

# ADAM SOBEL

## Certified Orgasmic

By CLAUDIA ANSORGE  
Portrait by DANNY SANCHEZ

Adam Sobel appears almost luminous with an incandescent radiance that seems to shine out from him like the sun. Effortlessly, he seems to change the atmosphere when he enters from whatever it is to be happier, lighter, more alive — a place where you immediately feel welcome and, yes, loved.

At the same time, Adam Sobel is one of the most down to earth guys you'll ever meet. In fact, it's at the below ground, basement level Down to Earth restaurant that you might have bumped into Adam when he was a chef there for the last five years before the popular vegan/organic restaurant on Broad Street unexpectedly closed. But, like a magic seed germinating underground, Adam has sprouted Certified–Orgasmic, his new all vegan and organic venture currently accessed through the web that brings his passion for raw foods into full bloom with catering, private chefing, cooking and raw food classes, "underground five course vegetarian dinners" and other tasty delights yet to be discovered. Right now Red Bank-based [www.certified-orgasmic.com](http://www.certified-orgasmic.com) is the place to go for details and updates, orgasmic events and food happenings.

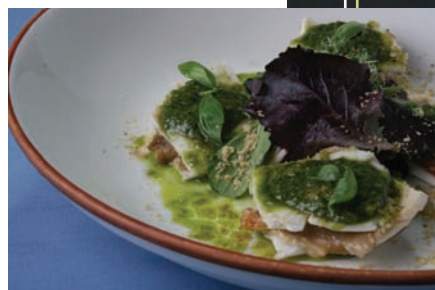
Although Adam has never had any formal culinary training, he comes to food with his own unique pedigree that includes an eastern European grandmother who gave her grandson a love of cooking and "Jewish type foods," a mother who is a member of the International Association of Culinary Professionals and Les Dames d'Escoffier, and a household growing up in Manhattan where cookbooks were important business for his New York literary agent parents. He is a world experimenter as well as traveler (with his wife Joey and his daughter, Idil, who had visited eleven countries before she was five years old). But it has been his years of study with Dharma Mittra, the master Brazilian Ashtanga yogi, that has inspired his love of raw foods and opened up his heart to the path of compassionate service.

MOST PEOPLE DON'T GET TO LIVE THE LIFE THEY WANT — NOT EXACTLY, AND, TOO OFTEN, NOT EVEN CLOSE — BUT WHEN YOU MEET ADAM SOBEL, YOU AT LEAST GET THE CHANCE TO SEE WHAT THAT LOOKS LIKE... AND IT GLOWS.

For Adam, food is about love and making nourishing, delicious, beautiful offerings is an act of joyful service intended to inspire happiness in people. Or in his own words, "I like to make people really nice food. Being able to serve others can come hand and hand with a profound realization of what you are: what you are in this moment is everything in every possible moment. If you want to know what somebody needs around the corner, you are the person around the corner. If you want to know what China will look like in ten years, you are China. You are those other people and by bringing happiness to every living being, you are nurturing yourself and the universe."

There's a creative, pulsing life force in every morsel of Adam Sobel that he packs into all his food preparations, down to the last crumb. If you don't believe it, just wait until you taste his raw raspberry chocolate mousse.

[www.certified-orgasmic.com](http://www.certified-orgasmic.com)  
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FOOD PHOTOGRAPHY: Jeff Smith

### THE GARDEN OF ADAM

Coconut Raw Ravioli with Pignoli Rosemary Cream and Marinated King Oyster Mushrooms

"This ravioli has a meaty element from the mushrooms & coconut and pignoli that makes it something to sink your teeth in... If you look at the surface of mushrooms, nutritionally they're not high in minerals or vitamins. But they have a unique medicinal ability to manipulate different states of health that's really good in your body."

Jerk Seitan in Allspice Molasses Marinade

"Seitan' is a Buddhist food that's nutrient rich and flavorful. 'Jerk' is a Jamaican style of marinade that contains things regional to the Caribbean...allspice, molasses, chilies, lime juice. This dish is sweet and spicy. Anything I like to cook is very balanced. The acidity of lime juice balances sweetness of the molasses."

Raw Raspberry Chocolate Mousse Tart with Raspberry Coulis

"There's a beautiful balance in the texture and colors going on in this dish. Raspberry accents the richness of the raw chocolate. Cacao (unroasted, unprocessed bean) is a rich source of antioxidants that's off-the-charts good for you. 'Raspberry coulis' is a very fine raspberry sauce without seeds and the crust is ground coconut meat."

