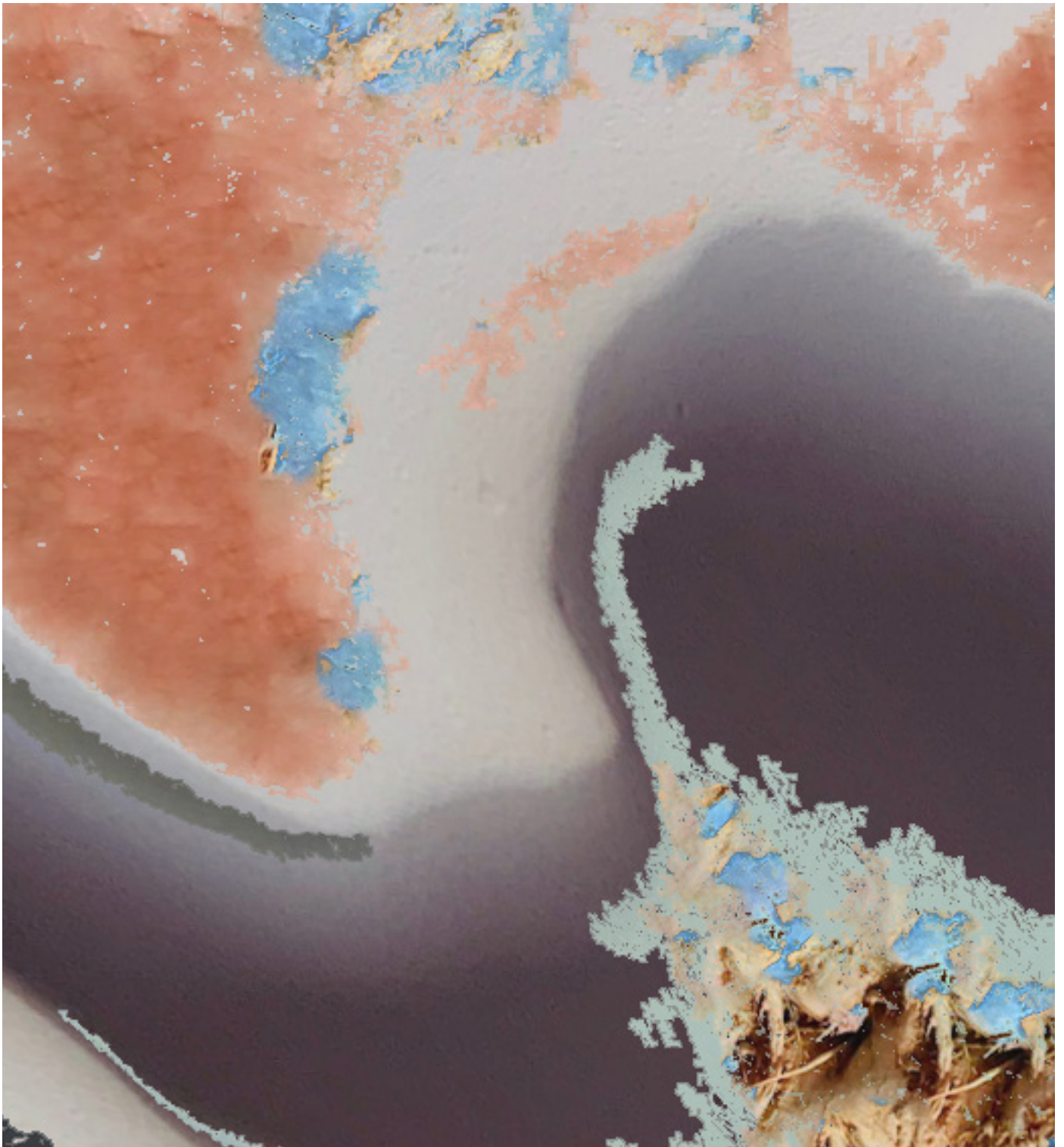


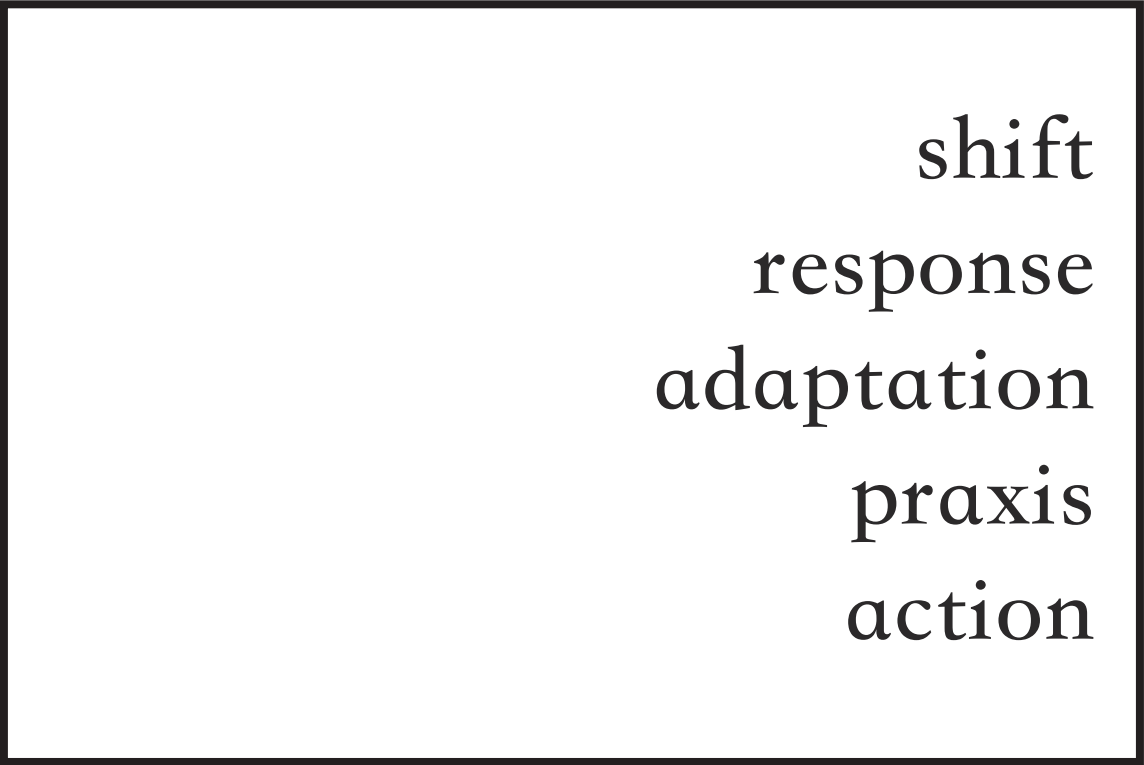
unfix

speculative reflections & cooking activities
for adaptation and happiness in the time of change



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shift
response
adaptation
praxis
action

as the world is undergoing rapid changes, daily routines have become largely affected too. every day new transformations in our personal and collective space take place and ask for constant adaptation.

this causes pressure, uncertainty and eventually takes a stressful toll. but we believe that reflecting and embracing the uncertainty helps to discover and develop coping mechanisms and adaptation skills as the future asks these qualities from everyone.

we found ourselves in the state where most of the daily practices and habits have to be reevaluated and reconsidered. feeling of being lost and confused resulted in an attempt to make use out of this remarkable situation. combining our knowledge with sensitivity, we decided to create a guide, a manual, a

set of playful actions and thinking exercises to ground and balance in peculiar times.

this growing collection of shifts, responses, practical recommendations and recipes is an observation of change that shapes the new normality. unfix is welcoming a positive transformation of personal and collective space and invites to practice adaptation skills through cooking and small daily rituals.

we think that dining and cooking habits can become handy tools in making the process of adaptation go smoother and bring some joy into the process. with this collection of thought and practical advice we hope to trigger your imagination, activate an eagerness to play and raise the awareness about the exceptionality of the present moment.

this manual is created by diptych, an 8 seat omakase room based in amsterdam, initiated by the visual artist ola lanko who expanded her artistic practice into the field of gastronomy exploring unconventional tools to trigger peoples' imagination.

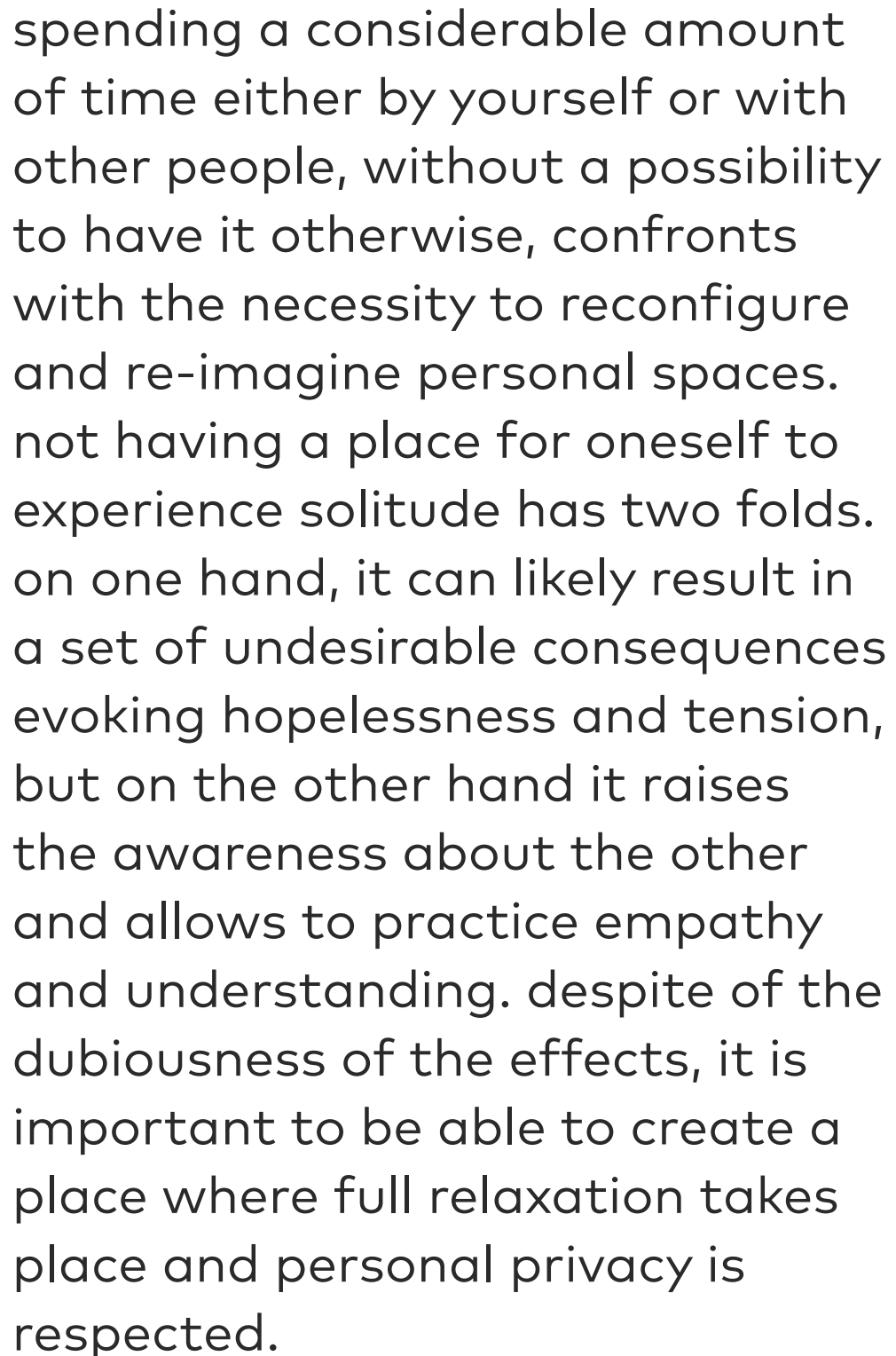
www.diptych.xyz

www.unfix.xyz

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personal space. redefined





spending a considerable amount of time either by yourself or with other people, without a possibility to have it otherwise, confronts with the necessity to reconfigure and re-imagine personal spaces. not having a place for oneself to experience solitude has two folds. on one hand, it can likely result in a set of undesirable consequences evoking hopelessness and tension, but on the other hand it raises the awareness about the other and allows to practice empathy and understanding. despite of the dubiousness of the effects, it is important to be able to create a place where full relaxation takes place and personal privacy is respected.

isolation.

captivity.

vulnerability.

exposure.

7

tension.

self awareness.

empathy.

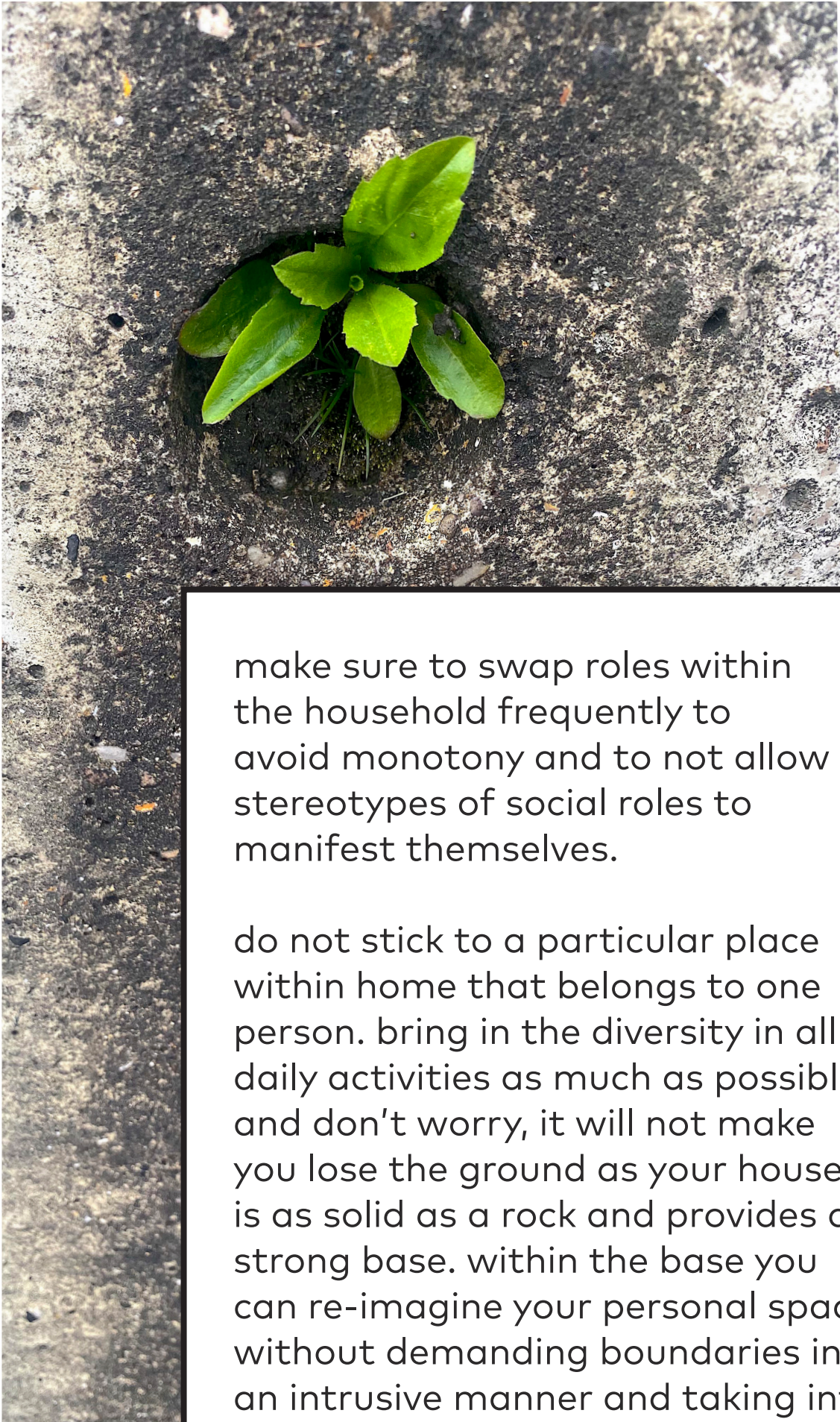
acceptance.

look for activities that create a feeling of personal comfort and independent decision making without interfering collective space. doesn't meant that you need to do things all by yourself, as in that case you exclude the other from the process by evoking a different arrangement of settlements, but think of activities that have best of two worlds.

consider creating something together without the initial agreement about what it can be. each possesses a unique set of knowledge and expertise and together these can lead to unexpected results. for example, you can make a soup where everyone puts in the pot something they and let it boil together. up to you to explore the chance of an extreme surprisement to the fullest. set no rules whatsoever and rely only on the common sense of your beloved ones.

choose for single serve dishes to create a feeling of personal space, but don't only limit to those. make sure to alternate between meals where you need to share as both ways have benefits and influence well being. pancakes are ideal for this purpose. a variety of toppings allow to express individual desires and the unified nature of the pancake create a feeling of belonging without losing one's personal character.

another way to bring in a little personal space is to set up a tent or build a confined space indoors. definitely make use of headphones and a blanket, these accessories have proved their ability to create isolated spaces if is in a need for solitude.



make sure to swap roles within the household frequently to avoid monotony and to not allow stereotypes of social roles to manifest themselves.

do not stick to a particular place within home that belongs to one person. bring in the diversity in all daily activities as much as possible. and don't worry, it will not make you lose the ground as your house is as solid as a rock and provides a strong base. within the base you can re-imagine your personal space without demanding boundaries in an intrusive manner and taking into account your surroundings.

meals

soup
tajine
stuffed vegetables
pancakes
wraps
cookies
bread
waffles

10

ingredients

apple
banana
olives
egg
mint
lavender

vibes

tent indoors
meal swap
take turns
single serve



onsen egg in lapsang dashi

eggs:

4 large eggs

1000 ml of water

200 ml of water

dashi:

10 gr kombu

2 cups water

10 gr of lapsang tea

20 ml soy sauce

20 ml mirin

twist*

dried lavender

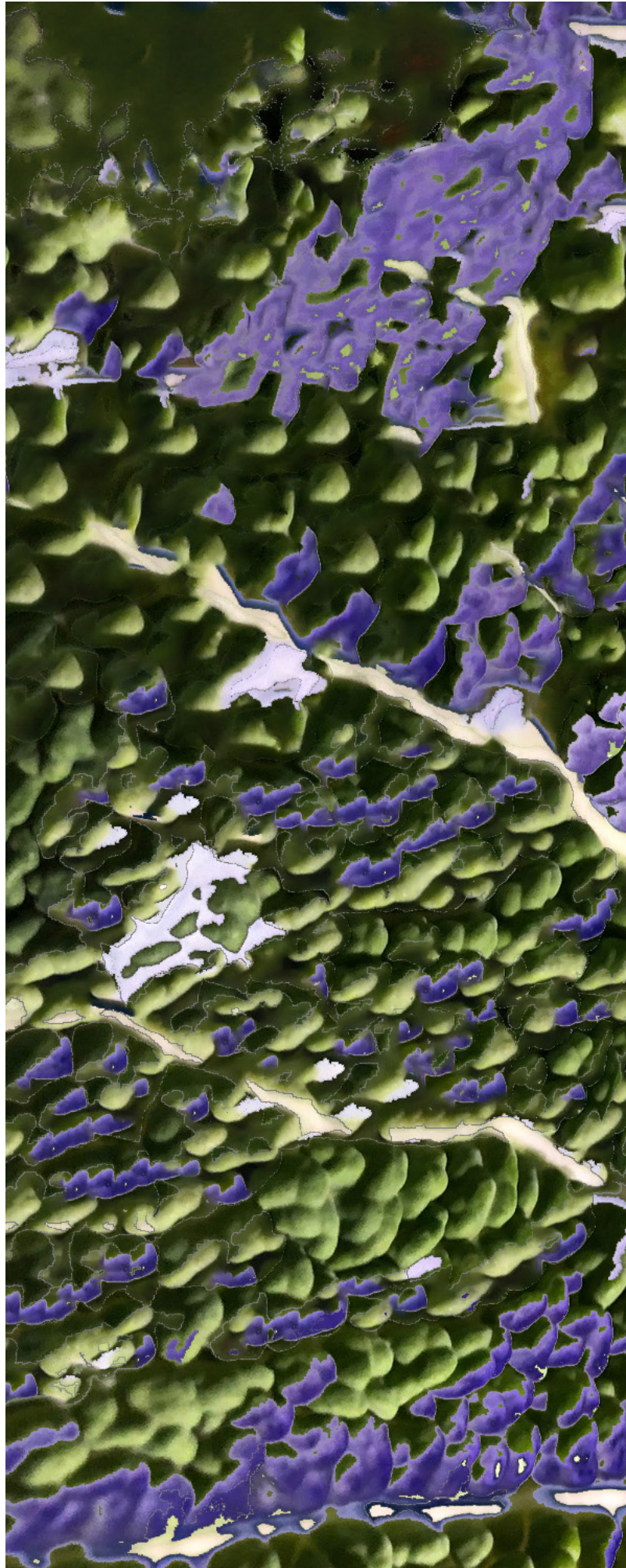
hazelnut oil

11

add 1000 ml water in a heavy bottom saucepan, cover and bring it to a boil. once boiling, remove the pot from the heat. take the eggs out from the refrigerator. add 200 ml cold tap water and gently submerge the cold eggs in the hot water. immediately cover and set the timer for 17 minutes. combine the kombu, lapsang and water. bring to boil, turn off the heat and allow to infuse for 15 minutes. sieve the liquid and combine with mirin and soy sauce in a small saucepan. bring it to a boil once again. after 17 minutes take the eggs out and set aside for 5 minutes. crack the egg and pour the sauce over you can enjoy it cold or warm.

