Chaupal
Recipe Book
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For its 2023 edition, Art Dubai’s commission invites visitors to explore the culinary and artistic delights of Chaupal: a space to embrace the spirit of community, gathering, and performance that is at the heart of this year’s commission.

Step into the vibrant and dynamic commission of Art Dubai 2023 as we present Chaupal: A Journey Through South Asia. Food and Performance as Community Building. An exciting exploration of community, ritual, communal spaces and practices of rural villages around South Asia.

Divided into two spaces - the delightful delicatessen shop and the captivating performance arena - where a diverse lineup of South Asian artists will take you on a journey through the senses, ancient recipes, games, and rituals; all of which embody the spirit of gathering and community participation.

Each participating artist has been invited to create a dish that is inspired by their personal artistic practice, a feast for both the eyes and the palate. These dishes will be sold at the Chaupal delicatessen shop, where visitors can indulge in the flavours and textures of the region. Meanwhile, the preparation of these dishes will be showcased in the performance arena, and transformed into a living, breathing work of art.

We invite you to embrace the spirit of community, gathering, and participation that is at the heart of Chaupal, and to immerse yourself in the rich and diverse cultures of South Asia. Experience the joy of creative expression and culinary delights, and join us on this unforgettable journey through art and culture.
Participating artists

**Rathin Barman** (b. 1981 Tripura, Lives and works in Kolkata, India) represented by Experimenter

**Anoli Perera** (b. 1962 Colombo, Sri Lanka) represented by Shrine Empire

**Gunjan Kumar** (b. 1980 Punjab, India) represented by Exhibit 320

**Tayeba Lipi** (b. 1969 Dhaka, Bangladesh) represented by Shrine Empire

**Prajakata Potnis** (b. 1980 Mumbai, India) represented by Project 88

**Lapdiang Syiem** (b. 1988 Shillong, Meghalaya) co-commissioned by Art Dubai, Samdani Art Foundation, and Kiran Nadar Museum of Art

**Amol Patil** (b. 1987 Mumbai, India) Parul Sinha (b. 1992 Delhi, India) in collaboration with Yalgaar Sanskrutik Manch, invited by Ishara Art Foundation

**Mahbubur Rahman** (b. 1969 Dhaka, Bangladesh) and Ashim Halder Sagor (b. 1983 Jhalakati, Bangladesh) in collaboration with Britto Arts Trust with the support of Durjoy Bangladesh Foundation

**Faraz Ali** (b. 1988, Karachi, Pakistan) supported by Dastaangoi Gallery

**Jiten Thukral** (b. 1976, Jalandhar, Punjab) and Sumir Tagra (b. 1979) New Delhi) supported by Kochi-Muziris Biennale
Recipe Book

Pak Tea House will feature bilingual performances of selected poems of Faiz Ahmed Faiz. It will be followed by an interactive session discussing Faiz’s relationship to the Global South and the Middle East. The imagination of the listeners will be evoked over a cup of tea, presenting a distinguished recipe from the Dastaangoi’s archive.

Faraz Ali
(b. 1988, Karachi, Pakistan)
Supported by Dastaangoi Gallery

Pak Tea House
Kashmiri Pink Tea

1 cup water  
2-3 large ice cubes  
2 tbsp Kashmiri chai leaves, or sub any non-bitter green tea leaves  
2 star anise (badiyan)  
6-8 green cardamom pods  
2 whole cloves (loung), optional  
1" cinnamon stick, optional  
1/8 tsp heaped baking soda  
1 cup whole milk  
1/2 cup half and half (See Note 1)  
1/4 tsp kosher salt - may need less if using sea salt, or to taste  
2-2.5 tbsp sweetener of choice, I’ve tried cane sugar, brown sugar, and date syrup

GARNISH

1/2-1 tbsp raw almonds, crushed using mortar and pestle  
1/2 tbsp unsalted pistachios, crushed using mortar and pestle

INSTRUCTIONS

Prepare ice water: Combine room temperature water with 2-3 large ice cubes and set aside.

Heat a medium saucepan over high heat. Add water, Kashmiri chai leaves, star anise, green cardamom pods, cloves and cinnamon (if using) and bring to a boil.

