Manifestos often have a way of contradicting themselves, right? This kitchen manifesto blends that spirit with the delightful chaos of cooking!

### 0.

Smell, don't taste, but taste everything you serve. Touch everything, but don't play with your food. Food is love, yet it can be wielded like a weapon. Food is not inherently good or bad, but food is inherently good or bad.

# i.

Experiment relentlessly, but always follow the recipe exactly as written. Clean as you go, yet make the biggest messes for the tastiest meals. Waste not, want not, but maintain a healthy stockpile of kitchen gadgets. Appreciate precision while cutting, yet savor the beauty of rustic, uneven slices.

## ii.

Strive for food sustainability, yet succumb to exotic delicacies. Advocate for animal welfare while savoring a juicy steak. Reduce food waste, but revel in extravagant feasts. Fight for food equality, yet indulge in luxury dining experiences.

# iii.

Chase the recipe for eternal satisfaction, knowing it's a dish best served unfinished. Harness the power of fire, yet be wary of its sibling, ice, lurking in the pantry. Peel back the layers of reality, only to find an onion at its core. Melt time and space into a stew of paradoxes, stirring clockwise and anticlockwise simultaneously.

# iv.

Cook with reckless abandon, as if precision was a myth perpetuated by measuring spoons. Use the freshest ingredients, unless the canned stuff has a label screaming "vintage." Be patient with slow-cooking, or just stare at the microwave until it's done. Trust your instincts, until someone else offers an opinion—then doubt everything.

Ah, the kitchen, where rules are made to be broken and traditions are upheld and mocked!