

Dear reader,

2020 OCTOBER BY MILDA JANUŠEVIČIŪTĒ AND EGLĒ TRIMAILOVAITĒ

We are very happy to invite you to our dinner.

Here you will find five starters, one main dish and one dessert. The recipes for these dishes were created based on the idea of food as a support structure. In the margins of the recipes, you will have a chance to read some of the overheard fragments of a conversation between seven close friends as they ate together.

xx, Eglė & Milda



*‘all I hear is the heavy wind and a blurred
R&B track’*

STARTERS

Cheese platter (GF)

This starter contains three main elements: cheese; beetroot, garlic and balsamic vinegar jam; plum, onion and rosemary jam. We will describe the ingredients and preparation for each.

> Cheese (3-4 different types of cheese of your choice) > Beetroot, garlic and balsamic vinegar jam

INGREDIENTS:

- 3 big beetroots
- 4-5 cloves of garlic
- Balsamic vinegar
- Few spoons of honey
- Salt
- Olive oil

Peel and grate the beetroots. Peel and cut the garlic into small pieces. Heat a pot or deep frying pan, drizzle in some olive oil and add the beetroots and garlic. Fry for a bit, then add some water and braise for about 10 minutes. Add vinegar, salt and a few spoons of honey. Braise for 30-40 minutes or until the consistency becomes soft and smooth. Chill and serve with cheese.

> Plum, onion and rosemary jam

INGREDIENTS:

- 1 kg of seasonal plums
- 2 red onions
- Few small branches of fresh rosemary
- Salt
- Olive oil

Cut the plums in half and remove the stones. Cut the onion into thin slices and peel the rosemary leaves from the branch. Heat a pot or

deep frying pan, drizzle in some olive oil, add onions and fry until softened. Add plums, rosemary and a pinch of salt. Simmer for about 45 minutes, constantly stir- ring over low heat or until you get a soft and smooth consistency. Chill and serve with cheese.

Pan-fried sweet milk cottage cheese with honey and smoked paprika (GF)

INGREDIENTS:

- Sweet mild cottage cheese, either lightly salted or with some cumin
 - Smoked paprika
 - Few spoons of honey
 - Olive oil
- Cut the cheese into medium-thick slices. Heat a pan, drizzle in a bit of olive oil and put in the slices of cheese. Pan-fry the cheese slices on both sides. After removing from the pan, sprinkle with smoked paprika and honey.

Oven-baked tomatoes with smoked kale and pars- ley pesto (GF, vegan)

This dish consists of three elements: oven-baked tomatoes; smoked kale; parsley pesto. We will describe the ingredients and preparation of each.

‘comfort food is something that requires minimal effort to cook’

> Oven-baked tomatoes

INGREDIENTS:

- 12-15 different types of tomatoes. For example, black, yellow and big raspberry tomatoes
- Salt

- Olive oil

Wash tomatoes, add to the baking tray, pour some olive oil into the tray and sprinkle the tomatoes with salt. Place the baking tray in the oven, preheated to 220°C. Bake for about 60 minutes or until the tomatoes are soft and slightly browned. After about 40 minutes, reduce the oven heat to 150°C. Remove baked tomatoes from the oven and let cool. Serve with the other elements of the dish.

> Smoked kale

INGREDIENTS:

- 300 g or 4-5 big kale leaves
- Ice cubes
- Hay

Peel the kale leaves from the stem. Boil water in a pot and add the kale and let boil for 5 minutes. Meanwhile, add ice cubes to a bowl of cold water. Take the kale out from the boiling water and add to the icy water, leaving for about 3 minutes, making sure the kale doesn't lose its texture. Take out and gently dry the kale with a clean kitchen towel.

For the next step use a baking tray /pan/ pot in which you can make a fire. Put about 3 handfuls of hay in it, set it alight and then blow the fire to make as much smoke as possible. Put the drained kale in a sieve and place it above the smoke. Add a clean towel on top of it so the smoke does not escape and the kale absorbs as much smokiness as possible. Serve with the other elements of the dish.

