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I have a lot of friends that I haven't met  
yet  
Schriftlicher Teil der künstlerischen  
Arbeit

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***Hummus and bread***

***Beluga lentils with tofu,  
beetroot and sunflower seeds***

***Couscous Tabbouleh***

***Rocket and Lambs Lettuce  
salad with cherry tomatoes and  
chickpeas***

***Root vegetables with apples  
baked in clay***

***Fruits for dessert  
(any kind, depending on  
personal preference)  
- mango, grapes, peaches,  
oranges, apples...***

There are healthy nutritious plant-based dishes on the table that you can prepare the night before a garden party. Plants are great. You are welcome to grab a plate.

She prepared it with her friend. They were both working in gastro.

An unfortunate part of this story was to actually get some people to hang out with on that imaginary garden of theirs. Like the images from the Ikea catalog or any random cookbook. I myself was once surprised to catch one of these (viz. Image 1). Lately, it seemed hard to find new friends. Leaving the good ones behind in different cities, it almost seemed greedy to complain. So they build this table, that was the easy part, made some stylish wooden bowls, plates, a photogenic arrange of eco-friendly vegan objects and food.

They had this fairy tale to concentrate on before going to bed with hopes it would become real in their dreams. A wish to wish for when a chimney sweeper passes by. An abstract, quite general one, the one that wishes for everything to end up well. But something behind the wish was showing that maybe they just don't know what exactly to wish for. They would like to be good and happy people. But often they were angry, there was a lot of things to be angry about



Image 1, Dinner, Paris 2011

In this notebook, you will find the recipes of all the dishes that I offer at the table.

I also try to explain why I chose to cook and carve my own plates to serve on, as my master project. Something about the fact that we would eat some lunch anyway, didn't make it a waste of energy and resources. And maybe an experience of slow production or self-reliance and peace made it worth to spend all that time with woodcarving itself.

Anyway, what we need for this lunch is:

300 grams of whole wheat couscous

200 grams of beluga lentils

100 grams of rocket salad

100 grams of lambs lettuce

(viz. Image 2)

500 grams of cherry tomatoes

2 packages of tofu

500 grams of canned chickpeas

2 tablespoons tahini

4 cloves of garlic

300 grams of beetroot

a bundle of parsley

a bundle of fresh mint

50 grams of sunflower seeds

4 lemons

olive oil

salt and pepper

ground cumin

fresh thyme

fresh rosemary

150 grams of potatoes

150 grams of carrots

150 grams of celery root

1 big apple

2 red onions

one fennel

agave syrup

balsamic vinegar

one bay leaf



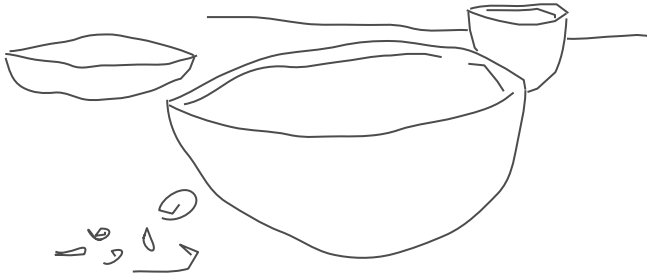
**Image 2, from German: *Vogerlsalat***



Where those tomatoes packed in plastic? And the salad? But It's just lunch we're making, every day. When I can't shake that guilty feeling I just sometimes leave the store with an apple.

Maybe if they could make more money they could rent a garden and grow some food themselves. After all, it was already that dream.

A tree, one for apples one for walnuts, potatoes, pumpkins. After a while, there is no need to work so much if you buy less, maybe. Then somebody else can produce less, maybe.



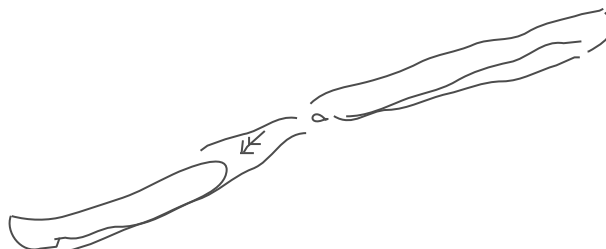
One thing is sure, they are really happy that they like each other. Even though they don't maybe know what else they like to do. Reading is not their favorite, but they really try. And what they are good at. Hopefully something. Hopefully, they will find something useful to do.

I met this girl who was a professional Highliner, it's the thing where people balance on a line stretched between two trees only much higher and often stretching over the abyss between two rocks, important to mention that she used no security line and was traveling around the world sleeping over at people's places, new friends and fans. Being sponsored and sending pictures of what she does, slightly different than professional athletes. Having a skill, maybe a bit pointless one, maybe she could also fix a radiator.

And so they were making the bowls and it made them happy. They didn't sell them. But maybe could. Serving food in them when new friends came for dinner. Some people noticed and said: "*The bowls are really beautiful*".

