

## Wonderful! 273: Rachel's Special Loud Pretzels

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[theme music plays]

**Rachel:** Hi, this is Rachel McElroy.

**Griffin:** Hi, this is Griffin McElroy.

**Rachel:** And this is Wonderful!

**Griffin:** It's a show! It's a show!

**Rachel:** It's a show, period.

**Griffin:** It's a show! The greatest show on Earth! Um, it's a podcast show, and we talk about things we like, that are good, and that we are into. And, uh, this week we're coming at you fresh and revitalized off the back of a pretty fucking wild Spring Break, man.

**Rachel:** Yeah, we took last week off because we were in Disney World with our two children, um, and...

**Griffin:** Goofy says hi.

**Rachel:** Took in a lot of Disney characters.

**Griffin:** Yes.

**Rachel:** Uh, a lot of rides, a lot of foods, a lot of swimming.

**Griffin:** Had a great time. Had a great time. They know what they're doing. Mid-April, apparently perfect time to go to Disney World. Weather? Gorgeous. Not a drop of rain in the sky. Cool in the mornings, temperate in the afternoons. Goofy was there.

**Rachel:** Goofy was there. We saw a lot of Pluto.

**Griffin:** Saw, like, Pluto three or four different times. I think he may have been following us.

**Rachel:** Uh-huh.

**Griffin:** But I did keep feeding him corn chips.

**Rachel:** [laughs] Which of course as everyone knows is what Pluto loves.

**Griffin:** Pluto's favorite food is corn chips, and every time I did it, it sounded like there was a man inside of him saying "Stop. Stop it."

**Rachel:** "Stop it!"

**Griffin:** "Stop putting corn chips in the mouth cavity." Um, which I thought was, like, wei— like, weird. But Disney magic!

**Rachel:** I don't know how Disney characters work that when they sign something they put it on their nose, and I've spent a lot of time thinking about that, and what that means, and how that works.

**Griffin:** Yeah. Yeah, it's a mystery. Um, do you have any small wonders?

**Rachel:** Um, I am going to say the kind of unselfconscious pride that our son had after riding several Star Wars rides at Hollywood studios.

**Griffin:** Yes.

**Rachel:** Uh, he is a little bit fearful when it comes to rides. It's not unusual for a six-year-old.

**Griffin:** I certainly was.

**Rachel:** Uh, and he took on two new rides.

**Griffin:** Three new rides.

**Rachel:** Three?

**Griffin:** Yeah, he took on all of the— yes.

**Rachel:** Oh yeah!

**Griffin:** Yeah, Star T— Star Tours as well.

**Rachel:** All the Star Wars.

**Griffin:** Star Tours which surprisingly, I would say, most intense of the three star-based rides at Disney World.

**Rachel:** For sure. And then he would get off the ride, and then he would just loudly proclaim to anybody that was nearby that he was six, uh, and then how much he achieved on the ride, in particular for Smugglers Run.

**Griffin:** Millennium Falcon: Smugglers Run is basically an interactive sort of almost arcade game ride where you and five other people, like, operate—

**Rachel:** You push buttons.

**Griffin:** — push buttons and steer the ship, and you get a score at the end. His first time around he got hotshot, was his rating, so he kept going around saying, like, "I'm a hotshot! I'm hotshot!"

And then the second time around he did even better. He got marauder, which is like the next-to-best score. And he would just shout at— shout at Kylo Ren on the Rise of the Resistance ride. Like, "Do not mess with me. I'm a marauder, and I'm six years old."

**Rachel:** [laughs]

**Griffin:** It was really, really good.

**Rachel:** Yeah.

**Griffin:** Um, I'm gonna say my new sort of setup here. We've got some new friends in the office, two new friends. Dual monitor setup. I originally had a widescreen monitor. I think it was 37 inches. Each of these screens is 27, for a combined total of 54 inches of virtual working space.

**Rachel:** Whoa. It's got a lot of— it's got, like, arms and levers...

**Griffin:** It's got arms and levers. I can twist it. I can make that horizon— uh, vertical if I wanted to. Isn't that messed up? I don't know why I would do that.

