

GUTFUL: Revolt – For those who’ve simply had enough.

A performance lecture by APHIDS featuring Lara Thoms and Sammaneh Pourshafighi accompanied by snacks and bar by Rahel Stephanie, Ngọc Trần and Long Prawn.

GUTFUL

CREDITS

Co-creators: APHIDS and Long Prawn

Performers: Lara Thoms and Sammaneh Pourshafighi

Snacks and bar: Rahel Stephanie (Eat With Spoons),
Ngọc Trần (Shop Bảo Ngọc) and Long Prawn

Print and production design: Long Prawn

Researcher: Lara Thoms

Producer: Anna Nalpantidis

Performers/waiters: PONY CAM (Claire Bird, Ava Campbell,
Dominic Weintraub, Hugo Williams and William Strom)

Stage Managers: Stefan Grudza and Celina Mack

Aprons: Stella Vendetta

Typeface: Matter of Sorts, Quadrant Text Mono

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To follow the future of GUTFUL and other projects, find @aphids and @long_prawn on Instagram and more info at aphids.net and longprawn.com

RECIPE FOR REVOLT

Below is our Recipe for Revolt. Should you be interested in unpacking this treacherous shopping trolley or action, outrage and uprising - we recommend exploring the below reference points.

ITEM	YEAR	SEARCH FOR
Rations	1937	Yorta Yorta man: Mr Douglas Nicholls
Coke and flour	2014	Artist: Diane Yuluwirri Hall
Beer	1965	Activists: Merle Thornton and Rosalie Bognor
Red wine	2015	Winemaker activist group: CRAV (FRANCE)
Murray River punch	1980	Artist: Bonita Ely
Rebel soup	1886	The Suffragette Cookbook
Eggs (thrown)	VAR	Eggboy, Prince Charles, Billy Hughs, Arnold Schwarzenegger
Heinz tomato soup	2022	Just Stop Oil Collective (UK)
Chapati	2018	Farmers' Protests in Dehli (INDIA)
Greek yoghurt	1958	Yautoma (GREECE)
Spring rolls	2012	Filipina Domestic Workers protest (USA)
Halal snack pack, cough lollies, samosas, lamington, Sri Lankan curry	VAR	Pauline Hanson / Scott Morrison
Oleoresin capsicum spray	CONT.	Victoria Police
Baharat spice mix	2006	Artist: Michael Rakowitz
Bitter melon	2007	Bitter Melon Council (USA)
Drone shaped meat	2010	French Military
Pea patties	1886	213 Russell St: Australia's first vegetarian restaurant
Spaghetti bolognese	1930	The Futurists (ITALY)
Tempe	CONT.	Wida Winarnois Indonesian Tempe Movement (INDONESIA)
Feral cat rump	CONT.	Dr John Wamsley
Unconsidered trifle	1914	The Housewives' Association Victoria
Donut	1959	Cooper Do-nuts Riot (USA)
Rainbow cake	2016	Plebiscite on Gay Marriage
Chocolate crackle	2003	Margaret Fulton

Menu du GUTFUL

- ACKNOWLEDGEMENT OF INDIGENOUS ACTS OF RESISTANCE
- ICE-BREAKER AND HAPPY HOUR
- THROWING SOUP AT A RACIST
Hot Pot Tomato Soup (GF/VG),
Rahel Stephanie and Ngọc Trần
- HUMILIATING HORS D'OEUVRES
- ENTREE FROM PARLIAMENT
Chiko Roll (VG), Ngọc Trần
- KICKIN UP A STINK SEASONINGS
- VEG OR MEAT OPTION
Tempe Fritters (VG),
Rahel Stephanie
- COMMUNITY BAKE (NO)-SALE
Gay cake, Doughnuts,
Chocolate Crackle (GF/VG),
Unconsidered Trifle

Bar du GUTFUL

- COCKTAIL
Fuck Trump and His Stupid
Fucking Wall (Empirical
Spirits), pink grapefruit
and a cornichon
- SOFT
Oran(gina) Rinehart
- BEER+WINE
Sour Grapes
(Lucy Margaux x Wildflower)
- BEER
Hawkes Lager
(Hawkes Brewing)

ICE BREAKERS

Who do you hate?

What's your least favourite food?

GUTFUL

READINGS FROM THE SLV COLLECTION

SECTION	YEAR	DEWEY DECIMAL	BOOKS
Drink	2022	LT 641.210994 AL541I	Intoxicating: Ten Drinks that Shaped Australia MAX ALLEN
Entrée	2018	LT 394.120994 N484G	The Getting of Garlic: Australian Food from Bland to Brilliant, with Recipes Old and New JOHN NEWTON
Side	2018	LT 394.120994 K5286T	The Tastes and Politics of Inter-Cultural Food in Australia SUKHMANI KHORANA
Main	2001	LT 994.51 SP2R	Radical Melbourne: A Secret History JEFF SPARROW & JILL SPARROW
Dessert	2013	LT 641.8653 F88L	The Lamington Enigma: A Survey of the Evidence MAURICE FRENCH

FOR MORE INFO
& READING



ICE BREAKERS

What's your least favourite food?

Who do you hate?

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