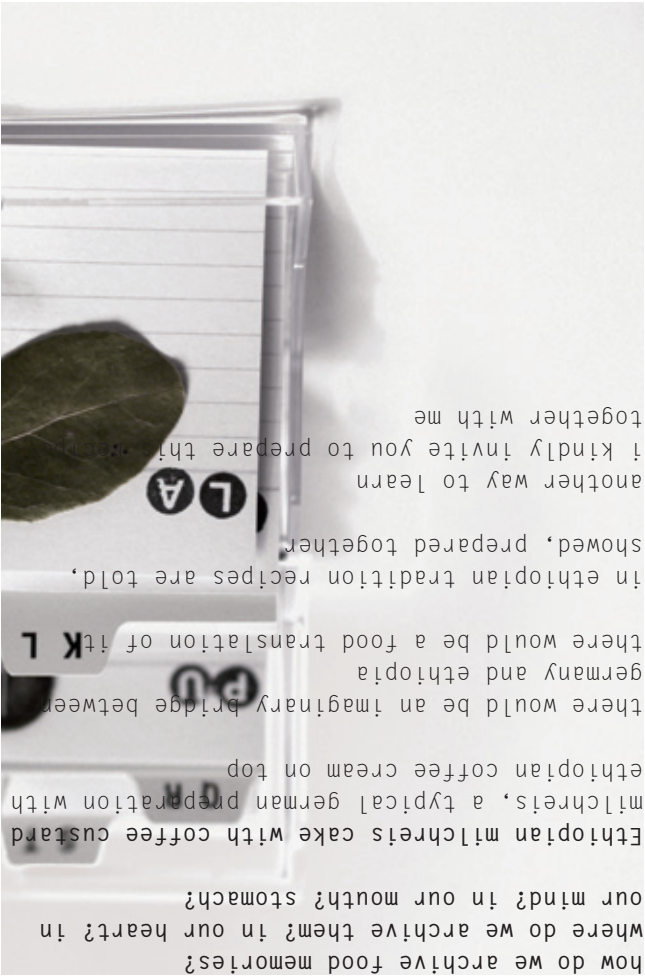


LUNCHTIME

'a day' has round fragments in fluid	
Serves	6
200 g	kidney beans, soaked
200 g	pinto beans, soaked
2	bay leaves
1 teasp.	thyme
4 cloves	garlic, raw
2 medium	onions, diced
3 heads	celery stalks, finely diced
1	carrots, diced
3	small dried red chillies, crumbled
1 teasp.	ground cumin
½ teasp.	cinnamon
2 tins	tomatoes, whole in juice
2 cloves	garlic, roasted
2 teasp.	salt
½ teasp.	freshly ground pepper
4 tablesp.	olive oil
garnish	
100ml	yogurt with fresh coriander
4 sprigs	fresh coriander, chopped

Cover the kidney beans and the pinto beans with cold water and cook separately with bay leaves, thyme and raw garlic until tender, you will be able to squish them between your fingers, about 40-60 minutes. Add water as necessary to keep the beans just covered. Drain well. While the beans are cooking, heat the olive oil in a large, heavy bottomed saucepan, add the onions and gently fry over a medium heat until golden. Add the celery, paprika, carrots, chillies, cumin, cinnamon and a pinch of salt and continue to fry, stirring to combine the flavours, until soft. Add the tomatoes, and salt, bring to the boil, then reduce to a medium flame and simmer for 60 minutes, allowing it thicken and stirring often so as not to burn. Add the beans and roasted garlic and cook for 30 minutes. Taste again for salt and pepper. Add the coriander and serve hot with yogurt and basmati rice.