**Rachel:** Oh, like you could flip it?

**Griffin:** I could flip it, I could spin those, I could do—

**Rachel:** [through laughter] Wow.

**Griffin:** I could do fidget tricks with it. I could do whatever I want. I'm a god in this— at this de— at this desk only.

**Rachel:** Thank you, Max Fun donors for supporting this upgrade.

**Griffin:** Thank you Max Fun donors. Yeah, it's, uh... it's gonna solve a lot of streaming-based hiccup issues for me, which I'm very excited about. Not a lot of, uh, software works good with a big, big, big wide monitor. But two monitors? Uh, now we're cookin'... with real gamer gas.

I also got a new gamer mouse. It glows in rainbow LED colors, which I don't love. Can you not see it? I do have my feet up on the desk [crosstalk].

**Rachel:** No, I see it now. I guess I don't understand what the purpose of a gamer mouse is.

**Griffin:** Well, for games, the buttons shoot the guns harder.

**Rachel:** Oh!

**Griffin:** I go first this week.

**Rachel:** Okay.

**Griffin:** Speaking of gaming and being a gamer, I'm gonna talk about a game series that has been on my mind a lot lately, and my whole life kind of. It's Resident Evil. Resident Evil is a... scary— a scary game series, for big boys. Big, brave boys like myself.

**Rachel:** I don't know anything about this. Like, I know the title because I have heard it.

**Griffin:** Yes. Yes.

**Rachel:** That is all I know.

**Griffin:** Okay. Well, uh, I have some info here! It's a very long-running series of zombie-based action horror games from Capcom, which is one of the sort of— one of the older and more prolific developers on Earth. It first launched with the original Resident Evil, called Biohazard in Japan, on the PlayStation 1 back in 1996, and it was a huge smash hit success. Garnered a lot of critical acclaim, and it sold 4 million copies in its first year on the market, which back then was a whole, whole lot. It also more notably scared the everloving shit out of ten-year-old Griffin McElroy—

**Rachel:** Yes, yes.

**Griffin:** — and made me very afraid of zombies, and darkness in general for I would say several years.

**Rachel:** Yeah.

**Griffin:** Um, we got a PlayStation for Christmas in 1997, and got three games along with it, the first of which was Final Fantasy VII, one of my favorite games of all time, changed my life. And then there was Blood Omen: Legacy of Kain, which was also pretty mature. I mean, it was rated M for mature. Uh, too scary for me to see. And then there was Resident Evil, which nothing could really prepare my ten-year-old mind for seeing, like, a zombie, its face dripping with gore, in three dimensions.

**Rachel:** Now, is this something that your parents knew that you were witnessing?

**Griffin:** I don't think they really were prepared. I do not think they were ready for it.

**Rachel:** Oh, okay. Okay.

**Griffin:** Because I remember watching my brothers play Resident Evil Christmas morning, and me seeing this—

**Rachel:** [laughs] Oh god.

**Griffin:** — and going like, "What on— no way!" Uh, it— because it was sort of the first 3D game that we had, 'cause Super Nintendo can't generate these kinds of graphics, it was like a— it crossed some threshold of terror in my mind. It really did scare the shit out of me. I remember for a long time I was, like, afraid to be on the second floor of our house alone, like, by myself, but my bedtime was first so I remembered there was a long stretch of time where I would just sit at the top of the stairs waiting for someone else to come to bed, and then I would scurry off to bed and hop in like I'd been there the whole time, because I was so afraid of these virtual zombies. And I would be for a very long time, really until we got Resident Evil II a couple years later and I forced myself to play through it as, like, immersion therapy, which worked.

**Rachel:** Yeah?

**Griffin:** Which you wouldn't— it did!

**Rachel:** [laughs]

**Griffin:** It was a rough ride, but I got to the end of it, and now look at me go.

**Rachel:** I can't imagine that approach now as a parent. To be like, "Oh, are you scared of this? Well, buckle up. You're gonna do nothing but this.

