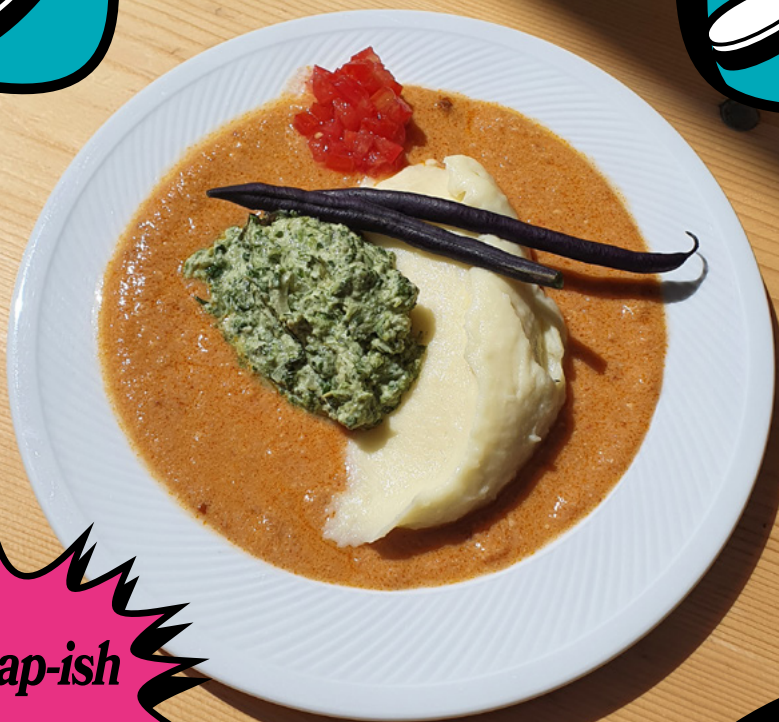


ISSUE #1 2022 WARSAW FOOD, NON-FOOD, ADVICE:

BULK

Cooking



Cheap-ish

for
👉

ALL

MICHELLE WOODS AND FRIENDS

ADVERTISEMENT



FEATURING

ADVERTISEMENT:

- Craft cidery from Cydr Ignaców (PL), Grójec
- A conversation with Blyzkist (UA), Warsaw
- Drawings from Stefania Lozynska (UA), Warsaw

DRINK:

- Zataar kombucha from Mirna Bamieh (PS), Palestine/ Jerusalem

SOUPS/ STEWS:

- Border tomato and millet soup from Słuzna Strawa, Warsaw
- Peanut stew or soup from Michelle Woods (UK) of Table Dance, Antwerp
- Pepper stew from Ika (PL) of Ujazdowski Castle CCA, Warsaw
- Oberiba from Borys Bodetko (PL) of Mir, Warsaw
- A quick Q&A with Borys Bodetko (PL) of Mir, Warsaw

A LITTLE BIT FANCY:

- Pork and chicken liver terrine from Emily Chia (CA) of Le Grand Bain, Paris

Previous page:

previous page: Cydr Ignacow is the first Polish craft cidery. They create ciders according to the classical rules, select the best apple varieties, ferment freshly pressed Autumn juices, and mature them in Winter and Spring. Kaiser Wilhelm, Bohnapfel, Ribston Pippin, Landsberger Reinettes are just some of the apples that their ciders are composed of. They grow in a beautiful orchard in the county of Grójec, Europe's largest orchard region.

COMFORTING:

- Fish cakes from Alex Keys (UK) of Rochelle Canteen, London

A COMPLETE MEAL:

- Two recipes from Alex Szrok (UK), London
- Älplermagronen from artist Roland Roos (CH), Zurich
- Cooking with Juliette Delventhal (US), California

FUN/ BBQ:

- Kebab wraps from Peiman Khosravi (IR), Languedoc-Roussillon

SIDE DISH:

- Fermenting with Donghwan Kam (KR), Amsterdam/ Warsaw

DESSERT:

- Ukrainian apple pie with Alona, Yulia and Tatiana (UA), Warsaw

HEALING:

- Healing recipes from Pipa Ambrogi (BR) of Comida de Papel, São Paulo
- Healing dictionary from Pipa Ambrogi (BR) of Comida de Papel, São Paulo

ART AND POETRY:

- 'Foods that take the longest to go off' by artist Francesca Hawker (UK), Brussels
- Aphrodite (Negril) 2 from artist Rice Marden (BE), Antwerp
- Two half drawings from artist Elena Minyeyvtseva (UA), Antwerp

Hello

FROM IKA SIENKIEWICZ-NOWACKA

On 25 February 2022, a few days before Michelle Woods started her artistic residency at *U-jazdowski*, she sent me the following message: “*I’ve been thinking for a couple of days now, maybe it would be best to give my room and the fee to a Ukrainian artist family?*” I’ve been thinking for a couple of days now, maybe it would be best to give my room and the fee to a Ukrainian artist?”

We had planned to explore the idea of hospitality in relation to Michelle’s practice, in which she combines performances and cooking, but eventually decided that our plans and ideas for her residency and research had to be revised in the face of Russian aggression against Ukraine and the refugee crisis in Poland. How could we theorise about hospitality while hundreds of thousands of refugees arrived in Poland seeking shelter, and other refugees – arriving from the Middle East or Africa and unable to obtain asylum here – suffered on the Polish-Belarusian border? Upon reflection, we decided that Michelle would have more agency if she took part in the residency and made use of her skills and financial resources, rather than if she made the studio available to one family in need.

During her residency in Warsaw, Michelle cooked simple dishes for refugees and initiated meetings during which residents and the U-jazdowski residency team became involved in supporting aid efforts and cooked for and with Ukrainian guests.

Contrary to what you might think, the three-month residency passed very quickly. To leave a mark of her stay in Warsaw, Michelle decided to publish a collection of recipes. All the dishes are low cost and easy to prepare and serve to a large group of over 100 people. Some recipes have already been tested in crisis situations (for example,

A small word

FROM MICHELLE WOODS

Hi, I’m Michelle, born in London to a Filipina mother and an English father. I have lived in Antwerp, Belgium for many years. In 2018, I co-founded a small food and events operation called Table Dance.

On 1 March 2022, I arrived at Ujzdowski Castle CCA for a three-month residency; this happened to be day five of the Russian invasion

the *Border Tomato & Millet soup* recipe shared by the *Śluszna Strawa* collective). Others have healing properties or can provide us with secret superpowers: improving our strength or our ability to deal with anger.

The publication has been created collectively by over a dozen people, including former *U-jazdowski* residents, Michelle’s chef friends, and others who work actively to alleviate the refugee crisis in Poland and who agreed to share their knowledge, recipes and (often personal) stories.

of Ukraine. This publication is a response to the refugee crisis here in Warsaw and to all food crises’ all over the world. There are thousands of peoples, trapped, cold and hungry at the Belarus-EU borders, with little to no help whatsoever. It is shocking that even in the UK, more and more people are using food banks. It is unfortunately not so shocking that mil-

lions of Filipino people and children live hungry every day. The list sadly goes on.

I know that this book won’t change much, but it is for free! Please use it once to support a big group of people in need, ask your friends to help, make it a fun event! Turn it into a disco or karaoke, or a huge clothing-swap!

A quick note on the recipes:

These are large quantity recipes, so read the recipe fully before starting! Make sure your cooking pots are large enough and that you have sufficient baking trays. It is also a good idea to

set aside double, triple or quadruple the amount of time you think it will take you, as you will probably have to make these recipes in batches, (unless you are in a commercial kitchen!)

michelle@tabledance.be
in case you have any questions or just want to say hey!



The invitation



Dear Friends,

We are witnessing an unprecedented period of disruption caused by Russia’s military aggression in Ukraine. Currently, more than two million people have arrived in Poland in search of refuge and peace. The U-jazdowski Residency team has reacted by creating Emergency Residencies for Ukrainian artists and their families.

I am also here as artist/ cook-in-residence and, knowing that I can cook, I am trying to find real ways of being useful. I have so far been cooking for refugees in various places, but it is certainly not enough and I will have to leave soon. I would therefore like to share our knowledge and create a small inexpensive publication – Bulk-cooking for All.

The publication will be a fun and useful guide for cooking cheap-to-make food in large quantities. Easy to portion, freeze

and still tasty when defrosted and reheated, with a page or list of ‘foods that take the longest to go off!’

This would be a response to the need for great cheap-to-make food, and/or perhaps the need for fresh ideas in bulk-cooking.

Together with the residency team, we would love if you could contribute a recipe for 100 people. We would need the name of the dish, the list of ingredients and the method. If you would also like to share any thoughts or a story related to the recipe, or any visuals, this would be the icing on the proverbial cake.

Please let us know if you would be interested in participating and we will excitedly await your contribution.

With love,
Michelle, Ika and Olga

THE TEAM

Ika Sienkiewicz-Nowacka of Ujzdowski Castle CCA | Krzysztof Bielecki for graphic design
Michelle Woods of Table Dance, Antwerp | Olga Miękus of Ujzdowski Castle CCA
Nick Faulkner for proof-reading | Joanna Figiel for translation | Argraf for printing

MANY THANKS



Flanders
State of the Art

U-jazdowski
Residences



Caroline Dumalin, Ju Bellard, Ola Biedka, Marianna Dobkowska, Julia Harasimowicz and Ken Verhoeven

A conversation with **Blyzkist**

Michelle: Hi hey, nice to meet you.

Blyzkist: Nice to meet you too!

M: I heard about Blyzkist via Marianna Dobkowska (one of the residency curators at Ujazdowski CCA). It was a very brief introduction, but she said you had organised a space within the Museum of Modern Art to make sandwiches for Ukrainian refugees. How did this begin? Or how did Blyzkist begin?

B: BLYZKIST (“closeness” in Ukrainian) officially began in the summer of 2020 while preparing for the Warsaw Under Construction festival. We are an artistic-social collective working on integrating migrants and refugees in cultural public institutions such as museums. For many years before 2020 we were giving tours on exhibitions in Ukrainian and Russian and hosting meetings with migrant audiences at the museum. In 2020, we finally received support and an opportunity to do more: to explore the topic of the (in)accessibility of public cultural institutions for migrants and refugees, to carry out research into how migrants participate in culture and also try to integrate Ukrainian culture into the main public programme of the museum. Since then, we have continued our work by holding workshops, performances and interactive meetings. Taras also started the Anti-Crisis Film Club for people experiencing homelessness.