**for a little twist, rub dried lavender between your fingers and sprinkle on top of the egg. add a few drops of hazelnut oil just before eating.*

experiential
diversity.
scarce



The background of the page is an abstract, textured image. It features a dense pattern of green, rounded, bubble-like shapes, possibly representing moss or a microscopic view of a surface. Interspersed among these green shapes are irregular, branching, and vein-like structures in shades of purple and blue. The overall effect is organic and complex.

as daily activities unfold in fixed spaces, one will quickly get into a dangerous situation - a lack of diversity in the surroundings. diversity plays a crucial role to the well-being, but is often being overlooked and underestimated. it allows to generate new ideas that stimulate and inspire. multiplicity of expressions allow freedom to manifest and flourish protecting from one-sided visions. but lack of new experiences has dubious effects. on one hand it increases stress levels, decreases the ability to learn and impairs judgment. on the other hand, a balanced monotony can slow down erratic and stressful routines and increase one's focus and emotional stability. nevertheless, constant exposure to different experiences connects us to the world, erratic and unpredictable in its nature, allowing to exercise resilience and acceptance.

boredom.

melancholy.

agitation.

14 rigidity.

calmness.

increased

focus.

sharpness.

when confined to a limited space, it is essential to make sure that there is still sufficient amount of diverse experiences present in daily routines. consciously create more chances for surprises and allow the unexpected to alter the normality.

limitation often leads to a discovery of the most surprising of our creative capacities. remember that variety can be easily experienced in simplicity. for example, try using salt on sweet things and honey on salty foods. hide a chili pepper, garlic or citrus fruits in a dumpling, a bun or a roll. this will lead to unanticipated experiences of new flavours in familiar dishes. another way to stimulate new insights is to experiment with cooking techniques. prepare a full dinner, starter, main and dessert, with carrots as a main ingredient. great challenge will lead to great satisfaction.

15

a change of setting is just as important to rediscover and experience your space as something new over and over again. try serving dinner in different places around your house. eat on the floor or change your dining table's position. flip it upside down. or construct a new table and chairs made out of objects already found in your house. same goes to plates and cutlery. are there objects around your house that can have a multiplicity of applications?



a change of
setting is just
as important
to rediscover
and experience
your space as
something new
over and over
again.



meals

glass noodles
jelly
injera
sushi
ramen
steam bun
filled cabbage rolls
flan

ingredients

natto
pickles
okra
mushrooms
passion fruit
tomatoes
sunflower

vibes

variable dining locations
customized chairs and table
close your eyes
mix different types of pasta



bao filled with apple, miso and vegemite

dough:

500 gr of flour
11 g instant yeast
1/2 salt
1 tsp baking powder
30 gr sugar
320 ml warm whole milk
30 gr sunflower oil

filling:

5 apples*
2 tbsp of shiro miso
1 tbsp vegemite
1 tbsp cornstarch
150 ml apple juice

for the dough: mix for one minute on low speed. after 1 minute raise the speed and mix for another 6 minutes. shape a ball and place in a lightly greased bowl. cover with cloth. leave aside until doubled in size. can take up to a few hours depending on the temperature. dust working area with flour shape a log and divide the dough into equal parts about 50 gr each. stretch each part in to a circle with your hand and put a spoon of filling in the middle. pull the edge of dough over the filling and fold it into layers. then twist the top to secure the bun. use pre-cut pieces of parchment paper to place baos once filled. use the papers to steam the buns on. once filled leave baos on the counted for 30 min. take the amount you want to steam, the rest can be kept in the freezer. steam for 15 minutes until shiny and solid.

19

for the filling: peel the apples and cut in pieces. roast in the oven on 180C for 20 min until very soft and juicy. combine cornstarch with apple juice and set aside. place roasted apples in a pan, mash them together but not too much allowing larger pieces to remain. mix with miso and vegemite. if the mixture is too liquid, heat it up and add a little bit of apple juice with corn starch. mix well and bring to boil. repeat if there is still excess liquid, but be patient and add in small portions. the consistency you are looking for should resemble potato stampot. taste and feel free to season to taste.

**we like goudreinet, but you can use any red juicy apples.*

perception of time. bent

20



the way we experience time differs in various ways. physical events are described by objective time and biological cycles. one can argue, if time even exists. meanwhile psychological time is non-linear and highly depends on the context. the way we experience time is crucial in shaping behaviors. when undergoing drastic changes routines and the way time is experienced is not the same as before. as habits work hard to adapt to new conditions, it can lead to feelings of uneasiness and being disconnected from the usual flow. having a structure is important to mental stability and productivity, but it also weakens us by creating dependencies on the structures we follow. when we learn to move from linearity to fluidity, time can become a useful tool to undergo the transition and create new habits.

disconnection.

lack of structure.

restlessness.

22 uncertainty.

floating.

daydreaming.

behavioral

change.

engage in time-centred activities and make sure to absorb the benefits of those moments. feeling the moment provides a balance and continuity. long lasting activities help with structures and routines essential for a sense of stability.

for example, dive into experiments with fermentation. make sure to explore short term process as well as those that requite long time to make. observing different tempos expand ideas about time and help to take the pressure away.

consider listening to either slow or fast sound pieces. alternate to raise the awareness of the subjective time experience.

during the time in-between meals, appreciate the feeling of hunger, gradual build-up is fun to notice and it makes food taste better. when cooking, use spices and ingredients with a powerful aroma, like basil, thyme or mint. those will bring you back in the moment.

play a game to detect the smells around your house and the outside. does your bedroom have a different scent than your living room and kitchen or your hallway? does the sunny day smells different than a rainy day?

get two identical clocks and leave them be. in some time one will be slower than the other. notice and observe this change.



get two identical
clocks and leave
them be. in some
time one will be
slower than the
other.

observe this
change.

meals

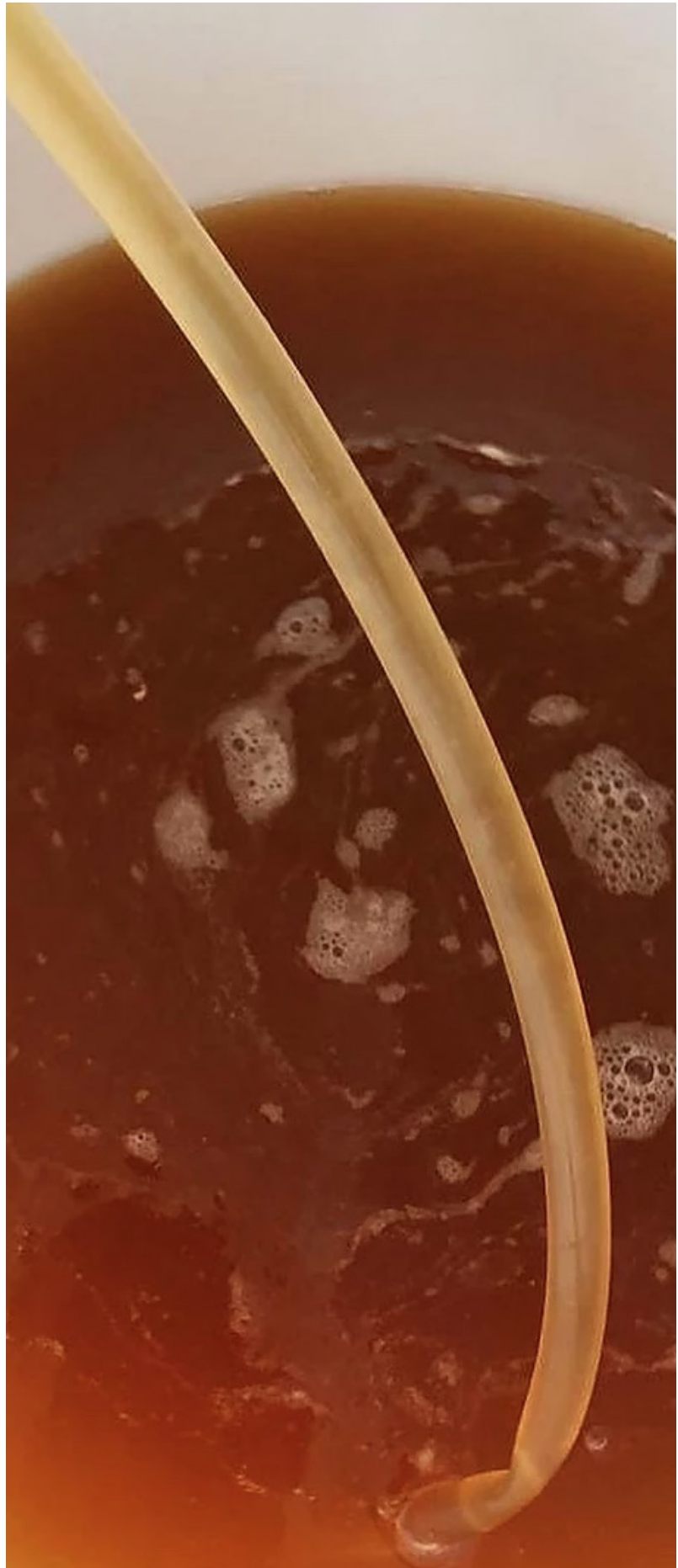
kimchi
sour cabbage
sour dough bread
kvass
stew
miso
layer cakes
pudding

ingredients

shelled walnuts
pomegranate
beans
spinach
mint
basil
rosemary

vibes

ambient music
candles
no technology
sand clock



kvass

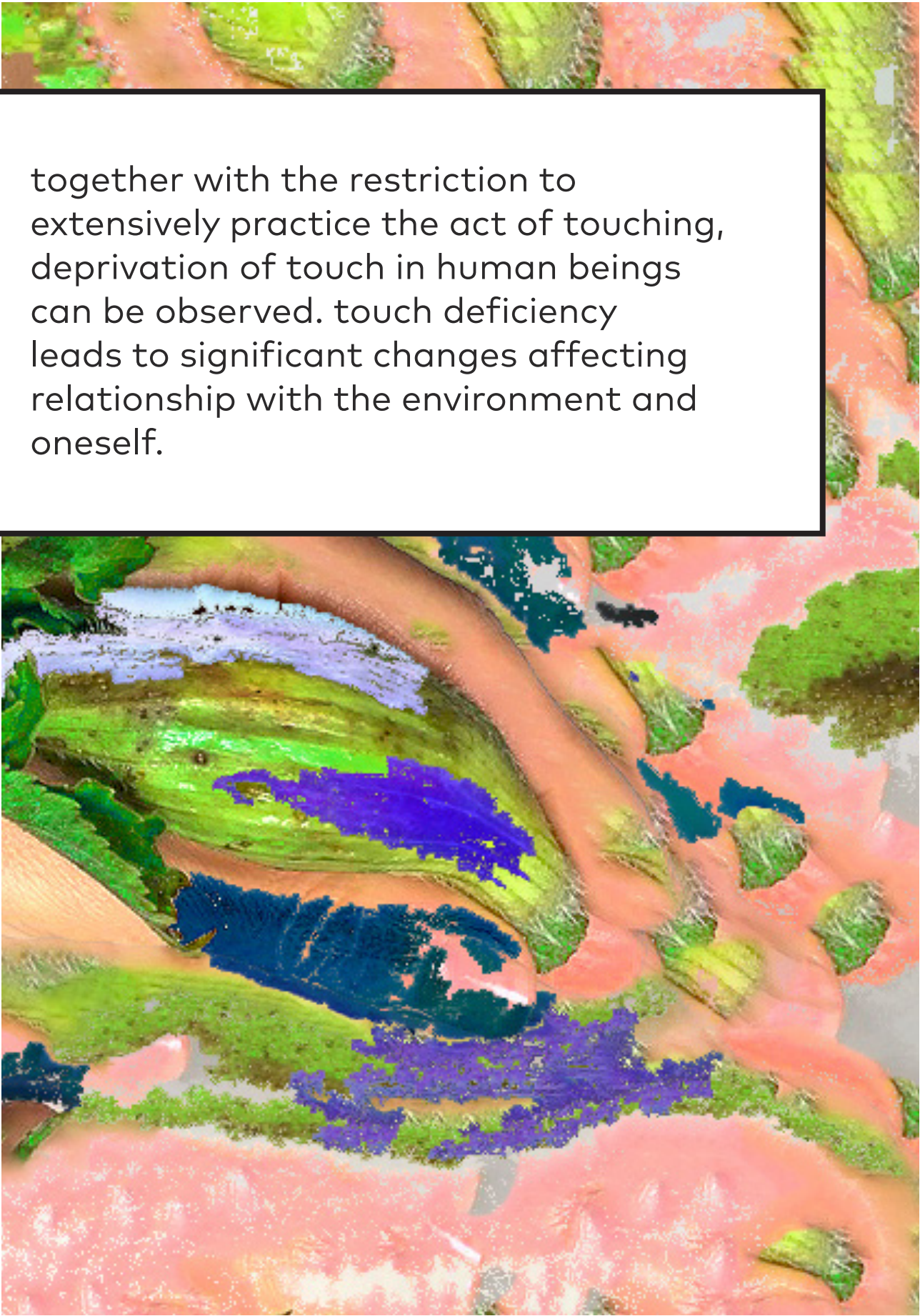
250 gr good quality rye bread
2,5 liters of water
100 ml honey
1 ts yeast
1 ts raisins

26

fill large stock pot with water and bring to a boil. cut bread into pieces and roast in the oven until almost burned, but not completely black. when the water is boiled, remove from heat. add the bread to the boiling water, cover and allow to cool (better to leave overnight). strain the toasted bread using a cheesecloth. the kvass will be cold at this moment. quickly warm up the kvass on the stove, until it is warm and around 35°C. remove the warmed kvass off the heat. add the yeast, honey and raisins and allow to sit for 6-8 hours. stir to make sure the honey is fully dissolved. strain the kvass using a cheesecloth. prepare a glass bottle to put kvass to ferment. put 2-3 raisins in each bottle and pour the kvass and seal tightly. only fill the bottle about 2/3. the next day, open the bottle to release the air which will form during the fermentation. set aside in a cool dark place for about 5 days. carefully pour off the clear liquid into a clean container or individual bottles, taking care not to disturb the yeast sediment. chill well before serving.

sense of touch.
deprived



An abstract painting with a complex texture. It features large areas of pink and light red, interspersed with patches of green and blue. The brushstrokes are visible, giving it a tactile, almost sculptural quality. A white rectangular box with a black border is superimposed over the upper part of the painting, containing text.

together with the restriction to extensively practice the act of touching, deprivation of touch in human beings can be observed. touch deficiency leads to significant changes affecting relationship with the environment and oneself.

lack of trust.

tension.

loneliness.

emotional

atrophy.

anxiety.

stress.

restlessness.

without having a possibility of close physical contact with another human being, it is essential to proactively seek activities that include touching. make sure to include daily acts of touching by bringing in diversity of surfaces, textures and temperatures.

consider to engage in contact with pets and deliberate bumping into things to add an unpredictable bodily sensation.

eat with hands, chopsticks or unusual cutlery.

30 interchange the utensils frequently. same goes for the tableware. choose luscious sauces and don't hold back from licking the plate. experiment with glassware, for example, try to use glasses for warm tea and cups for wine.

choose recipes that require tactile engagement during the preparation. pick ingredients that need to be peeled, unshelled or dismantled. if using vegetables go for sandy and unprocessed options.

prepare dishes that combine multiple textures, temperatures and preparation techniques.

try placing an object, a book or a pillow, on your knees while eating. it will increase the feeling of safety and provide comfort. if inspired, try eating on the floor to promote bodily connectivity and muscle relaxation.

consider
bumping into
things to add an
unpredictable
bodily sensation.

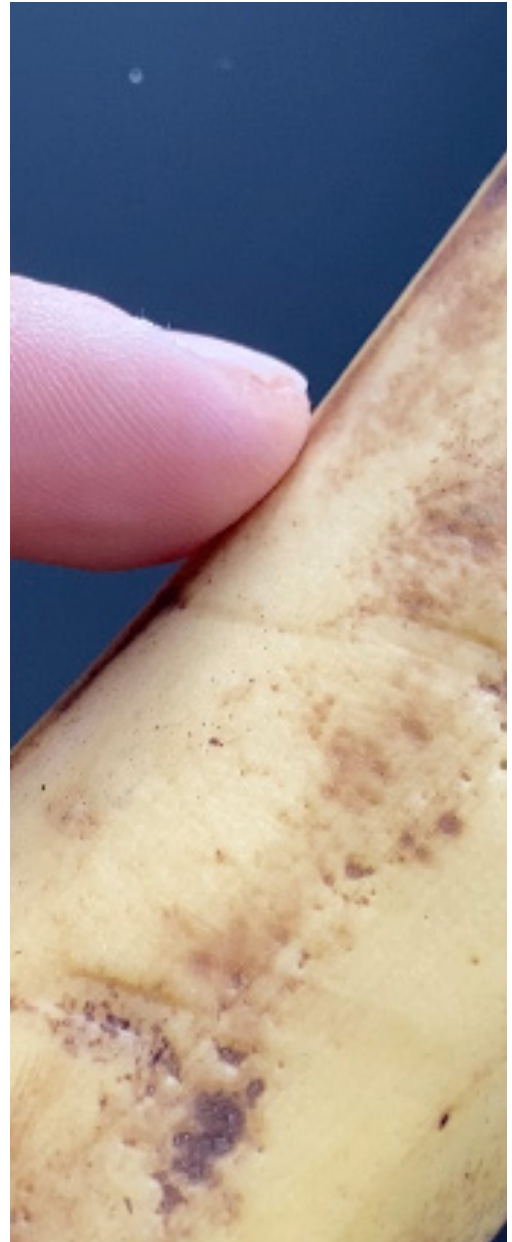


meals

dumplings
fresh pasta
kimchi
homemade bread
baked buns and rolls
stuffed vegetables and
leaves
stew

ingredients

potato
shelled peanut
walnuts
orange
thyme
corn
cabbage



vibes

lightning change
mismatching chairs and table
pillow on the knees
eat outside
low frequency music

dumplings with kimchi and stinky cheese*

500 gr all-purpose flour
2 tsp salt
300 ml warm water
300 gr kimchi
200 gr stinky runny cheese

in a large bowl, combine flour, 1 teaspoon of salt, warm water and mix until well-combined. roll out dough on a floured surface and knead until smooth. divide the dough into parts that are easy to handle. lightly flour the dough and roll it out in to a thin layer. cut out circles approximately 10 cm in diameter. you can use glass or any other round sharp shape. your wrappers are ready. chop kimchi in small pieces and mash it together with cheese combining together until a paste.

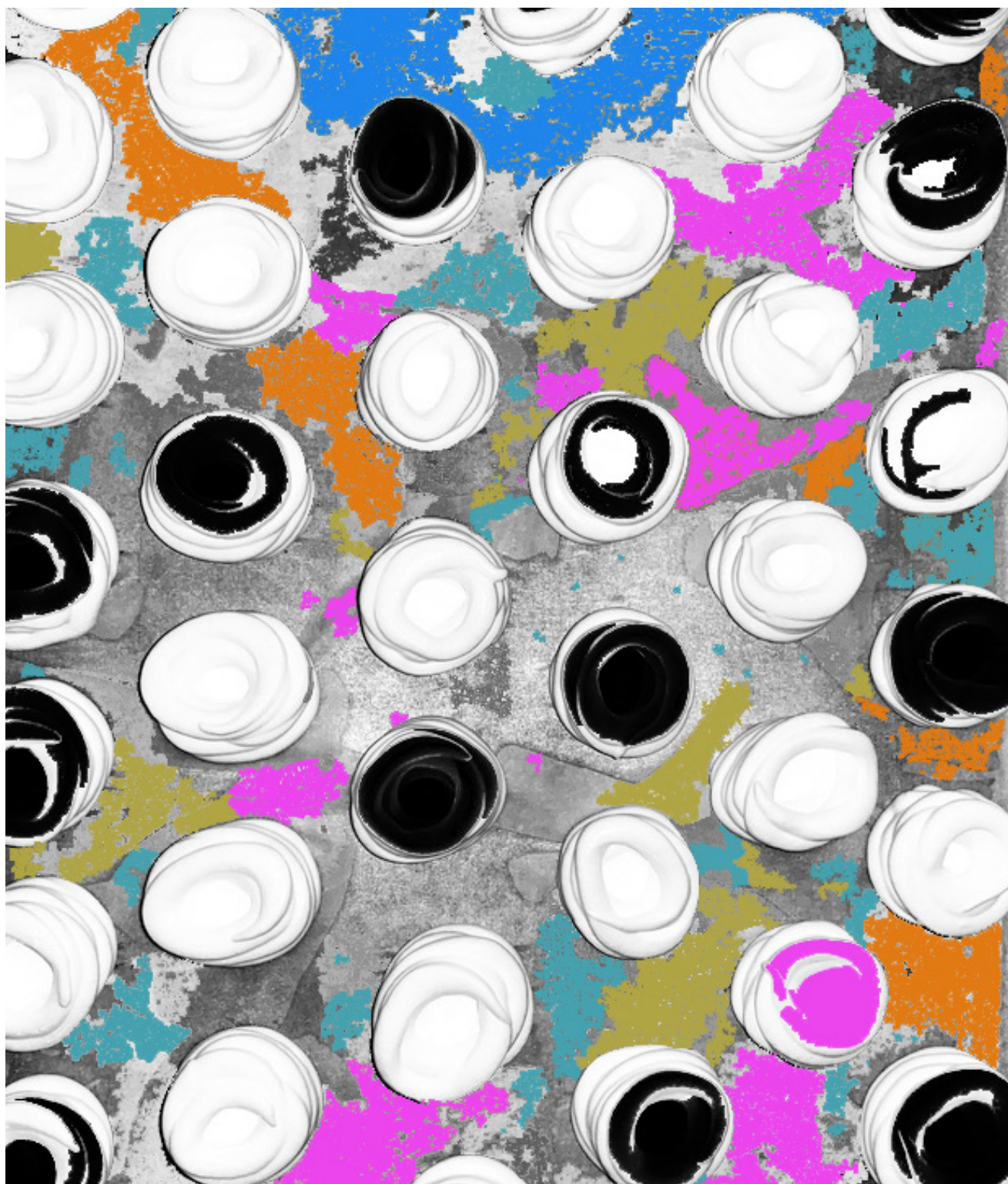
33


to assemble the dumplings, add roughly 1 heaping tablespoon of filling to the center of a dumpling wrapper. with your finger, lightly coat half of the outside of the wrapper with water. fold the moistened half of the wrapper over the filling and, using your fingers, pleat the edges to seal. steam the dumplings about 6 minutes and enjoy.