**Griffin:** This was not sanctioned... by my par— it's not like my parents were like, "Oh, you— "

**Rachel:** Yeah, no, I understand. [laughs quietly]

**Griffin:** "You sneakin' some Resident Evil, huh? Well, smoke a whole pack of Resident Evils."

So, the original Resident Evil was at the forefront of a whole new genre called survival horror, which is still a thing today, and there have been dozens if not hundreds of games sort of in that milieu, and what made that genre special and what still makes it special is that it had less of an emphasis on just, like, blasting your way through hordes of monsters and instead it was more about sort of shrewd resource management, and making sure that you didn't, you know,

expend too many bullets in one section and then on the next one, like, you have no ammo and you're just boned. Uh, and that was sort of revolutionary, because all of a sudden, like, this game could scare you not from gore or monsters or jumpscares, but rather from sort of establishing this constant tension of almost being out of, you know, ammo or healing items or whatever. Um, and that— there have been I think eight of these games in, like, the main series, and that sort of balance has shifted back and forth, but really it is sort of unreproducible, I don't think. I don't get scared by games where a monster is chasing you. I get scared in games where it's like, "Oh, shit. Like, my knife just broke and now I don't have a knife anymore."

**Rachel:** Yeah!

**Griffin:** I have a very sort of mathematical approach to it, and it works for me. All of the games have also a very sort of elegant power curve to them, where you start out the game and you're just an unarmed toddler, you know, wandering around the streets of the zombie apocalypse, and then by the end—

**Rachel:** Are you really a toddler?

**Griffin:** No.

**Rachel:** Okay, I'm just making sure.

**Griffin:** I mean, that would be wild if you sort of went, you know, birth to death.

**Rachel:** Like Muppet Babies. [laughs quietly]

**Griffin:** Yeah, Muppet Babies Zombie, uh, sorta. But then by the end of the game you have, like, you know, fuckin' two rocket launchers on each shoulder and you're just running around. It's very— it's weirdly empowering, which ten-year-old me I don't think appreciated the first time that I played it. Um, also for all of their sort of gore and scares, Resident Evil games are also, like, profoundly dumb, and super campy, particularly the original Resident Evil. I sent you a video, I'm not sure if you watched it.

**Rachel:** I did!

**Griffin:** That featured, um, some of the worst writing and voice acting in video games, or really all media.

**Rachel:** That's what— when I watched it, I was anticipating that it would just be bad performances, but the writing was also terrible.

**Griffin:** Bad performances, pacing, writing— like, really nonsense stuff. I'm gonna actually— if we could play a clip from that video just so people could get, like, a little cross section of what kind of performance we are talking about here. Because I played this game a long time ago, and even now watching this video I was appalled at some of the things that were said in this video game.

[clip from Resident Evil plays]

[music plays]

**Speaker 1:** I have been looking around for clues.

**Speaker 2:** Okay. I'll go to the other house and see if I can find any clues.

**Speaker 1:** Will you do that? How about going down to check by yourself? I have a rope here!

**Speaker 1:** Oh, do you? Well, then I'll try to go down using the rope!

**Speaker 2:** [echoing] Whoaa! This hall is dangerous! There must be a backdoor somewhere.

**Speaker 1:** What is it?

**Speaker 2:** Blood. Hope this is not Chris's blood.

**Speaker 3:** I can treat you, except for your major injury. Would you like me to?

**Speaker 1:** Yes! Please do something for me, temporarily.

**Speaker 2:** [echoing] Oh no! You must be kidding! After we've come all the way here!

**Speaker 1:** [echoing] Ladies first! Go first, Jill!

**Speaker 2:** [echoing] But Chris!



**Speaker 1:** [echoing] Give me a chance to play nice guy.

[clip ends]

**Griffin:** It's funny. I'm not, like, a big fan of zombie media now, really neither of us are.

**Rachel:** Yeah.

**Griffin:** We watched Walking Dead for a while, but the shine kind of came off that apple.

**Rachel:** Yeah.

**Griffin:** Um, but it's kind of undeniable that when Resident Evil came out in 1996, like, the zombie genre across all mediums was pretty dead, it was pretty quiet. But it almost singlehandedly, like, revitalized the whole thing, and that's where you get a lot of the bigger name zombie stuff that came out of it. Um, it's also interesting because the game's director, the series' longtime director, Shinji Mikami, he expected this game to tank. They were projecting that it was gonna sell, like, 200,000 copies and be, like, a, you know, a hit for a niche audience, because they didn't expect people to enjoy playing a scary game. Horror, like, as a genre is a different beast now than it was in 1996, but even back then it wasn't, like, a particularly broad mainstream appeal thing.

