

## Dining with Others

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## Solo Cake

I am renovating my home right now. Just finished building a bathtub. A bathtub is an issue for me. It was so difficult for me, I bought a bathtub and discovered it had a flaw. Taking out the original bathtub was a nightmare. An insanely heavy casting, and even with two extra people I couldn't lift it and get it out of the apartment. I was forced to break it into four pieces just to get it out. I bought another new bathtub, installed it and discovered that its color yellows in contact with water. And as for the last bathtub, since everything went wrong, I decided to go for the best. I am a perfectionist. I found myself sitting in a display bathtub in order to fit it to my body's measurements. It's fortunate there wasn't any curtain there! It turned out amazing. I decided to take a break from the renovations and enjoy it for a few days. There is something almost spiritual for me when dipping in the water. I am a modest guy. Just have the water touch my body, for about half an hour.

All adults want to go back to the womb so they purchase a bathtub.



## Solo Cake

The plan was a birthday cake. Sanctifying solitude. A person celebrates to himself with one candle placed in the middle. Personally, I don't know much about baking so I made a cake from a special cheese and all sorts of additions with crackers. I took a ready-made cheese and added all sorts of additions. It's a salty cheesecake with crackers. All my life I made sure to be in a relationship, it's a kind of mode of survival for me. Not that I'm the relationship type. Not at all. On the contrary. I need my peace, my freedom. I have a rich inner world, and I also like interaction, but it's more comfortable in a different room, that's more comfortable to me. That quietness, when you open a door, that absolute silence, there's something creepy about that. The toughest part is that it exists, that quiet. There are things in life that I do out of a passion for something and there are things that I do out of fear. Theoretically, if they'd force me to live alone for one year, I would die.

## Ingredients:

250g 25% fat Napoleon cream cheese and maybe garlic-dill, round crackers, raw mushrooms, olive oil.

## Mode of Preparation:

1. Transfer the cheese into a blender, chop the dried tomatoes along with a garlic clove using a knife, and add them to the cheese.
2. Blend until the mixture becomes smooth. Don't add any salt and pepper, the saltiness comes from the crackers. If you want, you can exchange the garlic for chopped chives.
3. Take a circular small bowl, smear it with olive oil, transfer the cheese, compress it and form the shape.
4. Remove the mushroom stems and cut the mushrooms in half.
5. Take a dark and beautiful big bowl, turn the cheese bowl upside down in it and pound it with a spoon until the cheese comes out shaped like the bowl.
6. Decorate the cake with castrated raw mushrooms and arrange the crackers in a circle around the cheesecake.
7. Place one candle.
8. Dip counter-clockwise.



**Shepherd's Pie:**  
Friday Dinner - a Ceremonial Feast,  
Dinner at an Occasion

I've found love recently. She's not organized, so she has to organize. Has to have things organized in life. So, I built a waterfall out of plastic leftovers in the garden and scattered ten Agorot coins against snails. I will replace the sofa, I moved a dresser and framed a picture of us. I grew up in a house without any belongings of my own, a bunk bed until the age of eighteen, everything is owned by everyone. Anything I get, it's mine for a couple of months, afterwards it's everyone's property. The food is measured by quantity. Two schnitzels, six spoonful of rice. And that's what matters. My mother was a bad cook. She would ruin every recipe and impose on any of them ingredients she would add to any dish.

When I prepare food for others, I live in the rift between my wish to make good-tasting food and mom's mediocre food. It comes down to simplicity - a sticky mixture of sauce and carbohydrates baked in the oven.

These things move me but also echo a memory.





## Shepherd's Pie:

Friday Dinner -  
a Ceremonial Feast,  
Dinner at an Occasion

### Ingredients:

10 potatoes, 700g minced beef,  
roots: 1 small carrot, 1 parsley  
or celery root (not much, so  
it doesn't turn out too sweet),  
basic oil from the supermarket,  
2-3 onions - as much as I feel  
like, half a head of garlic (a  
whole head of garlic, on a bad  
day), salt, pepper, 2 teaspoons  
sugar, 1 spoon Worcestershire  
sauce, 1 glass white wine.

