

One Create

Issue #3



Design, Hospitality & Lifestyle Zine

Iron Clad + Iron Chef Martin Blunos Interview

Asava 15

British Heritage Photo Feature

Easson Energy - Tech Focus

Design Pages

Travel Japan



THE
URBAN OFFICE

Work to Live
Love to Work

www.theurbanoffice.com



- S-Metro Building (BTS Phrom Phong)
- Summer Point Building (BTS Phra Khanong)
- IDEO Q Chula-Samyan (MRT Samyan)

The Urban Office has been recognized as the best
co-working space in Thailand by the
World Business Outlook Awards 2023

www.theurbanoffice.com

Our Team.

Editor in Chief Buzz Langton

Senior Editors Curt Hugo Wurlitzer & Isabella Langton

Executive Art Directors Buzz Langton / Isabella Langton

Columnists Buzz Langton, Curt Hugo Wurlitzer, Isabella Langton

Photography Editors Buzz Langton & Darren Richardson

Designer Anna Leapman

Intern Nuttaporn Tanawat

Cover Image - Portrait of Martin Blunos
(by Buzz Langton)

All Text Copy and Images are the Copyright of OneCreate © 2024

EDITORIAL OFFICES + POST PRODUCTION
Bangkok - London

EDITORIAL / ADVERTISING INTEREST
CONTACT US AT: INFO@ONECREATE.CO

One Create Zine is published by
One Create Agency
ONECREATE.CO
info@onecreate.co

Welcome to One Create Zine, This third edition has something for everyone..

Exclusive Feature - Martin Blunos - Iron Chef
Fashion Designer - Polpat Asavapraha - 15 Year Exhibition.

British Heritage Photo Feature
Tech Report - Easson Energy
Travel - Japan

Subscribe to One Create Zine today.
Go to - www.onecreate.co to sign up.



One Create.

Architecture, Hospitality & Lifestyle Zine

Letter from the editor

Welcome to our third edition of One Create Zine which kicks off 2024 in style.

We are extremely excited about this edition, as it has been a long time coming.

Our featured guest, TV celebrity chef Martin Blunos, is in such high demand these days, that it was almost impossible to find time to meet.

So rather than bumping Martin onto the next issue, we waited for a window of opportunity to open up, and as soon as he was available, we immediately booked Martin into the studios for a photo shoot and to record the interview. We hope you enjoy it as much as we did.

We take a walk around Thailand's fashion icon 'Polpat Asavaprapha's' exhibition celebrating his 15 year milestone of his Asava brand - see the photos on this innovative exhibition and his timeless fashion.

With the world going crazy; energy and green issues are vitally important to address. With fuel costs sky rocketing, there has never been a better time to decrease energy consumption and costs.

So we are pleased to have had the opportunity to interview Easson Energy. A specialist tech company that measure energy usage on a granular level.. Read the interview for more information, and how to save money and help the planet, it's a win-win solution.

Being British, and having an affection for footwear, and of course the British eccentricities of cottage industries that haven't changed in generations.. We have a very special photo feature of Horace Batten boot makers of Northamptonshire for you to enjoy.

2023 saw Japan as the number 1 trending tourist destination of choice, and we think that 2024 will be no different if even more popular.

Japan is safe, relatively easy to navigate, now that most travel signage is bilingual, and that supported with a wealth of travel information on the internet, and fairly accurate mobile phone translation apps, makes the incredible Japanese culture super accessible and irresistible.

If you'd enjoyed this edition, please share the link amongst your circle of friends, family and colleagues if you think they would enjoy it too.

Thank you and see you again in our next issue.

Murray (Buzz) Langton

**For editorial or advertising inquiries please email: info@onecreate.co
(not .com)**

Historic London

Just imagine, a World without people or cars..



Lincoln's Inn Fields

Situated in Holborn, Lincoln's Inn Fields is London's largest public square, and only a stone's throw from London's 'theatre land' and the West End.

It is the home to the four Inns of court - Lincoln's Inn, Grays's Inn, Inner Temple and Middle Temple, which are professional institutions for barristers in England and Wales. On the right hand side of the above photograph, you will see the Sir Arthur Lewis Building which was formerly the Land Registry.

Centre and left is The Great Hall of Lincoln's Inn, also known as the New Hall.



RA - The Royal Academy of Arts and Piccadilly Arcade

The Royal Academy of Arts is based in the rather splendid Neo-Palladian mansion that was once owned by the Earls of Burlington. (see left hand side of above photograph). The building is now beautifully refurbished and is one of the world's prominent institutions for the pursuit and development of excellence in the visual arts.

On the right hand side of the photograph above is Piccadilly Arcade, the younger sister to Burlington Arcade. Where both house a plethora of high-end boutiques and retailers.

15 asava



Polpat Asavapraha celebrates his 15 year milestone ASAVA brand with a stunning conceptual transdisciplinary exhibition at Bangkok's Emquartier.

The exhibition covers his passion for art, architecture, fashion, philosophy and surprisingly, microbiology!

One Create captured the essence of the exhibition including the beautiful gowns worn by Miss Universe - Thailand and more..



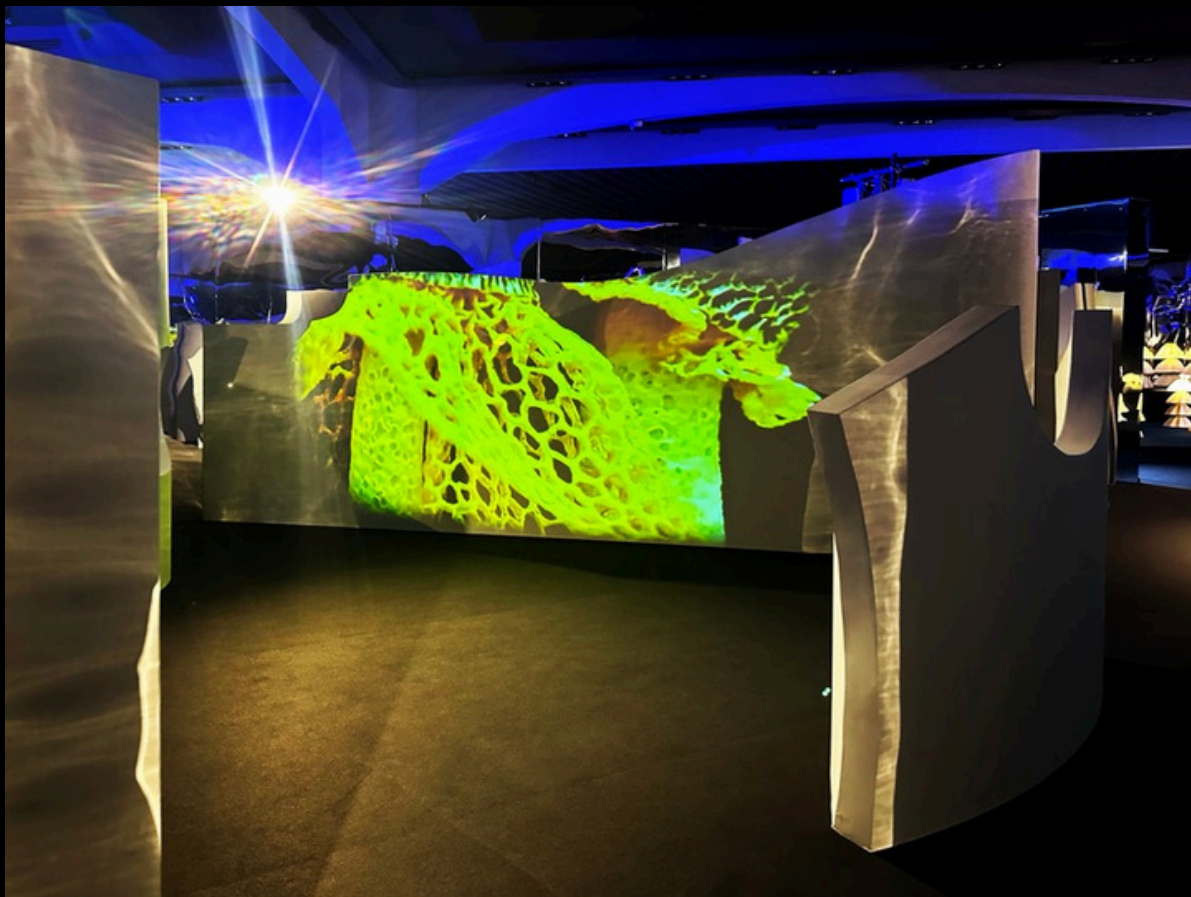
Machines of Loving Grace













DESIGN

Modern Asian Architecture and Design

Pages



Useful Thoughts on Interior Design..

Embrace Your Style, Fearlessly!

Unleash your creativity and embrace the design style that resonates with you. Whether it's the clean lines of modern design or the warmth of a rustic aesthetic, your home is your canvas—express yourself boldly.

Colour - The Art of Emotion

Colours speak volumes in design. Consider the emotions you want each room to evoke. Soft blues for tranquility, vibrant reds for energy—choose a palette that mirrors the mood you wish to create.

Furniture as Functional Art

Think beyond mere functionality. Furniture is more than just a utilitarian item; it's a statement. Choose pieces that not only serve a purpose but also tell a story and add character to your space.

Balance and Harmony

Achieving balance is an art form. Play with proportions, mix textures, and blend contrasting elements. A harmonious space is one where every piece finds its place, creating a visual symphony.

The Power of Lighting

Don't underestimate the transformative power of lighting. From natural sunlight to strategically placed fixtures, lighting can accentuate design features, create ambiance, and breathe life into your space, with LED lighting becoming so affordable, you can practically do anything these days with your lighting design.

Curate, Don't Accumulate

Less is often more. Curate your decor with intention, selecting pieces that contribute to the overall narrative. Avoid clutter—let each element tell its own story.

Nature's Touch

Bring the outdoors in. Introduce natural elements like plants, stones, or wood to connect with nature. It not only adds visual interest but also contributes to a sense of tranquility and can add the essences of positive 'Feng Shui'.