Once it comes to a boil, add the baking soda. It’ll fizz a little. Allow this mixture to boil over high heat for 5-6 minutes. Occasionally, use a ladle to aerate (scoop and pour back) the tea. You’ll notice the froth in the water goes from pale green to a deep pink color. If not, add another 1/8 tsp of baking soda. (See Note 2) The water will be greatly reduced, almost evaporated.

Add the prepared ice water (discard any ice cubes). If you’d like, you can aerate several times to deepen the color. Add the milk, half & half, salt, and sweetener. Allow it to come to a light boil, then immediately turn off the heat. Do not allow it to boil for too long as it’ll start to lose some of its pink color. Taste and adjust salt and sweetener.

Strain the tea into cups and add crushed almonds and pistachios, as desired.
This used to feed my entire family

Rathin Barman
(b. 1981 Tripura. Lives and works in Kolkata, India)
Represented by Experimenter

Rathin Barman (b. 1981 Tripura. Lives and works in Kolkata, India) represented by Experimenter Mete-Begun (Chicken liver with Eggplant) - I remember meeting an old lady cooking this unique recipe. To her, this was one of the survival recipes that has been innovated out of necessity to feed her family of 8 people who were displaced from East Pakistan (now Bangladesh) and struggling to settle in the suburbs of Kolkata.

Kucho Chingrir kumro paata diye bora (Small prawn patty wrapped with Pumpkin Leaf) - This recipe is originally made with nuna ilish (dried hilsha fish), a popular recipe in the East Bengali household. But nuna ilish is not much available in West Bengal and also it is relatively quite expensive. To alter that, people often made the recipe with kucho chingri (small prawns) which is affordable and easily available. Food is always part of every culture. Each recipes has its own history and that also often been modified or re-purposed or reconciled. This project emerges from the oral histories I have been collecting from the people of displaced histories for over a decade now. Both the recipes come out of socio-political and economic situation of the families who suffered consequences of the partition of India.
Mete-Begun (Chicken liver with Eggplant)

250 gm fresh chicken liver, dices around 1 cm size
400 gm eggplant, finely chopped
200 gm onion, finely chopped
50 gm garlic, finely chopped
50 gm ginger paste
20 gm green chilli, roughly chopped
1 bay leaf
1 stick cinnamon
1 tsp garam massala
1 tsp turmeric powder
1 tsp cumin powder
1 tsp coriander powder
Mustard oil and salt to taste

INSTRUCTIONS

Clean the chicken liver with Luke warm water and dry and chop in small size.

Put mustard oil on a heavy bottom wok with lead over medium heat.

Tamper with bay leaf and cinnamon stick.

Put the chicken liver and fry for 8-10 minutes over low flame.

Add chilis, chopped eggplant, turmeric powder, salt and stir for a minute. Put the lead on.

Do check in between, add little water if required. Cook for another 5-8 minutes.

Put the lead off when the eggplant get fried and keep stirring till the oil release.

Add cumin and coriander powder (taste if more salt is required) Use sprinkles of water occasionally and keep stirring 8-10 minutes on low flame till the everything mixed well together (would look like a paste).

Sprinkle garam masala, mix and serve.
Kucho Chingrir kumro paata diye bora (Small prawn patty wrapped with Pumpkin Leaf)

250 gm small fresh water prawns, finely grounded
50 gm onion, roughly chopped
20 gm garlic paste
1 tsp green chilli paste
1 tsp turmeric powder
Salt to taste, mustard oil and one pumpkin leaf per patty. Zucchini leaf can be an alternate to pumpkin leaf.

INSTRUCTIONS

Marinate the grounded prawn with turmeric powder and salt for 10-15 minutes.

Over medium heat put mustard oil on a heavy bottomed wok, let the oil be heated slightly.

Add onion and fry for a minute, add garlic, chilli paste and turmeric. After few minutes add prawns and keep stirring till oil has been released and becomes like a paste.

Let it be cool for a while. Take 1 tbs for each patty and wrap with pumpkin leaf. It can be tied with cotton thread.

Take a flat bottomed pan and heat mustard oil. Fry the wrapped patties over medium low flame, flip occasionally. Fry till the leafy parts become slightly crispy. Serve hot.
Fields of Gold celebrates the advent of spring in North India. Mild sun shines on the never-ending land. A warm whiff fills the air as flowers bloom. The early morning sound of Gurbani falls on the ear like fresh due over ripe mustard fields. A local fakir hollars from afar in verses of Bulleh Shah as he “Wake up, O’ Sleeping one, I am empty - make me full.” Gunjan Kumar brings the aroma of spring to life from the land she calls home, as she explores the making of a common South Asian desert in a multi-sensory performance.

