeah, sure. Then use it. Yeah.

[00:58:54] **Dave:** Even though around the thermometer, it's always cooked wrong.

[00:58:57] **Kimbal:** No, exactly. Where's the measuring point? Is it actually getting to the center? Things like that.

[00:59:04] **Dave:** As it's in the oven, and then you're using your chef's clock in your head to know where it's-- you'll just know, unless I distract you. So I'm into radical longevity. Wrote a really big book on all the science, all the things we can do to live longer. Food is at the center of living longer. Eating industrial toxic food with-- and I say toxic food, like actual toxins from manmade or from lead and mercury and cadmium, or nature-made pesticides. Some of those are not really good for us. By the way, nature-made pesticide caffeine, so that's also--

[00:59:35] **Kimbal:** You're a fan.

[00:59:37] **Dave:** So not all plants are bad, but what's your take on radical longevity?

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[00:59:45] **Kimbal:** Yeah. What's the right word? My idol or my inspiration is my grandmother on my mom's side who died when she was 98. And she was the happiest person I know. I know this about you as well. I love learning from my elders. I love learning from people who are 70s, 80s, 90s. What about it is working for you? And I really have learned it comes back to community. It comes back to those relationships you have that are deep, that are there for you, that bring you happiness, bring you joy.

[01:00:24] There's this beautiful study by Harvard almost 100 years old now. Started in the 1930s. They did 450 kids, half from the very difficult part of Boston, half from more upper class. And they've been following them now almost a 100 years. There's five or 10 of them still alive in their late 90s.

[01:00:46] And there are many things that each one of them could do. This is prior to biohacking, prior to the amazing lessons that you've been able to learn and share with the world. And so the only thing that they could correlate, there's one thing consistent with people who live into their 90s was really strong, good relationships at age 50.

[01:01:07] **Dave:** Wow.

[01:01:08] **Kimbal:** And I was like, wow, I'm 51 and I've got these beautiful relationships with my kids and my family, my wife. Okay, I think I'm going to do okay.

[01:01:16] **Dave:** Wow, I love it. So you're open as long as it's a good life. But if you could live 200 years and you had great relationships the whole time, would you do it?

[01:01:24] **Kimbal:** Yeah. I think because of my accident, I feel like I've already died, so everything's gravy for now.

[01:01:32] **Dave:** This is really important, because a lot of people, especially the people, 25 years ago in the--

[01:01:40] **Kimbal:** My clock is going off.

[01:01:42] **Dave:** They're clearly afraid of dying. I want a better and longer life to do more good, versus I don't want to die.

[01:01:49] **Kimbal:** Yeah, exactly.

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[01:01:50] **Dave:** These are gorgeous, look at these things. It's like a professional [Inaudible]

[01:01:56] **Kimbal:** So that's what you do with your--

[01:01:58] **Dave:** I never have done this.

[01:01:59] **Kimbal:** That's what you do. You put it on there.

[01:02:02] **Dave:** If you're listening, you take the hot glove thing, oven mitt, and you just invert it and put it over the handle. I've seriously never done that in my life.

[01:02:10] **Kimbal:** That is one of the greatest hacks ever, and now, of course, you're not going to grab it by accident, but no one else is going to grab it by accident.

[01:02:16] **Dave:** I guess this will grab it.

[01:02:17] **Kimbal:** Exactly. I move pretty fast. I actually do forget, so I'm like, ah, I'm so grateful. Yeah, exactly. So we're just going to take this guy out. And the other thing you want to do is you want to let the steak rest.

[01:02:35] **Dave:** How long should it rest?

[01:02:37] **Kimbal:** The rule of thumb is one third of the time that it took.

[01:02:40] **Dave:** That long?

[01:02:41] **Kimbal:** Yeah.

[01:02:41] **Dave:** Wow.

[01:02:42] **Kimbal:** But it's a rule of thumb. So I'd say it can actually rest longer than that. Good steak doesn't get worse. I just don't want to get cold.

[01:02:53] **Dave:** Yeah, cold is just not so nice. Now, one of the things I've done-- I put a lot of energy into food, but when I cook, I've done a lot of that, especially when kids are younger, when my cupcakes were smaller. I would always heat up the plates in the oven because I feel like food tastes better on a warm plate, but it's free.

[01:03:11] **Kimbal:** Totally right.

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[01:03:12] **Dave:** Okay. So you do that. It's life changing. If you don't believe in it and you're a cook, even if you're just making mac and cheese, which I probably wouldn't recommend, even if it's vegan, it doesn't matter, but worse. But then, just warm the plate up with hot water and dry it off real quick, and it'll taste better. It's free, right?

[01:03:29] **Kimbal:** It's great. In fact, we have a hot oven there, but I put a plate in the oven for just 30 seconds, and it warms it up nicely.

[01:03:36] **Dave:** There's something nourishing about that.

