

AT THE TABLE: Stories and Recipes from Treehouse

Where Layers Peel and Stories Begin

The exhibition "**Embrace your inner Brussels sprout**" was born from a simple, yet profound metaphor: like a sprout, we are all made of layers—of history, of culture, of secrets, and of memories. To truly understand one another, we must have the courage to peel those layers back.

And where does this peeling happen most naturally? **At the table.**

Over two extraordinary evenings at Treehouse NDSM, on March 11th and 14th, we invited a group of strangers to sit together. They came from everywhere: the bustling streets of Melbourne and the quiet fjords of Norway, the vibrant kitchens of Colombia and Vietnam, the traditional hearths of Italy, Poland, and Spain. They arrived with different backgrounds, different languages, and different origins.

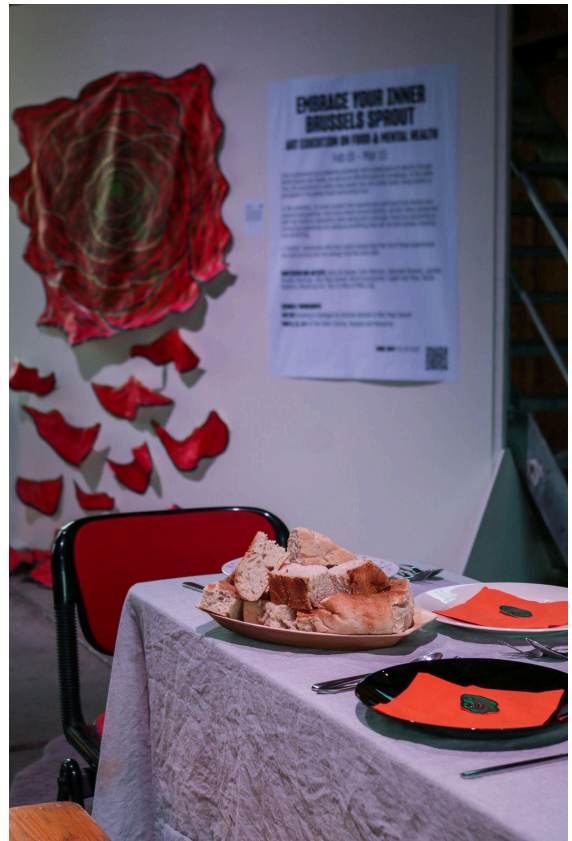
But as soon as the first plates were served, something shifted.

The labels of "stranger" or "guest" dissolved. In the glow of the candles and the steam of the pots, we became equals. We were no longer defined by where we came from, but by our shared desire to tell our stories, to discover the world through someone else's eyes, and to fully live the present moment.

It was a rare and beautiful alchemy: people who had never met began to speak the universal language of spices and childhood nostalgia. By the time the last crumbs were cleared, those strangers walked away as friends, carrying with them a piece of someone else's heritage.

This booklet is a collection of those 24 moments. It is a map of our collective heart. It is proof that when we share a meal, we don't just feed the body, we nourish the soul and remind ourselves that, at the table, we are never truly alone.

Thank you for being part of the feast.



March 11th: The First Table

1. The Language of Homecoming: "Pop" Green Bean Salad

Inspired by the story of a parent cooking for their daughters.

The table was long, the lights were soft, yet the story immediately transported us into a family kitchen. Someone confessed that cooking isn't always about grand inventions; sometimes, it's about answers. "What do you want for dinner?" and the answer is always the same: that green bean salad, bright and pungent, that they saw scrolling on their screens and now want to feel between their teeth. It's the recipe his daughters always ask for. It isn't just a popular online recipe; it has become the flavor of a moment that belongs only to them.