In all those activities, we use art only an instrument, a subtext to meet and to build meaningful personal relationships with people.

After Russia’s invasion of Ukraine in late February, we met on Pańska Street – the office space for Museum of Modern Art workers – to collect first aid medicine (together with the Bądź Foundation) – to create posters for demonstrations near the Russian Embassy, but most importantly to meet, hug and support each other. We used the base and the experience we gained while doing the BLYZKIST project to build a new space at Pańska 3 – the Solidarity Community Centre “Sunflower”. A place for migrants, refugees and allies. Apart from us, the “Sunflower” team consists of Yulia Krivich, Kuba Depczyński, Bogna Stefańska, Sebastian Cichocki, Natalia Sielewicz, Kaja Kusztra and many more of our beloved friends. We started with “sandwich factory”, as it was then one of the most important needs. We sent packages – “welcome packs” – to railway stations and to temporary crisis centres for people fleeing the war. Later we started building the Centre programme.

M: I went along one day to help out, but we never met. It was very impressive. There were so many people giving up their time! I saw you had also organised other

activities for children – a photo corner for important documents... a really beautiful environment! What else has Blyzkist been up to?

B: We cook together with our wonderful friends from Kobiety Wędrownie. We do a variety of national dishes (including Ukrainian) and send them to one of the Crisis Centres on Woloska Street. It’s usually the only warm meal those people have. We also hold solidarity film screenings, relaxing workshops and we have a cycle of lectures about Ukrainian cities and architecture with Ukrainian artists, curators, researchers as lecturers. Recently, we also had a fancy dress workshop – with traditional Ukrainian “vyshyvanka”.

M: How did you guys, (Taras Gembik and Maria Beburia), meet? How do you split the work?

B: We met in 2018 through the museum and later started working together. We usually split the work evenly regarding our ability, the time and the health situation. We care deeply about each other and we are aware how our work and the general stressful situation can influence our health, so we try to be cautious about that.

M: Since I arrived in Warsaw, I have been thinking about ways in which I can be helpful. Not only by cooking, but in any way helpful. What can you say about the needs of refugees in Warsaw at the moment, and what do you see those needs being, say in six months’ time or in a year?

B: The needs are the same as they were, as things were even before Russia invaded. This war intensified the lack of government support for refugees and migrants in Poland. Most of the help came directly from the citizens, grassroots groups and NGOs. It was like this before – there were already millions of Ukrainians in Poland before February, as well as thousands

of Belorussian citizens escaping the Lukashenko regime, along with refugees from Africa and the Middle East, including Afghanistan. A lot of them experienced illegal pushbacks on the Polish-Belarusian border. The Polish government has always been anti-refugee and there was no system at all. Right now there’s a little bit of support for refugees from Ukraine – not ideal, but at least something. A lot of Ukrainians are still in crisis centres – it’s almost impossible to find an apartment for rent; prices have skyrocketed because of the war and through inflation. Many Ukrainians are planning to go back home as soon as possible, but some of them won’t have anything to go back to. The city needs to acknowledge its new citizens and adjust its system for them – not vice versa.

M: There’s a lot that I didn’t know, thank you for sharing. I’m going to ask some questions about you guys and your relationship with Warsaw if that’s okay? How long have you lived here?

B: It was hard to fit in during the first years here – Warsaw is an enormous city. It felt very hostile for a while. We’ve already been in Poland for 8-9 years. In that time we have found some safe places on the map where we feel comfortable and “at home” – mostly because of the people there. Warsaw also changed in recent years and in recent months. All the city speaks Ukrainian now and is coloured with blue-yellow flags.

M: What did you do before Blyzkist? Or what do you do when you’re not busy with Blyzkist?

B: Taras works as a stylist, model and performer. Maria used to work in the museum full-time in the education department and now works at an NGO helping migrants and refugees.

M: Where do you hang out in Warsaw? Or where do you like to eat in Warsaw?

B: It was a little bit hard for us to continue “normal life” during the war and go to restaurants or other places. We recommend Kuchnia Konflikту and Słuzna Strawa – migrants’ cooking collectives, as well as bakeries such as Aromat, Miss Mellow, Charlotte, Będzie Dobrze. Also local Georgian bakeries.

We usually hang out at pl. Defilad, pl. Zbawiciela, or Paloma in the Museum on the Vistula, or Młodsza Siostra, Pogłos, Nowy Teatr etc. But the place doesn’t matter – the people matter.

M: On a scale of 1–10, how would you rate the customer service in restaurants in Warsaw?

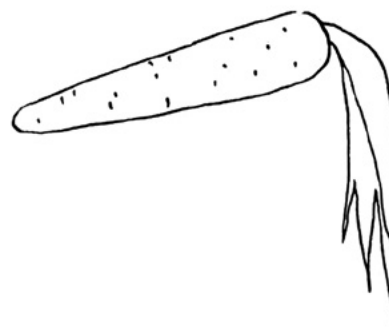
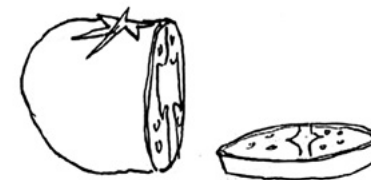
B: Depends on the place, but it’s ok.

M: You two are both young people! What would you say is missing from the young people scene in Warsaw? Are there any artist-run spaces?

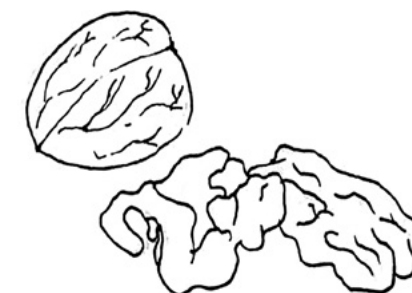
B: It’s so nice to see the new generation being very active on various social and political topics, expressing their opinions and values. Right now we are thinking mostly about Ukrainian youths - who had to transfer to Polish schools without speaking the language - and what we can offer them. The artistic collective Turnus tries to give a platform for young artists and also engaged in helping – they organised an event at the “Sunflower” Centre for Ukrainian youth.

M: I’m really so impressed by your work guys, I hope to properly meet you both one day or maybe even collaborate somehow. I’d better send this questionnaire to you now. Thank you so much!

B: Thank you very much! <3

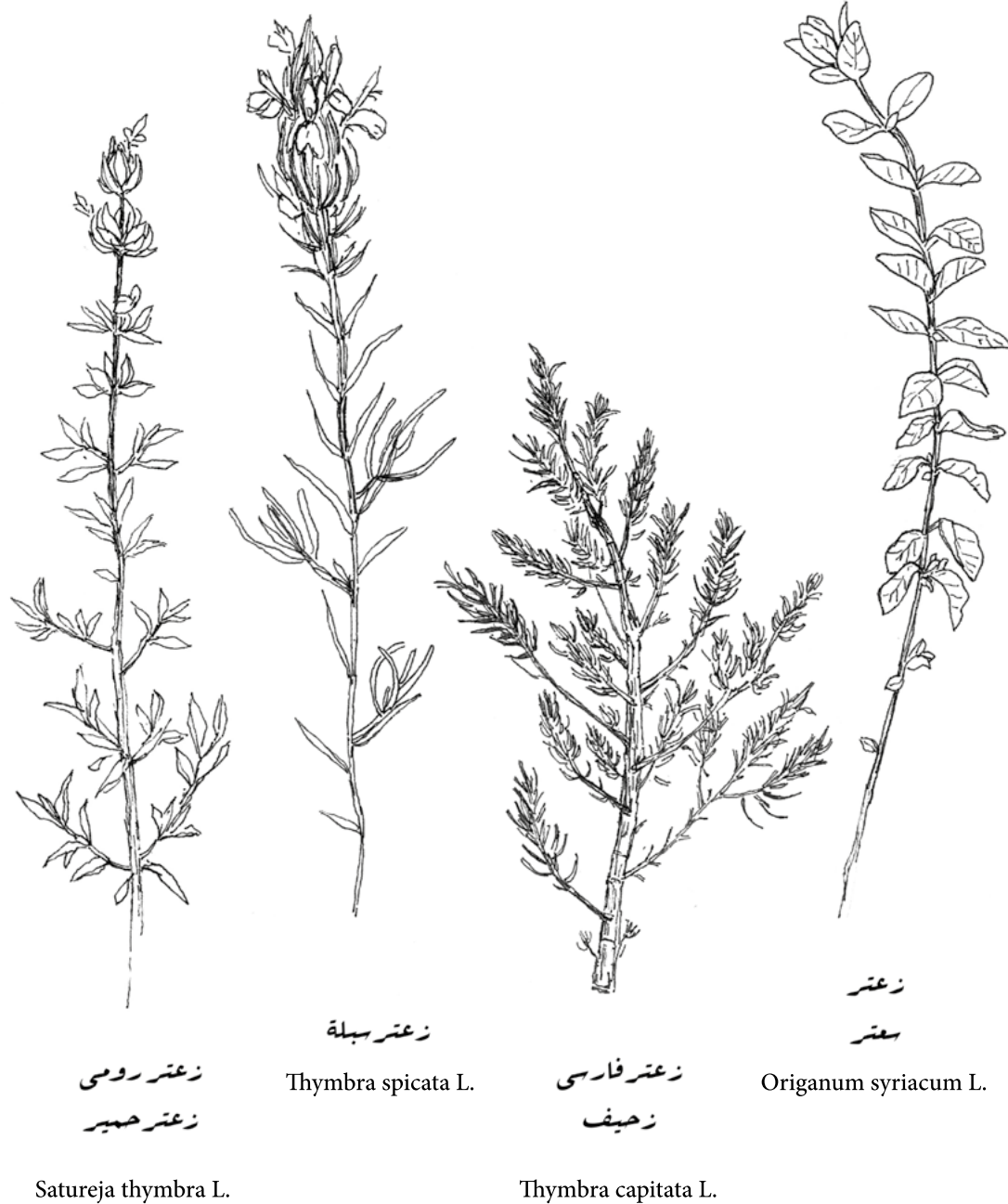


Stefania Lozynska is 11 years old, we’ve hung out a couple of times and had some great conversations. She is the daughter of artist Lesia Khomenko (UA), and currently on the residency at Ujazdowski Castle with her Mother and Aunt. You’ll find her drawings dotted around the book, not necessarily corresponding to the page they lie on.