**Rachel:** Yeah, yeah, yeah.

**Griffin:** But this game, you know, kind of proved that a scary game could find huge success, and it continues to, and they keep on making the things.

Uh, also Capcom has been remaking some of the older Resident Evil games, and they have been wildly, really, really good. Like—

**Rachel:** Oh!

**Griffin:** Uh, across the board, like, picture perfect games. I've been playing Resident Evil IV, it's up on my PC monitor right now. It came out I think a couple weeks ago, and it's my game of the year with a bullet, like, by far. It is really, really, really fun, and good, and...

**Rachel:** You feel comfortable saying the game of the year in April of 2023?

**Griffin:** I said so far. I mean, fuckin' new Zelda game comes out in, like, two and a half weeks I think, and so that's probably gonna bump it a little bit, but we'll see. I'm really, really enjoying it. And it has made me realize I have, you know, a complicated history with this series, but I also— it is— the same way that you mentioned Henry, like, riding those scary rides and feeling very gratified and very confident, there is something about sort of, you know, grabbing your courage like that and realizing, like, "I can do this," that 12-year-old Griffin felt when he beat Resident Evil II for the first time. And, you know, I'm not 12 years old or scared by video games as much anymore, but I still definitely feel that way when I play a good one of these, so that's Resident Evil. And now— and babe, you're ready now. For it.

**Rachel:** Oh, yeah? That's all I needed?

**Griffin:** Yeah. Stardew Valley is a great sort of gateway, I think to—

**Rachel:** [laughs] Uh-huh?

**Griffin:** Resident Evil. There's a lot of similarities. You know how—

**Rachel:** Uh-huh. Farming? Is there farming?

**Griffin:** There are herbs.

**Rachel:** Okay! [laughs]

**Griffin:** You know how sometimes in Stardew Valley you'll be going through the mines and you'll have to fight, like, a ghost or a mummy?

**Rachel:** Yeah.

**Griffin:** Okay. Well, zombies are— what is a mummy if not a wrapped up zombie? Think about that.

**Rachel:** Whoa, yeah, that's good, that's good. Uh-huh.

**Griffin:** Think about that. More guns... than Stardew. I will grant you that. In general, there's more guns in Resident Evil than in Stardew. But aside from that one difference, they're basically the same exact game.

**Rachel:** Okay.

**Griffin:** Can I steal you away?

**Rachel:** Yeah.

[Home Improvement theme tune plays]

[ad break]

[music plays]

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**Laurie:** Hello. I'm Laurie Kilmartin.

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**Jackie:** [laughs]

**Laurie:** Before we leave this— not only terrible business, but this awful world.

**Jackie:** And find out why we can't.

**Laurie:** [laughs]

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[Star Trek comm noise]

[music and ad end]

**Rachel:** So, my thing this week...

**Griffin:** Yes?

**Rachel:** Is— it resolves maybe a cliffhanger. Loyal listeners will remember... in 2019, I talked about umami as a wonderful thing.

**Griffin:** [through laughter] Okay, yes. I'm so excited.

**Rachel:** This week...

**Griffin:** Sour?

**Rachel:** Salt.

**Griffin:** Oh, man!

**Rachel:** Mm-hmm. Mm-hmm.

**Griffin:** I had, like, a one in five chance of getting that right. Are you gonna talk about sour someday? I feel like we have maybe even talked about sour.