Ingredients (Serves 4):

- **600g** fresh green beans (trimmed)
- **2** small shallots, finely sliced
- **2 tbsp** pickled capers, roughly chopped
- **1** garlic clove, finely grated
- **1 tbsp** Dijon mustard
- **3 tbsp** extra virgin olive oil
- **1 tbsp** apple cider vinegar
- Salt and black pepper to taste

Method:

1. **Quick Blanch:** Boil the beans for 4-5 minutes in salted water. Drain and immediately plunge them into ice water to keep them crunchy and bright green.
2. **The Dressing:** In a bowl, whisk together the garlic, mustard, vinegar, and oil. Stir in the shallots and capers.
3. **The Toss:** Dry the beans well and toss them generously in the dressing. Let it rest for 10 minutes before serving so the flavors can meld.



The Animal Extra (Memory Note): *For the original version, add two crumbled hard-boiled eggs (mimosa style) or melt a few anchovy fillets into the dressing with the garlic.*

2. The Taste of Discovery: "Travel Carbonara" Spaghetti

Inspired by a memory of a holiday in the UK.

There is something magical about finding a piece of home far away from home. Who would have thought that Carbonara, the bastion of Roman cuisine, would find a new life among British cliffs or cities? This vegan version, discovered almost by chance during a trip to the UK, came back in a suitcase and has now become the "classic" that grandchildren clamor for.

Ingredients (Serves 4):

- **320g** spaghetti
- **150g** raw cashews (soaked for at least 4 hours)
- **100g** sun-dried tomatoes in oil, cut into strips
- **2 tbsp** Taggiasca or black olives, pitted
- **1 tbsp** nutritional yeast flakes
- **1/2 tsp** turmeric (for color)
- Plenty of freshly ground black pepper

Method:

1. **The Golden Cream:** Blend the soaked cashews with nutritional yeast, turmeric, and a splash of hot pasta water until smooth and velvety.
2. **The Sauté:** In a pan, warm the sun-dried tomatoes and olives in a little of their own oil until fragrant.
3. **The Alchemy:** Cook the pasta al dente. Toss it with the tomatoes and olives, then remove from heat. Stir in the cashew cream and a generous amount of black pepper.

The Animal Extra (Memory Note): *To bring it closer to the Roman tradition mentioned in the stories, replace the sun-dried tomatoes with crispy **guanciale** (pork cheek) and finish with a dusting of **Pecorino Romano DOP**.*



3. The Wait and the Embrace: Maniacal Red Curry & Udon

Inspired by a fusion recipe that celebrates patience.

Some dishes accept no shortcuts. We learned that the deepest "comfort food" often comes from a methodical, almost manic process. This recipe is a bridge between Thailand and Japan: a traditional Red Curry, prepared with a care that takes time, served over thick Japanese Udon noodles. It is a dish that celebrates the wait: the marinade that rests overnight and the rich coconut milk that arrives at the very end like a velvet seal.

Ingredients (Serves 4):

- **400g** fresh Udon noodles
- **400g** Firm Tofu (marinated overnight in sweet soy sauce, onion, ginger, and spices)
- **2 tbsp** Red Curry paste (vegan)
- **400ml** Coconut Milk (**high fat content**, 70-80%)
- **300ml** vegetable broth
- **Vegetables:** 100g peas, 100g green beans, 2 heads of Pak Choi
- **Garnish:** Toasted sesame seeds and fresh spring onions

Method:

1. **The Vigil:** Sear the marinated tofu in a wok until golden.
2. **The Simmer:** Dissolve the curry paste in the hot vegetable broth. Add the beans, peas, and Pak Choi. Simmer until the vegetables are tender but still vibrant.
3. **The Coconut Secret:** At the very end, pour in the high-fat coconut milk. Do not let it boil vigorously; it should just warm through to create a thick cream.
4. **The Union:** Serve over hot Udon noodles, garnished with sesame and spring onions.

The Animal Extra (Memory Note): *The original heart of this recipe involves **chicken thighs**, meticulously marinated for 24 hours before being simmered in the curry.*

4. Scent of Salt and Gastronomy: Ligurian Lasagna

From the author's diary – Childhood memories of Liguria.

Ligurian holidays meant my mother searching for inspiration in the windows of local *gastronomie*. Her lasagna wasn't the classic meat-based one; it was thin, scented with basil, and carried the light of those summers spent looking at the sea.