LUNCHTIME

Barley and Bulgur Salad with green Olives and fresh herbs	
Serves	6
150 g	barley, soaked in cold water for 30 minutes
150 g	bulgur
140 ml	olive oil
100 g	golden raisins
4 sprigs	fresh coriander, finely chopped
2 sprigs	mint, chopped
100 g	green olives, sliced
100 g	sliced almonds, toasted
3 bunches	green onions, chopped
	lemon, juice and zest
salt and freshly ground pepper	

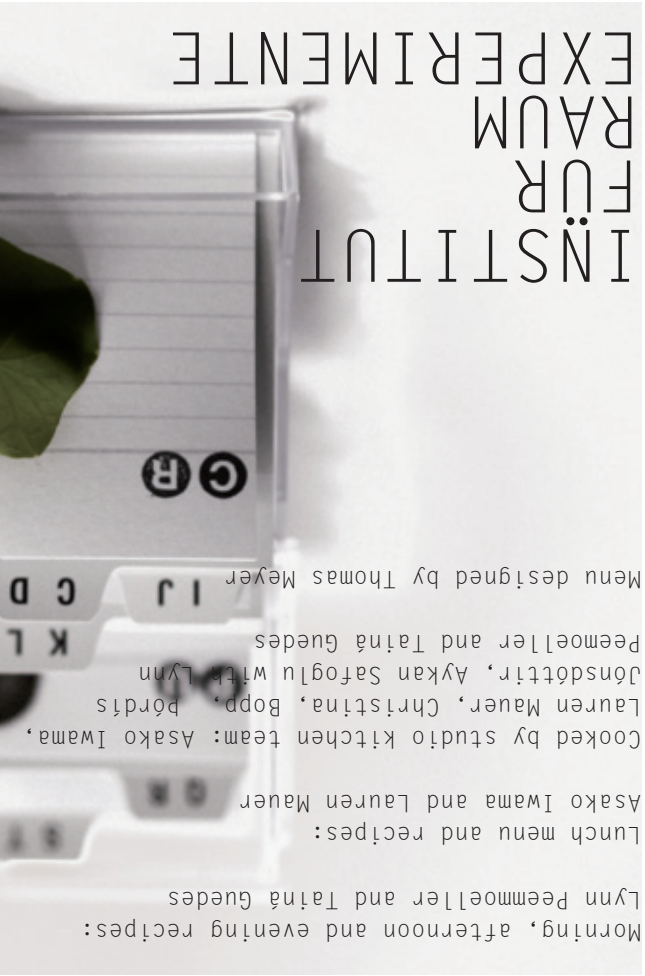
Place the barley and soaking water in a saucepan and cook until al dente, about 30 minutes. Drain and set aside. Meanwhile, place the bulgur in a bowl and cover with an equal amount of boiling water. Soak the raisins in warm water and after 10 minutes, drain them and add them to the bulgur along with the olive oil. Combine the bulgur and the barley, mixing gently. Add the herbs, olives, almonds, green onions, lemon juice and zest, and some salt and pepper and stir to combine.



AFTERNOON

Caramel Popcorn Balls	
150 g	popped popcorn (5 cups)
100 g	sugar
300 g	brown sugar
225 ml	light corn syrup
225 ml	water
2 teasp.	white vinegar
1/2 teasp.	salt
120 g	butter
80 g	black sesame seeds

Put popped corn in large bowl. Combine sugars, syrup, water, vinegar and salt in sauce pan. Heat to boiling over medium high heat, stirring frequently. Once it starts boiling stir constantly until an amount of mixture dropped into very cold water forms a ball (hard ball stage). Reduce heat to low and stir in butter until melted. Pour syrup over popcorn in bowl, sprinkle with black sesame seeds, and stir until well coated. Let cool slightly. Butter hands and shape into balls.



AFTERNOON

Walter Benjamin forest omelet with Tannenbaum sirop & waldf Frucht	
12	eggs
4tsp	shoyu
8 tsp	agaven sirup
oil	

beat the eggs with the other ingredients in a bowl. mix well until there would be no white parts of the eggs left. fry the mixture of eggs in parts in a japanese pan with a bit oil. the best way to make sure there would be the right quantity of oil in the pan is to add the oil to the pan with a kitchen paper. when the eggs are cooked, roll it, put it on one side of the pan, add more oil with the kitchen paper and add a layer of the eggs. repeat this process until you have used all eggs mixture. don't worry if the first try doesn't work out and keep trying until the omelette is perfect. „the practice makes the master“.

serve the omelette with berries and smells of the forest

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