

A photograph of a kitchen scene. In the foreground, several large, vibrant green leaves are arranged, some overlapping. A white, cylindrical brush hangs from a metal rack. To the left, a white lampshade is visible. The background shows a kitchen counter with various items, including a metal strainer and a small plant with red berries. The overall lighting is warm and focused on the central elements.

INDEPENDENCE

JAKE TILSON

LUNCH

SOUTH LONDON GALLERY

ATLAS

As far back in time as we can go, the gastronomic value has always been more highly prized than the nutritive... People are 'a creation of desire, not a creation of need.'

Gaston Bachelard



**A LUNCH
COOKED BY
JAKE TILSON
FOR SOUTH
LONDON
GALLERY STAFF
TO CELEBRATE
GALLERY
INDEPENDENCE
- COOKED WITH
INGREDIENTS
FROM
INDEPENDENT
GROCERS &
MARKETS IN
PECKHAM.**

**CHICKEN
PACKAGE**
Gà Gỏi lá Chuối

Vietnam

**VEGETABLE
COUS-COUS**
Kesksou Bil Khodra

Libya

**STEWED
CUCUMBERS**
Concombre en daube

Martinique

**POTATOES &
SPINACH**
Alu Sag

India

**BAGHDAD
SPECIAL EGGS**
Baid Maşūş

11th Century recipe

**AMULET
BÖREK LEEK**
Muska böreği

Turkey

**AMULET
BÖREK
CHEESE**
Amulet börek

Turkey

'If you see ants on the stairs, know
that there is cous-cous upstairs.'

Moroccan saying

**JUMBO
PISTACHIOS**
roasted & salted- Iran

CHICK PEAS
roasted & salted- Iran

**DRIED
MULBERRIES**

Iran

**PLANTAIN
CRISPS**

Walthamstow

**PICKLED
CABBAGE**

China

FRESH HARISSA

Tunisia

**NUỐC MẮM
TỎI ỚT
-FISH SAUCE**

Thailand

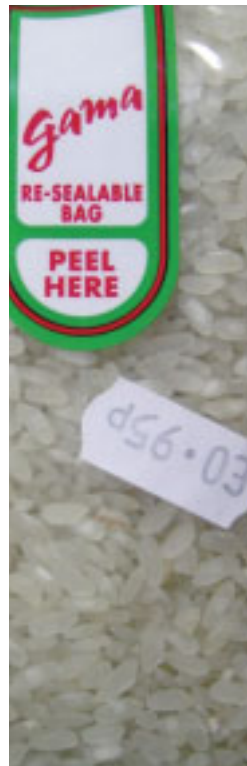
**YOGHURT WITH
FRESH MINT**

**PICKLED
GARLIC**

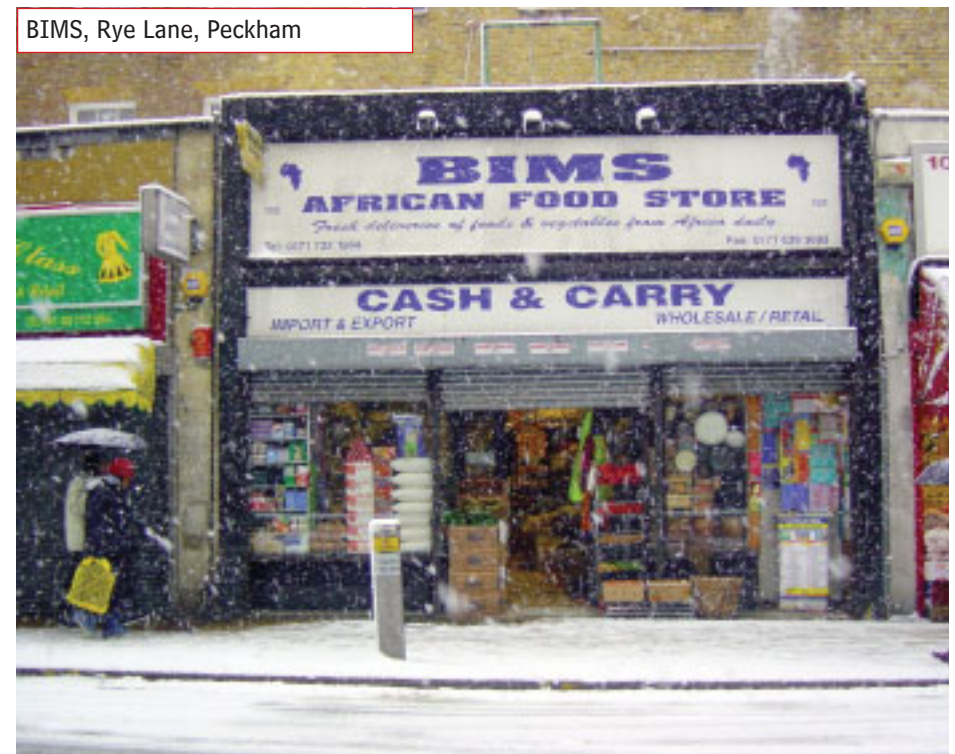
**IRANIAN
OLIVES**

**TURKISH
OLIVES**

PERSIAN BREAD



BIMS, Rye Lane, Peckham



Wing Tai, Hanover Park, Peckham

Choumert Road Market, Peckham



'Virtually every archaeological dig, every diary, every streetscape tells the cooks' tale.'