Ingredients (Serves 4):

- **250g** lasagna sheets (egg-free)

- **200g** Vegan Pesto Genovese (basil, pine nuts, olive oil, nutritional yeast)
- **500ml** Vegan Béchamel (soy milk, flour, olive oil, nutmeg)
- **2** potatoes, thinly sliced, and **150g** green beans (blanched)
- Toasted pine nuts

Method:

1. **Assembly:** Layer béchamel, pesto, pasta, potato slices, and beans in a baking dish.
2. **Repeating:** Continue layering until ingredients are finished. Top with plenty of béchamel and pine nuts.
3. **The Oven:** Bake at **180°C** for 25 minutes until the top is golden and crispy.

The Animal Extra (Memory Note): *In the shops that enchanted my mother, you would often find fresh cow's milk ricotta or aged Parmesan hidden between the layers.*

5. The Gift of the Wasps: "Wasp-Saved" Apple Strudel

From the author's diary – Grandma's garden.

In my grandmother's garden, there was an apple tree that set the pace of time. The wasps were the first to know when the fruit was ready; they would pierce the skin and the apples would fall two days later. My grandmother gathered them with infinite patience. With her small knife, she would cut away the "bitten" parts and save the good heart, transforming imperfect fruit into fragrant strudels. She made dozens and froze them, so we could have the taste of that garden all year round.

Ingredients (Serves 4-6):

- **Pasta Matta:** 250g flour, water, 2 tbsp oil, pinch of salt (or vegan puff pastry)
- **6** medium apples (imperfect but sweet)
- **50g** raisins and **30g** pine nuts
- **2 tbsp** breadcrumbs (toasted in a pan with a drop of oil)
- Cinnamon, brown sugar, and lemon zest

Method:

1. **The Filling:** Mix sliced apples with raisins, pine nuts, cinnamon, sugar, and lemon.
2. **The Dough:** Roll the dough until paper-thin. Sprinkle with toasted breadcrumbs (to absorb the juice).
3. **The Roll:** Spread the apple mixture, roll tightly, and seal the edges.
4. **Baking:** Brush with plant milk and bake at **190°C** for 35 minutes.



The Animal Extra (Memory Note): *My grandmother's secret for special occasions was serving the strudel warm with a scoop of **vanilla ice cream** or a dollop of **fresh whipped cream**.*

6. The Thread of Sate: Gado-Gado

Inspired by memories of Indonesian gatherings.

In Indonesia, there is a dish that is not just food, but a silent witness to every milestone. *Gado-Gado* literally means "mix-mix." Between the tables at Treehouse, a vivid memory emerged: whether it was a major birthday, an anniversary, or a simple get-together, *Gado-Gado* was there. It is the side dish that steals the spotlight, the gravitational center of every Indonesian kitchen where family warmth is measured by the richness of the peanut sauce.

Ingredients (Serves 4):

- **400g** Spitzkool (pointed cabbage), shredded and blanched
- **200g** Firm Tofu, cubed and fried until golden
- **200g** Taugé (bean sprouts), rinsed with boiling water
- **2** medium potatoes, boiled and cubed
- **1** cucumber, thinly sliced
- **Emping chips** (melinjo nut crackers) or rice crackers

For the Sate Sauce (Vegan):

- **150g** natural peanut butter (unsweetened)
- **200ml** coconut milk
- **2 tbsp** Ketjap Manis (Indonesian sweet soy sauce)
- **1 tsp** Sambal Oelek (chili paste)
- Juice of half a lime

Method:

1. **The Base:** Arrange the blanched cabbage, potatoes, crispy tofu, and bean sprouts on a large platter.
2. **The Sauce:** In a small saucepan, heat coconut milk and peanut butter over low heat until smooth. Stir in Ketjap Manis, Sambal, and lime juice.
3. **The Union:** Pour the warm sauce over the vegetables. Garnish with crunchy chips just before serving.

The Animal Extra (Memory Note): *In the tradition of Indonesian "get-togethers," the dish is often completed with **hard-boiled eggs** cut in half and served with **Kroepoek** (prawn crackers).*

7. The Gold of Persia: Adas Polo

Inspired by the precise storytelling of an Iranian guest.

