



**A project with Art Asia
commissioned by Southampton City
Council as part of Mayflower 400**



Storytelling



With Susmita Bhattacharya

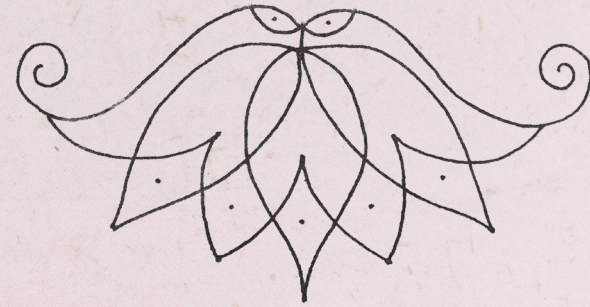
What does the word belonging mean to you?

Write down a few words that come to mind immediately...



Think about the five senses...

Sight



Hearing



Smell



Touch



Taste



What food reminds you of your childhood?

Choose one dish that you remember from your childhood. Or one that you'd take with you to your new home.

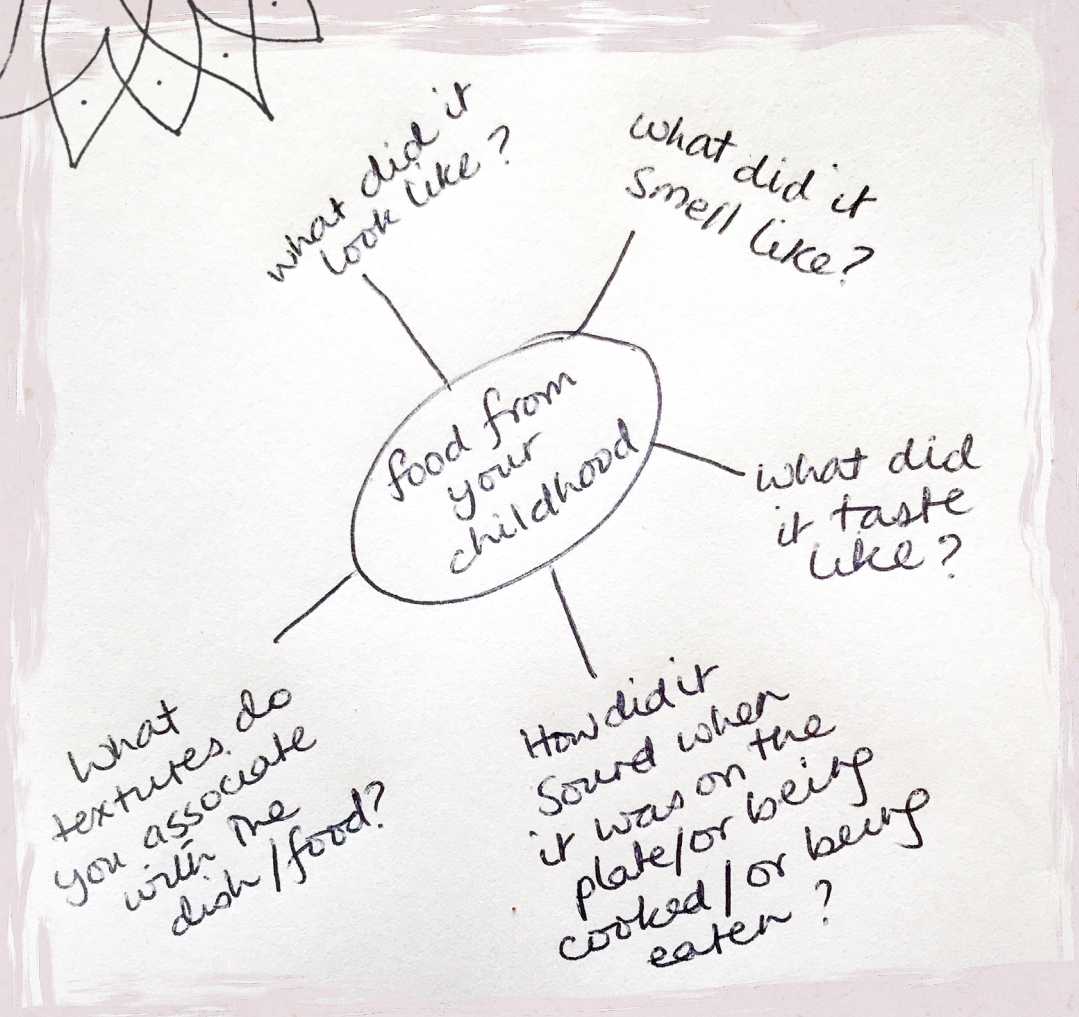


Now work with the senses.

Draw a mind map and make notes for the following questions...

Mind Mapping

- * Use these prompts to think about food that evokes memories for you.
- * Write as many details for each of these as possible.
- * Jot down words and ideas for about five minutes.