Before you serve any food on a new wooden plate you should treat it with a generous amount of oil. Linseed oil or just normal vegetable oil will do. Let it soak overnight and the plate will be ready for use and easy to hand wash.

One of the best wood to start with is basswood. It's soft and with a chisel that can range from 15 to 30 euros a piece, you can make a simple plate in a few hours. A Japanese hand saw will also be useful at around 20 euros a piece. Be really careful since all the carving blades are surprisingly sharp.



## **Now some recipes**

### **The simplest homemade hummus**

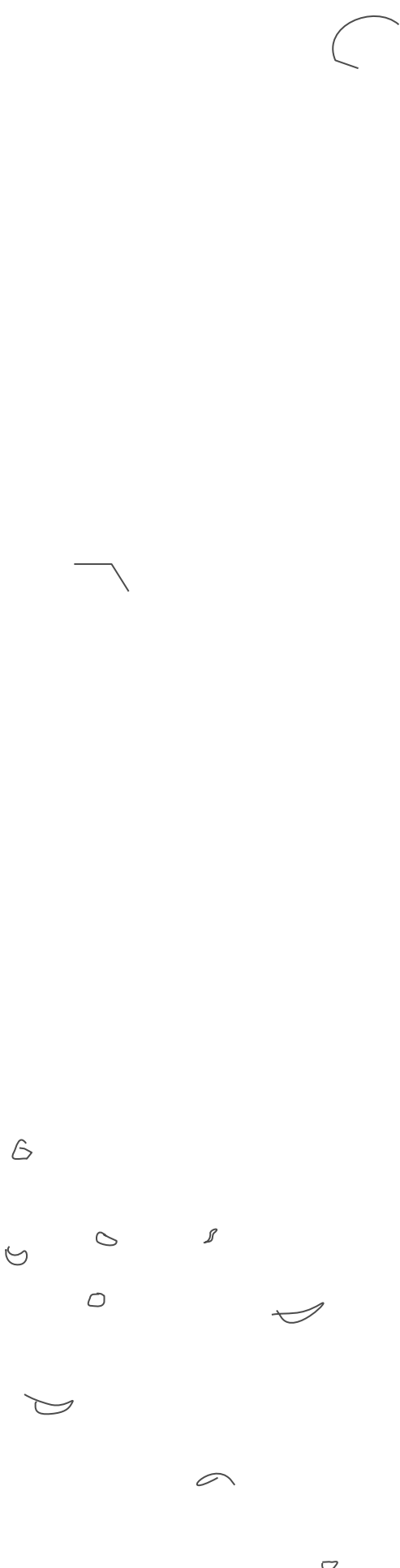
Using a food processor, puree 300 grams of can chickpeas (drained), one clove of garlic with two tablespoons of olive oil, two tablespoons of lemon juice, two tablespoons of tahini, half a teaspoon of cumin, and half a teaspoon salt, until smooth and creamy. Add one to two tablespoons water, if necessary, to achieve the desired consistency.



### **Beluga lentils with tofu, beetroot and sunflower seeds**

Pour olive oil into a large heavy bottom pot. Heat over medium high and add one finely chopped onion, then carrots, beets and celery root cut in cubes. When slightly softened add one to two cloves of garlic, fresh thyme, bay leaf and turn heat to medium. Sauté for 2 more minutes then add 200 grams of black beluga lentils and 400 ml. of water. Turn heat to low and cover with a lid. Add salt and let simmer for about 20 minutes until lentils are tender. Stir in a teaspoon of balsamic vinegar and remove the lid if there is too much liquid. Once the stew is finished crumble in a cube of tofu, sprinkle with sunflower seeds, and drizzle with olive oil.





With the limits of this Lunch, most of the dishes are chosen to taste good even cold and pre-prepared. One of this typical meal that also permanently found its place in central European kitchen is Couscous tabbouleh, with its many versions depending on the country of origin. There is Tabbouleh that is made using bulgur wheat, and also one that has so much parsley in that it's called Parsley salad.

### **Couscous Tabbouleh**

Put 300 grams of couscous into a large bowl. Pour over boiling water so that there is about 1/4 more water than couscous. Cover with a plate and let it stand for about 5 minutes until all the water has been absorbed. Finely dice around 250 grams of cherry tomatoes, two cups of parsley, half a cucumber, half cup of fresh mint, half cup of spring onions and add everything to the couscous. Season with salt and pepper and start mixing in olive oil and freshly squeezed lemon juice. Taste it as you add the juice, you can add a lot but it should never become too slushy or tart. Make sure you mix the couscous by hand or a wooden spoon to keep the herbs from crushing too much.

### **Rocket and Lambs Lettuce salad with cherry tomatoes and chickpeas**

Mix 100 grams of lambs lettuce and 100 grams of roughly chopped rocket salad in a bowl with 250 grams of cherry tomatoes cut in half. Add one can of chickpeas, drained, and drizzle with olive oil and balsamic vinegar. Season with salt and freshly ground pepper.



