

## An Elephant in the Kitchen

How does breakfast look after a one-night stand? What do restaurant critics do right, wrong, or not at all? What fine-dining menu does artificial intelligence recommend for this evening? With the new issue of their somewhat different cooking magazine *The Healthy Times*, three top chefs from Austria – Lukas Mraz, Philip Rachinger, and Felix Schellhorn alias Healthy Boy Band – are once again cooking on an open fire: Issue 4, “Handjobs,” explains the handicraft of gastronomy.

Everyone has to eat. “Every culture, every art form begins with cooking,” says Felix Schellhorn. Three years ago, together with Lukas Mraz and Philip Rachinger, he started a magazine experiment that takes precisely that as its theme: food in all its forms and facets. *The Healthy Times* doesn’t inquire into haute cuisine or sausage stands; instead it represents a new, value-based approach involving sustainability, equal rights, and also revolution. That opens up space for more than just recipes and restaurant critiques. To be found in *The Healthy Times* along with art are travel, both male and female chefs, recipes, philosophy, literature, death and life.

The fourth issue, just released under the title “Handjobs,” delivers on its promise of breaking taboos, but also focuses once again more on the genre of the classic cooking magazine and includes themes from everyday life. With writers like Nora Voit, Sara Geisler, Lorraine Haist, Andrea Petrini, David Bogner, Florian Holzer, Alexander Rabl and David Zilber, *The Healthy Times* is once again filled with fantastic articles such as “The Triumph of the Chopstick Trick” or “Twilight of the Wait Staff.” In any case, the magazine is spreading “Keinen Käse (no nonsense).”



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# HEALTHY BOY BAND

## THE HEALTHY TIMES 4 - HANDJOBS

Every issue appears in a new, independent design. With 260 pages in a manageable format, this issue as well is a work of art in itself which, alongside its contentual orientation under the editorship of Melissa Graf, also breaks aesthetic borders with its design by Simon Waltherer and Wolfgang Ortner. And the forbidden fruit maintains its eternal allure. Art history can present countless paintings and recount analyses concerning the cultural connection between food and art. None other than the Vienna-based *Verlag für moderne Kunst* has been responsible for the appearance of all four issues of *The Healthy Times*.

Der Siegeszug des Stäbchenricks

The Triumph of the Chopstick Trick



Anna Burghardt

Anna Burghardt

Lord of the Things

Lord of the Things

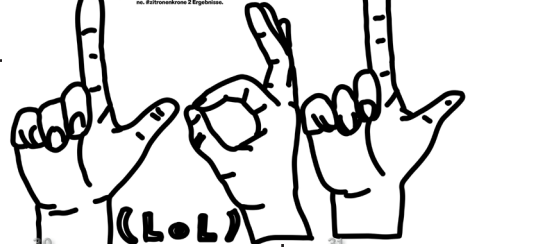


Melissa Graf

Melissa Graf

Neue die zu Schüssel, die Welt der zu Sonnen...  
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Blue Goose Farm Prime Seafood Palace

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Kate Dingwall

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