### Mode of Preparation:

1. I peel the potatoes, cut them into small pieces and boil them in water. Next, I fry the onion in oil and after it becomes golden, I add in the black pepper, finely chopped carrot - teeny-tiny cubes, chopped garlic, and stir fry everything for a few minutes.
2. Afterwards, I take the vegetables aside (to a bowl on the side), put the meat in the pan and sear it until it releases liquids and starts to brown. I add the sugar, stir and crumble the meat, let it sit in the pan, stir and let

it sit again. I add the wine and Worcestershire sauce and stir. I wait for a simmer. I return the vegetables to the pan, stir and turn off the flame. I taste it and add salt as needed.

3. In the meantime, I strain the potatoes, add oil and salt and mash them to a deep, hot and greasy texture, and arrange the layers in a baking dish - potatoes, meat, and potatoes above that.
4. Finally, I put it in the oven for twenty-thirty minutes, set to somewhere between 180° to 200°. It's important to keep an eye on it because it will be ready quickly. After 20 minutes, I start to closely keep track of the liquids. I take it out when it browns.



## Green Buckwheat Flower Cupcakes

I once ate a tomato like you would eat an apple, most people hate it when you do that, and then some of the tomato got sprayed on me. And all of a sudden, I saw its seeds dripping down my leg and just watched it happen. It was a pretty sight. And I realized, all of a sudden, that the tomato that I'm eating is an incarnation of the big bang. Someone planted it, someone ate a tomato during his lifetime, and someone planted this one. And from that moment on, every time I eat a tomato, I remember this and I worship it.

I started making them when I heard that such a thing exists and that it's very successful as a bread substitute. It has this quality that bread lacks. Something in its texture is amazing. On the one hand, it's really dense, and on the other hand, it absorbs things. This is what I brought to New Moon meetings that I had with friends. In the mode of preparation, there is also evolution. It's a seed, then sort of a sprout soaked in water, then it gets milled, then it goes into the fire and then something comes out, and then it goes into the belly...



## Green Buckwheat Flower Cupcakes

### Ingredients:

500g green buckwheat, some tahini, 2 spoons of olive oil, a handful of linen seeds, and some salt. Spices: cumin, black pepper, small chopped onion, walnuts.

### Mode of Preparation:

1. Get yourself a big dish, and place the green buckwheat in it. Soak the green buckwheat (in about two cups of water, depending on how big the cups are) overnight. In the morning, I pour the soaking water to water the plants. The buckwheat water is very good for flower pots. I water the mango with it. There is some hidden quality in things that were soaked overnight. It's as if the spirit of the darkness resides within them, they saw both sides of the coin and went through a process within themselves and within me, the water permeated us, we became dedicated and soft, and the possibility for transformation lies right around the corner.
2. Afterwards, I blend the buckwheat with a hand blender while adding a little bit of tahini, olive oil and flaxseeds and continue blending. I add salt, spices (cumin, black pepper) and chopped onion. Finally, I add walnuts and mix. At this stage, I gradually pour clean water while stirring until the mixture becomes slack and not too liquid. You can add whatever you want: herbs, or give up the spices and onion to make it sweet.
3. I taste it, check that it's tasty, pour it into flower silicone molds and bake in an oven preheated to 180° until they get a nice glaze: when the cupcakes are a bit golden and tough from the outside and dry on the inside (40-50 minutes). Remove them immediately from the mold and place them on a plate so they don't lose their crunchiness.



## **Rolled Cookies with Jam and Raisins**

Nowadays, I have a home that doesn't permit me to host that much. It's been a long time since I hosted people. I'm insanely deprived, years have already passed since I last hosted. By choice and not by choice, for years I've been living in a setting of renovations. In my previous apartment, when people would drop by for a casual coffee, I had to prepare something. Iraqi patties, Sfenj. There was always something. I would make cool vegan cheeses and lots of stuff. I can't have someone over only for a coffee. Lately, I've been doing this treatment, where you have to express all kinds of sensations in the body in an exaggerated manner. If your hand hurts, you have to hold it for a long time in the same way in order to release the pain. So, I prepared a dish that is overfilled with love. Cookies are a stage of placation. That's what mom would make especially for me. She would make different cookies for the rest of the family and these she hid especially for me. I didn't like what they liked because they had nuts in them, and anyways I was the youngest.