**Rachel:** At this rate— so, let's see. Last time I t— it was 2019. And it's 2023.

**Griffin:** So every four years...

**Rachel:** [laughs] So four years from now, maybe sour.

**Griffin:** Okay, cool.

**Rachel:** Maybe sweet!

**Griffin:** Maybe!

**Rachel:** Probably not sweet, though.

**Griffin:** Probably not sweet. Everybody already knows about sweet.

**Rachel:** [laughs]

**Griffin:** But salty... that's— that's new.

**Rachel:** [laughs]

**Griffin:** Tell me about salty.

**Rachel:** Um... so, I was thinking about this because when we were at Disney, we spent most of our afternoons at the pool at our hotel, and one particular pool trip I was proud of myself because I brought veggie straws down to the pool.

**Griffin:** Yes.

**Rachel:** And I was thinking to myself about how salty snacks are so great.

**Griffin:** By the poolside.

**Rachel:** By the pool.

**Griffin:** That's so true. Don't give me... anything sweet. Don't give me anything sour or umami. There's something about being wet and eating salt that feels right.

**Rachel:** Uh-huh.

**Griffin:** Like your body wants it, but wants both of them.

**Rachel:** Uh-huh. And then our last day at Disney we were heading towards kind of a late lunch and we got those soft pretzels.

**Griffin:** Oh my gosh.

**Rachel:** I will also say at home, [laughs quietly] I have a particular kind of loud pretzel that I like to eat.

**Griffin:** That's what I call 'em.

**Rachel:** Yeah. [laughs]

**Griffin:** Because they do produce, I would say, jet engine decibel levels of crunch.

**Rachel:** Uh, and I think part of the reason I like them is because they're, like, real salty.

**Griffin:** And so loud. Like, there's no doubt about you're eating a pretzel when you're eating these pretzels.

**Rachel:** It's like— it's a sourdough pretzel.

**Griffin:** It's like the size of my— the thickness of my wrist.

**Rachel:** Yeah. [laughs]

**Griffin:** And every time you bite into it, it's almost like it's saying, like, "Pretzel."

**Rachel:** [through laughter] Uh-huh?

**Griffin:** [hissing] Pretzel.

**Rachel:** So I didn't really know a lot about salt. I knew there were different kinds of salt. I know that sometimes salt can be kind of like a fancy thing, you know? That, like, makes a dish seem fancier.

**Griffin:** Uh, do you mean sodium chloride? [smug laughter]

**Rachel:** Oh, don't get ahead of me, Griffin! [laughs]

**Griffin:** So sorry. [laughs] I'm kind of a science nut.

**Rachel:** I'm actually not planning on really talking about the science very much, so thank you, I guess.

**Griffin:** Okay, well, I'll do that part.

**Rachel:** Okay. Uh, so most of the salt we eat is evaporated from saltwater solutions, so like seawater.

**Griffin:** Yeah.

**Rachel:** Um, there's—

**Griffin:** I watched a fascinating documentary in Japan of, like, the people who make artisanal salt on, like, big sheets. And it's very expensive, because it seems like a not-efficient way...

**Rachel:** [through laughter] Uh-huh?

**Griffin:** It's like a huge, like, mile-long table will get you, like, one shaker-full.

**Rachel:** Um, some types of salt are directly mined, and then there's, like— the way the water is evaporated affects the crystal quality, the shape, the minerality.

Um, and then, like, the light hollow flakes of salt are produced through, like, solar evaporation in open containers.

**Griffin:** Yes, that's— yes.

**Rachel:** Uh, so there's kind of two sorts of salts. There's cooking salt and then there's finishing salt.

**Griffin:** I love fini— finishing salt is like, when you're a grown up...

**Rachel:** I know.

**Griffin:** ... and you buy your first container of, like, that good...

**Rachel:** Uh-huh.

**Griffin:** ... like, rock salt, and you just sprinkle that on top of a— a steak or something. Man, that makes you feel—

**Rachel:** Well, I'm talking about like a real— like a flaky salt that you might put on, like, a chocolate chip cookie.

**Griffin:** Oh, that's great, too.

**Rachel:** Mm-hmm. Uh, so table salt is mostly what you find in salt shakers. I read an article at Bon Appetit 2021 that talks about how they don't recommend salt shakers, 'cause it's so easy to over-salt, and table salt in particular is, like, super fine. So we got one of those little salt bowls, um, now by the counter, which makes me feel like a real chef.