Experiment with Patterns

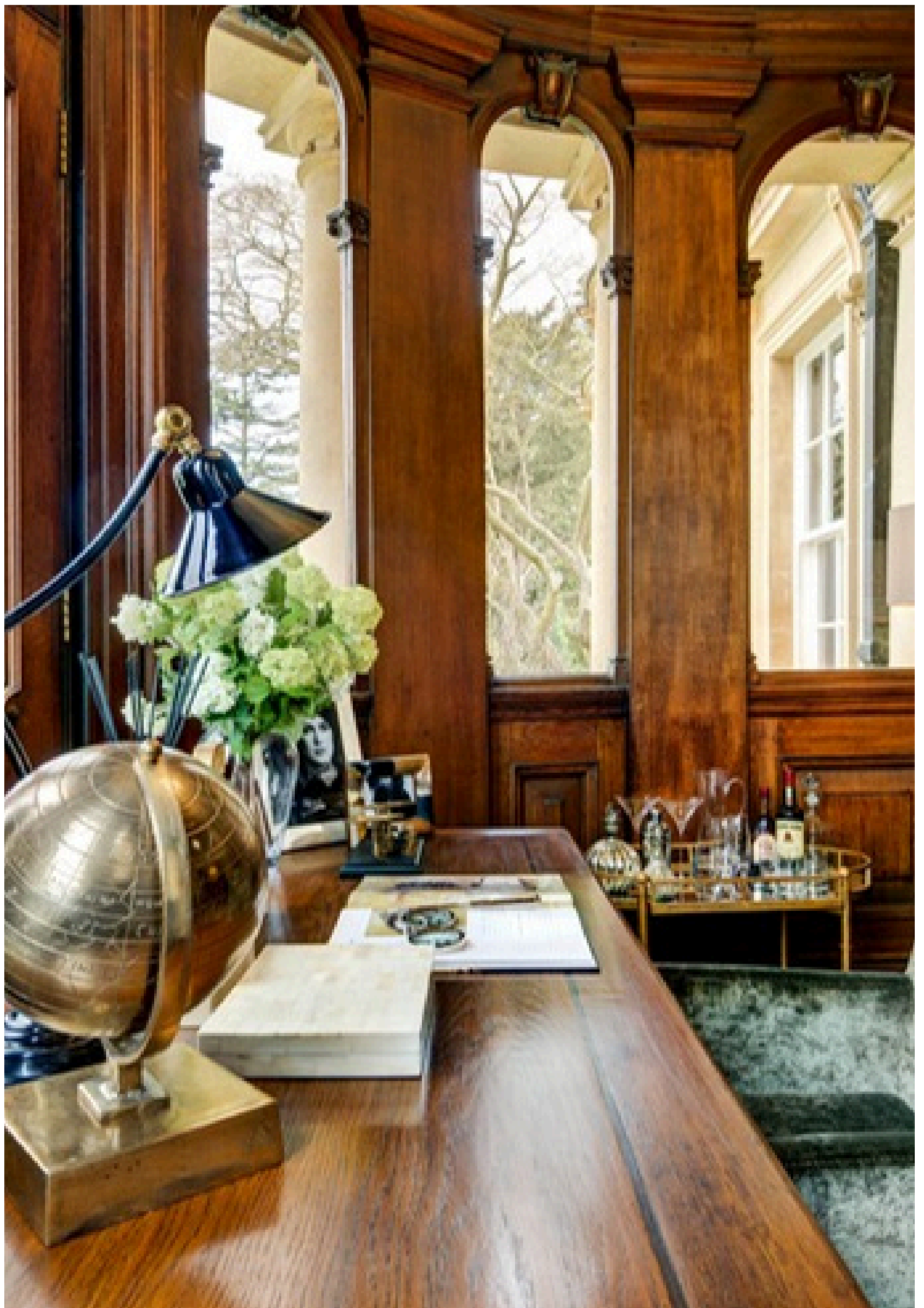
Patterns add depth and visual interest. Mix and match patterns in rugs, throw pillows, or wallpapers, but do so thoughtfully. Create a cohesive look by sticking to a common color palette.

Textures for Tactility

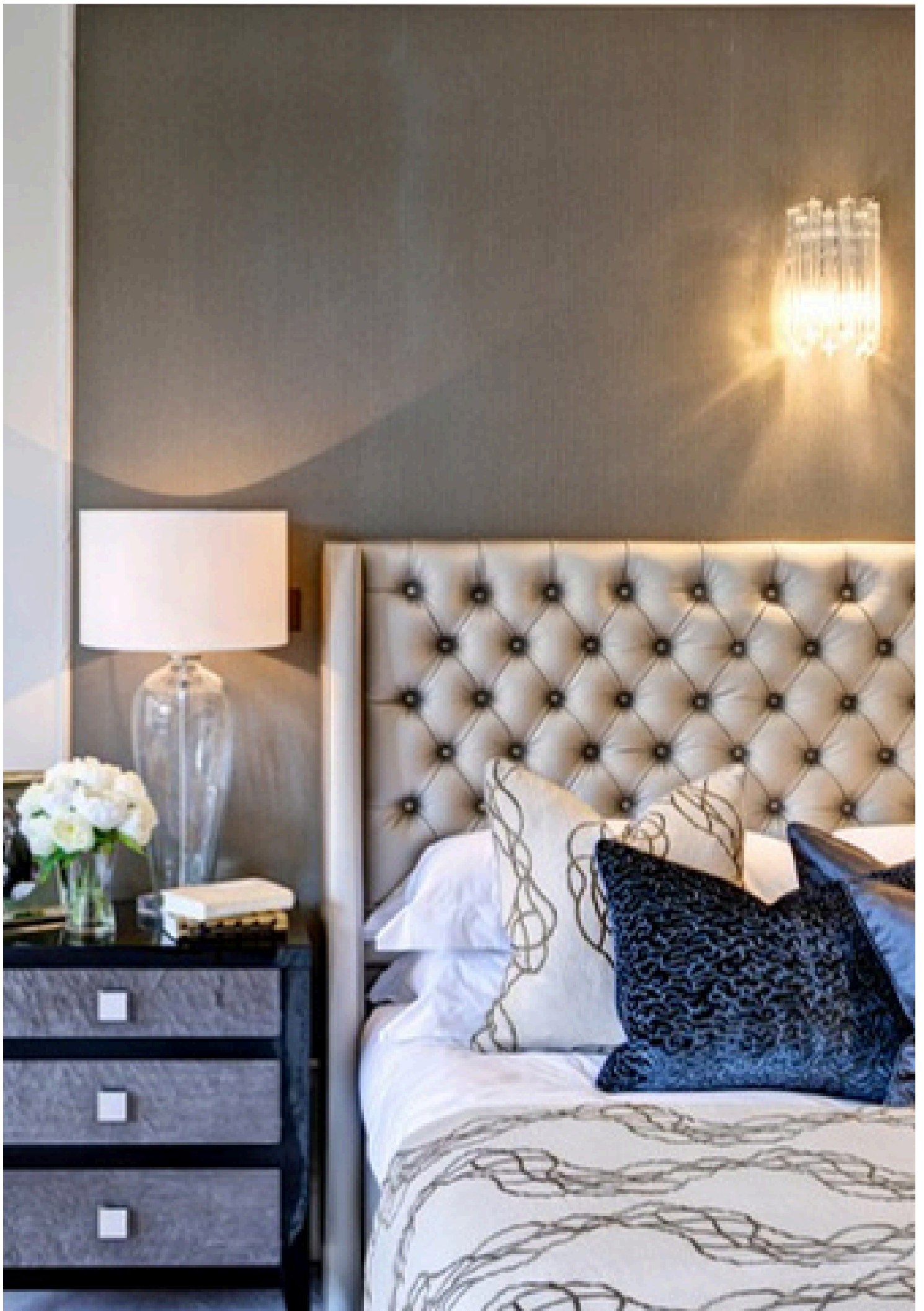
Explore the world of textures—velvet, leather, metal, and more. Combining textures elevates the sensory experience of a space, making it not only visually appealing but also inviting.

























JONATHAN
ARRON
RESIDENTIAL

Asking price £24,950,000
Herbert Crescent, London, SW1X



Property Details

7 Bedrooms / 9 Bathrooms / 2 Receptions

Joint Sole Agent: This outstanding late Victorian (1890s) Freehold house, providing 7535 sq ft (700 sq metres) of accommodation, which was completely rebuilt internally to the highest standard and involving façade retention and the creation of two new sub-basements, culminating in eight storeys and a roof terrace, situated on the prestigious Herbert Crescent in Knightsbridge, just behind the world famous department store, Harrods. Careful consideration has been given to elements such as the premium joinery, double glazed windows, floor finishes and stone work, ensuring a harmonious relationship between the building structure and the interior design.

This classic home has been designed for modern living and entertaining and reflects quality and luxury throughout, . The property benefits from six/seven bedrooms: a wine cellar; gym; sauna; and a spectacular, highly-engineered, glazed, circular glass internal passenger lift, running through the central core of the stunning curved stone staircase, giving access to all floors and ascending to an opulent roof garden terrace. This stunning, unique Art Deco glass lift and shaft has been designed as a unique feature to enhance maximum light and space. The house has been interior designed and includes the highest quality marble tiling, solid engineered wood flooring and luxurious carpets in the bedrooms. The house has full digital home automation, Lutron lighting, fitted air conditioning and underfloor heating systems, as well as specialist, bespoke joinery. There is a beautiful custom-made kitchen off the dining room, which is fitted with two Wolf ovens, two six minute dishwashers and a separate pantry with two fridge/freezers which would impress the most discerning cook. There is a rare, second entrance to the rear of the house where staff can enter and guests can arrive and leave discreetly. The accommodation comprises: Sub-basement: dressing room; en-suite shower room; plant room and store room. Basement: sauna; gym; shower room; utility room; wine cellar; and two plant rooms. Lower Ground Floor: bedroom/media room; staff bedroom; two en-suite bathrooms; store room; and staff kitchen. Ground Floor: kitchen; dining room; reception hall; pantry; and guest cloakroom. First Floor: reception room leading to a balcony; bar area; and guest cloakroom. Second Floor: principal bedroom with dressing room; and two en-suite bathrooms. Third Floor; two bedrooms, both with ensuite bathrooms and dressing rooms. Fourth Floor: bedroom with ensuite bathroom; dressing room; study/bedroom seven. Roof Level: Accessed via a most impressive circular, retractable glass spiral roof which opens at the touch of a button onto a 32 ft / 9.8 sq m private roof terrace, with fabulous, far-reaching views over the London skyline. Herbert Crescent is located within 0.1 miles of the world famous department store, Harrods, and the impressive shops of Sloane Street in the heart of Knightsbridge. Hyde Park is also within 0.1 miles of the property, along with excellent schools and transport links; Knightsbridge and Hyde Park Underground Station (Piccadilly Line). Communal Gardens: The current owners have access to two local garden squares: Hans Place Gardens and Cadogan Place Gardens. Please beware this is not an automatic right, but is granted on an individual basis. * Council Tax Band - H - Kensington & Chelsea * EPC rating C *





JONATHAN
ARRON
RESIDENTIAL

Asking price £24,950,000
Herbert Crescent, London, SW1X



Location:





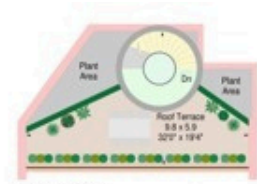
JONATHAN
ARRON
RESIDENTIAL

Asking price £24,950,000
Herbert Crescent, London, SW1X



Herbert Crescent, Knightsbridge

Approximate Gross Internal Area:
700.0 sq.m. / 7526 sq.ft.
(including vaulted stone and
reduced height areas below 1.5m)
Vaulted stone - 9.6 sq.m. / 103 sq.ft.
Reduced height area - 6.3 sq.m. / 68 sq.ft.