Michael Symons -
A History of Cooks & Cooking



Persepolis, Peckham Road

Peckham Square Farmers Market, Sundays



Alex Kennedy Ltd, Peckham Road

BAGHDAD SPECIAL EGGS

Beid maşūs

from al-Baghdādī's medieval
manuscript
Kitāb al-Tabīkh
1200

INGREDIENTS >

- | | |
|-----------------------|-----------|
| 6 eggs | Cinnamon |
| Fresh sesame oil | Saffron |
| Finely chopped celery | Vinegar |
| Chopped coriander | Olive oil |
| Ground cumin | |

>• Make sesame oil. Heat a cup of olive oil in a pan, add a tablespoon of sesame seeds and lightly fry for a few minutes. Allow to cool, then sieve.

>• Use some of the oil in a wide frying pan, when hot add the celery and cook until transparent. Add the coriander, cumin, cinnamon, wine vinegar and saffron. Cook for a further two minutes. Break the eggs over the mixture, leave them whole. When cooked remove and serve.

Beid = egg

Masus = Special

CHICKEN PACKAGE

Gà Gỏi lá Chuối

Baked chicken wrapped in banana leaves

VIETNAM

> Called Betutu Ayam in Indonesia



>• Banana leaves bought in a shop may need washing. Wash gently and hang somewhere to drip dry.

>• Marinade: In a small bowl squeeze the juice of a lime, add a pinch of salt, teaspoon of turmeric, half a teaspoon of brown sugar and a little water. Place the chicken in a large bowl. Cut a few deep incisions across the back of the chicken and rub some of the marinade into the cuts. Turn the chicken over and make deep cuts across each breast, on both legs, wings and thighs. Apply the remainder of the marinade rubbing it well into the cuts. Refrigerate for an hour or so.

>• Red paste: Put the following into a food processor - lemongrass, onions, peppers, red chillies, garlic, ginger, cashew nuts, lime juice, brown sugar, salt and pepper. Process the mixture until it becomes a smooth paste. Fry the paste in a little olive oil on a medium heat so it takes on a dark red colour, this

INGREDIENTS >

- Stick of fresh lemon grass, finely cut crossways
- 3 large fresh red chillies, seeded
- Juice of one lime
- 1 tablespoon dark brown sugar
- 1/2 teaspoon turmeric
- 1/4 teaspoon chilli powder
- 3 red peppers, seeded
- I large onion, chopped
- Four cloves garlic
- Handful of cashew nuts
- 2 inch cube fresh ginger
- Fresh coriander
- 2 large green plantains
- Pepper
- Oil
- I large chicken
- Banana leaves
- Large roasting tray



may take ten minutes.

>• Making the parcel. The aim is to wrap the entire chicken in a double parcel of banana leaves and sew it together. Now is a good time to preheat the oven, gas mark 5. Peel and slice the plantain lengthways. Line the bottom of your roasting tray with the slices. Place two long banana leaves on the tray, forming a cross and check they will cover the chicken with a good overlap. Spread some red paste onto the back of the chicken, rest it on the centre of the banana leaves and smear the remainder of the paste over the chicken. Stuff a small bunch of coriander in the chest cavity. Carefully fold the leaves over the chicken, tucking some under and then finally sewing together the top pair. It is important that the juices don't run into the tray too much.

>• Cook at gas mark 5 for three hours. Turn the tray occasionally.

FRESH HARISSA

Harissa

North African hot sauce

TUNISIA

> Also used in Algerian and Libyan cuisine

INGREDIENTS >

- 150 large, long red chillies
- 4 cloves garlic
- 1 teaspoon ground coriander
- 3 teaspoons caraway seeds
- 3 teaspoons cumin seeds
- 1 tablespoon tomato purée
- Hot smoked Spanish paprika
- 3 roasted piquillo red peppers
- Olive oil
- Capful of wine vinegar

>• Use rubber gloves to handle the chillies. Cut each chilli lengthways and scrape away the seeds and ridged veins inside. Roughly chop the chillies and garlic - whizz in a food processor until smooth, add a little water if necessary.

>• Dry roast the caraway and cumin seeds. Grind them in a mortar and pestle.

>• Add the caraway and cumin seeds to the mix - also add the coriander, Spanish paprika and the piquillo peppers. Mix well.

>• Transfer to a bowl - add the tomato purée, red wine vinegar and 3 tablespoons of olive oil.

Can be refrigerated. Freezes well.

STEWED CUCUMBERS

Concombre en daube

MARTINIQUE

INGREDIENTS >

3 cucumbers
Olive oil
1 onion finely
chopped
3 tomatoes peeled
and chopped
1 teaspoon of sugar
Salt
Pepper

>• Peel the cucumbers. Cut them in half lengthways, scrape out and discard the seeds. Cut the cucumber halves into 1 inch pieces.

>• Heat some olive oil in a heavy pan, sauté the onions until transparent. Add the tomatoes, cucumbers, salt, pepper and sugar.

>• Simmer gently for half an hour. You may need to add the occasional tablespoon of water to stop it burning.

>• Serve hot.



These cookes, how they stampe,
and streyne, and grynde,
And turnen substance into accident,
To fulfille al thy likerous talent!

Geoffrey Chaucher



Yesil Irmak, Peckham Hill Street



BIMS, Rye Lane

Cooking, 'it has never been sufficiently
emphasised, is with language a truly
universal form of human activity.'

Claude Lévi-Strauss

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RIGHT >

**Independence Lunch - diorama by
Jake Tilson**

A diorama made from fly-tipped materials found within half a mile of the gallery filled with the research and evidence of an independence celebration lunch served to South London Gallery staff, cooked with ingredients from independent grocers and markets in Peckham.

Dimensions

267 X 71 X 56 cms

105 X 28 X 22 inches



Diorama - IN PROGRESS