



## MEET AND EAT

Welcome to the Long Prawn After School Cook Shop.

Composed of four (4) sessions of food and art smooched together.

Over each session, a new skill and approach to fun food featuring:

1. Making mediaeval bread!
2. Fermentation of scrap cake and crumbs
3. Coffin Bread
4. Drawing and Naming

Stimulating food for boring company



## INVENT, RESEARCH, LIGHT IT ON FIRE, UNLEARN

- Sauce up your food, people!
- Cooking, sharing, and eating beautiful food is such a privilege that it should leave a lasting impression.
- Some drama. Light it on fire if you need to.
- Even super simple can cut through the noise.

Trencher plate intro picture



Before boring plates existed, actually, any plates existed. Mediaeval times. A trencher was originally a flat round of (usually stale) bread used as a plate on which the food could be placed to eat. At the end of the meal, the trencher could be eaten with sauce but could also be given to the hungry. You know if you didn't feel like eating your plate.

- Bread plates were actually pretty fancy.
- **Trencherman** / tren(t)jəmən/ n. HUMOROUS a person who eats in a specified manner, typically heartily.



## LET'S MAKE A TRENCHER!

- 140 guests
- 8 coffins on one trencher.
- Means 17.5 trenchers
- There are 3.5 trenchers to one loaf of torte bread.
- Which means we need how many loaves total of torte bread 5

### INGREDIENTS (for one loaf)

- 250g Stone ground whole wheat flour
- 125g Dark rye
- 125g Oat flour
- 2.5 tsp Dry yeast (1 packet)
- 2.5 cups warm water

### METHOD

1. Mix ingredients together in a large bowl and work to bring together into a ragged dough.
2. Place dough on a lightly floured surface and knead for 15 - 20 minutes
3. Place dough in a lightly oiled bowl and allow to rise for an hour (dough will not double in size but should puff up).

### COFFIN BREAD

Food is riddled with markers of important cultural cross-overs. What we eat is a big part of identity and discovery.

It is a street snack from southern Taiwan a place called Tainan Provence. Originating in the 1940s, after Western sailors introduced sliced white bread to Taiwan, it was created by food stand owner Hsu Liu-Yi. The dish features a thick slice of white bread hollowed out, fried, and filled with a creamy stew, typically made with chicken, seafood, or mushrooms.

The name "Coffin Bread" was inspired by an archaeology professor who remarked that the hollowed-out bread

## RECOMMENCE TRENCHER PREP

4. Knock the air out of the dough and form into a ball. Allow to puff up for 20 minutes.
5. Place a baking sheet into the oven and preheat to 230 c
6. Score the loaf and put it in the oven for 10 minutes, then drop the temperature to 190 c for 20 minutes or until the loaf is baked through.
7. Remove the loaf from the oven and allow to cool completely. Once cool, do not wrap the loaf, but leave out to become stale (3-5 days). Then slice horizontally into 1-2 inch thick trenchers. This loaf should make 2 to 4.

bowl resembled a coffin. Being quite auspicious, the Taiwanese would usually avoid such a dark name, yet there is a double meaning. The reason why it is called "Guan Cai" is that it also means "Sheng Guan Fa Cai" 升官发财— getting a promotion and being rich. So even in the darkness there is always some prosperity.

Coffin bread intro



## WTF IS FERMENTATION

Okay, fermentation.. Soy sauce, cheese, sourdough bread, chocolate, coffee. All fermentation

Its actually one of the oldest human techniques or technologies we still use today. There is evidence of the fermentation of grains and fruits in the Neolithic era 10,000 BCE.

Using naturally occurring bacteria, living bacteria, to help us change the ingredients of foods. Over thousands of years, we have domesticated them.

Little minions, hooning around in our food, changing it until we are happy with the result.

Fermentation can make food last longer, make food taste better, or change the chemical composition of ingredients

### KVASS

Is a fermented, lightly carbonated drink made from sweet ingredients and bread. Not very common aside from Baltic or Slavic communities.

Kvass can be made using scrap, stale or even burnt bread, or even old cake.

A Lactic Acid fermentation will give a nice sour taste, and also a very mild Alcoholic fermentation (<1.5%), gives us the carbon dioxide, the fizz.

## DRAWING AND NAMING

The presentation of food and ideas goes way beyond the plate. People eating make loads of decisions according to how a place looks, talks and feels.

All of these elements can be an extension of the food and feeling you want to make.

Napkins, aprons, music, smell, and lighting all made up the mouthful.

To do:

- Draw an illustration for breads, coffin bread, bakery or tea room



## LET'S MAKE SOME KVASS

1. Make tea with 10L water and 4 cups of sugar. Allow to cool until just warm.
2. Sterilise the fermentation jar.
3. Take one cup of the bread or cake and burn it
4. Add all cups of bread or cake to the liquid
5. Add peels, raisins and ginger
6. Add 400 g of levain, stir well
7. Ferment for three days outside of the fridge, when bubbles start put in fridge in swing lock. Check after one day for how fizzy it is. Might need to burp them.
8. Keep in fridge until serving

### NAMING

Long Prawns loves dishes that have wild names. For us it is something that gets you talking and thinking before you have even tried it. Some famous dish names we love include Devils on Horseback, Hokey Pokey, Carpet Bag Steak or Spotted Dick. Instantly you are excited to try the dish and hear more about it.

Come up with some other names for your dish!

- Hokey Pokey Hurt Locker
- Cabinet of Bacon Butty
- The Undertaker