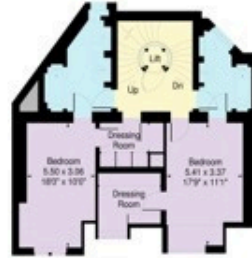
Roof Level



First Floor



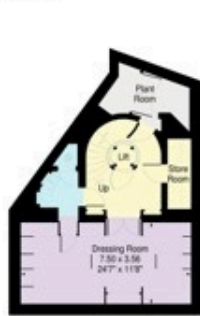
Second Floor



Third Floor



Fourth Floor



Sub Basement



Basement



Lower Ground Floor



Ground Floor

www.PlanitUK.co.uk
This plan is for guidance only and must
not be relied upon as a statement of fact.

| Energy Efficiency Rating | | |
|---|----------------------------|-----------|
| | Current | Potential |
| Very energy efficient - lower running costs | | |
| (92+) A | | |
| (81-91) B | | |
| (69-80) C | 69 | 77 |
| (55-68) D | | |
| (39-54) E | | |
| (21-38) F | | |
| (1-20) G | | |
| Not energy efficient - higher running costs | | |
| England, Scotland & Wales | EU Directive 2002/91/EC | |

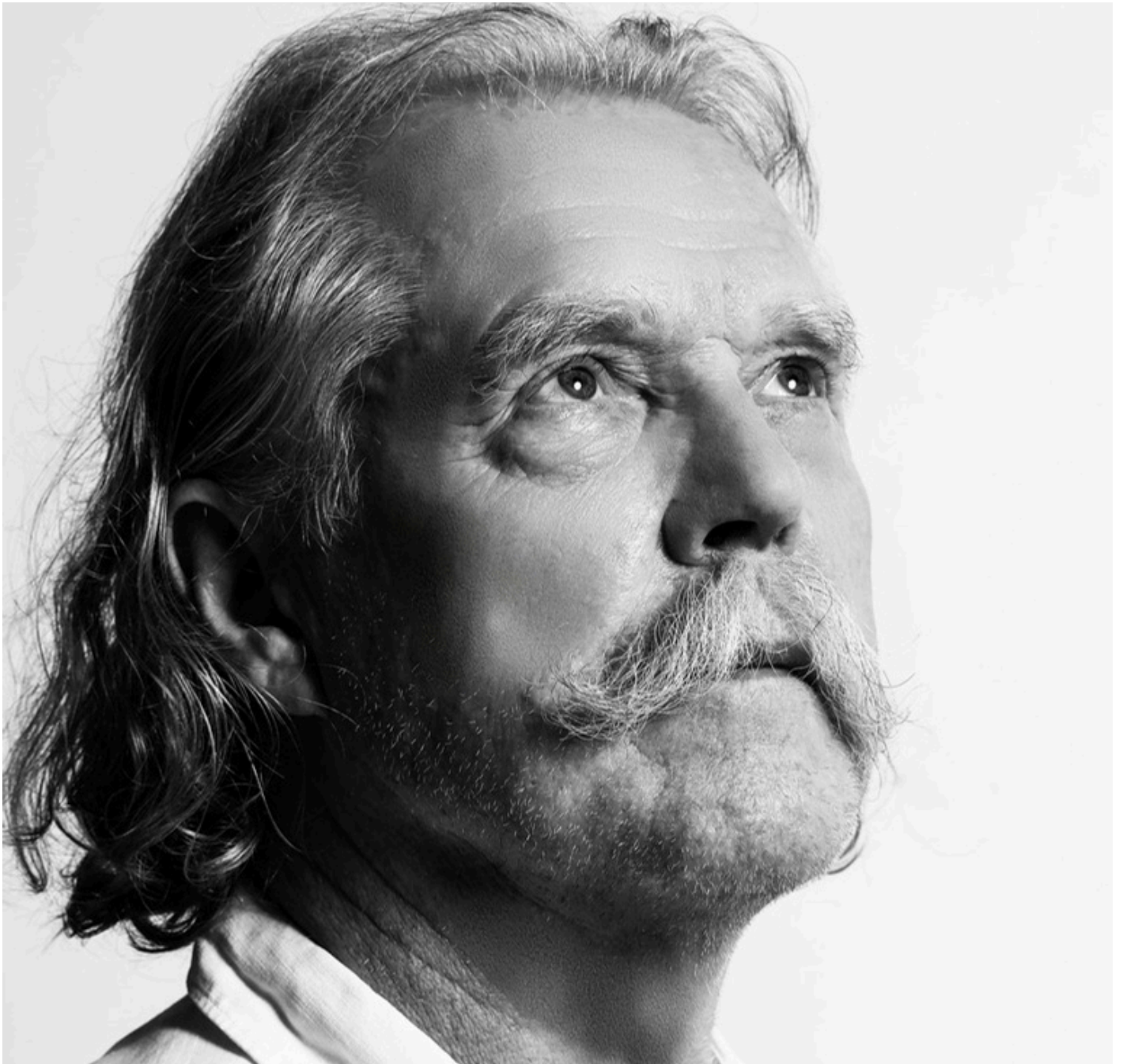
Office Contact:



Jonathan Arron
Director
020 7604 4611
jonathan@jonathanarron.com



*In-depth featured interview with
Television Celebrity Chef - 'Iron Chef' Winner
and acclaimed Michelin 2 star restaurateur.*



Martin Blunos

In this issue we have a special guest appearance interview and photoshoot with celebrity chef, Martin Blunos.

I'd like to give those reading this a brief biography of Martin..

Martin Blunos, born and raised in the UK, near Bath and Bristol to Latvian parents. I wanted to get a little of his heritage mentioned here, as I know he's very proud of his Baltic roots.. We will learn more about that later..

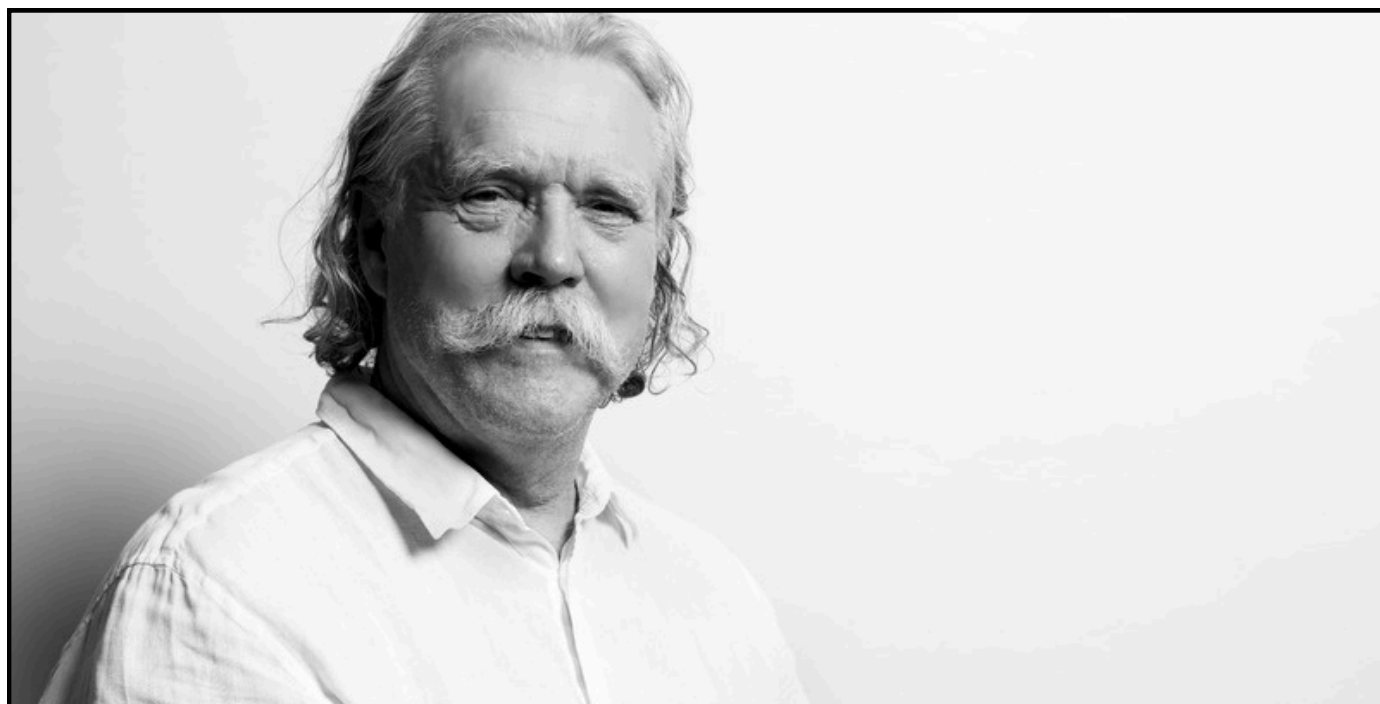
He retains his very distinctive, laid-back, West Country accent, which seems to be very broadcast friendly judging by TV appeal and ratings.

Many folks know Martin from his '2 star Michelin' restaurant 'Lettonie' and the TV shows in the UK, Master Chef, cooking with fellow celebrity chef 'James Martin' on his show 'James Martins French Road Trip' and Iron Chef UK to name but a few..

More recently he's been seen in Thailand's television show - 'Iron Chef'. For those of you that don't know that show, that's where top chefs do battle with each other, cooking real time and being judged in a knock-out competition.

He's been a contestant and crowned winner of 'Iron Chef UK' and more recently Iron Chef Thailand, where he's been a multiple winner.

Martin is a regular Thai TV staple, and also a food influencer, which is an amazing accolade for a British chef to achieve at home and even more so abroad!



BL- Hi Martin, it's great to have you here today, thanks for making the time, as I know how in demand you are.

Ok here we go.. Let's start off with some easy questions before we dive in.

Many chefs have fond memories of their first culinary mentor.

Who is yours and what valuable lessons did you learn from them?

MB- Yeah Buzz thanks for having me here, I think this is a pretty standard question that a lot of chefs get, and I think that the majority of them say what I'm going to say, and it's my mother.

I think because when you're growing up as a kid and obviously, you know, as a kid, parents try and guide you. They teach you. They inspire you.

You know, you look up to your dad or whatever.

So they're always in your life.

You think that you're very independent, but you're not.

Up to the age of 15 or 16, you are under their guardianship.

So food-wise, it was my mom, because she's the only person you see all the time, who does the 'cooking'.

And the thing is what I noticed with mom, and moms around the world, is that they cook for the family because they love them.

They love the family.

They don't do it for fun.

You know, they don't do it for business.

They do it because they love you.

And that I think you sense that and you feel okay.

BL - Thanks Martin, that's a nice start.. Let's go on to the next question.