**try herve, epoisse or even camembert. for a dairy free option, substitute with fermented aged tofu that can be found in asian stores*

outdoor encounters. altered

34



The background of the page is an abstract composition. It features several white, circular, bowl-like shapes scattered across a grey, textured surface. Interspersed among these are vibrant, irregular splatters of color, including bright orange, teal, magenta, and black. The overall effect is one of dynamic, organic movement.

cities are natural catalysts for driving interactions amongst strangers. however, when the daily interactions with strangers are restricted we can become detached and alienated. therefore it is important to find ways to connect in challenging circumstances. such interactions make to become better individuals, they invite to challenge belief systems and build empathy and understanding. encounters with strangers cultivate human traits that ultimately allow to bond with one another. however, social isolation amongst people can lead to feelings of loneliness, increase in assumptive thinking and detachment.

detachment.

alienation.

openness.

36 connectivity.

social skills.

insecurity.


anxiety.

the atmosphere on the streets is incredibly important when it comes to the collective feeling of safety, unity and welcomeness. when spoken communication on the streets is restricted and controlled, it is possible to communicate with more than words - bodies. next time when taking a walk get conscious about making eye contacts. acknowledging the other and being acknowledged goes a long way. try offering a smile, an eye gesture or a kind head-nod to people that cross your path. avoid doing anything too drastic not to confuse the passer-by. showing that you also feel confused about the situation creates the feeling of connectedness.

37

remember that food has an ability to connect people. think of traditional and seasonal dishes and try to cook something like that, but also choose a dish which at the moment is not typical. it will remind you of the good times and create a feeling of belonging that will remain with you when you go outside encountering strangers.

another way to approach it is to make sure to exercise flexibility by all means. expose yourself to different experiences which allow to step out of the comfort zone and explore another side of oneself. wear clothing that you will not normally wear. swap with your beloved ones. clothing helps to take on different roles and place yourself in someone else's shoes.



wear clothing
that you will not
normally wear. swap
with your beloved
ones. clothing helps
to take on different
roles and place
yourself in someone
else's shoes.

meals

tajine
pie
khachapuri
pizza
sushi
taco
bitterballen

ingredients

egg
grapes
nuts
salsify
sunchoke
sorrel

vibes

eat with hands
play folk music
get marigold flowers



millet & parsnip porridge with verbena

2 parsnips
250 gr millet
3 tbsp honey
handful of dried verbena
walnut oil
pinch of salt
puffed millet
orange zest
ice cream*

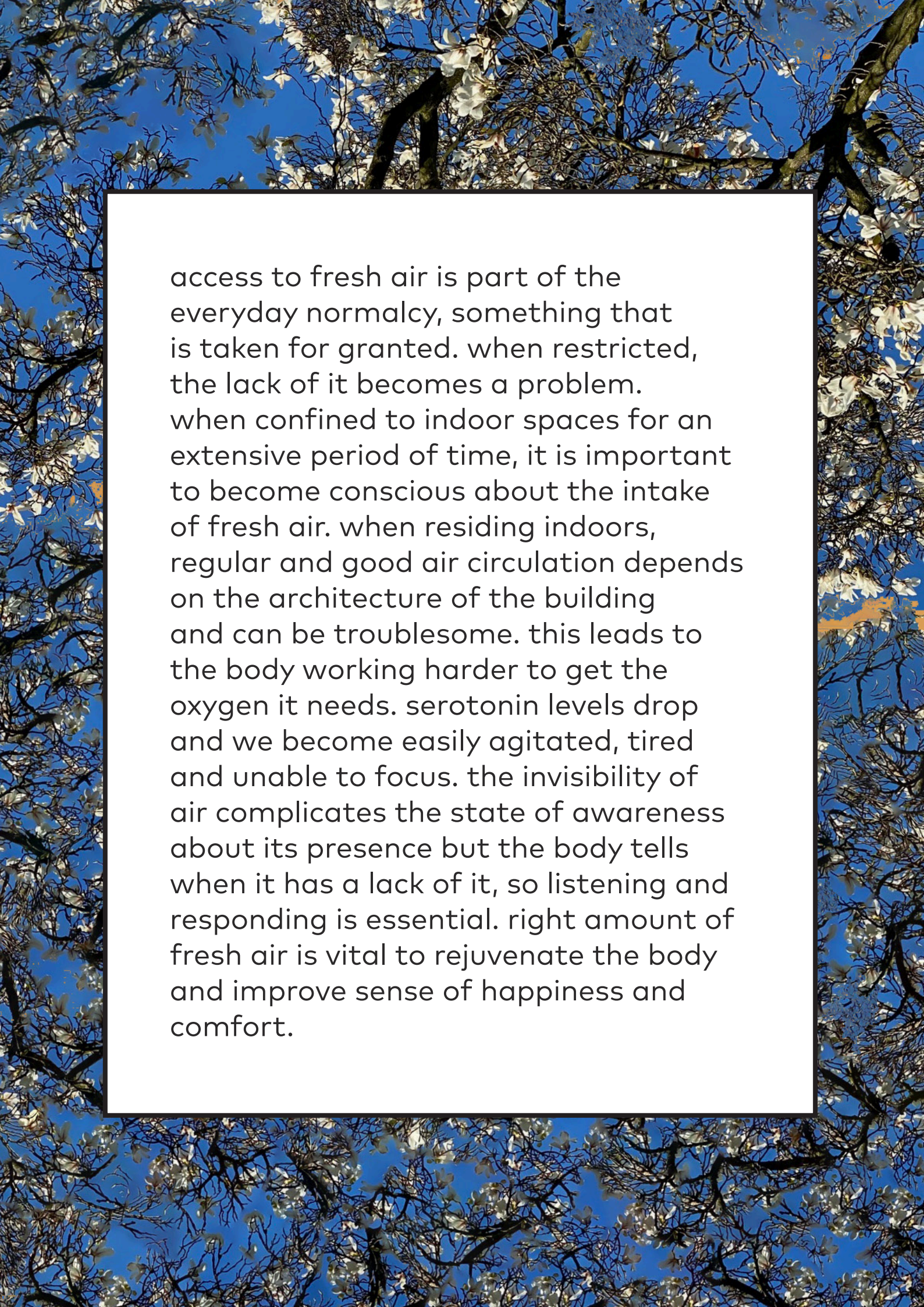
40

bring to boil 500 ml of water with verbena, put off the stove and allow to infuse for 20 min. peel parsnips, cut in large chunks, cover with water in a large pot and bring to boil. once boiling, lower the heat. add honey and let it simmer until very soft. keep an eye on it and add a little extra water in case needed, but don't add too much. ideally, parsnip absorbs everything and falls apart, so it is easy to make it into a mash. sieve verbena and use remaining liquid to cook millet. Before adding liquid to the millet, toast it over medium heat for a few minutes until fragrant. Once the millet has been toasted, add verbena, tea and salt. bring to a boil and then reduce the heat and cover the pot. allow to cook for 15-20 minutes stirring frequently during the cooking process until all the water has been absorbed. mash parsnips well and combine with millet and some walnut oil. serve warm with ice cream topping, puffed millet (try roasting it in the oven until light brown) and orange zest.

**try apricot, almond or walnut ice cream. or simply creamy vanilla or hazelnut. in case of avoiding dairy, choose for a coconut milk based sorbet over fruit sorbets.*

fresh air.
lack of





access to fresh air is part of the everyday normalcy, something that is taken for granted. when restricted, the lack of it becomes a problem. when confined to indoor spaces for an extensive period of time, it is important to become conscious about the intake of fresh air. when residing indoors, regular and good air circulation depends on the architecture of the building and can be troublesome. this leads to the body working harder to get the oxygen it needs. serotonin levels drop and we become easily agitated, tired and unable to focus. the invisibility of air complicates the state of awareness about its presence but the body tells when it has a lack of it, so listening and responding is essential. right amount of fresh air is vital to rejuvenate the body and improve sense of happiness and comfort.

fatigue.

drowsiness.

dullness of
mind.

irritability.

decreased
focus.

hypoxia.

oxygen intake can be stimulated in many ways. if possible, make sure to ventilate home regularly. leave windows open multiple times a day. move your desk or dining table closer to the open windows to benefit from undisturbed flow of fresh air while engaging in your daily activities.

load up on plants. some house greens such as snake plant and areca palm take carbon dioxide and release oxygen purifying air and removing other dangerous chemicals from air.

44

growing spices on the balcony or your windowsill is another way to increase the oxygen flow. you can even plant your own lime tree in the kitchen. limes will not only freshen the air in your kitchen, but will be a delicious addition to your cooking.

in terms of diet, cut off on your salt intake and choose for iron rich foods. foods rich in iron, such as, spinach, pumpkin seeds, broccoli and dark chocolate will help transport oxygen in the blood.

start growing own herbs on the balcony. this activity has multiple positive effects, allows you to catch fresh air, engage in physical activity, get satisfaction observing the process of growth and, of course, add a delicious twist to the dishes.



cut off on your
salt intake and
choose for iron
rich foods.



meals

kale chips
porridge
barbecue
wraps
smoothie
knäckebröd
curry

ingredients

kale
broccoli
celery
oats
dates
spinach
almonds
peppermint
turmeric
mint

vibes

eat outside
grow fresh herbs
aromatherapy
tea ceremony
breathing exercises
singing



rye knäckebröd with seeds & spices

100g rye flour
100g oat flakes
50g linseed
50g sesame seeds
50g pumpkin seeds
1 tsp cinnamon
1/2 tsp cayenne pepper
1 tsp turmeric
1 tsp salt
50ml walnut oil*
150ml hot water

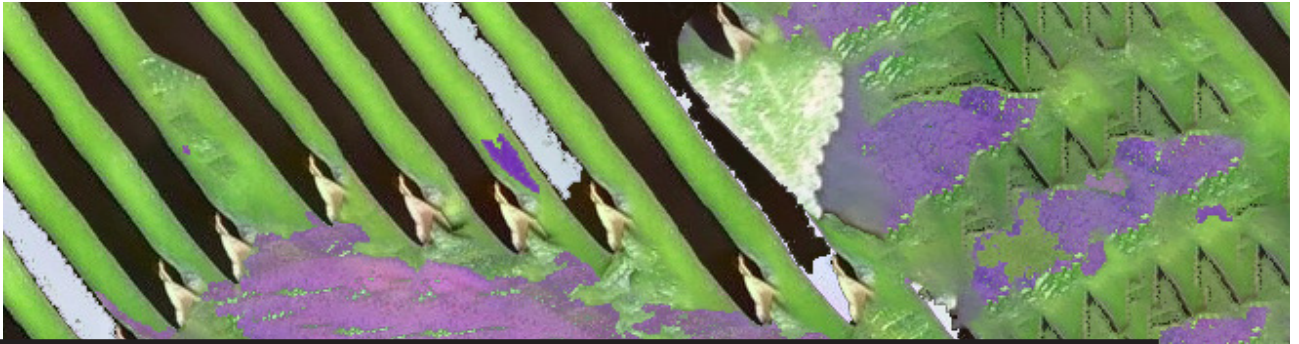
48

preheat the oven to 180°C. add all the dry ingredients to a spacious bowl. mix well then add oil and water. stir with hands to form a compact ball. place a sheet of parchment paper onto a large surface and place part of the dough, comfortable to handle, on top. cover with another sheet of parchment paper. use rolling pin to flatten the dough in thin layer. remove the parchment paper on top and transfer into the baking tray. repeat the same with remaining dough. place the trays in the oven and bake for 25 minutes. if baking multiple trays at the same time, make sure to swap the trays after 15 minutes. bake until golden but be careful not to overdo it, otherwise it will become bitter. let the crackers cool and break into pieces.

**we like using walnut oil, but it can be replaced with any other type of plant based oils. experiment with oils. try linseed for hearty flavour, thistle for grassiness or sesame for nuttiness.*

future.
ambiguous





the future is always in some ways uncertain, but never more than that of now. when constant change becomes the new normal, the world takes on a spin into an unknown direction. and the future, too, becomes dizzyingly uncertain. on one hand, things out of control can lead to an increased feeling of anxiety and inability to make decisions. therefore, it is important to become aware of the apathy and restlessness caused by ambiguity. on the other hand, ambiguity can encourage openness to opportunity and change. this can lead to better flexibility and mental coping mechanisms. most importantly, being able to experience the uncertainty of the future connects to the nature, as the impermanence of things is at the core of the existence. and realization of one's own insignificance is a liberating experience that can take a lot of daily pressure and anxiety away.



anxiety.
struggle with
focus.
tension.
insecurity.
freedom.
discovery.
flexibility.
curiosity.

when dealing with ambiguity and uncertainty, surrendering to the unknown and being open to unexpected outcomes, is crucial.

experiments in kitchen can come as handy tools to practice this. for instance, pick a new recipe that you have never tried before. make sure it entails a technique that is unfamiliar and that you might need to learn from scratch. constantly making sure you learn new skills will increase your coping mechanisms and feeling of security and stability. be open to failure and difficulty you might endure during the process. don't fear to try it from the beginning over and over again. the more steps in the process, the better. eventually, notice how your fingers and mind picks up the new routine and adjusts to it. remember it is simply impossible to succeed in something you never made before.

use randomness as a tool to determine your decisions. allow someone else make choices for you and follow it without questioning.

try listening to the music that has unexpected twists in it, think of contemporary classics or k-pop.

eat with your eyes close or in the darkness, create situations where you allow chance and uncertainty be part of the process and results in joyful experience. in this way the positive association with the uncertainty will be built, providing more flexible and secure outlook onto the future.



use randomness as a tool to determine your decisions. allow someone else make choices for you and follow it without questioning.

meals

pudding

pizza

casserole

pie

stew

injera

ravioli mix

tapas

ice cream

54 ingredients

oyster

hot peppers

licorice

dark chocolate

vibes

eat in the dark

use chopsticks

swap meals

swap plates

start with dessert

play mikado



sea buckthorn kissel with ice cream

1 l of water
400 ml sea buckthorn juice
100 ml orange juice
4 tb spoons of potato starch
2 tbs honey
ice cream*
cacao nibs

55

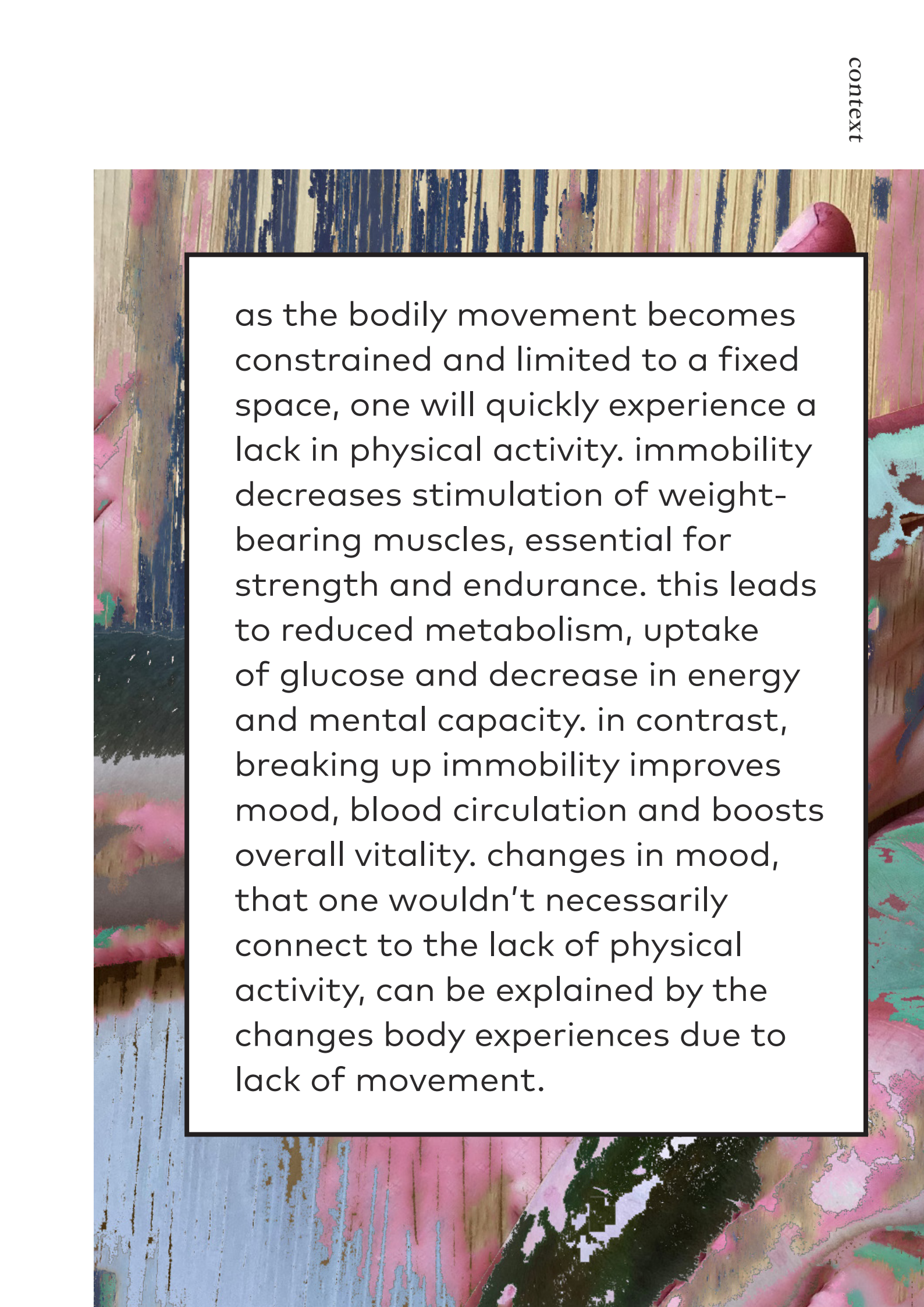
mix potato starch with a small amount of cold water and set aside until needed. bring water to boil and add honey to dissolve. add orange juice and sea buckthorn, warm and slowly add potato starch mixture while stirring constantly. add carefully and in small parts. the thickness you are looking for is similar to gravy. so not too thin but also not too thick. you can experiment by adding more starch or diluting it with more juice. let it boil for 30 sec while mixing constantly. serve warm or cold with the scoop of ice cream and crushed cocoa nibs sprinkled on top.

**choose single flavour ice cream like vanilla, yogurt or buttermilk. for non dairy options choose coconut sorbet and sprinkle lime zest on top.*

physical activity. confined

56





as the bodily movement becomes constrained and limited to a fixed space, one will quickly experience a lack in physical activity. immobility decreases stimulation of weight-bearing muscles, essential for strength and endurance. this leads to reduced metabolism, uptake of glucose and decrease in energy and mental capacity. in contrast, breaking up immobility improves mood, blood circulation and boosts overall vitality. changes in mood, that one wouldn't necessarily connect to the lack of physical activity, can be explained by the changes body experiences due to lack of movement.

laziness.

fatigue.

listlessness.

slowness.

digestive

issues.

mood swings.

headache.