Gunjan Kumar
(b. 1980 Punjab, India)
Represented by Exhibit 320
Halwa

Sooji (Semulina)
Turmeric or Yellow food coloring
(prefer turmeric)
Ghee (Clarified Butter)
Gur or Jaggery
Elaichi (Cardamom) Pods
Saffron

GARNISH

Dry fruit Chopped
Dry Rose
Coconut

INSTRUCTIONS

Heat 250ml water in a pan until boiling, then stir in the gur and food coloring, if using.

Add cardamom and boil for several minutes. Put the water aside.

Heat ghee in the separate pan add cardamom husks. Fry for 1 min, then add the semolina along with Saffron.

Toast for a few minutes, stirring frequently to prevent burning. Now add the hot sugar syrup to the pan, stirring continuously to avoid clumping until all the liquid has been absorbed.

The cooked halwa should mold together easily.

Scoop out the cardamom husks Halva will then be converted to cones and garnished with neatly shredded dry fruit and possibly food-colored coconut husk.
Rasamanjuri

‘Rasamanjuri’ is a traditional sweet made with pure cow milk and small, juicy, sweet balls floating in thick milk. It was first made in the late 1940s by Ramesh Chandra Ghosh, a sweet maker from Sreenagar who moved to Gaibandha, a small town in the northern part of Bangladesh. Rasamanjuri became a staple at family events and rituals in Gaibandha and gained fame throughout the country. After Ramesh Ghosh’s death, his three sons took over the shop, but they could not maintain the quality and taste of the sweets like their father. Eventually, Ramesh Ghosh’s extended family from Sreenagar took over the business and still run it today.

Although the old makers who worked for Ramesh Ghosh still work with the current proprietor, Abhishek Ghosh, he admits that the milk used to make the sweet doesn’t taste the same due to changes in dairy farm culture. The artist would like to share the recipe for Rasamanjuri at Art Dubai and engage the audience in making small sprouts from curdled milk and sharing the story of partition and displacement through Ramesh Ghosh and his sweets. The artist plans to serve the sweets in small clay bowls with natural spoons and incorporate storytelling and performance into the experience. Photographs and a video interview with Abhishek Ghosh will be installed at the performance area.
Rasamanjuri

4 liters cow milk
1 tsp cardamom
2 cups sugar
4 cups water
1 full tbsp White Flour
1/2 tsp baking soda
4 full tbsp white vinegar
1 piece of thin white cloth

INSTRUCTIONS

There are few steps to make Rasamanjuri. Both can be done simultaneously.

Step 1: Making the Malai

Ingredients:
Cow Milk: 2 Liters
Cardamom: 1 tsp

Instructions:
To be boiled in medium flame until it becomes 3/4 liters and brownish in color. Use a big wooden spoon to stir frequently to protect from any burning or over flowing the milk. The cream of cream on the top will have to be mixed with the milk every time it appears. Mix the cardamom powder with the malai.

Step 2: Making the Chhana/curdles

Ingredients:
Cow Milk: 2 liters
White vinegar: 4 full tbsp
1 piece of white thin cotton fabric

Instructions:
Boiling the milk in medium flame until its swelled up. Mix vinegar with the milk using wooden spoon for 10 minutes make sure the vinegar should reach every particle of the milk. The
chhana will appear in yellowish water. Rest it for 5 minutes and then drain through the thin fabric. Once the hot yellow water is drained then use cold water over the chhana. Squeeze the chhana ball with hand to strain all the water and hang the fabric with chhana ball to get rid of extra water for 30 minutes.

Step 3: Making small Manjuris/chhana balls

Ingredients:
White flour: 1 full table spoon
Baking soda: 1/2 tsp chhana ball

Instructions:
Mix all three things together. Kneading is very important to make the chhana softened. Knead with both hands for 10-15 minutes and then make small Manjuri/chhana balls using both the palms.

Step 4: Sugar syrup and finally Rasamanjuri

Ingredients:
Water: 4 cups
Sugar: 2 cups

Instructions:
Boiling water and sugar together for 5 minutes. When the sugar is completely mixed with water, add all the small chhana balls into the syrup. Boil the balls for 10 minutes.

