



How to prepare brain dishes fit for a zombie gourmand

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From George Romero's seminal *Night of the Living Dead* through AMC's hit series *The Walking Dead* to the upcoming blockbuster *World War Z* with Brad Pitt, zombies in popular culture have something big in common: They all embrace a contemporary culinary movement known as nose-to-tail dining. And just as surely as our most treasured bit of offal is foie gras from a duck or goose, theirs is undoubtedly brains – any brains.

Of course, you probably knew that, but it is highly unlikely that the thought of brains on a plate makes you as peckish as it does me. The initiated know them to be unique in flavour, as rich as custard, a great source of protein and vitamins and – when balanced with a sauce of the correct acidity – the cut-price cornerstone of a lovely snack. Which is why I was excited recently to open an issue of the eccentric American food quarterly *Lucky Peach*, themed on the food of the Apocalypse, and discover therein a feature titled, "Braaaaaaiiiinnsss – Recipes from the zombie diner."

But they were more like recipes for the zombie gourmand – and a well-travelled one at that. For the enthusiast of South Asian spice, there was a curried sauté of goat brains on toast points conceived by the inspired Michelin-starred Indian chef Hemant Mathur (Tulsi in New York).