

Moby and the Finer Points of Tea

Like most of Moby's creations, *Teany Book: Stories, Food, Romance, Cartoons, and of Course, Tea* defies easy categorization. Written with business partner Kelly Tisdale, it's a happy, goofy mishmash of a cookbook that captures the flavor of their cozy vegetarian teahouse (Teany, 90 Rivington St.) in New York City. Peppered with Moby's Little Idiot doodles and images of Tisdale's dog Pineapple, paws dipped in a rosebud-and-mint soak, *Teany Book* (Viking Studio, \$16.95) includes some revisionist history of teahouses, with staged photographs of the duo in Prohibition-era costumes as illustration. The colorful, 160-page book also contains tea-centric health tonics from Dr. Moby and beauty remedies devised by Tisdale and, of course, recipes—including their beloved *pan bagna* sandwich (right). It's made with basil, tomato, red onion, roasted peppers, arugula, and an olive tapenade. Moby took a break from doing press in London for his new album, *Hotel*, to chat about food, hangovers, and tea.

How did the teahouse come about?

We wanted a neighborhood place that served great vegetarian and vegan hangover food. Neither one of us had any experience running a restaurant. Kelly gets all the credit. She designed it and put the menu together. I just show up and eat there—and occasionally sign

checks. My only restaurant skill is busing tables.

You have experience as a fast-food skill?

The worst job I ever had was as a dishwasher at Macy's restaurant in the Stamford Town Center. It was, if you'll excuse my French, fucking grim. You go home and you smell like you spent six hours in a dumpster.

Why tea?

We first thought about opening a bar, but realized we were both borderline alcoholics. We thought it would be nicer to open a daytime place. Plus, when I see people at Teany eating and enjoying themselves, I don't feel guilty. If I owned a bar—and I still might at some point—I'd feel too guilty knowing that I was destroying people's relationships, livers, and brains.



Any criteria for good hangover food?

It has to be comforting and deliver everything the alcohol has leached from your body. I like hangover food that's salty and kind of heavy, like the *pan bagna*. It's not especially greasy, but it is the most fantastic thing in the world. For a moderate to severe hangover, I eat that with green tea, orange juice, and maybe a piece of chocolate cake.

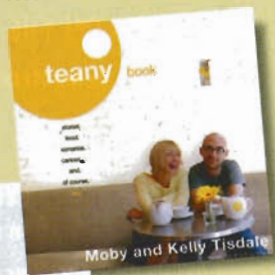
Tea or coffee?

We serve both; they can peacefully coexist. Coffee is a tasty vehicle for caffeine, but tea has an amazing history. And pound for pound, green tea is the most nutritionally packed stuff on the planet, apart from

maybe broccoli or Swiss chard. With tea, you can be a connoisseur and only spend two dollars. **What do you listen to when you cook at home? What do you cook?**

Because I spend so much time working on music, when I'm home I tend to keep my apartment quiet. If I do listen to anything, it will be classical, but I'm pretty lowbrow; I

like the Baroque period, I like Bach and this Spanish composer named Rodrigo. Even though I've been a vegan for a long time, I still cook the bachelor basics—spaghetti and tomato sauce, brown rice and black beans. Every now and then I'll get fancy and make pancakes. —Carrie Havranek



THE BEST (& WORST) LIVE ALBUMS OF ALL TIME

MUSIC BUILT TO LAST

Tracks

**LUCINDA
WILLIAMS**

**Secrets of
a Master
Songwriter**

**HIGH TIMES
ON THE
HIGH SEAS**

**The Jam Cruise
Sets Sail**

**THE NORTH'S
GONNA DO
IT AGAIN**
**Canada's
Hot New
Music Scene**

+ Kings of Leon
Beck ✦ Buddy Guy

