

UMAMI; HÉLÈNE ABRAND



CV

Hélène Abrand is not yet a brand. she is happy about that. She is doing her best to keep entire. Difficult though when you know she is French, and likes Kali.

She is currently better known as helenet, which comes from her inter(national)activity and nirvanet past: she's always liked to cross frontiers and discover.

Her company, HAC, is at the crossroad of arts, business and politics, if not about music, personal development and harmony.

CONCEPT

Umami is sweet. "Sweet is almost universally regarded as a pleasurable experience" (wikipedia). What sweeter than a caramel, nougat, turrón, halva, mchouik ...

Umami means delicious, tasteful in Japanese. Kikuna Ikeda San in 1908 gave that name to the taste he loved and which hadn't been scientifically defined till then. It was added to the four other tastes recognised in XIXth century by Herr Fink. Umami is then the recognition of a different taste. It symbolises here for me the need of diversity, the acknowledged difference as serene base of identity.

Umami also means 'full mouth taste', a taste that is said to be tasted within the whole mouth -contrary to the others which were supposedly tasted only in parts of it. Umami flavor being strongest when combined with aromas, umami effects may be stimulated by acting simultaneously with aromas, texture, sight, as well as with their sounds and music. Seashells collected on the beach give the inspiration. Umami is like u-carmen, it is about love and serenity, which as everybody knows, don't go without freedom.



INGREDIENTS

500 g of honey of acacia or local flowers

5 spoons of vinegar of xeres (or organic local fruit vinegar)

A few spoons of white fresh cheese, or butter, or argan or olive oils

Half a prickly pear in season.

And a tasteful mix of juice or mashed flesh local fruits, herbs or ingredients like:

- horchata (white beverage made out of chufas roots)
- orange flower essence
- thyme, rosemary, lavender
- lemon, oranges, grapefruit flesh and grated skin
- figs

- pieces of almonds, nuts, chestnuts, pine nuts, sesame seeds, pipas (grilled and salted sunflower seeds without their shell)...

Empty seashells collected on the beach.

PROCESS

Reduce the honey in a softly warming saucepan, deglace it with the xeres or fruit vinegar. Firmly integrate the prickly pear in season. Add fresh cheese, butter, argan or olive oil in function of smoothness substantial quality. Steer slowly and softly integrate the reduced-with-hand thyme or chosen herbs or fruits. Add cut into small pieces dried fruits. Acidity of vinegar and fruits, by caramelising will reduce structure while waking up the fruits and herbs perfume. The mix, reaching boiling point, will pass from a clear orange to a softly dark brown. Put off fire and pour gently into the cleaned seashells, sculpting into the matter for creative harmonious shape as it cools down. This will take from 10 minutes to 1 hour depending on creativity, choices and maturity.

LE FRUIT DE L'AMOUR; SAÏD AIT EL MOUMEN AND ASSOCIATION DAR BELLARJ



CV

Saïd Ait El Moumen is a musician, dancer and choreographer. After working as a percussionist for ten years, he decided to give his career a change of direction by taking part in contemporary dance workshops organised by some leading choreographers such as G. Appaix , Hella Fattoumi, Sam Louwick, Bernardo Montet, Mathilde Monnier and Fatou Traoré, to name just a few. He founded the first Moroccan contemporary dance company ANANIA with T. Izeddiou and B. Ouizgan in 2003. In 2004, he was invited by the Centre Chorégraphique National de Montpellier to attend the EX. E. R. CE. training course for professional contemporary dance dancers. Since then, his work has been exploring of dance, music and video art.

Maha El Madi is the director of the cultural association **Dar Bellarj** Settled in the heart of the Medina of Marakesh. Dar Bellarj foundation has the goal to promote Moroccan culture and it transmits cultural messages through thematic exhibitions. Dar Bellarj also works on the role women have in the morrocco society.

CONCEPT

To be honest, dates (the fruits of love) are rather a duty than a choice. A duty connected to the ancient tradition of several centuries built on courage, patience, persistence, faith and challenge. It is an unlimited effort generated by our ancestors in the huge moroccan desert. In this place, mankind could not survive without its datepalm and the palm needed the mankind's protection and care to spread and grow. This relationship had been so important that the palm had become a major preoccupation of the mankind's spirit within all its individual or collective projects. At this time where the world develops fast and it does not matter how, one feels linked to the conviction that the date that remains nice and good is one of the most appreciated fruits in the world. Its brilliant and golden colour, its sweet and slightly caramelised taste emphasise its belonging to an oriental origin or invite to dream about living a quiet moment in the tranquility and purity of an oasis of the Sahara.

Regarding the activities of economics exchanges the date has its history within the south – north marching through the territories. Also from a religious habits during the muslim's holy month of Ramadan, the date has its place as queen who invites generously to break the fasting starting with as tasting of it. It also by offering milk and dates how the king welcomes his guests and is welcomed himself and how engagements and marriages are celebrated. The interest in dates is not only a personal interest but it crosses the borders of this little part of Sahara to become within the world a researched object without losing its original value which remains associated to a rich aliment, that invites to share, exchange and represents like this a trade union between the different generations and the different cultures.



INGREDIENTS

- 2kg of nice dates
- ½ kg of almond powder
- ½ kg of sugar
- 1 spoon of orange flowers water
- juice from ½ lemon
- 100 g of grounded and grilled hazelnuts
- 200 g of milk chocolate
- 200 g of white chocolate

PROCESS

Put the sugar together with 150 ml water and the lemon juice (more or less a table-spoon) in an inoxidable saucepan. Bring to the boil on medium fire for 15 minutes, supervise the baking by chilling a spoon on a dish, when the mixture becomes honeyed stop the fire. Preparing the dates: clean them with the help of a cloth or an absorbing humid paper and take of the stone by open the dates on one side. Mix the sugar baked with the almond powder, add the orange flowers water to perfume, let it simmer on very soft fire and mix well with the help of a wooden spoon to get an homogenous mixture, then add the hazelnuts. Without letting it chill make elongated balls with the shape of the date's stone and insert them in the open date, giving the date its initial form. Melt the white and the milk chocolate in an inoxidable saucepan in a double boiler. Next immerse half of the dates in the white chocolate and the rest in the milk chocolate, place them on a grill and let them cool in the fridge. Place the cold sweets in a glass box and make sure to close it properly. Store in a cool place.

