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Ben Tallon

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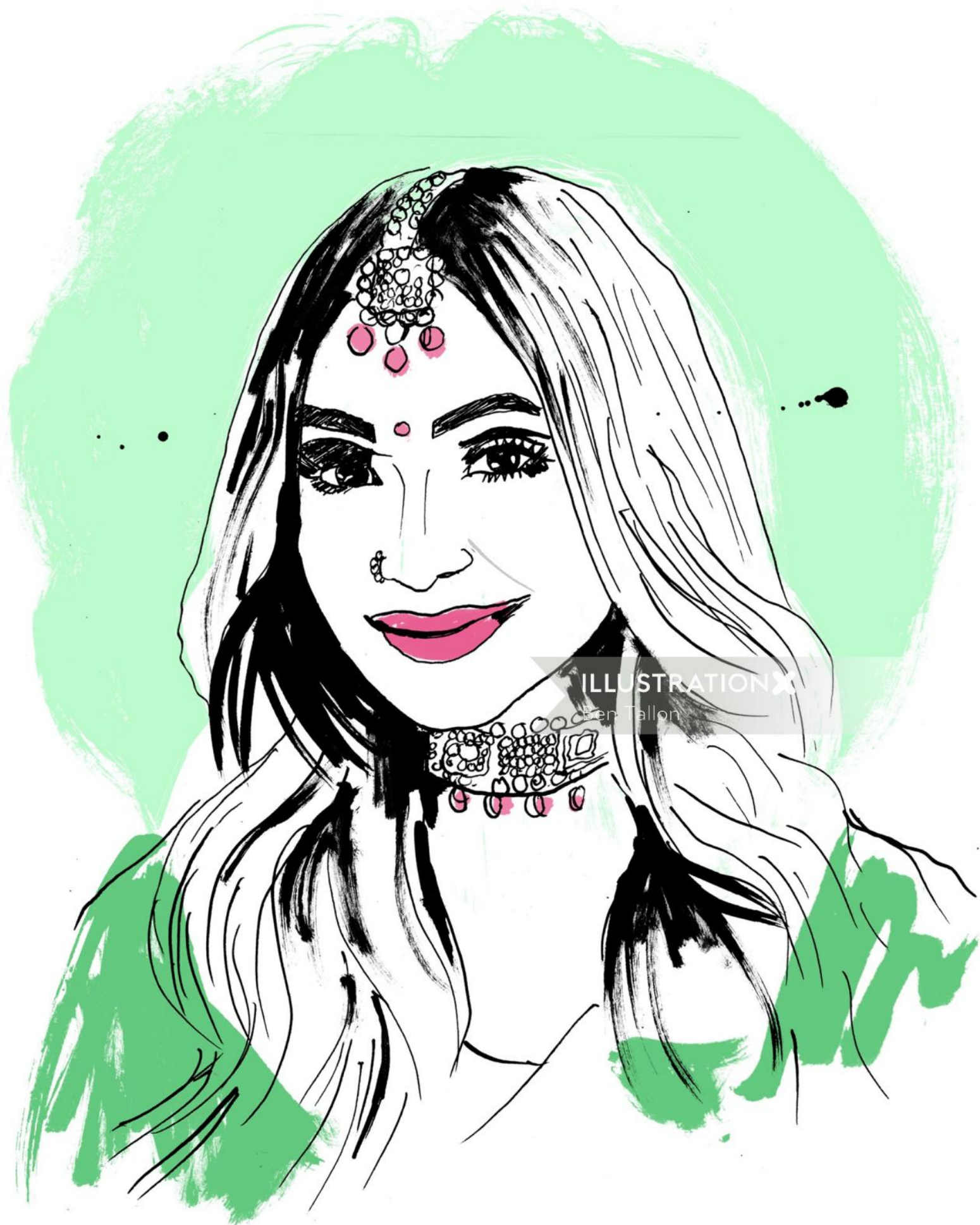
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F1 Red Bull Ring XXXXXX 07

FAST FOODIE

YUKI TSUNODA's passion for speed is more than matched by his appreciation for fine dining. Here F1's galloping gourmet reveals his top dishes from everywhere his racing career has taken him. He even managed to choose something from England...