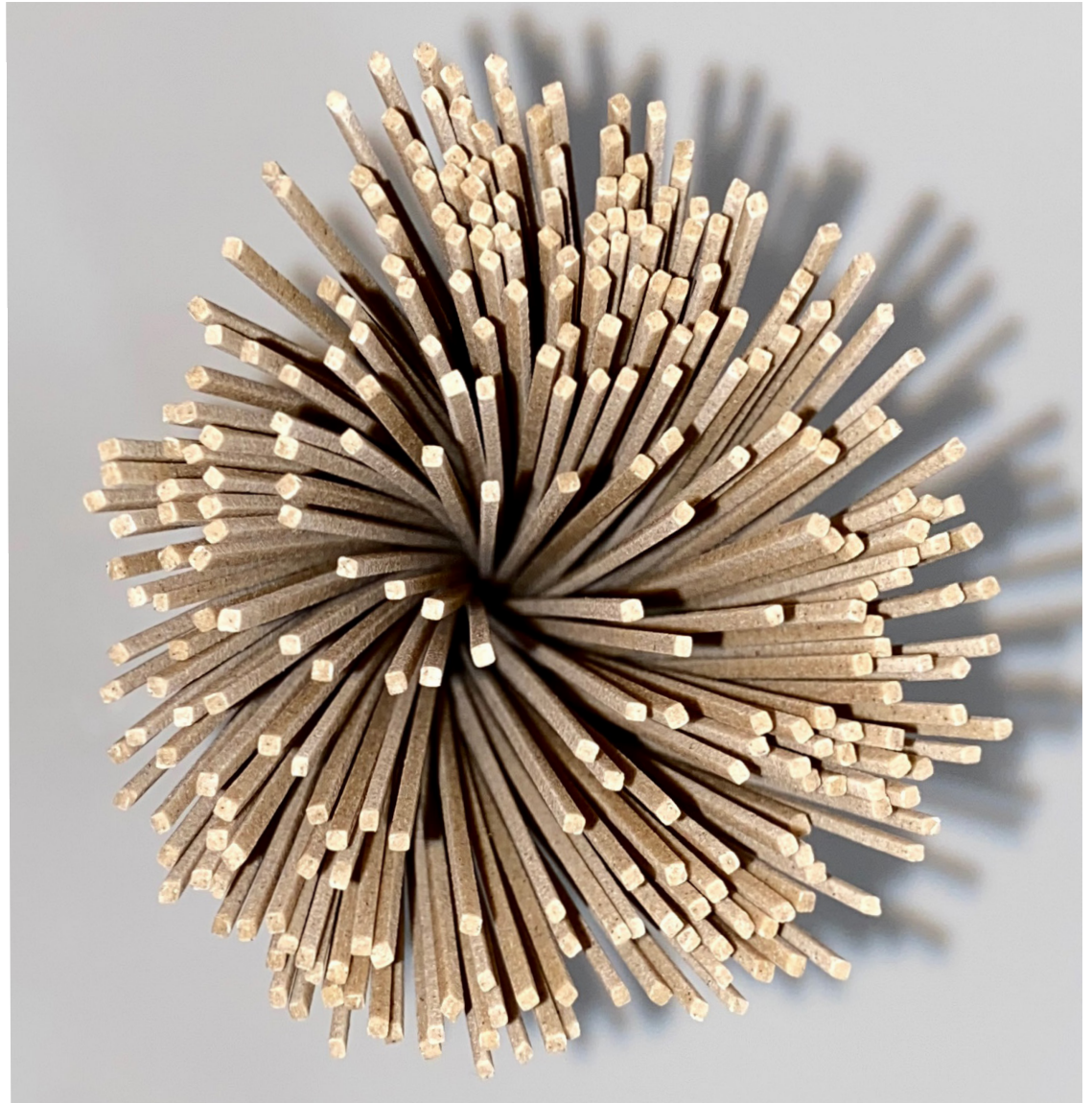
depression.

in order to get physical and reconnect to the body, it is important to practice listening to its needs. if you are not sure of how to do that, get moving. lay a blanket on your floor and get on your fours. start by stretching your back up and down, left and right. you can go playful all the way and imitate the movements animals make while watching a video online.

cooking can be another excellent way to maintain being physically active and engaged. choose dishes that require physical strength and muscle endurance, such as kneading dough, beating eggs, cracking nuts or making risotto. make bigger pots of food that will last for a couple of days. stirring a big pot of chili can be a great way to break a sweat and exhaust those arms. pickling in jars can also aid to breaking immobility. choose to place serving bowls on the distance that is difficult to reach. move table further away from the kitchen. experiment with furniture at home try swapping objects in places.

59

think of activities that you can do together with other people. having two people involved will make sure there is movement and interaction. luckily, there always plenty of things to be busy with inside of a house. one important thing to keep in mind, is the necessity to actively look for the physical activity. lack of it can be tricky as it develops laziness and makes it even more difficult to get out of this state. so be alert of this danger and proactively seek for movement.



consider organizing your kitchen pantry. this might sound a little inconvenient, but try moving your most used cutlery and plates to the higher sections of your shelving in that way increasing amount of stretching that will make your body more flexible, improve your posture, increase your range of motion and blood circulation. stay playful and inventive even if tricking yourself in the action. don't forget about dancing, jumping, moving with the music and all other wonderful movement that are always at your hand.

meals

potato mash
baked goods
kimchi
homemade yogurt
homemade tofu
mole
tapenade
pesto

ingredients

chickpeas
spinach
nuts
seeds
tofu
rhubarb

vibes

walking dinner
music
metronome
heavy cutlery
furniture position



potato mash with seaweed & peanut

mash:

1 kl potatoes
300g butter
150ml whole milk
50 ml pelted whiskey

topping:

kale
dried sushi
vinegar**
salt
orange peel

sauce:

200gr shelled peanuts
150ml peanut oil
100gr codium seaweed*

- 62 start with preparing the sauce. peel the peanuts combine with oil and heat it up and roast until golden. do it carefully not to overheat them. take peanuts off the stove and allow to cool a little. while still warm add codium seaweed and blend everything together until thick paste. add a splash of soy sauce if needed to add saltiness. keep aside until needed.*** warm the oven at 160 c mix kale with a little olive oil and salt and roast until crisp for about 30 min. break in small pieces and season with dried sushi vinegar once cooled. set aside until needed. bring unpeeled potatoes to boil in salted water. cook until ready and very soft. drain the cooked potatoes and rinse them under cold running water. peel the potatoes, break in smaller pieces and mix with butter. put the mix through the sieve and add warmed milk, whiskey and salt to taste. to assemble, place a spoon of potato mash on the plate, make a dimple and put some of the sauce inside, top it up with dried kale and rasp fresh orange zest on top.

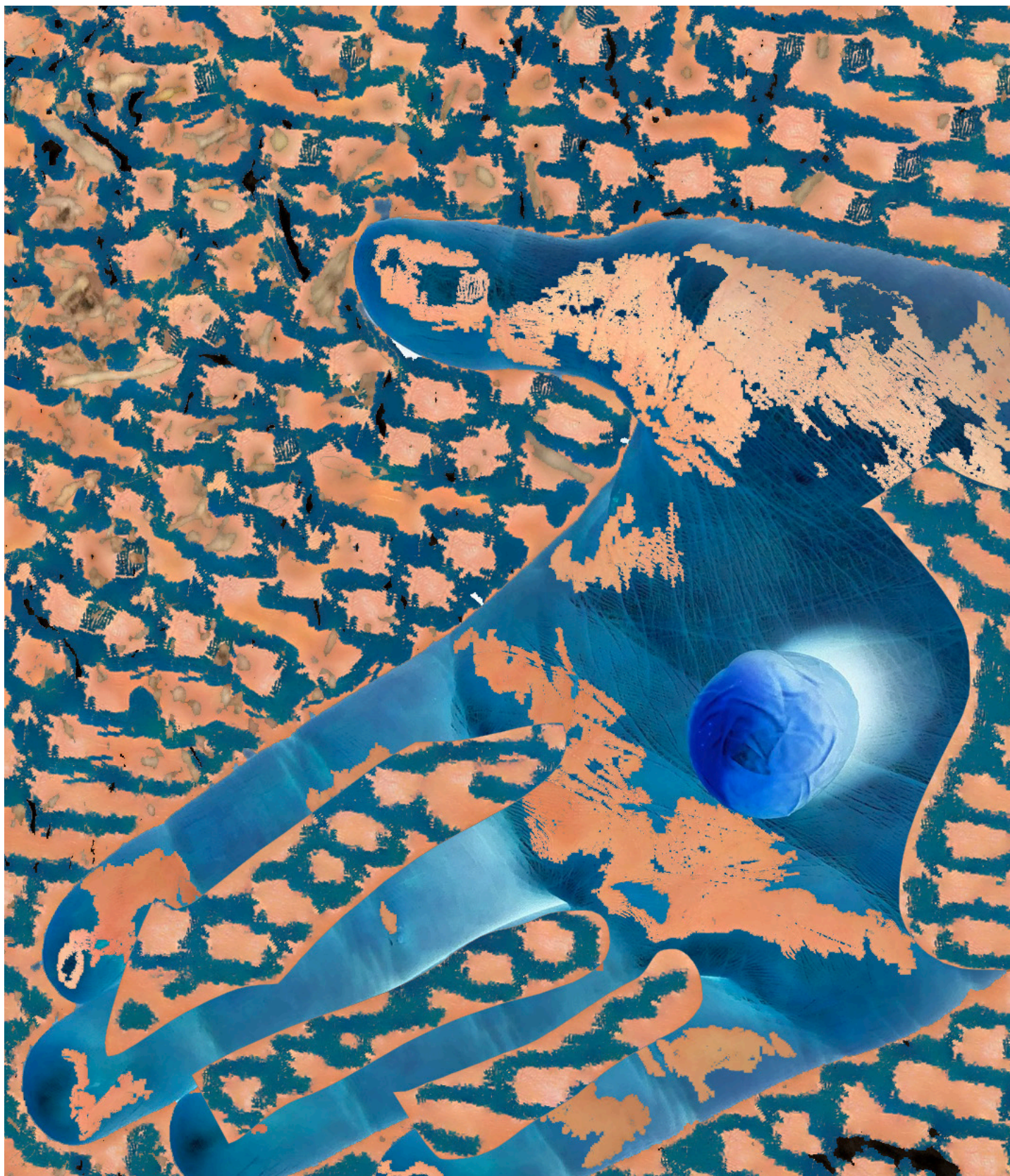
**we use fresh codium but any seaweed would work, just adjust the saltiness to your favour. in case of using dried ones, make sure to hydrate before use.*

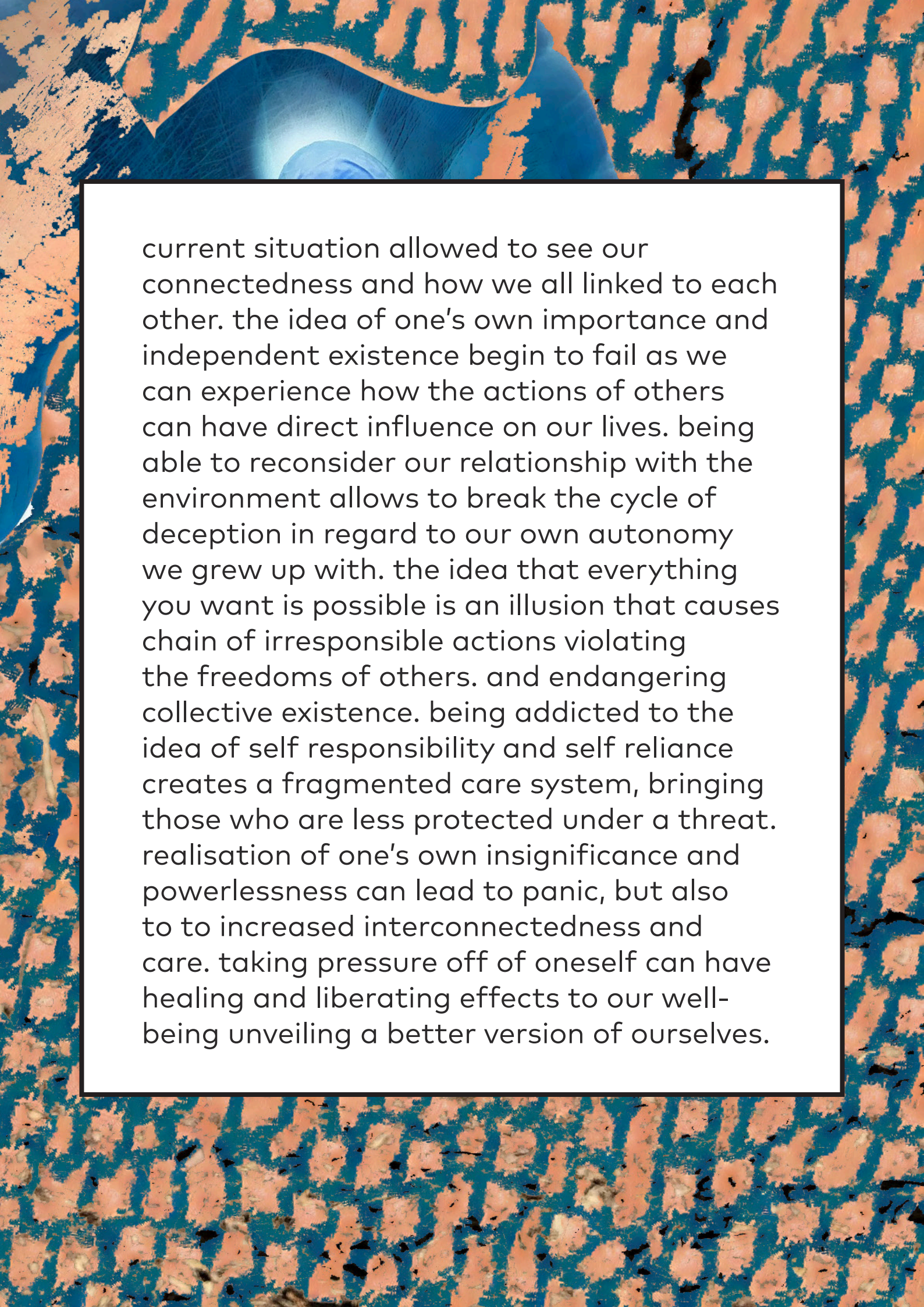
***can be found in any asian grocery store*

**** you can use this sauce as a spread on a cracker or bread.*

hyper-individualism. in crisis

63



The background of the image is a complex, abstract texture. It features a mix of orange and blue colors, with the orange appearing as irregular, blotchy patches against a darker blue base. In the upper left quadrant, there is a distinct, lighter blue shape that resembles a stylized, rounded object or perhaps a part of a face, looking towards the center. The overall effect is one of organic, painterly complexity.

current situation allowed to see our connectedness and how we all linked to each other. the idea of one's own importance and independent existence begin to fail as we can experience how the actions of others can have direct influence on our lives. being able to reconsider our relationship with the environment allows to break the cycle of deception in regard to our own autonomy we grew up with. the idea that everything you want is possible is an illusion that causes chain of irresponsible actions violating the freedoms of others. and endangering collective existence. being addicted to the idea of self responsibility and self reliance creates a fragmented care system, bringing those who are less protected under a threat. realisation of one's own insignificance and powerlessness can lead to panic, but also to to increased interconnectedness and care. taking pressure off of oneself can have healing and liberating effects to our well-being unveiling a better version of ourselves.

pressure.

anxiety.

self-

insignificance.

freedom.

empathy.


compassion.

connectedness.

in order to practice unity instead of individuality it is important to grow aware of the value others play in your life. the beautiful ways in which we enrich each others lives and goals that are impossible to achieve alone.

66 engage in activities that actively highlight the importance of companionship in your life. think of tasks that require help and embrace it. you can be pragmatic and come up with some heavy-duty jobs, like flipping a mattress or something as small as putting on a chain bracelet, which is of great difficulty to do alone. spend a week actively reaching out for advice or help from your loved ones.

learn to cook a dish your partner is an expert at, while you've always found it difficult for yourself. this is a great way to learn from another and gain new skills and insights. or choose a dish that is new for both of you but of high difficulty and try figuring it out together. collaboration will build your relationship stronger.



spend a week
actively reaching
out for advice or
help from your
loved ones.



meals

casserole
stew
layered cakes
curry
home made cheese
wok
pasta
noodles

ingredients

grains
tofu
orange
mint
cow parsnip
spinach

vibes

eat with hands
swap plates
ask others to plan your day
mindless walks



buckwheat pancake

125 gr buckwheat flour
295 ml plant based milk*
2 tbsp fresh lemon juice
4 tbsp unsalted butter
1 tbsp barely syrup
3/4 tsp baking soda, see notes for substituting baking powder
1 tsp salt
1 egg

70

mix lemon juice and milk in a jug and set aside for 5 minutes. meanwhile combine flour, baking soda, salt in a bowl. whisk egg, milk mixture and barley syrup together and add to the dry mix and add melted butter. use a fork to stir until you no longer see clumps of flour. It is okay if the batter has a few small lumps – it is important not to over-mix the batter. heat a large skillet over medium heat. spoon small amount of butter onto skillet and gently spread the batter into a circle. when the edges look dry, and bubbles start to appear and pop on the top surface of the pancake, turn over. once flipped, cook until lightly browned and cooked in the middle. serve immediately with salted butter and your favourite pancake toppings**

** we like buckwheat milk for an even earthier flavour but any will do. almond will give a more gentle taste and oat will add sourness and sweetness.*

*** try butter and marmite, elderflower and tahini or rose and pistachio.*

energy.
surplus





present circumstances unveil and call attention to the daily distribution of human resources. when economic systems are built on exploitation and current policy models have created a state focused on competition, self-interest, productivity and efficiency, it can lead to chronic exhaustion and lethargy. now, the fast-paced lifestyles that once left us feeling drained and imbalanced, have begun supplying a certain freedom to the use of our time. this is an unprecedented yet an incredibly valuable state. a surplus in energy can lead to restlessness, but more importantly, to valuable insights triggered by a change in the common system. the current conditions are defined by transparency of structural undercurrents that significantly influence and shape our lives. this shift can aid increase in mental clarity that will lead to new practices for a healthier, more meaningful and beneficial energy distribution. the time and freedom given can offer criticality, creativity and inventiveness to blossom.



restlessness.

mood swings.

anxiety.

creativity.

inventiveness.

reflection.

mental clarity.

freedom.


energy is a life force. it informs the emotion and tunes into one's feelings and informs about needs and wants. when energy distribution has shifted, it is important to practice connecting to your inner self, learn to use resources constructively. when experiencing a spike in energy and restlessness attributed to it, it is important to channel it in a positive way. instead of letting the surplus of energy to overwhelm, reframe it.

engage in activities that focus on balancing and calming. self-hygiene is a wonderful tool. it requires mental focus and helps stabilising and syncing moods. change bedsheets, wash towels, polish glasses from the cupboard.

74

most often excess of energy is a mental thing, here our body can come and help. engage in physical activity. reorganise your living room and kitchen pantry. try to find a new balance within the daily objects you are surrounded with.

make colourful dishes, it will aid to stabilise your mood. they say first bite is taken with eyes. experiment with colourful veggies such paprika, pumpkin, carrots, cucumbers. when serving your meal, pick plates that correspond with the colours of the dish to aim for the most of experience.



make colourful
dishes, it will
aid to stabilise
your mood.

meals

curry
salads
smoothie
punch
bread
pesto
ice cream

ingredients

⁷⁶ peppers
tomatoes
flaxseed
broccoli
nuts
tumeric
quinoa

vibes

colourful clothing
monochrome dinner
cheese making
weaving



fire cider*

1/2 cup freshly peeled and grated ginger root
1/2 cup freshly grated horseradish root
1 medium onion, chopped
10 cloves of garlic, crushed or chopped
2 chili peppers, chopped
1 lemon, zest and juice
1 tablespoon turmeric powder
1/4 teaspoon cayenne powder
organic unfiltered apple cider vinegar
1/4 cup honey

77

add ginger, horseradish, onion, garlic, peppers, lemon zest and juice, turmeric and cayenne powder into a glass jar. pour apple cider vinegar in the jar until all the ingredients are fully covered and the vinegar reaches the top of the jar. make sure all the ingredients are covered to prevent spoilage. use a piece of natural parchment paper under the lid to keep the vinegar from touching the metal, or use a plastic lid if you have one. shake jar to combine all the ingredients and store in a dark, cool place for 4-6 weeks. after one month strain out the solids, pouring the vinegar into a clean jar. squeeze out as much of the liquid as you can. add honey to taste. store in the refrigerator or in a cold, dark place.