As a seasoned chef, you're likely to have faced a fair share of kitchen challenges.

Can you recall a specific kitchen challenge or disaster?

MB - Kitchen disasters? Yeah.

I mean, there's many, whether it's with the food or with equipment or whatever.

There's so many, to be honest.

I think the thing is, you know, when you physically cut yourself, and it happens, when you rush and you're in a hurry. I've taken a fingernail off before, and you just wrap it up with cling film, your finger is collateral damage and you just carry on.

You know, it's not a case of, Oh! get me to hospital! Or anything like that.

I can remember one time I was so engrossed in work, and someone was using a slicer, and they cut the palm of their hand because they didn't use the guard, and the guy passed out because of the mess!

It was a concern because you've got to do the service one man down.

You see that was a bit of a disaster and you blame the guy at first, but in the end it comes down to training, you know, it's quite an aggressive kind of environment.

BL - it's almost like being in battle, literally, isn't that right?

MB - Yeah, I think it is.

I mean, that's the thing.

I think it's quite similar to the theatre, you know, you're in a restaurant, you have two services a day, which is your matinee and then you've got your evening show. You've got preparation, and your rehearsal is getting everything ready and prepped up, and then your restaurant is open, and the curtains open, and you do your thing and sometimes things go wrong.

And as a customer paying a bill, they shouldn't know if anything's gone wrong in the kitchen.

A guy has cut himself and passed out.

We're one man down. It should be seamless. This is like an actor on stage who fluffed his lines.

And there's a director shouting from the wings, this is the line and they get through it or they ad lib, and that's what you do in the world of food when issues happen.

Then once the curtains close, the restaurant closes, you have your team meeting, a debrief, you shout, you scream, you order your food, your next day's deliveries of things, and then you just go through it again.

That's the thing, you repeat, you repeat, you repeat, but every day is different.



BL - Personal tastes can evolve over time.

Are there any ingredients or flavours that you once disliked, but have since come to appreciate or even love?

MB- That one is tomatoes. As a kid, I hated tomatoes! I think it was the texture, this soft skin in the mouth and then all this burst of juice.

I remember as a kid, I hated tomatoes, and mom would almost force them on us, you know, she say “you're going to eat the tomatoes or you don't get any pudding” kind of thing, and pudding might have been a tub of yogurt as a kid.

But I really despised tomatoes, tomato sauce, except ketchup, but that's a different thing, you know, that was okay.

But fresh tomatoes, I couldn't get, it was the texture, the feel.

Now I love them.

And I think it's like music, as a kid, you like one style, and as you get older, you like this, that and the other.

It's an ever evolving kind of appreciation.

BL - Creativity is key in the culinary world.

What's your process for finding inspiration when creating new dishes?

MB - Yeah, inspiration!

I think you get inspired by everything around you and life.

I think that you can become a little bit blinkered like a horse if you try and not let the outside world in.

And I think that I noticed that when I had kids, your focus changes and your responsibility changes. So you then start to appreciate the things that go on around you. Life that happens around you, inspires your food.

Because food is one of those things, it's fuel..We need it.

As a human race, we need to eat, we could take a tablet, we can get our protein or whatever, you know it can be very, very basic.

Or we can have something very elaborate.

I feel that I was inspired by the people around me and life that happens around me too. And I think that you can have a dark, dark time, a dark period too.

Like Picasso in his blue period, he applied it into his art.

And I think that's the same with food, it's how you feel. Because it is such a personal thing..



*“I remember
having
achieved 2
Michelin stars!
As hard as it is
to get an
award, it's
even harder to
keep it”*

[cont..] So if you are in a dark place, you'll be seasonally adjusting..
And that's why I kind of like winter and game season, and stuff like that.
Because it is a bit more feral and a bit more tangible, touchy-feely smell and flavour.
And then you can apply that into the food.
So I think it's, yeah, you get inspired by what happens around you, the people and life.

BL - Every chef has their go-to comfort food.
What's your ultimate comfort food?
The one you turn to when you want a taste of home.

MB - Simple, a bacon sandwich.
And it's got to be white doorstep slices of bread, thick, lashings of butter, streaky bacon,
not back, but streaky, because you've got that bit of fat.
Crispy but not too crispy.
And of course, ketchup.

I'm not a Northerner, I'm a soft Southerner, from the West Country.
Brown sauce doesn't cut it, it's got to be ketchup.
But only a bacon sandwich.
No little pile of salad on the side..
I just want the sandwich.
I don't want a half packet of crisps and a little bit of salad.
I want a bacon sandwich.

BL - All right Martin! that's brilliant!
The humble bacon sarnie! Love it!

BL - In the high-pressure world of professional kitchens, maintaining a work-life balance can be tough.

How do you unwind and recharge outside of the kitchen?

MB - Yeah, recharging and kind of unwinding, that's very important.

I think in my youth, when you're working all the hours that God gives, and your body can cope with it.. You'd go to a club, you finish work, and you go out clubbing and you'll sink a few beers and you'll wake up with a bit of a fuzzy head, and you'll go back into the kitchen after a four-hour sleep, and you'll sweat like a pig for two hours, and then you're fine again, and you do it all again.

But as you get older, I think in that claustrophobic atmosphere of stainless steel and neon lights, and noise and emotion, for me, it is music.

It's listening to music.

Just get out, and go and see a band, or just to listen to music.

BL - Martin that's a good segue on to my next question..

What's your go-to music to relax with?

MB - Yeah, music.

I go through phases and periods.

I have my reggae phase, and I'll get into some real kind of dubstep, hardcore kind!

Definitely a Bristolian at heart.. haha

Yeah, then again, I love 'drum and bass' - "Massive Attack" being one local band to Bristol.. because they were actually customers in my restaurant [lettonie], so they would come in all together and eat.. they produced some great music!

But also saying that, I will go to classics. I confess I used to be, for my sins, a member of the 'Slade [English rock band from 1970's glam rock era] fan club' back in the 70s.

BL - Wow Slade!

MB - Yeah, Noddy Holder [lead singer of Slade] was my hero.

And I don't think there's any bad music.

There's music you just don't like.

Somebody loves it because it's there, it's available.

It's not bad, it's just that you don't like it.

But I think you go through phases.

My son got into heavy metal as a drummer, and I got into that too.

At first I thought it was noise, but when I'd go and sit in the studio with him when he was a kid, I thought, wow! This is pretty technical stuff!

And yeah, music, it's a great way to unwind because it just transports you.

BL - That's great Martin.



BL - Food trends come and go.

Are there any food trends or fads that you've personally embraced and found surprisingly enjoyable?

MB - Food trends - Well, yeah, I've kind of seen a few of them.

I think there was that trend, which is now pretty apparent, that is dying out, which is the tasting menu, the set tasting menu, which to be honest is quite boring for a kitchen to produce.

And I think as a customer, sometimes you just want a main course or just want a dessert or I want two courses. Not nine or twelve - And that is, I'm glad to say, is on the way out.

And I think 'a la carte' restaurants where you can go and choose what you want is back in.

I went through the Nouvelle Cuisine period, which was fun. You could do anything you wanted on a plate, with things that didn't work together.

You could put kiwi fruit and chicken together, and it would be looked on as, wow! This is amazing!

Until someone actually stood up and said, 'No, this doesn't work'. Because if it did work, it would have been done years ago.

It was a fad that came in, until everybody said, No, this isn't right. And so I think these fashions that come along and go, will come around again.

It's like flares and straight trousers. You know, you've got straight trousers and then flares come along. And they go round and come around.

BL- The restaurant industry can be competitive and demanding.

Can you share a moment when you've faced adversity or doubt, but persevered to achieve success?

Maybe this question might reflect back to your Michelin star days at Lettonie.

MB - Yeah, I think the thing with Michelin, for example, with the awards, you know, any award, *whether it's from Michelin, or it's from Gourmet Eau, or the Good Food Guide, the restaurants need the guides and the guides need the restaurants.*

It's a two-way street.

And there I was, I remember having achieved 2 Michelin stars, as hard as it is to get an award, it's even harder to keep it.

And it is always like that, every time, even here in Bangkok, they recently announced this the Michelin awards.

And I'm sure there were some chefs out there who were very worried, like I was in the UK, that you may lose your star or stars.

Now, if you've physically done something, you said, right, I'm going to put more tables in my restaurant.

I'm going to lower my prices, and have less cheaper wines, etcetera, etcetera.

You've made a physical change.

So if you had a star or more, you would maybe lose a star.

But if you've done nothing, and you lose a star, that plays on your mind.

So the run-up, the week before, the two weeks before, you're worrying.

Because if you don't feel you've done anything to physically change it, how do you keep it?

How can you say, well, we'll put the standard back up?

Because in all sense and purposes, you've kept your standard the same.

And this is where somebody else has that power.

Maybe they have a bad day, they came and they don't like it, and they mark you down.

Which is unforgivable if it's your creativity.

If the food is overcooked, undercooked, okay, fair play.

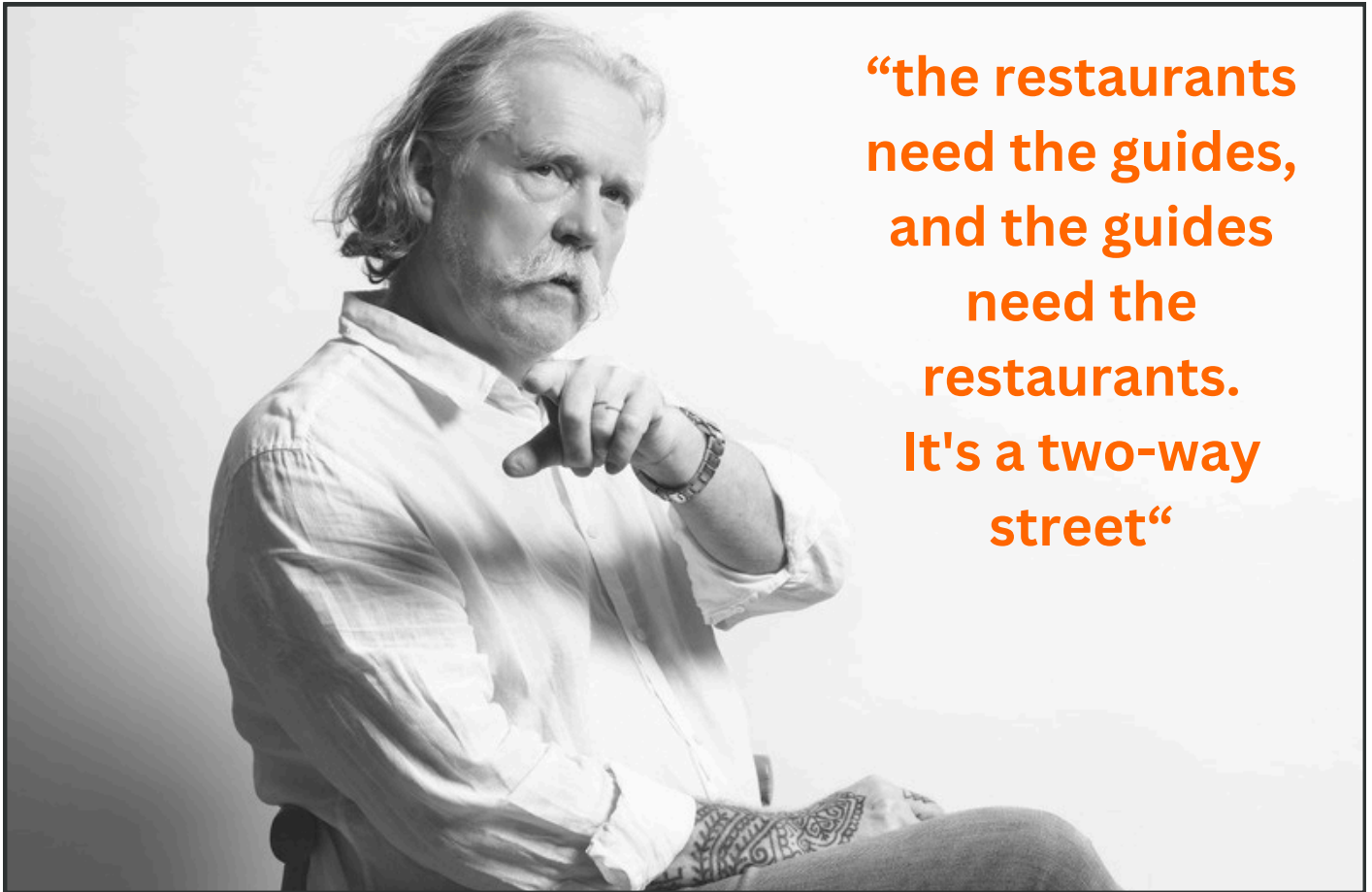
But if it's perfect in every sense, but the fact that you stand your dish end-up instead of laying it down, that's your creative choice..