Interview XXXXXX XXXXXXXX

"I don't know why I have this passion for food. I think a strong part of it is that I'm Japanese and when I came to Europe, I saw lots of food culture around the world, but I really realised that Japanese food is really good and I really missed it. So I tried to find good food in Europe. I think that was kind of the start. But in general from when I was a kid I really liked food and my motivation really depended on how the food quality was on that day. It's weird because I don't think it came from my parents. It was just an interest I developed.

It's been really interesting in Formula 1 to discover new things. I still think Japanese food is my favourite but I do like other cuisines, Italian and I did like Mexican food, especially tacos. This year I'm looking forward to going to Singapore, to try the street food there.

So far in my racing career I've lived in four countries. Obviously, there is Japan, but I've also lived in Switzerland, the UK and Italy. I definitely have favourites from each of those places, so here they are...

SWITZERLAND FONDUE

After a junior career in karts and success in Formula 4, with Honda's junior programme, Yuki's performances led to a test in Europe, with the Motopark team, at the Hungaroring. Keeping a keen eye on the timesheets was Red Bull Motorsport Advisor Dr Helmut Marko. Tsunoda impressed and was offered a spot in the Red Bull Junior Programme. Yuki leapt at the chance and was soon on his way to central Europe, signing for Formula 3 team Jenzer for the 2019 season and figuring out how to navigate Swiss menus and supermarket shelves.

"I lived in Switzerland three years ago when I was racing in F3. It was my first time living in Europe and I didn't know how to cook at all. But because I didn't speak French and was afraid to go to restaurants by myself I learned how to cook. Usually it was just grabbing whatever ingredients I could find in the supermarket and working it out by myself - breakfast, lunch and dinner. I was cooking every day, 365 days of the year. Naturally, that means you become a better cook, especially of Japanese food. But I would definitely like to learn more about cooking if I have time. When I did go out to restaurants I would order cheese fondue. I really like that and I still really miss it. So that would be my Swiss food."

UNITED KINGDOM FISH AND CHIPS

Tsunoda moved to the UK for 2020, the year in which he debuted in Formula 2. As a Red Bull Junior he naturally gravitated to Milton Keynes, close to Red Bull Racing's factory and a drive away from the Surrey base of his Carlin F2 squad. And in the UK he developed a taste for a British staple...

"The UK is really easy - it's fish and chips. Surprisingly I started to like fish and chips and every time I'm in the simulator (at Red Bull Racing) I always order that one sometimes. Although, sometimes it makes me sick because of the movement of the simulator!"

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ITALY PENNE ARRABBIATA

A steady diet of fish and chips and marathon session of the PES football game on the P4 with racing driver friends Tadasuke Makino and Nirei Fukuzumi was just about acceptable while Yuki was in junior series, but once he stepped up to F1 in 2021 it became clear he needed to change his routine and get fitter. Tsunoda was shipped to Faenza to be close to AlphaTauri's factory and team boss Franz Tost personally supervised the drawing up of the Japanese driver's fitness regime. It worked, though Yuki's head is still likely to be turned by a perfectly prepared bowl of pasta...

"I like Italian food a lot. My favourite restaurant at the moment is the place I used to always go to when I'm living in Italy. I go there pretty much every day. It's really chilled and I go for lunch and dinner, but I don't want to give the name away! I'm kind of friends with the owner of that restaurant as well, so it's nice and really close to where I live. In terms of the dishes I like, well, I like pasta, but I have to be more specific, right? Ragu is nice. But I like arrabbiata as well. It's simple and really good, if it's done well. So, yeah, Arrabbiata for me."

JAPAN SUKIYAKI, MOTSUNABE, VARIOUS TYPES OF RAMEN, GOOD SUSHI

Despite Tsunoda's itinerant lifestyle and restless questing for international culinary delights, it's only when he starts talking about the comforts of home food that he gets really animated. If there's such a thing as soul food, Yuki reckons it's to be found in a bowl of good Japanese soup...

"Ah, Japan. This is where it gets difficult. I'll start by saying I love Sukiyaki, which is like meat which you cook at the table in hot soy sauce and water. Does that make sense? It's like shabu-shabu but with soy sauce. And also motsunabe, which again, is a similar kind of soup, but with a lot of vegetables and also beef fat in it.

I do like ramen as well. There's seafood ramen... Well, the dashi (the stock) is made from seafood and it's delicious. I'm getting excited about it now! So I like that one and of course also Tonkotsu, which is made from pork bones. Ramen is something you can eat everywhere. A lot of those are places you go after a party, you know, you want something to eat after all the alcohol and that's when you eat ramen!