**immunity boosting drink to protect from flu and cold. drink a table spoon a day in case you need extra protection.*

self expression.
limited



self-expression is the conformity of our time. however, now when activities are limited to fixed spaces, encounters with other people are scarce and possibilities for expression are restricted, what happens to us? expression plays a vital role for achieving personal fulfillment in life. it allows to embrace one's quirks and perks and is as well one of the most important ways for people to connect and evolve. a lack of it can be detrimental for the mental health and lead to disconnection, lack of self-esteem and depression. on the other hand, however, a lot of recent self-expression is confined to social platforms. social platforms offer frameworks that drive us to assimilate to current political and structural orders and self-expression can quickly become self-dissolution. temporary withdrawal from such platforms will lead to inner instead of outer-oriented self exploration and activation that will aid connectedness to oneself, greater inner relationship, liberation and a positive reconfiguration of true personal values.

decreased
self-esteem.

disconnection.

depression.

freedom.

decreased need
for attention.

mental clarity.

try creating your own dish from scratch. closely observe the way you feel today and try to put it down on paper. ask yourself, how did I experience my day? how did it make me feel? am I excited, moody, tired, energetic, observant or feeling social? now, after you have described your mood in a bit more depth, think of a base for your dish. will it be a soup because you feel balanced? will it be wraps because you are feeling explorative? or rice rolls because you feel playful? then think in what goes into each dish. you do not have to follow a recipe, follow your gut feeling and what feels right.

if sharing your house with other people, cook a dish you are excited and proud of. this will allow you to share a profound part of yourself and will offer a brand new insight into you for your friends and family. cooking for others not only allows you to creatively express but also practices care-taking and empathy. cooking for others not only allows you to creatively express but also practices care-taking and empathy.



cooking for others
not only allows you
to creatively express
but also practices
care-taking and
empathy.

meals

pizza

poke

sushi

salad

curry

pancake

fermented foods

baked goods

ingredients

beetroot

spinach

purple potato

carrots

flowers

turmeric

vibes

improvise

food arrangements

arrange ikebana

build box castle

play



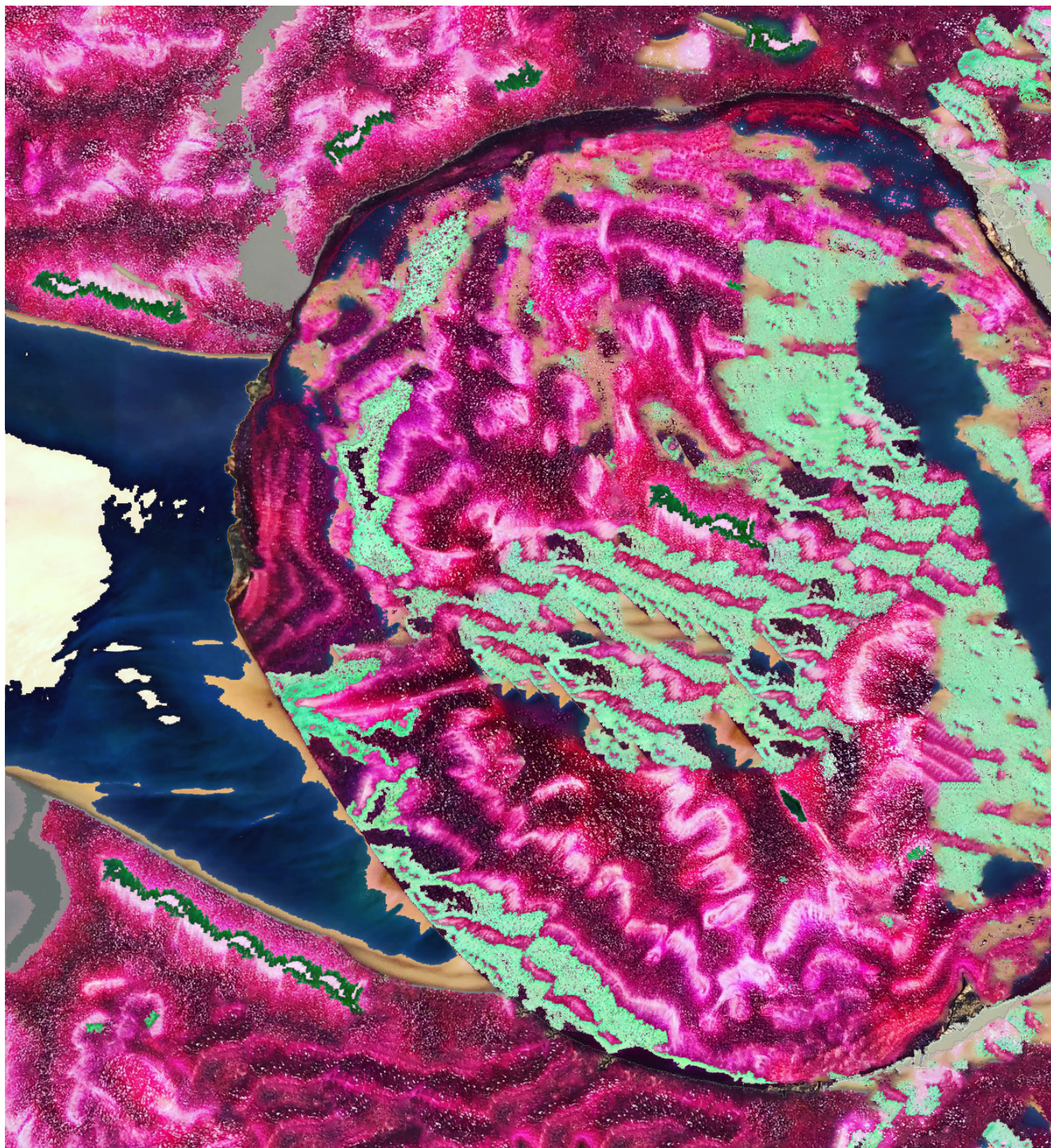
kimchi with fennel & apple

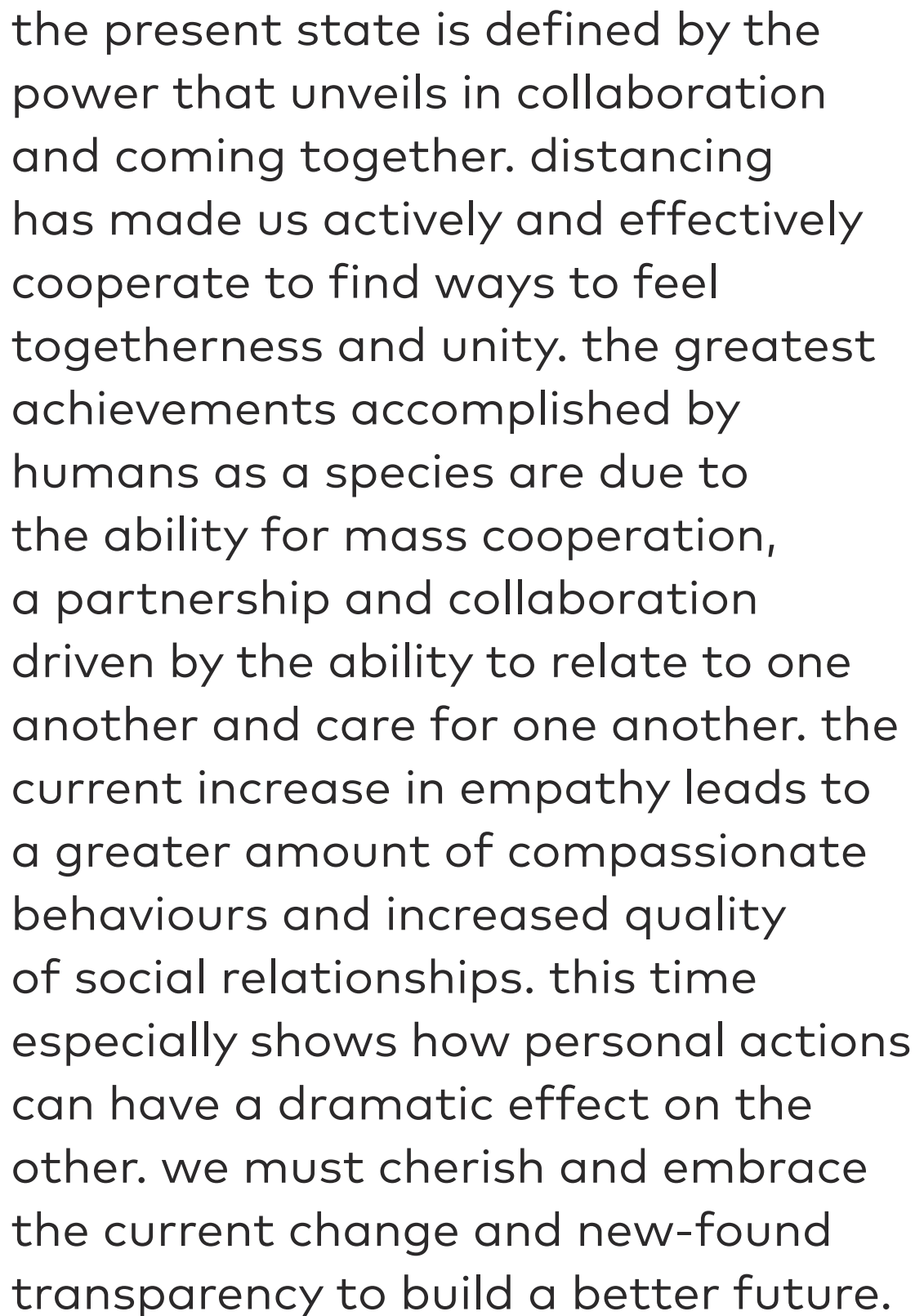
2.7 kg napa cabbage
70 gr salt
400 ml water
2 tbsp rice flour
2 tbsp brown sugar
2 cups fennel
1 cup carrot
1 cup apples
10 green onions
24 garlic cloves
2 tsp ginger
1 medium onion
84 100 ml soy sauce
2 cups gochugaru*

trim the cabbage cores and cut the cabbage in quarters. submerge in a large container of water and rub the leaves with salt leaving more salt in the thicker areas of the leaf. leave for two hours, flipping it over every 30 minutes. after two hours, wash the cabbage under running water to clean the salt. while the cabbage is salting make the porridge that will be combined with the spices. mix the water and the sweet rice flour in a small pot. mix well with a wooden spoon and let it cook over medium heat for about 10 minutes until it starts to bubble. add the sugar and cook 1 more minute, stirring. remove from heat and let it cool off. pour into a large mixing bowl. add minced garlic, ginger, chopped onion, soy sauce and hot pepper flakes. mix in the vegetables, cut in matchsticks. spread kimchi paste on each cabbage leaf to cover well. put into your jar and let it sit for 4 days to ferment. you can leave it longer or shorter depending on the taste you like.

* hot pepper flakes can be found in any asian grocery store.

empathy.
increased





the present state is defined by the power that unveils in collaboration and coming together. distancing has made us actively and effectively cooperate to find ways to feel togetherness and unity. the greatest achievements accomplished by humans as a species are due to the ability for mass cooperation, a partnership and collaboration driven by the ability to relate to one another and care for one another. the current increase in empathy leads to a greater amount of compassionate behaviours and increased quality of social relationships. this time especially shows how personal actions can have a dramatic effect on the other. we must cherish and embrace the current change and new-found transparency to build a better future.

selflessness.

collaboration.

unity.

generosity.

affinity.

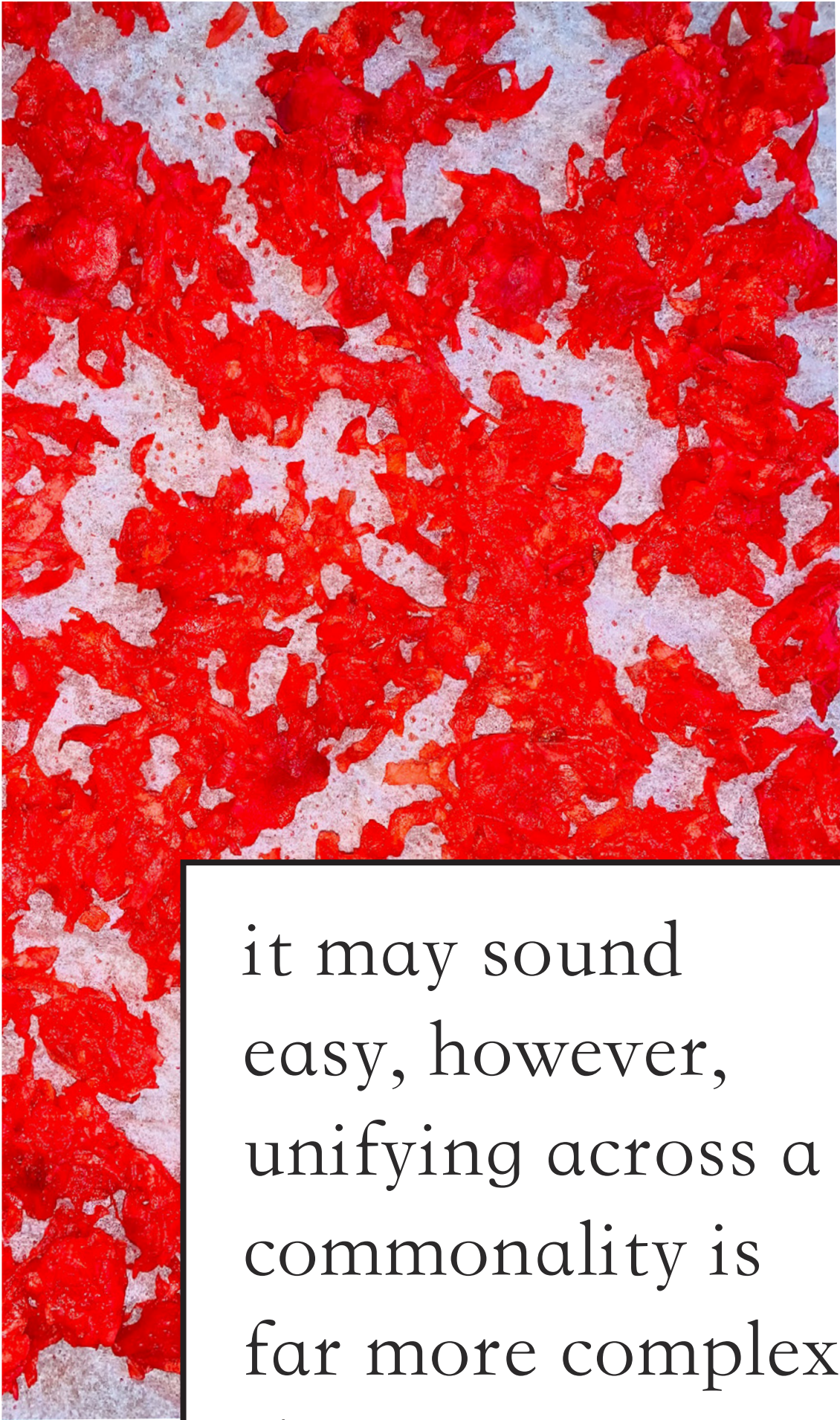
warmth.

empathy.

acceptance.

a great way to practice empathy is to actively relate to other people. now, when distance on streets must be taken, try to empathise with strangers. let your mind wander. when a stranger crosses your path, try to think of him just as a person that you are. imagine his aspirations, happiness, pain, worries and successes. wish them to be happy. get your imagination going and feel the warmth and connectedness.

another way to practice empathy is to accept that we all have different passions and unique ways of dealing with things. a fun way to explore this is by teaming up with a friend, family or a house mate. both pick one of your favourite dishes, list it out on a paper. see if the two dishes can be combined in one. this is a great challenge and practice for collaboration, making decisions respecting one another's different wishes and eventually coming together as one. it may sound easy, however, unifying across a commonality is far more complex than it may seem.



it may sound
easy, however,
unifying across a
commonality is
far more complex
than it may seem.

meals

cakes

hummus

tajine

stew

dips

baked vegetables

salads

home made granola

90

ingredients

carrots

black beans

seaweed

camomille

pumpkin seeds

asparagus

vibes

feed each other

share blanket

read random quotes from books

listen to radio



poppyseed roll cake with prunes

dough:

30 g of fresh yeast
250 ml milk lukewarm
80 g of sugar
500 g flour
130 g butter

filling:

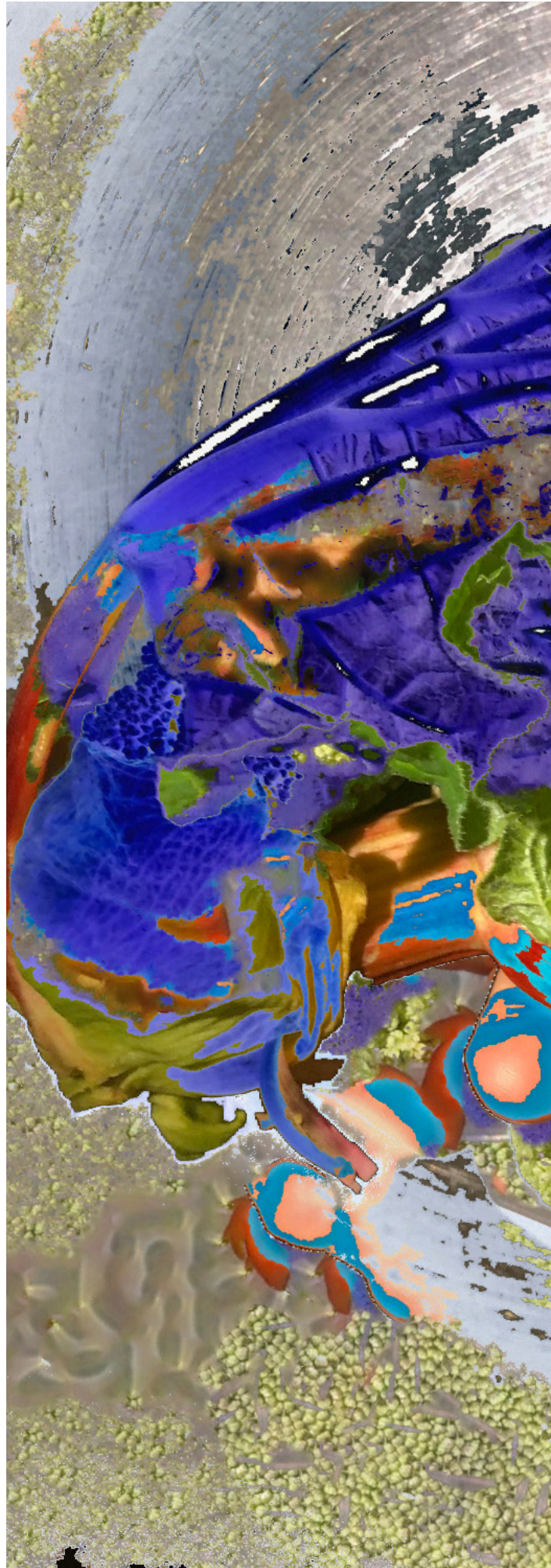
375 g poppy seed
150 g of cream
cheese
2 tbs honey
1 tsp lemon peel
1 tbsp lemon juice
680 g dried prunes

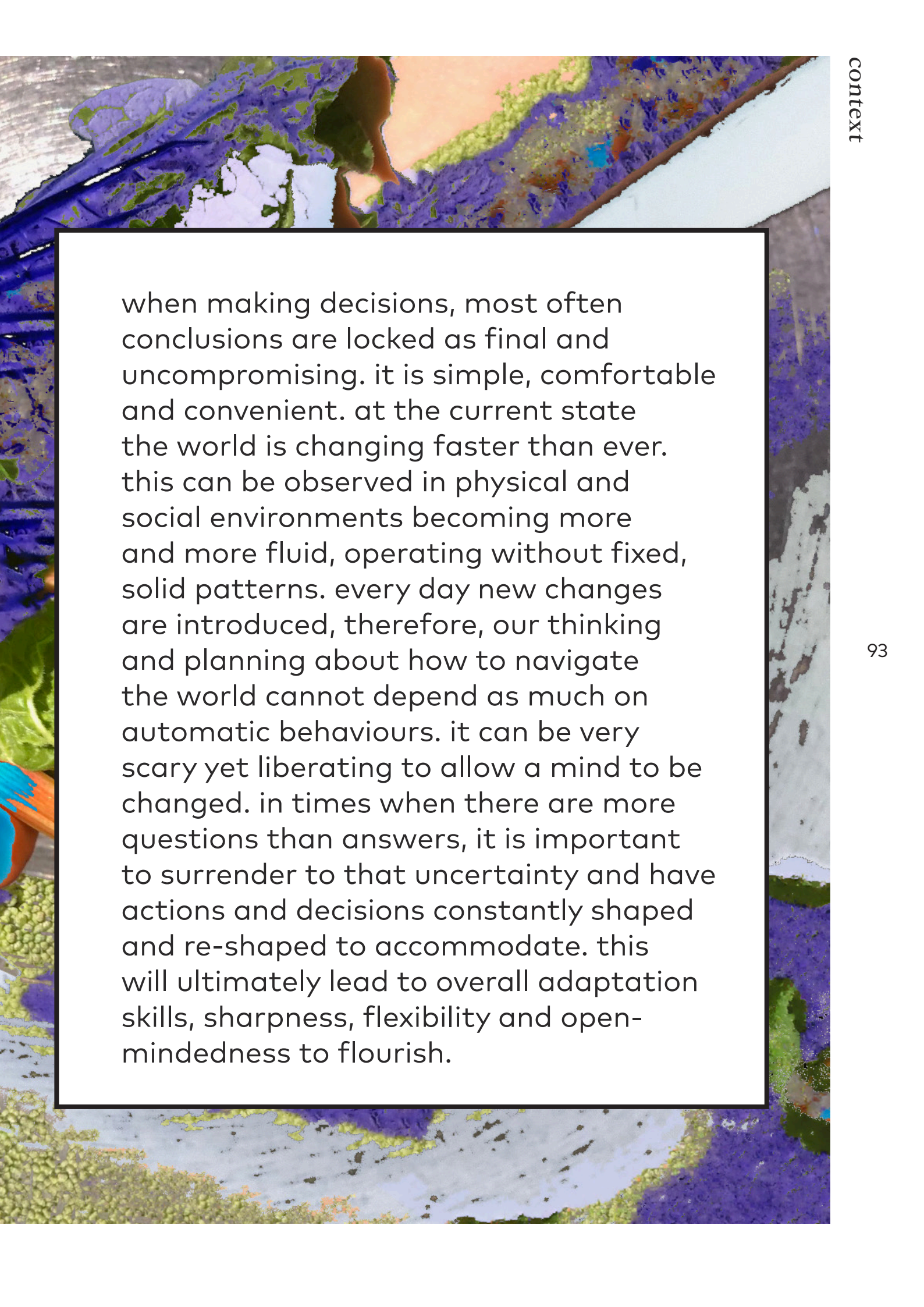
start with the dough. crumble the yeast and mix with some milk and the sugar. add flour, yeast mixture, and remaining of the salt salt into a bowl and knead with the dough hook of the hand mixer for 3 minutes. add the soft butter in pieces and knead for another 3-4 minutes to a smooth dough.

leave covered to sit in a warm place for about 45-55 minutes. in the meantime make filling. blend dried prunes to a thick paste, add bit of water in case it doesn't blend well. grind poppy seed using coffee grinder and add to the prunes together with cream cheese, lemon zest and honey.

knead the yeast dough on a floured surface and roll it out (in about 45 x 45 cm size). spread the filling evenly on the dough. then roll up the dough and cut the roll into 8 slices. place the slices in a greased 26 cm springform pan, swirl facing up. let them touch, and leave for another 20 min. preheat the oven to 190 C and bake for 45 min. Cover after first 25 min with foil.

decision making. fluid





when making decisions, most often conclusions are locked as final and uncompromising. it is simple, comfortable and convenient. at the current state the world is changing faster than ever. this can be observed in physical and social environments becoming more and more fluid, operating without fixed, solid patterns. every day new changes are introduced, therefore, our thinking and planning about how to navigate the world cannot depend as much on automatic behaviours. it can be very scary yet liberating to allow a mind to be changed. in times when there are more questions than answers, it is important to surrender to that uncertainty and have actions and decisions constantly shaped and re-shaped to accommodate. this will ultimately lead to overall adaptation skills, sharpness, flexibility and open-mindedness to flourish.

uncertainty.

restlessness.

flexibility.