The milk malai should be ready by then and moved from the burner. From the hot sugar syrup the small chhana balls will have to be poured into hot milk malai and rest for at least 30 minutes. The Rasamanjuri is ready to serve now.
After Reaching Boiling Point

Amol Patil
(b. 1987 Mumbai, India)

Parul Sinha
(b. 1992 Delhi, India)

In collaboration with Yalgaar Sanskrutik Manch, invited by Ishara Art Foundation

After Reaching Boiling Point revolves around Péz, a water and rice preparation that has been a source of nourishment for farmers working on the fields in Maharashtra and the Konkan region of India. The project comprises of freshly cooked Péz served as shots, a ‘Recipe Book of Resistance’ and a performance installation by Yalgaar.

The recipe for Péz emerged from conditions where resources were limited. It is a preparation that was also served in prisons in form of gruel since the colonial period in British India. While variations of it are found far and wide, it is recognised today as comfort food with medicinal properties among the privileged, while the history of caste and class oppression associated with it have been erased. ‘After Reaching Boiling Point’ casts this preparation together with stories, poems and songs of resistance emerging from social, anti-caste struggles in 20th and 21st century India.

The project germinates from the values and ideas of Lumbung practices in Documenta 15, of which Patil, Sinha and Yalgaar were participants. This commission is an invitation of the Ishara Art Foundation in collaboration with Art Dubai.
**Poetry**

1. **We, the children of mother earth**

We are the children of mother earth, children of this blessed earth
Let's go to the fields, sing along together - just like the wild birds hum
We, the children of mother earth..
Toiled hard on the fields, throughout the year
Today we reap the fruits, where harvest swings with the wind
We, the children of mother earth..

The pulses and millets shine bright like pearls
Let's eat the bread baked out of these pearls
We, the children of mother earth..

Landlords, Capitalists, Let's smash all the seats of power
Come along all, Let's strike this injustice
We, the children of mother earth..

Let's establish equality and iron strong unity
There's no landlord nor a servant
We, the children of mother earth..

2. **Bread of Filth**

Early in the morning
At the Patil's Doorstep
He goes to clean the cow dung
And earns a bread out of filth

Filling his broken crate with the shit
It keeps overflowing
It keeps on spilling, splashing down;
He knows it all
But, alas, he gets drenched in the filth— faeces and piss

No matter what curse words thrown at him
No matter how many insults thrown at him
This timid, rather stupid fellow
goes on carrying the filth— faeces and piss

Despite the many humiliations, says Waman
He doesn't utter a word of protest
How will he make a progress,
with this cowardice, with this slavery

---

1. धरतीची आम्ही लेकरं

धरतीची आम्ही लेकरं, भाग्यवान धरतीची आम्ही लेकरं शेतावर जाऊया, सांगाती गाऊया रानीच्या गाती जशी रानपाखरं
धरतीची आम्ही लेकरं....

मेहनत जिंदीवार, कौली वरीसभरी
आज आल फळ त्याच हुजूँ शिवार धरतीची आम्ही लेकरं....

शाळू जुंधळा मोती, चमचम चमकती मोतीची सालभर खाज भाकर धरतीची आम्ही लेकरं ...

सावकार पूंजीवादी, जुलमी चिरडू गादी
या रे तारं अन्यायाला देखू ठोकर धरतीची आम्ही लेकरं....

2. शेणाची भाकर

पाहाटेच् पाहाटेच् पाटलाच् पाटलाच् पाटलाच् दारी
शेणाच्या कामाला जातं, शेणाची भाकरी खातं र...!!

फुटू फुटू फुटू फुटू
फुटू फुटू फुटू फुटू
फुटू फुटू फुटू फुटू
फुटू फुटू फुटू फुटू

आयच्या मायच्या मागाल्या तरी
खेटरं फक्कू हाणलं तरी
तरी हे बुळ, बुळ की खुळ, तशाच पाटच्या खातं र...!!

Recipe Book
Recipe Book

1 cup of rice
10 cups of water
Salt to taste (approx. 1 tsp)
1:10 ratio of rice and water for 10 serves

INSTRUCTIONS
Wash the rice. Keep aside.
Take a deep vessel to prepare this dish. Add 10 cups of water and heat on high flame. Once the water starts to boil, add the washed rice.
Cook on a medium flame for 20-30 minutes until the rice is fully cooked. The rice has to be cooked until it turns soft and mushy.
Add salt to taste. Turn off the flame and let it cool down.
Serve warm or at room temperature, as per preference.