## **Rolled Cookies with Jam and Raisins**

### Ingredients:

350g self-rising flour,  
130g whole-grain flour, 160g  
coconut oil, 1 cup "Tnuva" soy  
cheese. Strawberry jam, with  
as much fruit as possible and  
as little sugar as possible,  
dark raisins, coconut shavings,  
powdered sugar.

### Mode of Preparation:

1. Heat the coconut oil in a big bowl in the microwave until it melts to a liquid state (a short time).
2. Add the cup of "Tnuva" soy cheese and mix with a spoon.
3. Add to the bowl three cups of self-rising flour and one cup of whole-grain flour all at once.
4. Mix and let it rest for 10 minutes outside the bowl.
5. Divide the dough into three balls. Roll out each ball into a rectangle with a thickness of half a centimeter.
6. Spread the strawberry jam, and scatter the raisins and coconut shavings.
7. Roll the dough towards the jam and score it with a scoring knife (cuts) every 4-5 cm.
8. Heat an oven to 180°.
9. Bake the rolls for half an hour in the oven.
10. When they are ready, take them out of the oven and cut them following the scoring lines.
11. When the cookies cool down, sprinkle them with powdered sugar and place them in muslin paper (you can buy black muslin paper) and serve.



**Chicken Curry:**  
My birthday Dish When I'm Being Spoiled

I can't forgive myself. We had been traveling in India, and we were on the train platform. The train was late. How late? Probably 6 hours. In my satchel, there were folded fabrics that I bought. I intended to give them to a seamstress in Israel to sew me something. The fabrics were of the simplest kind. Cotton. One white and one bordeaux. My mother asked me to spread them on the floor, so she can lie on them while we wait. It was already night. I didn't agree. I wanted to hurt her. We remained seated.

I think that the evening before, she told me that she enjoyed traveling with my sister in China much more than she did traveling with me in India. I'm not sure, was it afterwards? In any case, I wanted to punish her and I managed to punish myself properly. She died. There is no one to ask for a remediation.

On birthdays, I could order the food that I liked the most.

Chicken curry.

Adina's cake.

Chicken curry is a lot of work.

I am handing down the recipe to you.

Now I am handing down the pain.

Bon Appétit



**Chicken Curry:  
My birthday Dish  
When I'm Being Spoiled**

Ingredients:

500 g chicken breast filets,  
a few spoons of corn starch,  
regular oil, 2 packets "Osem"  
mushroom sauce, curry powder,  
white rice, 2 bananas, spring  
onion, cucumber, tomato, apple,  
roasted shelled-peanuts,  
pineapple pieces (canned),  
beautiful serving bowls.

Mode of Preparation:

1. Cut the chicken breast filets into 2 cm cubes (you can ask the butcher). Place the cubes in a bowl, sprinkle them with corn starch and mix.
2. Heat up a big pan properly, add oil and sauté until the chicken is white on all sides. Transfer to a bowl.
3. Pour the mushroom sauce powder into the pan, and add water following the recipe on the packet. When it's done, add a lot of curry powder to the sauce to achieve the desired spiciness. It might be a little spicy when tasting but that's good.
4. Transfer the chicken to the pan with the sauce for a few minutes. At the same time, prepare the rice.

Side-dishes:

Put peanuts in a bowl, banana - can't have it without the banana - diced, I always cut one and right after that another one. Spring onion cut into small rings, diced apple, diced cucumber (one) and tomato (a big one), each in a bowl. She had special bowls for each thing, my mother said that it's a difficult recipe because you need to cut a lot of things. Put the fruits and vegetables in bowls on the table, and put the bananas last so they don't blacken. Serve. Then everyone takes rice and chicken and adds the vegetables and fruits on top.

