

SEPTEMBER 2026 EDITION

sunday *theory*

THE POCKET UPDATE

by Zach Doss



Something good in the mailbox.

"A recipe with a stain on it. A map folded the wrong way. A list worth arguing over. I like things that earn a place in your life because you keep coming back to them.

That is my hope for this booklet: a few things I enjoy that you might enjoy, too. Eight pages, once a month, from me to the people I love. Try a recipe, find a new favorite, tell me where the rankings went wrong. Then keep it somewhere you'll find it again."



by Zach Doss

EDITOR / ENVELOPE STUFFER

THIS MONTH IN... FATHERHOOD

Every new photo book is a reminder that Henry keeps changing. Those same books inspired me to create The Pocket Update. Each holds a version of him to love and appreciate. We remember who he was and look forward to who he'll become. Most of all, it asks us to notice who he is right now. That is the part I want to keep.

WHAT WOULD YOU KEEP FROM THIS MONTH?



A very good overlap.

*Saturdays get louder. Baseball gets tighter.
A few dates to circle. A race to watch.*



A new chapter in blue.

Will Stein arrives from Oregon with an attacking approach. How quickly will it take hold against SEC defenses?

KENTUCKY / SEPTEMBER

KEEP SCORE!

DATE	OPPONENT		OPP.
09.05	Youngstown State · H	_____	_____
09.12	Alabama · H	_____	_____
09.19	Texas A&M · A	_____	_____
09.26	South Alabama · H	_____	_____



Every out counts.

The Dodgers have my heart. The last playoff places have my attention. Watch the cutoff—and the out-of-town scoreboard.

AL / AT THE EDGE

CLE 72–70 · TOR 71–71
TEX 70–72

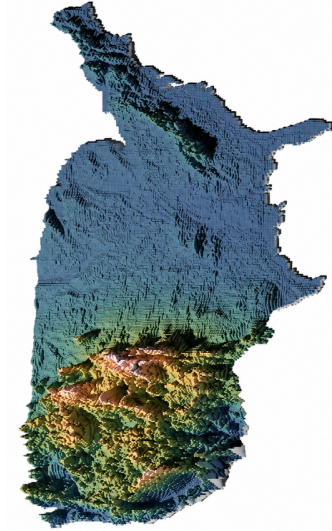
NL / AT THE EDGE

SD 74–67 · ARI 74–68
LAD 84–57 · NLW leader

WILD CARD: SEP 29 / SNAPSHOT: SEP 5



The land does the talking.



01 / THE HIGH POINT

Mount Whitney is the highest point in the contiguous U.S. It is in California.

02 / BELOW SEA LEVEL

Also in California: Badwater Basin, North America's low point, at -282 feet.

READ THE RELIEF

A visual key,
low to high.

Lower land

Rising terrain

High country

Highest relief

Illustrative colors;
no numeric scale
supplied.



Keep within reach.

*Three everyday essentials, and one stretch.
The things I'd make room for.*

01 / THE ESSENTIAL



Small jobs, sorted.

OPINEL / ESSENTIAL SET

Peeling, paring and the fiddly bits: four small tools that earn their space without taking over the counter.

02 / THE ESSENTIAL



Pass the salt.

PUEBCO / GLASS SHAKERS

Glass cylinders that let you see what's left. Useful at the stove; simple enough to leave on the dinner table.

03 / THE ESSENTIAL



Prep space.

IKEA / KUSTHOPPARE

A compact, dishwasher-safe board for an apple or a lime. The orange makes an ordinary chore a little better.

04 / THE STRETCH



The stretch.

RORRA / THE STRETCH

That stainless-steel form caught my eye. A filter I'd happily leave out; ongoing filter costs would decide it.



Beef Bourguignon

*Root vegetables. Mashed potatoes.
A long afternoon well spent.*



SERVES 6
ABOUT 4 HR
325°F OVEN



A home recipe inspired by my Le Diplomate order.
Our version, made for your own table.