'parsley is not your casual dish decoration'

> Parsley pesto

INGREDIENTS:

'parsley is not your casual dish decoration'

- Big bundle or about 150 g of parsley
- 1-2 cloves of garlic
- Handful of walnuts (or other types of nuts, whatever you have at home)
- Salt
- Olive oil

Wash the parsley and cut out the hardstems. Peel and finely chop the garlic. Add parsley, garlic, salt, nuts and oil in a food grinder or a stone spice grinder and grind it all until it becomes a smooth paste. If you want to achieve a creamier texture, add more oil. Serve with the other elements of the dish.

CONNECTING ALL THREE ELEMENTS:

Place the oven-baked tomatoes on the bottom of a deep plate or bowl, sprinkle with the remaining oil and the sauce from the cooked tomatoes, then place on top the smoked kale and with a teaspoon place dollops of the parsley pesto.

Arancini with ajvar (GF, vegan)

INGREDIENTS:

- 500 g of 'Arborio' rice
 - 1l of vegetable broth (made in advance)
 - Gluten free flour
 - Aquafaba – the liquid from canned chickpeas
 - 'Ajvar' relish
 - 1 onion
 - 4-5 cloves of garlic
 - Salt
 - Olive oil
- Make the vegetable broth in advance.

In a deep pot drizzle in some olive oil and fry finely chopped onions and garlic until they get softer. Add the rice and fry while gently stirring. Add a scoop of broth into the rice and stir it gently. Repeat this process until the rice is cooked and you get a creamy consistency.

Let this cool. In two separate bowls add aquafaba and gluten free flour, arrange an area to roll the arancinis. Take a ball of cooled risotto and flatten it in your palm to create a kind of pancake. Place a teaspoon of ajvar in the center and roll into a ball. Dip the formed balls into aquafaba and then into the gluten free flour mix. Continue until you have used all the risotto mix. In a deep frying pan heat the oil and fry the arancinis on all sides until golden. Remove from the pan and place on a paper towel to soak up the excess oil.

Sunflowerseeds (GF,vegan)

‘I like to eat sunflowers seeds directly from the flower’

MAIN DISH

Seasonal vegetables ‘čenakai’ (GF, vegan)

INGREDIENTS:

- Seasonal vegetables, for example: celery root, parsley root, pumpkin, kale, carrots, onions, garlic, celery
- 2 cans of chickpeas
- Čenakinès or oven pots
- 1l of vegetable broth (made in advance)
- Unsweetened soya yoghurt and fresh mint leaves (for garnishing)

‘do you remember when it was cool to eat pumpkin seeds but not the sunflower seeds?’

If necessary, peel, shave and remove the seeds from all the vegetables, cut into similarly sized cubes and fry in a large pot or deep frying pan until lightly tender. Add all the vegetables from the pan to čenakinès or oven pots, add the chickpeas and pour in the

vegetable broth. Bake in the oven for about an hour and a half. Serve with the soy yogurt and fresh mint.

'forks are dancing to the rhythm of mmmm, omg, wow, ahmmmm'

'Do you also have another stomach for apple pie?'

DESSERT

Apple and plum crumble with coconut ice cream (GF, vegan)

INGREDIENTS:

- 2 kg of apples
- 0,5 kg of plums
- 200 g of vegan butter
- 500 g gluten free flour mix
- 300 g brown sugar
- Coconut ice cream – for serving

Cut the apples into quarters and remove the seeds. Cut the plums in half and remove the stones. Put all the fruits in a baking tray. In a bowl, mix the butter, flour and sugar until you get a 'sandy' consistency. Pour the mixture over the apples and plums in a baking dish, place in an oven preheated to 200°C and bake for about 45 minutes. After about 30 minutes reduce the oven heat to 160°C. Serve the cake with coconut ice cream.



'my blood supply had been mobilised as a matter of urgency from my brain to my digestive system'

Do bellies dream of smoked kale?
Nothing tastes the same anymore.
It's pretty bad.
Probs it'll take months to recover
from this food-crush.
Only time can heal.