**Griffin:** Yeah, except... you get salt on your fingers when you do that.

**Rachel:** True.

**Griffin:** I don't like that.

**Rachel:** Really?

**Griffin:** 'Cause then it's like, well, what am I supposed to do with this salt?



**Rachel:** Heads up, you already have salt on your fingers.

**Griffin:** Okay, but, mmm, you understand there's...

**Rachel:** [laughs]

**Griffin:** ... you're being— that's very cute—

**Rachel:** Thank you.

**Griffin:** But you know there's a difference, right?

**Rachel:** Thank you. I know it's cute. Thank you.

**Griffin:** Okay.

**Rachel:** Thank you for saying that.

**Griffin:** It's not like I have grains of salt on my fi— if I did that, every time I scratched my eye I would be in shrieking pain.

**Rachel:** Thank you for saying it was cute.

**Griffin:** It was cute.

**Rachel:** Thank you. Thank you.

**Griffin:** Are you gonna keep reading your notes?

**Rachel:** [laughs] Uh, kosher salt, which I don't really understand or know anything about.

**Griffin:** No shellfish in it. Comes from ocean water that shellfish did not... swim in.

**Rachel:** Uh, it's not necessarily kosher, but it got its name from its use in the koshering process.

**Griffin:** Okay. Don't know what that means.

**Rachel:** So I think it's not like the salt itself is kosher. It's like when they they are making something kosher, this is the salt that is involved.

**Griffin:** Okay.

**Rachel:** Bon Appetit recommends a number of different kinds of different kinds of kosher salts, which I'm not really gonna go into. But—

**Griffin:** Sponsor us, salt companies, if you want to. If you want to get that press.

**Rachel:** They mentioned Diamond, Crystal, and Morton are the most common brands in the US and are heavily processed, so water is injected into underground deposits to dissolve the salt, and then that brine is refined for purity, and the water is evaporated.

**Griffin:** Ugh.

**Rachel:** But if you use one of their fancier ones, they say it's less refined. Uh, and more flavorful.

**Griffin:** I only use Japanese sun-dried flake salt. No harsh chemicals for me, thanks. Aside from the salt... which is, I guess, a pretty harsh chemical, but it tastes fantastic, so I'm okay with that one.

**Rachel:** Um, I already mentioned the flaky sea salt. The things I didn't really know anything about— so, there's black salt. Uh, which is apparently super flavorful.

**Griffin:** Ooh!

**Rachel:** Um—

**Griffin:** I don't know that I need salt to be saltier.

**Rachel:** Well, it's supposed to have, um—

**Griffin:** Umami?

**Rachel:** More of, like, a eggy, sulfuric aroma?

**Griffin:** Okay!

**Rachel:** Um, and it— and it not only enhances flavor, but it's an essential ingredient in different spices, like Indian spices.

**Griffin:** Okay!

**Rachel:** And then Himalayan pink salt. Again, didn't know anything about this. Most of it comes from Pakistan. There's no evidence supporting any claims that it's healthier or cleaner, but it's pretty.

**Griffin:** It does look cool.

**Rachel:** [laughs] Uh, so here's the thing I never really understood that I was particularly interested in. You know how, like, salt makes everything taste better?

**Griffin:** Yes.

**Rachel:** Like how a lot of times when you're cooking and you're not getting a lot of flavor they say to add salt, or if you watch a cooking show and then the judges are always like, "Uhh, did you season this?"

And if they're like, "No," it's like a big thing.

**Griffin:** Yeah.

**Rachel:** I didn't really understand why salt made everything taste better, other than obviously salty is a flavor, and that's good.

**Griffin:** [laughs quietly] Yeah?

**Rachel:** Uh, but it actually draws out water, which can either, you know, enhance the existing flavor or it makes room for other liquid ingredients like vinegar without the risk of being soggy or diluted.