94 openness.

sharpness.

freedom.

self

expression.

find multiple recipes of the same dish that you really like. over the course of a couple of weeks try each of the different recipes that will let you arrive at the same, but a little bit different each time, destination. notice how different techniques lead to similar results and appreciate the differences in end result you did not expect to take place. was one recipe better / easier than the other? what did you learn from each different approach?

to practice flexibility pick up a recipe that asks for dealing with various tasks at the same time. this might sound stressful, but if you prepare for it mentally, results will give great satisfaction.

change up your routine and try to do things each day differently. make a schedule for your week, wake up at different times and go to bed at various hours. choose to lunch and dine in different places around your house each day. bring in great variety in dishes you cook. choose for comforting, seasonal, but also very experimental and outrageous recipes.

look for connections in your every day life. learning to transfer what you've learned in one context onto another is a great exercise in fluidity. observe the weather, how the sun shines, shadows fall or clouds form outside and make conclusions. now, take those observations and try to apply the same verbs and adjectives that described the outside on the inside. can it correspond to your inner world? when cooking tonight, see if any of these observations can reflect back onto your plate too. weather it is in flavour combinations or plating of the dish.



to practice flexibility
pick up a recipe that
asks for dealing with
various tasks at the
same time. this might
sound stressful, but
if you prepare for it
mentally, results will
give great satisfaction.



meals

sour dough
pancakes
kombucha
pickles
cheese plate
tapas
sushi

ingredients

lemongrass
honey
saffron
cherry
lavander
walnut
chocolate

vibes

improvise
change last moment
move furniture
act irrational



fat washed scotch with cumin & pomegranate

700 ml lightly peated scotch whisky
2 tbsp lard (rendered pork fat)*
1400 ml pomegranate juice
1 tsp cumin

infuse cumin into scotch, leave for two days to make cold infusion. strain it. mix cumin infused scotch with pomegranate juice. take two tablespoons of lard and heat it on the stove until liquid. pour liquid fat into the mixture. place in the fridge for 24 hours to solidify the fat. after removing the fat, strain the drink once again to remove remaining pieces of fat. you can keep the cocktail up to one month in the fridge. best enjoyed cooled.

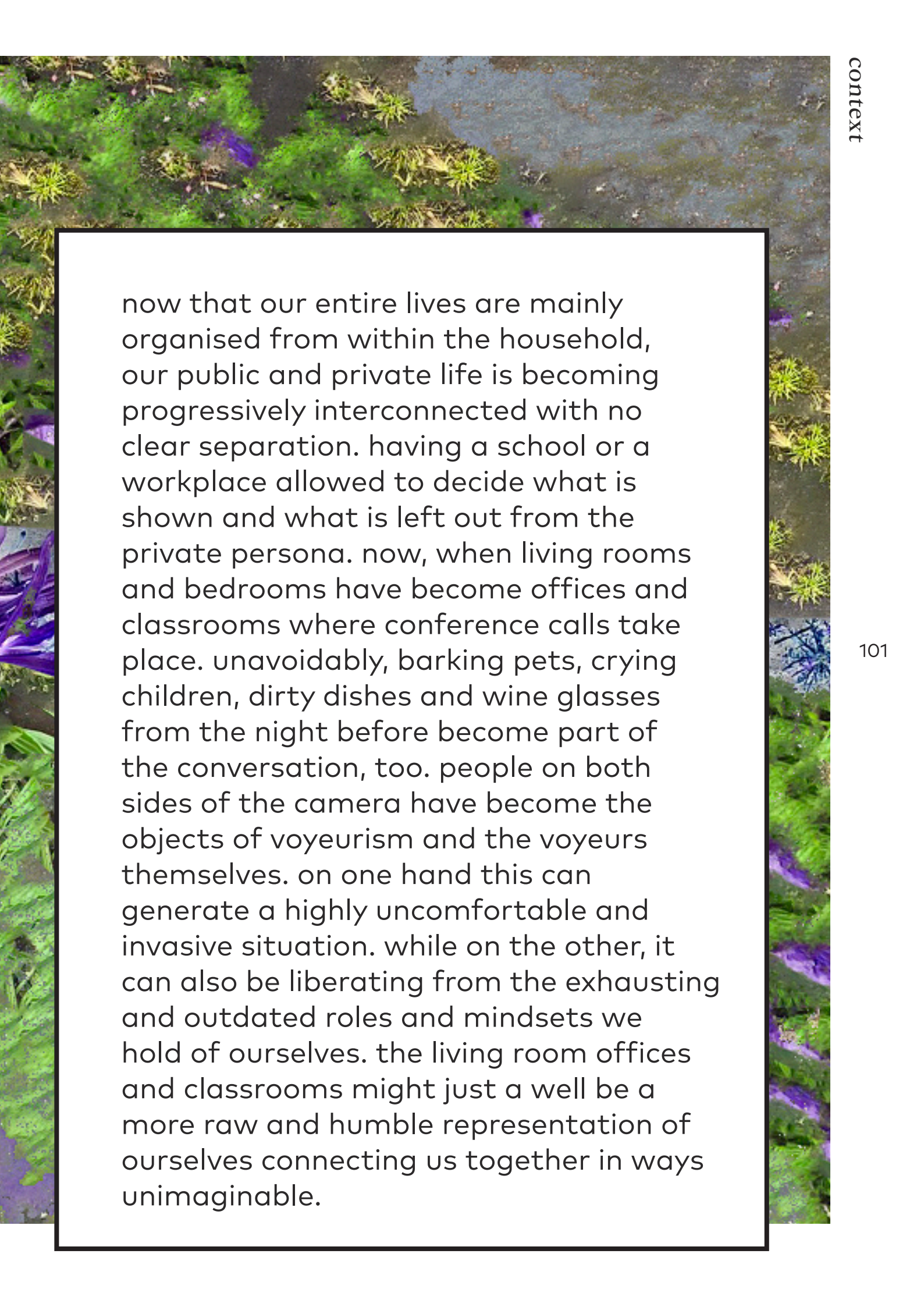
99

**lard can be substituted with lardons. cook on low heat to release the fat, strain the liquid fat from the solids and use it instead of lard, that recipe calls for.*

public and private. merged

100





now that our entire lives are mainly organised from within the household, our public and private life is becoming progressively interconnected with no clear separation. having a school or a workplace allowed to decide what is shown and what is left out from the private persona. now, when living rooms and bedrooms have become offices and classrooms where conference calls take place. unavoidably, barking pets, crying children, dirty dishes and wine glasses from the night before become part of the conversation, too. people on both sides of the camera have become the objects of voyeurism and the voyeurs themselves. on one hand this can generate a highly uncomfortable and invasive situation. while on the other, it can also be liberating from the exhausting and outdated roles and mindsets we hold of ourselves. the living room offices and classrooms might just as well be a more raw and humble representation of ourselves connecting us together in ways unimaginable.

discomfort.

shame.

rawness.

liberation.

humbleness.

connectedness.

empathy

compassion.

simplification.

the merge of our private and public lives might feel uncomfortable and confusing at first, however, it can also be liberating to drop the expectations you think others have of you and just simply embrace it.

see your living space office not as a burden, but rather a creative backdrop. if you have time, think of what you would like it to show and how you might appear in front of it. it's time to get playful. let go of a need to come across in a certain way, focus on how the way you are dressed in front of a digital screen and what's happening behind you represents your true self and the reality of a situation we're in.

welcome the fact that the blending of our private and public lives through limitation of space and virtualisation of work place can be a fun way to explore play and interaction. show up wearing clothing that allows you to camouflage with your room. during breaks, try holding images or objects in from of your camera to evoke smile and surprisiment.

if focus allows, work from unconventional places. use balcony or the porch in front of your entrance door. remember that you still have the control over a situation.



remember that
you still have
the control over
a situation.



meals

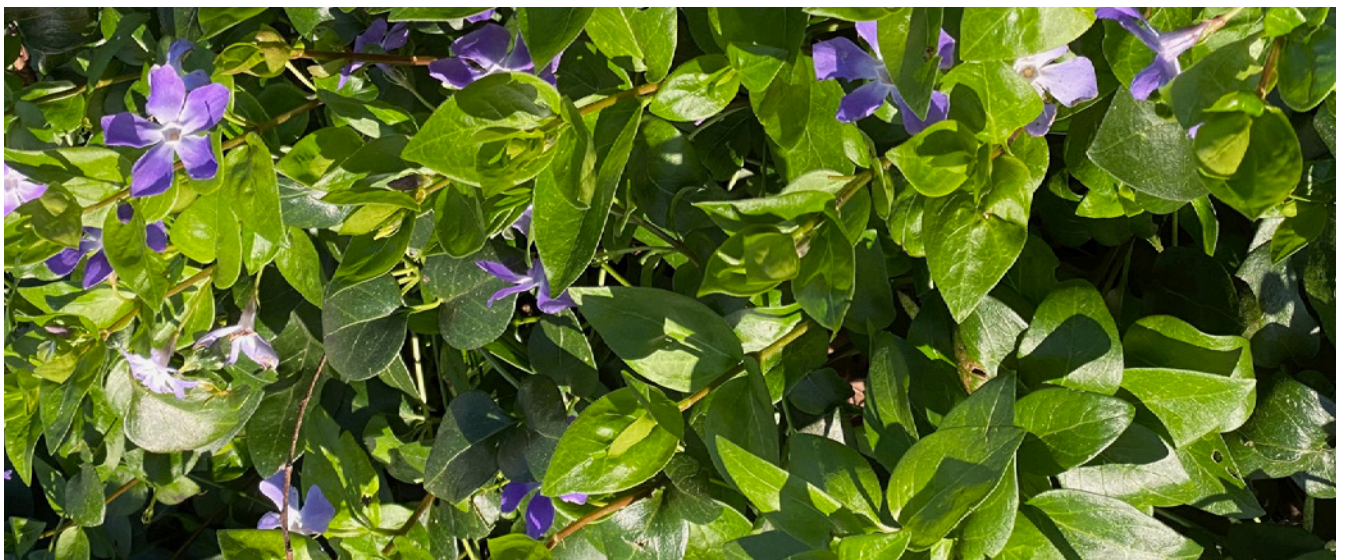
quiche
cabbage rolls
burrito
pizza
ravioli
pie
muffin
hummus

ingredients

banana
cucumber
beans
brocoli
dark chocolate
turmeric
ginger

vibes

picnic
live-cam streaming
walk naked
wear each other's clothes
swap plates
create obstacles indoors



tarte tatin with chicory cocoa nibs & walnuts

2 tbsp butter
450 g chicory
1 tsp honey
115 g walnut paste*
100 g sour cream
20 g cocoa nibs
fresh thyme
salt
black pepper
230 g puff pastry

preheat the oven to 180°C. melt the butter in a skillet. cut the chicory (witlof) in half. sprinkle some salt and pepper over the melted butter in the pan and lay the halves, cut side down, in the bottom of the pan as close as possible. cook chicory over high heat, pressing it down as it cooks to become nicely brown on the underside. place in an oven-proof dish, drizzle with honey, cover the pan and put in the oven to bake until almost cooked, about 25 minutes. in the meantime, mix sour cream and walnut paste, fresh thyme, nibs and some salt to form a paste. remove the pan of endive from the oven. distribute the cubes of walnut paste in the spaces between chicory, as well as on top of them.

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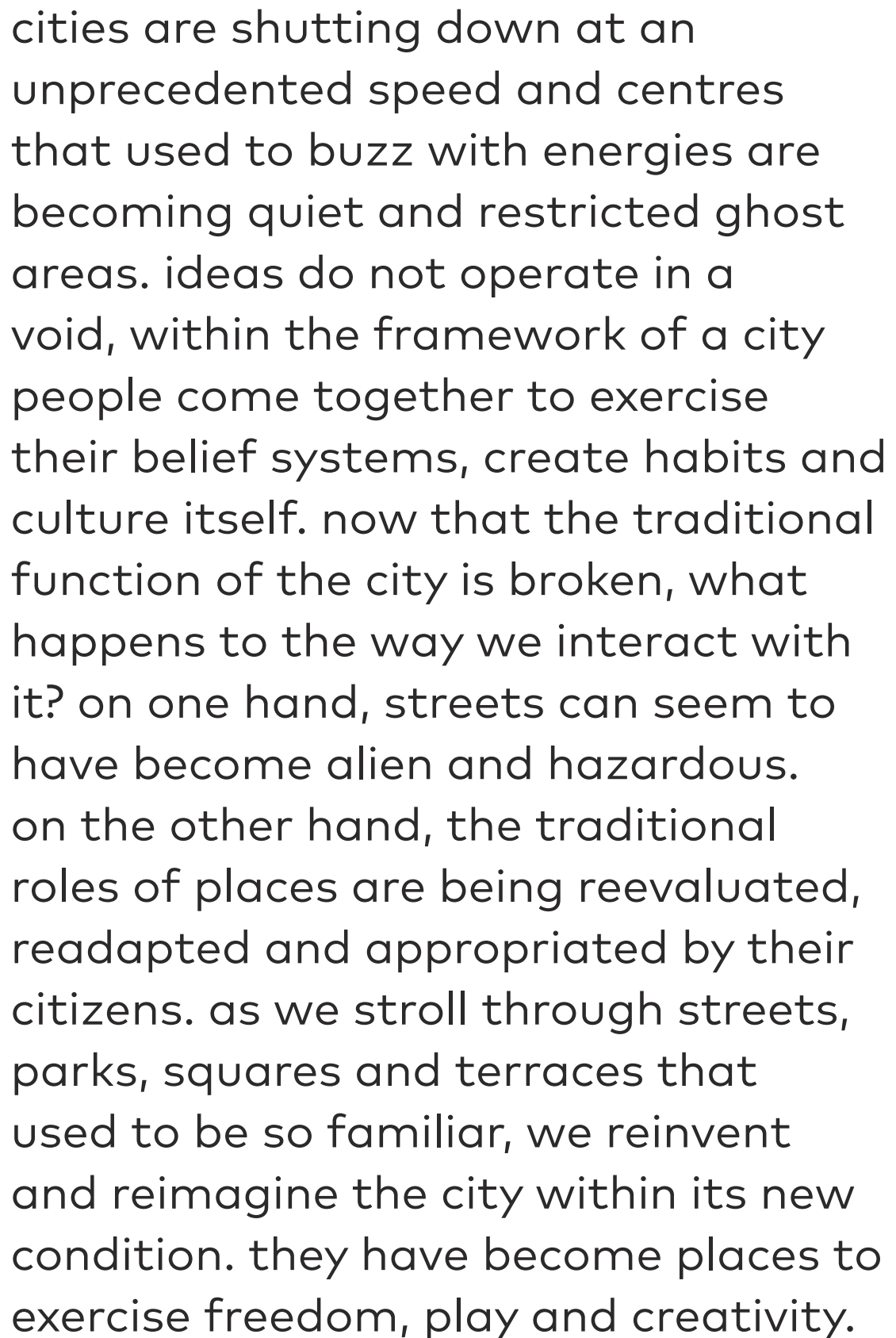
on a lightly floured surface, roll the puff pastry into a circle large enough to cover the baking dish. drape the dough over the chicory and tuck the outside edges of the dough between the chicory and the inside of the pan. bake the tart until the crust is deep golden brown remove from the oven and overturn a serving platter on top. holding both the pan and the plate, turn both the plate and pan over to release the tart from the pan. serve while the tart is still warm.

**you can substitute walnut paste with whole walnuts, chopping them or blending together with the sour cream using blender.*

city interaction. playful

108





cities are shutting down at an unprecedented speed and centres that used to buzz with energies are becoming quiet and restricted ghost areas. ideas do not operate in a void, within the framework of a city people come together to exercise their belief systems, create habits and culture itself. now that the traditional function of the city is broken, what happens to the way we interact with it? on one hand, streets can seem to have become alien and hazardous. on the other hand, the traditional roles of places are being reevaluated, readapted and appropriated by their citizens. as we stroll through streets, parks, squares and terraces that used to be so familiar, we reinvent and reimagine the city within its new condition. they have become places to exercise freedom, play and creativity.

alienation.

imagination.

inventiveness.

110 creativity.

freedom.

playfulness.

discovery.

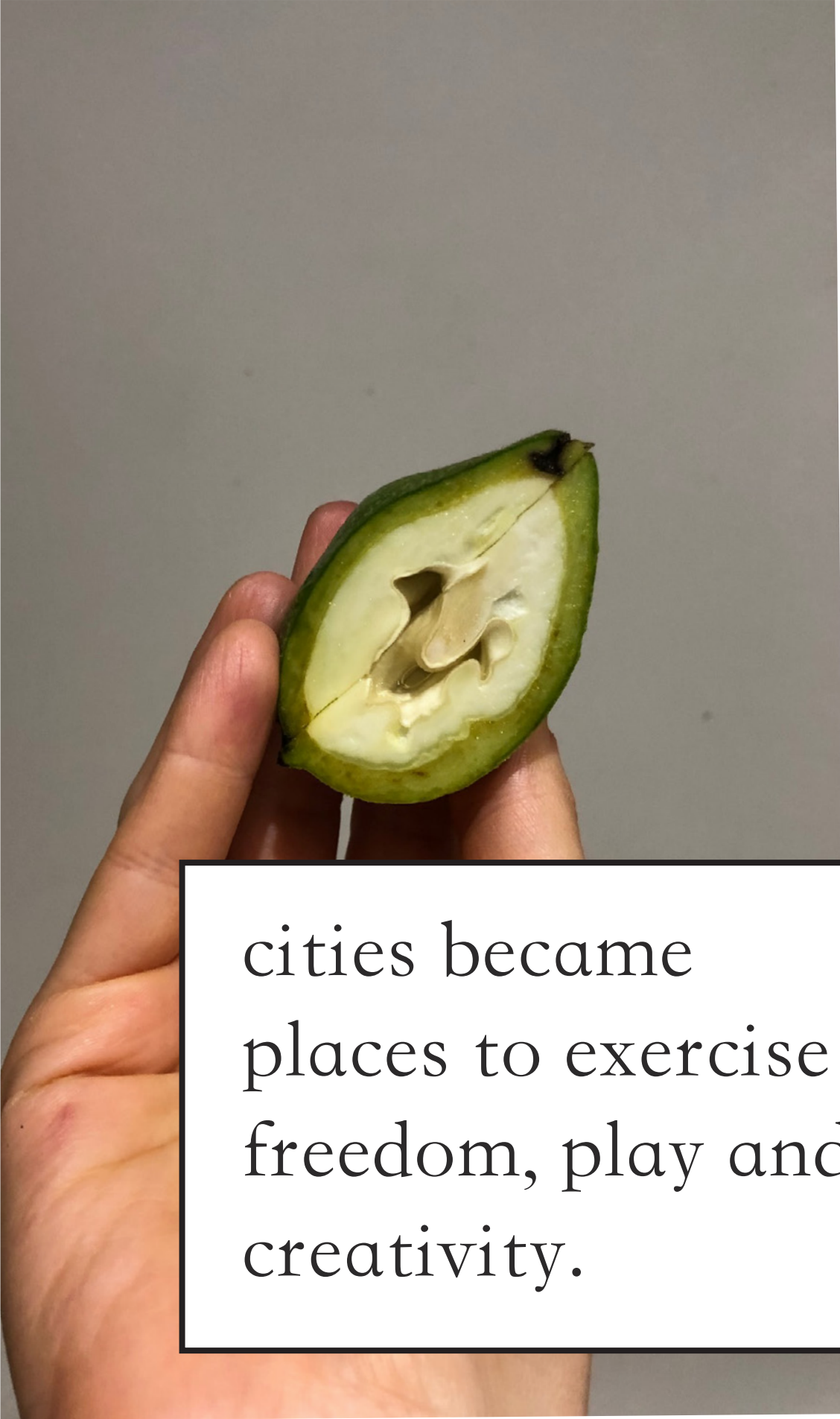
inspiration.

as the functionality and the atmosphere of cities has drastically changed, our interactions with it change as well. especially during this time it can be curious to approach your city as a playground within the restrictions of protecting yourself and others. it is an opportunity to rediscover everything you ever knew about your physical surroundings and redefine what they mean to you.

host picnics at various locations that now are abandoned in your town. bring something else to eat to each and one of them. think about the previous context and atmosphere of the place and perhaps use it as a theme for a meal. explore the possibilities to bring something with you to decorate the place and merge your personal space with the public area.

111

visit places, such as, quiet terraces, empty parking lots, or abandoned city centres and engage in an activity that would be unusual for the spot itself. for example, dance in a quiet city centre or eat in an empty parking lot. try mindlessly walking through the city and allow it to carry you through the streets. observe the environment, look at it with different gaze, use the moment without a buzz and rediscover the surroundings.

