

Mafe " Senegalese peanut butter stew

- 2 onions
- 3 garlic cloves
- 1/2 bell pepper
- 500g cassava
- 500g (sweet) potatoes
- 1 can chopped tomatoes
- 1 cup peanut butter
- bay leaf, paprika, chillies
- 2 carrots

① Make cubes → put in a pot  
 Leave to bubble → never boil



500g Strong White Flour  
 • 7g Yeast  
 • 2tsp salt  
 • water (warmish)

② → add yeast to water  
 - Pop flour in a bowl  
 add yeast into one side and salt into the other  
 - Add water slowly to bring into a dough  
 - Knead for 5 min.  
 - Rest for 1 hour (ish)  
 (should double in size)  
 - Form into a loaf shape  
 - Rest for 1 hour and heat oven to 230°C  
 - Put temperature down to 210°C, stick loaf in for 40ish minutes  
 - When bread is done it will sound hollow when tapped

EVERYDAY BREAD



# SPECIAL BROCCOLI

INGREDIENTS:

- 1 HEAD OF BROCCOLI
- OLIVE OIL
- 2 CLOVES GARLIC CHOPPED
- SALT + PEPPER

STEP 1: ADD WATER TO PAN TO COVER HALF OF THE BROCCOLI + COVER

STEP 2: WHEN THE PIECES TURN BRIGHT GREEN, REMOVE COVER

STEP 3: PUT OLIVE OIL + GARLIC IN A PAN ON MEDIUM/HIGH HEAT (~5 MIN)

STEP 4: WHEN ALL WATER EVAPORATES, ADD A LITTLE OIL (FOR 5-10 MIN)

STEP 5: ADD SALT + PEPPER

## Pasta alla Norma

- 4 table spoons of olive oil
- 2 aubergines
- handful of pine nuts
- 100g of basil
- 100g of cherry vine tomatoes
- 1 can of plum tomatoes
- 500g of Ricotta
- 1 large onion

Cut aubergine into cubes  
 Cut basil leaves into small pieces  
 Cut onion into small pieces  
 Cut tomatoes into small pieces  
 Cut pine nuts into small pieces

PASTA AL POMODORO (PASTA WITH TOMATO SAUCE)

→ until soft and translucent  
 Then add the tomato a leave it to slowly cook.  
 Add pinch salt (your liking), pepper and sugar.  
 Once it smell delicious and feels you are in Italy turn off the flame  
 put it on plate ENJOY!

Ingredients:

- 1 PASSATA
- 1 ONION
- OIL
- SALT+PEPPER
- SUGAR
- 8.PASTA + BASIL

QUANTITIES ARE UP TO YOU :)

HOW TO:  
 SAUCE  
 Go in a pot  
 put onion and oil and cook

## Mutual Memory Recipes

On the 17<sup>th</sup> of June 2018 we gathered at Mutual Studios in Craigmillar, Edinburgh. Together we shared heart-held recollections, creating this book of individual recipes brought together as collective memories.

I am what I eat, you are what you eat, we are what we eat.

Fork in The Road is an open-source community bike-trailer kitchen, reimagining where kitchens can be found. edinburghtocoollibary.org.uk/fork-in-the-road/

Mutual Press is a collaborative risograph print studio and service based in artists' co operative, Mutual. mutual.coop/press/



## Pesto Salmon with orange juice pasta

- 1 clove of garlic
- 3 tablespoons of butter
- 1 red onion
- 300 ml of orange juice
- Pasta of your choice for 2 people (4 portions)
- Salmon fillets (200g per person)
- 1 jar of pesto (basil, coriander or home made :))

### Instructions

Put on the oven at 180°C to cook the salmon. Put on the kettle to boil water for the pasta. While the pasta and salmon cooks crush the garlic clove and chop the onion. Fry both of them in a casserole until soft (in the butter). Then add the orange juice. Bring to a

boll and then let it simmer until it has reduced to half its size. Serve with pesto on top of the salmon as well as pasta with the orange juice sauce on top. Keep the jar of pesto handy in case you want more of it!

## Chocolate + Coconut Pudding

### Pan-fried Tofu

#### ingredients:

- hard Tofu
- olive oil
- sesame seeds (white)
- dark soy sauce
- wasabi powder (optional)
- salt & pepper

- cut Tofu into pieces
- heat 2 teaspoon of olive oil in a pan
- once heated, put in dark soy sauce, sesame seeds into the oil
- fry tofu pieces on medium-high heat until golden brown
- add wasabi powder and salt & pepper to taste.

- coconut milk
- cocoa
- dessicated coconut
- sunflower seeds
- pumpkin seeds

combine milk, coca + coconut  
pour into small dishes  
sprinkle seeds on top  
refridgerate  
enjoy!

"Banana custard"  
warm, wavy fruit  
that mum would  
give to me in  
every sort of lettuce  
food.  
↓  
Annoying in  
chicken fricassee

### Lemon Pie

#### Base

- 2 oz Wheatabix
- 2 oz caster sugar
- 2 oz Butter (melted)

Mix above and press into tin  
(foil lined)

#### Filling

- 1/4 cream whipped
  - 1 sm 1 tin sweet condensed milk
- Juice and rind of 2 lemons.  
Pour on top of base + leave overnight in fridge.

# BORSCH (БОРЩ)

BEET SOUP!!!