**Griffin:** Huh.

**Rachel:** So they suggest for example, like, if you're gonna make a vegetable side, add salt, but then let it sit. So, like, add salt and let it sit for eight to ten

minutes to draw out some of the water before you cook it, and that'll, like, make the flavor that much better.

**Griffin:** Okay.

**Rachel:** So I thought that was interesting. It makes sense when you think about it. Like, everything has kind of an inherent flavor, but it also has a lot of water, and if you add salt, it will draw out some of the water and you'll get more of the flavor than the water.

**Griffin:** I like that.

**Rachel:** I like that. Uh, Bon Appetit also had some suggestions on things to add salt to that I wouldn't necessarily think about. Um, so they mention, you know, chocolate ice cream, which wasn't super surprising, or cocktails, which you know I love a salt rim.

**Griffin:** You love a salty cocktail.

**Rachel:** Around a cocktail. Um, also pancakes with maple syrup, which I thought was interesting for salt. S'mores, melon, pineapple, or mango, which I don't usually think about. Lemonade, which I thought was an interesting idea. They also say, like, if you're making, like—

**Griffin:** Salty lemonade?!

**Rachel:** Yeah, I guess apparently, you know, it makes, like, the sweet sweeter and the sour sourer...?

**Griffin:** But those two flavors are— I don't need a beverage that contains intense all fla— like, intensity of every flavor.

**Rachel:** [laughs] Yeah. I mean, I haven't ever done this, so I don't really know if it's a game changer or not. Uh, they also said the top of pies and cakes, add salt to. Apple cider is another one they mention.

**Griffin:** Yeah.

**Rachel:** Uh, I just thought that was— I don't know. I think... there are a lot of reasons that you can crave salty food, and some of them are kind of dangerous

reasons that you should talk to a doctor about. Like, for example if you're dehydrated you're more likely to crave salt.

**Griffin:** Oh, that's interesting.

**Rachel:** So, yeah. So if you are somebody who, like, perpetually craves salt, which I think maybe I am, I should probably, you know, look into the reasons behind that.

**Griffin:** See a physician? I think you're fine, babe.

**Rachel:** But I think it's just such a magical thing that pretty much any dish you make, you add salt and it is probably gonna taste better. That is cool.

**Griffin:** Yeah. I would say you are the salt of the Earth.

**Rachel:** Okay.

**Griffin:** I don't know if that's a good thing or not. I think that's from the Bible.

**Rachel:** Okay.

**Griffin:** So it's probably good.

**Rachel:** [laughs]

**Griffin:** If it's from the Bible it's probably good.

**Rachel:** It's probably good!

**Griffin:** I think it was one of the sermons on the mount.

**Rachel:** Okay.

**Griffin:** Don't hide your light under a bushel, and... what-have-you.

**Rachel:** Oh, is that from the Bible? I just thought that was, like, a folksy thing that you and your family said.

**Griffin:** No. That me and my family s— you thought—

**Rachel:** Yeah.

**Griffin:** That me and my family came u— that me and my f—

**Rachel:** Well, no. I thought it was like— I mean, I just thought it was—

**Griffin:** I mean, it's huge prai— huge praise! 'Cause the J-Man himself I think came up with that. So, like, if you're saying we came up— you thought we came up with that...

**Rachel:** [through laughter] Uh-huh.

**Griffin:** That's huge for us.

**Rachel:** [laughs]

**Griffin:** Thank you for listening to Wonderful! Thank you to bo en and Augustus for the use of our theme song, Money Won't Pay. You can find a link to that in the episode description.

Hey! If you live in Denver or San Jose, you should come out and see My Brother, My Brother, and Me or The Adventure Zone, which is only gonna be in San Jose. Uh, we're gonna be playing there later this week, Thursday, Friday, Saturday, comin' at you. Um...

**Rachel:** Before we go any further though, we should return to a segment...

**Griffin:** Oh my goodness, you're so right!

**Rachel:** In a previous episode— who's to say what episode— we talked about returning to listener submissions.

**Griffin:** You're right. Here we go.

**Rachel:** Which you can send in your brief wonderful thing to [wonderfulpodcast@gmail.com](mailto:wonderfulpodcast@gmail.com).