ZAATAR KOMBUCHA

from
Mirna Bamieh



Satureja thymbra L.

Thymbra spicata L.

Thymbra capitata L.

Origanum syriacum L.

Napkins for the Wild Edible Plants table by the Palestine Hosting Society. Illustrated by Yara Bamieh, showing four out of twelve varieties of wild Zaatar in Palestine.

Food is a place, a place that resides in your body and memory. Food is a place where stories get constructed and slowly grow, stories through which we tell our own stories of time, land, history, and movement. Food stories hold seeds from our past to a future that we hope is still ours; a sentence that will only hold meaning when generations of you have witnessed the violence of uprooting.

Liberation will only come when all of us, the people who live near and far, see this struggle as our own when we all see liberation as a process that connects our own personal liberation to that of the less voiced.

Putting food back on the table is an act of resistance, a process of training in the practice of voicing out, of weaving new relations of care, of re-rooting, of freedom.

A batch to share

- 10 litres of simmering water, 1 tablespoon of black tea leaves, and 25 tablespoons of sugar. Leave to steep until it completely cools down.
- In a jar: add your cooled-down sweet tea and a kombucha mother Scoby, along with 1-2 cups of kombucha tea. Leave to ferment for 4 to 28 days, depending on the weather, your patience, and the amount of acidity and sweetness you desire. Taste it every now and then until your tastebuds tell you it's enough.
- Your plain kombucha tea is ready; bottle it and store it in the fridge. However, if your world, like mine, needs constant consolation and exploration, move to the second fermentation.
- Take a cup or a bunch of Zaatar Origanum Syriacum, or any wild or farmed thyme you like, steep it in 2.5 litres of water until cooled down.
- In a bottle or a jar with a tight lid, pour your kombucha tea into the Zaatar tea, add a sliced apple, a handful of berries, some lemon zest or a thumb of ginger. Close tightly and leave the bacteria and yeast culture to do its work at room temperature for 3 days; it will consume the sugars and leave you some bubbles and fizz to delight your heart.
- Store in the fridge; it won't go bad, it only transforms.

Notes

FIRST NOTE ON ZAATAR: Zaatar is one of three criminalised popular edible plants in Palestine and is famously associated with Palestine. The other two plants are Akkoub Gandalia and Mirimiyah Wild Sage. There is currently a legal ban imposed by Israel on Palestinians picking these plants, possession and trade.

SECOND NOTE ON ZAATAR: The ban on wild Zaatar started in 1977 – a decree signed by then-Israeli Minister of Agriculture, Ariel Sharon. The years that followed witnessed growth in farmed Zaatar economies.

Mirna is a cook, artist and founder of Palestine Hosting Society, please see palestinehostingsociety.com

BORDER TOMATO & MILLET SOUP

from **Sluszná Strawa**

Since the very start of the crisis on the Polish-Belarusian border, members of our cooperative have offered their help. We have helped with translations from a variety of languages: Arabic, Kurdish, Farsi, Punjabi, Tigrinya and others. We have also done what we love to do: helped

with providing food, cooked with love and care for the people crossing the border and those in refugee camps, as well as for the activists working tirelessly to help.

We have tried to provide food that's familiar and comforting for those after such a long and strenuous journey.

However, for the people still stuck in the forest, many of whom haven't eaten in days, we prepared a special recipe: light on the stomach, yet satisfying, with a composition of delicate spices, giving the aroma of Middle Eastern home cooking.

- Ala Qandil, slusznastrawa.org

Ingredients for 150 aservings:

- a good amount of rapeseed or any cooking oil
- carrots, peeled and grated _____ 4 kg
- celery root, peeled and grated _____ 2 kg
- potatoes, grated _____ 3 kg
- onions _____ 2 kg
- big leeks _____ x 2

- chopped tomatoes _____ 4 kg
- tomato concentrate _____ 1 kg
- millet _____ 1.5 kg
- water _____ approx. 20 l
- cumin _____ 10 heaped tbsp
- cinnamon _____ 4 heaped tbsp
- salt to taste _____

1 Cut the onions into large chunks, later pulse-cut with a food processor (5 seconds is enough). You want to get approximately 5mm chunks.

2 Cut the leeks (lighter parts) into small pieces.

3 Boil 5 litres of water in a 15-litre pot, and add the grated potatoes. Boil them while stirring frequently.

4 When they're soft, blend them with a hand blender. Set aside.

5 Heat a good amount of rapeseed oil in another 15-litre pot, add the chopped onions and fry till translucent.

6 Then add the grated carrots, celery and leek, fry, stirring frequently.

7 After frying the vegetables for at least 20 minutes, add the remaining 15 litres of water.

8 Boil until they get soft. Add tomatoes, (chopped and the concentrate). Add the blended potatoes.

9 Add the 10 spoons of cumin, plus 4 spoons of cinnamon, and salt to taste.

10 Rinse the millet and add it to the pot. Boil till the millet softens, stirring frequently to prevent the millet from sticking to the bottom.



PEANUT Stew (or Ghanaian groundnut soup)

from Michelle

Tips:

1. I think this soup is best made a day, or at least a few hours, in advance. Serve with some chopped herbs like basil or coriander – mint could be good too – as well as some finely chopped celery, a finely chopped chilli and a squeeze of lemon or lime.

2. This is great with fufu or aligot (cheesy potato mash), some cooked greens, and Madame Jeanette tomato salsa. See front cover photo.

I chose this recipe because I've made it a few times now for large groups of people, and everyone always asks for the recipe!

Ingredients for 100 x 250ml servings:

- a nice amount of cooking oil, (I use peanut or rapeseed) _____ +-500ml
- medium white onions, peeled and roughly chopped (save the peel) _____ x 20
- cloves of garlic, peeled and chopped (save the peel) _____ x 50
- ginger, peeled and chopped (save the peel) _____ 280 g
- small hot chillies, (bird's eye or scotch bonnet) _____ x 10
- tomato paste _____ 120 g
- good plum tomatoes _____ 10 cans
- peanut butter _____ 2,5 kg

- warm/ hot vegetable (or chicken) stock (see below) _____ 20 l
- bay leaves _____ x 15
- salt and pepper _____

Vegetable stock:

- the garlic, onion and ginger peel from above _____
- carrots, roughly chopped _____ x 10
- celery sticks, roughly chopped _____ x 10
- leeks, roughly chopped _____ x 10
- bay leaves _____ x 5
- salt and pepper _____

1 Prepare your onions, garlic and ginger. Save and wash all the peel.

2 In a big pot, add your stock vegetables, all that peel, 20 litres water, salt and pepper and the bay leaves. Bring to a boil, lower the heat and simmer for an hour. Strain and save the liquid. (You could do this in two big cooking pots!)

3 Fry the onions in the oil, (perhaps in batches) until they smell good and have some colour. Remove from the pan.

4 Fry garlic, ginger and the chillies until fragrant but not burnt. Put all the onion back into the pan and add the tomato (puree and cans). Cook a little longer on a low heat.

5 Meanwhile, in a big pot or bowl, add a couple of spoons of peanut butter and a ladle or two of warm stock and combine them with a whisk, slowly adding more peanut butter and more stock until you have approximately 20 litres of stock and 2.5kg of peanut butter. (You could do this two

batches!) Now add the peanut butter stock to the tomato mixture. Blitz with a soup blender until smooth.

6 Return the soup to big pot (or two big pots), add the bay leaves and bring it to boil, stirring often to make sure the peanut butter doesn't stick and burn on the bottom of the pan. Lower the heat and cook for a further 5–10 mins. Add salt and pepper to taste.

A PEPPER STEW

from Ika Sienkiewicz-Nowacka

Ingredients:

- head of garlic _____ 1
- onions _____ 1 kg
- courgettes _____ 2 kg
- peppers (you can use different colours) _____ 2 kg
- aubergines _____ 1.5 kg
- tomatoes _____ 2 kg
- bottled passata _____ 1 l
- olive oil _____
- herbs: three handfuls each of oregano and basil (or other seasonal herbs)
- spices: 2 tablespoons each of salt, sweet paprika, and smoked paprika powder and a teaspoon of black pepper

A pepper stew for Usnarz

On 25 August, when I learned from a friend that a group of approx. 30 refugees from Afghanistan was stuck at the Polish-Belarusian border in Usnarz Górny, my mother and I decided to prepare a large pot of stew and rice to share with those in need. Unfortunately, that was the first day when the media were present at the border. The Border Guard, who had previously permitted the refugees to be given food, water and other necessary items, no longer allowed us to pass on the food. We had to leave the full pots and some pizza we had bought in Krynki in the field, hoping that they would be handed over to the refugees at night. Sadly, this was not the case. I called this entire situation – the wasted food, left on the ground to disintegrate in the pouring rain alongside the cardboard pizza boxes – a “field monument to powerlessness.”

Recipe

- 1 Prepare a large pot and thoroughly wash and chop the vegetables. Start by peeling the garlic and onions. Slice the garlic and shred the onion; remove the seeds from the peppers and cut them into small pieces, 2–3 cm long.
- 2 Cut off both ends of the aubergines and courgettes – without peeling, unless the courgettes are old – and cut them into cubes.
- 3 Shred the herbs.
- 4 Pour oil into a pre-heated pot or large, deep pan.
- 5 Add the onions and garlic and sauté on a medium heat until the onions are translucent.
- 6 Add the chopped peppers, stir with a wooden spoon and fry on medium for five more minutes without covering the pot.
- 7 Add the aubergines and courgettes and stir occasionally for another 10–15 minutes.
- 8 Finally, add the tomatoes, the passata and all the spices. Stir and cook until all the vegetables are tender but not disintegrating.
- 9 Taste and serve with rice of any kind.