3. Hymns of Hunger
Baby's put in the cradle
swung under a Neem tree
The baby cries on and on,
till it goes to sleep
with its stomach empty

This panderer eats up our hard earned money
Giving our blood and sweat, we are bereft of the taste of happiness

My dear brother is fighting for a bread
But happiness eludes us, despite selling our sweat

4. They are hungry
But they don't lust after human flesh
They are thirsty
But they don't run after human blood
They are naked
But they don't tear away others' clothes
They don't have a roof over their heads
But they are the ones building roof for others

4. वे भूखे हैं
पर आदमी का मांस नहीं खाते
प्यासें हैं
pर लहू नहीं पीते
नंगे हैं
पर दूसरों को नंगा नहीं करते
उनके सिर पर छत नहीं हैं
पर दूसरों के लिए छत बनाते हैं।
This is not a celebration nor a non-celebration

In Sri Lanka, more popularly, the new year is celebrated in April in keeping with Sinhala and Tamil cultural calculations. Traditionally, rituals and practices relating to the ushering in of the New Year was meant to renew of friendships, reconnecting with family and give room to new beginnings. Most of these have evolved from agriculture-based belief systems and lifestyles where community and quotidian comraderies mattered. Therefore, the New Year celebrations are centred around food, exchange of gifts and money, visitations and gatherings. In the contemporary world, living in very urban, highly mobile and fast-moving societies where tactile connections of human beings are getting distanced means and ways of maintaining connectivity with families, investing on kinship associations and friendships have undergone significant transformations.

Now, we prefer that time and energy are saved for things that matter to sustain one’s own consumption and sustenance. Therefore, rituals of celebration, exchange and renewal have become commercialized, prompted by media and crucial cultural practices have lost their purpose. Although traditional customs and rituals are still practiced, they have become merely clinical simulations of acts without meaning.

My performance takes two rituals from the traditional celebration of Sinhala New Year, one is the exchange of money as gifts, a token of friendship and renewal and the other is the exchange of food as sharing of the celebration and notions of prosperity with neighbours, friends and family in the new year. The performance gives a nuanced rendition of the way such practices get interpreted in the contemporary times.
Milk Rice (Kiri Bath)

500g (1lb 2oz/2 1/3 cups) white rice (basmati)
1 litre (about 35 fl oz/4 1/4 cups) water
2 tsp salt
400ml (14 fl oz/1 2/3 cups) coconut milk
Butter, for greasing

INSTRUCTIONS

Put the rice into a medium, lidded saucepan and cover with water. Swirl the rice around to wash it, drain and repeat at least twice until the water is clear. Then, add the 1 litre (about 35 fl oz / 4 1/4 cups) of water and bring to the boil. Reduce the heat to medium, half-cover with the lid, and cook until all the water is absorbed, about 18 20 minutes.

Then, add the salt and coconut milk and stir into the rice. Cook uncovered over a low to medium heat until all the milk is absorbed, about 5 10 minutes depending on the rice you use. If the rice is not cooked, add extra boiling water and cook over a very low heat until soft. Take the rice off the heat and set aside for a couple of minutes to cool very slightly.

Transfer the moist rice to a platter, and then smooth and flatten it until it is about 5cm (2 inches) tall and the same shape.
as the platter. You can either use a spatula, or you can put your hand inside a sandwich bag and use that to shape the rice. Put a little butter on the spatula or the sandwich bag for a smooth effect. Leave the rice to rest for 1-2 minutes, then cut it into diamond shapes or squares while slightly warm so that the pieces do not break.

**Cashew Curry**

1 Brown onion Chopped  
3 cloves Garlic Chopped  
1 1/2 tsp chopped/grated ginger  
1 green Chilli Chopped (optional)  
8 Curry leaves  
500 g Cashew nuts  
3 tbsp Oil Canola, vegetables, coconut, olive oil  
1 tsp Mustard seeds  
2 tbsp curry powder  
1 cinnamon stick (2 inch)  
1/2 tsp Turmeric Powder  
Salt to taste  
600ml Thick Coconut milk As needed

**INSTRUCTIONS**

Soak the cashews in water with 1 tsp of salt overnight (cashews should be submerged in water).

