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**Braising:** A cinematic portrayal of a father and son dynamic, cults, and food culture.

*“Bryan Ribeiro wrote a script whose vision and execution I found to be beautiful, original, and deeply felt. In the poetic and mysterious form of the short film, Bryan's writes the story of the artist - where they come from, what draws them, threatens them, and finally, what sustains them - the inner voice.” - Nathan Darrow (Actor, *House of Cards*, *Gotham*, *Preacher*, *Wizard of Lies*, featured in **Braising**)*

**BRAISING** is a short film that cinematically explores the crucial nature of kinship and family dynamics, healing through your preferred expression in cooking, groupthink and cults, all through the eyes of young **Conroy**.

After the death of his mother, a young aspiring chef who cannot connect with his father finds family in a cult. Braising examines Conroy, a son and chef, and his father's (Kent), distant relationship. The meat of the film will focus on the cult led by charismatic paternal figure Hank and respected chef Christine, whom Conroy looks up to.

One of my biggest fears and curiosities has always been group-think. Whether it was evangelism, Twitter, gangs, tribalistic factions, political faithfuls, or cults, they've all made me turn away from that level of community. Independent thought takes a back seat to collective thought. And collective thought often hinges on one or a few mindsets, which tend to shift, flow, and move depending on their emotional state. And you're not really allowed to question it. And there's always some price to be paid for joining one- whether it's time, money, body, network, or something else.

Families and cults have a kinship. The very notion of both reside in the fact that you feel like you're apart of something greater than yourself. Unfortunately, some families don't provide a healthy environment. Often enough it's a big reason to double down on a negative found family-gang, forum of fellow believers, commune, or cult. Because family ties cannot keep this individual in a healthy state, they'll sever the familial ties and become susceptible to any potential cult.

The film is also a small love letter to the art of food. It's the only form of expression that requires actual consumption. I consider eating/cooking the MOST personal type of endeavor. And the protagonist of this film utilizes it as a form of communication and expression but also as a way to achieve something more with his current life. He works at a shitty fast food joint but he wants to make food with more substance. He cannot make a difference flipping burgers and making french fries.

Born in Queens, New York and raised in Brazil, Bryan spent most of his free time watching films, playing video games, swimming and editing cat videos.