OBERIBA *or Semi Brined* KOHLRABI

STEW

FROM

Borys Bodetko

Ingredients for 100 servings:

- kohlrabi _____ 15 kg
- giant beans _____ 6 kg
- onion _____ 3 kg
- vegetable oil _____ 1.5 l
- flour _____ 700 g
- fresh dill _____ 200 g

- 1 Soak the beans in a large pot of water the evening before, make sure the water covers the beans quite a lot.
- 2 Chop up kohlrabi leaves and put them in a 2% brine*, press them with a weight** for at least 3 hours.
- 3 Bring big pot of water to boil, add salt, add drained beans, taste once in a while for softness, don't overcook! Reserve bean water.
- 4 Peel and cut the rest of the kohlrabi into thick cubes.
- 5 With a good amount of vegetable oil, sauté the onions in a large pot (you could do this in batches as there are 3kg of onions!).
- 6 Then add kohlrabi, pour in warm bean water plus more water if necessary (5–10l), bring to boil, lower to simmer.
- 7 In the meantime prepare the blond roux.***
- 8 Whisk in some warm liquid from stew to roux, then a little more, and a little more... keep stirring. Thicken the kohlrabi stew with this roux sauce.
- 9 Add cooked beans. Season with salt and pepper as per your taste.
- 10 Serve with brined leaves and chopped fresh dill on top.

Borys is a photographer and cook currently based in Warsaw. We met at a bar called Rascal where he introduced me to his good friend Maria, with whom he will start a new resto in Warsaw. (In the early 2000's, Maria ran a vintage clothing store in the basement of Ujazdowski CCA!)

Notes

- * To get a litre of 2% brine, fill a jug with 1000ml of water, multiplying by 0.02g, which equals 20g, which is the amount of salt to add (in grams) to the water.
- ** Maybe a big clean stone or two?
- *** Add 700ml oil in saucepan, low heat, then whisk in 700g plain flour. Stir continuously until a paste forms – this is called a roux. Continue cooking for 10-12 mins, till you reach smell of toast! Stop cooking, as this can burn easily. But move to next step promptly.

QUESTIONING

Borys Bodetko

Michelle: Hi Borys!

Borys: Hi Michelle! Thanks for having me.

M: So, let's begin. You have 11 minutes to answer all my questions, they do not have to be full sentences, go!

B: (starts timer)

M: Where do you think your interest in food and cooking comes from? Or who has been your biggest inspiration?

B: The sense of fulfilment that comes from meeting together and enjoying food that I prepared is what keeps me going.

M: Where did you start cooking? Did you train in a school?

B: The first cooking gig I had was doing some prep for an event with the vegan chef Mickey Rotten. I had no prior culinary education.

M: What can you say about the way cooks are taken care of by their employers in Warsaw?

B: In most cases, cooks are treated with no respect. No contracts, long working hours etc.

M: On a scale of 1 to 10, how would you rate the customer service in restaurants in Warsaw?

B: 11.

M: What would you say is missing from the restaurant scene in Warsaw?

B: Some plant-based restaurant that would be an alternative to all the Middle Eastern options.

M: What can you say about the number of vegan restaurants in Warsaw?

B: There are plenty of them and more to come!

M: Where do you drink your coffee?

B: Hałas Vinyl & Coffee at Elsterska St

M: Who makes the best fries?

B: Paloma Inn on Poznańska.

M: Please name 5 of your favourite restaurants in Warsaw, 1 being the best, 5 being the 5th best!

B: 1. Bibenda
2. Paloma Inn
3. Kuchnia Konfliktu
4. Słuzna Strawa
5. Cafe Amatorska

M: Borys, thanks so much for your time. Last question, what will the name of your new restaurant be?

B: "Mir", which means "world", "peace" or "protection" in various Slavic languages.

PORK BELLY & CHICKEN LIVER TERRINE

from **Emily Chia**

Michelle!

I did a trial of the recipe last week, multiplied for 50 portions so I could see if it worked in bulk and it turned out well! So here is the recipe for approximately 150 slices or 12-13 terrine moulds:

I'm extremely bad at following recipes, so I really have no business writing one. This is adapted from Camille Fourmont's beautiful terrines at La Buvette in Paris. Everything is flexible, from the amounts of pork or chicken livers to the moulds you use to cook the terrine. I think this is a nice balance of textures, but don't stress if you find an extra 500g of liver that needs using, just add it in or make yourself a nice snack of livers on toast!

Ingredients:

- pork mince or pork shoulder, cut into small pieces – by hand if you're feeling particularly ambitious _____ 6 kg
- pork belly, cut into small pieces 1-2 cm, or coarsely ground if you're not feeling up to cutting 3 kg by hand _____ 3 kg
- chicken livers, cleaned _____ 4 kg
- of the white sinew _____ 4 kg
- cognac, calvados or brandy of some description (I used Pineau des Charentes because I think it's lovely) _____ 550 ml
- salt (depending on the type of salt, I use grey sea salt and like to over-season terrines) _____ 200-225 g
- freshly cracked black pepper _____ 60 g
- fresh bay leaves, ground to a sprinkle _____ 15-20
- cream _____ 2 l
- dried apricots, dried prunes or dried currants _____ 400 g
- pistachios unsalted (budget permitting, hazelnuts would work well too! but omit if it's getting too pricey) _____ 300 g

1 Mix the pork mince, pork belly, chicken livers, booze, salt, pepper and bay well and let marinate overnight.

2 Next day, feel free to fry off a bit of the meat mixture to test for seasoning and add salt if necessary. Add the cream and dried fruit and nuts and mix well.

3 Each terrine mould takes about 1-1.25 kg of mix. Be sure to distribute the ingredients evenly to ensure each slice gets a bit of everything.

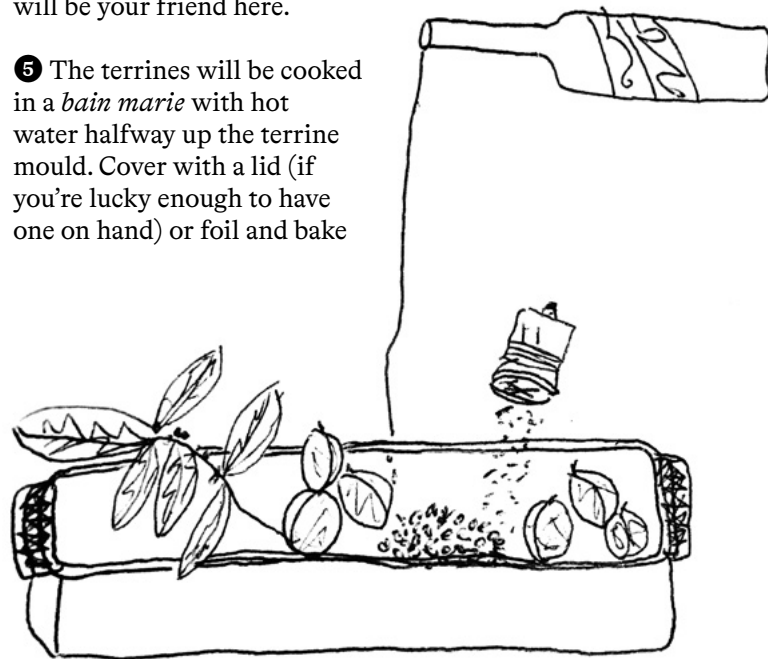
4 If you're not using classic rectangular-shaped terrine moulds you may have to adjust the cooking time. Make a beautiful round terrine in a terracotta bowl! Ceramic or cast-ironware hold and distribute the heat evenly and work best. Use whatever you have on hand, a thermometer will be your friend here.

5 The terrines will be cooked in a *bain marie* with hot water halfway up the terrine mould. Cover with a lid (if you're lucky enough to have one on hand) or foil and bake

at 190 °C for 40 minutes, then uncover it and bake for another 25 minutes or until the temperature in the middle reads 68 °C. Keep adding 5-10 minutes at a time if necessary.

6 Cool down and refrigerate overnight before serving. It improves in flavour over a couple days, so feel free to make ahead of time. Serve at ambient temperature like cheese for the best flavour and serve with pickles!

7 You can get all fancy and make a sauce with the jelly that renders out of the meat, like we do at the restaurant, but simply serving the terrine with a bit of bread as a *scarpetta* is nothing short of perfect.



Emily, formerly senior sous chef at St. JOHN in London, Joe Beef in Montreal and most recently head chef at Le Grand Bain in Paris, loves the flexibility of using recipes as a guideline. She can be found in Paris cooking how she likes to eat—emotionally, with music, and in good company.



Table Pickle

1 Just a simple pickle. Make with any vegetables you like (carrots, beets, radishes, turnips, cauliflower and garlic work well here).

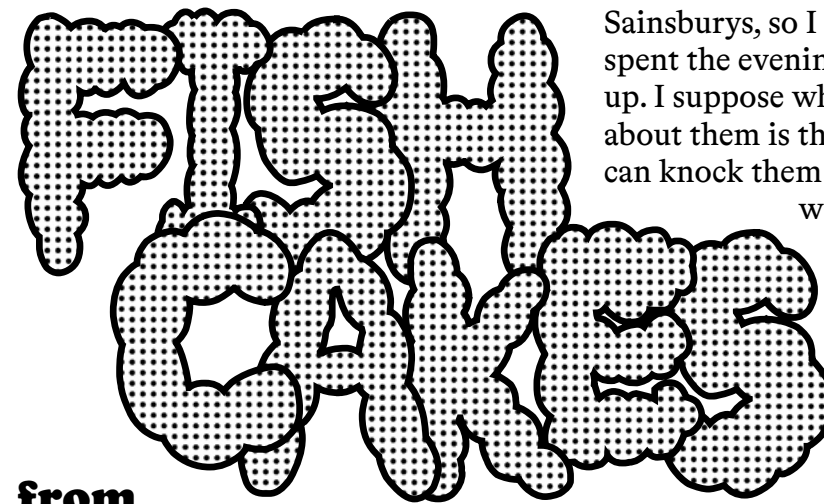
2 First peel your chosen veg and cut it into manageable sizes to fit into glass jars.

3 Make a pickling liquid with ratio of 3:2:1 vinegar: water: sugar by weight. I like sugar in my pickle and love fruit in my terrine; I won't apologise for it.

4 Add aromatic spices and/or herbs like black peppercorn, fennel seeds, coriander seeds, allspice, bay, dill, chilichilli flakes, etc. (whatever floats your boat, but keeping things to just 2-3 aromatics works best) and 3% salt to the combined weight of the vinegar, water and sugar.

