

Cooking in the middle of the night

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When I'm up really late at night, I almost always want a midnight snack and up until recently my go-to was packaged food, leftovers or a giant slab of Nutella on anything remotely edible. On these midnight trips to the kitchen I discovered that there was a time of day when our kitchen was completely clean, quiet and I wasn't sweating because of the heat or sneezing because of all the spices.

Mind you, I'm no chef or baker and have no particular fondness towards cooking. My only experiments with food happen if there is Eid, Noboborsho or Mother's Day coming around. For me the kitchen is a place that is hot and bustling. Any move I make while cooking is met with multiple comments from my well intentioned mother.

But in the middle of the night when everyone in the house is asleep, the kitchen is a different experience. It started with me deciding to simply fry frozen food or boil pasta but slowly the experience grew on me. Here are some of the reasons I've found cooking at midnight to be a rewarding experience.



SELF CARE

The quiet alone time experimenting with food can be a good self care activity. Everyone else is asleep so you couldn't depend on other people if you wanted. For someone new at cooking like me, I realised it takes a lot of quick thinking and even damage control but doing it all on your own when the world around you is quiet feels satisfying.

YOU DON'T HAVE TO SHARE YOUR FOOD

After you've put a decent amount of hard work into your food, no one will suddenly appear and demand their share. You won't even have to sneak it into your room or hide it if you're desperate not to share. You can enjoy your food watching your favourite show and none of your siblings need to find out.

YOU'RE FREE TO EXPERIMENT

You can make whatever you want and experiment without any judgement. You want to try something ridiculous you saw on YouTube? You're scared something you're making is going to turn out horribly wrong and won't even be edible? Well there are no expectations on you and no spectators to see so if your entire pasta dish clumps together and refuses to be separated from the pan, it's okay. You'll get there.

NO ONE HAS TO KNOW

While you can improve your cooking skills gradually if you wanted to keep your new skills a secret, you could. After 6 months of midnight adventures you can properly shock your family with your sudden god gifted talent. However, you could keep your newfound talent under wraps for good if you wanted. After all if no one knows you're a good cook they can't force you into making them food.

The downside is that there won't be anyone around to help you put out a fire if you happen to start one so do take extra safety precautions.

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ON FAKE FEMINISM

ALFEE RUBAYET

As feminism has wedged itself between the mainstream and counterculture, we see a new brand arising; it dons 'The Future is Female' tee-shirts and says it identifies as feminist, but makes rape jokes and engages in locker-room talk. It'll use all the right hashtags, share all your Tumblr posts but at the end of the day, it'll undress, letting go of the feminism it has wrapped around it. I'm talking about 'fake feminism', and we've all encountered it – whether in the media, a party, or in your Instagram DMs as a 'nice guy'.

Fake feminism makes false equivalences: in a discussion about rape and abuse, you'll hear it speak up, "But what about fake accusations?" The problem is that the discussion about false accusations takes precedence over the one about rape, ignoring the rarity of false accusations and the sheer abundance of reports about rape. Furthermore, it's infuriating when you consider what's classified as a false accusation could be a true event that's never lent belief to. What you never hear said by those who talk about false accusations is that men have a higher probability of getting sexually assaulted than being falsely accused, but we almost never seem to talk about men getting raped.

Fake feminism isn't intersectional, and it brings other women down to maintain the status quo. Feminism that's meant for the ruling class can't and shouldn't be called



feminism, and although it's predominantly practiced by white women, those with significant power and clout wield it too. Beyoncé preaches, singing, "Who run the world? Girls," but abuses her female workers for Ivy Park, her clothing line that ironically aligns itself with women empowerment. As she spouts feminist lyrics, half a world away, she pays her workers 54 cents an hour and prevents them from unionising.

Fake feminism practices irony, a lot. It makes dishwasher jokes and humour that calls women the inferior sex. Natalie Wynn, or Contrapoints on YouTube (as she's better known) says, "Sometimes iron-

ny can be a safe way to explore ideas you're not quite ready to own." It's safe to make these jokes because when someone calls you out on it, you can flip it on them and say they're not in on the joke, or that they just don't 'get it'. It's not that everyone who makes these jokes hate women, but when you engage in humour with sexist undertones, it might be that misogyny has gotten to you too. It's no secret that sexist jokes normalise sexism, and they come at the cost of devaluing women and validating sexist mentalities. Speaking of humour, good comedy punches up. Your jokes shouldn't have to devalue women to be funny.

Fake feminism is constantly clarifying that you're not 'that type of feminist.' It dissociates itself from third wave feminism, saying it stays true to the first and second waves, but the third is too extreme. It cherry-picks and chooses certain extremities of the third wave and uses it as a scapegoat – bra-burning and dyeing armpit hair. It even cites staged events to tell itself why third wave is cancer (like the viral, staged video of the woman pouring bleach on manspreaders). As the third wave does not have a defining piece of legislation, it can be easy to distort it, but to limit to its few inconsequential events ignores the overwhelmingly positive change it has brought us: the fight against workplace sexual harassment, putting women in positions of power, the notion of intersectionality, defeating stereotypes and the #MeToo movement.

In an age of information, it's an act of ignorance to remain a fake feminist. Take a moment to reevaluate, and spoil yourself with the world of feminist media open to you. To feminists, root out the fakes from within; while it's not your job to educate them, do them a favour and show them where they've gone wrong. As for me, I'll wait – there's so much change around me waiting to happen, and I can't help but try and be a part of it.

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