## Crunchy Nuggets

This is comfort food. It's not something I usually do. I'm making an effort to eat healthier. I'm aware this isn't the healthiest. Full of mayonnaise and ketchup.

Dinners at our place were so that even if my parents tried, it didn't go well for them. They think they are great cooks, but it just doesn't go well for them. It hasn't changed. They aren't improving, they don't understand food. My dad thinks it's cool to add a lot of ginger and hawaij to chicken. He thinks it makes him a man to eat so many spices, but it's repulsive. I'm never asked to bring anything to dinner. The food in that house doesn't excite me. Best case scenario, the food isn't tasty, worst case scenario, there isn't enough of it. Sometimes, there are too many guests and not enough food. At home, I take care to have plenty of normal food. The nuggets are an exception. When I saw that I finished a kilogram of mayonnaise in a month and a half, I realized that I need to prepare it fewer times. That also maintains its uniqueness.

My father told me they used to eat schnitzels on birthdays. There wasn't any money and schnitzels were a treat so they would eat them on birthdays. I grew up on "Mama Of" frozen schnitzels. Most of the food that I grew up on was either frozen food or pasta with ketchup. They told me that I was a latchkey kid. And this schnitzel, I prepared on my own. It's important to make the schnitzel as comforting as possible. Cut the nuggets into small pieces, so there's plenty of crunch. A big crunch bodes well with schnitzels.





## Crunchy Nuggets

### Ingredients:

500g chicken breast filets,  
flour, breadcrumbs, 2 eggs, salt,  
mustard, soy sauce.

### Mode of Preparation:

1. Cut the schnitzels into thin slices (it's important to pound and flatten them, in order to maintain their crunchiness), transfer them to a big bowl and salt them. It's important that the salt gets absorbed in the schnitzel, causing it to release its liquids, so the salt gets into the meat itself.
2. After it releases its liquids, prepare three bowls: flour, egg (beat the eggs with a little salt, mustard and soy sauce) and crumbs. Flour the nuggets, transfer them to the egg bowl and afterwards to the breadcrumbs bowl.
3. Press them well on the breadcrumbs, on either side. This method is perfect - with the wet left hand, I take the pieces of meat from the salt bowl and transfer them to the flour bowl. With the dry right hand, I transfer them from the flour bowl to the egg bowl, and from the egg bowl with the wet hand to the crumbs bowl and finally with the dry hand I take them out of the crumbs. That way, no lumps from the wet egg are left in the other bowls and on my fingers.
4. Prepare a pan with canola or sunflower oil and heat it up so it reaches a high temperature, but not too high. Fry properly. Eat with plenty of mayonnaise and ketchup.



## **Karjalanpiirakka** (Finnish Rice Pastry)

I first encountered this dish when I went to the university, at the baked goods stand of the local grocery store. In fact, in all standard Finnish grocery stores there is this kind of baked goods stand, that in its center is this pastry. For the Finns, the Karelian rice pastry represents the birthplace of their nation - a region that was mostly lost during the Winter War against the Soviet Union.

I can't even identify with its preparation process. I can't stand milk, I never had milk at home and this dish incorporates insane amounts of milk. Thick, whole milk. But every time I bought this dish, it was a form of grace. Precise, cheap, nourishing and homely. Sometimes, I say that I'm from Ma'alot, the neighboring city. Sometimes, from some nameless settlement, somewhere up north. But I never really got free of the crisis of leaving the Kibbutz at age eight. That is where this dish connects me to a type of energy: of rootedness, of putting down roots. It nourishes and balances me. The arrival to the stand is like a pilgrimage, a practice of tradition, that may be a little bit mine.