Heat a pan on medium heat with oil. Add onion, garlic, ginger, chilli, curry leaves and cook until soft.

When the onions are soft add the mustard seeds and cook them for 30 seconds, then add turmeric, curry powder, salt, cinnamon, cashews (drained) and add coconut milk (All ingredients should be submerged in water). Bring the coconut milk to a boil and then reduce the heat to medium-low so that the mixture is gently simmering, and cook, stirring occasionally, until the sauce has reduced and thickened, 40-50 minutes.

If the liquid has evaporated before the cashews are cooked soft keep adding more coconut milk and cook until its soft and curry is creamy. Taste the curry and adjust seasoning as needed.

If the liquid has evaporated before the cashews are cooked soft keep adding more coconut milk and cook until its soft and curry is creamy. Taste the curry and adjust seasoning as needed.
“on simmer”

Prajakata Potnis
(b. 1980 Mumbai, India)
Represented by Project 88

“on simmer” are videos playing on multiple screens, examining the idea of labour, the preoccupation with purity, within the space of a domestic kitchen.

A clipping from Chantal Akerman’s Jeanne Dielman, 23 quai du Commerce, 1080 Bruxelles plays in a loop, as Jean goes through the daily ritual of preparing food, she kneads a portion of minced meat with her hands, as she presses through the mass of flesh, it appears as though a part of one’s own body is being milled and pulverized only to be ingested.

The washing of hands possibly post the deed seems to suggest an act of washing away one’s sins, with references to the washing of hands in Macbeth to the act of cleansing.

Both the videos interrelated, refer to the anxiety of faith that one goes through within everyday life, staged in the backdrop of a kitchen—a space where ideas of purity are upheld while unacknowledged labour plays outs.

A mysterious incident occurs on a suburban rooftop, two suburb city crows peck on a takeaway menu card to create images of birds, it seems like a collaborative effort of constructing an image. quite similar to an act of making art, of striving at something resolutely to finally reach a sublime state.

As the videos play out, the space of the plaza is filled with sound. The sound that plays is the recording of an empty stomach and an empty vessel, these abstract sound pieces, play out of speakers installed at different intervals.
**A Bitter-Sweet Grain**

**Sweet Coconut Rice**

3-4 tsp ghee  
6-7 green cardamom pods  
1 stick cinnamon  
10 cloves  
2 cups long grain rice rinsed and drained  
4 cups coconut milk fresh or from a can  
1/8 tsp salt  
1 pinch saffron optional  
10-15 raisins optional  
1/4 tsp cardamom powder  
2 cups grated jaggery

**INSTRUCTIONS**

On medium heat, melt ghee in a pan.  
Add cardamom pods, cinnamon and cloves and sauté for a minute.

Add rice and sauté for 5 minutes.

Add coconut milk, salt and cardamom powder and bring to a boil.

Add saffron, raisins and nuts. (optional)

Cover and cook until rice is cooked through and liquid disappears, stirring intermittently so that rice doesn't stick to the bottom.

Add grated jaggery.

Stir gently so you don't break the grains of rice.

Cover for a minute and lower the flame. The heat will help jaggery melt.

Stir gently to incorporate the jaggery in the rice and cook till liquid disappears.

Serve warm with more ghee.

**Lemon Rice**

**Ingredients**

For Cooking Rice  
1 cup rice (heaped) or 3 to 4 cups cooked rice  
1.75 to 2 cups water  
1/4 tsp salt or add as required

Other Ingredients  
1.5 to 2 tbsp lemon juice or add as required  
1 tsp mustard seeds  
1 tsp urad dal (spilt and skinned black gram)  
2 dry red chilies preferably seeds removed  
1 tsp chopped green chilies or 1 to 2 green chillies chopped  
1/2 tsp turmeric powder  
1/4 cup peanuts  
3 tbsp sesame oil (gingelly oil) or any neutral oil  
Salt as required
INSTRUCTIONS

Step 1: Soaking Rice
Rinse rice grains a couple of times and soak in enough water for 20 to 30 minutes.

Then drain all the water from the soaked rice.

Step 2: Cooking Rice A Pan Or Pot
Take rice, salt and 2 cups water in a pan. Cover and simmer until all the water has been absorbed and rice grains are tender and fluffy.