THE SWEET SHIP; INGEBORG BODZIOCH



CV

As a professional artist my main inspiration is to be found within the domestic environment of feminine landscapes. Cooking and baking are amongst the traditional activities which form such realities. I work in a variety of media to create site specific environmental installations which may create privileged access of understanding of the self, the other and being in the world. Sharing and preparing a meal is one of the most profound human activities of inter subjective experience. This is my first attempt at bringing a culinary experience into my works of Art. Previous I have mainly worked with domestic vernacular objects, multimedia collage and textiles. My work is always rooted within philosophical puzzles about life in general as well as theoretical issues related to human behaviour. I am therefore delighted to have been selected for the Love Difference event! Especially since inventing and savouring new & old recipes together has been a tradition in our family for generations.

CONCEPT

The story of my own ancestors inspired me to create this sweet.

The vessel is important as a cultural and historical metaphor as well as an actual means of transportation throughout the Mediterranean and further a field towards the North Sea which has been a trading route for over 1000 years. The cultural exchange over the last millennium(s) has caused and created interesting recipes throughout Europe and the world.

The recipe combines a traditional Norwegian recipe (the vessel) with ingredients from the Mediterranean (cargo) as serene base of identity.

INGREDIENTS

Biscuit:

150 g Butter
150 g Sugar
2 Eggs
100 g White flour
2 tbsp Cognac
2 tbsp Coffee
50 g Chocolate powder

Cargo:

Yogurt or ice cream with Almond croquant and fruit
preserve of oranges or apricots
Glazed orange peel for decoration

RECIPE

Start by heating the pan on the stove or over an open flame.

The amounts of ingredients are to be measured in relation to each other according to how many eggs are used. Two eggs make a dozen biscuits. Start by weighing the eggs. The butter sugar and flour should each match the weight of the eggs. Stir butter and sugar together until soft and then add one egg at a time into the mix. Then whisk in flour and other ingredients. (One tablespoon of Cognac, coffee and chocolate for each egg).

Before cooking commences, put a little butter onto the pan.

Add a tablespoon of cookie mix onto the hot pan and close it. Let it sit for a bit before turning the whole pan over to cook the biscuit on the other side.

Once cooked, shape the cookie by laying it inside a small oval bowl. This must be done fast before it cools. Once cold it sets its shape which cannot be altered.

In comparison with a Viking ship...this vessel is very fragile.

Glazed Orange logo Sail

To make sails for a dozen vessels we need:

3 oranges, 7 tablespoons of sugar, 3 tablespoons of water.

Peel oranges. With a pair of scissors cut 4 Love difference logos out of each orange peel. Cook in a small pot with water & sugar until water has evaporated.

Fish sails out of the pot and let them dry & cool on a towel.

Place a layer of fruit preserve inside the vessel, add a scoop of almond croquant yoghurt and set the Love difference sail on top.

TORTA DI PANE; ENRICA BORGHI & ASILO BIANCO



CV

Born in 1966 in Premosello Chiovenda, **Enrica Borghi** lives and works in Milan. After she studied at Academy of Fine Art in Brera (Milan), she began to expose her works in 1992, using photography and recycle materials like expressions medium. In 1995, at the Alberto Gallery in Turin, she presented women's clothes made with tote bags, dockets, waste paper and a series of Venere's busts and classical statue covered with fake nails, feathers or decorated with paperclips or rollers. In 1997 she participated at "When the garbage become Art", exhibition curated by Lea Vergine at the Museum of Modern and Contemporary Art of Trient and Rovereto, and she was selected for the Biennal of Youngs Artist in Turin. Her artistic explotation aims to use recicle materials, with a particular attention of female and domestic objects.

CONCEPT

The cake bread has an antique tradition and it is realized with simple and poor ingredients for a wide target.

Its semplicity and poverty is very democratic and allows to receive the different aromatizations, which constitute the different and ductility of the sweet.

The base of impast represents a concept of recover; the pieces of dry bread are part of the sweet in producion process and they are not discard.

This cake chosen by Asilo Bianco reppresents a territory defined as "Green Heart between two lakes", situated near the Alps, with a farmer tradition, very poor weather conditions and a geographic situation, that does not permit big cultivations.

This represents ourselves, because this territory wants to become a platform, a housed base for all the different flavourings of the world.

INGREDIENTS

gr.300 stale bread
gr.250 powdered sugar
gr.100 butter
milk
eggs
butter or grated bread for the print
varietes for different flavourings in different regions and traditions: rum, currant, cacao, lemon or orange peel, grated cinnamon or nutmeg, castagno honey or acacia, produced in the "Green Heart between two lakes" region.

PREPARATION

Soften the stale bread in the cold milk, reduced to a musch with the hands, add the whole eggs (away two or three) slammed together with the sugar, the butter crops (join potential changes to flavouring or personalize). Mix perfectly all and pass the compost in a large print with the shape of heart, cover with butter and grated bread. Put it into the oven with a control heat (190°) and let it about half an hour, until the dough of the texture and the surface became nut brown. The cake can be eated warm or cold.

The cake pan is traditional called "Cake Nicoletta" and has the name of many ancient inhabitants of the most poor square in Venice, just called "nicolotti", wich means mendicity.

UNTITLED; RAFRAM CHADDAD



CV

Rafram Chaddad was born in Tunisia, and active as a visual artist in Israel and Tunisia. His art deals with the local aspect as well as with the Jewish-Arab history. Rafram is also a coordinator of Slow Food in Israel, and cooks for his living and for his ideas.

CONCEPT

I made crème brûlée of cardamom with sesame cream and grape honey. In the crème I combined also grinded Tunisian cookies and sultana raisins. I tried to combine 3 aspects that define the Israeli gastronomy to my taste. Arab-Palestinian ingredients, Jewish tradition and western techniques of cooking. Ah, and sweet and tasty, the most important one.

INGREDIENTS

200 ml cream
3 yolks
50 gr. Sugar
8 seeds of cardamom, grinded
50 ml grapes honey (Arabic: Debs. Turkish: Pekmez)
80 ml sesame cream (Arabic: Tahini)
5 Tunisian coffee cookies, grinded (see recipe below)
20 gr. Sultana raisins
Brown sugar for grilling the caramel

RECIPE

Pre-heat the oven to 110 degrees. Bring to heat the cream with the cardamom, Sesame cream and the grapes honey, until it's boiling.
Lower the heat and cook for 2 more minutes. Whip the yolks with sugar until becomes cream.
Add the hot mixture to the eggs, while mixing the eggs, to prevent from cooking the eggs.
Strain the dough to a different tool and add to two oven proof bowls.
Put in the oven for 35 minutes.
After done, add the grinded cookies and the raisins.
Spread some brown sugar on the top and caramelize with blowtorch or under the grill.

FIVE SPICE SHORTBREAD; BY GAYLE CHONG KWAN



CV

Gayle Chong Kwan lives and works in London. She was born in Scotland. Her work explores histories, memory and the senses through the personal and global politics of food, trade and tourism through photography, video, sound and participatory projects. She has shown extensively in the UK and abroad: Cite des Arts, Paris; Tate Britain, London; National Portrait Gallery, London; COAST Residency, A Foundation, Liverpool; European Forum Emerging Creation, Neumünster Abbey, Luxembourg; Chinese Arts Centre, Manchester; Opera North, Leeds; mac, Birmingham; Tatton Park Biennial, Manchester.

CONCEPT

'Five Spice Shortbread' by Gayle Chong Kwan creates a new pastry from mixing different aspects of the artist's own Scottish and Chinese-Mauritian mixed. The pastry brings together two ingredients ubiquitous to the different cultures, but never combined, and references balance and dialogue on a personal, imaginative and inter-cultural sense. Each 'biscuit' is formed into small mountain peaks or landscapes and are distributed as part of 'Memory Tasting Unit' activities led by the artist.

INGREDIENTS

2 cups butter
1 cup brown sugar
3 cups white flour
1/2 cup flour for rolling on board
4 pinches of five spice powder (this can be varied in relation to baker's taste preference)

RECIPE

- 1 Preheat oven to 325 degrees F (165 degrees C)
- 2 Cream butter and brown sugar.
- 3 Add to flour and mix well.
- 4 Sprinkle board with additional flour.
- 5 Knead for 5 minutes, adding enough flour to make a soft dough
- 6 Roll to 1/2 – 3/4 inch thickness
- 7 Cut into 3 x 3 inch squares
- 8 Prick with fork
- 9 Using knife or other implements, create some short 'mountain' peaks (not too high or thin as could brown too much) or other landscape shapes of the bakers choosing
- 10 Place on ungreased baking sheets
- 11 Bake at 325 degrees F (165 degrees C) for 20 – 25 minutes until lightly golden brown on top.

GLELESS; GUDRAN *Water - sugar - lemonade ... And whatever you want to have.*



CV

Gudran Association for arts and development is a group of artists including painters , musicians , artists of theatre and cinema makers , Who were motivated by what we can call “The social responsibility of the artist”, to abandon the galleries and go out to the street to make a contact with the daily-lived reality. Those young artists, with a group of fishermen from El-Max region and surrounding as well as a group of interested in development field, all of them came to an agreement on using art as an introduction to development owing to its active and extending effect on individuals and society as well.

CONCEPT

The concept of pastries is connected to the relationship between pastries and childhood. They make us happy, however how different the cultural background we have lived in is. As well, this happiness remains when we grow-up and eating sweets can therefore extend dialogue between us. Our concept as artists is to use basic components of pastries of most cultures: sugar, water and lemon. That is in order to make a simple pastry that acquires its special flavor relying on materials available in the place it is made in. So, its flavor in Egypt will be different than in Italy, depending on the materials every culture likes to add. Moreover it is accepted and probable to mix flavors and create new ones.

This simple pastry can be made by everyone, starting with basic ingredients like water, sugar and lemon. We also aim to make use of materials used by artists, chefs and other pastry-makers who will be present in the meeting.

We want to try with all participants to make a performance on a Sunday morning in one of the city parks, to get our ideas closer to the people and inhabitants of the city. interest in dates is not only a personal interest but it crosses the borders of this little part of Sahara to become within the world a researched object without losing its original value which remains associated to a rich aliment, that invites to share, exchange and represents like this a trade union between the different generations and the different cultures.

INGREDIENTS

2 Kg – Sugar
5 l. – Water
50 ml. – Lemonade
150 g. – Cinnamon
150 g. – Ginger powder
500 g. – Mixed Nuts
100 g. – Chocolate sauce
150 g. – Coconuts
150 g. – Butter
150 g. – Sesame
200 g. – Sesame oil
200 g. – Almond oil

TOOLS

4 normal Kitchens' Cooking utensils 2 liters
2 medium scoop
2 wooden cooking spoon
Normal stove
4 small plates
2 scaled measuring cups min. 500 cm³
Some other normal kitchens' tools

RECIPE

Just put water and sugar together on the stove, in the ratio of 5 to 1, and keep on stirring. With the start of boiling, add a drop of lemonade. Very little salt would give good results. Then add any flavor you like. Put the pastry in any mould you want after rubbing it with sesame or almond oil. Put some nuts on the surface and wait until it gets cooler. Now, share the others eating it.

CAROB-TOFFEE MUFFINS; MARILENA JOANNIDES



CV

Marilena Joannides. B.Sc(Econ), MBA and over 20 years experience in sales and marketing. Has a passion in research on Cyprus culinary culture, aiming to preserving it by integration into today's lifestyle. Produced a documentary reviving forgotten traditional delicacies. Organises unique events with the purpose of promoting Cyprus gastronomy.

CONCEPT

The carob tree is one of the most ancient flora species of Earth.

It is usually found in dry areas and is characteristic of the eastern Mediterranean countries.

It is abundant in Cyprus and its fruit has been widely used by the locals since the old days, even in its raw form when there was nothing else to eat, or after processing as a basis for preparing traditional delicacies.

One of these is the carob-toffee ("pastellaki haroupomelou").

It is extremely healthy as it is rich in vitamins A, B1, B2, calcium, magnesium, iron.

It has a distinctive flavour, which however agrees with today's taste quests...

In the recipe that follows it is used in a very modern and intercultural way by integrating the traditional Cypriot carob-toffee to the international muffin!



INGREDIENTS

400gr flour
100gr carob-toffee (plus 50gr to decorate)
1 tsp vanilla
2 tsp grated cinnamon
4 tsp BP (baking powder)
150gr butter
2 eggs
300ml milk

RECIPE

Preheat the oven at 180 degrees Celsius.

In a blender beat 100gr flour with 100gr carob-toffee until it becomes like powder.

Combine the rest of the flour, B.P., vanilla and cinnamon. Add the butter and mix until it resembles crumbles. Stir in the carob-toffee mixture.

In the blender beat the milk with the eggs. Pour in the dry mixture and fold.

Spoon the batter in muffin cases decorating the top with a small piece of carob-toffee.

Bake for approx. 20 minutes.

LA CUBA; DUCCIO MELE, FATIMA EL HASSANI, MARCELLO RUSSO



CV

Duccio Mele started his career in 1997 in Bocca di Magna under the guide of a French chef "of the old school" (Jacques). After he learnt the base of French kitchen he moved to Florence where he had consolidated his experience and from where he moved to England where he honed for 2 years the knowledge of the international kitchen. He worked in prestigious locals, like the Bank and ST.JOHN'S of London. Back in his city he opened some locals and finally he definitely created his last creature: the "Osteria Duccio", where he is the chef and director.

Fatima El Hassani, born in Benimeskine (Settat), Morocco, student, attends in this moment the Turistic-Hotel Institut "Ciofs", in La Spezia.

Marcello Russo, born in La Spezia, started in 1981 his collaboration at the "Russo" Pastries, founded by his grandfather in La Spezia. Afterwards he held the fort his father like pastry chef. He steadily carry out this profession since 25 years; he moreover took part in several pastry-competition, receiving diverse acknowledgements.

CONCEPT

Through the use of ingredients chosen from different cultures such as the Lebanese, Tunisian, Italian or Marroquinian one and the food design intimately related to the architecture this concept called la Cuba (Cupola, Dome) evokes the coexistence of diverse cultures, represented by various examples of Domes throughout the Mediterranean Region. It is a revision of local traditional recipes where each element coexists harmoniously complementing the other ones.



INGREDIENTS

For the Spanish Bread:

6 eggs, 180 g of sugar, 180 g of flour , 1 sachet of backing powder

For the dipping:

2dl of water , 50 ml of rose water , 25 ml of water of orange flowers

For the heart:

60 g of butter, 50 g of coconut flour (Morocco), 50 g of Pizzute almond flour (Avola), 20 g of sugar, 1 spoon of Halva , 3 g of baking powder, grated lemon

For the pistachio and nut mousse:

2 dl of cream fresh, 150 g of toasted Bronte pistachios, 200 g of toasted Langhe nuts, 140 g of sugar

For the icing:

400 g of almond paste, 20 g of chocolate

For the garnish:

50 g of candiate Lebanese cedar, 20 dl of orange juice from Valencia, 1 spoon of granatina

RECIPE

The Spanish bread: Beat the yolks and the sugar with a whisk until having a frothy cream, whip up the eggwhite and put together, after add the flour. Extend on a rectangular oven tray butter and flour until having a thickness of 4mm. Bake at 200 degree for 15 minutes. After baking cut out a square with 20 cm diameter and from the remaining part cut our 4cm long stripes.

The heart: Incorporate the sugar to the soften butter, the grated lemon, the Halva, coconut and nut flour and the baking powder until you get a dense dough. Model into a ball and bake it at 170 degrees for ca 15 minutes. Take out of the oven and let repose.

The mousse: Melt 120 g of sugar in a casserole until it is not golden. Incorporate the nuts and the pistachios already toasted, extend the compound on baking paper and let it get cold. Whip up the crème fraiche with the remaining sugar and let repose in the fridge for ca 15 minutes. Shake with a mixer the candy dry fruits until obtaining not a too thin paste and put it together to the whipped cream.

The icing: Extend the almond paste on a cling film until it reaches a thickness of 2mm, lift it and put it in the intern of a 20cm diameter casserole, letting out the exceeding part.

Wet the stripes of the Spanish Bread in the dipping and put in the casserole (Bouille) to cover up the almond paste. Add half of the mousse, than the heart and cover with the remaining and finally close the sweet with the Spanish bread square. Finishing by putting on top of the Spanish bread the remaining part of the almond paste and seal it. Discharge everything on a platter and arrange subtle stripes of the plastic chocolate.

The garnish: Make a reduction with the orange juice and the granatina making it boil for ca 10 minutes, until it is slightly thickened. Mince the candy cedar. Decorate with the reduction the border of the platter and spread the minced cedar.

Pita: Transform Sweet; Network Nomadic Architecture



CV

The **Network Nomadic Architecture** is an open research Laboratory located in Athens, which considers issues dealing with the urban ground, areas in crisis, displacement and marginalization, public space, as well as social gender. NAN activates itself throughout the city's body. Since 2004 it has been self organizing in-situ projects and lectures and has participated in various events like the "Egnatia Project" in Salento by the Osservatorio Nomade, the exhibition "The people's choice" in Milan curated by Marco Scotini and the *7th Bienial Internacional de Arquitetura de Sao Paulo*.

CONCEPT

The Network Nomadic Architecture declares his participation in Love Difference Pasties with the "Pita: Transform Sweet" project. The hospitality and the cultural dialogue are two concept that appear from this project and contemporaneously set it.

Bases of our proposal is a sweet "pita" (a species of cake or tart cooked in different Greek places with different materials, depending on the Region, the age and the special circumstance) with ingredients referred of the recipes of the ancient Greek and the Ellen tradition, like the "melòpita" of Sifnos, sweet cooked in some holiday, like the Easter. We propose this sweet with shapes of abstract votive sculptures, made of paper, inspired at symbol of ancient hospitality and diversity divinity.

Through this involvement and our information of different community that exist in the most panoramic Region the group will visit them and will offer our sweet.

With this action we hope that our implication with the different community, gives the possibility to transform the sweet through their recipes and suggests, finally enlarging the concept of hospitality and exchange.

INGREDIENTS

for 6-8 persons

4 eggs
50 g of fine sugar
1 spoon of every day flour
500 g of fresh ricotta
60 ml of thyme honey
70 g of Corint raisins
70g of minced nuts
½ spoon of minced cinnamon

RECIPE

Beat the eggs in a bowl, incorporate the sugar and the flour and mix properly until smoothing the mixture.

Afterwards put together the cheese, the honey, the nuts and half of the cinnamon and mix properly. Preheat the oven at 180 degrees.

Pour the mixture over the paste in the form and rub up the surface with a wet knife.

Put the form into the preheated oven and bake the pita for 50-60 minutes until it turns golden.

Remove the pita from the oven and pulverize it when still warm with the remaining cinnamon.

LOVE[IN] A DIFFERENT KEFTE; MARIA NYFMIADI AND LEA PETROU



CV

Maria Nymfiadi. Lives and works in Athens. Studied sculpture in the Athens School of Fine Arts, photography in Hogeschool voor de Kunsten in Utrecht Holland and postgraduate studies in Central Saint Martins London. She has participated in several exhibitions and group projects. Currently she is elaborating projects around the process concerning the creation of an artwork and the dynamic of collaborations. She is also a furniture designer.

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Lea Petrou. Lives and works in Athens. She studied at Chelsea College of Art and Design, Central St. Martins College of Art and the Royal College of Art in London. She has been an artist – in residence at CCA Kitakyushu and Cite International des Arts Paris. She has been participating at group exhibitions and projects in Greece and abroad. Her artwork is an attempt to approach different ways of reading and encountering reality and deals with interpretations that get defined geographically, like the understanding we have concerning time, movement and speech

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www.intothepill.net



CONCEPT

We, Maria Nymfiadi & Lea Petrou, share a common interest on recipe making, cooking process and food sharing as art practice, which numerous times concluded to collaborative projects. In the past, the results of the dialogue between us lead to a two-in-one recipe, where we both were finally represented as an *ingredient*. For the Love Difference pastries call, we propose a pastry that deals with a relational dosage of proximity, using the kilometric distance between our location (Athens) and each capital of the Mediterranean countries. The dosage of each ingredient derives from the kilometric distance each capital has from Athens. A mixture of dried nuts and dried fruits is selected to represent each one of the 19 countries around the Mediterranean Sea, according to each country's cuisine. The further in kilometres each capital is from Athens, the more quantity of the specific ingredient is used in the recipe. Our proposed pastry is based on the interrelationships amongst Mediterranean cultures and cuisines. It specifies on the ingredients' selection, it blends all ingredients in one, round form and suggests proximity relatively opposite to the geographic distance of the cities. Finally, in a mouthful we tried to experience the taste of all ingredients / cultures separately and together.

INGREDIENTS

Grams	Distance from Athens	Ingredients
33 g	500 km to Tirana, Albania	Sultanas
41 ml	625 km to Podgorica, Montenegro	Freshly squeezed lemon juice
52 g	788 km to Sarajevo, Bosnia	Hazelnuts
54 g	824 km to Ankara, Turkey	Roasted chickpeas
57 ml	859 km to Valletta, Malta	Freshly squeezed orange juice
60 g	912 km to Nicosia, Cyprus	Walnuts
69 g	1040 km to Rome, Italy	Roasted pine nuts
71 g	1076 km to Zagreb, Croatia	10 dried apricots
75 ml	1130 km to Cairo, Egypt	Freshly squeezed pomegranate juice
76 g	1114 km to Tripoli, Libya	4 dried figs
77 g	1156 km to Beirut, Lebanon	Cashews
78 g	1172 km to Ljubljana, Slovenia	Poppy seeds
80 g	1202 km to Tunis, Tunisia	Blanched, roasted almonds
80 g	1215 km to Tel Aviv, Israel	13 dried prunes
82 g	1240 km to Damascus, Syria	Pistachio nuts
121 g	1820 km to Algiers, Algeria	15 dried dates
139 g	2097 km to Paris, France	Roasted pecans
158 g	2374 km to Madrid, Spain	Boiled chestnuts
184 g	2770 km to Rabat, Morocco	Peanuts

To coat: 800 g plain, cooking chocolate finely chopped

Food scale (precise for calculating grams), food processor, wooden spoon, metal bowl, non-stick baking sheet, 1 saucepan for the bain-marie, 1 heatproof bowl, fruit squeezer
makes: around 60 round bits
cooking time: approximately 60 min
settling time: 60 min

RECIPE

Crumble all the nuts, cut the fruits in really small pieces. Use a food processor to blend the nut crumbles and fruits pieces. Add the juices in order to make a soft mixture.