## Karjalanpiirakka (Finnish Rice Pastry)

### Ingredients:

A cup of round rice, 50g salted butter, liter of milk, salt, 100g whole rye flour, 50g spelt flour, 65g regular butter

### Mode of Preparation:

1. Cook a cup of round rice in two cups of boiling water until all the water gets absorbed. Add 50g of salted butter a liter of whole milk, and cook on a low flame, for just shy of an hour. Stir occasionally. When the consistency becomes thick and smooth, add salt to taste (a lot!) and let the mixture cool down before filling.
2. In a bowl, mix 100g of whole rye flour and 50g of spelt flour with a dash of salt. Add 85g of water and 15g of butter. Mix until the ingredients combine into a dough.
3. Transfer to a floured surface, knead and roll out.
4. Cut into eight to ten rectangles, and roll out each one again until it almost rips but is still stable enough for further processing.
5. Place the filling in the center of the pieces, wrap them up from every side and tighten it all over with delicate pinches with both hands.
6. Brush all the pieces with 50g of melted butter, place them on baking trays covered in parchment paper and insert them into an oven that was preheated to 225°, until the sides of the dough become golden and browned.
7. Serve with a paste of hard-boiled egg crushed with butter (Munavoi).



## Canned Pasta

I prepare this dish in the evening, before Zoom meetings. During the meeting, the spaghetti cooks on a Shabbat hot plate, so when I'm free I cook food that feels like someone prepared it for me. I live alone, I eat in bed every evening with a series on the computer. I spread a towel and place a board on it. I lack another presence, I want someone to take care of me. There is magic in canned goods, it's "ready". I know it was manufactured in a plant, but nevertheless, I find it magical. The pasta comes out soft and tender. Overcooked, all the ingredients combine into one lump. It's a little make-believe, but it gives me the most pleasure. I eat 2 bowls and then half an hour later when it cools down, also a third bowl.





## Canned Pasta

### Ingredients:

1 pack "Barilla" spaghetti,  
1 can of beans in tomato sauce,  
1 can of tuna in oil, 1 box tomato  
puree, 1 small can of green  
olives without pits, salt,  
a teaspoon of chicken bouillon  
powder, a heaping spoon of sweet  
paprika, olive oil.

### Mode of Preparation:

1. Prepare the sauce in a medium-high pot:  
Put a little olive oil and turn on the stove on a medium-high flame, open the tuna and add it to the pot, along with the oil. Stir and crumble. Add the olives, without the water, and sauté for a bit. Add the tomato puree and stir. Add a cup of boiling water and scrape the bottom of the pot. Add a teaspoon of chicken bouillon powder, the paprika and half a teaspoon of salt. Stir and bring to a boil. Add the beans and another cup of boiling water, stir well, bring to a boil and transfer to a teeny-tiny flame. Cover the pot and cook for 45 min., stir occasionally.
2. Cook the spaghetti in a big pot with boiling water and 2 heaping scoops of salt, until it's soft and ready to be eaten. Strain (don't wash) and keep until the sauce is done.
3. When the sauce is done, transfer the spaghetti to the sauce pot and stir well.
4. Transfer to the Shabbat hot plate that was preheated (for those of you who don't have one, on a really small flame for half the time) for an hour. Take off the heat, and wait another 10 min.
5. When serving, you can add Emmental: pour the spaghetti into a bowl up to the middle, put a slice of Emmental and on top of that more spaghetti. Wait 2 minutes until the cheese melts.

## Dining with Others

Shahar Sivan and Roei Cohen

### Participants:

Hadas Duchan, Itai Lev,  
Zohar Mintos, Dael Montilya,  
Nitzan Oren, Talia Tsemel

Shahar Sivan and Roei Cohen set in motion an intimate-communal process in Haifa, which exposes the connection between eating and emotional states. They gather groups of city residents for meals, during which they dine with others, reminisce, and share in the ensuing conversation about experiences concerning taste, feelings, and issues of status and personal identity. What do people eat for comfort? Or to remember something? To relieve loneliness? As compensation? To look good? The questions pass between the participants, exploring life's challenges, pitting them against each other and confronting them with mental distress and heartfelt wishes, tying them together in a spiral bond of exposure.

Recipes that include personal monologues by the participants, give expression to the voices heard behind closed doors and working ovens. Each of the viewers is invited to take a recipe book, cook at home, or alternatively - ask similar questions, and cook his/her own recipes.

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