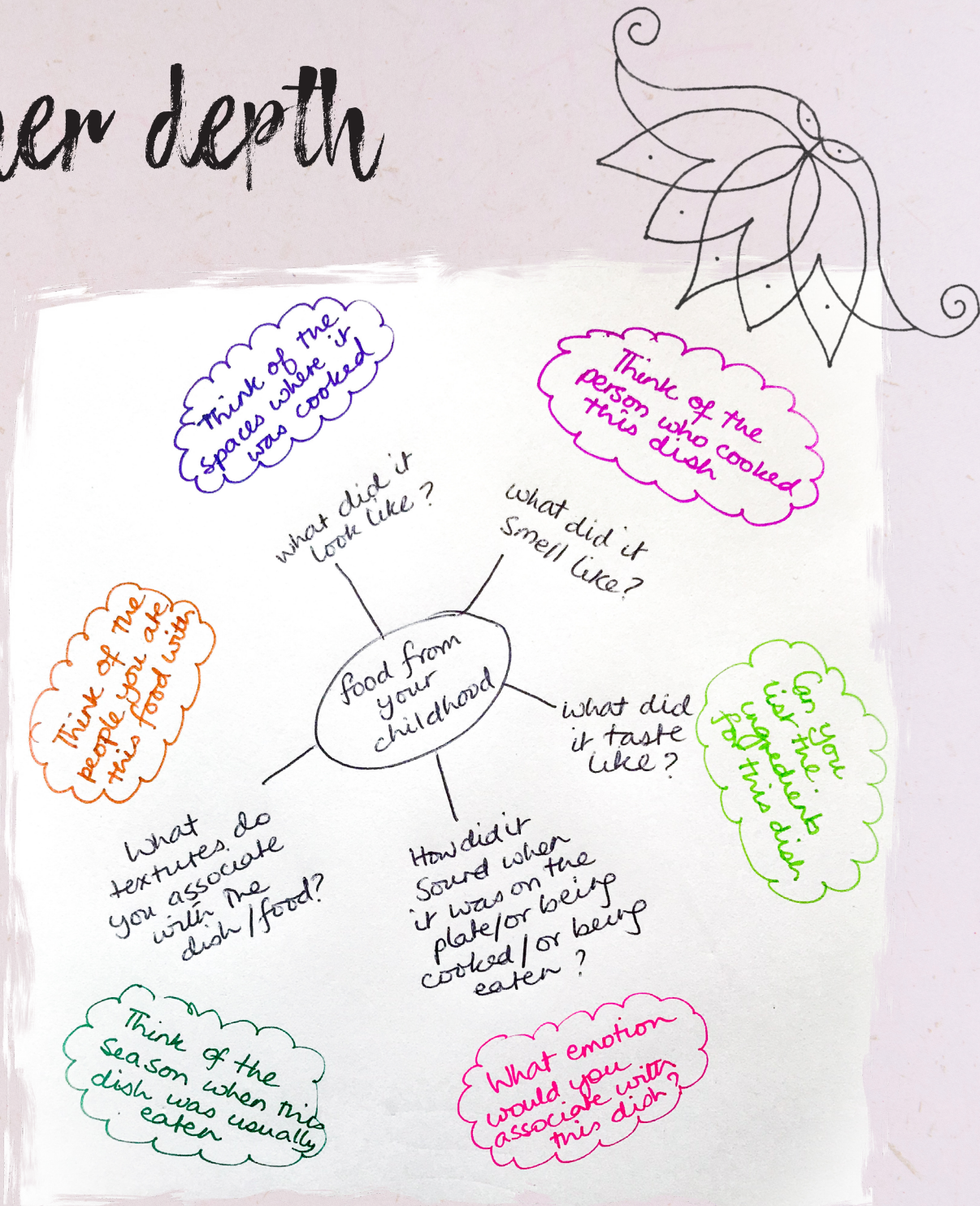


Going into further depth

Now you are thinking of the people, places, seasons, ingredients, emotions that you associate with this dish.

Do some more mind mapping to explore these prompts with greater detail.

Write for about ten minutes now, focusing on each of these questions. You can close your eyes to picture them in your mind before you write them.



Indian Cooking

Moniza Alvi

The bottom of the pan was a palette -
paprika, cayenne, dhania
halide, heaped like powder-paints.
Melted ghee made lakes, golden rivers.
The keema frying, my mother waited
for the fat to bubble to the surface.
Friends brought silver-leaf.
I dropped it on khir -
special rice pudding for parties.
I tasted the landscape, customs
of my father's country -
its fever on biting a chilli.

(From *Carrying my Wife*, Bloodaxe Books, 2000)





Amar mummy wraps me tightly
In a warm paratha hug
Biryani smells surround us
As she expertly stirs the pot.
Amar shona, you are my love.
We stir our words into the food.
As we sit to eat our dinner,
I whisper, mummy I love you.

Amar - my
Shona - loved one / darling



Keluarga saya treats me so well, I can't wait to eat. Love catches us in a warm family hug.

I love you, I love you keluarga saya.

We eat sweet roti and spicy madras lentils.