At Treehouse, geography became thin as an Iranian lady guided us through the ancient secrets of *Adas Polo*. It is an exercise in patience and beauty. She explained the vital importance of steam, the separation of the grains, and how the flavors must "bind" only at the very end. It is a dish of meticulous care, where every ingredient has a precise place in the mosaic.



Ingredients (Serves 4):

- **300g** long-grain Basmati rice (thoroughly washed)
- **150g** small brown or green lentils
- **100g** raisins and **50g** walnuts, roughly chopped
- **1 generous pinch** of saffron threads (dissolved in 2 tbsp hot water)
- **1** large onion, thinly sliced
- **1/2 tsp** cinnamon
- Olive oil or plant-based butter

Method:

1. **The Lentils:** Boil lentils until tender but still firm. Drain and set aside.
2. **The Steam:** Parboil the rice in salted water for 6-7 minutes (must be *al dente*). Drain.
3. **The Sauté:** Sauté the onion until golden. Add raisins, walnuts, and cinnamon for 2 minutes.
4. **The Layering:** In a pot, layer the rice, lentils, and the raisin/walnut mix in a mound shape. Poke holes in the rice with a spoon handle to let steam escape.
5. **The Final 10 Minutes:** Cover with a lid wrapped in a clean cloth. Cook on very low heat for 20 minutes. Pour the saffron water over the top for the final 10 minutes to bind the aromas.

The Animal Extra (Memory Note): *As emphasized during the dinner, the classic version includes **ground lamb or beef**, sautéed with onions and spices, layered between the rice and lentils.*

8. The Treasure Apples: Gevulde Appels in Cream

Inspired by a "bomb" dessert for special occasions.

A participant shared an "explosive" memory of a dessert from her childhood. It wasn't just a baked apple; it was a ritual. A large pot on the stove, the scent of fruit cooking in milk, and a heart of raisins and cranberries waiting to be discovered. Whether it was for a holiday or a treat, these apples represent the indulgence of being cared for.

Ingredients (Serves 4):

- 4 large apples (like Granny Smith or Renetta)
- 50g raisins and 30g dried cranberries
- 1 tbsp cinnamon
- 500ml barista-style almond or oat milk
- 40g cornstarch (Maizena)
- 60g brown sugar or maple syrup
- 1 tsp vanilla extract

Method:

1. **The Filling:** Core the apples, leaving the bottom intact. Fill the centers with raisins, cranberries, and a pinch of cinnamon.
2. **The Setup:** Place apples in a deep pot or high-sided baking dish.
3. **The Cream:** Whisk cold plant milk with cornstarch, sugar, and vanilla. Pour the mixture into the pot around the apples.
4. **The Bake:** Cook on low heat (or bake at 180°C) until the apples are tender and the cream has thickened into a velvety custard.

The Animal Extra (Memory Note): *The original "bomb" version uses a base of **whole milk and 3 beaten eggs**, which creates a rich, custard-like pudding (similar to a flan or clafoutis) around the whole apples.*

9. The Modern Gathering: Fresh Rice Paper Rolls

A contemporary memory of sharing food with friends.

To contrast the old traditions, a participant shared her new "signature dish" for dinners with friends. It represents the light, transparent, and vibrant nature of modern sharing.

Ingredients (Serves 4):

- **8-12** Rice paper sheets
- **Crudités:** Julienne carrots, cucumbers, red cabbage, and avocado
- **Fresh herbs:** Mint, cilantro, and Thai basil
- **Protein:** Smoked tofu or marinated tempeh strips

Method:

1. Dip a rice paper sheet in warm water for a few seconds until soft.
 2. Layer herbs, vegetables, and tofu in the center.
 3. Fold the sides and roll tightly. Serve with a peanut dipping sauce.
-

10. The Legacy: Nasi Goreng & Sambal Goreng

A touching tribute to a grandmother's cooking.

There is a powerful image of a father studying his mother's old recipes to keep her memory alive for his daughter. Every grain of this fried rice is a bridge between generations, a way to say "we don't forget where we come from."