**Griffin:** That's right.

**Rachel:** And maybe we'll read it on the show like this one!

**Griffin:** Galen said "[sing-song] Lactose pills!"

**Rachel:** [laughs]

**Griffin:** "I was in denial of my lactose intolerance for like for example because of my deep love of the cheeses, but now I eat cheese like a mouse monster and just pop a chewable pill before and have a great time. Really not sure if this is the right way to tell you about this, but there you are."

This is the only way to tell us about this, Galen.

**Rachel:** This is something that we should both try.

**Griffin:** I think... specifically me, and you can share in them, should wear a bandoleer of chewable lactose pills that I can just [chomp]. I don't even think about it. I... I limit, like, straight milk. I don't drink milkshakes anymore. I don't eat dairied ice cream. Um... but if I have like a charcuterie board in front of me, that's different, in my mind.

**Rachel:** Yeah! You have a real blind spot to cheese. Like, we were in Florida and we were talking about ordering pizza and you turned to me and you said, "Do you like deep dish pizza?"

And I was like, "That is a lot of cheese, sir."

**Griffin:** It's so much cheese.

**Rachel:** And we declined on that. But if we had had... a healthy—

**Griffin:** One of these incredible— my incredible lactose pill bandoleer...

**Rachel:** Yeah. [laughs]

**Griffin:** ... it would not be an issue. Laura says: "My wonderful thing lately is prints in concrete. I pass a set of bird footprints on my way to work and it always feels like a joyful little message from the past."

**Rachel:** Oh, that's cool!

**Griffin:** I do like that.

**Rachel:** Have you ever had the good fortune of doing this?

**Griffin:** Of vandalizing... someone's—

**Rachel:** Of happening upon wet concrete and accidentally leaving a mark?

**Griffin:** No. No.

**Rachel:** Yeah, no, I haven't either.

**Griffin:** Because I'm afraid I'll get, like, sucked in. [pause] To it. And be entombed.

**Rachel:** Uh-huh.

**Griffin:** And then, like, neighborhood kids would, like, be playing hopscotch over my, you know, skeleton and not even know about it. That's like my worst fear, actually.

**Rachel:** Yeah, natural, totally natural fear.

**Griffin:** I do like that— celebrity, like, hand prints and stuff.

**Rachel:** Yeah!

**Griffin:** They have that in front of their sort of, uh, recreation of Man's Theater in Hollywood Studios at Disney World, and I gotta say, I popped my hand into John Travolta's hand cavities. Perfect fit.

**Rachel:** [laughs]

**Griffin:** And I don't know what that means. But it's important, I think.

**Rachel:** Uh-huh.

**Griffin:** I think it's meaningful, deeply. Wonderfulpodcast@gmail.com. Send in your submissions, please. It's so full of fucking spam and garbage. We need more



signal to help the signal-to-noise ratio reach a level of usability that is I would say sort of baseline for any email account.

**Rachel:** Yeah. And just— and just two to three sentences.

**Griffin:** Yeah. We don't need your whole life story. "I eat lactose pills so I don't fart so bad." Like, that's great.

**Rachel:** [laughs] What? To be fair, that is not what the listener said.

**Griffin:** It's not what Galen said, but it was s— like... [snorts]

**Rachel:** [laughs]

**Griffin:** Um, anyway, all that stuff I already said about bo en and Augustus and the shows.

**Rachel:** And the shows coming up.

**Griffin:** Uh, mcelroymerch.com. We got a bunch of great fun stuff on there. You can go to themcelroy.family, check out all of our shows. Go to Maximumfun.org, check out all the shows there. And then we're gonna be coming at you hot and heavy with a new episode next week, so don't touch that dial. It's got jam on it. Keep it locked to 93.1, the Wonderful FM, for all the great oldies, country, hip-hop, tech... techno... music...

**Rachel:** [laughs quietly] Uh-huh?

**Griffin:** ... that you crave.

**Rachel:** Yeah.

[theme music plays]

[chord]

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