FOR THE BRAISE

- ☐ 3 lb beef chuck, 1½-inch cubes
- ☐ 4 oz thick bacon, diced
- ☐ 1 tbsp olive oil, as needed
- ☐ 1 large onion, diced
- ☐ 4 garlic cloves, minced
- ☐ 2 tbsp tomato paste
- ☐ 3 tbsp all-purpose flour
- ☐ 2 cups dry red wine
- ☐ 2 cups low-sodium beef stock
- ☐ 4 thyme sprigs + 2 bay leaves
- ☐ Kosher salt + black pepper

VEGETABLES + FINISH

- ☐ 3 carrots + 2 parsnips, peeled, cut into 1-inch pieces
- ☐ 8 oz peeled pearl onions
- ☐ 8 oz mushrooms, quartered
- ☐ 2 tbsp unsalted butter
- ☐ Chopped parsley, to finish

FOR THE MASH

- ☐ 2 lb Yukon Gold potatoes
- ☐ 4 tbsp butter + ¾ cup milk
- ☐ Salt, to taste



Let the pot do its work.

01 / BUILD THE BASE

Heat oven to 325°F. Pat beef dry; season with salt and pepper. In a 6–7 qt Dutch oven, cook bacon over medium heat until browned, 6–8 min. Lift out. Sear beef in batches in the fat, adding oil if needed, 6–8 min per batch. Transfer to a plate.

02 / INTO THE OVEN

Cook diced onion in the pot 5 min. Add garlic and tomato paste; stir 1 min. Stir in flour for 1 min. Pour in wine, scraping up browned bits; simmer 3 min. Add stock, thyme, bay, beef, bacon and juices. Liquid should nearly cover the meat; add stock or water if needed. Bring to a simmer, cover and braise 2 hours.

03 / ROOTS + MUSHROOMS

Add carrots, parsnips and pearl onions. Cover; braise 45–60 min more, until beef yields easily to a fork and roots are tender. Meanwhile, brown mushrooms in 2 tbsp butter in a skillet, 8–10 min. Stir them into the stew.

04 / MAKE THE MASH

Peel and cube potatoes. Cover with cold salted water; bring to a boil, then simmer 15–20 min until tender. Drain and steam-dry 2 min. Mash with 4 tbsp butter and warmed milk. Season with salt.

05 / FINISH + SERVE

Discard thyme stems and bay. If sauce is thin, lift out meat and vegetables; simmer sauce uncovered until it coats a spoon, then return them. Taste for salt and pepper. Spoon over mash; finish with parsley.

P.S. A chilled, fruity, mineral rosé.

The Back Five.

The ST. Big Three: songs, movies and beverages.
A fourth list follows what's happening in my life.
We rank them because everything should be.



got mail?

scan to sign up

01 / SONGS

①	River Leon Bridges
②	Vienna Billy Joel
③	Cover Me Up Jason Isbell
④	Free Fallin' John Mayer · live at the Nokia Theater
⑤	Through the Wire Kanye West

02 / MOVIES

①	Interstellar Christopher Nolan
②	Batman: The Dark Knight Christopher Nolan
③	O Brother, Where Art Thou? Ethan Coen, Joel Coen
④	The Wolf of Wall Street Martin Scorsese
⑤	Willy Wonka & the Chocolate Factory 1971 · Gene Wilder

03 / BEVERAGES

①	Dr Pepper Cold can · nugget ice · Yeti
②	Country Time Pink Lemonade Lela Mae style
③	Miller Lite Ice-cold draft
④	Rosé Crisp, fruity, mineral
⑤	Espresso martini Ketel One · Jeff Ruby's

04 / HENRY: TOYS

①	Magna Tiles
②	BOOKS!
③	Wooden Shape Sorters
④	Pull-Apart Velcro Foods
⑤	Pretend Play Scenes

777-300ER / ST Plane of the Month

SPAN 212 FT 7 IN
CRUISE MACH 0.84

