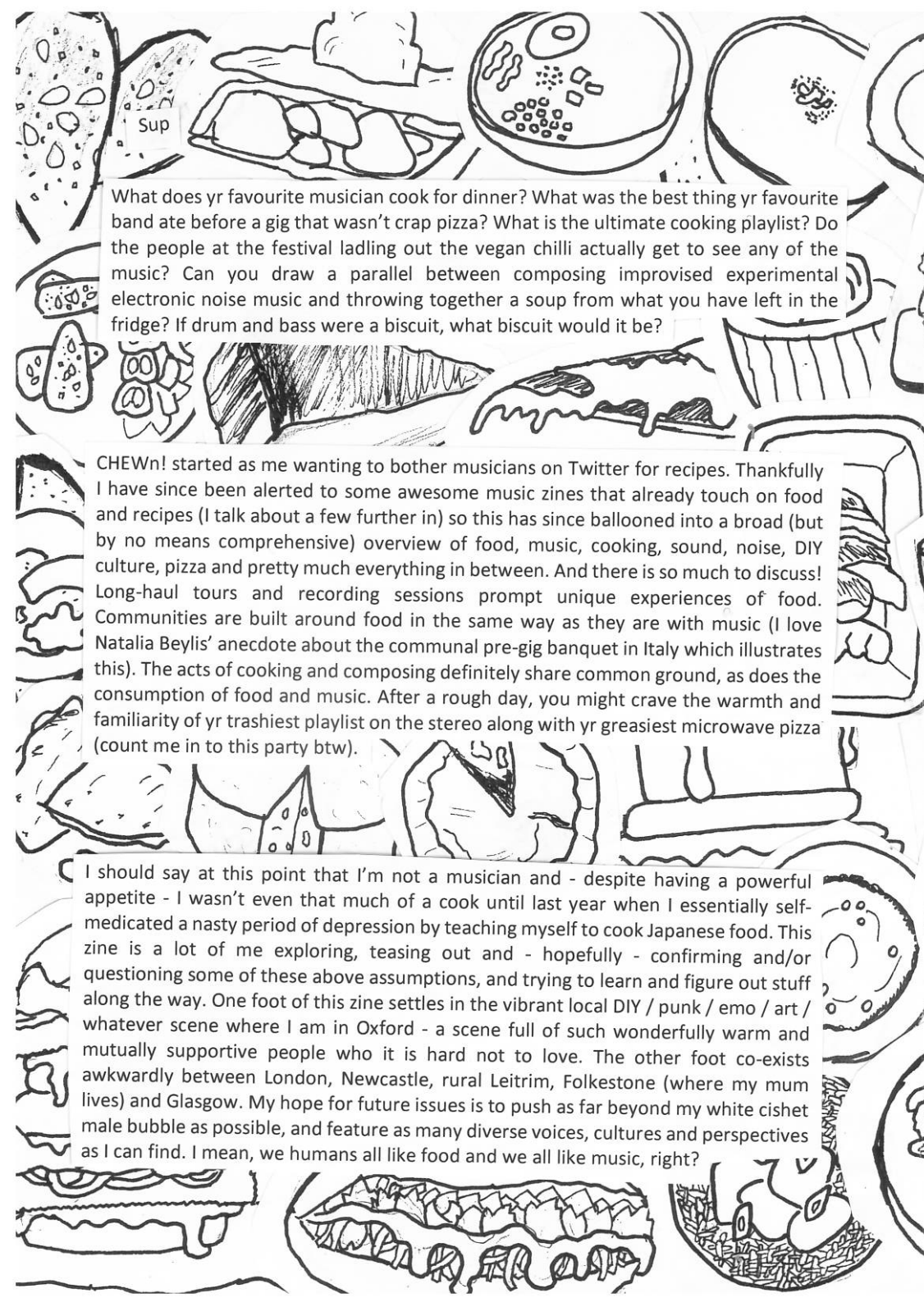


CHEW!



A FOOD
& MUSIC ZINE
#1

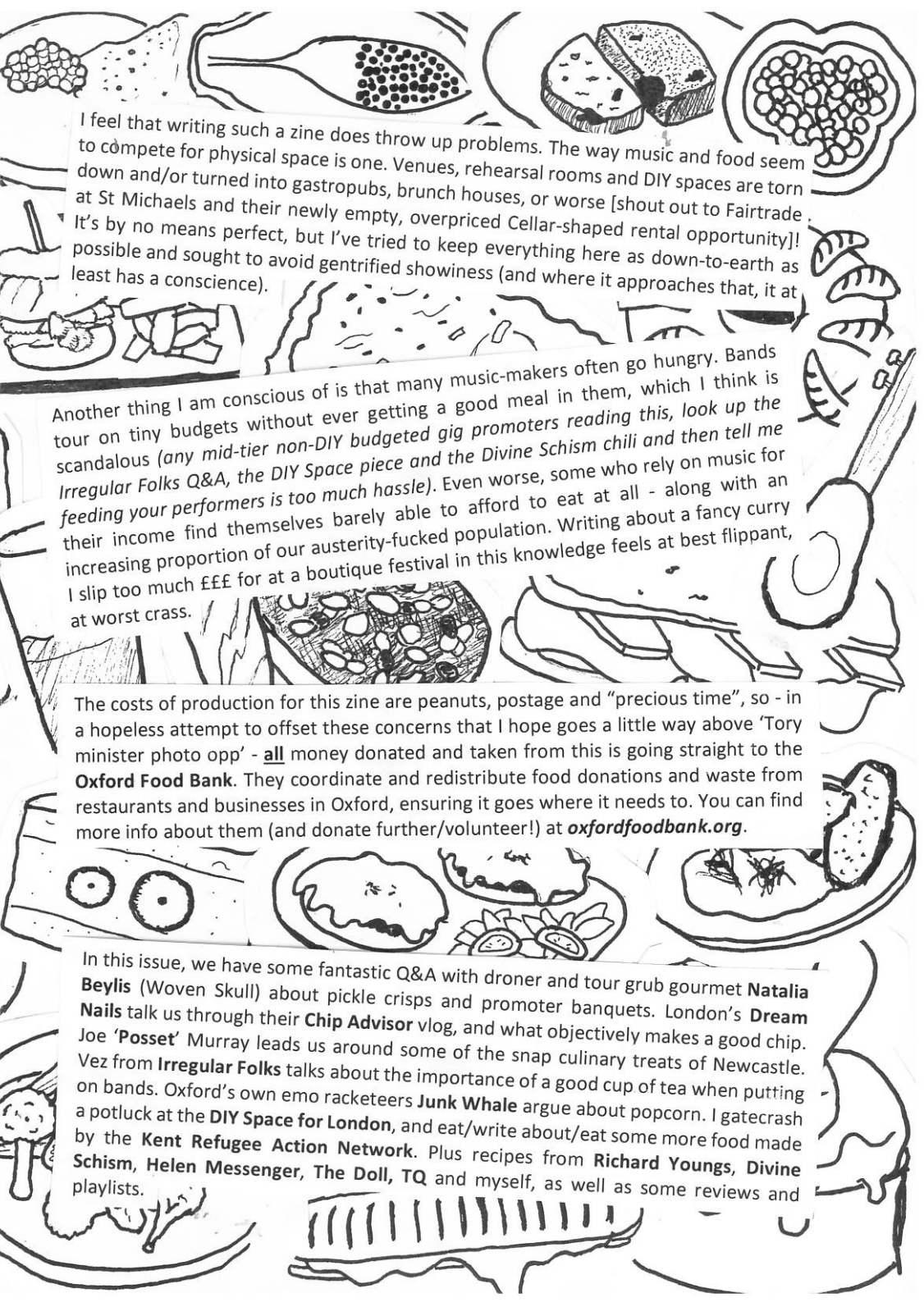




What does yr favourite musician cook for dinner? What was the best thing yr favourite band ate before a gig that wasn't crap pizza? What is the ultimate cooking playlist? Do the people at the festival ladling out the vegan chilli actually get to see any of the music? Can you draw a parallel between composing improvised experimental electronic noise music and throwing together a soup from what you have left in the fridge? If drum and bass were a biscuit, what biscuit would it be?

CHEWn! started as me wanting to bother musicians on Twitter for recipes. Thankfully I have since been alerted to some awesome music zines that already touch on food and recipes (I talk about a few further in) so this has since ballooned into a broad (but by no means comprehensive) overview of food, music, cooking, sound, noise, DIY culture, pizza and pretty much everything in between. And there is so much to discuss! Long-haul tours and recording sessions prompt unique experiences of food. Communities are built around food in the same way as they are with music (I love Natalia Beylis' anecdote about the communal pre-gig banquet in Italy which illustrates this). The acts of cooking and composing definitely share common ground, as does the consumption of food and music. After a rough day, you might crave the warmth and familiarity of yr trashiest playlist on the stereo along with yr greasiest microwave pizza (count me in to this party btw).

I should say at this point that I'm not a musician and - despite having a powerful appetite - I wasn't even that much of a cook until last year when I essentially self-medicated a nasty period of depression by teaching myself to cook Japanese food. This zine is a lot of me exploring, teasing out and - hopefully - confirming and/or questioning some of these above assumptions, and trying to learn and figure out stuff along the way. One foot of this zine settles in the vibrant local DIY / punk / emo / art / whatever scene where I am in Oxford - a scene full of such wonderfully warm and mutually supportive people who it is hard not to love. The other foot co-exists awkwardly between London, Newcastle, rural Leitrim, Folkestone (where my mum lives) and Glasgow. My hope for future issues is to push as far beyond my white cishet male bubble as possible, and feature as many diverse voices, cultures and perspectives as I can find. I mean, we humans all like food and we all like music, right?

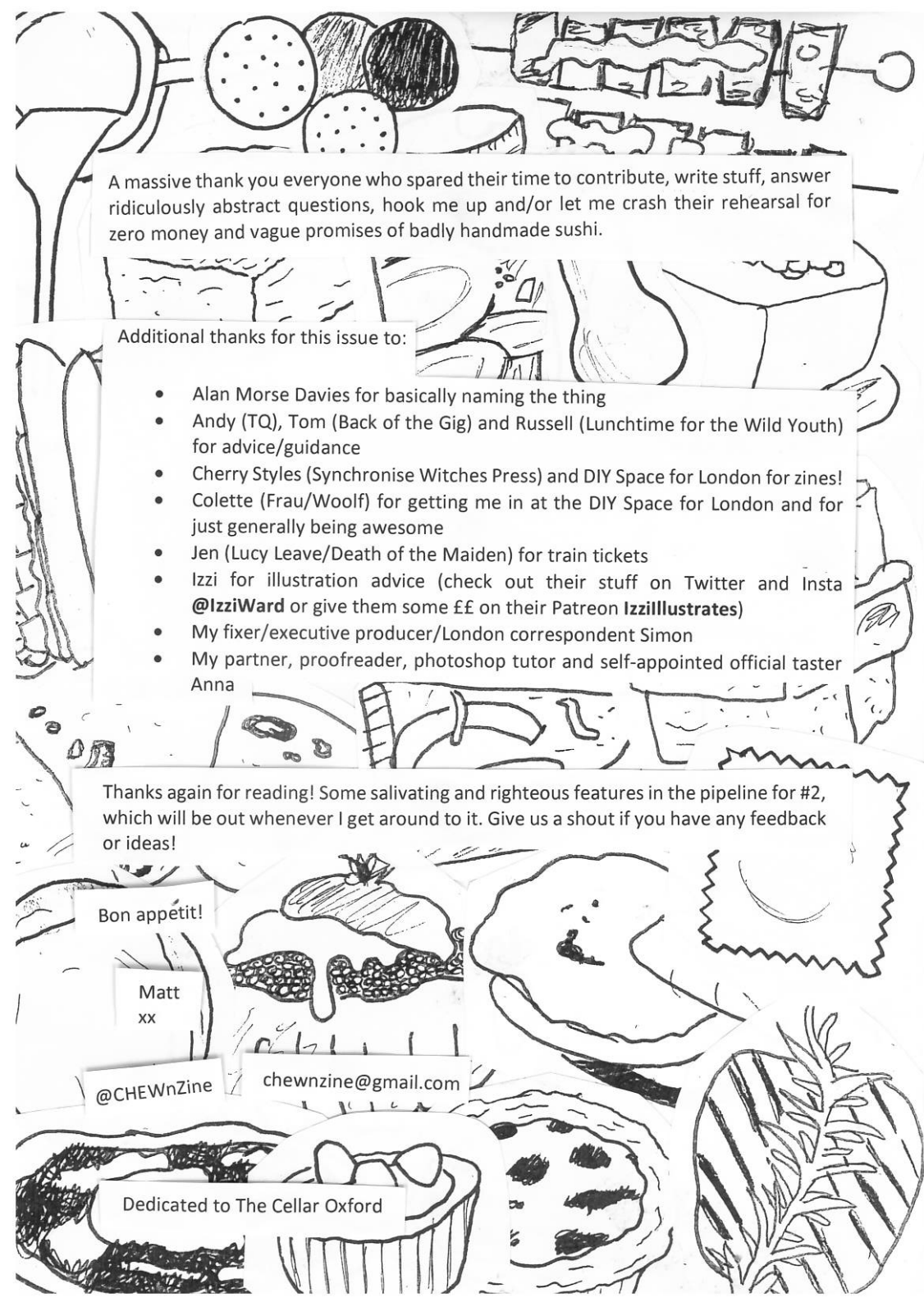


I feel that writing such a zine does throw up problems. The way music and food seem to compete for physical space is one. Venues, rehearsal rooms and DIY spaces are torn down and/or turned into gastropubs, brunch houses, or worse [shout out to Fairtrade at St Michaels and their newly empty, overpriced Cellar-shaped rental opportunity]! It's by no means perfect, but I've tried to keep everything here as down-to-earth as possible and sought to avoid gentrified showiness (and where it approaches that, it at least has a conscience).

Another thing I am conscious of is that many music-makers often go hungry. Bands tour on tiny budgets without ever getting a good meal in them, which I think is scandalous (any mid-tier non-DIY budgeted gig promoters reading this, look up the Irregular Folks Q&A, the DIY Space piece and the Divine Schism chili and then tell me feeding your performers is too much hassle). Even worse, some who rely on music for their income find themselves barely able to afford to eat at all - along with an increasing proportion of our austerity-fucked population. Writing about a fancy curry I slip too much £££ for at a boutique festival in this knowledge feels at best flippant, at worst crass.

The costs of production for this zine are peanuts, postage and "precious time", so - in a hopeless attempt to offset these concerns that I hope goes a little way above 'Tory minister photo opp' - all money donated and taken from this is going straight to the **Oxford Food Bank**. They coordinate and redistribute food donations and waste from restaurants and businesses in Oxford, ensuring it goes where it needs to. You can find more info about them (and donate further/volunteer!) at oxfordfoodbank.org.

In this issue, we have some fantastic Q&A with droner and tour grub gourmet **Natalia Beylis** (Woven Skull) about pickle crisps and promoter banquets. London's **Dream Nails** talk us through their **Chip Advisor** vlog, and what objectively makes a good chip. Joe 'Posset' Murray leads us around some of the snap culinary treats of Newcastle. Vez from **Irregular Folks** talks about the importance of a good cup of tea when putting on bands. Oxford's own emo racketeers **Junk Whale** argue about popcorn. I gatecrash a potluck at the **DIY Space for London**, and eat/write about/eat some more food made by the **Kent Refugee Action Network**. Plus recipes from **Richard Youngs**, **Divine Schism**, **Helen Messenger**, **The Doll**, **TQ** and myself, as well as some reviews and playlists.



A massive thank you everyone who spared their time to contribute, write stuff, answer ridiculously abstract questions, hook me up and/or let me crash their rehearsal for zero money and vague promises of badly handmade sushi.

Additional thanks for this issue to:

- Alan Morse Davies for basically naming the thing
- Andy (TQ), Tom (Back of the Gig) and Russell (Lunchtime for the Wild Youth) for advice/guidance
- Cherry Styles (Synchronise Witches Press) and DIY Space for London for zines!
- Colette (Frau/WoOLF) for getting me in at the DIY Space for London and for just generally being awesome
- Jen (Lucy Leave/Death of the Maiden) for train tickets
- Izzi for illustration advice (check out their stuff on Twitter and Insta [@IzziWard](#) or give them some ££ on their Patreon [Izzillustrates](#))
- My fixer/executive producer/London correspondent Simon
- My partner, proofreader, photoshop tutor and self-appointed official taster Anna

Thanks again for reading! Some salivating and righteous features in the pipeline for #2, which will be out whenever I get around to it. Give us a shout if you have any feedback or ideas!

Bon appétit!

Matt
xx

@CHEWnZine

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Dedicated to The Cellar Oxford

Irregular Folks



*You know what makes a concert or an all-dayer better? Repurposed armchairs, bedouin tents, drunken drawing, homemade things, gin distilleries, massive churches and COMEDY! That's just some of what Vez does with **Irregular Folks** in Oxford: creating a deliciously eccentric universe of whimsy and lawks around past billings such as Rozi Plain, Dead Rat Orchestra, Brigid Mae Power, Peter Broderick, You Are Wolf, Bas Jan and Alabaster De Plume. She boldly stated to me during initial discussions that the food at her concerts are as important as music. Intrigued, I asked her to tell me more (I wish it were over a good builders tea and some homemade tart but it was just over email, sorry)*

Hello Vez!

For those not familiar, can you tell us a little bit about Irregular Folks, and the events you put on?

Ah well, Irregular Folks is primarily an alternative music club, it's aim being to celebrate people who are unique and brave creatives who aren't afraid to follow their own path. As well as music, every so often it also crosses into comedy, film, and whatever kind of artform it feels inspired by.

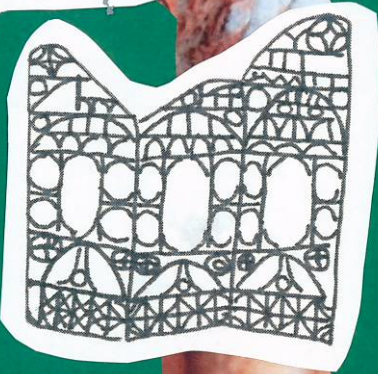
How important is the food at Irregular Folks events?

Food and drink is every bit as much of a joy to put together as the music programme. Sadly I am a bit restricted by finances but doing the best you can with what's available is an exciting challenge.



What kind of food have you had at events in the past?

High quality but affordable, and carefully sourced from local suppliers. Where possible handmade, even if it means it's a bit more fiddly and may well cost me more. For example, for our Winter Special I'll bring in these amazing Viennese Whirl mince pies from Cornfield Bakery in Wheatley. It always irked me how you go to an event at Christmas and there's these standard issue mince pies looking apologetically up at you! The mulled wine is specially made too. It's trimmings like these that, if you ask me, add an extra sparkle and soul to the gig.



What's the best artist/food pairing you've had at one of your shows?

I did have a performance at the Summer Sessions once where a musician did a workshop on how to make a recorder out of carrots. That was a hoot!

Do you have any unofficial favourite show foods?

The good ol' filling sausage roll. Handheld, tasty and great for soaking up the booze.

You had your summer session at the T.O.A.D. gin distillery in Oxford last year. How was that?

In terms of food it was by far my best yet! Because the venue didn't have food already, I was able to at last realise something I've always wanted to do and curate the food there. Researching all these really cool small independently-owned mobile food providers was like one of the most feel-good google searches I've ever done. Made me actually want to put on an Irregular Folks food festival!!! We had the ever

incredible and wonderfully warm-hearted Taste Tibet. We also had the Bread for Life truck, who make their dough from the same heritage grain that TOAD used to make their gin. They also put their profits into supporting the homeless as well as teaching them baking skills. I utterly love concepts where so many aspects of it have been carefully thought out, so much more than just sell food to people.



Do you yourself make food for your artists?

I used to tour with bands, so I know how far the heart sinks when you get backstage and see super basic, mass produced, overly packaged supermarket foods. I've always made an extra effort to offer handmade food. I find a filling veggie meal is loved by everyone - like a roasted veg, green lentil salad with rocket, and optional feta. I get bands to nominate their fav cake flavour and, if I can, bake it for them to have with a nice cuppa during soundcheck. Even just offering to make them a cuppa rather than leaving them to a room with plastic cups and a kettle brings such a positive reaction. On the very rare occasion, some prefer a buy-out. I do a crib sheet of all the places I'd recommend and - here's the crux - I'll add in how long it takes to get to that place and a rough estimate on service times. It's so important when you are touring to be able to eat well, and sadly it's something that's all too often the first thing that goes.



Thanks a tonne Vez! Any upcoming plans?

Sign up to our mailing list! There's a button on the bottom of the website home page - always the best way to find out! Next confirmed shows are 'Tracy Collins and Friends' at the Old Fire Station on 2nd October - an awesome journey to the bizarre with characters such as Tina T'Urner Tea Lady, Audrey Heartburn, Flo Hairdresser to the Stars, Fanny Leg Up and many others. And then hopefully later in the year we'll Go Dark who played our Summer Session a couple years back [*they absolutely slayed it!* - ed] and who have a debut record out on Bella Union.

www.irregularfolks.co.uk/
@IrregularFolks



KAROOHA CURRY

by THE DOLL

Squash! You ever look at them in the market, in all their freaky alien glory, and pain yrself wondering just what you can actually do with them other than, I dunno, soup? Luckily, Antipodean noisemaker, Robson and Jerome repurposer and scratch taro whizz **The Doll** has shared a recipe for some delish curry with kabocha squash. Doing what she does best with her admirably sustainable Dubbed Tapes label, she's brought along some old/lost tapes to share too! She takes up the tale:

This is something I made up when I was a student and had hardly any funds. It will feed a whole flat, or it will feed you one meal a day for a week. It's really nice to eat for breakfast, cold, the next day. The spices get better the longer you have it.

You can also make it with other veggies, or a mixture. I've used potato, kumara (sweet potato), taro, & pumpkin (you'll need to cut the skin off this). I've tried the mushrooms with darker ales and stouts, it wasn't very good. No point wasting a fancy hipster beer, however a Kingfisher would be great. I've substituted the apple for kiwifruit which was fine, it just needs a bit of fruit to add sweetness.

WHAT YOU NEED

kabocha squash, green skin on (cut any discoloured or bulbous bits of), chopped in 1.5inch chunks

2 onions, chopped

half a bulb of garlic, chopped

celery, the top 2 inches of a bunch incl leaves, chopped

can of diced tomatoes

small button mushrooms, soaked whole in a can of cheap lager for about 30 minutes

can of coconut cream/thick milk

1 apple, chopped

loads of curry powder or paste as instructions (if you use curry powder, add a bit of vinegar)

cumin seeds

cumin powder

chilli (to taste)

oil

WHAT YOU DO

Put oil, onions, garlic, curry powder/paste, cumin seeds, cumin powder & chilli in large pot. Cook until onions are softened.

Add tomatoes, celery, apple & coconut cream, bring to boil.

Add kabocha, bring to boil then simmer for about 35 minutes.

Add mushrooms & simmer until they're gently cooked.

The beer will keep them juicy & also amplify the flavour of the mushroom. You'll get a refreshing beer mouthful amongst the spices.

Serve with brown rice, papadums, crunchy salad & hot lime pickle.

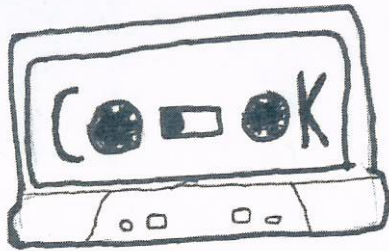
SOUNDTRACK

This recipe was created quite a while ago now & my cooking records/tapes would certainly have included some of the following:

Erasure 'The Circus'
Sinéad O'Connor 'The Lion and the Cobra'
Hallelujah Picassos 'Taxi Driver'
Cyndi Lauper 'She's So Unusual'
The Psychedelic Furs 'The Psychedelic Furs'
Massive Attack 'Blue Lines'
The Pixies 'Trompe le Monde'

Happily, my records/tapes still include all of the above except for the (now impossible to find) Taxi Driver tape which someone nicked. Whoever you are, you're not a very nice person, that music is not available digitally & probably never will be. I am sure, however, that you have been suitably punished with a life of Auckland suburban blandness and the tediousness of sitting around on Saturday nights reminiscing about The Good Old Days whilst listening to endless Dad Rock vinyl reissues.

<http://www.dadashopping.net>
<https://dubbedtapes.bandcamp.com>



ING TAPES

I have an old two-deck cassette player in my kitchen that I got off Freecycle. The left deck doesn't work, I can never tune the radio and it's static-y as hell, but it does a damn fine job soundtracking a stir fry or the washing up. I've amassed a decent amount of tapes from various support sets, Bandcamp punts and the odd find in the Cowley Road Oxfam that get a pretty solid rotation in the kitchen. Ranging from shouty punx to old blues to handmade electronics to sludgy vocal gristle, they can always be counted on to add some extra oomph to a vegetable ramen or my pa's old pizza dough. Even if they don't form a coherent 'sound' or 'taste' at all. But then who's palette does that really, eh?

Here are some regulars [some out-of-print/I dunno, sorry]:

Hattie Cooke, *Hattie Cooke* (Third Kind)

Still House Plants, *Assemblages* (GLARC)

Seny Sangare & Safoura Denou, *S/T* (Label unknown – found in Cowley Road Oxfam)

Garden Centre, *Garden Centre / Monster Energy* (Self Released)

Carla Del Forno, *Top of the Pops* (Self Released)

Lithics, *Borrowed Floors* (See My Friends Records)

Ailbhe Nic Oireachtaigh, *Oreing* (Fort Evil Fruit)

Owner, *Demo 2017* (Nervous Energy)

Charnpit, *Squirrel Away the Summer* (Everything Sucks)

Harry Smyth's Anthology of American Folk Music (3 cassettes on Death is Not the End)

Stef Ketteringham, *More Guitar Arrangements* (Crow Versus Crow)

tendencyitis, *microdebris* (Dubbed Tapes)

Worker vs. Parasite, *Ritual Incompetence* (Liquid Library)

Mirrored Lips, *Сексуальность неуместна* (Cruel Nature)

Think What?

Bands like snacks. Apparently. Oxford's own **Junk Whale** are a band. They recently recorded their debut album, during which they put up an obscene Insta post of their mountain of session calories. Following this, they invited CHEWn! to crash their precious rehearsal time to talk about their favourite (and not so favourite) small eats. Some charged, Some Kind of Monster-esque conflict ensued. You'll never look at a doughnut the same way again:



PICKLED ONIONS

JOE [gtr/vox] Every year my dad makes a batch of homemade pickled onions and gives them to me for Christmas. I don't know what's in them. Probably some cider vinegar, some cloves and maybe some little chillies. If I were to compare this to music? Probably the hurdy-gurdy. I think most people would not want to hear the hurdy-gurdy, but I love that shit. It's pretty spicy. [They eat one to demonstrate this, much to the disgust of everyone else present]

SALT + VINEGAR McCOYS

JENNY [bass/vox]: If we'd done this a few months ago, it would have been salt and vinegar chipsticks, but I've moved on to these. These were my hangover cure but now I'm addicted to them. My partner likes to repeat this same thing: "you know why grated cheese tastes so much better? Cos its got a greater surface area". that's my theory about McCoys. Greater surface area.



GUYLIAN CHOCOLATES

ALI [drum]: Not sure when I started getting these. If I'm not feeling too good, I'll get a thing of shells. Or when I'm feeling really good. They're a bit of a guilty pleasure because they're quite expensive but, y'know, I'm worth it. And you can't put a price on happiness. Well. You can. And it's £4.50. A box usually lasts me maybe an hour. I'd like to pair this with water too. I don't know why, but when you've had a few and you drink some water, oh fuck me! The water is even better than the chocolate. If they were music? Possibly the soundtrack to the Little Mermaid. [He gets through a good $\frac{3}{4}$ of a box over the course of the interview]

SNICKERS

HANNAH [gtr/vox]: A point of contention in the band. I really rate them. As a child I did not like them but I came into them quite late in life. Maybe about 2 years ago.

ALI: [with mouthful of Guylian] What are they?

JEN: I thought they were just Mars bars ruined by peanuts.

ALI: I think it's worth mentioning that Jenny and I think it's bullshit. I don't get down with nuts and chocolate.

POT NOODLES



JOE: I've been known to eat about 3 or 4 in one go. My preferred flavour would be Chow Mein, but you can't often find a king size one. I had a conversation with Robbie [Fancy Dress Party/Basic Dicks] who said that he thought the King Size Pot Noodle should be the standard size and there should be a bigger size than King Size. I would add to that the little sachet of sauce you get in Pot Noodles at the moment are the same size no matter what, and that just doesn't make any sense. Which is why I brought extra Soy Sauce cos you need extra sauce.

SALT + SWEET POPCORN (MIXED)

HAN: So I was always a fan of sweet popcorn. And then a few years ago, when Joe and I were dating and they were really into salt popcorn, I had to get into the salt because they didn't like the sweet. Then I discovered that you can ask for a mix! then I started to go to the cinema on my own more often! I'm just a mixed gal! What you can do if you're seeing someone who only likes the salt popcorn (and it's a real struggle) is you can buy a bag of Revels and combine the two. One hand in each.

JOE: Sweet popcorn is an abomination!! I just think popcorn should be savoury. The perfect marriage between flavour and the vessel.

ALI: I'd second that.

JEN: No no I'm with Hannah.



DOUGHNUTS

ALI: [Sarcastically] Everybody loves doughnuts. But I had a bad experience with one. I was at school and I had a bad one for pudding, and ever since then I just can't. My old band had a song called 'Gimme the Doughnut'. It's a metaphor. One time we played in London and people came with doughnuts. We played the song, and they waved them around, and one person came up and hung one on my mic stand as I was singing. I thought 'well that's fucking gross'. And then afterwards, someone in the audience sent us an email saying 'you were really good, but I really didn't appreciate the way you got on with the crowd.' It was bizarre.



MILK CHOCOLATE HOB NOBS

JEN: I was off work sick the other day and I treated myself to a packet of these. The ultimate comfort food.

ALI: I like a milk chocolate hob nob definitely, but it depends what I'm drinking with it. What I do - and people think this is barbaric but I swear by it - you know when dip you biscuit in your mug and it falls off? Well I pre-empt that by breaking the biscuit into lots of small pieces and then just chucking them in, and then you just fish them out with a spoon.

HAN: Yeah I do that too.

JOE: I've never noticed you do that before. I've lived with you for like 8 years and I've never seen you do that.

MALTESERS (+HORLICKS)

JEN: They go well with everything. Including popcorn. You can eat so many cos they're so light. Have you ever had Horlicks? The middle of Maltesers are like Horlicks. I could eat a spoonful of Horlicks for the maltiness you get in the middle of Maltesers.

JOE: No. They're like sawdust covered in chocolate.

VE / GF LIME + SWEET POTATO CAKE

This was a cake I made for a gig by Despicable Zee (despicablezee.bandcamp.com) at the Fusion Arts centre in Oxford (she had already brought some really nice Iranian pastries and dates from Rosie's on Northway, so I felt slightly wary about my amateurish cake being associated with this really nice food). This was genuinely the 3rd or 4th cake I'd baked, and my first ever attempt with gluten free flour, but it somehow turned out amazing (I have made it since - it was not a fluke!).

The recipe is adapted from a blog called *The Emotional Baker* (theemotionalbaker.com). I freed it from gluten, clumsily converted from cup to g/ml (seriously, refer to the original), tweaked a couple of ingredients based on what was more to hand, and did my own icing. The cake itself is also semi-inspired by a super nice Anna Jones recipe for Sweet Potato, Lime and Peanut soup (from *A Modern Way to Cook*). I really need to find a way to work peanut butter and soy sauce into the batter at some point but that's for another time.

INGREDIENTS

Sweet Potato (½ of one, boiled/roasted and then mashed)
Gluten Free Self Raising Flour (I use Doves Farm), 150g
Sugar, 150g
Vanilla Extract, 1 teaspoon
Cinnamon, 1 teaspoon
Nutmeg, ½ teaspoon
Soy Milk, 150ml
Vegetable Oil, 80ml
Icing Sugar and Lime Juice for icing, lots of
Crystallised Ginger (not GF), Lime Zest and/or Peanuts for decoration (optional)

METHOD

↙ 180°C!

1. Preheat yr oven. Grease a cake tin or baking tin. Bear in mind it won't rise much.
2. Combine flour, sugar, nutmeg and cinnamon in a mixing bowl
3. Combine the mashed sweet potato, soy milk, oil and vanilla extract in a separate, bigger bowl
4. Add the dry ingredients to the wet ingredients and gently fold into a smooth batter (be sure to make sure you absorb any hidden kernels of dryness into the mixture)
5. Tip into yr greased tin
6. Bake for 30ish minutes, or until a skewer comes out clean. Leave to cool.
7. For icing, just add lime juice to icing sugar and stir. I didn't measure this, just used trial and error. Keep going until you have enough and yr happy it isn't offensively limey.
8. Once cake has cooled, drizzle + spread the icing and any decorations you please.

WHERE TO EAT IN NEWCASTLE ACCORDING TO

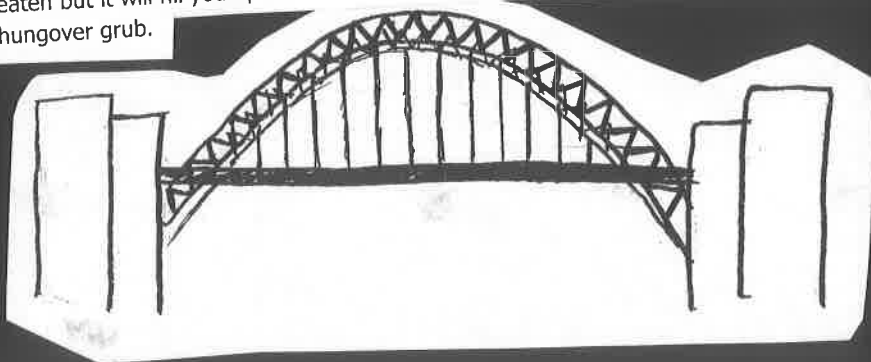
POSSET

You know what I like? Things that sound like I'm being digested. That's what shopping list archivist and occasional chronicler of the sludge-under-the-taps for the Radio Free Midwich blog Joe Posset does best. Spouting eponymous emissions of sludgy dictaphones, mashed up text-to-speech blather and half-sampled gunk on a regular basis rubs me right up it does! Along with "super-gent" Has Gaylani, Joe also coordinates the [excellent] film programme at Gatehead's Tusk Festival - which I finally managed to make last year, eating half of the Toon in between listening to Milford Graves talk about the importance of being polite in cheese shops. For those looking to drop by the Toon anytime soon, he has this to say:

Now then readers. When I ask you to think of Newcastle-upon-Tyne what sort of images form in your mind? The Tyne Bridge? The perma-tanned hi-jinxes of Geordie Shore? Or Paul "Gazza" Gascoigne's hostage negotiation? Aye...if you want all that, it's there alright. But dig a little deeper and Newcastle has a vibrant, exciting and affordable Vegetarian and Vegan food scene. Maybe you are in the toon for a wild night out, attending one of the two excellent universities or checking out the outstanding underground art, music and theatre scene. But, whatever the reason you'll need some bait at some point eh? And it's to you I humbly present this wonky tour of Newcastle's finest eateries. Gan canny!

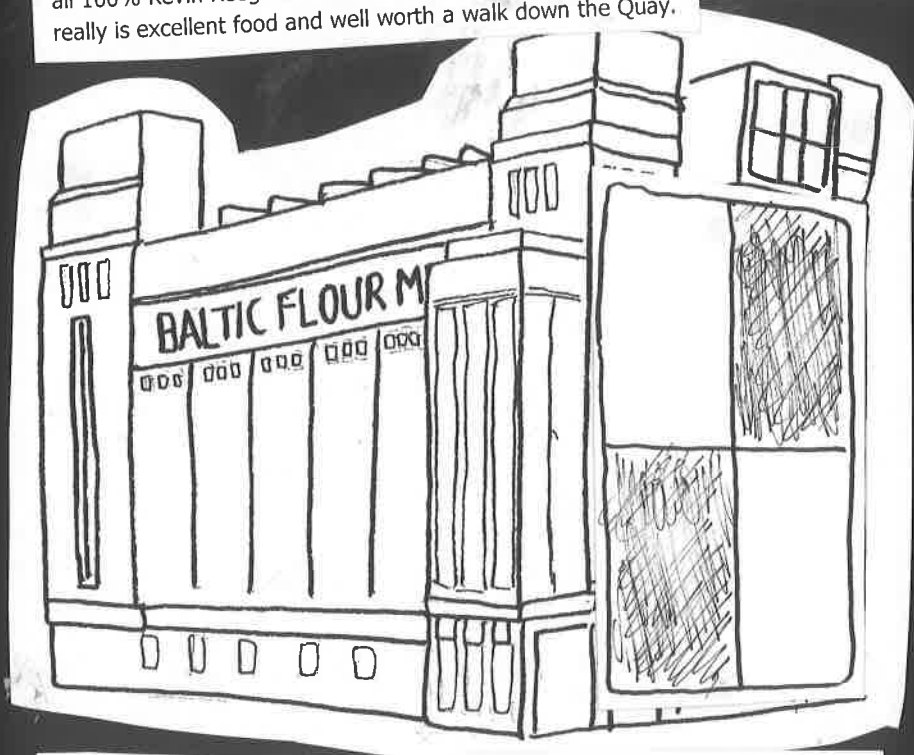
Sunday Market

Less than a metre from the choppy waters of the Tyne and directly under it's namesake of a bridge, this collection of street foods vendors feels like you're sleepwalking into a Northern Borough Market. Stalls are itinerant and unreliable - here one week, gone the next - but if you are looking for something hot, quick and tasty you are spoiled for choice. The adventurous world-eater can graze easily between Greece and Cambodia, Vietnam and China along with a sly side-order of ubiquitous chips, donuts and kebabs. Veggie and vegan options are available on almost all stalls with a plate of food available from £5-7. It's not going to be the best thing you've ever eaten but it will fill you up there and then. Only open on Sundays naturally. File under hungover grub.



The Ship

If you've not been to Newcastle for a while you may remember the Ship was a rough as arseholes cheap-trebs-and-a-ruck kinda place. But forget all that bad karma and bruises! It's bloody lovely now. Both friendly and LGBTI-focused my vegan friends consider this the best place to eat in town. In the classy Ouseburn valley and nestled beneath Byker Bridge the whole darn pub is vegan (including all beers)! The food is a twist on classic pub grub: so expect chilli n' nachos, fish and chips, burgers, noodle soup bowls (the outstanding Buddha Bowl) and dairy-free ice cream, all delicious and all 100% Kevin Keegan! It's not cheap, main-courses cost around a tenner, but this really is excellent food and well worth a walk down the Quay.



By The River Brewing Company Hawkers Market & Street Food Village

I know it's all a bit Nathan Barley but this new shipping containers shindig, right next to the Swing Bridge, is kinda fun. Around two dozen converted kitchens at one side, a large covered open space on the other. There is some ridiculous token system in place (you buy tokens for £5 or something then exchange them for food) but for a fiver you can get some pretty great snacks shoved out a rusty kitchen hatch. The vendors are all established pop-ups from the more up-market Newcastle restaurant scene so expect to find selections from Dabbawal (Indian street food), Papa Ganoush (Classic Middle Eastern), Scream for Pizza (Nu-Italian) and Grumpy Panda (All vegan American Diner). All great stuff eh? The micro-brewery beer flows like the nearby river and, although absolutely delicious, it costs a bomb. Only open at the weekend – natch!

Grainger Market

Nan Bei/Dumplings Tea Bar

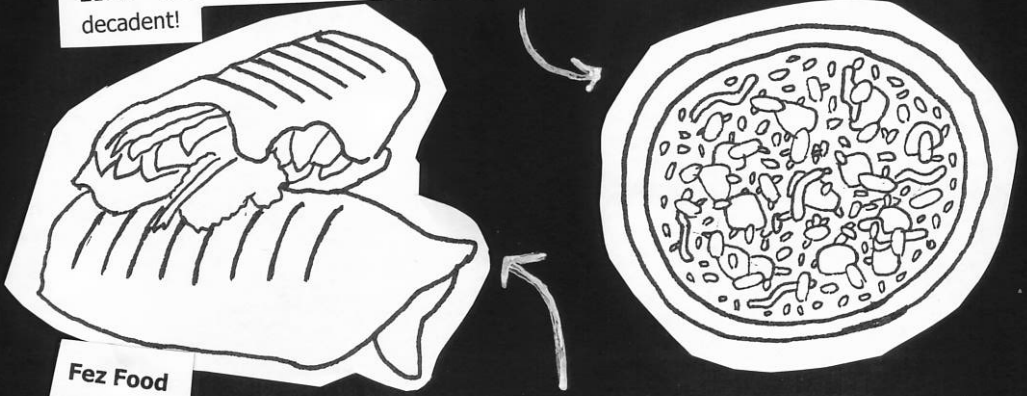
Grainger Market is slap-bang in the centre of town. For generations it was the place to buy your fresh fruit, veg and meat. A grade one listed structure, it still has a hint of the old days (scary butchers that hang god-knows-hat in the sawdust-tinged air). But things are changing and Nan Bei/Dumplings Tea Bar is one of the new faces of a multi-cultural Grainger Town. This tiny counter specialises in dealing out piles of steamed Chinese dumplings to an increasing crowd of adventurous nosherers. Veggie/Vegan options are slim but well worth checking out; there's mixed veg and a tofu dumpling. You buy them in batches (four for £3.50) and they're exceptional comfort food; satisfyingly weighty and cheek-bustingly chewy. Eat standing up, at the counter, sharing the dips and chilli flakes with complete strangers while sloshing hot tea on your boots

Slice

Wander deeper into Grainger Market and you'll soon be surrounded by teenagers chomping their way through large slabs of pizza. Rejoice coz...that just means you're almost upon 'Slice' the famous pizza-by-the-slice counter. As uncomplicated as it is delicious their Margareta slice is almost perfect. Thin and crispy (Roman Style I am reliably informed) with just the right amount of topping (no need to pile on that ghoustly analogue cheese!). When eaten straight out the oven it has that wonderful mouthfeel combination of crispy, then soft then tangy with a shirt-ruining unctuous cheese m-e-l-t. £1.70 a slice - it's a real bargain and more than enough to keep you going until lunch. Note: there are a few garden chairs next to the counter but for the full Slice experience you must browse the vintage computer game/crap record stall next door under the beady glare of the owner while you munch. It's a Graingers tradition!

Snackwallah

100% vegan and 100% Indian, this stall is criminally under-exposed. Food absolutely explodes with flavour, spice and freshness. Menu small but perfectly formed, designed to be eaten on the hop, consisting of Samosa and Pakora platters and various Puri and Channa Chaat dishes. Pani Puri are sublime; thin crispy Puri filled with crushed chickpeas, herbs and soft rice topped off with sour tamarind water. Channa Chaat is widely inventive, mixing the comforting chickpea with tangy onion, fresh tomato and crispy whatnots stirred though with generous handfuls of herbs. You can feel your body molecules start to sing in praise as you eat! And the price! You can get a mixed snack platter including Bhel Puri, Pani Puri and Channa Chaat for just £3. And if that's not enough our gluten-free colleagues have all sorts of options on the Pakora front and can wash it down with Vegan Lassi and freshly-squeezed fruit juices available from £1.50 - £2.50. A jewel that makes healthy and conscious eating feel wonderfully decadent!



Fez Food

If you have a hankering for a cheeky Turkish chomp Fez Foods has to be the place. It's tiny, generally packed, friendly and aromatic. They squeeze a few communal tables inside with a few more outside so you really start digging that souk vibe. The menu is enormous for such a small place and runs from tempting starters through to main meals and tooth-loosening pud. A vegan lentil kofte wrap cost me £4.50 but was so filling it kept me afloat all day. Seriously heavy, bursting with powerful protein vibrations that worked in perfect counterpoint with the fresh crunchy salad and spicy sauce. Washed down with some outrageously strong Arabic coffee served short and hot and a few tiny squares of Turkish Delight. I must have looked like I enjoyed myself as the owner came over, shook my hand and gave me a hand-written letter of introduction to take to his restaurant on the other side of town – with coffee on the house.

Next time I'll take you, my dear reader, slighter deeper into Newcastle's veggie/vegan scene with trips along the multi-cultural Westgate Road, glorious Gateshead and up-and-coming Heaton.

posset.bandcamp.com

DREAM NAILS'

CHIP ADVISOR

*Chips! The great leveller! I mean, I feel like I'm neglecting a common dietary requirement (depends on the oil!) or religious stipulation when I state this, but chips are pretty universal, right? (please do call me out on this if not, we're inclusive here). And could, y'know, be crucial unifying force in our deeply fragmented world, or something? But there are so many! And so much variation in style and quality! You want the good chips, right? Where do you start?! Happily, feminist punx Dream Nails have an essential youtube series called **Chip Advisor**, providing comprehensive tasting and reviewing of chips on tour from around the world so you don't have to! Bravo them, eh? CHEWn spoke to them about this valuable social service:*

Hello Dream Nails!

Alright, alright! The birds are swaying, the trees are signing, it's a beautiful day to hex dicks and eat chips!

For those who don't know, tell us a little about the band and the music that you make

We're four punk witches from London who play riotous live shows and make catchy rowdy songs!

So. Chip Advisor. Tell us about it, what inspired it?

It came title first. Where there's a pun, there's a YouTube series just asking to be made.

When you're in a new town or country, where do you look for chips?

We implicitly trust the folks that come to our shows. We do shout-outs on stage and ask for local recommendations. We know we've found our people when people come up to the merch stand after the show, desperate to impart their local fried potato intel into our fiendish, ravenous brains. Failing that we just wander the streets.



Do you cover quite a broad range of vendors?

We tend to gravitate towards vendors that sell chips as a signature dish, like a chip shop or kebab shop. But sometimes we go for a contextual winner, like a pub in Yorkshire. We are culinary explorers after all. We want to find the chips in their natural habitat. Chips by the sea are the tastiest.

What objectively makes a good chip?

Freshness, crispness, fluff factor, salt application.

Opinions on sauce/additional extras?

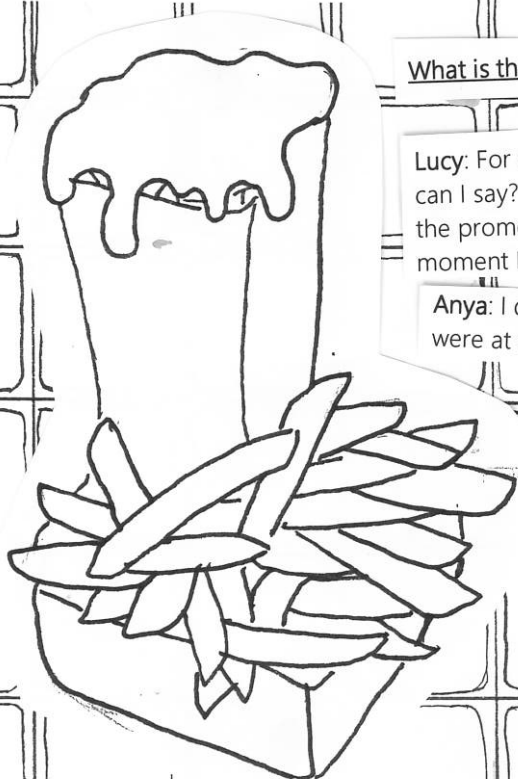
Ketchup or mayo, usually. Mushy peas on chips in Blackpool was amazing. Oorlong sauce (satay, mayo & chopped raw onions) in Amsterdam was most interesting. Obviously, poutine (cheese curds & gravy) is the best. It was decided we did not like the Scottish 'salt n sauce'.

What is the best chip you've ever eaten on tour?

Lucy: For me it was Blackpool. I'm a chip purist, what can I say? Eating hot fresh chips in the salty sea air on the promenade before a banging punk show was a moment I attained true enlightenment.

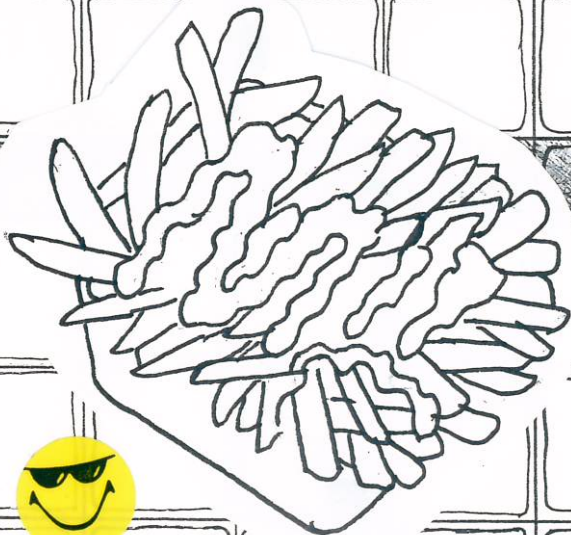
Anya: I don't know about best, but the most expensive were at a burger van in Norway after a festival we did called Fjellparkfestivalen. The chips came in at £7 a portion. We got into a debate about the minimum wage with the guy next to us, it turns out that it's £25/hour in Norway. The chips were crinkle cut, as I recall...

Mimi: There was a poutine stall at Handmade Festival in Leicester last year. I had no choice (I'm Canadian) and let me tell you, that veggie poutine was 10/10.



Least best?

Istanbul. Obviously Turkish food is to die for, but the chips were so shockingly bad that they led Anya to proclaim she would rather eat the little plastic fork than the chips. They tasted like dust. It was a raw moment.



Do you think chips are important in punk / intersectional feminism? If so, how so?

Not in the grand scheme of things - but food is life and carbs get a bad rep. Everyone needs to eat carbs to fuel their brain and body to live their life! So if we can be as carb-positive as possible, that's feminist in a body positive sense.

What have Dream Nails got coming up in the near future?

We are hunkering down in our little womb of a rehearsal studio and growing an album that we hope to give birth to in January 2020. We have a few shows here and there for the next few months though, so catch us while you can!

Go look up *Chip Advisor* on Dream Nails' youtube channel. Dream Nails have also **literally just** released an unplugged record **Take Up Space!** which you can pick up on their Bandcamp, along with other downloads, zines (featuring recipes!), tees (including a *Chip Advisor* tee) and info on when they're next ripping up stages/eating chips in your town!

dreamnails.bandcamp.com

ZINE Reviews

The zine format lends itself to the circulation of recipes, now that I think about it. Here are some poor words on a couple publications I've been sent or stumbled upon that I haven't mentioned elsewhere. There are gonna be way more, I'm sure, and I suck at research. If you know of any or write for any, drop me a line. More than happy to plug / collaborate!

Grub

with allspice, cinnamon, raisin
in an open tart with a soft-textured

Really warm and life-affirming zine compiled by Cherry Styles from Synchronise Witches Press (thanks again for sending them me). Along with self-penned recipes are stories, memories, anecdotes, exorcisms, poems, photos and comics from numerous feminist writers and zinemakers, all centred around food and memories: impressions and relationships springing from it. Personal highlights include Ebba Brooks' recipe for a passionate but ill-fated raclette liaison; the unconditional love in a grandmother's vegan quiche as observed by Jessie Lynn McMains; Rebecca May Johnson's frugal but startlingly poetic recipe for the one; and Alicia Rodriguez and Jessica Mendham's account of Nigella fandom. A must read!

cherrystyles.co.uk

10 minutes + 15 minutes
This is the perfect soup to make

Put an Egg on It

Hefty, beautifully illustrated periodical out of Brooklyn I picked up on a whim from an art bookshop in Leeds (Village). One spun out of an infinite number of extempore dinner parties and low-rent kitchen symposiums. Stories, recipes, photo-essays and reportage and an extensive chunk of dinner conversation over a sumptuous Filipino banquet! The safe spaces created by two 90s San Francisco diners. Traumatic childhood encounters with cold beans. Numerous stories of eccentric but bountifully hospitable homeowners who served up provocative fare on a daily basis, whoever was coming. A vital photo-essay of the Black Panther breakfast programme. And so many pickle recipes! A niche and a touch on the gentrified side, for sure, but a really adventurous and illuminating read!

putaegginit.com

The Grey Estates

It's a blog not a zine, but bite me (digital isn't dead yet mate!). Interviews, song premieres, photo collections and guest mixes pepper the homepage of this slick feminist indie blog, but they also dish out a hearty undercurrent of recipes from bands and artists. Highlights include Doe's Vegan Spag Bol, Benjamin Shaw's life-sick and non-stick stew, and Pill's garlic soup tablet for flu and partying, and a right clash of yet more pizza recipes. Book 'em and cook 'em!

thegreyestates.com

Veganslime

Tom and Loz made the best damn vegan pizza. Fact (feature on their pizza stall Crust coming soooooon). As well as playing with some gorgeously rancid hardcore bands themselves (Drore, Basic Dicks), they've also put out multiple issues of this strictly and righteously vegan zine, with all proceeds split between the Oxfordshire Animal Sanctuary and The Hunt Saboteurs Association. There are SO MANY RECIPES - a ridiculous collection of cruelty free decadence. Soups, sandwiches, breakfast quesadillas, mock huevos rancheros, banana waffles, cakes, cookies, curries, stews, pasta bakes, disarmingly easy bao buns (which I cracked, at last!) and a quite frankly obscene 'Mexican Lasagne' recipe. Oh, and pizza dough, of course. Plus interviews and recipes from some fierce vegan hardcore comrades. 3 issues - print all gone but PDFs for sale. If you like physical things, they have a motherfucking APRON for sale too.

veganslime.com

salt and pepper

Thirsty and Miserable

Proper handmade set of DIY indie pop zines this! Interviews, record reviews, observations and diverse lawks with the scattered underground of DIY pop, punk, pop punk and emo bands, plus dispatches in the form of dedicated issues from the likes of Underground and Indietracks festivals. I first read about Dream Nails' Chip Advisor here, so thanks Ben for that! Oh, of course, recipes! Handwritten accompaniments to the aural sunshine in the form of recipes for Veggie Massaman Curry, post-festival flourless Banana Pancakes, and a no-nonsense recipe for sourdough starter that I really should try. Multiple issues available - I heard rumblings on Twitter of a new issue coming soooooon!

thirstyandmiserable.bigcartel.com

Tomorrow's Cookbook

Along with the Cucina Povera record I ramble about later, I also picked up a copy of the Happy Meals (since renamed Free Love) Fruit Juice EP (£10 direct from Night School!). With it came an artist-designed zine called Tomorrow's Cookbook, with layouts tying into to their New Age aesthetic and allusions to the sonic ingredients of their delirious acid bops. But also actual recipes for actual food. Porridge. A sandwich designed compliment the desire of the time for unprovoked exercise. Something called a 'Happy Meal' (one can only assume the name change to Free Love was purely for artistic reasons). Totally unexpected stuff, but I'm all up for cosmic dinners with cosmic spinners.

nightschoolrecords.com

and place the remainder into thin sausage rolls. Arrange in a lattice over the strips in each direction, attaching a strip around the edge.

6 Cook in a preheated oven for 50 minutes until golden.

Class: Class Ticket type Date of issue Price Valid for one journey

STD STD SEAT
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richard youngs

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Coach Coach S
C C
Musician, songwriter, composer, improviser, experimentalist, conceptualist, reluctant popstar, audience torturer, dad disco diva, counting enthusiast, foot guitarist, dog owner and author of *Cook Vegan* (9781853981333). It can only be **Richard Youngs!** He told me about his favourite food experience on tour, which was while touring in Italy with Damon & Naomi:

Off-Off-Peak D
Valid Valid for
from from Oxford
to to Didcot Parkway
"We visited a village where the restaurant only cooked using ingredients from within a 5km radius. A blur of tasting courses, created by a chef who was visibly excited that he couldn't use meat. I remember pumpkin gnocchi, porcini foam, walnut and fig tart"

See See
Adul Adul
Inspired by this story - and by his own particular way of creating records based on self-imposed instructions or restrictions or processes - I challenged him to conjure a dish from scratch using ingredients beginning with the letters of his label **NO FANS**. He got back to me with the following alarmingly quickly...

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N igella seeds
O live oil

F lakes, chilli
A ubergine
N uts, pine or slivered almonds
S alt

STURROCK
ToD CTR J9KRX2XL/3043
Off-Peak Day Single

Valid Valid
Date of travel 27-Dec-18
Valid for one journey
from London Terminals

Preheat the oven to 180c.
Slice the aubergine into 0.5cm thick lengths. Place on baking tray lined with baking parchment.

In a small bowl mix together a teaspoon of nigella seeds, a half teaspoon of chilli flakes (this works for me, but adjust to taste), a hefty pinch of salt and several generous glugs of olive oil (don't be scared).

On one side brush the cut aubergines with the spiced oil. Place in oven. After 15 minutes, remove tray from oven, turn the aubergine slices over, and brush the dry upturned side with the remaining oil. Return to oven and cook for a further 15 minutes.

Shortly before the aubergine has finished cooking dry fry the nuts in a pan over gentle heat until slightly browned- it enhances their nuttiness.

Serve by placing the roasted aubergine strips onto a plate with the nuts scattered over.

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NATALIA

BEYLIS

When I put the initial callout for ideas and submissions, **Natalia Beylis** responded within about a minute. Couldn't say I was surprised. Between her solo field recordings and sound diaries, her frenzied mandola-ing with Woven Skull and diverse mutations, her assorted-Baklava of a radio show Sunken Transmissions for Dublin Digital Radio, her series of mixes of Moroccan Gnawa cassettes, and her label of small-edition handmade lunar sonics Sofia Records, she is also - er, shall we say - a food enthusiast? Food seems to thread a lot through Natalia's work - particularly in her field recordings, and her almost-Bacchanalian anecdotes of pre-gig fare. From rural Leitrim to suburban Oxford, of course we had to chat:

Hey Natalia. Can you tell us a little bit about your musical projects? What would they taste like?

Woven Skull - mushrooms soaked in wild ivy honey

Divil A' Bit - a hot drink of pine tips & lemon verbena

Three Eyed Makara - raw nettle soup

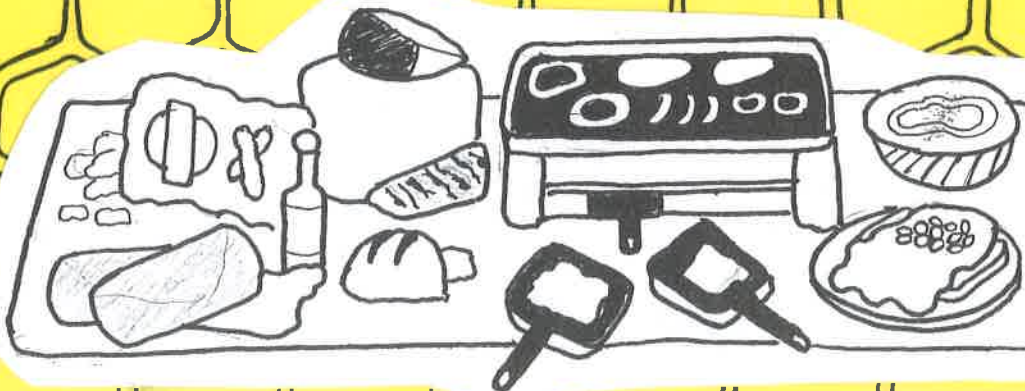
Solo Projects - blackberry & apple jam on toast

You're out on tour with Woven Skull a lot, right? What do you tend to eat when you're on tour?

In the evenings, we're generally looked after by the promoter or venue. Dinners vary

greatly by country and by season. One time when we were on tour in Europe in autumn we were fed soup at nearly every show for three weeks straight. In Scotland we seem to eat a lot of amazing vegan junk food. In Belgium they have pickle flavoured chips that I go a little crazy over. In the north of England we seek out curry houses, Italy and France take the feeding of bands very seriously. Some of the best meals I've had in my life have been in diy venues in both those countries; meals that have been made by the promoters and their friends. There is

generally delicious bread and local-made cheeses and multiple courses and pride in



sharing regional delights. Once we played a gig in France where the promoter spent a lot more time and money on the food part of the evening than he had on any promotion for the gig. Which didn't prove to be the best decision but it was a spectacular quiche. We keep the van stocked up with snacks: breads and spreads and hobnobs. I usually have a bag of carrots on me. They are easy to eat while driving cause they leave no mess and the chewing keeps me awake. We also keep mustard and hot sauce in the van. A lot of coffee gets drunk on Woven Skull tours. We've even got a camping kettle for coffee emergencies.

What do you look for in food on tour?

Time is so rarely your own on tour. I often get recommendations from friends of places to visit when they find out that I'm going to a certain city but it's not always possible to stray far from the venue. So in general we end up looking for somewhere close, quick, hopefully tasty and cheap. We

often buy food from grocery stores and make a lot of creative sandwiches.

Do you find that what you eat affects the mood or energy of a performance?

Definitely. Though I think I play better when I'm hungry than when I'm too full. Well, with Woven Skull at least. When I'm hungry I get a agitated and I probably play harder and faster. That probably suits Woven Skull better. When I'm too full I can get a bit cosy and dozy. Being full probably suits my solo sets better cause it makes me float around the place.

What's the best food experience you've had on tour?

Oh....there's been soooo much good food. Two particular breakfasts come to mind. Jake (Tor Press/Tor Beers) who puts on gigs for us in Todmorden makes an epic Eggs Menemen for breakfast. In Nottingham there lives a superb chef (and drummer) named Henry. While I've had a lot of fantastic food made by Henry (from curries to cakes, all vegan), his baked beans in particular changed my life. I really hated baked beans (which hadn't been ideal for



living in Ireland and touring in the UK) but Henry added hot chilis, garlic, sesame seeds, fresh coriander (and probably other hidden delights) and baked beans have never been the same for me since.

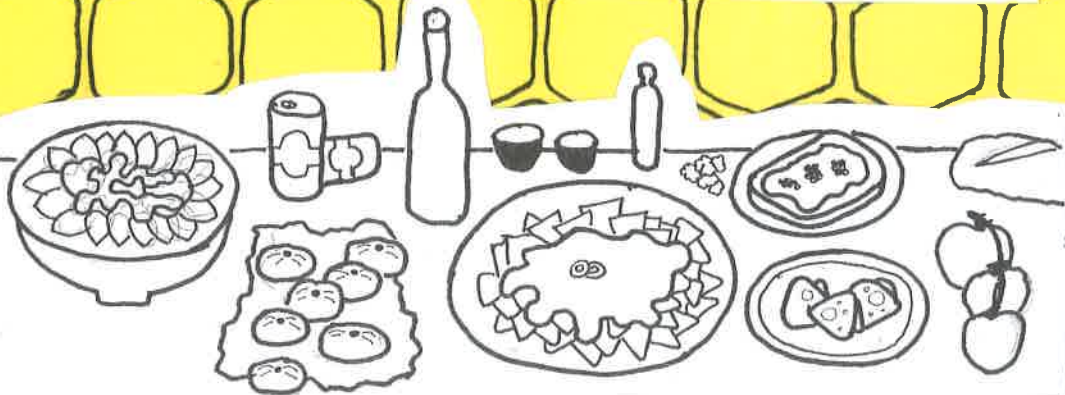
One tour food experience that always sticks out in my mind is from when we played at Dobialab in Italy. After the bands finished soundchecking, we noticed a group started to gather in the bar of the venue. People were arriving to the door with dishes wrapped in tinfoil. A large table was brought out and the people who ran the venue, the people involved with the gig and some of their friends all gathered and we all sat down to eat together. It's the most basic thing. Everyone who is there is involved in making the event happen...from the person selling tickets at the door to the musicians providing the entertainment. Eating together beforehand turns the whole thing into a joyous celebration.

I remember Woven Skull played a fierce and criminally under-attended set in the Wheatsheaf in Oxford a few years back. Any good eats before that particular gig?

That time we had an early dinner at the home of the promoters. I think it was creamy noodles with roasted vegetables? Then we went and got burritos at a place around the corner from the venue [*MISSIOOONNN, R.I.P. that particular location - ed*]. The place filled the criteria of 'what do you look for in food when on tour': it was close, cheap and decent enough.

You've also travelled to Morocco to source cassettes for the Maghreb Sharit mixes, correct? Did you get a chance to sample the food culture out there?

For traditional cuisine, Morocco is not the best for vegetarians. The couscous and beans are often boiled in animal stock. But this was something I knew before travelling there so I made sure to look up places that serve veggie food. There's a lot of vegetarian food to be had but it wouldn't generally be traditional grub. Though when we were staying for awhile in the Rif, the people we were staying with knew we were vegetarian so we got to eat veggies and couscous and a delicious fava bean soup called Bisarra. Otherwise when we're there we eat a lot of bread and olives that we buy



at food stalls and drink a lot of juices. I really enjoy the breakfasts which are a mix of breads and pancakes with honey and jams and fresh orange juice. Mmmmm..... There are so many amazing restaurants in the country. Some of my favourite I've been to: Essaouira - Triskala, Fes - Clock Cafe, Rabat - Yamal Acham (which is Syrian place but oh lorrredeee, it's so good)

Do you cook much?

Yes. We live too far away for any food delivery place so we're generally prepared to eat at home. I like to make things up depending on what's in the foodstores.

I really like the episode of Sunken Transmissions where you have friends over for a veggie BBQ and talk about records. Does food bring people together for you in the same way music does?

Thanks! Food and music are both really lovely ways to bring people together but I think that those comings together happen in different ways. With food, you're usually eating with people you're already friends with, whether it's them coming over to your home or sitting with them out in a

restaurant. Even when you're sat next to someone you don't know at a meal, you're generally only talking to the few people around you. Though I guess a bbq is the exception to that! But generally with eating, it's a lot more involved, slower, more considered I think. Whereas, at a gig, you're kinda floating in short conversation with lots of people. Chatting to someone at the venue can be a much more fleeting experience. Like you might only exchange two lines of conversation but it could be something weirdly timed and wonderfully fortuitous that stays with you for days afterwards.

What sounds do you enjoy while cooking?

I don't tend to listen to other sounds or music while I cook. It's a real singular-focus activity for me. When I try to have sounds on everything goes mushy or burns or some run of notes will grab my full attention and I'll realise I've accidentally poured in six times as much salt into the pot as planned.

There a lot of snippets of cooking in your documentary sound work ('Potatoes Boxing in the Pot' I think is my favourite). Is



there something about the sound of food and cooking that you're drawn to?

Maybe it's got to do with my two answers from above. Since I rarely have any music on, I'm fairly focused in on the sounds the food is making. The sizzling, the grating, the splattering, popping, grinding, chopping, the hiss of the gas rings and then the glorious ding of the oven. I really like just listening to sounds going on around me generally. They've all got their own rhythms and personalities. Plus there's always cooking noise going on in the house because we make most of our meals at home so it's a fairly constant sound in my life.

Do you see parallels between making/collecting/arranging sounds and cooking?

Ah yeah. You listen back to a piece you've working on and you think, 'this needs a little something right there to get it just so.' Same when you're making a dish. Have a little taste, add a little more hot sauce.

wovenskull.bandcamp.com

oakenpalace.bandcamp.com for the most recent Woven Skull record. Proceeds go to Red Squirrel Survival Trust!

crowversuscrow.bandcamp.com for the Three Eyed Makara tape

divilabit.bandcamp.com

nataliabeylis.bandcamp.com

sofiarecords.bandcamp.com

mixcloud.com/MaghrebSharit

Sunken Transmissions goes out monthly on Dublin Digital Radio (listen.dublindigitalradio.com) or search on Mixcloud for past editions

@SaveLeitrim



As an added coda, here is a list of 2018 tour food experiences Natalia wrote up for the Bandcloud end of year mailer last year. For those who don't know, Bandcloud is a heavily clued-up regular mailer (usually weekly) compiling the best in electronic and experimental and whatever musics across Bandcamp and Soundcloud. Sign up for emails at bandcloud.org!

1. Zhonghua Traditional Snacks, Cambridge, UK

Oh my lordee the dumplings here are out of this world. My drummer got the noodle soup and it gave him the power of 10 large feral cats after making him weep tears of spicely joy.

2. The Raclettes of Rouen, France

This is kinda a French version of fondue. But it's kinda a grill as well. You get your own little individual mini pan that you pile up with fancy cheeses of your choice and then there's hot potatoes and when the cheese melts you pour it over the hot potatoes. And then you have to drink wine after ever bite to be culturally sensitive and not offend your host. Mmmmm..... Side note: later that evening after the raclette was all eaten, my guitar player had a physical altercation with the raclette. I can't necessarily say who came out the victor but I can say that raclettes are extremely robust appliances!

3. Beni Falafel, Antwerp

We got Beni Falafel delivered which can be very handy when you don't have tons of time between soundcheck and the gig. It's not just that Beni's falafel is fried to perfection, they also serve amazing sauerkraut and pickled things with it.

4. Somine, London

This Turkish food of divine quality is a couple blocks from Cafe Oto. I had the lentil soup and can recommend it highly! They also bring free bread and a plate of pickled nice things to your table which includes lots of pickled hot peppers. *[I went on the basis of this review and was given roasted red onion swimming in pomegranate juice! - Ed]*

5. My Goodness Food Stalls at all the festivals in Ireland & all around Cork City

Vegan super healthy out of this world nachos and deep fried tacos. Ok so maybe the head honcho is one of my bffs BUT the food really is amazing!

6. The Salad Dressing, Raymond Bar, Clermont-Ferrand

There's a chance that the guy who lives above the Raymond Bar and made the salad dressing for our dinner thought that I was stalking him. But I finally convinced him that it was only the dressing that I fancied and got the recipe.... Cut up a shallot very small. Put it into a dressing receptacle. Add Dijon mustard, red wine vinegar, Olive oil and just a little bit of salt & pepper. Mix vigorously.

Thanks Aidan (all-knowing of where to eat Mediterranean in Bruges) for letting me print!



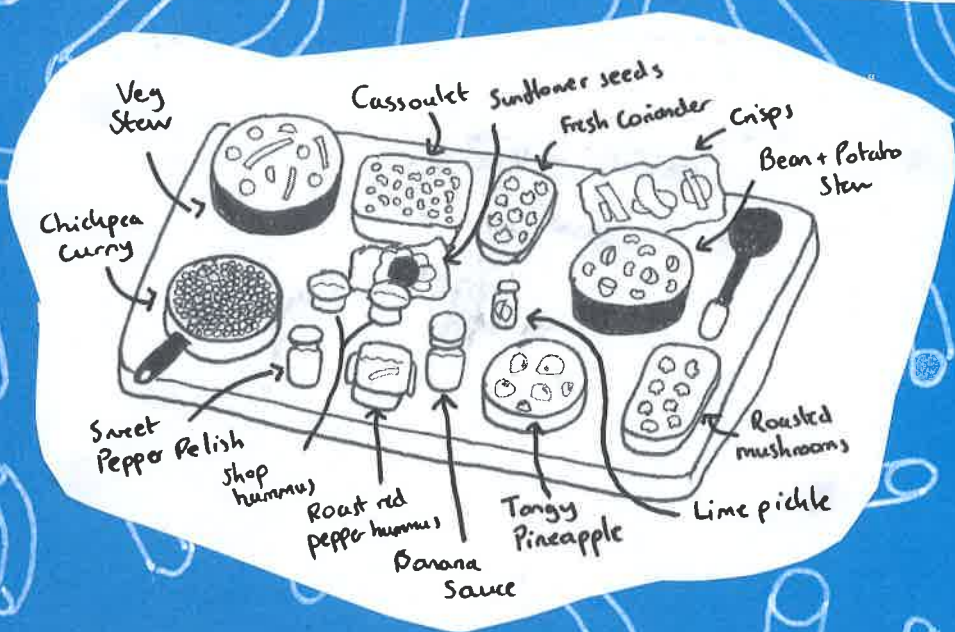
food collective

The DIY Space for London really get food, and how it's important not only as a fuel for musicians, but as a way of building communities. Through my contact on Twitter (shoutout to Colette from Frau/Woolf), I get put in touch with their food collective, who run a potluck every month. I only know what a potluck is from that episode of Bob's Burgers where a potluck is a thin front for a community of elderly swingers. Cautiously, I load up a very amateur vegan cassoulet (recipe follows) and set off for Deptford.

For those who don't know or are new to the concept, DIY Space for London is a co-operative social and performance space in South East London owned and run by volunteers. Anyone can be a member (annual membership costs £2, there's an option to donate £2+ monthly too) and have a say in how the space is run. The space itself holds meetings, screenings, talks, workshops, performances and festivals, as well as housing a bar, a print studio and a shop. Individual collectives which focus on particular day-to-day operations - fundraising, maintenance, accessibility, events, sound, the bar - which anyone can join once a member. It's a fabulous, safe, inclusive and creatively thriving space - where social borders and barriers mean fuck all, and everyone can feel like they are contributing to the local scene.

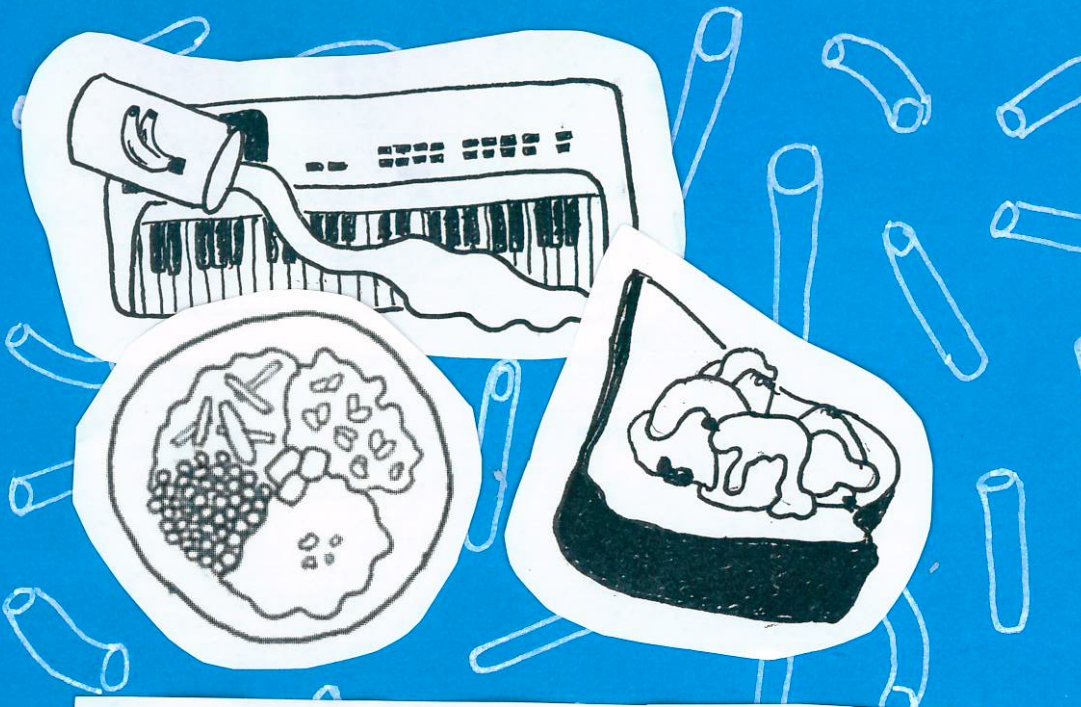
The Food Collective have been running potlucks since last June or so. Usually on the first Sunday of the month. This one I'm at (March) is their 9th, they think. Most of the people here have a close relationship with the space, and/or are playing (or have played) in bands that have developed through events, workshops and meetings at the space. Everyone brings a dish - the only rules are it has to be vegan, preferably gluten free too. At this particular potluck, we seem to have a lot of stews and casseroles and are desperately lacking in carbs. My hosts Marina and Jo take me on a quick tour of the glittering cosmopolitan sights of Deptford, and to Iceland to pick up some bread to soak up some of these stews. Back at the space, plates and bowls are set. Forks are scarce; so sporks have to do.

Bread aside, everything we have here is gluten free. And it's some spread! We have:



Soon enough, we dig in, and oh it's good! Devilishly spicy chickpea curry and vegetable stew, with an explosive tang of lime pickle to cut through. Bean and potato stew is a satisfying foil for this, smoothing out all of the fire with a flavourful, wholesome wash. The crisps and delish hummus mark an interlude. My cassoulet turns out ok - VERY herby, which I'll take as a success, seeing as that morning was the first time I made it ever. Banana sauce, though, is the revelation of the day! It looks like ragu (it's even in an old pasta sauce jar) and has that tomato sauce-y sweetness but then WHOA bananas and sugar and unexpected sweetness and ahhhhh. We're brash enough to drizzle some over some pineapples on bread, which is delirious. Yes, we were satisfied.

There's a lot of food here, but there's definitely room and hunger for whatever is going. After we sit for a bit and digest, there are - of course - seconds; an opportunity to nab at some of the smaller plates that we couldn't fit on to the first place - the red pepper hummus, the lime pickle, the sunflower seeds. