

RECIPES OF OBSERVATION



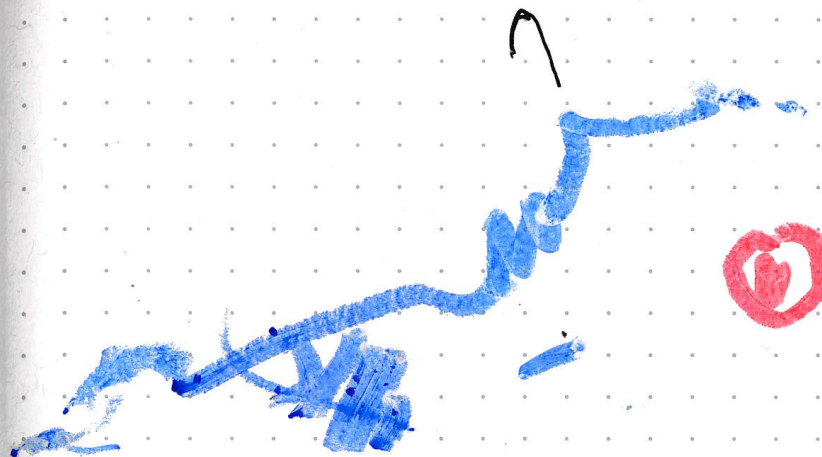
Widen the gaze  
What can you see?  
Dedicate your senses  
Engage with food, with the landscape  
Where are we?

Listen  
Observe

Trust your senses - they will give you all the information you  
need  
Smell

Touch  
Taste  
Listen to your gut

What's surrounding you?



The sky is above  
The Earth below

A rhythm marked by the change of light

*Dialogar con lo invisible - Cuanto más afinemos  
nuestros sentidos más capaces seremos de  
establecer relaciones íntimas con nuestro entorno,  
de crear puentes entre nuestro interior y el exterior.  
La tierra y los elementos, sus astros y su ritmo  
son aliados para afinar nuestras sensaciones y así  
conectar con la naturaleza \**

A return to a sensory approach, that allows our body, our intimate instincts to let us know what's good for ourselves.

Melt with the landscape.

Thank you for being [here]



## ENTROPY

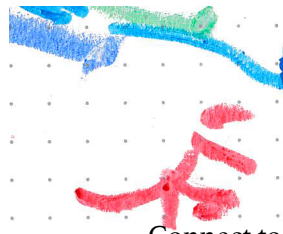
Transformation - symptom of life on earth.

What is the element that lets you recognize it? A highly improbable molecule conglomerate - as we are - that forms movement and creates a niche where to live.

D.A.S.T. catalyzes energies to create a highly improbable molecule conglomerate of people, their places, their visions.

Experience the unexpected, transform perception and perspective, sense a different future.

We never reach an objective perfection - but something that is working for us and makes us see in adaptation with transformation. But we change, we grow, we find balance

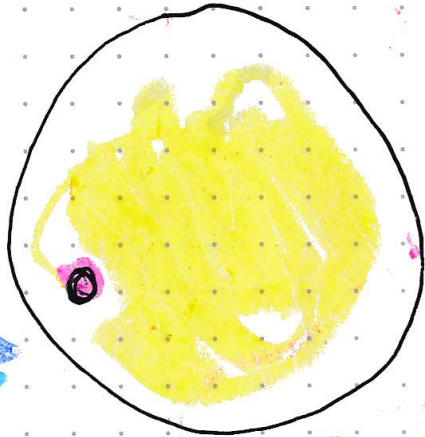


Connect to each other in a dance that makes us feel part of Gaia

Let's engage with her rhythm,  
her nature, her gifts from her  
body

You're my hosts, I'm your host.

RECIPES



*people think, dream and act according*

*to what they eat and drink*



8

9

10

Everybody should be aware of the possibility to cook and eat well - it's just trusting the senses and being connected with what you're doing.

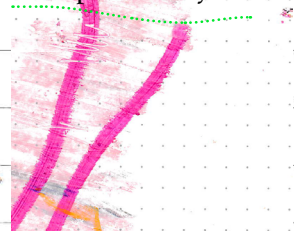
11

Cooking is a revolutionary act, it's something that allows you to take care of people, connect, nurture, express.

12

I want to share with you the recipes we cooked and ate together, with a small reminder: the flavors you'll obtain will be different from those experienced before - your chemistry, your body, your language persuades food in many unexpected ways.

13



14

*The recipe is a set of instructions used to carry out a process of transformation [...]. The ancient meaning of recipe comes from Latin Recepta, which literally means "things taken", since in medical Latin each description of the process usually began with the instruction "to take" the various ingredients.*

15

*Take the following ingredients to achieve something. But what's in between?*

16

These are my interpretations of food, recipes and tastes I have found along my path. I hope you take them and make them yours.

17

18

19

20



**POSSIBLE MISTAKES OFTEN SUGGEST NEW DISHES**



## CONFETTURE & MARMELLATE\*

### Combinations:

- #Apples & Rosemary
- #Apples Makrut leaves, Lemongrass
- #Strawberries
- #Strawberries & Apples
  
- #Orange, Vanilla & Mango Powder



*Apples, Makrut Leaves & Lemongrass*

\* marmellata is made with citruses, jam/confettura with all the other fruits.



*Orange, Vanilla & Mango Powder*





### How:

Cut the fruits into pieces of your liking. If they are small, they will melt. Depending on what you prefer in terms of texture, add bigger pieces or play with the cooking time, i.e. you can add some fruits at the end so the pieces maintain their shape and texture.

When the fruits reach your preferred texture, add sugar and herbs / spices.

Let the sugar melt and dissolve, then switch off the fire and immediately place in a clean jar, close with the lid and turn it upside down to create the vacuum.

Cover them with a napkin and wait until they are cold. If the lid is flat, good job.

When you open it, make sure it makes a clicking sound

### PS

*Every fruit has her own capability to gel, due to a specific sugar (pectin) that is naturally contained in fruit, in different quantities. Different fruits will give different textures, according to the pectin level - which is the sugar that helps to gel the jam.*

*Fruit with high quantity, such as apples, cranberries, gooseberries, prunes will produce a more compact texture.*

*Fruit with low quantity of pectin, such as strawberries, peaches, etc will produce a more liquid jam.*

*So remember to add some pectin or fruit that contains it, if the goal is a thick texture.*

## DUKKAH

- \* Hazelnuts / 250 g
- \* Cumin Seeds / 40 g
- \* Sesame Seeds / 160 g
- \* Coriander Seeds / 40 g
- \* Black Pepper / 40 g

### How:

Toast hazelnuts and sesame seeds in the oven at 180 C for 5-10 mins.

Toast cumin and coriander seeds in a pan, then set aside to cool down.

In a mixer, process first the cumin and coriander seeds, with pepper and salt, working it almost to a powder, then add the hazelnuts and sesame seeds and blend just enough to get small pcs (not a powder)

PS I used a mix of nuts - same amount



Enjoyy

as seasoning wherever you want



## PICKLES

in vinegar

- \* Carrots, Cauliflower, Garlic, Onions, Radishes, Bay Leaves, Makrut Leaves all mixed in various quantities

### How:

Cut all the veggies into pieces, being aware that dimensions count - the bigger the piece, the crunchier the result when you'll open the jar.

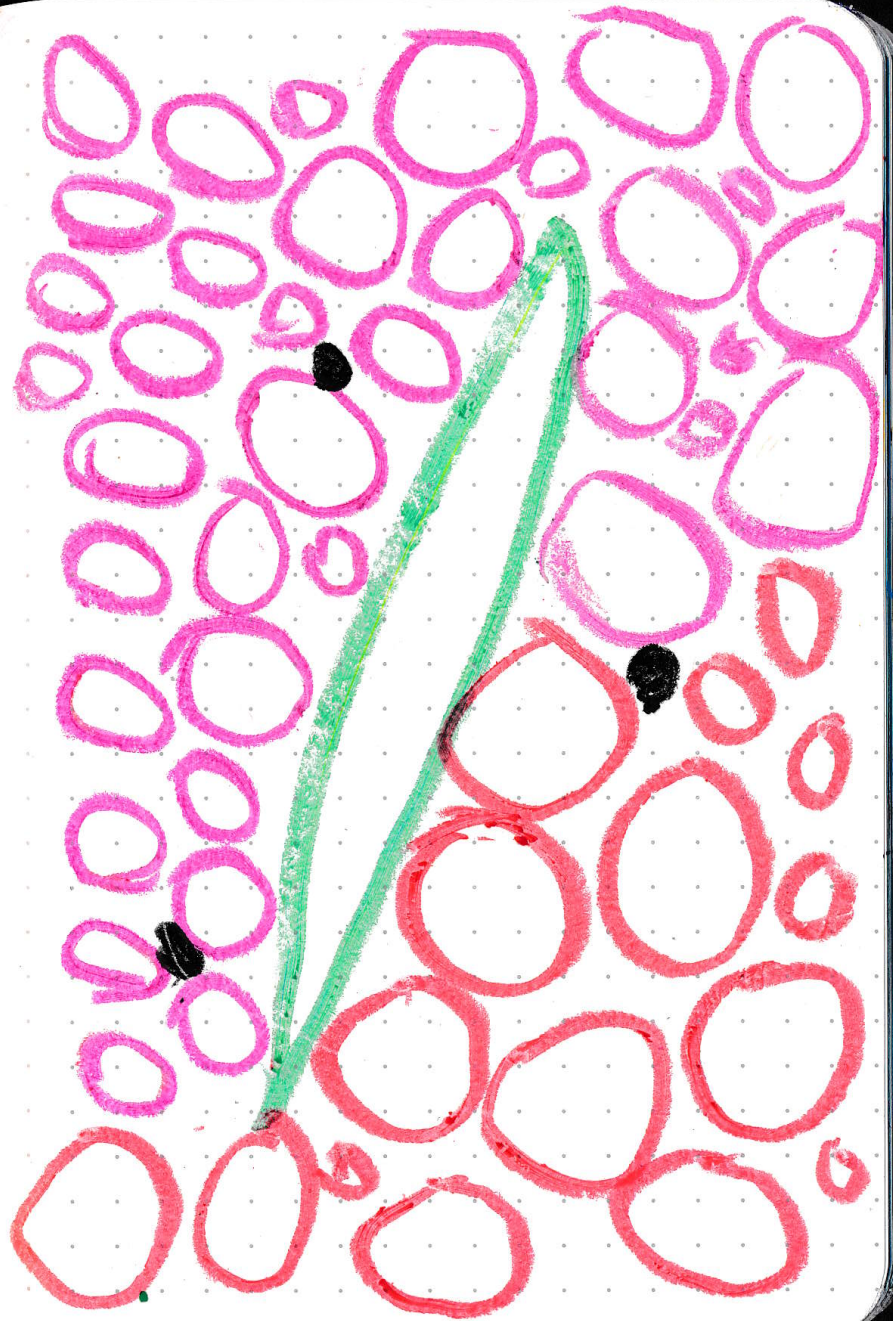
Depending on your necessity, you can walk 2 different ways 2 proceed with the brine:

#### \* Slow

Wait at least 3 weeks until opening. It can last up to 2 years in a dark spot.  
The bigger quantity of water and sugar will allow faster pickling.

#### Fast

They're normally sweeter and do not last as long. Wait up to a week until they are ready.  
The ratio is  
Vinegar:water:sugar  $\rightarrow$  3:2:1  
The bigger quantity of water and sugar will allow faster pickling.



For 850 ml

- \* White wine Vinegar (at least 5% acidity) / 650 ml
- \* Water / 150 ml
- \* Sugar / 50/80 g
- \* Salt / 3 to 10 g

How:

Prepare the brine, put it in a non reactive pot with vinegar, bring to a boil then let it simmer for 5 mins while stirring, you want the sugar and salt to melt.

In the meantime, place the ingredients in a sterilized jar, squeezing them as much as possible.

Add the boiling brine and close immediately.

Don't fill the jar completely with the liquid, leave some space at the top.

Keep the veggies under the brine for 1 cm (more or less) so nobody else will join the party.

SOTACET



## PUMPKIN

in oil

- \* Pumpkin, Garlic, Rosemary, Bay Leaves, Pepper Corns, Vinegar

### How:

Put vinegar and water (1:1) to boil with bay leaves and pepper corns and cook the pumpkin (cut in nice similar pieces) for 5 mins (we want her to be crunchy), then sieve it, dry it and let it cool down.

Dry it with a cloth and place it in a sterilized jar with herbs and garlic. Then submerge everything in oil (I used EVOO).

Keep the pumpkin under the oil, then close with the lid and create a vacuum by boiling the closed jar in water for 20 mins.

It stores for months - when opened, store in fridge.



## ESTILO CLASICO KRAUTI INSPIRED

\* Cabbage, Garlic, Onions, Cumin Seeds, Beer, Olive Oil

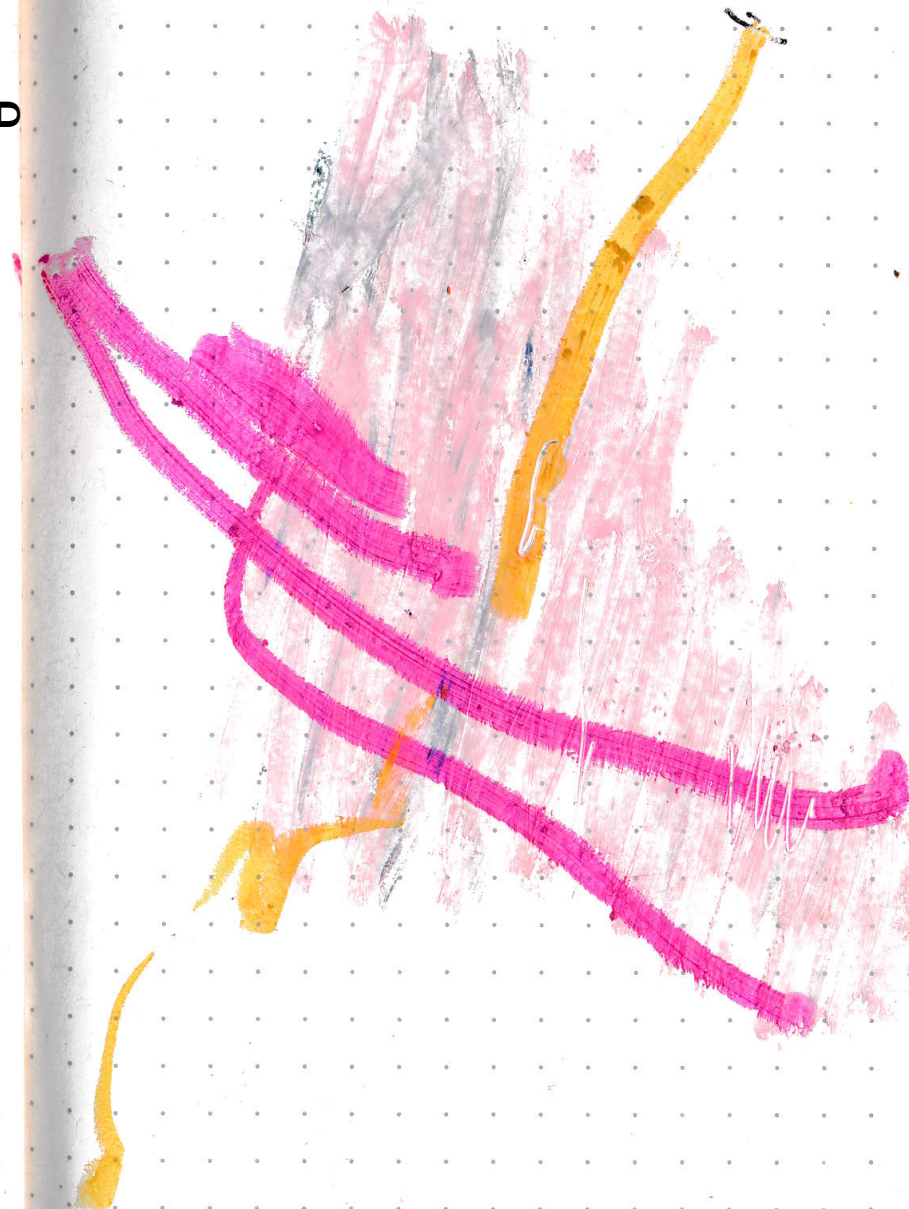
### How:

Heat a pan, then add oil, onions, garlic, red cabbage (thin), cumin and simmer.

After 5 min add Estilo Clasico beer (or any other beer you may find unfinished somewhere in your fridge) and add it to the preparation, let the alcohol evaporate.

Adjust in salt and pepper. Cook till soft, then squeeze it in a sterilized jar, add in the end the oil till the cabbage is completely covered.

Then close with a lid, and cook the jar in boiling water for 20 min to get the vacuum.



In general, about

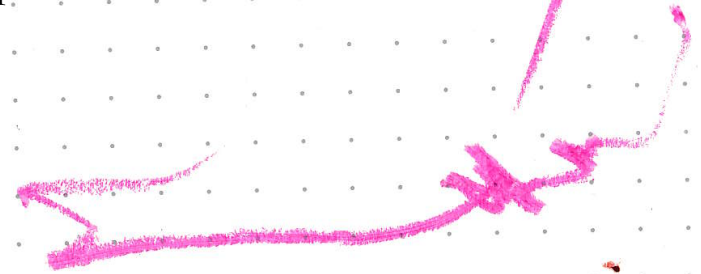
## FERMENTATION

(This chapter could be potentially huge, but if you want we can talk about it)



Fermentation is a natural process that has been used since the very beginning of our existence, initially in an unconscious way, then in a conscious and symbiotic practice that involves many different characters (us included) with many different benefits (most of them still unknown).

A huge variety of living beings are included in this fascinating process, depending on the environment we create, on the kind of food we include, if there is air (aerobic) or not (anaerobic) and temperature. These elements determine the families of bacteria/microbes/etc that are able to live, eat, reproduce themselves in that specific environment. The micro works exactly as the macro: for example a pine would struggle very hard if placed in the desert.

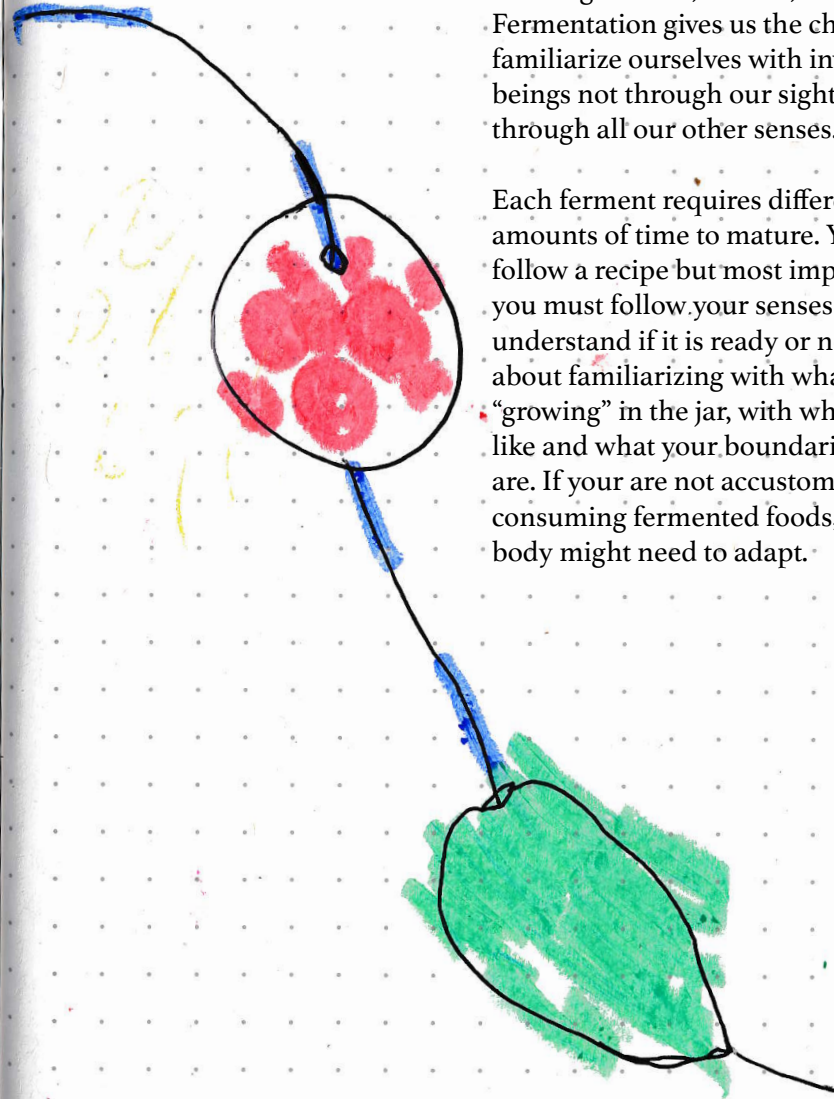


## Lactic Acid Fermentation

In Lactic Acid Fermentation (Kimchi, sauerkraut,...) bacteria consume the glucose present in the fruit/vegetable, obtaining energies and producing lactic acid as a byproduct. This is an anaerobic process, meaning that it takes place in an environment without oxygen. This is why it is very important to keep the food under the liquid: it allows the proliferation of specific families and prevents the growth of molds (who live in aerobic environments).

Explained simply, fermentation breaks down complex molecules, making them easier for the body to digest.

Each family of bacteria follows its own process and produces distinct byproducts. The system of flavors and tastes mirror the reactions happening inside the jar. The "waste" of some bacteria is the "food" for others, creating a symbiotic system where each participant gives and takes in a circular fashion.

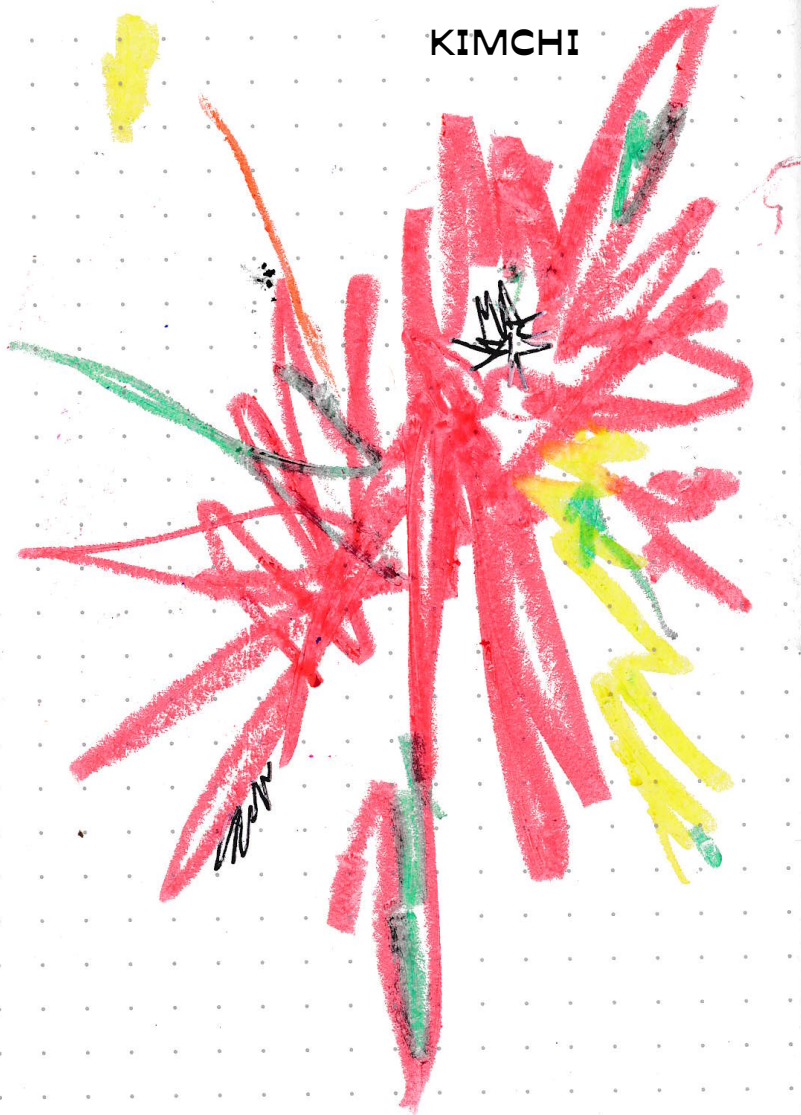


Food is alive, constantly changing, evolving its taste, texture, smell. Fermentation gives us the chance to familiarize ourselves with invisible beings not through our sight, but through all our other senses.

Each ferment requires different amounts of time to mature. You can follow a recipe but most importantly you must follow your senses to understand if it is ready or not. It's about familiarizing with what you're "growing" in the jar, with what you like and what your boundaries are. If you are not accustomed to consuming fermented foods, your body might need to adapt.



## KIMCHI



- \* Napa Cabbage
- \* Fat Salt
- \* Carrots
- \* Ginger
- \* Fat Salt
- \* Carrots
- \* Ginger



### How:

Cut the Napa cabbage in vertical  $\frac{4}{6}$  slices, then spread through each leaf some fat salt. Put all the cabbage in a big bowl under a weight and let it sweat (<https://soundcloud.com/radioflouka/tai-chi-practice-with-djsport-14-06-2023>)

In the meantime prepare the carrots, daikon and ginger: I like to cut them in long thin sticks. Peel the garlic (normally I do not cut it), cut the onions/spring onions and season with Gochujang - if your skin is sensitive, use gloves because she can bite quite hard. Generally I like doing all the processes by hand and getting dirty.

After a couple of hours, take the cabbage, rinse it under running water and mix with the other ingredients. Do not throw away cabbage water, it may be useful. Squeeze everything in a sterilized jar, making sure that there is no air with the cabbage.

Make sure that everything is submerged by the juices and if not, add some cabbage water. Place a weight on top, or something that does not allow the content to get in touch with air. You may also use a leaf of the cabbage, or a film to keep it safe. Close with a lid.

In the days after, if you're using a normal jar, remember to slightly open the lid to let the air come out from the jar - otherwise kimchi might spit out some of his juices. You know she's fermenting when there are bubbles through the ingredients and starts to smell a bit acidic. There is no specific timing, just taste it. When Kimchi reaches the perfect taste for you, place it in the fridge so it will maintain your preferred taste. I normally like it after a week, but it can ferment even for years, it just depends on your taste. The one we consumed at dast was around 1 week old

Pay attention to temperature, because it plays a crucial role: if too low it slows down the process, if around 20/30 °C it accelerates (so pay attention when you ferment in summer, cause it might be faster then you can imagine and fuck you up). If higher than 75°C you can say ciao to your culture, because it's going to kill or seriously damage the living beings - that's why it's very important to work with room temperature tools and ingredients.

In general, there are mainly two different ways to act on fermentation: by using a mother (SCOBY; lievito madre, etc) or by using wild bacterias/yeast, ecc.

In this case we're experimenting with the wild life, so it's important that when you clean the tools to ferment, do not use aggressive soaps, better use boiling water; when you buy food, better if it is grown locally and without pesticides.

Salt is a powerful tool that can select the kind of bacterias that are going to populate the culture: there are some that like it (Halophile) and some that don't. With wild fermentation and specifically with lactic acid fermentation, we must select the halophiles by adding a specific quantity of salt (never less then 2,5% on the total weight). LAB will proliferate in a succession of families that will take advantage of the environmental conditions, and each will give a different product, lowing down the Ph, preparing the space for the next genres; creating a difficult barrier to overcome for other (potentially bad) bacterias.

UOVA,  
SOMEHOW \*

\* For this recipe, kindly ask to Pau and Eleonora, they did  
the magic



## FERMENTED CARROTS

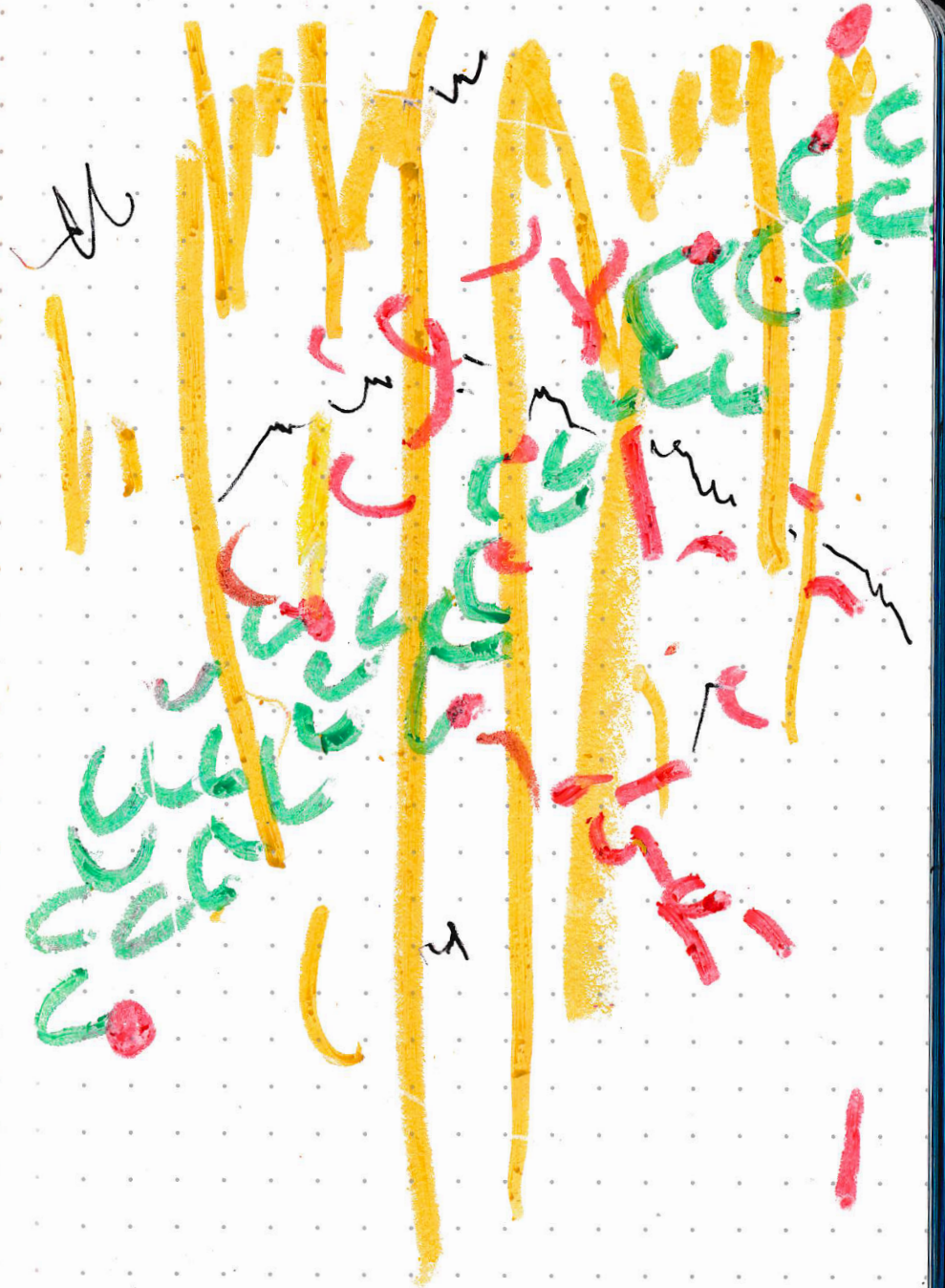
- \* Carrots / 1 kg
- \* Ginger / Up to your taste
- \* Salt / 3% of total weight
- \* Spring Onions / Up to you
- \* Water with no chlorine

### How:

Cut all the ingredients as you prefer, then weight them together in the selected jar (tare) with the water and calculate 3% that will give you the total amount of salt. Then take again water, melt the salt in it and put back the water into the jar, making sure that all the carrots are well covered.

Close with the lid and if you are using a normal jar, make sure to vent the jar so any liquid won't come out.

Wait up to 3/4 weeks (ideal T: 18-22°C) then preserve it in the fridge or in a fresh space.



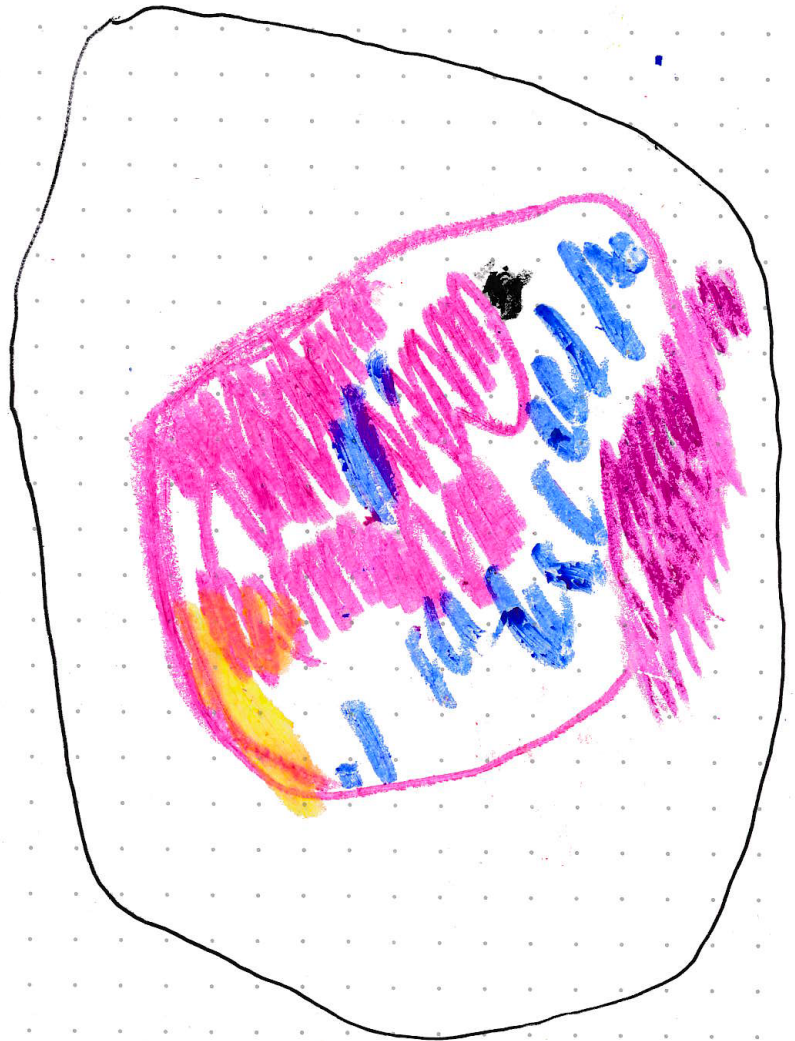
## REMOLAXA MISTAKE

- \* Beetroots
- \* Chickpeas
- \* Tahini
- \* Lemon
- \* Olive Oil
- \* Garlic
- \* Salt & Black Pepper

### How:

Boil the beetroots, then mix all together in a blender, as for a normal hummus.

Then place everything in a sterilized jar. Make sure the hummus does not present air by squeezing it good, then close with a lid and set aside for 2 weeks in a dark place. Keep it under control then place it in the fridge when open.



## PANZANELLA

- \* Old Bread (I used a normal one, the original recipe from Tuscany uses *pane toscano*, without salt)
- \* Tomatoes
- \* Olive Oil
- \* Vinegar
- \* Basil / Herbs
- \* Garlic
- \* Onions
- \* Salt & Black Pepper

### How:

Cut the onions in thin slices and place them in water for some minutes: this will allow to ease the strong classic flavour.

This is not necessary but in the end the effect is more delicate.

In the meantime, cut the bread roughly, cut tomatoes and mix everything together, then season, paying attention that the bread is wet.

Use your hands in order to get in touch with the texture, so you will immediately feel what is missing by your hands.

Wait a bit before serving so all the juices leave tomatoes and they will mix together organically.

Serve with nice people around



## TOMATOES & VANILLA OIL

- \* Tomatoes (for salads)
- \* Fermented Carrots
- \* Olive Oil
- \* Vanilla
- \* Basil
- \* Salt & Black Pepper

### How:

Emulsify EVOO at a room temperature with some vanilla (I used the drops) and some lemon (or some brine, as I did). Then add it to the tomatoes and serve with salt, pepper, herbs.

1. Pranzo al Lago

## INSALATA DI FARRO

Spelt with zucchini, mustard, chard, walnuts, garlic oil, lemon

## FAKE RISOTTO

- \* Buckwheat
- \* Green Peppers
- \* Saffron
- \* Garlic
- \* Ginger
- \* Water
- \* Olive Oil
- \* Salt&Black Pepper
- \* Fresh Cheese

\* *Formatge de Pallars*  
Iban Campos

## LA SAGRA

### How:

Heat a pan, add oil, garlic, onions, ginger and gently simmer it till soft. Then add the sliced peppers, season and let them soften.

Switch off, put everything in a food processor and mix well by adding some more oil if needed.

Heat a pan, then add the buckwheat and toast it (it will be ready when, by touching it, will be hot; smells like popcorns). Then add boiling water (if you want to make it tastier, prepare a stock before), covering entirely the buckwheat and season with salt and saffron.

Let the buckwheat absorb the water, stir from time to time, then add more if needed. This process similar to when making risotto, it keeps the starch inside so it gets creamy, though this is a different cereal - the creaminess of each cereal is given by the quantity of starch in it.

Then add the sauce, mix well, adjust if needed. Serve and in the end add the fresh cheese.



## IN CONCLUSION

As you may notice, all the recipes shared here are often without quantities. This is because I rarely use the scale for these kind of preparations (excluded ferments and pickles, another story): I did them many times, but above all, what makes food tasty and good is by tasting adjusting tasting and so on.



Trust your senses  
Trust your gut  
Eyes to the  
surroundings  
Ritual\* with the people  
you love

Rituals are symbolic actions, that hand down and represent values shared by a community - they create a community without communication. The ritual punctuates time, organizing it and giving a recognizable structure to existence.

To me, the preparation of the meal is a ritualistic action, that scans my time, uncluttering it. It gifts me a structure that most of the times I miss; It donates a sense of unity that I harvest as I lay the plate on the table and people take their first bite. Gathering during the eating, moving alike, sharing the same food, talking (or not talking at all), creating a sense of material and immaterial sharing, to me are the reasons that justify all the rest, that explain the sense.

Thank you for sharing this ritual with me, for making me feel so rich and enriched every time this Dream comes to an end - aware that you'll be characters that will animate also my reality, enacting a constant exchange where we'll be able to know and recognize ourselves always, feeling at home [everywhere, nowhere]

12

Diurnenge, FEBRER  
Sunday, FEBRUARY  
Domingo, FEVEREIRO



references

*Gaia* \*\* J. Lovelock

*The Disappearance of Rituals* \*\* Byung-Chul Han

*The Art of Fermentation* \*\* Sandor Ellix Kats

*Ajda Pratika, Buckwheat – from Landscape to Table* \*\* Elena Braidă, Dora Ciccone, Francesca Lucchitta, Kim Lang, Elena Rucli, Vida

Rucli, Vid Skrbinšek, Janja Šušnjar

*The Carrier Bag of Recipes* \*\* Elena Braidă

*Cooked* \*\* Michael Pollan

*The Modern Preserver's Kitchen* \*\* Kylee Newton

*All the Stuff we Cooked* \*\* Frederik Bille Brahe

7

8

9

10

11

12

13

14

15

16

17

18

19

20

2023 Setmanes · Weeks · Semanas 6-7

Febr · Feb · Fev

6 7 8 9 10 11 12  
13 14 15 16 17 18 19  
20 21 22 23 24 25 26  
27 28

Mar · Mar · Mar

1 2 3 4 5  
6 7 8 9 10 11 12  
13 14 15 16 17 18 19  
20 21 22 23 24 25 26  
27 28 29 30 31

## RECIPES OF OBSERVATION

 Enjoy

Share your thoughts with me if you like, I will be very happy  
to be with you in this, in different ways :)

Thank you for being [here]

Love you

Elisa