A hand is holding a green fruit, likely a pear, that has been sliced in half. The fruit is held between the thumb and index finger, with the other fingers visible. The interior of the fruit is light green and shows a complex, hollowed-out structure with several small, dark, irregular shapes that resemble seeds or small cavities. The background is a plain, light gray surface.

cities became
places to exercise
freedom, play and
creativity.

meals

beetroot soup
quinoa rolls
nashi goreng
smoothies
tabouleh
poke
sushi
burger

ingredients

avocado
spinach
coffee
sweet potato
nuts
apple
banana
mate

vibes

eat outdoors
feed birds
mindless walks
discover the city
greet strangers
barbecue



green apple & wasabi ice popsicle

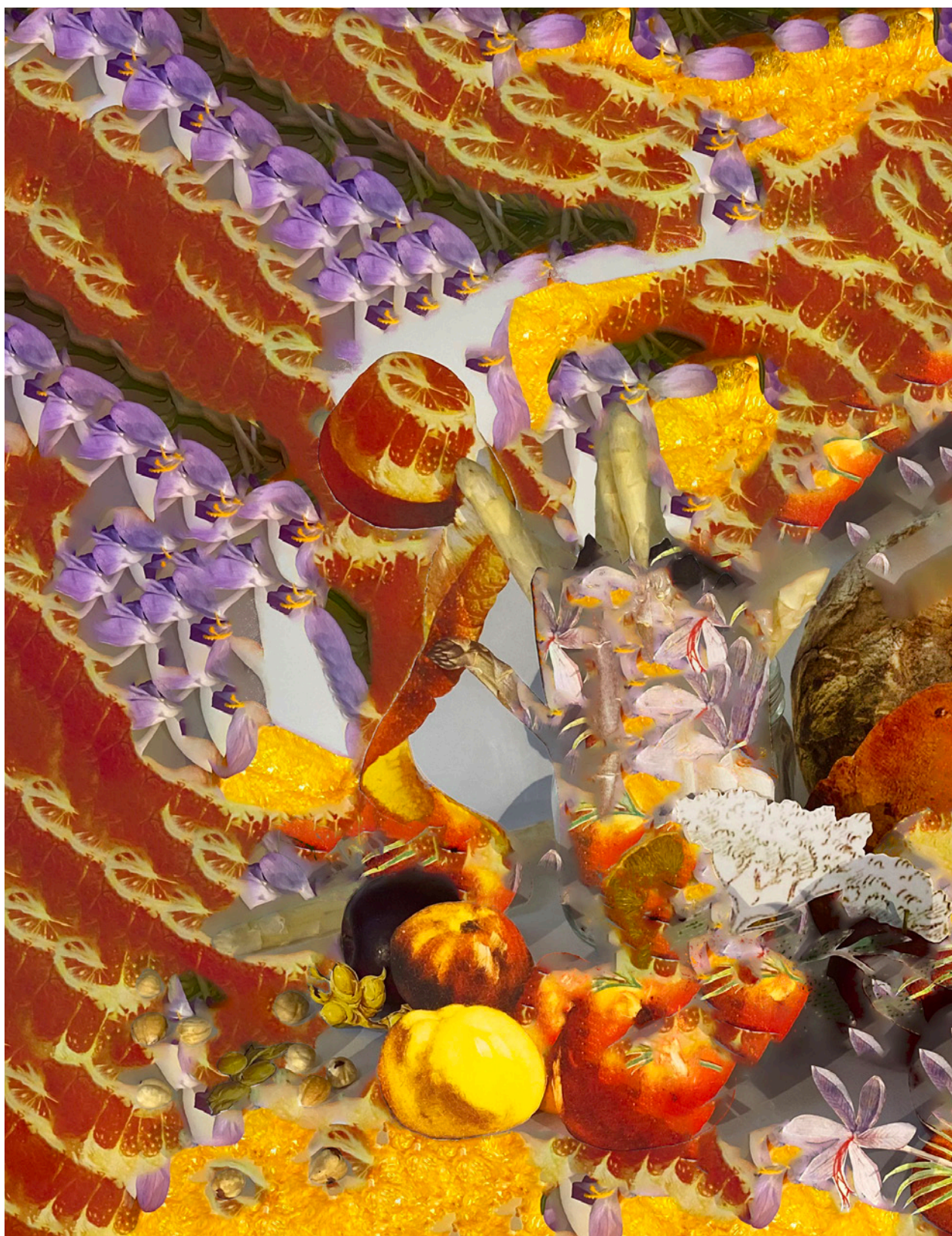
5 green apples
2 limes, juice and zest
300 gr sugar
250 cup water
1 teaspoon wasabi paste*

chop apples and juice and zest limes. blend apples, limes, sugar and water and wasabi together. pour mixture through a fine strainer over a bowl. press the solids to extract as much juice as possible. chill the mixture for at least 6 hours, mix well once again, pour into moulds and freeze until solid. set the moulds in hot water for 15 seconds to loosen the pops, then remove.

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**we like it spicy and encourage to keep the amount as indicated to experience the wasabi kick. however, of course, you can adjust the amount for your preferences.*

dreams.
vivid





dreams are sensitive visions taking place while asleep that process emotions and events taking place when awake. they are an extension of our experiences tapping into subconscious and emotionally intense worlds of oneself. as the pandemic determines the world functions, we undergo persistent uncertainty, anxiety and untiring dread. heightened emotions cause more dramatic and surreal dream scenarios unravel that can make us wake up confused and scared. a lack of social contact causes missing loved ones appear during sleep more frequently. dreams have turned from something of little impact to an army of graphic interpreters and signifiers that can be both - wonderful and unsettling.



confusion.

exhaustion.

headache.

fatigue.

coping.

connectivity.

enjoyment.

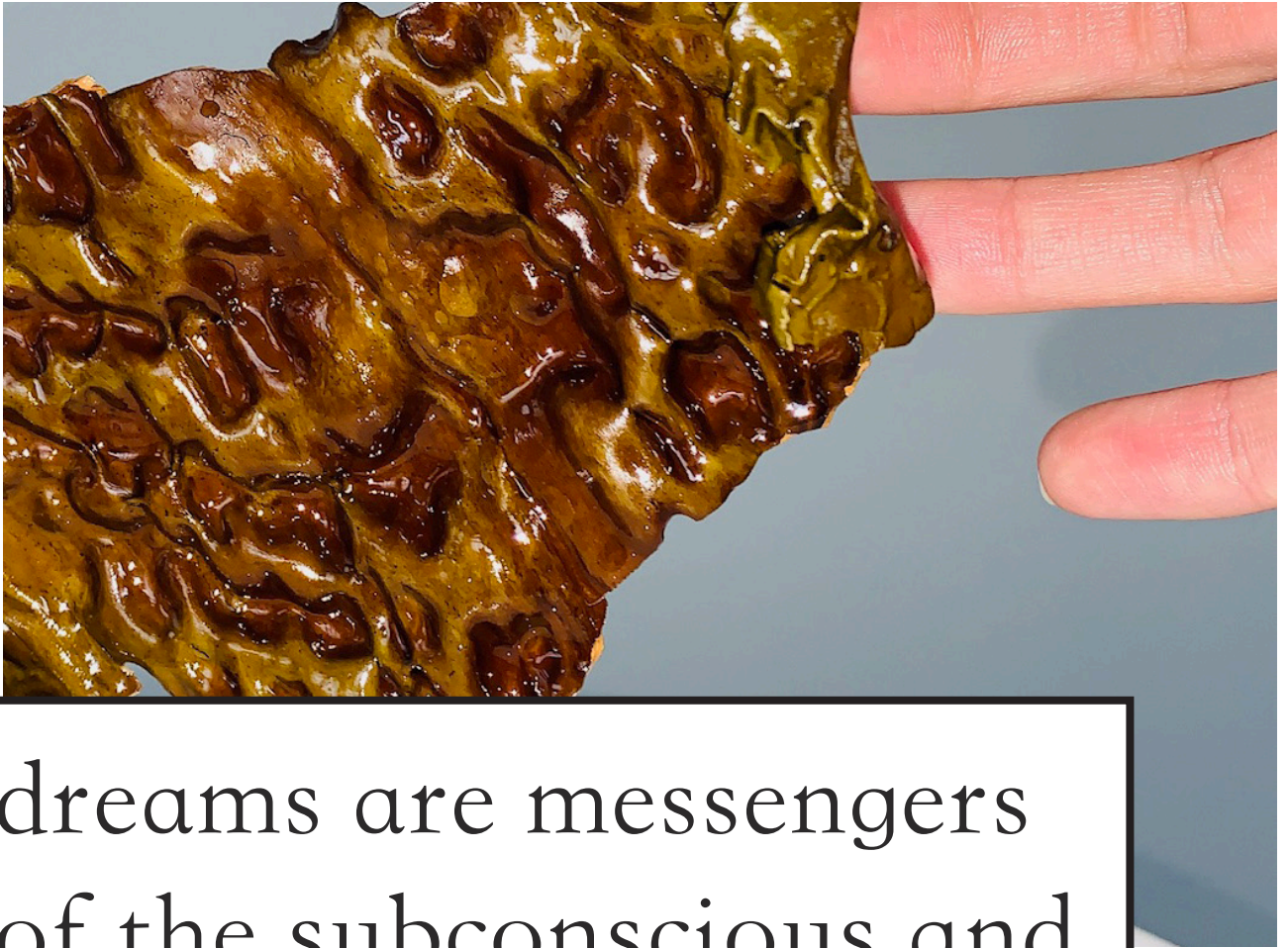
excitement.

the complexity of our brains is perhaps one of the greatest mysteries of the universe. however, dreams are messengers of the subconscious and the unconscious. they bring up information hidden and processed by our minds in a way that is vivid and full of images, scenarios and emotions.

in order to preserve your sanity and get a glimpse into the processes taking place within oneself, begin a dream journal. note down not only events that took place in your dreams, but focus on colours, shapes, textures, smells and sounds surrounding the events. or being the events themselves. remember that brain receives input from all of our senses that define and interpret experiences. so diversifying the experiences will help to take off some pressure from the brain and allow some of the processes to happen in the real life and not only while dreaming.

play with diversity while awake and while sleeping, then you could even create a soundtrack for some of the very intense and complex dreaming sessions.

was there food present in any of your dreams? were you surrounded by objects? try to create a still life that resembles one of the dreams you've had and you are curious about. embodying the event one more time will bring you back to the emotional intensity that took place within it and allow you to understand it to an entirely different extent.



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meals

tofu
curry
cheese plate
fondue
tempeh
dhal
lobio

ingredients

blue cheese
cherry
nuts
sunflower seeds
chili
lentils
oats

vibes

music
aromatherapy
audiobooks
swap bed sides
overnight recipes



sorrel and green pea soup with blue cheese*

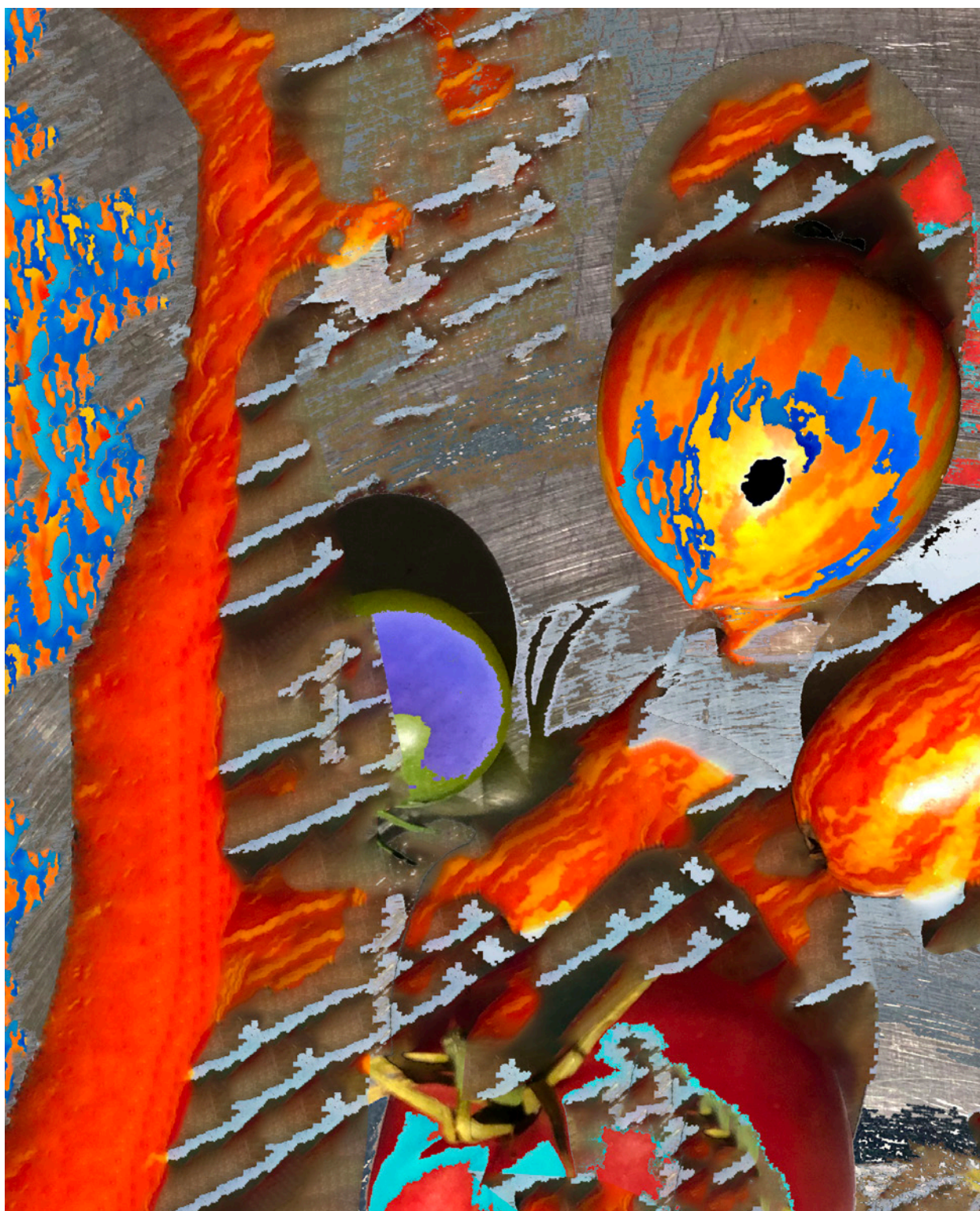
1 tablespoon rapeseed oil
1 onion, peeled and finely sliced
1 large potato, peeled and cubed
300 g fresh sorrel leaves
500 ml vegetable stock
500 ml milk
1 tablespoon creme fraiche
100g green peas
100g strong blue cheese
salt
pepper

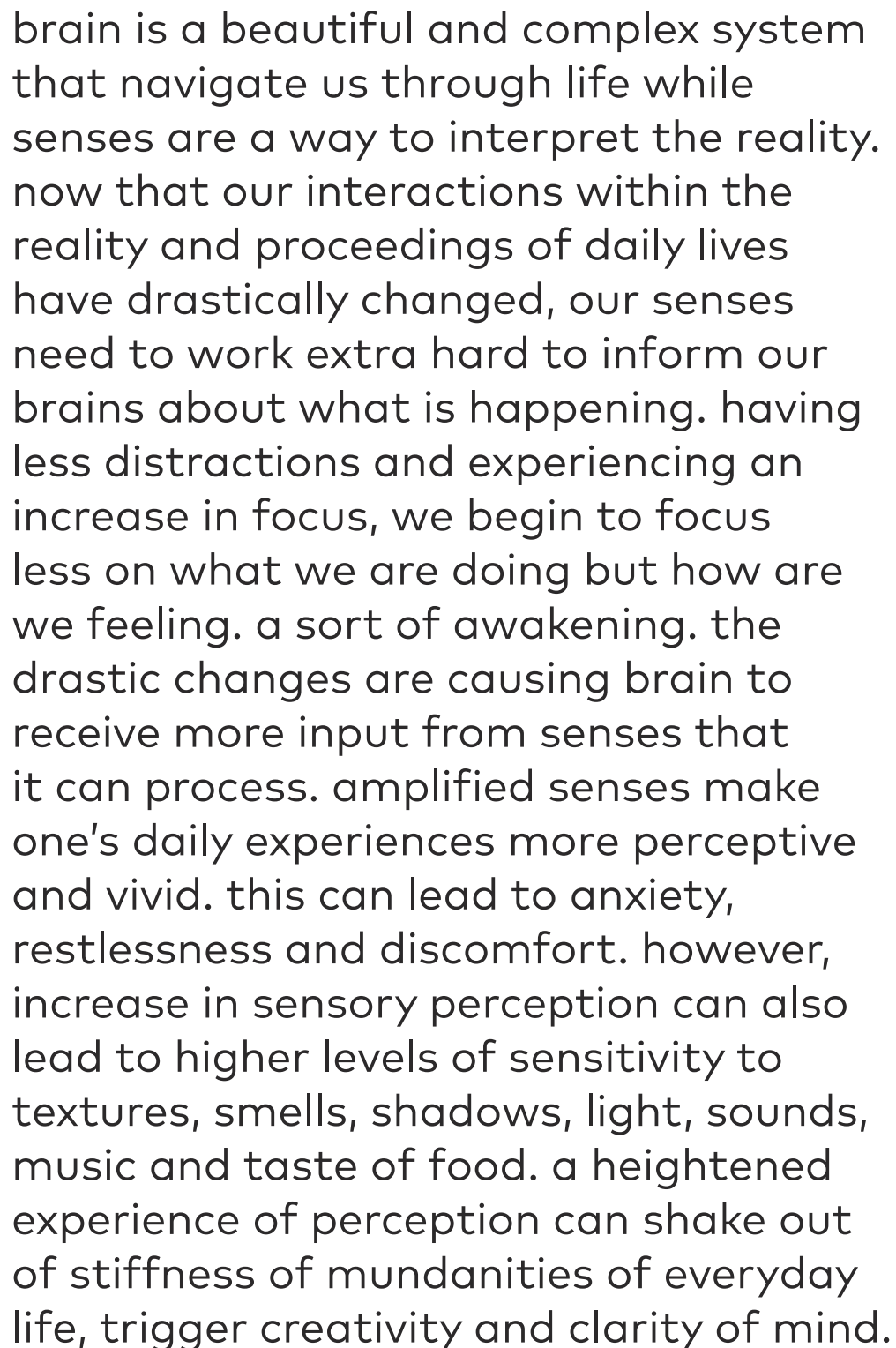
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heat up oil and add the onion and potato, stirring all the time, cook them until they begin to soften. add the stock and milk, season well with salt and black pepper and bring to the boil. simmer for 10-15 minutes until the potatoes are tender. add the sorrel and the creme fraiche. add the peas and simmer without boiling until the peas are cooked add half of the cheese. use stick blender to blend the soup into a smooth mixture. warm up the soup and serve hot. crumble some of the cheese on top, too, while serving.

** we like oudwijker colosso from buffalo milk but stilton, roquefort or danish blue will do just fine.*

senses.
amplified





brain is a beautiful and complex system that navigate us through life while senses are a way to interpret the reality. now that our interactions within the reality and proceedings of daily lives have drastically changed, our senses need to work extra hard to inform our brains about what is happening. having less distractions and experiencing an increase in focus, we begin to focus less on what we are doing but how are we feeling. a sort of awakening. the drastic changes are causing brain to receive more input from senses that it can process. amplified senses make one's daily experiences more perceptive and vivid. this can lead to anxiety, restlessness and discomfort. however, increase in sensory perception can also lead to higher levels of sensitivity to textures, smells, shadows, light, sounds, music and taste of food. a heightened experience of perception can shake out of stiffness of mundanities of everyday life, trigger creativity and clarity of mind.

irritability.

discomfort.

tension.

sensitivity.

clarity in

perception.

overstimulation.

sharpness.

heightened senses at first might give a feeling of altered perception. however, what if this is just a deeper, more accurate experience of reality?

next time when cooking, pick and combine ingredients with unusual colours, textures, shapes and smells. such as cumin, asparagus, anise, buddha's hand, passion fruit, glass noodles and coral fungus. try to create dishes with combinations of as many exciting variations as possible. for a visual dining experience, try to colour-coordinate the dishes you put on plate.

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dine with your eyes closed or while wearing gloves.

on the other hand, the overstimulation can as well be enjoyed by appreciating the subtleties. think in terms of gentle dishes involving sensual yet staple ingredients such as, chamomile, honey, mint, oysters, chocolate and figs. these will aid you to tune in and find balance and enjoyment into the newly experienced awareness of your surroundings.

when dressing in the morning, pay more attention to the colours of your clothing and how the textures feel against your body. allow the wool sweater comfort you like never before and the silky bottoms to feel like a gentle caress every step you take.

dine with your
eyes closed or
while wearing
gloves.



meals

sichuan pepper

tofu

jackfruit

orange

natural wine

eggplant

mushrooms

ingredients

kale chips

sushi

ice cream

jelly

noodles

onsen egg

bubble tea

kisel

vibes

blindfold eating

fresh flowers

wear gloves while eating

picnic

barbecue

eyewear indoors



spiced tofu with tahini celery & coriander.

1 stalk celery
 5 tbsp fresh coriander
 3 whole scallions
 1/2 tsp toasted sichuan peppercorns
 1/2 tsp toasted whole cumin seed
 1 tbsp tahini*
 1 tsp soy sauce
 2 tsp black rice vinegar
 2 tsp fermented chilli broad bean paste
 2 tsp sugar
 5 tbsp roasted chilli oil
 128 1 medium clove garlic
 1 block soft silken tofu
 1 teaspoon toasted sesame seeds

take tofu out of the fridge beforehand and let it reach room temperature. cut celery in matchsticks, combine with coriander, and sliced scallions in a bowl and cover with ice cold water adding 4 to 5 ice cubes and set aside. combine peppercorns and cumin in a mortar and pestle and grind well. transfer to a bowl. add sesame paste, soy sauce, vinegar, chilli bean paste, sugar, chilli oil, and minced garlic. whisk to combine and set aside. spoon tofu into a serving bowl cover with dressing. drain celery, cilantro, and scallions, removing excess water with paper towel. add to bowl. sprinkle with sesame seeds and serve immediately.