It's a bit like art, you know.

Modern art, some people get it, personally I don't.

However, I like classic art.

But some people that love modern art don't like the classics.



**“the restaurants
need the guides,
and the guides
need the
restaurants.
It's a two-way
street“**

BL - So you're saying it's actually very, very subjective?

MB - Exactly, it is totally subjective!

And that is where, like I said, we need the guides and the guides need us.

Because if it's noticeable that certain places are getting awarded accolades and they're not worth it, people kind of see through it.

They can say, okay.

And then they don't trust it.

They don't trust that guide or that review anymore.

We sort of covered this earlier before the start of the interview during the photoshoot.., but many chefs have a guilty pleasure. A food that they secretly enjoy.

Is there a dish or a snack that you indulge in that might not align with your sort of culinary expertise?

MB - Doritos!! Dorito chips!

And I can do a family bag on my own, all of the family bag! I don't eat half and roll it up and keep it for the next time, I can do a family bag in its entirety.

I can crush them all up so they become almost like a powder.

And then you don't even have to put your fingers in.

You can just tilt the bag into your mouth while you're watching the TV.

[cont..] It must be the flavouring that they put in it.
But it's Doritos, that's my guilty secret.

BL - Doritos will be sponsoring your next TV show -Yes, let's hope that you get the call.

BL - Taste memories, which I guess align with olfactory smells.

Is there a particular meal from your past that you can vividly remember that stands out as a memory?

It doesn't necessarily have to be a good memory, it could be a bad one.

MB - Well, there's a couple.

And this is from my childhood again, I'd say it's a roast chicken dinner.

I grew up in a time when chicken was very special. It is so available and so cheap nowadays, that it's an everyday dish.

But when I was a kid, it was a luxury.

It was like we'd have chicken on a Sunday, a family roast.

I think part of that flavor memory is that you sit around the table all together.

And it's the only time we would eat together, because mom and dad were working and I was at school and my sister was at school.

You're all together and you find out what everybody's been doing that week.

All this is over food, because food is a great leveler.

You sit at the table, it doesn't matter if you're old, young, rich or poor.

You're all the same, a roast chicken dinner is a roast chicken dinner.

BL - Culinary experiments can lead to unexpected discoveries.

Have you stumbled upon a surprising combination of ingredients that turned into a new signature dish?

I know you did something quite amazing with salt eggs on Thailand's Iron Chef show, your first experience with salt eggs wasn't it?

MB - Yeah that's right, that was my first time making that sauce with salt eggs.

Because nowadays we don't need to preserve eggs. Because it's not that we have the hot temperature and no refrigerators as they did in the past in hot climates, you know, they don't go off when they are salted.

But I think because of my upbringing, because mum and dad being from Eastern Europe. I said to mum, "your food is great, it's like peasant food" and she kind of slapped me right there with her answer. I'm no peasant!

I said no, no, I don't mean it in that way, I mean that it's wholesome.

Nothing's wasted, we had a lot of stews, or one pot things, and everything kind of went in it, and it would be put in the oven. After about two or three hours, the whole house smells lovely, and then you'd sit down, and this thing would be put in the middle of the table.

[cont..] I think from those bygone days of throwing something in the oven for a few hours, while I go and plow a field, or invade a country, and then I'll come home and then we'll all eat that kind of nourishing simple meal.

Whereas now everything's instant and we buy ready meals.

We can put things in microwaves, but that one pot philosophy of putting in anything, kind of goes and I think that was where you know coming up with vinegar in stews and it's like vinegar is horrible and stew is nice. But you put the stew together and they're actually complement each other because the acidity actually cooks off slightly, but it cuts through the fat and greasiness of a stew and you know with our cold climate, we need the carbohydrates and we need the the slow-release in sugars like roast parsnips with honey.

Now to eat salad in the winter in the UK is actually not very good for your body, because nature tells us what we should eat.

So when it's cold we get the roots and stuff out of the ground, you know with sprouts and things like that.

But when it's hot, our bodies don't need so much, so we don't need to draw that energy from carbohydrates. So we have salads, but when the weather changes, we have what's available from nature, which is good, it's local and seasonal, you know nature feeds us. So really I use locally sourced seasonal ingredients and work from there.

BL - Here's another question for you.. The food industry is full of technology and gadgets. Are there any kitchen gadgets or tools you couldn't imagine cooking without today?

MB - Nowadays I think the one thing that people take so much for granted is cling film. Cling film to cover food, before it was always tin foil. Or we had tupperware at home, I remember that Mum loved her tupperware parties.

People now say - What's that?

What's that all about? Someone would come around to the house, a sales rep would come around like the 'Avon Lady' [door to door cosmetic sales lady] and she'd bring all these samples and then you'd put your order in, and a week later you get your delivery of new tupperware tubs.

But cling film was a big one because cling film not only is for wrapping food up, you can also cook with it.

You can wrap up and poach things. You could steam with it.

So Nowadays, I don't think you could do without it. I couldn't do without cling film oddly, and it's not even a piece of equipment.

BL - That's surprising but makes a lot of sense.

MB - So I think a lot of people don't get that, because they have never been without it.

BL - What single piece of valuable advice would you share to aspiring industry chefs?

MB - Actually I gave this very advice today, with these students that we were judging at an industry food college - I said, you know if you go into the industry, try and remain a junior for as long as you can, because as soon as you start to go up the ladder, from like an apprentice or a commis, which is the bottom of the ladder, because if you go into a restaurant as a commis chef, you are not expected to know anything.

So it goes like this, they will say, 'this is the recipe that we use here'. 'This is what we want you to do'.

Then you work with somebody which is a chef de partie. Which is the next level up, the chef de partie knows and runs that section.

Let's say you're on veg and he will teach you everything you need to know on that station. The thing is as soon as you start going up the ladder, and you go into a new place, they will say, well, here you are, that's your section and you do what you learnt before from the previous commis chef.

So the longer you can stay a junior, the more places you work at, the wider your repertoire will be.

I remember when I was working in London, I worked in several places, and I had four recipes for the same kind of choux pastry.

Choux pastry is the type you use to make eclairs, I have four recipes from four different pastry chefs. They're all very similar.

Maybe a different temperature or a different method. But they will all produce eclairs.

When you're working with a pastry chef, you had to use this guy's recipe and so on.. and from those four, I found the one that worked for me.

So that's my recipe now. Now that wouldn't have happened if I moved up the ladder too quickly.

BL - We should come around full circle and talk about your experiences as a TV chef.

For those that haven't had the the benefit of eating at your restaurants in the UK or indeed in Thailand, will certainly know you as a TV chef.

How do you enjoy being a TV celebrity chef, as opposed to being a full time working restaurateur?

MB - Yeah the whole TV cheffing or cooking is so different from the real world, the reality of a restaurant or cooking. TV it's a lot of smoke and mirrors.

In the past I was very anti TV chefs..

I was one of those.. Until it comes along kind of thing, you know, I thought no no, I'm true to my art. I'm in the kitchen and if you want to know what I'm about, then you eat my food.

Until I did one show.. this was many, many years ago. This was the original Masterchef series in the UK.

I was invited as a judge and I went along, and I judged and I did it for two reasons.

[cont..]

It was on a weekend when we were closed. I was in Bristol then, and I had to go to Maidstone, actually it was the Maidstone family studios to film the show. This was when Masterchef was a studio based program.

It was filmed, then It was edited, and it came out like three or four weeks later. And I got paid for it, and I went and did it only for the fact I got some money out of it. Not a lot, but when it was aired.. Wow! The reaction! The phone went crazy! We were booked up, and this was a single appearance on the show. It wasn't even my show.

I was a guest judge, and that's when I saw the power of the media. When I started to do a little bit more of it, you start to realize that not everybody can do it.

The hardest thing is to be yourself, because you want to 'ham it up' a little bit. You have to be a little bit larger than life, but too much.

But if that's in your personality anyway, you don't have to think about it. It's a natural thing.

You just get more animated. But I started to see the benefits of it for business.

So what I was poo-pooing, you know all the way along the before it came along, was maybe because I was jealous of the guys that were already doing it.

Originally I said no, no, I'm the true chef and then I realised what he can do for your business.

Because however good you think you are, you still you have to promote.

You have to, but nowadays it's much easier, because of social media.

Everybody's a food critic, everybody's a food reviewer, because you can go to a restaurant and you can post something while you're eating, and it's out there for the world to see immediately.

But back in the day, I started doing live TV, which is even harder, because you have to remember what you're saying and things can easily go wrong.

BL - You're currently on Thai television on 'Iron chef'. How many times have you won on 'Iron Chef' to date?

I've been on as a competitor, I think I went on that four times, and I won three, I was Invited to be an iron chef because I was an iron chef in the UK.

So I'm the only foreign chef or 'ferang' [Thai word for foreigner] chef as they say in Thailand, an iron chef representing the Thai Sort of end as a western chef cooking western food. I've done five of those and I've won four of those as well. I also lost to Iron chef Vietnam, so I I learned a lesson there.