Ingredients (Serves 4):

- **400g** Jasmine rice (cooked and chilled)
- **250g** Firm Tofu (the vegan alternative to "Telor")
- **200ml** thick coconut milk
- **2 tbsp** Sambal Oelek
- **1** lemongrass stalk and **2** kaffir lime leaves
- **3 tbsp** Ketjap Manis
- Chopped carrots, peas, and spring onions

Method:

1. **The Sambal Goreng:** Fry the tofu cubes. Simmer coconut milk with sambal, lemongrass, and lime leaves until thick. Toss the tofu in the sauce.
2. **The Nasi Goreng:** Stir-fry the cold rice in a hot wok with vegetables and Ketjap Manis until caramelized.
3. **Serving:** Serve the rice with the creamy sambal tofu on top.

The Animal Extra (Memory Note): *The father's quest for perfection focuses on the **Sambal Goreng Telor**: replacing the tofu with **hard-boiled eggs** that are deep-fried until the skin is golden and wrinkled before being added to the sauce.*

March 14th: The Second Table



11: Alice's Morning Light

Inspired by the memory of Alice, shared by her daughter.

Some recipes are maps of a family's journey. Alice, with her Indian roots and her life in Suriname, carried the secrets of her heritage across oceans. Her daughter brought to our table a memory that tastes like a "special morning": the scent of ginger and melting sugar filling the air as the sun rose. This isn't the savory Roti served with curry; this is Alice's Roti—a sweet, golden embrace, layered with spice and cooked with the ritualistic richness of Indian ghee.

Alice's Sweet Ginger Roti

(A Surinamese-Indian breakfast treasure)

- **Ingredients:** 300g Atta flour (or all-purpose), 180ml warm water, 2 tsp vegetable oil, pinch of salt. **The Filling:** 4 tbsp brown sugar mixed with 1 tsp ginger powder. **For Cooking:** Vegan Ghee (or coconut oil).

- **Method:** Knead the flour, salt, oil, and water into a smooth dough. Let it rest for 20 mins. Divide into 8 balls, roll into circles, spread vegan ghee and the ginger-sugar mix. Fold into a pouch, reshape into a ball, and roll out again. Cook on a hot skillet until golden and the sugar melts into syrup.

The Animal Extra: In Alice's original kitchen, this recipe was strictly made using **Traditional Indian Ghee** (clarified butter) for that authentic, toasted dairy aroma.

12: The Sun-Ripened Celebration

Inspired by a family recipe from Vietnam.

In Vietnam, some dishes follow you through every milestone. This delicate jelly was a constant presence at every family gathering and even graced our guest's engagement party. It is a dish of patience: a creamy coconut pudding paired with the vibrant gold of fresh mango. A secret whispered from her kitchen: if the mango is too firm, don't rush it—simply let it sit in the sun until it yields.

Engagement Coconut & Mango Jelly

(A Vietnamese family classic for all occasions)

- **Ingredients:** 400ml Coconut milk, 200ml water, 100g cane sugar, 4g Agar-agar powder, 2 large ripe mangoes, pinch of salt.
- **Method:** Ripen mangoes in the sun, then dice. Place cubes in molds. Whisk coconut milk, water, sugar, salt, and agar-agar while cold. Bring to a boil, simmer for 2 mins to activate the agar. Pour over the mango. Chill for 3 hours until firm and bouncy.

The Animal Extra: Some traditional family variations in the region might use **Condensed Milk** in the base for a richer, dairy-heavy sweetness.

13: The Banana Leaf Ritual

Inspired by a memory of a South Indian feast.

In South India, a meal is a landscape laid out on a vibrant green banana leaf. But before the final act, there is a "cleansing": the **Rasam**. A thin, intense, and aromatic broth that cuts through the richness of the feast. It's a peppery wake-up call for the senses, the essential bridge before the cooling peace of the final course: rice and yogurt.