5 Heat the pickling liquid to infuse the aromatics and dissolve the sugar and salt.

6 While hot, pour the liquid directly onto the vegetables and seal the jars. I like a bit of rustic character in my pickles, so I tend not to strain the aromatics before it all goes in the jar. Let it sit at least overnight before using, but it is best after a few days.



from

Alex Keys

Fish cakes are a fabulous thing to have around. The top shelf of my freezer at home is currently loaded with them. There was recently fish going for a song at closing time in my local

Sainsburys, so I duly went home and spent the evening making this recipe up. I suppose what I love so much about them is their versatility, you can knock them up easily and cheaply with whatever you have

to hand. A bunch of dill, a few capers, and some sweet pickles... delicious. Some ginger and chilli, left over crab, coriander, and lime, again... delicious

but different. Throw them in the fryer and eat with mayonnaise on the sofa or bake them lovingly in the oven, make a hollandaise, poach an egg and stare into your loved one's eyes across a table. Either way stick to the basic principles of potato and fish and really you can't go too far wrong.

Ingredients for 100 x 125g

- mashing potatoes, peeled and cut in half _____ 8 kg
- white fish, such as cod, haddock, hake, pollock. Filleted, pin boned and skinned _____ 2 kg
- Smoked fish, preferably cold smoked haddock. Filleted, pin boned and skinned _____ 2 kg
- bunches dill, (approx. 200g) finely chopped _____ x 2
- bunches curly parsley, (approx. 200g) finely chopped _____ x 2
- jar of Dijon mustard (approx. 200ml) _____ x 1
- sweet pickled cucumbers, finely chopped (I like Mrs Elswood's whole pickled) _____ x 20

1 Generously salt a large pot of cold water, throw the chopped potatoes in and boil until starting to break apart. Stir them every so often, so that the ones at the top cook evenly with the ones at the bottom.

2 Season the fish lightly with sea salt and then lay out flat in trays.

3 Once the potatoes are fully cooked, strain them, making sure to keep the water. Allow the potatoes to steam dry. While this is happening, you can pour the hot water over the fish and allow it to poach very gently in the residual heat.

4 While the fish is steaming you can pass the potatoes through a ricer, or mash by hand!

Alex (Keys) lives in Brixton Hill and is head cheffing at Rochelle Canteen in Shoreditch, London. (Rochelle Canteen is run by Margot Henderson, the wife of Fergus Henderson, who is the founder of StJOHN.)

5 Now everything is cooked, you can strain the water off the fish. In a large bowl, mix together the potato, herbs, mustard, pickles and half of the fish. At this stage you can also add in a liberal amount of freshly cracked black pepper.

6 Once it is well mixed into a cohesive fishy mash, you can add in the rest of the fish, being gentler this time so you retain larger chunks.

7 Lay the mix out into a tray (trays!) and cool fully before you form the cakes.

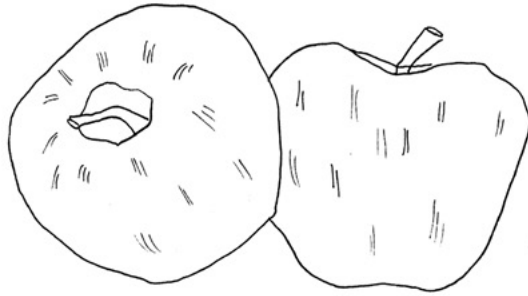
8 Now the mix is cold, set up scales and weigh out balls of the mix to around 125g, each time rolling them in your palms so they become nice, smooth, round cakes.

9 At this stage you want them to be cold, so either leave them in the fridge for an hour or so, or even freeze them. This will let the cakes firm up, making it much easier to breadcrumb them.

10 Once cold you can panko them. Get three large bowls, one with plain flour in, the second with eggs and milk beaten together and one with panko breadcrumbs.

11 Methodically move the fish cakes from the bowl with flour, into the bowl with egg then into the breadcrumbs; place them onto a tray with baking parchment on and then they are ready to go.

12 For best results, fry them at 170 °C for roughly 5 minutes, or until they are over 65 °C in the centre.



Alex Szrok's Seasonal Vegetables and Barley

Alex (Szrok) is teaching, consulting and recipe developing in London. I met him also at StJOHN but we never worked together unfortunately.

INGREDIENTS:

- vegetable oil or butter 1 l / 1 kg
- onions peeled and diced - keep the peel x 40
- large cloves of garlic crushed - keep the skins x 70
- whole heads of celery, chopped into 1cm slices - keep the trimmings x 5
- carrots peeled and chopped into 1cm slices - keep the peel and trimmings x 30
- kohlrabi - peeled and diced into 1cm chunks x 10
- bay leaves x 20
- pearl barley 2.4 kg

- yellow wax beans, trimmed and chopped into 1cm piece 1 kg
- bunches of sorrel, picked and ripped up x 10
- bunches of parsley, picked and roughly chopped x 6
- bunches of mint, picked and ripped up x 4
- sour cream 1.5 kg
- cider vinegar 350 ml
- sheep's curd cheese or similar 3 kg
- all the vegetable trimmings x 10
- bay leaves x 10
- pepper corns 100 g
- water 20 l

This recipe uses vegetables that I imagine would be in season in Poland in the Summer, but can be swapped out for anything bountiful, cheap and in season. Anything you can get your hands on really!

Collect all the vegetable trimmings into 2–3 very large pans, cover with the water, bring to the boil, allow to simmer for 1 hour then strain and reserve this stock.

Divide the oil evenly across the pans, add the onions and colour to a light gold. Add the celery, garlic, carrot and bay leaves. Put the lid on and sweat

until everything looks cosy and soft – around 15–20mins.

Season lightly at this point and add the barley. Stir to coat in the fat then add your stock. Bring it up to a fast simmer, then reduce to a very low heat and pop the lid on. Cook for 15 mins then check and stir.

After a further 10 mins, add all the remaining vegetables except the shredded chard leaves. Cook for another 10–15 mins. Check your barley, you want it soft and plump, but not a memory of its former self, it still wants to be an entity.

When you are happy with it, add the shredded leaves and all the herbs. Let them integrate for a few minutes then add your dairy – i.e., the sour cream or creme fraiche. Stir well to incorporate. Turn the heat off and season well with the vinegar, salt and lots of freshly cracked pepper.

Crumble the cheese over and serve with a mustardy dressed bitter leaf salad and caraway soda bread.

Caraway soda bread

INGREDIENTS:

- plain white flour 8 kg
- wholemeal flour 2 kg
- bicarb of soda 300 g
- natural yogurt 8 kg
- caraway seeds 300 g

Have a few people helping you as, when it comes to shaping, you want to get it in the oven quite quickly while the bicarb is still doing its thing. Alternatively, divide the recipe into smaller quantities so you can do it faster.

Sift all the flours and the bicarb, and split evenly into 2 full-size, deep gastros together with the salt and caraway seeds. Add the yoghurt, stirring constantly as you're pouring; add a splash of water if it needs. The dough should be soft and this side of sticky.

Tip the doughs on to a lightly floured surface and divide each into 2. Roughly knead the dough for about 1 minute. You're not looking for smooth elastic normal bread dough, this is just to bring it together. Divide each of these doughs into 5 and roughly shape these into a round. Place them into lightly floured baking sheets, cut a deep 6-pointed slash into each loaf and bake at 190 °C for 45 mins–1 hr until they sound hollow when tapped.

FROM ROLAND ROOS Äpplermagronen

I had some friends coming over yesterday night and we ate Äpplermagronen. It is a very simple dish that was popular in our milk bar. So I took a picture of it and wrote down the ingredients. I also was forwarding your recipe-call to Bettina, Valentin and Marco in the hope these people will also send their recipe.

Greetings to all, Roland

APPLE SAUCE

- apples x 52
- sugar 350g
- cinnamon stick x 10

ONION ROUX

- medium onions, x 26
cut into rings
- tablespoons flour 350g
- butter 350g

MACARONI

- potatoes, cut into 7.8 kg
small pieces
- pasta macaroni, 3.2 kg
cooked al dente
- grated cheese 3.2 kg
- semi-fat cream 3.2 l
- salt, pepper and nutmeg
to taste

1. Peel the apples and cut into small pieces. Boil these for approximately 15 minutes and add sugar as well as the cinnamon sticks. After 15 minutes, remove the cinnamon stick and drain all water. Mash and leave to cool.
2. Peel the potatoes and cut into small pieces. Boil until soft, approximately 10 minutes, (for ease, you might want to boil the potatoes in two large pots, rather than just one big one). Drain and set aside.
3. Peel the onions and cut into rings. Turn the onion rings in the flour. Fry (in batches) in the hot butter until crispy, (this can take a while, be patient and keep turning as they can burn quite quickly).
4. Heat up the semi-fat cream together with the cooked macaroni, add salt, pepper and nutmeg.
5. After a couple of minutes add the potatoes into the pan with the cream and macaroni. Add cheese.
6. Serve the macaronis with the onion rings on top and add two or three tablespoons of applesauce.

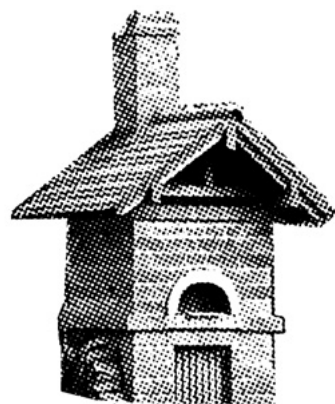
Swiss artist Roland Roos began his residency in Warsaw by actively seeking out broken elements within the city space, such as a broken window or crooked street sign. As part of the utopian FREE REPAIR project that began several years ago. Please see www.rolandroos.net

Cooking with Juliette Delventhal and Spirit Rock Meditation Center

Hi Michelle,

Here are two menus and a dessert from the recipe collection of Spirit Rock Meditation Center, where I served as Kitchen Manager for 5 years after leaving Warsaw and returning to the US. They come via my friend and Spirit Rock's current kitchen manager, Krystin Rubin. These recipes are not 'mine', but come from a long line of cooks who lovingly prepare meals for the retreatants who come in search of healing and peace. They are offered to this collection in that spirit. May all beings be free from suffering. May all beings know peace and safety.

With thanks,
Juliette



There is a pizza oven on location at Ujazdowski Castle, this was built by Juliette during her Summer residency back in 2011! Juliette was the first 'chef-in-residence' at Ujazdowski CCA.