Do keep a check when rice is simmering and if the water has dried leaving the rice grains undercooked, add some more hot water and continue to cook.

Place the cooked rice in a tray or bowl to cool it.

Step 3: Frying Nuts
In a small frying pan, heat 2 tablespoons sesame oil. First fry the peanuts until crunchy and then set them aside.

In the same oil, then fry cashews until golden. Remove and set aside.

Now add 1 tablespoon sesame oil in the same pan. Keep the flame to a low.

Add the mustard seeds and let them crackle. Once the mustard seeds begin to crackle, add the urad dal.

Fry until the urad dal turns golden.

Fry everything on a low flame, so that the lentils do not burn.

Then add the red chilies, green chilies (chopped) and curry leaves. Sauté for a few seconds until the red chilies change color.

Switch off the heat and add the asafoetida and turmeric powder. Mix very well.

Step 4: Making Lemon Rice
Immediately pour this tempering mixture on cooked and cooled rice. Add the fried peanuts and cashews, lemon juice, salt. Mix very well.

Keep the bowl or pan covered for the flavors to blend for 4 to 5 minutes.

Then serve the lemon rice. While serving you can choose to garnish chitranna with some chopped coriander leaves (cilantro).
Langar-Khana is a community kitchen that serves free meals to the needy regardless of religion or ethnicity, and was especially important during famines like the devastating Bengal famine of 1943. Authorities set up Langar-Khana to provide food during these times of crisis, and people had to resort to consuming anything they could find to survive, such as boiled rice-water or chhatu (dust from crops/seeds).

To honor this tradition, the Britto Arts Trust plans to create five gorgeous gowns/suits based on British old-day costume designs and serve traditional food such as Khichuri as part of the Langar-Khana. An interactive group performance will take place in Dubai, with artists from Britto collaborating with local young artists/students to pay tribute to the strength and resilience of the people who have survived through difficult times in history.
Chhatu

1kg whole wheat
1 tsp cardamom
1/2 tsp white pepper
1 tsp whole anise
5 tbsp sugar
2-3 cups milk

INSTRUCTIONS

The wheat needs to be deep fried in a frying pan. After cooling down blend the fried wheat with sugar in a blender to make wheat dust. Add dust of Cardamom and White pepper. Finally add boiled milk and whole anise, mix it well and then make small balls of Chhatu. This is a fusional finger food (chhatur haru) very easy to make and serve.

The original Chhatu used to be made out of wheat/rice/ barley/corn during the famine that had no luxury to mix any extra ingredients but salt, green chili and water only. Sometimes people had to eat this without salt or chili. Chhatu can be preserved in an air tight jar for a long time that perhaps saved many lives.
This performance explores the Khasi folktale ‘U Sier Lapalang’, a story of the stag who climbs up from the plains of what we know as present-day Bangladesh into the Khasi Hills of Meghalaya to find the wild herb ‘U Jangew Jathang,’ only to be captured and killed by hunters. His mother also climbs up in search of her son and encounters the kill. She lets out a dirge, a lamentation which, as they say, is a sound that has taught the Khasi people how to mourn and grieve.

Co-curators Akansha Rastogi and Diana Campbell working with Ruxmini Choudhury.

Poem: U Sier Lapalang: A Trilogy from the collection Many Sides of Many Stories by Esther Syiem

Recipe for Jajew by Ahmedaki Laloo from A’origins, Shillong, Meghalaya
Recipe 1:
**Tahini with Perilla seeds**

Tahini (perilla seeds)
Perilla seeds 100gm
Garlic 20gm
Olive oil 10ml

**INSTRUCTIONS**

Broil 100 perilla seeds till it reaches its room temp.

Then in a mixer/grinder add 20gm garlic and 10ml olive oil.

Mix/Grind until it reaches to a fine paste and leave aside.

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Recipe 2:
**Pickling of Roselle petals**

Rosella petals (pickle)
Rosella 50gm
Vinegar 20ml
Salt 5gm
Sugar 10gm

**INSTRUCTIONS**

Boil 50gm roselle petals until cooked upto 50%.

Then add 20ml vinegar, 5gm salt and 10gm sugar and soak for 48hrs.