South Indian Rasam: The Soul-Warmer

(A peppery, spiced broth to cleanse the palate)

- **Ingredients:** 2 Ripe tomatoes, 1 tsp cumin seeds, 1 tsp crushed black peppercorns, 2-3 green chilies, 4 cloves of garlic (crushed), fresh coriander, 1 tsp mustard seeds, curry leaves, 1/2 tsp turmeric, 1 liter water.
- **Method:** Coarsely crush cumin, pepper, and garlic. Boil with water, tomatoes, chilies, turmeric, and salt for 20 mins. Add coriander. For the "tadka" (tempering): heat oil, pop mustard seeds and curry leaves, then pour sizzling into the soup.

The Animal Extra: The ritual ends with a final round of **Plain White Rice mixed with thick Dairy Yogurt**, a cooling balm after the heat of the Rasam.

14: The School Revolution

Inspired by a memory of Jamie Oliver's visit to a UK school.

In the UK, school canteens were once famous for anything but health. But for one of our guests, the memory of lunch changed when Jamie Oliver walked into her school to prove that "healthy" could be "delicious." She tasted a vibrant green pea soup that changed her perspective forever—a recipe her father eventually turned into his own signature dish.

The "School Revolution" Minty Pea Soup

(A vibrant green classic, served hot or cold)

- **Ingredients:** 500g Frozen petit pois, 1 large diced potato, 1 white onion, 1 liter vegetable broth, 1 handful fresh mint leaves, olive oil.
- **Method:** Sauté onion until soft. Add potato and broth; simmer for 12 mins. Add frozen peas and simmer for only 3-4 mins to keep the bright green color. Remove from heat, add mint, and blend until velvety.

The Animal Extra: In British classics, a few slices of **Crispy Streaky Bacon** or a swirl of **Heavy Dairy Cream** are often added for extra richness.



15: The Grandmother's Secret Alliance

Inspired by a memory of a grandmother's special bond.

One guest shared the story of a secret culinary pact: a grandmother who made special dishes just for her. Among these was a classic Guacamole with a curious ritual: leaving the large avocado pit in the center. "It keeps it from turning black," she would say. Scientific fact or kitchen myth? If Grandma did it, we do it too.

The "Stone-In" Sacred Guacamole

(A creamy classic, protected by tradition)

- **Ingredients:** 3 Large ripe avocados, 1 diced red onion, 1 chopped tomato, fresh coriander, lime juice, salt, olive oil. **The Secret:** Keep the avocado pit!
- **Method:** Mash the avocado with lime juice (leaving it slightly chunky). Fold in the onion, tomato, and coriander. Place the avocado pit right in the middle of the bowl to honor the tradition.

The Animal Extra: In many households, a crumble of **Queso Fresco** or a dollop of **Sour Cream** is added on top to contrast the richness of the avocado.

16: The Melbourne Alchemist

Inspired by a memory of a mother's "superpower" and a daughter's craft.

In Melbourne, one guest's mother had the gift of "culinary alchemy": tasting any dish once and recreating it perfectly. Of all the skills passed down, it was the rhythmic art of handmade pasta that left the deepest mark. Today, the daughter teaches others how to find peace in the simple act of kneading flour and water.

The "Alchemist's" Handmade Pasta

(The ultimate base for a thousand memories)

- **Ingredients:** 400g Type "00" flour, 220ml warm water, 1 tbsp olive oil, pinch of salt.
- **Method:** Create a flour "volcano" with a well in the center. Pour in water and oil. Gradually whisk flour into the liquid. Knead for 10 mins until smooth as "baby skin." Rest for 30 mins, then roll and shape into Tagliatelle or Orecchiette.

The Animal Extra: In the richer Italian traditions of Melbourne's "Little Italy," the water is replaced by **4 Large Eggs** for a deep golden, silky dough.

17: The Iron Heart of Norway

Inspired by a memory of Norwegian tradition and a traveling waffle iron.

In Norway, a waffle iron is a sacred object. One guest carries hers everywhere—a symbol of hospitality. These waffles are shaped like a circle of hearts, served at every "coffee date." They are a reminder that sitting down for a heart-shaped waffle is a way to say, "I have time for you."