1. Black Bean Chili and Cornbread

Black Bean Chili

INGREDIENTS FOR 145 SERVINGS:

- black beans _____ 7.7 kg
- cans crushed tomatoes _____ 12.75 kg
- yellow onions _____ 4.25 kg
- bell peppers _____ 4.25 kg
- olive oil _____ 1.21
- cumin seed _____ 225 g
- oregano _____ 225 g
- cayenne pepper _____ 4 tbsp
- paprika _____ 14 tbsp
- chopped jalapeno chilies (optional) _____ 1.1 kg
- cloves minced garlic (optional) _____ 19
- salt _____ 4 tbsp

GARNISH SUGGESTIONS

- bunches green onions _____ x 5
- sour cream _____ 1.5 l
- bunches coriander _____ x 5

A DAY AHEAD:

Sort the beans, rinse them well and soak them overnight.

DAY OF SERVICE:

Drain the beans. Place the beans in a large pot and cover with water to several centimetres of water ABOVE the beans. Cover and bring to the boil. Reduce the heat and cook for 1 hour and 45 mins or until tender. You should occasionally check the water level. Add more if the beans are no longer covered.

When the beans are cooked, strain them. Reserve the cooking water and add it back to the beans to just cover.

Place the cumin seeds and oregano in a small pan and roast in a 160°C oven for 10 to 12 minutes until the fragrance is toasty.

Sauté the onions, bell peppers and garlic in oil with the cumin seeds and toasted herbs, cayenne pepper, paprika and salt for 10 minutes or until the onions are soft. Add the tomatoes and chilies.

(This could all be done in batches or in multiple pots as the quantities are so large.)

Add everything to the beans and the cooking water and stir. Cook until the flavours come together.

Serve with garnishes on the side.

Cornbread

INGREDIENTS FOR 145 SERVINGS:

- cornmeal _____ 3.38 kg
- all-purpose flour _____ 3.38 kg
- sugar _____ 338 g
- baking powder _____ 161 g
- baking soda _____ 4 tbsp
- salt _____ 4 tbsp
- eggs _____ x 33
- buttermilk _____ 2.7 l
- whole milk _____ 2.7 l
- unsalted butter, melted and cooled _____ 450 g

- shredded cheddar, or other medium hard cheese (optional) _____ 3.4 kg

Preheat the oven to 220°C

Butter some hotel pans (baking trays). In a stand mixer, combine the cornmeal, flour, sugar, baking powder, baking soda, and salt.

In a separate bowl, beat the eggs then add the milks. With the stand mixer running on low, pour the wet ingredients into the dry, then quickly add the melted butter and cheddar (if using), and mix until just combined.

Do not overmix. Remove the bowl from the stand mixer and use a plastic scraper to make sure the contents of the mixer are evenly incorporated.

Pour into the prepared hotel pans and bake until the top is golden and crackly, and the edges have pulled away from the sides of the pan.

(Again, because of the huge quantities, do this in 3 or 4 batches! All of the ingredients will not fit into a domestic stand mixer.)

Bake for about 20 mins.

2. Dal Palak and Basmati Rice Pilaf

Dal Palak

INGREDIENTS
FOR 140 SERVINGS:

- red lentils or dal, soaked overnight 7.7 kg
- turmeric 3 tbsp
- ginger, fresh, minced 562 g
- ghee, (clarified butter) or safflower oil 562 g
- dried red chilies, chopped 5 tbsp
- asafotida powder (hing) 1.5 tsp
- black mustard seeds 5 tbsp
- whole cumin seeds 5 tbsp
- large tomatoes, chopped x 16
- spinach 1.25 kg
- bunches coriander, chopped x 2.5
- garam masala 1.5 tbsp

Drain and rinse the lentils.

Place in a large pot, cover with water to several centimetres above the level of the lentils. Cook until soft, adding more water as needed to end up with a thick, creamy consistency.

When cooked, heat the ghee or oil and add the black mustard seed and cumin seed in a frying pan. Stir and fry until they begin to pop. Add the ginger, turmeric and masala to the pan. Fry for 1 minute.

Add tomatoes and cilantro to make a sauce.

Add to the cooked dahl. Add salt and asafotida powder. Stir in the spinach and serve.

Basmati Rice Pilaf

INGREDIENTS
FOR 128 SERVINGS:

- safflower oil 550 ml
- onions, chopped 2.2 kg
- basmati rice 7.2 kg
- water 9.44 l
- dried apricots, quartered 1.1 kg
- raisins 562 g
- almonds, toasted and chopped 1.1 kg
- cinnamon sticks x 4
- salt to taste _____

Preheat oven to 200°C

In a large frying pan, heat the oil, add the onions and sauté for about 5 minutes until soft. Add the dried fruit and toss to coat.

Divide the onion/fruit mixture between 4 hotel pans (baking trays), add a cinnamon stick and salt to each pan. Add 1.8kg rice and 2.4l boiling water to each pan and cover tightly with foil.

Place the pans in the oven and bake until the rice is done – about 30 mins.

Sprinkle almonds over each pan before serving.



Vegan Amazon Chocolate Cake

INGREDIENTS
FOR 140 SERVINGS:

- all-purpose flour 4.8 kg
- cocoa powder 1.1 kg
- baking soda 5 tbsp
- sugar 3.15 kg
- salt 7.5 tsp
- sunflower oil 1 l
- water 3.3 l
- vanilla 129 g
- apple cider vinegar 14 tbsp

Heat the oven to 180°C

In a large bowl or stand mixer, whisk together the flour, cocoa, soda, sugar and salt.

In a separate bowl, whisk together the water, oil, vanilla and vinegar. Whisk the wet mixture into the dry, until smooth. If lumpy, pour through a strainer, press any lumps through and then whisk again.

Mix again and pour into greased hotel pans (baking trays). Tap the pans against the counter several times to pop any air bubbles.

Bake for 20–30 minutes, or until the top springs back when pressed gently.

KEBAB WRAPS

FROM PEIMAN KHOSRAVI

FLATBREAD

- all-purpose flour 4505 g
- salt 81 g
- instant dry yeast 81 g
- oil 45 g
- water at 23°C 2928 ml

Mix everything into two large tubs (unless you have a large enough trough or tub to do it in one).

Mix everything together by hand until combined, then cover the tubs and leave them to rest for 15 mins.

Portion into 150g pieces then shape each into a ball. Cover the balls and place them in the fridge to rise slowly overnight.

Stretch by hand into thin round disks on a generously floured table and bake immediately on a barbecue, in a flat, cast-iron pan.

At this stage, a second person is needed to cook the bread. Try not to let it dry out while cooking and keep it wrapped inside a kitchen towel.

The breads can be refreshed on top of the grilling meat just before service.

LAMB LIVER KEBAB

- lamb liver cut into bitesize cubes. This can be replaced with kidney or heart, or even a mix of all three. Cut the heart and kidney thinner than liver as they take longer to cook.

12.5 kg

- lamb or beef fat, cut into thick strips the same length as the liver cubes.

3.75 kg

Skewer the liver and fat, alternating between them. Do not season at this stage. Use long metal skewers with a slight width to hold the meat in place.

Cook briefly on top of white embers, moving constantly until nicely coloured.

Do not overcook!

At the last minute, a flat bread can be placed on top of the skewers to refresh as well as soak up some of the juices.

Season the meat just before it comes off the barbecue. Place

the bread on the serving plate and the skewers on top. Then fold the bread to sandwich the liver and pull the skewers out while holding the liver in place by pressing down on the folded bread with the other hand.

The liver should be immediately topped with the garnish and served hot.

See below for suggested toppings.

ONION SALAD

- red or white onions thinly sliced; salt heavily to season 25–30
- sumac powder (if sumac is unavailable, use lemon juice or cider, or white or red white wine vinegars)

Mix the salt and onions together and leave in the fridge for 1 hour. Take out and drain well. Season with sumac or lemon juice.

PEPPERS AND PARSLEY SALAD

- peppers (any sweet peppers, cut or left whole depending on size. Skewered and cooked on hot flames before the meat. Go for dark charred colours) 25-30
- parsley bunches (washed, picked but not chopped) 3-4
- pomegranate molasses (if available)
- olive oil
- salt

Mix the salt and onions together and leave in the fridge for 1 hour. Take out and drain well. Season with sumac or lemon juice.

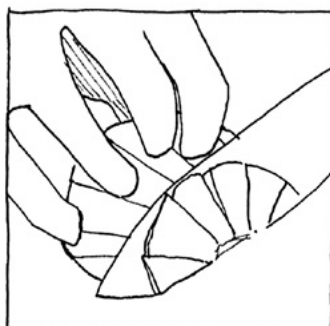
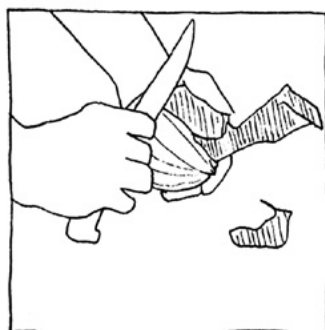
YOGHURT SAUCE

- natural yoghurt 2 l
- garlic crushed 1 bulb
- salt _____

Mix natural yoghurt with crushed garlic and salt.

Drizzle on top just before serving the open wrap.

I invited Peiman to cook at Table Dance in Autumn 2018. At the same time his partner was performing at local venue, Het Vleeshuis. Peiman now makes bread and sells it in Le Poujol-Sur-Orb.



drawing by Stefania Lozynska

WHITE OR RED Kimchi

WITH
DONGHWAN
KAM

INGREDIENTS FOR 100 SERVINGS:

- whole napa or Chinese cabbage x 10
- sea salt 1,5 kg

SEASONING

- daikon or white radish, (peeled and cut julienne) x 10
- carrots (peeled and cut julienne) x 10
- apples (fine grated) x 20
- oranges (squeeze) x 30
- or 3l fresh orange juice x 30
- spring onion (chopped into 3 cm long pieces) 300 g
- 5 bulbs of garlic (grated) 300 g
- ginger (grated) 500 g
- kombu (thinly cut or sliced) 50 g

FOR RED KIMCHI

- korean chili powder, (don't use normal chilli powder, it's too hot!) 1.5 kg
- water 2 l
- glutinous rice flour 200 g

① Cut napa cabbage vertical in four pieces first, then chop into 5cm pieces.