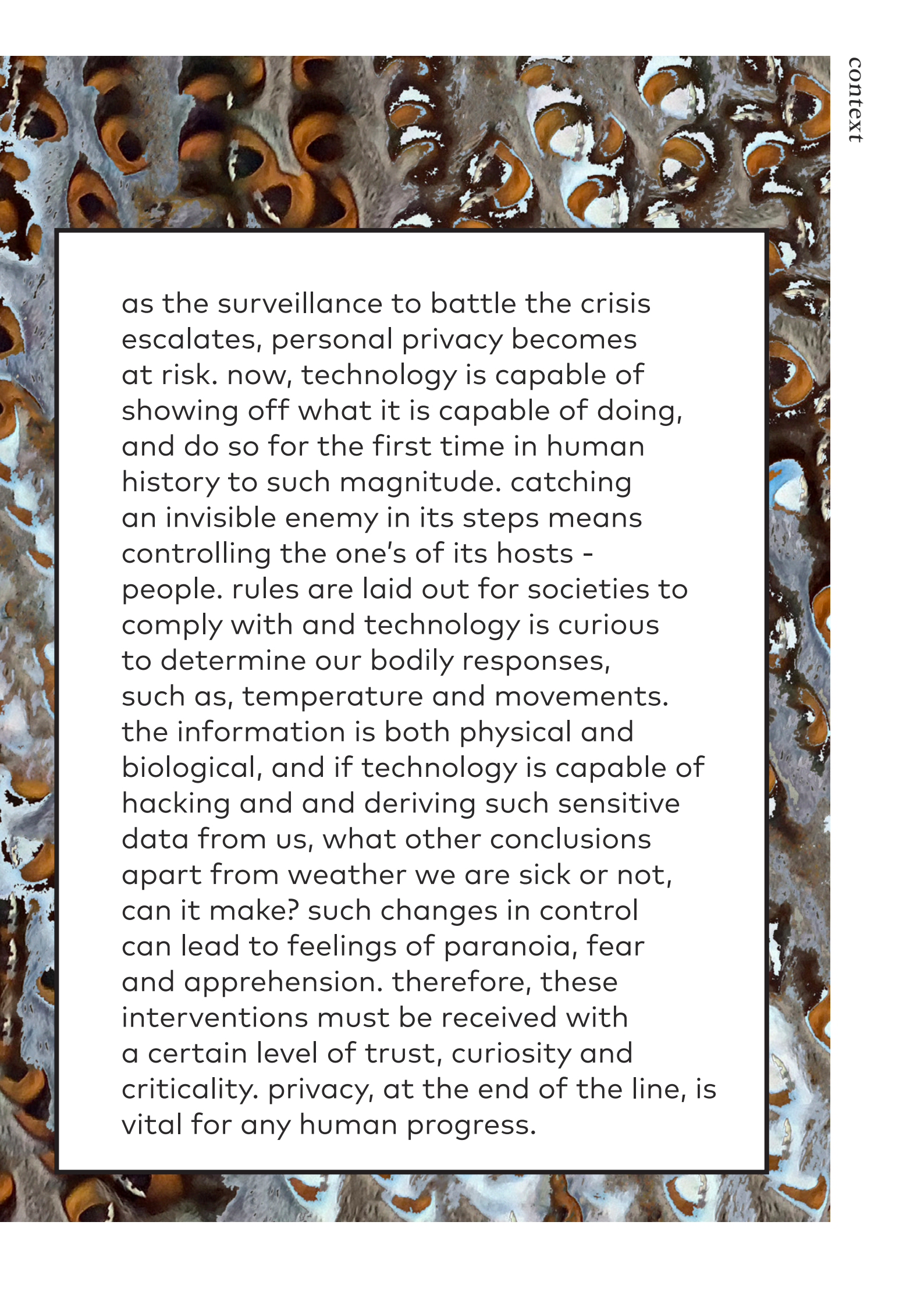
**can be replaced with peanut butter.*

*** all ingredients in this recipe can be found in the local asian grocery store.*

privacy. contradicted

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as the surveillance to battle the crisis escalates, personal privacy becomes at risk. now, technology is capable of showing off what it is capable of doing, and do so for the first time in human history to such magnitude. catching an invisible enemy in its steps means controlling the one's of its hosts - people. rules are laid out for societies to comply with and technology is curious to determine our bodily responses, such as, temperature and movements. the information is both physical and biological, and if technology is capable of hacking and and deriving such sensitive data from us, what other conclusions apart from whether we are sick or not, can it make? such changes in control can lead to feelings of paranoia, fear and apprehension. therefore, these interventions must be received with a certain level of trust, curiosity and criticality. privacy, at the end of the line, is vital for any human progress.

stage fright.

loss of speech.

paranoia.

fear.

apprehension.

uneasiness.

distrust.

self-censorship.

in order to sustain your feeling of autonomy it is important to practice independence, freedom and radicalness in decision-making.

for a day use an analogue instant camera to take photos, this will allow you to exercise freedom in expression and thinking while maintaining privacy that can't be disrupted by technology. find comfort in fact that the image cannot be leaked or reproduced without your consent.

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build a forth within your house by using boxes, pillows and blankets. think of the space as a safety net to escape to if feeling overwhelmed. use it to regain balance and feel solitude.

eat naked. dining without clothing boosts self-image and confidence. or exchange clothing with your partner. enact a role play of pretending to be one another. this will result in a liberating your persona and offer relaxation.

create a secret code for communication with a friend that only you both understand. replace the most common nouns within subjects you share in common with vegetable names.



dining without
clothing boosts
self-image and
confidence.



meals

sushi
pizza
pie
dumplings
rolls
casserole

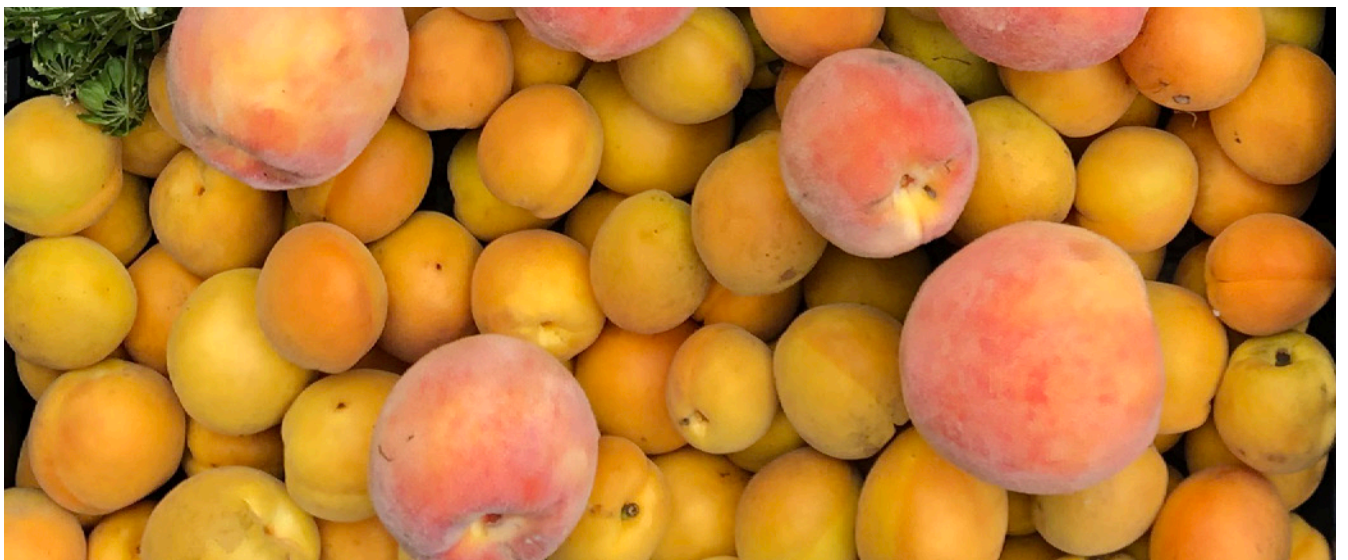
ingredients

carrot
asparagus
corn
nuts
potatoes
beans

vibes

naked dinner
feeding
make a hut indoors
space demarcation
clothing exchange

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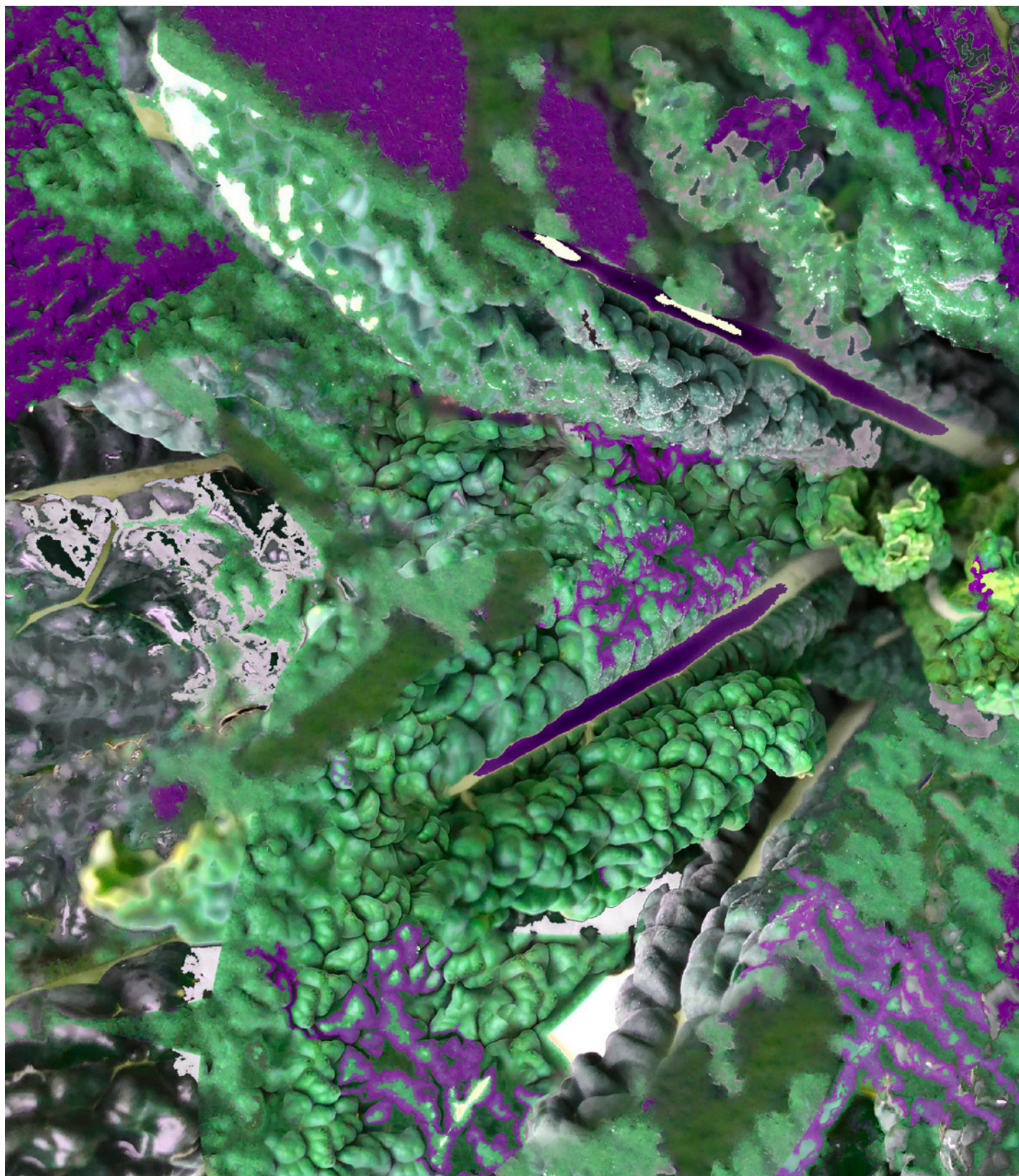
pickled white asparagus with hazelnut oil & bee pollen

500 g thin white asparagus
750 g water
75 g apple cider vinegar
5 black pepper corns
10 g honey
roasted hazelnuts

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start with disinfecting the storage container by placing it in boiling water. peel and break the asparagus where it naturally breaks and throw away the ends. heat up the remaining ingredients to the boiling point. place the asparagus in the container and pour the hot marinade over it. close the container and store in the refrigerator. soak bee pollen in a cold water overnight and blend with hazelnut oil adding a little bit of salt. make hazelnut shavings, sprinkle asparagus with the hazelnut marinade and hazelnut shavings. serve cold.

outdoors.
precious



today's turbulent times have entirely transformed one's relationship with the environment. furthermore, with so much life being based on technology, we have created a severely disconnected way of relating to the nature. such a lack of sensitivity, dominating for years, drove us to alienation that resulted in climate crisis. with the recent change in our everyday, once unlimited and open for everyone, the contact with outdoors is received with cautiousness. yet, it has as well become more precious. as our daily lives are predominantly spent in static spaces, residing outdoors can feel liberating and overwhelming. this shift generates a wonderful change in perception and vulnerability in the way nature is experienced again. taking a simple walk now resonates with a new-found freedom for exploration and appreciation for the planet.

sensitivity.
connectedness.
catharsis.
freedom.
tranquility.
discovery.
appreciation.
purity.

the new found sensitivity for the nature is wholly precious. in order to cherish, preserve and engage in all the benefits, make sure to leave your phone and camera at home. take no distractions with you when taking a walk. forget about the need to have a destination. walk aimlessly. take your time. let your senses guide you. forage the sounds around you, taste air, watch colours and patterns.

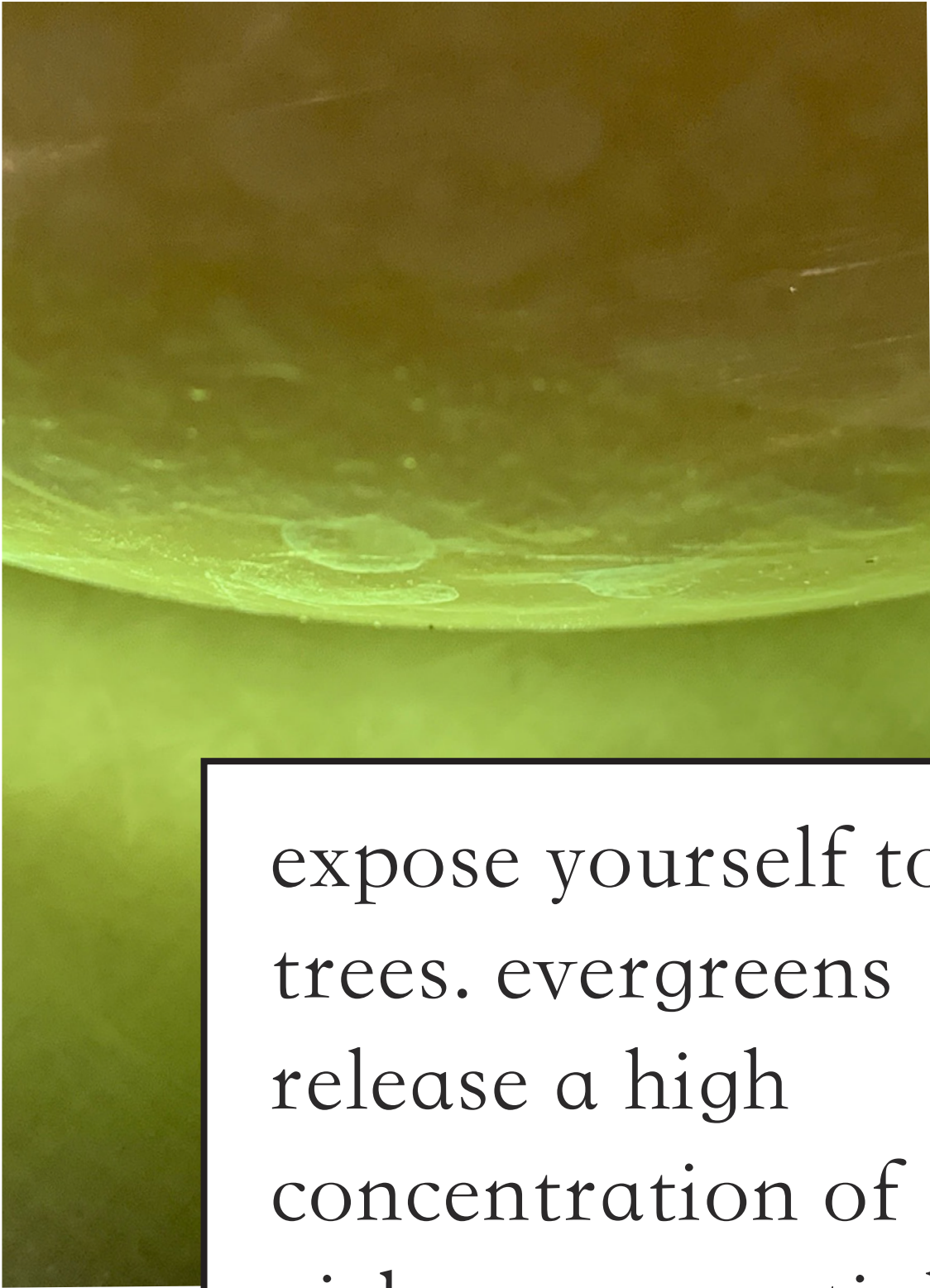
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touch trees. lay down on the grass, watch as clouds pass by. picture mental images in the clouds. observing the small differences in shades of blue and green tones will help stop spinning thoughts.

walk barefoot in a park, feel the grass tickling your feet. feeling different textures barefoot improves immunity and will aid to distress you.

expose yourself to trees. evergreens release a high concentration of airborne essential oils that boost immunity.

visit the beach and collect seashells. whenever missing outdoors, place the seashells by your ears and you'll be able to hear the sea again.



expose yourself to
trees. evergreens
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meals

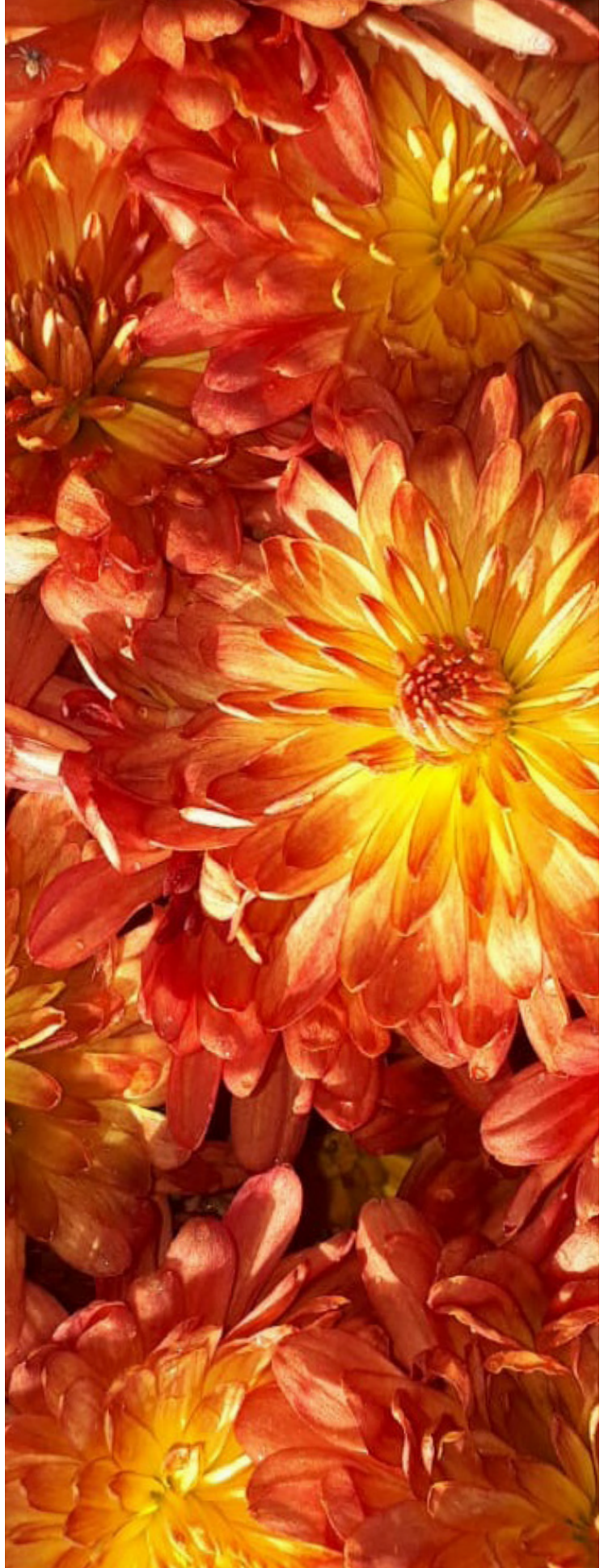
grill
tapas
wraps
sandwiches
soups
skewers
pickles

ingredients

mushrooms
nettle
dandelion
birch juice
berries
nuts
honey

vibes

picnic
tasting menus
role playing
wear a tail
face painting



dandelion wine

3 l water

1 kl sugar

1 l container packed with dandelion petals

3 oranges: juice and zest

1 lemon juice and zest

2 tsp yeast

bring the water and sugar to a boil. stir to dissolve the sugar and cool till lukewarm. measure one cup of sugar water and add yeast to dissolve. let aside for 10 min. place the dandelion petals, raisins, citrus juice and zest into a fermentation jar and pour the yeast mixture on top. close the jar with airlock lid* for about 3 weeks or until fermentation has stopped. once fermentation has stopped, sieve the wine into a clean container, leaving the yeast sediment behind. allow the wine to ferment in secondary for at least 6 to 8 weeks. sieve the wine once again into a clean container, again leaving the sediment behind, to prepare for bottling. allow the wine age in the bottle at least 2 months before drinking, ideally 6 months or more**.

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** you can use a rubber glove on top of the jar to observe the process of fermentation.*

*** during ageing, the wine should be kept in a cool spot like a basement or closet on the north side of the house.*

diptych x unfix
ola lanko & annija muižule
2020