Work mix into a metal bowl with a wooden spoon and finally roll the mixture into small balls with your hands. Put the chocolate into a dry, heatproof bowl and set over a saucepan of steaming but not boiling water. When the chocolate is melt evenly, briefly dip each ball into the chocolate until coated. Place the balls on a non-stick baking sheet, let cool for a while then place them into the refrigerator to set until ready to serve.

LOVE DIFFERENCE ICE-CREAM; MICHELANGELO PISTOLETTO



CONCEPT

For the occasion of the 51. *Venice Biennial of Art* and the *World Summit on Information Society* in Tunis Michelangelo Pistoletto and Love Difference - Artistic Movement for an InterMediterranean Politic - presented the new ice-cream of halva flavour (sesame pastry, common in the Arab countries of the Mediterranean and in the Balkan areas). The recipe of the ice-cream has been shared with the free knowledge logic, i. e. the free spreading of knowledge. The Love Difference Ice-cream represents the cultural passport for joining the different cultures in the Mediterranean area and making them closer, through the experience of tasting.

The idea of the ice-cream represents the cultural passport to put in relation and connect, through the taste, the Mediterranean cultures.



INGREDIENTS

(4 servings)

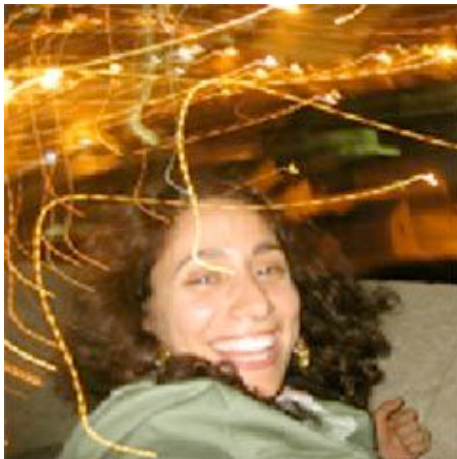
3 egg yolks

200 ml double cream

350 ml milksugar as you like

70 gr halva you can use different kinds of halva (pistachio, nuts, chocolate) to give the ice-cream different tastes.

KNAFEH GHAIR NABULSIEH; ORAIB TOUKAN



CV

Oraib Toukan. Visual artist working across media, and in public interventions and participatory projects. Recipient of various awards, international fellowships, and residency placements. Initiated well-known experimental arts programs in Jordan, and writes and teaches in her practice, with an interest in the role of collective memory and identity politics in the fabrication of identity/territory. Fanatical about food, food history, and food photography- she is currently based in Amman and New York.

www.oraibtoukan.com

CONCEPT

My project is built on the Palestinian national desert pastry called Knafeh. Knafeh is a shredded philo-pastry pie, with a base of thick white salty melted cheese called Nabulsi cheese. Both the desert and its cheese originate from the Palestinian city of Nablus. I want to reinvent this pastry. I want to fuse it with berries, and a different cheese. I want it to be eaten in its big round metal basin, and by people from all around the Mediterranean basin. But would this dish still be Knafeh? Would it stop being nabulsi? How much of identity is 'identity', and how much of it is conditioned. How penetrable are our culinary habits and how much should we seek to penetrate them. What is the place of globalisation and commercialisation in evolving or 'fusing' our recipes in the first place, and is this something to celebrate. Can and should a desert come to symbolise patriotism, nationalism...



INGREDIENTS

Knafeh dough
Almonds
Rose water
1 kilo raspberries/blueberries or berries in season
Gee butter
1 kilo Mascarpone cheese

RECIPE

Around 1 kilo of fresh berries in season need to be bought that morning, washed and dried. Slice the berries and add a cup of sugar in a large bowl. Splash rose water over the large bowl of fruits. In a frying pan spread purified butter over a whole knafeh tray. Spray 1 cup of syrup (1 sugar to 1 water with a teaspoon of rosewater) over the knafeh dough. Communally and lightly thread the knafeh dough together until they become lighter in form. Lay out the knafeh pastry over the non-stick round tray. Place the tray on top of the fire, over very low heat for 20 minutes. Throughout the 20 minutes keep rotating the tray over the fire so that the dough crisps evenly without burning. When caramelized in color, flip the tray upside down on a knafeh tray. Let it cool. Top with mascarpone (preferable Ishtta), and layer the fresh berries on top of that. Sprinkle shaved almonds (optional). Serve from the tray on a round table with teaspoons for everyone.

TWO TIMES TART; JULIE UPMAYER



CV

Julie Upmeyer is artist and initiator based in Istanbul working with everyday materials and space: paper, plastic, food, the home, the street. Her curiosity lead to work with Res Artis, the international network of artist residencies, and a three-year nomadic life - working in India, Germany, Austria, The Netherlands and Greece. Recently she initiated Caravansarai, an independent project space and meeting point in Istanbul, an open exploration of the interactive possibilities of food, space and the internet.

sites: www.active-ingredient.net
www.caravansarai.info

CONCEPT

A trans-cultural culinary exploration of tastes and geographies, created from the combined input of 9 individuals from Turkey and its eight surrounding countries. In Istanbul, Julie Upmeyer has commissioned half-circle pastry shells to hold nine unique sweet fillings, made in Istanbul from recipes submitted by the participating individuals.