BL - I'm sure there will be another chance to do battle again.

MB - Yeah, absolutely. I mean, it's an ongoing thing.

[cont..]

I was kind of signed up, and here, especially in Thailand, it's the media, social media or even TV.

Because it's a terrestrial show, but you can watch it any time, it's on the terrestrial channel, then the next day it is on YouTube.

There is a whole different vibe to TV now. TVs on your phone.

You don't have to rush home to watch 'Happy Days' [reference to a late 1970's USA teen weekly sitcom] you get to watch it on your mobile phones. In the past you know you had to watch it at five o'clock or you've missed it, and then the next day you see all your mates at school to talk about it.

'Top of the Pops' (UK Music Chart TV Show) was a classic. You watch Top of the Pops and then you're talking about Slade (British Pop Band) or whoever was on. Now you can watch anything any time.

BL - Thank you Martin, this has been deeply interesting. I think we've covered quite a lot today. Is there anything that you would like to tell to anyone that's gonna read this. Perhaps any plans to the future?

I think we've briefly discussed previously that you're a budding author.

MB - Yeah Well, I've got a kind of a synopsis for a book, but not just a cookbook. I think it's about life you know the stories behind the recipe or the stories behind my life. Because as I said earlier, I think that's what makes you, what forms you is your experiences as a kid growing up. Traveling abroad for the first time.

I traveled abroad for the first time alone, I left home at 20 years old, and then I'm thinking.. we got it kind of lucky in our generation, and even now this generation is so lucky, you know our parents went through wars and stuff. To leave home at 20 was a big deal, to find that the magic floor where you threw your dirty clothes at home, where it disappeared and then two days later it is in the cupboard ironed.. No magic floors after you leave home..

So when you're on your own, you have to do it yourself because the floor gets full and no one clears it, so you have nothing to wear.

Haha I digress.. More to come on the book on another day..

BL- Last, but not least.. Where's the best place to find you?

Instagram is a good one.

There is a Facebook account, but it's not me running that, there's a Twitter (X) account too, which isn't me either, someone does that, so I don't get involved in that.

But if people want to see what I am doing, Instagram's the place.

@martin_blunos_chef

BL - Thank you again Martin! The One Create team and I have really enjoyed meeting you, and I am sure this interview will be enjoyed by all that read it.



British



Heritage

The Timeless Artistry of Horace Batten Boot Makers

In the historic heartland of England's shoe industry, Northampton, a place steeped in the art of shoemaking, the legacy of Horace Batten Boot Makers unfolds like a well-worn novel, filled with tales of craftsmanship, resilience, and the enduring charm of handmade excellence. One Create takes a close look at the charming and slightly eccentric Horace Batten artisanal workshops.



In an era where mass production reigns supreme, Horace Batten stands defiant, championing individuality. The bespoke process is akin to a '*pas de deux*' between craftsmen and patrons. From the selection of the finest leathers to the curve of the last, each pair of boots emerges as a unique piece of art, a reflection of the owner's essence, looked after properly will last decades.

Each Pair is a Testament to Artistry

Horace Batten's boots are more than footwear; they are a canvas, a living testament to history, skill, and narrative of the artisans that lovingly craft each pair. With every step, these boots carry with them the echoes of centuries, ready to embark on new journeys and adventures.



A series of processes is carried out, cutting, shaping and sewing the highest quality leather, each one carefully monitored, to ensure riding boots with the Horace Batten stamp of quality. They then reach the stage that is probably one of the most important, known as 'treeing up'.

The boots are soaked in water to make the leather malleable and then shaped and dried for one week on one of our stock trees. These trees are the secret of the Horace Batten shape and will impart not only a comfortable fit but also an immaculate look. The boots are then subjected to a few final, but vital processes including the clients final fitting.





The late Timothy Batten looks back in time at his great grandfather's portrait - Horace Batten



Horace Batten's Original Lasts



Timothy's daughter Emma has since taken over the running of the business.













EASSON ENERGY UNDER THE SCOPE

BUZZ LANGTON INTERVIEWS

GARY CANNON
STUART POLLINGTON
PATRICK SEAL

Green Tech - In an era marked by environmental concerns and a pressing need to reduce our carbon footprint, innovative solutions are emerging to tackle the challenges of energy conservation and sustainability.

One Create takes a look at one of the emerging companies that are at the forefront of this much needed Green-Technology.

Easson Energy (Thailand) Co., Ltd was founded by Robert Easson and Stuart Pollington, with Senior Partner and Director Gary Cannon, and Patrick Seal driving operations as their COO.

A pioneering technology company, has positioned itself at the forefront of this movement with cutting-edge solutions that not only measure, but also save energy and of course money.

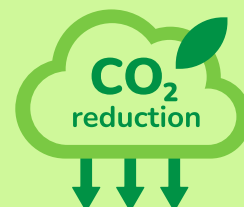
Their ground-breaking technology provides a new era of efficiency, cost savings, and environmental responsibility - It couldn't be easier saving money and saving the planet at the same time.



Patrick Seal & Gary Cannon Measuring Energy Usage at The British Club, Bangkok



The British Club Pool, New Restaurant and Leisure Facilities



BL - Today I am with Chief Acquisition Officer, Gary Cannon, Co-Founder - Stuart Pollington, and Patrick Seal, COO.

Welcome guys - Can we kick-off with a little bit about yourselves, how you met and how Easson Energy was born?

SP - I'd known Gary for a while through the Bangkok chamber networking scene. With Gary's wealth of experience in the hospitality industry, one of our key target markets, it made perfect sense to bring him into the business that Rob and I had founded a few months earlier.

Easson Energy was born out of a combination of wanting to do more for the future of the planet and seeing a good market potential in Thailand.

With more than 20 years' business experience in Asia, we saw this as an opportunity to help Thai businesses achieve their Net Zero targets.

BL- Thank you Stuart- I understand Easson Energy's approach, or can I call it a 'Mantra' is "Measure to Manage." Could you expand on what this actually means for the consumer?

PS - Effective energy control hinges on 'Measure to Manage,' providing minute-by-minute insights with the help of IoT sensors like temperature and motion detectors. This empowers consumers to pinpoint wasted energy, make informed decisions, set goals, establish automation routines, and ultimately reduce costs and environmental impact.

Monitoring and measuring, play a crucial role in tracking and verifying the outcomes of energy-saving projects, ensuring you can confirm the achieved effects and savings.

BL - This needs two questions in one - If I am right, then your energy saving solutions get down to the granular level for real-time data insights for energy consumption? Does that mean individual appliances can be pinpointed and analysed for excessive energy consumption?

GC - Yes, you're correct! Energy savings solutions can indeed provide granular, real-time data insights for energy consumption, allowing for the pinpointing and analysis of individual appliances for excessive energy use. This level of detail can help identify areas for improvement and increased efficiency.

BL - Lets talk about the benefits on the environment by embracing your energy technology - Please feel free to elaborate.

SP - Using 'Data-Driven-Decision-Making', our clients can act on energy saving opportunities. We can identify these opportunities as we have the real-time data on energy usage at an asset level.

This then also brings in predictive maintenance, where we can identify potential issue with equipment that can be rectified quickly, saving on energy wastage, and prolonging the lifetime of assets. By being more energy efficient, cutting out the wastage and using less energy.

BL - So who would benefit from having this technology in their businesses?

GC - Any business consuming electricity, the higher the energy usage the more savings can be made.

“MEASURE TO MANAGE”



BL - So who would benefit from having this technology in their businesses?

GC- Energy savings technology can benefit a wide range of businesses. By implementing energy savings technology, businesses can not only reduce their operational costs but also demonstrate a commitment to sustainability, which can be a marketing advantage and contribute to a greener environment. We work with different types of business such as QSR's (Quick Service Restaurants), Manufacturing, Industrial, Schools, Hospitals, Hotels, Warehouses etc. Basically, any business with high energy usage can benefit from Energy Efficiency, which is the first step on the Path to 'Net Zero'.

BL - Can you give an idea of the kind of cost savings that can be had from using Easson Energy cost saving Tech Solutions?

PS: Savings vary widely based on factors like industry, equipment, monitoring, and operational practices, but typically we've seen savings range from 10% to 28% of total energy usage.

BL- That's rather impressive guys - you are certainly on a journey that we could all be part of. Is there anywhere you can direct the readers to to learn more as I understand you want as many people as possible to be energy literate?

SL- Sure Buzz, the company website has lots of information and case studies www.easson.energy or we can be contacted by email - gary@easson.energy or stuart@easson.energy



Checking Temperature Sensors

SO there you have more than a compelling argument to think greener - you can make a viable financial difference to your business too.

Easson Energy's technology is a shining example of how innovation can drive positive change.

It is not merely a technological advancement but a commitment to a better, more sustainable future for all. It's time to measure, manage, and save energy - Easson Energy are always happy to discuss the greener way to energy savings and usage.

We should all be taking a giant leap toward a brighter and more sustainable tomorrow.

TRAVEL JAPAN

2023/24

#1 TOURIST
DESTINATION

FUJI-SAN
KYOTO
OSAKA
TOKYO

A Seamless Journey through Osaka, Kyoto, and Tokyo

Embark on a Whirlwind Tour of Japan's Cultural Marvels and Modern Wonders

Japan, a land where ancient traditions seamlessly blend with cutting-edge modernity, has become an increasingly accessible haven for tourists. Among its thriving cities, Osaka stands out as a gateway to a realm of culinary delights and vibrant urban experiences.

Upon landing in Osaka, the vibrant heartbeat of Kansai, visitors are greeted by a fusion of historic charm and contemporary energy. The city's culinary scene is an adventure in itself, with street vendors offering Takoyaki (octopus balls) and Okonomiyaki (Japanese savoury pancake). For those with an insatiable sweet tooth, Dotonbori's neon-lit streets offer an array of mouthwatering desserts.

Navigating Osaka is a breeze thanks to its efficient public transportation system, including the extensive subway network and well-connected bus routes. The city's highlight, Osaka Castle, offers a glimpse into Japan's feudal past, surrounded by cherry blossoms in spring and vibrant foliage in autumn.