Then also, if we are not going to think about price, then anyone going to Tokyo should go to a really good sushi place. Not like a casual restaurant, but a proper sushi restaurant that only has maybe six seats or eight seats and it's kind of private. That would be good. But, you know, even a normal, casual place in Tokyo is going to be much better than your California rolls! If you don't like sushi though, then sukiyaki my recommendation is definitely sukiyaki."

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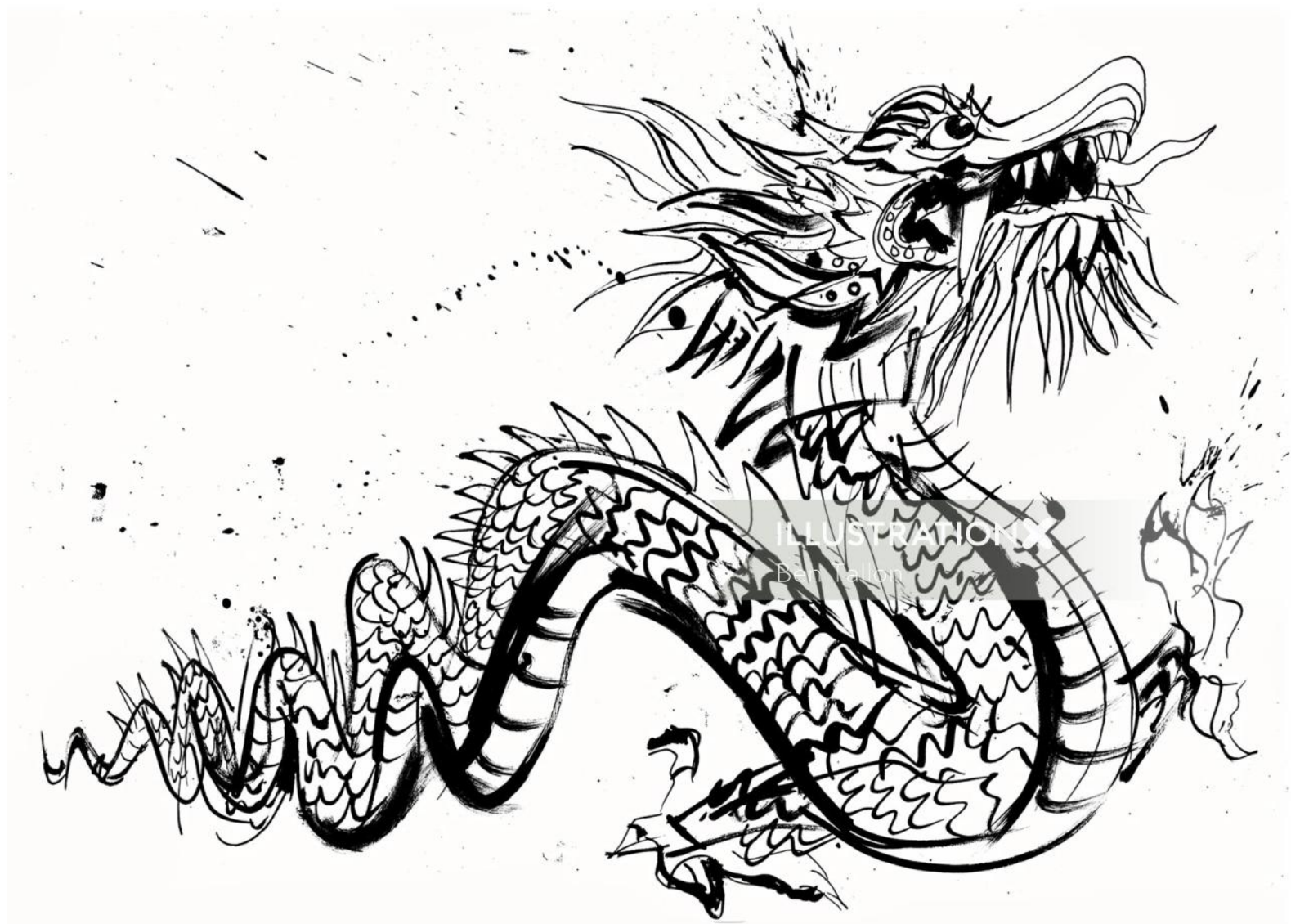
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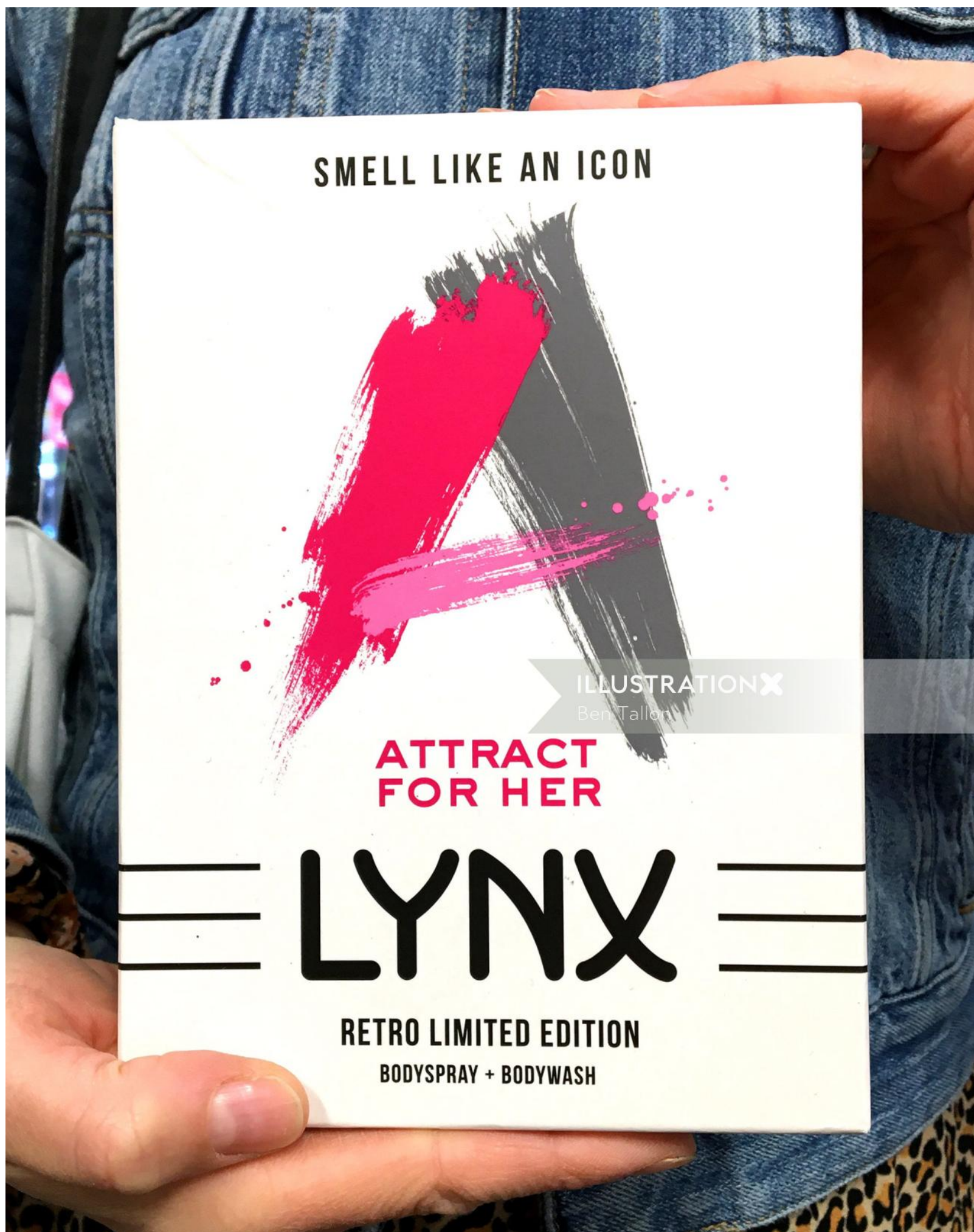
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Der Universal-Ösi