Two half tarts are eaten simultaneously. The combination is chosen by the eater, who decides their own pair of flavors and geographies.

A 'Two Times Tart', connecting people and cultures, transgressing political tensions in the simple action of eating. The empty pastry shell is the political boundaries, divided and hollow, tasteless and identical. The filling is the people, cultures and traditions, held by the shells, yet overshadowing them with their flavor and originality. Combined in a single bite, are the creations of two individuals, two tastes... together..



INGREDIENTS

Pastry Shell

for approximately 18 half-tarts

1 cup all purpose flour
1/2 tsp. salt
1/3 cup shortening
2-3 tablespoons iced water

RECIPE

Mix salt and flour together in a bowl. Cut in shortening and mix well. Sprinkle in ice water a small bit at a time.

Mixing until all the dough is moistened. Add more ice water if necessary. Roll out dough as thin as possible and fit into the tart shells.

For fillings that require baking: fill the tart shells and bake from 10 – 15 min at the temperature required for the filling.

For fillings that do not require baking: prick dough at the bottom and sides with a fork. Bake for 8-10 minutes.

FILLINGS

Syria - Harisset Et-tine (fig paste / fig squash) dried figs arabic gum (mastic) ground cinnamon ground cloves fennel anis seeds bleached walnuts pine kernels

- 1) Soften dried figs in some water
- 2) Add ground Arabic gum (mastic), ground cinnamon and cloves (if the cloves are whole, they are to be removed before filling the pastry)
- 3) Roast some fennel and anis seeds, ground them and add them to the paste.
- 4) Mix well
- 5) Roast some bleached walnuts and bleached pine kernels, ground them but not too fine and add them to the paste.
- 6) Mix well. The filling is ready. It is not to be baked.

Georgia - Khachapuri filling

500 grams Suluguni Cheese (or mozzarella)

2 eggs

1 tbsp butter

1) scramble eggs well

2) add melted butter and cheese and mix

3) place into the shells

Iraq - Date Filling

8 ounces pitted dates, cut into small pieces

2 table spoons unsalted butter

1 table spoon milk

Place dates, butter and milk in top of double boiler; set over simmering water. Cook 5 minutes, stirring occasionally, until mixture is soft and doughy. Let cool. Form into small balls.

Iran – Ranguinak

500g Wheat flour

250g Vegetable oil (butter)

125g Sugar powder

500g Black and soft dates

125g Walnut

1 tbsp Cinnamon

1 tsp Cardamon

2 tbsp Chopped Pistachio

We let the vegetable oil to get hot in a pan. We add the wheat flour, shorten the heat, stirring all the time until the wheat flour turns to yellow or light brown. We put away the pan until it gets a little cold. Then we add the sugar powder, grinded cinnamon and cardamom to the mixture, stirring it to blend it well. We take out the seeds of the dates and fill them up with a piece of walnut. We fill the cups with a layer of the flour mixture then a few dates and at last another layer of flour mixture. We decorate the top with chopped pistachio.

Azerbaijan - Creamy Filling with Dried Apricots and Walnuts

1 cup cottage cheese (225 g)

½ cup heavy whipping cream (120 ml)

2 tablespoons sugar

½ cup dried apricots (about 8-10), coarsely chopped

½ cups walnuts, coarsely chopped (just enough to feel some crunch when eating)

1/5 teaspoon vanilla powder (optional)

powder of 1 cardamom pod seeds

2 saffron threads, powdered using a mortar and pestle and dissolved in ½ teaspoons of hot water

1) In a mixing bowl, combine cottage cheese, whipping cream and sugar. Beat using an electric mixer until stiff.

2) Add chopped apricots, walnuts, vanilla, cardamom powder and saffron water. Mix well with a spoon

3) Fill the tart shells with the filling, and garnish with chopped walnuts on top.

Bulgaria - Comenius tart filling

To prepare the cream that my students and me made is very easy. You need: four eggs, 250 grams of Italian cheese “Mascarpone” (a triple-cream cheese, 50% fat), 250 grams of Bulgarian cream “Smetana” (a heavy variety of sour cream or crème fraîche, 20-40% fat), about 100 grams of sugara small bar of black chocolate

1) Put in a bowl the four yolks and the sugar and mix them until you have a smooth mixture

2) Put the Mascarpone and the Smetana in another bowl and mix them until you have a homogeneous mixture

3) Put the cheese mixture in the bowl with the mixture you have prepared at point 1) and mix again until you have an homogeneous cream

4) Beat the egg whites until stiff

5) Put the egg whites in the mixture you have prepared at point 3) and mix again until you have an homogeneous cream

6) Add some very small pieces of chocolate and mix again

Greece - Shiamishi Cream Filling

1 glass of fine semolina

5 glasses of water 1 glass of sugar

½ tablespoon mastic gum ground with 1 tablespoonful of sugar

1 spoonful of anthonero (essence of citrus blossoms) or rodonero (rosewater)

Put 5 glasses of water in a sauce pan (not boiling) and add the semolina, the sugar, the ground mastic, the rosewater and stir until cream is ready and thick. Empty the cream in a glass (pyrex) pan and let it to cool down for 3-4 hours.

Turkey - Sweet Börek With Sunflower & Pumpkin Seeds, Tahin and Pekmez - An Experimental Sweet Dish

Sunflower seeds

Pumpkin seeds

Tahin (crushed sesame seed mash)

Pekmez (grape syrup)

DOEL-E(A)T-ART PRALINE; ELS VAN VLIMMEREN, EVA VAN TULDEN



CV

Doel Arts Village team. Eva Van Tulden (Antwerp) graduated at a local art academy and is currently studying philosophy at Antwerp University. Last year, she developed an art project in Doel together with a local artist and launched a petition asking the authorities to maintain Doel as an arts village. Frie Lauwers has been living in Doel for three years and is so upset about the abominable situation of the village that she has turned into a real Doel "Pasionaria." Frank Arts is a local businessman (Beveren) who will help us promote the Doel-Antwerp reconciliatory praline. Els Van Vlimmeren is a chocolate designer who runs a small-scale shop in Zoersel, a village 20 km outside Antwerp. Els and Eva are former school friends.
www.kunstdoel.net

CONCEPT

The Doel-e(a)t-Art sweet is a stylized and abstract praline designed by a confectioner with Antwerp roots representing the Earth globe. The praline has a light blue filling representing water.