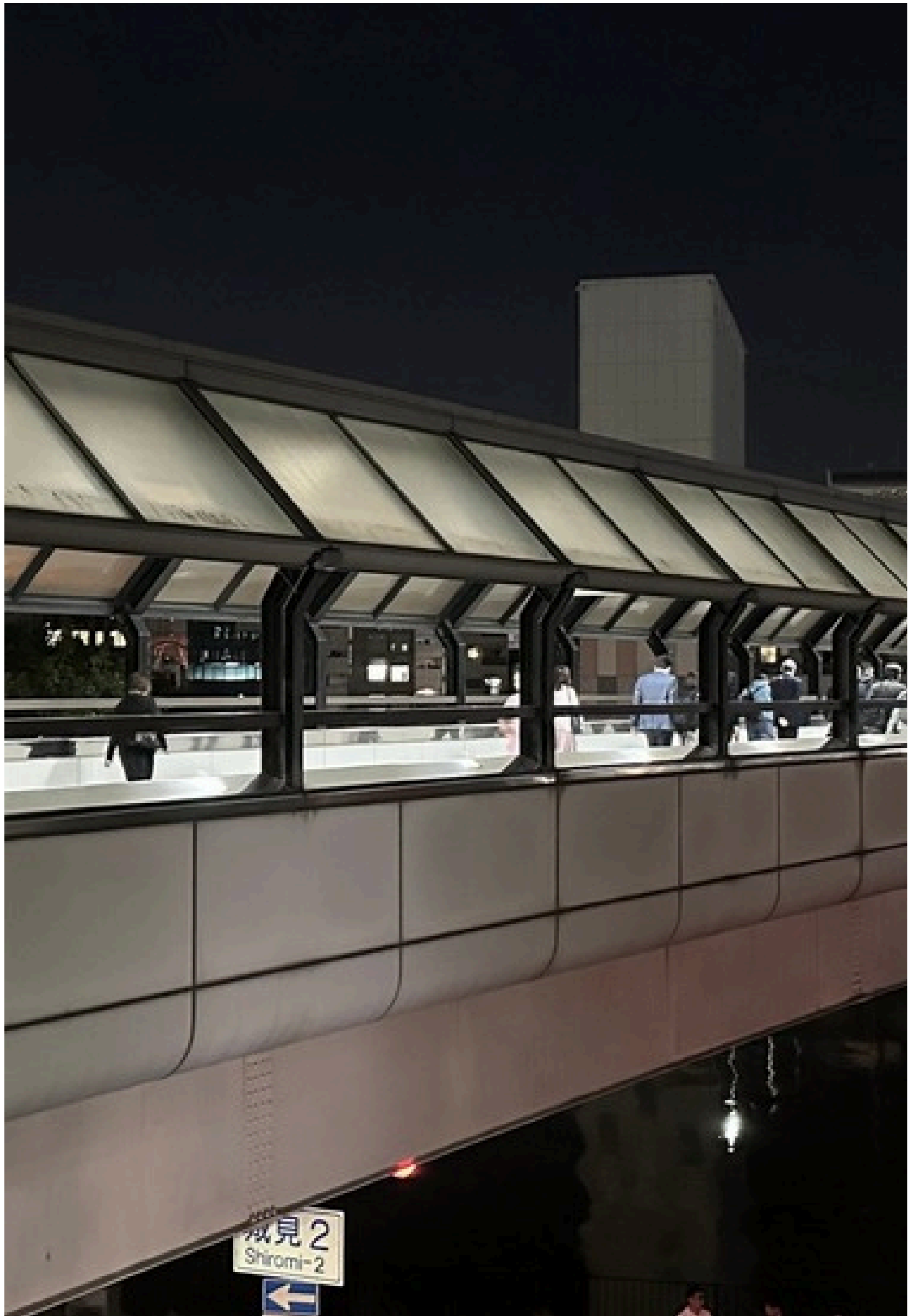
Japan's commitment to ensuring seamless travel, from efficient public transport to English signage and helpful locals, has transformed the country into a haven for tourists. Whether savouring street food in Osaka, immersing in Kyoto's cultural riches, or exploring Tokyo's modern marvels, Japan invites visitors on a captivating journey where tradition meets innovation. The Land of the Rising Sun welcomes all with open arms.. But be aware, - make lots of spare space in your luggage.. you are sure to need it or you'll be buying extra baggage - Because it's shopping heaven!

OSAKA





OSAKA CASTLE



見2
Shiromi-2





The laarest and most famous
Japanese style BBQ restaurant



A la carte Menu

JAPANESE WAGYU

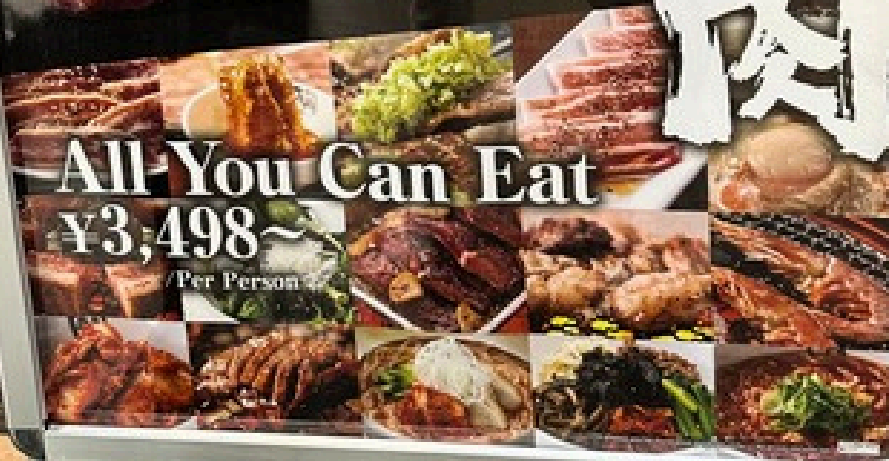
¥979~ /Per Person

焼肉

All-You Can Eat

¥3,498~

Per Person



120g
1,680円
(¥1,848円)



0円

8円~

65歳

550円引







1937

1947

1954

1954-501
-50% ZIP FLY
-LARGE BACK POCKET
-TAPERING LEG
-12 oz DENIM
-RED SELVAGE

1947-501
-5 POCKET
-E RED TAB
-SLIM FIT
-RED SELVAGE
-12 oz DENIM
-DIAMOND ARCuate

1944-501
-5 POCKET
-BELT LOOPS
-CONCEALED RIVETS
-PRINTED ARCuate
-12 oz DENIM
-RED SELVAGE
-REGULAR FIT

1937-501
-5 POCKET
-TWO BACK POCKETS
WITH CONCEALED RIVETS
-CINCH
-10 oz DENIM
-BIG E RED TAB
-CROTCH RIVET
-SINGLE NEEDLE ARCuate

Denim Heaven



Coffee Heaven



Salarymen

Himeji Castle



Historical Reenactment Held Every November - See below website for more information

Himeji Castle - Also known as White Heron Castle, was originally built over 400 years ago, and is a UNESCO World Heritage site. This is one of the most well preserved castles in Japan and is considered a National treasure.

Easily accessed by train from Osaka - It makes a great day trip - more information here: himejicastle.jp

Kyoto and its timeless beauty and cultural riches

A short train ride away, Kyoto awaits with its enchanting blend of tradition and history. Home to 17 UNESCO World Heritage Sites, Kyoto's temples and shrines transport visitors to a bygone era. Fushimi Inari Shrine, with its iconic red torii gates, and the serene beauty of Kinkaku-ji (Golden Pavilion) are must-visit landmarks.

Kyoto's well-preserved historic districts, such as Gion and Higashiyama, offer a nostalgic stroll through traditional tea houses and wooden machiya (townhouses). The city's extensive bus system makes exploring these gems a breeze, allowing visitors to soak in the timeless beauty of Kyoto.



KYOTO

A nighttime photograph of the Fushimi Inari Taisha shrine in Kyoto. The image shows a long, traditional wooden veranda (engawa) with red pillars and railings, illuminated by warm, ambient lighting. The veranda runs along a path, and in the background, the shrine's architecture and a stone lantern are visible under a dark sky. The overall atmosphere is serene and historic.

Fushimi Inari Taisha





Fushimi Inari Fox

Kiyomizu-dera Temple



Daikokuten - God of Wealth at
Kiyomizu-dera Temple





Otowa No Taki Sacred Water Falls,
Drink for Good Luck



Hire a Yukata or Kimono outfit and get into the Kyoto Vibe





Downtown Kyoto



Kyoto Tower - 131 Meters Tall

Day Trip to Mount Fuji - Known Locally as Fuji-san

A short train journey from Tokyo unveils the majestic Mount Fuji, a symbol of Japan's natural beauty and its most venerated spiritual mountains. .

Hakone, a hot spring town near Fuji, offers breathtaking views of the iconic peak, as well as relaxing onsens (hot springs) and a cruise on Lake Ashi.

Japan's efficient rail network makes day trips like this one accessible, allowing travelers to escape the urban hustle and immerse themselves in glorious Japanese nature.



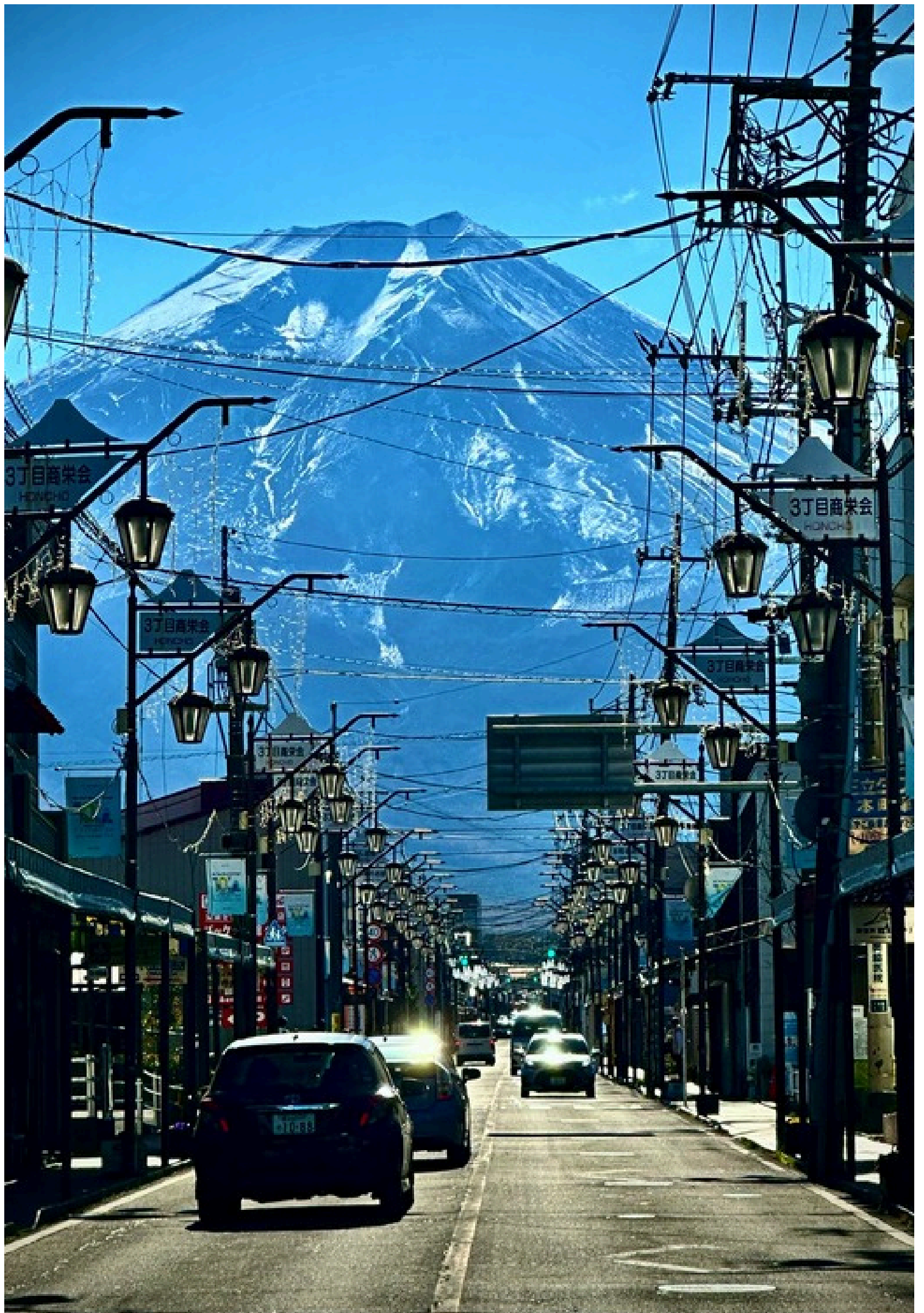
FUJI-SAN











TOKYO



Tokyo's Futuristic Marvels and Urban Grandeur

Boarding the Shinkansen, Japan's high-speed bullet train, Tokyo beckons with its skyscrapers and bustling streets. The futuristic metropolis seamlessly integrates traditional elements, evident in the serene Meiji Shrine set against the bustling Shibuya Crossing.