„Jetzt muass halt ich no a Schäuferl drauflegen“, muss sich Sachsens neuer Lieblings-Ösi, Konrad Laimer, wohl gedacht haben, was übersetzt so viel bedeutet wie: Nun muss ich eben noch eine Schippe zulegen. Damals nämlich, als Kapitän Marcel Sabitzer die Roten Bullen im Sommer 2021 in Richtung München verließ.

Die Enttäuschung bei den Fans war groß, schließlich hatte „Sabi“ viele Jahre zu den absoluten Identifikationsfiguren gehört. Aber sein Nationalmannschaftskollege Laimer nutzte die Chance, die sich mit dem Transfer bot – und übernahm das Ruder im Mittelfeld. Der 24-Jährige spielt seit fünf Jahren bei RB Leipzig. Aber das war wohl seine bisher beste Saison. Immer *on point* und selten verletzt. Ein Art „Rundumsorglospaket“. Egal ob defensiv als Feuerlöscher oder offensiv als Goalgetter, Laimer beweist fast überall, wie wertvoll ist. Einer der Highlights: sein Doppelpack beim 4:1-Erfolg in Dortmund, wo er außerdem noch einen Treffer vorlegte und an diesem Abend selbst Erling Haaland die Show stahl. Urleiwand, Conny!

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**DER AUFSTEIGER:
KONRAD LAIMER, 24**
Der österreichische
Nationalkicker spielte
heuer seine bisher
beste Saison.

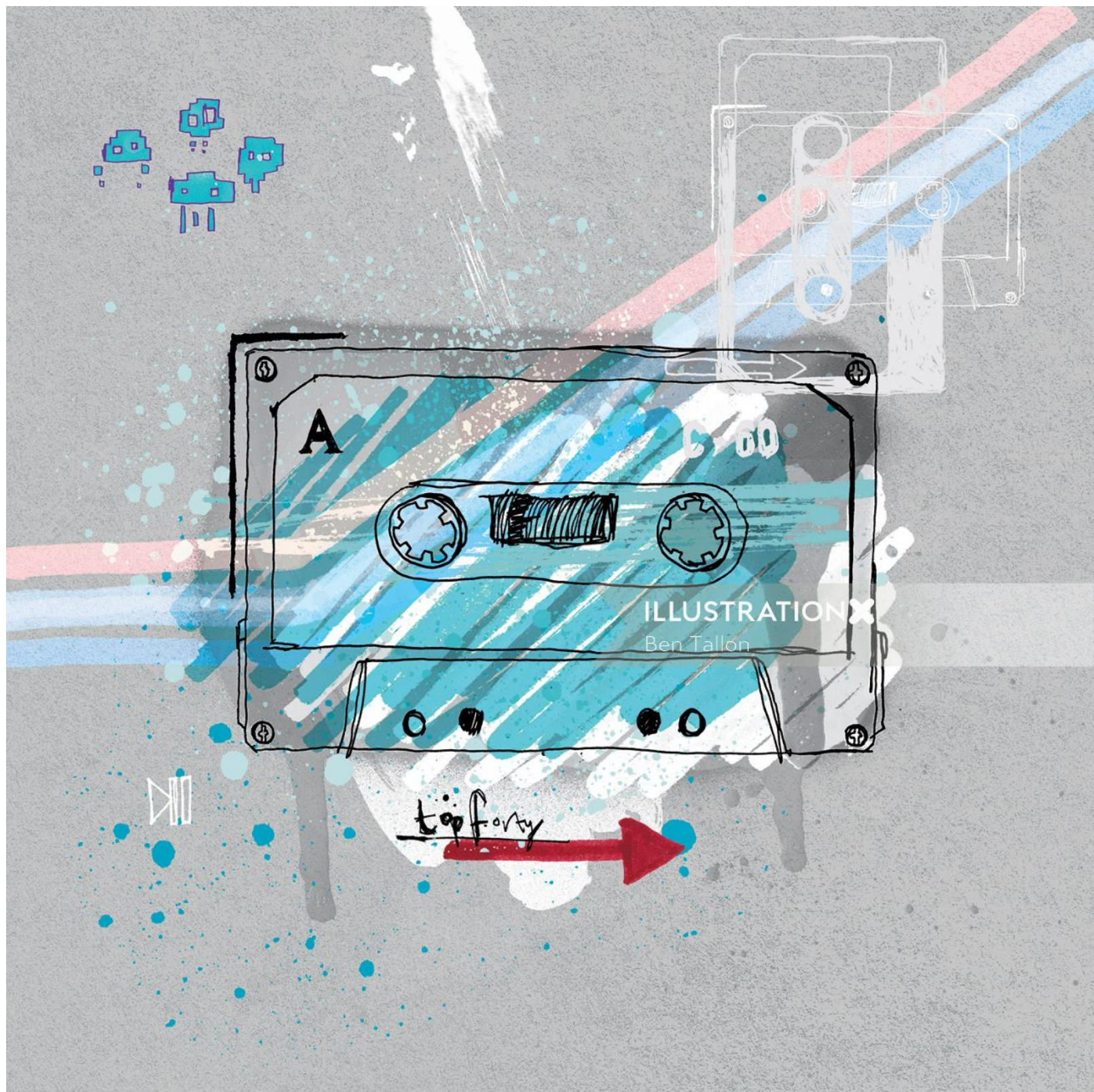
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THE RED BULLETIN