The "Traveling Heart" Sour Cream Waffles

(Soft, heart-shaped Norwegian Vafler)

- **Ingredients:** 250g Flour, 100g sugar, 1 tsp ground cardamom, 200ml vegan sour cream, 200ml plant milk, 75g melted vegan butter.
- **Method:** Whisk dry ingredients with cardamom. Add sour cream, milk, and butter. Let the batter rest for 20 mins. Cook in a heart-shaped iron. Serve with extra vegan cream and fresh raspberries.

The Animal Extra: The authentic "Seter" mountain farm recipe calls for **Heavy Dairy Sour Cream (Seterrømme)** and **2 Large Eggs** for a buttery, rich texture.



18: The Gypsy Arm of Celebration

Inspired by a childhood memory from Spain.

In Spain, the "Gypsy Arm" cake is the ultimate birthday nostalgia. Built layer by layer with Marie biscuits soaked in milk and cognac, it is a "bomb" of love. We discovered at the table that this cake has cousins everywhere—from the chocolate salamis of Italy to the fridge cakes of the North.

The Spanish "Gypsy Arm" Birthday Cake

(A no-bake chocolate & biscuit treasure)

- **Ingredients:** 2-3 packets of Marie biscuits, 250g softened vegan butter, 150g icing sugar, 200ml plant milk mixed with **Cognac**, 200g melted dark chocolate.

- **Method:** Cream butter and sugar. Dip biscuits in the milk/cognac mix. Spread buttercream on biscuits and stand them on their edges to form a "log" or hand shape. Cover entirely in melted chocolate. Chill for 6 hours.

The Animal Extra: The original birthday version used **Traditional Dairy Butter and Egg Yolks** beaten into the sugar for an incredibly rich, golden custard-cream.

19: The Bitter & The Sweet

Inspired by a mother's unique side dish and a global conversation.

One guest shared a vibrant salad her mother used to make—a bold mix of bitter chicory and a carnival of fruits. This sparked a discovery: from Italy to India, chicory roots are roasted and blended with coffee. It is a universal traveler that turns a bitter root into a comforting brew.

Mother's "Global Orchard" Chicory Salad

(A refreshing, tangy-sweet side dish)

- **Ingredients:** 2 heads of Chicory, 1 red onion, 1 diced apple, 1 sliced banana, 2 mandarins. **Dressing:** 200g vegan yogurt, 1 tsp apple cider vinegar, salt, agave syrup.
- **Method:** Slice and soak chicory to reduce bitterness. Mix with sliced onion and fruits. Fold in the yogurt dressing just before serving.

The Animal Extra: The original family version was made with **Thick Dairy Yogurt** and often included **2 chopped Hard-boiled Eggs** for a savory protein layer.

20: The Soup of Independence

Inspired by a memory of Colombian "tough love."

When living alone, one guest's mother gave her an ultimatum: "Learn to make soup, or you'll live on take-away!" What began as a survival lesson became a creative playground. Her soup now has a thousand faces, but it always carries that essential Colombian spark: a bright squeeze of lime.

The Colombian "Living Alone" Soul Soup

(A hearty, "everything-in-the-pot" comforting broth)

- **Ingredients:** 3 Potatoes, 200g cooked beans, 2 leeks, 1 onion, 3 cloves garlic, 1.5 liters vegetable broth, fresh cilantro, lime wedges, avocado.
- **Method:** Sauté onion, garlic, and leeks. Add potatoes and broth; simmer until potatoes soften and thicken the soup. Add beans and other veggies. Serve with fresh cilantro, lime, and avocado.

The Animal Extra: Her mother's original **Ajiaco-style soup** was made with **Shredded Chicken Breast** and served with a dollop of **Heavy Dairy Cream**.

21: The Barese Circle

Inspired by a childhood memory of a family kitchen in Bari.

In Bari, a recipe is a choir. This "Potato Pizza" (Gattò) was prepared by an aunt, a mother, and cousins together. Unlike other versions, the ingredients aren't hidden in layers; the mashed potatoes are mixed directly with cubes of mortadella and a sharp blend of mozzarella and provolone.