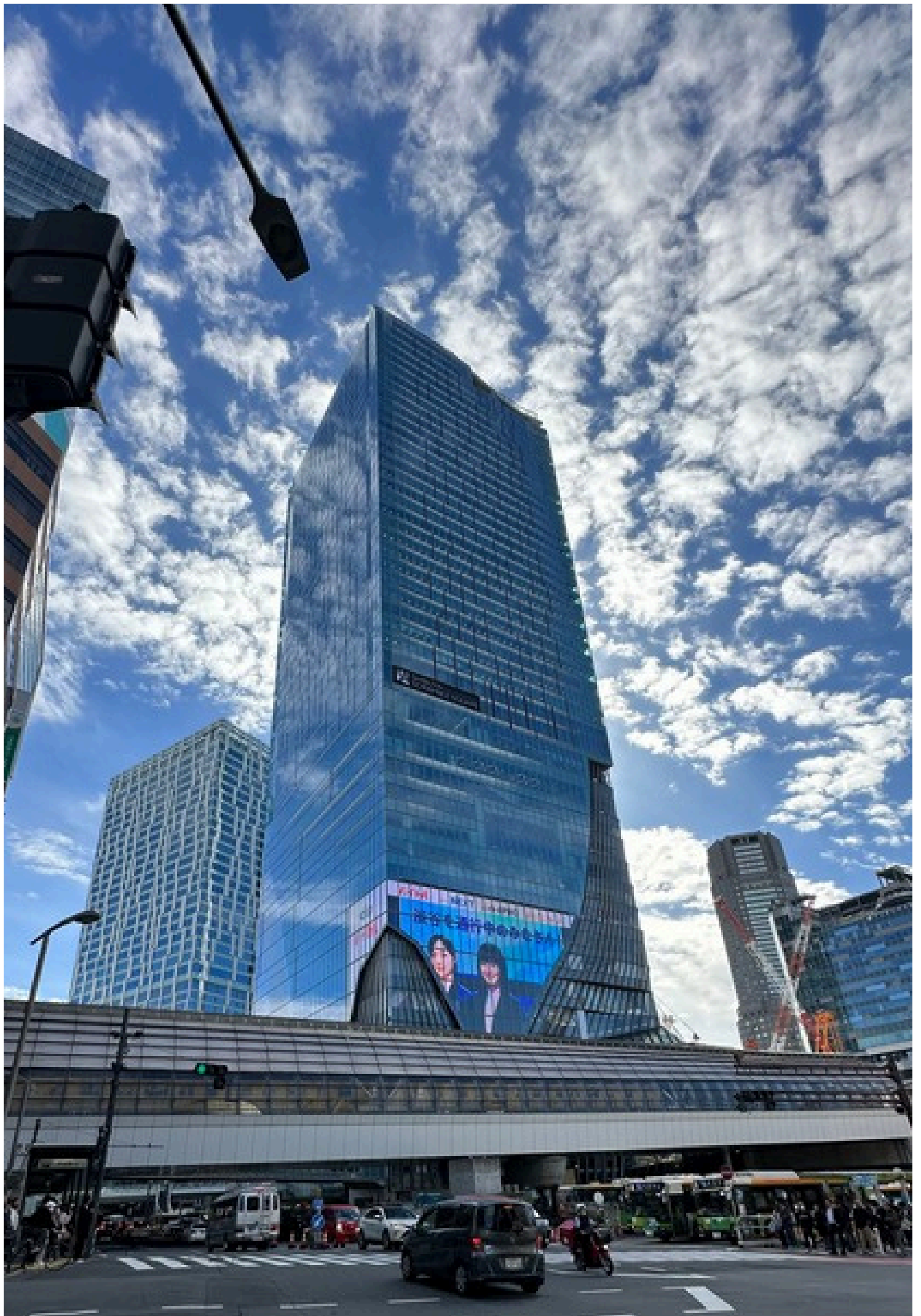
Tokyo's diverse neighborhoods cater to every taste – from the trendy fashion boutiques in Harajuku to the electronic wonderland of Akihabara. Exploring the city's culinary landscape is a delight, with sushi in Tsukiji Fish Market, ramen in Shinjuku, and street food in Asakusa.







Shibuya Square



THE MISSING BURRO

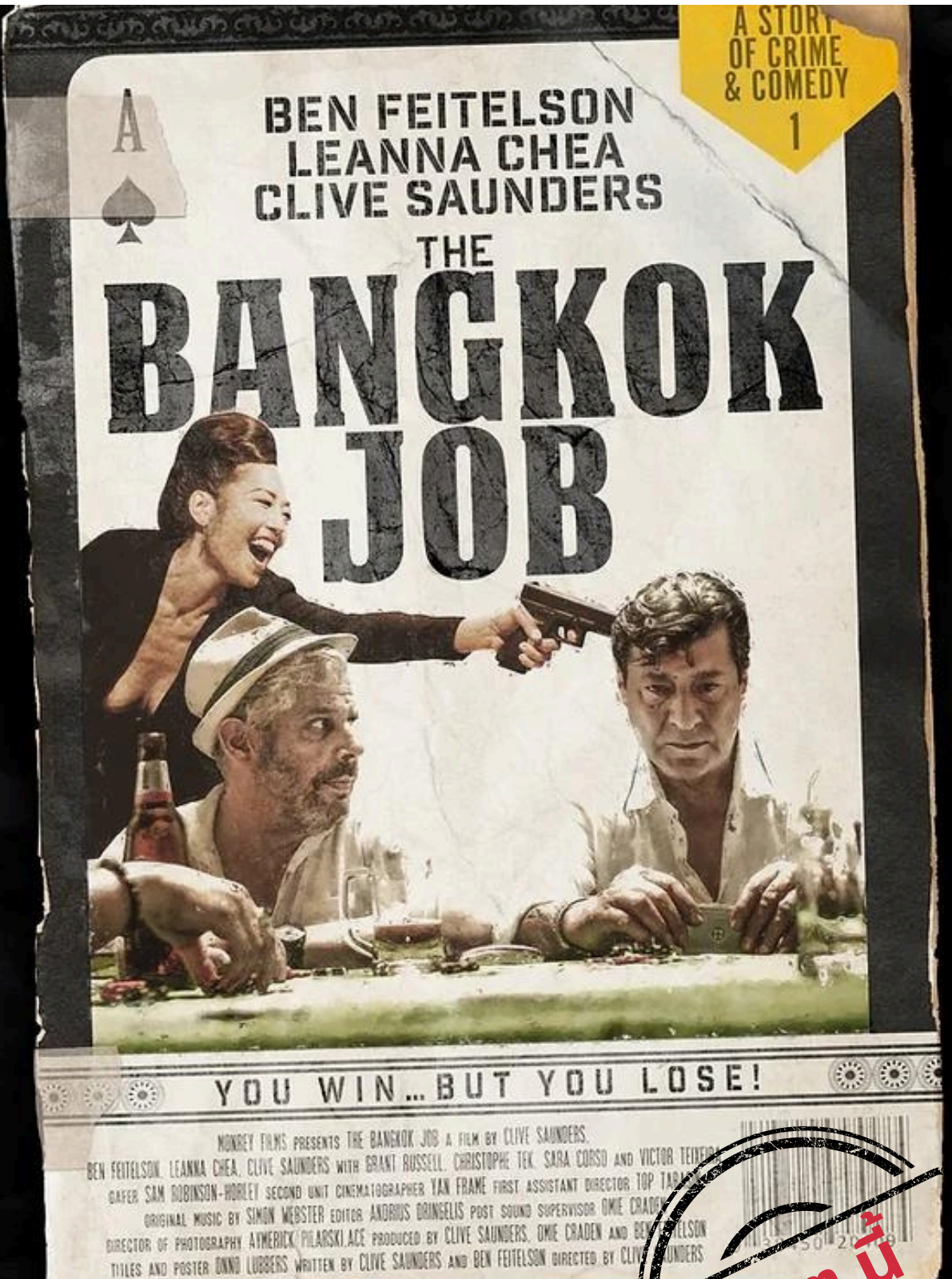


THE MISSING BURRO - Authentic Mexican Food - Thonglor.
For bookings, contact The Missing Burro on:- 090 913 2131
www.themissingburro.com

IN OUR NEXT ISSUE

SPECIAL GUEST INTERVIEW
PRODUCER, DIRECTOR, ACTOR

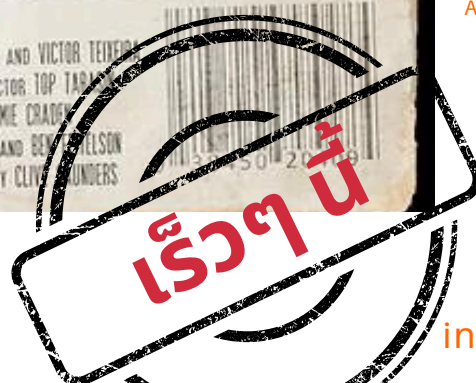
Clive Saunders



DIGITAL LIFESTYLE ZINE
COVERING DESIGN,
ARCHITECTURE,
INTERIORS, HOSPITALITY, THE
ARTS, FOOD AND TRAVEL..

Issue 04

One Create



info@onecreate.co

YOUR CREATIVE FORCE



GET IN TOUCH

ONECREATE.CO

**BRAND IDENTITY
SOLUTIONS**