My MAMA'S RECIPE, BY ACEAE  
GROWN UP IN LATVIA, USSR

- ① BOIL STOCK (VEGGIE OR CHICKEN)
- ② FRY ONION, TOMATO, CARROT
- ③ PEEL & CHOP POTATO WHILE PUT INTO STOCK (BOILING)
- ④ SHRED BEETS
- ⑤ ADD 2+4 TO STOCK WHEN POTATOES ARE ALMOST DONE
- ⑥ ADD SALT & HERBS TO TASTE AMOUNTS, CUT SIZES, & TIMES TO TASTE MEAT OR FRIED! GO WITH YOUR GUT!



# The kindness of strangers Spanish stew

## Ingredients

Onion (chopped)  
Dried pinto beans  
Fresh tomatoes  
Paprika (smoked)  
Pepper  
Carrots (cubed)  
Vinegar (trust me)

## Method

3. Add the fresh tomatoes (chop them first!) and mix with the onion/carrot mix.
4. Fry for a couple of minutes then add the pinto beans.
5. Cover with cold water, then heat until boiling.
6. Reduce the heat to a simmer and cook, covered, until the beans are soft.
7. Serve piping hot, with a splash of vinegar (yes!) and crusty bread. DINGO.

# SPICY HOT CHOCOLATE

Put water in a saucepan. Add fresh ginger, a crumbled bit of cinnamon stick and crush cloves. Boil for a bit. Then add lots of cocoa powder, sugar or honey, and ground cinnamon, ginger, black pepper + chilli powder TO TASTE. (+ optional milk or non-dairy milk) Simmer for ages, strain + SLURP !!

# Recipe 4 Success

Fist you have to pre-heat your ego

Next, finely chop any doubt and hesitation

Add the courage to the pan and simmer your creativity under a low heat

Once the juices are flowing round the pan, gradually pour in your personality - mixing as you go

When you are ready to flambé, pour in any any any remaining traces of apprehension and set the whole thing alight



# TUNA + AUBERGINE PASTA BAKE

PASTA

TOMATO

AUB

ER

GINE

(CRISPY

TINA

BASIL

ONION

GARLIC

MOZZARELLA

PARRILLA



Mutual Press

AWARDS  
FOR ALL  
SCOTLAND  
LOTTERY FUNDED

vegware:  
community fund

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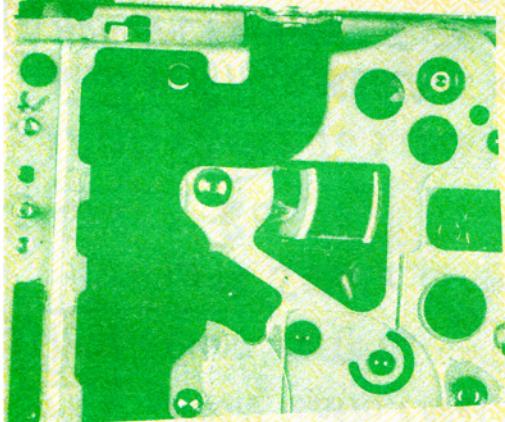
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# HAPPINESS + BUTTER LANDSCAPES

If you are feeling down  
a bit and need some  
cheering up:

- take some semolina  
- add some hot milk  
- boil until soft  
- put on a plate  
- add butter, honey +  
cocoa powder  
- Admire the landscapes,  
rivers of butter and mountains  
of semolina you have  
created and feel like a  
happy 5-year old

## GAZPACHO



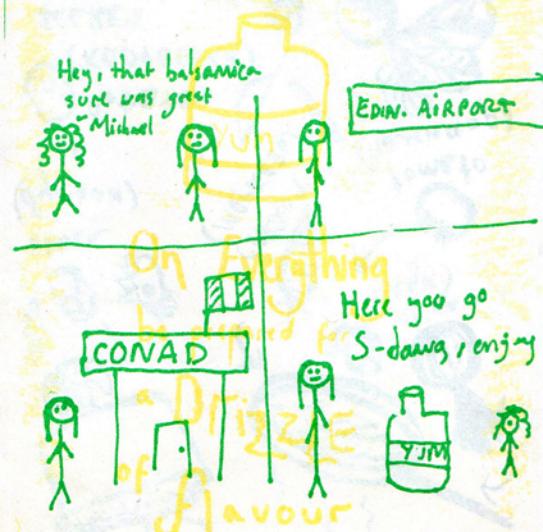
- A LOT OF TOMATOES, GARLIC,  
OLIVE OIL  
- A LITTLE BIT OF PEPPERS, BREAD,  
SALT  
- BLEND  
SERVE WITH GARLIC / PARSLEY

# LEMONADE

- FIND A BIG CONTAINER
- SQUEEZE 30 LEMONS INTO IT
- ADD 1 SCOTMID CARRIER BAG OF FRESH MINT LEAVES FROM THE GARDEN
- SOME SUGAR BUT NOT LOADS
- ADD enough water

→ Sell it in the meadows

## How To Acquire Balsamica



A very Yorkshire  
cup of...

## TEA

o 1 Tetley teabag  
(this is what I grew up  
on)

- ◊ boiling water
- ◊ mug (no teapot)

??? milk

This recipe is perfect for  
times of crisis, times or  
celebration + even when  
its really hot out!



SHAKSTAKATY

SHAKSHUKA

- 2 onions
- peppers of many colors
- garlic
- tomato
- sliced tomatoes
- kalle
- butter beans
- sunnyside
- long leaves
- coriander
- parsley
- thyme
- eggs
- olives

big pan  
put the  
ingredients  
in the best  
way you  
think  
best.  
Eggs last  
probs  
but do what  
you gotta do.