Aunt's "All-In" Barese Potato Pizza

(A golden, crusty potato pie from Puglia)



- **Ingredients:** 1kg Potatoes (mashed), 150g vegan mozzarella, 100g vegan Provolone or Caciocavallo, 100g vegan Mortadella (cubed), breadcrumbs, nutmeg, olive oil.
- **Method:** Mix warm mashed potatoes with nutmeg, salt, and pepper. Fold in the cubed mortadella and both cheeses. Spread into a greased, breadcrumb-dusted pan. Cover with a thick layer of breadcrumbs and olive oil. Bake at 200°C for 30 mins.

The Animal Extra: In the original kitchen in Bari, this used **Traditional Mortadella, Fresh Mozzarella, Aged Caciocavallo, and 2 Eggs** for a fluffy, rich texture.

22: The Poppy Seed Heritage

Inspired by a festive memory from Poland.

Whether called *Makowiec* or remembered as "**Bakoviaz**," this poppy seed cake is the heart of Polish celebrations. Representing luck and prosperity, the dark, sweet filling is rolled into a delicate dough and finished with a shimmering glaze of sugar and orange.

Festive Polish Poppy Seed Roll

(A dark, nutty treasure with citrus glaze)

- **Ingredients:** 500g Flour, 1 pack yeast, 250ml plant milk, 80g sugar, 80g vegan butter. **Filling:** 300g ground poppy seeds, 100g brown sugar, raisins, walnuts, orange peel.
- **Method:** Knead and let dough rise. Mix poppy seed filling. Roll dough into a rectangle, spread filling, and roll up. Bake at 180°C for 35 mins. Glaze with icing sugar and orange juice while warm.

The Animal Extra: Traditional Polish dough is enriched with **4 Egg Yolks**, and the filling is bound with **Beaten Egg Whites and Honey**.

23: The Sunday Rhythm

Inspired by the author's childhood memory.

After early morning mass, Grandmother would light the wood-fired stove. For hours, she would stir the **Polenta**, a slow dance that turned golden flour into the steady heartbeat of the house. It was served creamy with stews, or even as a dessert with butter and sugar.

Grandmother's Wood-Stove Polenta

(A golden, versatile Sunday ritual)

- **Ingredients:** 500g Coarse cornmeal (Bramata), 2 liters water, salt, vegan butter or olive oil.
- **Method:** Bring salted water to a boil. Slowly pour in cornmeal, whisking. Switch to a wooden spoon and stir frequently for 45 mins. Finish with vegan butter. Serve with vegetable stew or sugar.



The Animal Extra: In the original kitchen, the polenta was enriched with **plenty of butter** and served with **Meat Spezzatino** or melted **Gorgonzola**.

24: The Candy-Wrapped Secret

Inspired by the author's childhood memory.

No Italian party was complete without the "Salame al Cioccolato." But one grandmother made it magical: she crafted miniature "salamini" for every child, wrapped in colorful paper and tied like real deli meats. Opening those packages was like finding a hidden treasure.

The "Party-Favor" Chocolate Salami

(No-bake cocoa and biscuit treasure)

- **Ingredients:** 250g Crushed biscuits, 100g melted dark chocolate, 100g vegan butter, 80g sugar, 50g cocoa powder.

- **Method:** Cream butter and sugar, add cocoa and melted chocolate. Fold in crushed biscuits. Roll into cylinders using parchment paper. Chill for 4 hours. Roll in icing sugar to create the "cured" look and tie with string.

The Animal Extra: The original party recipe used **Traditional Butter and a Fresh Egg Yolk** for an incredibly creamy, rich chocolate mixture.

"At the Table" – A Closing Note

Over these two evenings at Treehouse NDSM, we didn't just share food; we shared our layers. Like the Brussels sprout that inspired our exhibition, each recipe revealed a core of memory, of mothers who could taste the wind, grandmothers who wrapped chocolate like secrets, and travels that turned foreigners into family. These pages are a map of our collective home, proving that no matter where we come from, we all find our way back to the table. It was amazing to meet you all and share with me these experiences!

ARRIVEDERCI, Enjoy the journey.