[01:03:37] **Kimbal:** Yeah, that's great. Any good restaurant will always do that. So that's why you always, why do things taste better in a restaurant? Well, they're a whole bunch of things add up, and one of those things is a warm plate.

[01:03:47] **Dave:** Very, very cool. Other questions. So you're saying you're down with dying whenever you're done, is what I'm hearing.

[01:03:53] **Kimbal:** I don't want to go anywhere.

[01:03:55] **Dave:** You're not afraid of it when it comes.

[01:03:59] **Kimbal:** I think I don't really have a relationship with it. One of the things you taught my community over the years is that it's okay to have fat, good fats, good butter or good ghee or, in this case, this delicious steak.

[01:04:13] And it gives a sense of freedom for people to enjoy food because good fats does make it taste better, does give it that umami flavor. But it's been great. So I've always appreciated that about your work.

[01:04:30] **Dave:** A new study just came out, you just brought it to mind, where they looked at the difference between a 20% and a 40% of calories from fat diet on testosterone levels. And they were doing saturated fat like butter and animal fat. And they found 40% raised testosterone 50% above 20%.

[01:04:47] So if you're on a low fat diet because you think it's good for you and you're tired and you're not motivated, your testosterone is low, whether you're a man or a woman. And then when

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testosterone is low, your dopamine is low. So you just don't care as much. I feel like quality fats are part of the diet. You don't have to go crazy.

[01:05:04] **Kimbal:** Yeah, I think the key is quality. The key is real food. If you can identify it, it's not processed. But it's funny you say that. I just got my 50-year-old checkup. And my doctor was like, ah, you probably have low testosterone and so forth. No, I'm good.

[01:05:16] **Dave:** Good for you.

[01:05:16] **Kimbal:** He's like, you're good.

[01:05:17] **Dave:** You don't look like you have low testosterone. You can spot it as a former 300-pound guy. You tend to get the dad bod, and no matter how much you exercise, it won't go away.

[01:05:26] **Kimbal:** Ah, interesting. Okay.

[01:05:27] **Dave:** That's when you know testosterone has dropped.

[01:05:29] **Kimbal:** Interesting.

[01:05:30] **Dave:** And you look like you're in pretty good shape.

[01:05:31] **Kimbal:** Yeah, but I also think it's got a lot to do with the food.

[01:05:35] **Dave:** Nice to know. Good fast. Do you know about zero wake?

[01:05:39] **Kimbal:** Yeah. So what I love to do is constantly learn about food, whether it's a cultured oil like this or even lab-grown meat. My wife and I will advise or help companies mostly because we are curious, what we want to learn. It's a pretty good product.

[01:05:57] **Dave:** Zero Acre, now HopDotty, and another big chain, they just replaced their fry oil with this. I was a seed investor and advisor to Zero Acre cultured oil. The reason for this is it destroys less farmland than soy and canola, and it increases the health of everyone who eats the fast food over what they're doing now. So I just caught this out of the corner of my eye. I'm like, you know about this.

[01:06:20] **Kimbal:** Yeah, yeah. We are constantly experimenting and love the-- even though, of course, I care about love of food and how animals are raised and whether it's regenerative and so forth. And we also have science. There is no reason we have to choose. We can do both.

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[01:06:38] **Dave:** Thank you for saying that. It's not one or the other.

[01:06:41] **Kimbal:** Yeah, exactly.

[01:06:43] **Dave:** And I show gratitude and respect for animals, and I also eat them and find them delicious. And I know that they're okay with that because I've done the deep work. And at the same time, we can calculate deaths per calorie. We can calculate the square meters required to feed a person quality food versus what a lot of people-- well, how much does it cost to feed them? We're going to feed them ground up cockroaches or something. It's not very much, but we don't want to do that. Let's honor humans too.

[01:07:08] **Kimbal:** Yeah, exactly.

[01:07:09] **Dave:** I love that science and--

[01:07:11] **Kimbal:** Yeah, you can have both. And in fact, why cut yourself out from learning from as many cultures, or ethnicities, or ways of life? Choose the ones that matter to you.

[01:07:28] **Dave:** I love that very much. Kimbal, thanks for inviting me to your kitchen.

[01:07:32] **Kimbal:** This was so fun.

[01:07:33] **Dave:** Super fun, guys. It's called The Kitchen Cookbook. And I'm serious. This is a cookbook you want to get because I just learned two things right now about the handle on the pan and whether I'm supposed to eat this stuff, which is--

[01:07:47] **Kimbal:** It's pretty good, right?

[01:07:48] **Dave:** It's like French fries--

[01:07:50] **Kimbal:** Yeah, right. Exactly, exactly.

[01:07:52] **Dave:** So get The Kitchen Cookbook. And I'm also curious. If you haven't already listened to the autobiography from Walter Isaacson, buy them together. And then what will happen is everyone will know, if you read this book, you read that book, and that just helps your message and your mission, which is genuinely a good one.

[01:08:11] **Kimbal:** Thank you very much. Thanks for having me on the show.