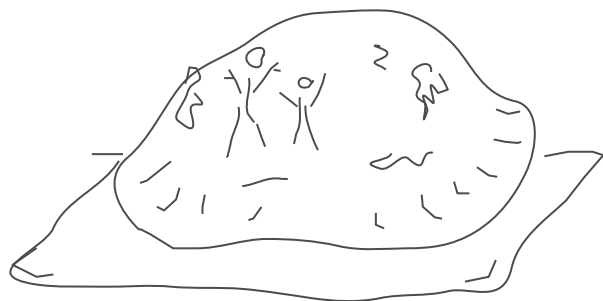
Recently I saw a recipe in an old French cookbook that used clay to bake in. But the one that is still just muddy heavy brick from an art supply store. I knew there were some funny ways of slow baking something, for instance, you dig a hole, heat some stones on fire, wrap some food in Aluminum foil, place it in the hole piled with those hot stones and cover with soil. In about 5 hours it will be ready to dig up. It's delicious.

As I found out the method of baking in clay was used by people from the Indus Valley Civilization located at the area of today's Pakistan and northwest India some 400 years ago.

However this kind of recipes usually concentrate on baking meat, therefore we gonna try to see the magic on baking some root vegetables.

### **Root vegetables with apples baked in clay**

First, we prepare the bottom piece of our clay form. Place a sheet of non-toxic clay, about 1 cm thick, on a baking tray covering it with a banana leaf or two layers of baking paper. Chop some potatoes, celery, red onions, one fennel, one apple and place them with a few smaller sized carrots and 3 cloves of garlic on the leaf or paper. Season with sea salt, drizzle with a generous amount of olive oil and tablespoon of agave syrup. Add some fresh rosemary and close the bundle with another paper and a cotton string. Cover the top part with the second sheet of clay and make sure there aren't any holes. Bake in an oven over medium-high for about 2 hours. You can serve with a spoon of unsweetened soy yogurt alternative.



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This project is partly about a struggle to find something to do, that makes sense and has a purpose in life, and in this particular time, but at the same time the ability to do exactly the opposite with no purpose other than joy.

I was asking myself whether this lunch is art, as a master project on an art school should probably be. But I also wonder why do I refuse to call myself an artist, what art even is, and whether these questions even matters. I would like to simply say: "here I made some wooden plates, they are not perfect or have no special design, and even though it's originals, I offer you some food on them, because the lunchtime is approaching".

I hope I mention them just by the way. Even though I want you to like them. I enjoy wood carving and will use all of the plates in my day to day life.



In the beginning, I had a dilemma of how do I finish an art school without practicing art or calling it an art piece. So I try to call it simply A Lunch. It probably at the end becomes a performance with the guest being the participants anyway.

I chose to work with wood as many other artists for the past 3 years did too. I won't lie, seeing the material all around was too tempting not to try. Simply enough I just decided to carve some spoons and dishes with the freedom to enjoy the process and the material. There seemed to be no need to make more original artifacts. More concepts and opinions. The best it seemed to make myself some salad bowls.

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This notebook has a sound module built-in, similar to those playing in birthday cards. I wanted each book to have its own sound so that when opened together they can create a sort of melody or mood, while each being different and original.

Once I found an old vinyl record with the folk music of Latin America and fell in love with how each song or melody, collected from different times and places, was described in additional text. Describing in detail each instrument we hear, it's name and origin, what the song was about, and its value (ritual, celebration, support...).

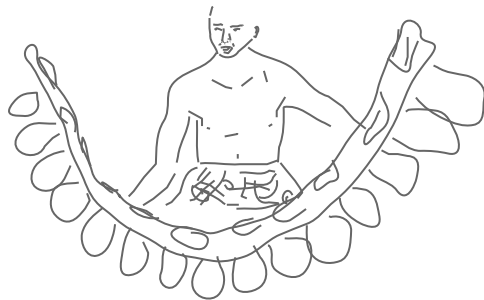
Like stories about Native Americans influenced by African people bringing their inventions and knowledge of musical instruments.

Maybe what made me happy was that in bad times and bad circumstances, there is always something hopeful. And music can be something that helps to get through. I think of it as a universal language.

I wanted to include a bit of sound in this cookbook too since I believe that food has also this kind of quality.

There are also other things that made me happy. Basically, my goal was to find out whether I can enjoy some creative work or if I can find out what brings me joy. And if all the studying that we undergo taught me something and if yes then what. Through all that dissatisfaction and disappointment whether from self or from surroundings, from lack of success or confusion from the field, I managed to find a middle ground that solves most of those worrying thoughts. It's a place where the simple things stopped being cheesy and started to be valuable. It's not sentimental, it's grown up.

African Marimba from the Balunda tribe from the south (former Belgian) Congo. Brought to Latin America by African slaves, this instrument has for example anchored especially in the Chiapas region of Mexico and Central America (mainly Guatemala, Nicaragua, etc.) and begin to be used in the following evolvement of Latin American folk music.



Thank you and have a nice day.