② Sprinkle salt between napa cabbage leaves, flip over every 30min.

③ Rest for 1-2 hours until leaves get soft.

④ Put all the ingredients for seasoning together. For red kimchi → combine seasoning mix with glutinous rice mixture, mix well.

This is only for red kimchi → put water and glutinous rice flour together and heat it until it thickens.

⑤ Rinse napa cabbage thoroughly and lightly, (but do not over-wash, you still need saltiness).

⑥ Combine seasoning mixture with napa cabbage.

⑦ Put it in a container and let it sit for a day at room temperature.

⑧ Keep in a fridge and let it sit 1 or 2 more days and then start to eat!

Donghwan is from South Korea, but based in Amsterdam at the moment. He is a fellow resident and plays ping pong on Monday evenings. We visited the food and cooking exhibition at Polin Museum of the history of Polish Jews.

Ukrainian APPLE PIE

with Alona, Yulia & Tatiana

INGREDIENTS FOR 100 SERVINGS:

- semolina (1kg) 8.5 cups
- sugar (1kg) 8.5 cups
- flour (1kg) 8.5 cups
- baking powder 17 tsp
- salt (3g) 8.5 pinches
- vanilla sugar 8.5 packs
- apples, grated
(juicy, sour apples) 13 kg
- butter 1.275 kg

Put the butter in the freezer overnight, we need it frozen.

Pre-heat the oven to 180°C. Take four baking trays, similar in dimensions to a piece of A3 paper and roughly 5cm deep, and then line them with baking paper.

Mix all the dry ingredients together: flour, sugar, semolina, vanilla sugar, baking powder, salt.

Mix everything well to get a homogeneous powder, weigh it and divide by 16. Each layer will be 1/16 of the dry ingredients combined.

For this cake you need to take juicy, sour apples. If they are not sour enough, you can even add a little lemon juice.

Grate the apples together with the peel. Don't be afraid if they start to get brown. You can grate them and leave them in the air to give the finished cake a beautiful marbling of colours. Then divide the apple mass into 12 equal parts.

Pour 1/16 of the dry ingredients on the bottom of each baking tray. Distribute it evenly and press down with a spoon.

Next add a layer of 1/12 of the grated apples to each baking tray. This can also be flattened with a spoon. Then comes a layer of dry ingredients, etc. Repeat the alternation of layers. The last layer of each tray should be the dry ingredients.

Take the butter from the freezer and grate it. We need butter crumbs. It should be evenly distributed on top of each of the cakes.

Use a skewer or fork to make holes in the cakes. In this way, the butter will melt and soak into the cake evenly.

Bake the cake for about 40–50 minutes. The butter should all melt through the inside of the cake, with the top layer becoming crisp and golden.

Alona, Yulia and Tatiana are from Ukraine and fellow residents at Ujazdowski Castle. We often cook together in the common kitchen.

HEALING RECIPES

from Pipa Ambrogi

23/04/2022

Hi dears,

I'm on it at the moment! It's 7am, and I have a big cauldron of strength rice porridge in the kitchen. I had 2 portions yesterday! When I've finished the six hours of cooking it, I'll have this every morning for almost 2 months, to recover. It's powerful stuff...

The idea is to have recipe(s) for healing foods.

So I share some info about ingredients and their uses and the preparations for this and that. I'm finishing building the first one, STRENGTH PORRIDGE, but need to still test ANGER STEW and WISDOM SOUP.

Time is quite short, but maybe I get the three recipes done in time. If not, I have two teas, CALM and SOLACE.

love, Pipa

30/04/2022

Hi dears,

I made the three recipes I wanted to, but I need you guys to go through them and tell me if price/availability is doable.

I sort of know what is around Poland, but prices... not so good on that part!

We had fun here cooking, testing. My dog was delighted with the smells and was always sitting at the kitchen door watching me and making sounds of dog, HEY, CAN I TASTE IT TOO?

I hope you like them and are not too shocked by the choices of ingredients. I'm using animal parts, but I'm a student learning new things about the medicines from the past, and I added vegan versions to defend myself from agreeable critics on the animal use. Only as medicine.

Good weekend for you.

love, Pipa

STRENGTH PORRIDGE

makes 100 portions of 250g

Ingredients

- white rice 5 kg
- water 30 l
- coconut oil/ unsalted butter 250 ml/ 250 g
- cinnamon sticks x 75
- grated fresh ginger (or grated horseradish but 150g) 250 g
- bay leaf 25

Add-ons:

- honey or pigwa jam, or apricot jam or whatever you have 500 ml
- sunflower or pumpkin seeds or walnuts 500 g
- dried plums 500 g

1. In a 50l pan, add the rice and water. Cook it at the lowest heat possible, for 6 hours – covered, so it keeps the steam inside.

2. Every now and then you can give it a quick stir.

3. During this time you can add the cinnamon sticks (if you don't have sticks, you can use cinnamon powder, but only add it at the end when it is ready to serve). Add the bay leaves about half way through the cooking time.

4. Check the water and add a little more if needed.

5. It should become a soft and gooey, white, shiny thing (a crust forms at the bottom of the pan, as it should.)

6. Around 3 minutes before you intend to turn it off, add the grated ginger (or horseradish), stir so it cooks for 3 minutes (the average time needed to get the properties from the roots).

7. Turn off the heat, add the coconut oil or butter and stir again.

8. Serve hot, with a small spoon of honey or jam, some seeds or walnuts and some prunes or raisins.

9. The slow-cooked rice retains all the warmth inside; it nurtures the centre of the body, irradiating the warmth it gathered during the long cooking time. It is also a diuretic and can detox the body, though it is not recommended for people who already pee a lot.

10. You can also make in two big pots, as it will get heavy from the amount of water included... divide, multiply the recipe as you wish. If used frequently, it can be a great help with making the body strong, the mind focused and staying anchored in the present.

11. The porridge can be frozen and reheated by adding some water.

12. For small children and fragile elders, grab the creamy part on the top only, as it is more fluid and more easily digestible.

When:

The best time to eat is from 7/11 am or 7/11 pm.

EAT HOT/WARM

WISDOM SOUP

makes 100 portions of 300g

Ingredients:

• bone marrow/ knuckle bones*	4 kg
• beetroot, skin burned, peeled and chopped (keep the leaves for later – washed, cleaned and maybe chopped)	2.5 kg
• carrots, skin burned, peeled and chopped	2.5 kg
• celery stalks, chopped	x 20
• onion, chopped	2 kg
• garlic, chopped	170 g
• lentils	2 kg
• rolled oats	1 kg
• sunflower seed oil	200 ml
• salt	50 g
• water to start with, (you may need to add a little more at the end)	35 l
• bay leaf	x 30
• coriander seeds	50 g
• anise seeds	25 g
• thyme sprigs, or you can also use dill instead	30
• horseradish paste/ or you can also use freshly grated ginger	200 g

1. Toasted sunflower/ pumpkin seeds to put on top, lemon zest if you have some handy. You can use all of them – I do – or pick some and see how it tastes. It depends on what you like and what you have.

2. The first thing is to put the lentils to soak in fresh water, for at least 2 hours (it makes them easier to digest).

3. On an open flame, either from the stove, or from a barbecue pit or a wood fire, place the whole beetroots and carrots and let the fire burn their skins to black. The fire should not be too close, we just want the skin burned, not the whole thing. All the sides should be black.

4. Take them from the fire and place in a container with

a tight cover. A plastic bag would also be fine. Set them aside for later. We want the steam to absorb the smoky flavours. An hour or so later, peel all the black off and chop up the beets and carrots.

5. In a 40l pan, add the oil, and sauté the onions in batches until they are golden; add a pinch of salt and remove them from the pan.

(Adding a pinch of salt after every ingredient you add to the pan brings out the flavour – a tip for you from an Argentine master cook. It works!)

6. Put the coriander and anise seeds in the pan together with some of the bones and a pinch of salt. Brown the bones on every side. Set these bones aside

and continue to brown the remaining bones.

7. Return all the bones to the pan. Add the onions to the bones. Add chopped garlic, a pinch of salt, carrots, a pinch of salt, beetroots, a pinch of salt, chopped celery stalks, a pinch of salt. Add the bay leaves and the thyme.

8. Add the water and let it boil, covered.

9. While that is boiling, drain the lentils and discard the water. Add the lentils to the boiling Wisdom pan... and, of course, a pinch of salt.

10. Take the bones out of the pan, collect the meat from them, shred it and put it to one side. You can use this for a side dish.**

11. Discard the bones.

12. Cook the pan for another 5 minutes, or until lentils are almost soft, then add the oats and a pinch of salt.

13. And now you start tasting, in order to see if it's seasoned correctly.

14. Turn the heat off.

15. Add the marjoram, mint, chives and dill.

16. Top with toasted seeds and lemon zest.

Notes

* Vegans, substitute the meat/ bones with aubergines or pumpkin, or both. Blacken their skins the same way you did with the beets and carrots. Let them cool a bit, peel off the black skin and squeeze them to get out some of the liquid trapped

inside. I would increase the amount of lentils and carrots and oats as well. And to match the medicinal effects of bone marrow, try to find some black sesame seeds. Toast them along with the seeds.

** With the reserved shredded meat, sauté shredded beet leaves in a drop of oil and a pinch of salt; add the shredded meat and serve as a side dish.

When:

best time to eat from 11 am/1 pm or 5/7 pm

EAT HOT/WARM with BREAD

ANGER STEW

makes 100 portions of 175g

Ingredients:

• chicken liver*	10 kg
• onion chopped	4 kg
• garlic crushed	1.25 kg
• button mushrooms sliced	5 kg
• coriander seeds	30 g
• paprika powder	90 g
• marjoram	100 g
• parsley chopped	100 g
• salt	200 g
• hot water	3,8 l
• lemons, zest only	30
• oil	1.25 l

1. Clean the livers, cut off all the membranes and veins, cut in half.

2. Pick a low large pan, or maybe 2 and divide the contents.

3. Heat on high (it will be high all the way through the end), add the oil, and sauté the chopped onions until they darken to a golden colour.

4. Add the sliced mushrooms, crushed garlic and coriander seeds, and sauté the mushrooms until they are golden, not dry, just sealed. Then add the liver, paprika and marjoram.

5. Remember the salt trick from WISDOM SOUP? Use it!

6. Cook for 2 minutes, stirring.

7. Add 1/3 of the hot water; cook for 2 or 3 minutes until the juices have thickened.

8. Add another 1/3 of hot water; cook for 2 or 3 minutes until the juices have thickened again.

9. And once more.

10. Add salt to taste, add the chopped parsley and lemon zest.

* You can also exchange the liver for wild mushrooms.

When we talk about *anger*, we need to freshen the mind, clear the heat, strengthen the blood and the main organ to focus on is the LIVER. Have a look at the different mushroom healing properties. I use liver only on emergency calls. This is an **emergency** recipe.

Healing dictionary from Pipa Ambrogi

ANISE SEEDS are a remedy for bloating and cramps, nausea and indigestion. They can treat asthma, bronchitis and coughing, as well as increasing breast milk production.

AUBERGINE refreshes the blood, balances the liver functions, clears internal heat and makes the blood flow, flushing away any obstacles in the veins.

BAY LEAF warms the body, regulates energy levels and makes the blood flow. It treats the digestive system, promotes digestion, stimulates appetite and the secretion of digestive juices. It helps digest meats and is useful against arthritis pains.

BEETROOT nurtures the blood, helps the circulation and treats a congested chest.

BONE MARROW nurtures the bones and prevents osteoporosis. It is particularly helpful for the elderly and anyone in a deep weak state. If this is not the case, consider using a vegetarian option. Meats and animal parts should be avoided when not necessary.

BUTTER nurtures the body, helps with blood flow, lubricates and induces mucus formation; be careful with butter and use with caution.

BUTTON MUSHROOMS strengthen the kidneys and regulate body temperature; they fortify the digestive system and help flush trapped liquids.

CARROT fortifies the kidneys, stomach, spleen and intestines. It nurtures the blood, helps with circulation and prevents night blindness.

CELERY nurtures the kidneys and helps dizziness, headaches and rigid tendons on hypertensive people.

CHICKEN LIVER fortifies and refreshes the blood, helps build up energy and lubricates the intestines.

CHIVES promote blood circulation, alleviating bruises and blood coagulation. It treats chest pain, difficulty with swallowing and an upset stomach.

CINNAMON heats the body, stimulates blood circulation and flow. It is used for flu symptoms, supports digestion, helps brain health and its used for convalescence in general.

COCONUT OIL nurtures the body and lubricates things internally.

CORIANDER SEEDS detox the body and are a remedy for bloating and cramps. They ease nervous tensions and sweeten the breath, as well as calming anxiety and aiding sleep.

DILL enhances digestion, the absorption of nutrients and immunity. It relaxes the tensions of muscles, tendons and the mind, is an expectorant and an anti-inflammatory. It treats insomnia and constipation.

GARLIC promotes energy circulation, warms up the body, neutralises toxins and fights worms. It is a great tonic for the elderly.

GINGER and HORSERADISH can both be used for respiratory problems and are mildly expectorant.

HONEY is a blood tonic; it treats anxiety, normalises and lubricates the intestines, acts on the nervous system and has good effects on the prostate. It should be used in small portions, as too much sweetness is heavy for the body.

HORSERADISH is a digestive that increases gastric secretions. It also a diuretic, an expectorant and a perspirant, helping to detox the body.

LEMON clears away body heat and emotional heat; it transforms phlegm into flux, helps stop coughing and can treat stomach pains.

LENTILS have a lot of protein, iron and magnesium. They tone up body energy.

MARJORAM treats insomnia, anxiety and headaches. It tones up the body strength and supports breathing problems. It also lowers libido.

MINT refreshes and clears the mind. It regulates energy, neutralises toxins, treats migraines and the skin.

OATS treat insomnia, exhaustion and depression; they humidify and move the intestines, raising energy levels and nurturing the blood. They also help strengthen the digestive system.

OLIVE OIL lubricates the lungs.

ONION is an energy tonic, neutralises toxins, is a diuretic and expectorant, regulates blood pressure and fortifies the muscles. It is useful against colds, flu, headaches, constipation and cold abdominal pains. It also inhibits the rise of cholesterol and treats arteriosclerosis.

PARSLEY strengthens the kidneys and nurtures the blood; it eliminates toxins, is a diuretic and is used to treat high blood pressure.

PRUNES, especially when cooked with the stones in, assist the detoxing of alcohol and help both liver and kidneys to function.

PUMPKIN is a tonic to the digestive system, helping to build energy and flushing away liquids trapped in the body.

SALT, in small quantities, is beneficial to the kidneys, but only in **SMALL** quantities. If you have too much, your kidneys can get overwhelmed.

SUNFLOWER and PUMPKIN seeds are both good sources of iron, helps the blood and can also nurture the brains. Walnuts have similar properties.

THYME fights H. pylori bacteria on stomach ulcers. It is a tonic to the immune system, treating infections on throat and chest, acute bronchitis and coughs. As well as being aromatic and calmative, it is an antioxidant that supports the body's functions and helps maintain vitality.

APHRODITE (NEGRIL) 2
1991-94

INK AND GOUACHE ON PAPER
(ARCHES AQUARELLE COLD PRESS)
40½ × 25⅞ INCHES

'Foods that take the longest to go off' by Francesca Hawker

The offal's off
Is it really so awful?
Off it goes alone
Slouching off
Can I pull off your jumper
who's being eaten by this
moth?
like a fine merino onion
"you smell like an onion, but
you're not one!"

Dry your rye's
to a mushy room temp
& know that herbs can go all
night
They can go all year
Oh, no
left this hot by the window
sill-y now its really ripe
now its RIP

There's pesto at the back
Can you hack it again?
Can you hack the beef?
Can you stand that hack?

Can you caaaaan me?
Can you caaaaan me?
Canna canna canna canna
can you?



NOT the shrimp
NOT chicken

You did not win if you
canned chicken

Chick, peas
Yes, please

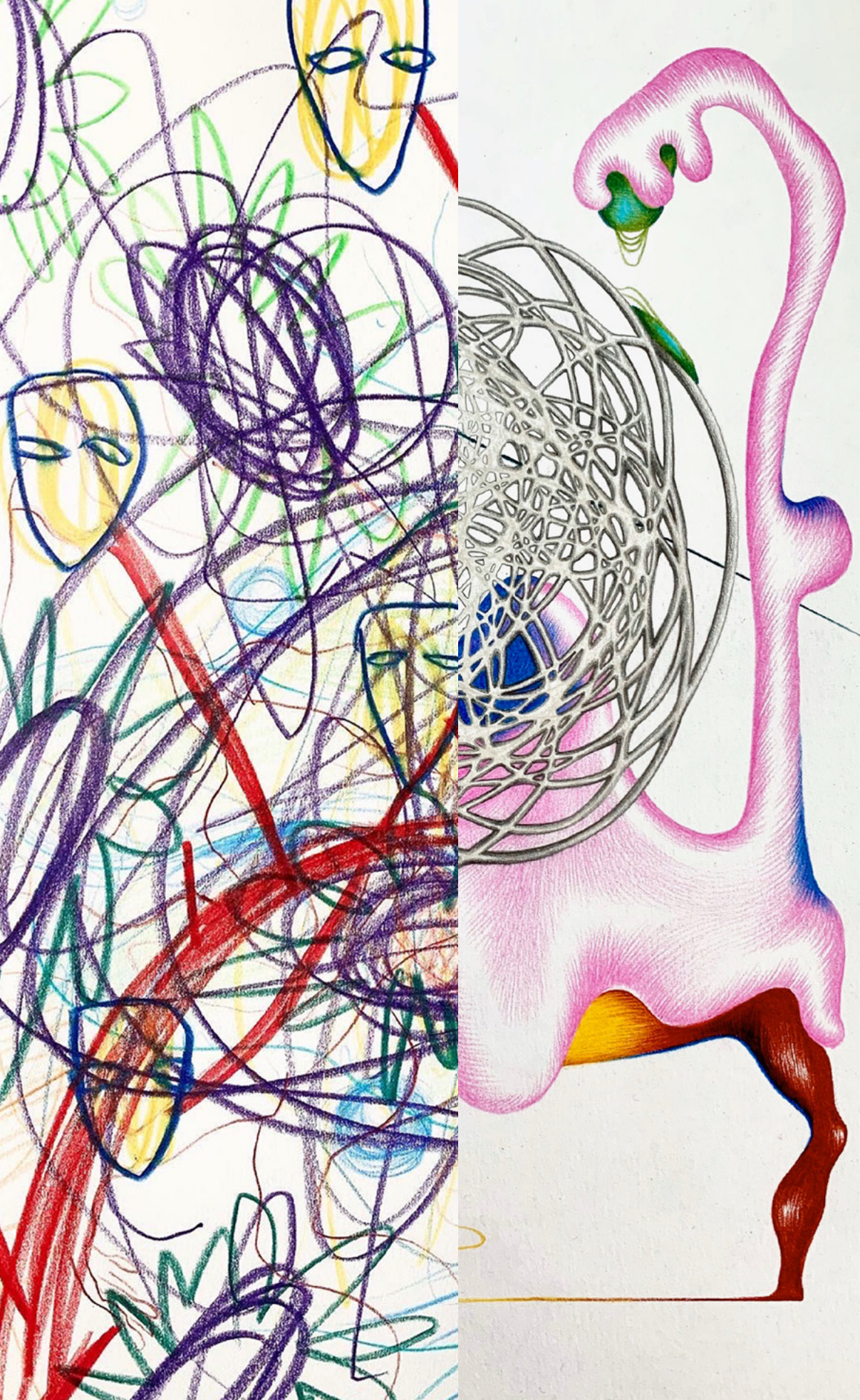
You can use the liquid for
something I think

Can you caaaaan me?
Can you caaaaan me?
Canna canna canna canna
can you?

Rice Marden (BE), Antwerp 2018

Next page:

Elena Minyeyvtseva is a Ukrainian artist based in Antwerp. She is currently selling her doodles (back cover left) to raise funds for the Ukrainian military. @elenaminyeyvtseva



left half doodle: Antwerp 2022 / right half: *Kersen Kekse*, A4, Antwerp 2020. Elena Minyeyevtseva (UA)