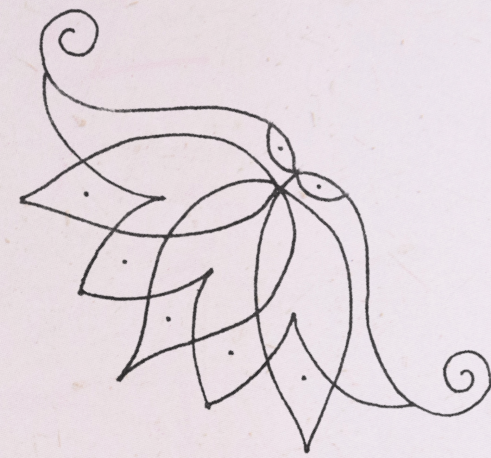
I'll love you forever keluarga saya.

Grace, 1 years old

Keluarga saya - my family in Malay



Dadin's Luchis



Duhita is my Dadin's home, a maze for us to explore in,
My cousins and I play upstairs and run around in the kitchen.
The winter sun spies through the palm trees giving a wonderful, red-orange glow
We decorate the Christmas tree with lights and flowers from the terrace garden
and say, "Khide peyeche, we're hungry!" to Dadin.
After a few minutes of pouring and mixing, we take turns to knead the dough.
We roll it into tiny balls, making perfect, flat, round circles of joy.
Dadin turns the gas on, then dips them into the oil, one-by-one.
As they puff up, they resemble a full moon in a bubbling sea of oil.
We all try to grab a luchi first, crying, "I want that one, can I have it?"
But Dadin smiles and says, "Come on, there's enough for everyone, just don't eat
them all at once!"
We enjoy the luchis with aloo and cholar dal, the food warming our tummies
as we wolf it down.
After dinner, we race to the terrace to admire Kolkata town.
"Can we have more tomorrow, Dadin?" we ask, and she says, "I'll definitely try."
And we watch out for the full moon together - gleaming like a delicious luchi in the sky.

Mihika, 9 years old

Dadin - my paternal grandmother

Luchi - Bengali word for puri. It is an Indian puffed flatbread, deep fried in oil.

Aloo - potato

Cholar dal - a type of lentil

You can also send your recipe

This was shared by Poonam Jhawar, who loves Sabudana Vada

Sabudana Vada (Sago Patties)

Ingredients

1 cup Sabudana/Sago

2 medium sized steamed and
mashed potatoes

1 medium raw potato grated

1 tbsp cumin seeds/jeera

Fresh ginger-garlic-chilli paste

Juice of half fresh lime/lemon

Optional: 1 large tbsp roasted
peanuts (without husk and
coarsely ground)

Salt and sugar to taste

Sabudana vada, one of my favourite fasting snacks, is a fried patty made with sabudana/tapioca pearls (sago), potatoes, peanuts (optional) and herbs. This recipe gives you a super delicious vada that is crispy from outside with a soft and light texture inside. It is gluten free and vegan.

Method:

Wash sabudana and soak overnight in just enough water to soak them properly so that they are evenly submerged in the water.

You will notice the size of sabudana will increase overnight. There shouldn't be any water left if you have taken the correct amount. If water remains, place them in a sieve, drain excess water and keep aside for 1 hour. This process will make them non-sticky.

In a large bowl, add sabudana, mashed potato, raw grated potato, peanuts (optional), ginger-garlic-chilli paste, coriander leaves, cumin seeds, lemon juice, sugar and salt to taste.

Mix all ingredients well and make a soft dough of the mixture. Grease your palms with oil and give them a round ball shape, press a little between your palms and flatten like a pattie.

Heat oil in a frying pan or kadhai over medium heat for deep frying. When the oil is hot, slowly slide 2-3 vadas in the oil. When the surface turns light brown, flip them and deep fry till golden brown on both sides.

Drain prepared vada and transfer them to a plate. Deep fry remaining vadas. Crsipy sabudana vadas are ready; serve them with tamarind chutney or coriander chutney. Enjoy!

Write your poem

Make it a family activity



Use your ideas and prompts, and write your own poem or story about your favourite food.

Remember...

- ✧ A poem doesn't always need to rhyme
- ✧ To use as much imagery as possible
- ✧ To decide on what emotion you want to use for the poem BUT not to mention it in the poem
- ✧ Let the poem show the reader the emotion
- ✧ Enjoy the act of writing your poem down
- ✧ You can share a favourite recipe from your childhood
- ✧ To record your poems and recipes, and send them to us either as text or audio files

Once you have written your poem, stories and recipes please send them to:

education@artasia.org.uk

You can send your audio recordings via Whatsapp:

07484097641

Or Dropbox

www.dropbox.com/request/ekmdaqkuBfNyvb1AeZeW

With your name, age, email address and phone number so we can get in touch with you.

You can find more workshop packs to explore the theme of belonging through art and music - please have a look at them on the Art Asia website and have a go at composing a song, making a paper boat or a drawing.

We look forward to receiving all your creative output, which will be displayed in an exhibition in Southampton. More details about this will be shared soon.

In the meantime, happy writing!



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