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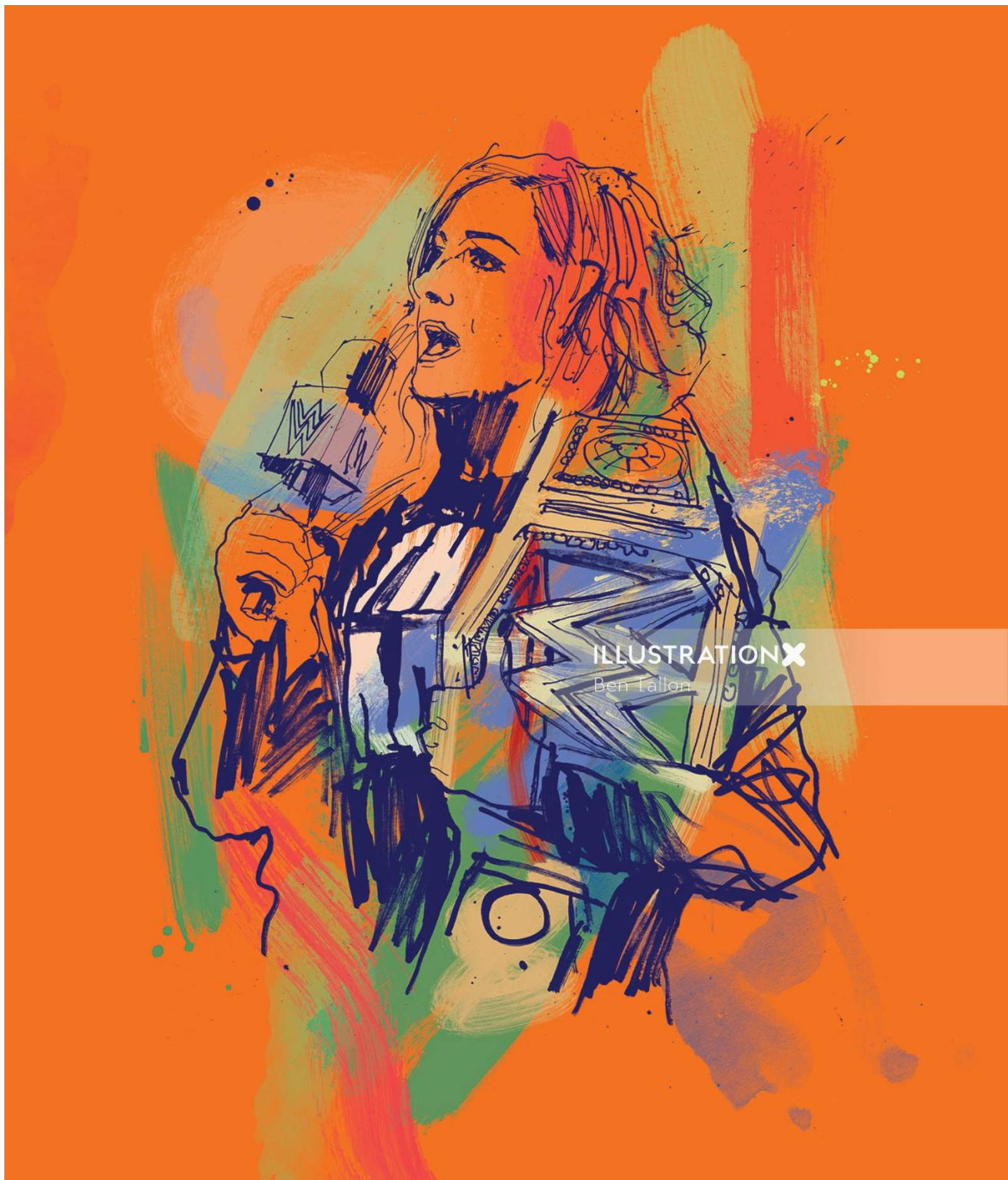
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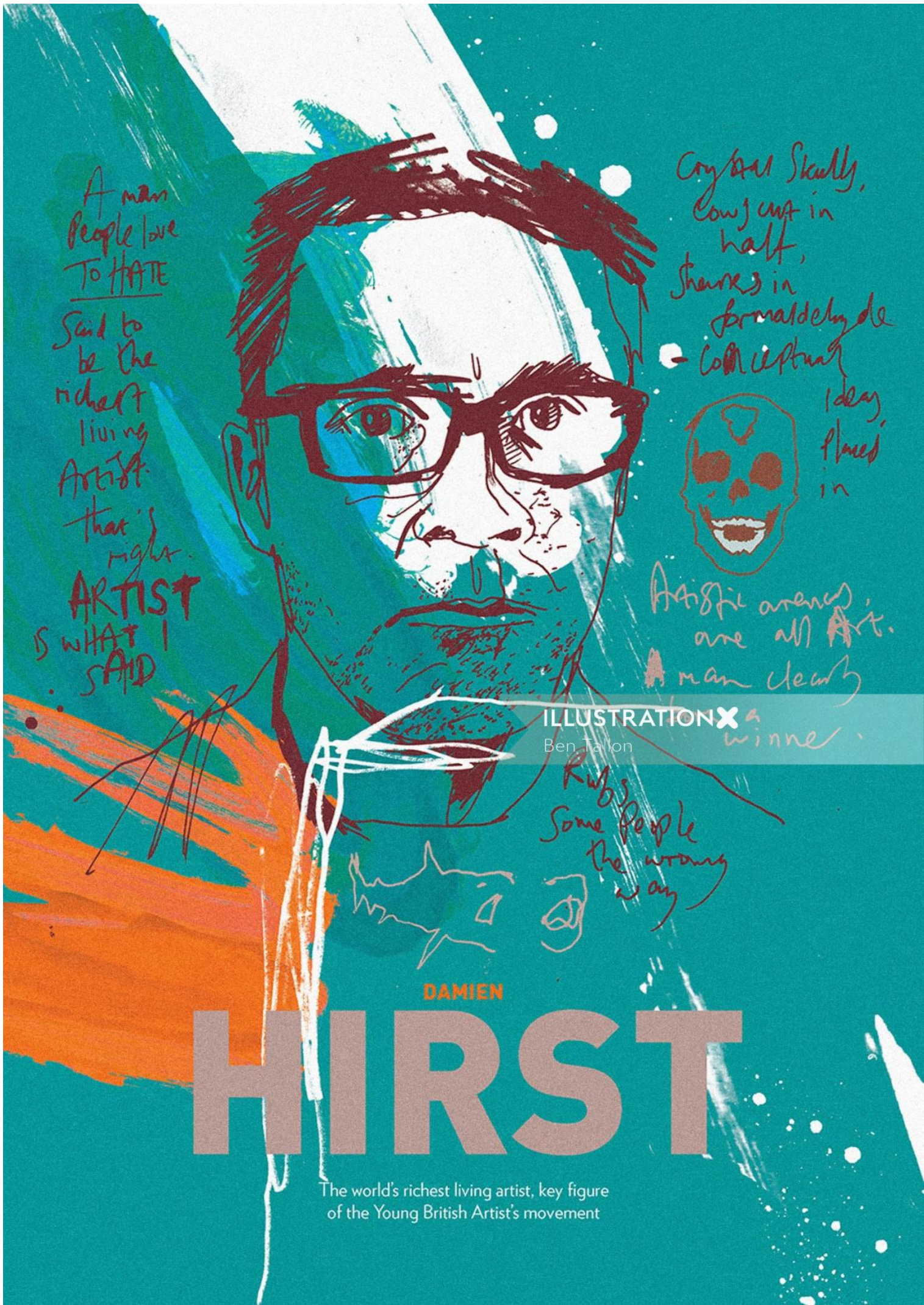
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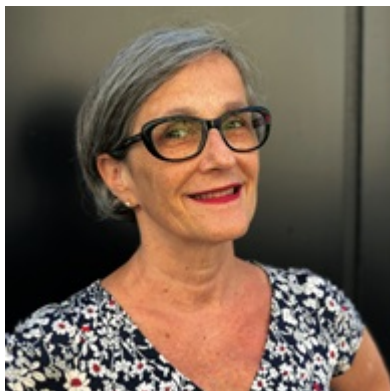
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