Then leave it aside.
Recipe 3:
**Dust made of Roselle petals**

Dried roselle petals

**INSTRUCTIONS**

Dehydrate the roselle petals in the oven at 50-60 degrees Celsius and bake for 45mins to 1hr. Then blitz it in a mixer/grinder until it comes to a powder form. And leave aside.

Recipe 4:
**Broiled Perilla seeds**

Perilla seeds

**INSTRUCTIONS**

Broil perilla seeds till its room temp. and leave aside.

Recipe 5:
**Hummus with Roselle petals**

Chickpea (raw) 120gm
Garlic 15gm
Tahini (perilla) 16gm
Lemon 10ml
Olive oil 20ml
Salt 5gm (check seasoning)
Jeera 1tsp
Jajew (roselle) 50gm

**INSTRUCTIONS**

Soak 120gm chickpea (raw) overnight. Next day boil until cooked and soft.

Once it reaches room temp., add the other ingredients in a mixer/grinder- 15gm garlic, 16gm tahini with perilla (recipe 1), 10ml lemon juice, 20ml Olive oil, 1sp cumin/jeera, 5gm salt and 50gm roselle petals. Blitz into a fine paste.
To get a creamy texture add a little bit of ice-cubes while blitzing.

Once the hummus is ready, while plating the dish first of all plate recipe 5 (Hummus with roselle petals), add recipe 2 (pickled roselle petals), dust with recipe 3 (dust of roselle petals) and recipe 4 (broiled perilla seeds).

Recipe 6:
**Jajew tea**

1 tbsp Dried roselle petals
200ml Water
1 tsp Honey/Jaggery

**INSTRUCTIONS**

Boil the dried petals and drain the roselle water and cool.

Can add honey or Jaggery for sweetness to the drained roselle water. Cool with ice cubes.

Otherwise the tangy taste is also very refreshing.
Breadwinner is an interactive game with logical rules that encourages people to question the forms of sustenance in our everyday lives that are constantly altering. This playful work subverts materiality and highlights daily survival amongst evolving socio-economic-political discourses.

“Bread and Circuses”, aka “panem et circuses”, appropriating this logic to critique the new cultural economy, Thukral & Tagra probe the very authority that curates art in spectacular and repeated regular intervals, reviewing the profundity of the world in a discursive manner.

Bread is a form of sustenance, in this context it implies the material culture of art is a way of surviving in the utopian economy. The bread uses the logic of a network of people and relationships connected in a decentralized manner, holding the ideas of collective survival. The circus alludes to the use of entertainment as a tactic for dealing with politics or initiating social changes. Through the multiple iterations; Bread, Circuses and I, Bread, Circuses and You, Bread, Circuses and TBD and Bread, Circuses and Wifi, using satire and self-mockery, Thukral & Tagra question the notion of survival with a newly formed capitalist-consumerist-based economy powered by singularity.

Jiten Thukral  
(b. 1976, Jalandhar, Punjab)  
Sumir Tagra  
(b. 1979, New Delhi)  

Supported by Kochi-Muziris Biennale
Methi aur makki ki roti

Since our childhood, winters and makki ki roti were synonyms for each other.

Born and bought in Punjab, our mothers have mastered the taste and timing of making a quick paratha in the morning with white butter. This is our comfort food. Locally grown and made with care.

4 cups Maize Flour
500 grams fenugreek (methi) Leaves
3 Green chillies finely chopped
2 large Onions finely chopped
1 teaspoon Carom seeds (ajwain)
1 teaspoon Red chilli powder
1 inch Ginger finely chopped
Oil for drizzle
Ghee for shallow
Butter for topping

INSTRUCTIONS

Heat 4-5 cups water in a non-stick pan till lukewarm.

Put fenugreek (methi) leaves and green chillies in a bowl, add onions, carom seeds, red chilli powder, ginger, salt and maize flour mix well. Add lukewarm water and knead into a soft dough.

Heat a non-stick tawa.

Divide the dough into small portions and shape it into balls.

Cover the worktop with cling film drizzle oil, place each ball on it and pat with your fingertips to a small roti.

Place each roti on the tawa and cook till brown specks appear. Flip and drizzle ghee on top and flip again. Drizzle ghee on the other side too and cook, turning sides, till both sides are evenly done.

Place methi makai rotation on a serving plate, top with a dollop of butter and serve immediately.
Credits

Mira Shah
MacGyvers & Co. Performing Arts

NYU Abu Dhabi