The tiny blue spot on the outside refers to the "globalizing" village of Doel, a former polder village that is now situated right in the middle of the international port of Antwerp and is threatened with demolition.

The praline is produced in two versions (black/white). The black version, which has still the colour of the earth, is closer to the old rural Doel; the white version refers to the economically globalizing world that has deprived Doel of its rural nature.

Some pralines have been cut in half and the cross section is finished with a light blue chocolate, thus allowing consumers to assemble their own praline by slightly heating up the blue chocolate with their finger and sticking two halves together.

By allowing consumers to join a black and white half, the Doel Arts Village team wants to convey the message that the globalizing port of Antwerp and Doel arts village are not mutually exclusive, but that they can coexist in perfect harmony.

At the general level, the two-coloured version represents cooperation between all peoples and cultures, regardless of their location on the globe and the colour of their skins.

Concept submitted by: Doel Arts Village team.



INGREDIENTS

Light blue, creamy truffle filling:

- 250 g of butter
- same amount of slightly thickened sugar syrup- pinch of additional sugar
- 2 ladles (Æ 9cm) of white chocolate- approx. 15 cl of Blue Curaçao

Coating: white and plain chocolate, pinch of light blue chocolate to refer to the filling.

RECIPE

Cream filling:

Gradually add the sugar syrup to the butter while stirring until you achieve creamy mixture.

Optional: add pinch of sugar according to taste.

Add molten white chocolate and Blue Curacao in that order; keep stirring during the entire process

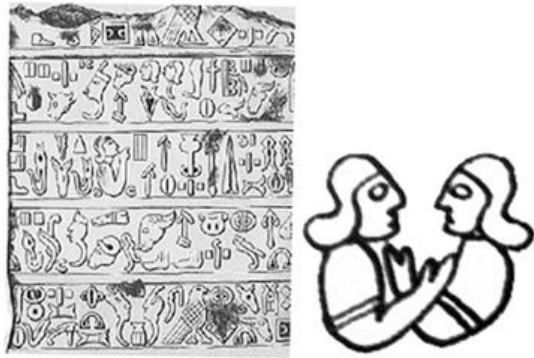
Coating: Take a traditional round-shaped truffle mould (Æ 2.8 cm); first apply the blue spot, then the marble nerves as shown on the picture.

Mould the white or plain chocolate.

Fill with blue truffle cream.

Either join the two halves to obtain the spherical shape, or finish off the cross section with blue chocolate to obtain the half-truffle version.

LOVE TO LOVE; SECIL YAYLALI



CV

Secil Yaylali is a visual artist, works and lives in Berlin and Istanbul. Her background in urban planning, art and design; results in a wide-ranging artistic practice, including ceramics, installation, videos and community projects. She explores ideas relating to the feeling of belonging between individuals and their society. She is currently working on her PhD thesis about "Temporary Public Art Projects in Berlin-Istanbul-Beirut" in Universität Der Künste-Berlin in the Department of Architecture.

CONCEPT

Sweets are our desires. We use it as a tool for basic communication in our daily lives. The abstract power of sweets can give the communities connective approach because they are gathered as the cements of relationships.

They arrive today's shape through a time process and with their histories behind. They integrate economic, social, historical and cultural aspects of their society. To work with a sweet, which is traditional, is like to reshape the memory. That is why I prefer to work on the mulberry molasses which is not a market product and homemade through a long process.

Love to Love is a sweet which integrates 7 layers that are all different from each other but also same from the origin. Some of these layers are traditional tastes and some are new.

The shape how the layers cut-out, comes from the hieroglyph writing that means –love-to love and also used in that region where they produce the mulberry molasses by the Hittites ages ago.

It is also an open recipe that anyone who wants to add an other taste can do it as a new layer on Love to Love, it is an ongoing recipe...



INGREDIENTS

mulberry (15 kg)
wheat starch (around ½ kg)
orange (3) and lemon (3)
walnuts (1/2 kg)
sesame (300gr)
poppy seeds (300gr)
hazelnuts (1/2 kg)

RECIPE

The collected mulberries are boiled in big copper pots. They are filtered, then the wheat starch is added step by step to the mixture and mixed very well each time. Then there will be 7 different mixtures with different integrates; as one plane, one with sesame, one with orange flavour, one walnuts, one with poppy seeds, one leman flavour and one with hazelnuts. The ones with nuts and the poppy seed had been produced for ages. The new ones are the ones with leman and orange flavours done to add some Mediterranean tastes which is not common for the location. The grated orange zest and leman lemon crusts are dried and then is added to mixture.

These mixtures wait under the sun around 3-5 days. On the top of the flat roofs of the houses they put some clean sheets and they pour the mixture carefully as a very thin layer on the sheets. They leave the sheets on the ropes in the hot sun. After 2 days they put some water on the back side of the sheets to be able to move the molasses.

Then these 7 layers will be put on top of each other. So all different tastes will combine with each other and as a layer they will be alone as well. The wheat starch will be put in between these layers to be able to separate them again. They will be cut by a knife in the shape of a hieroglyph writing (it is from 18-8th Century BC by Hittites and used in the region which they have the traditional of molasses now) which means –love- to love. And each piece will be placed in an envelope to give the message to the world.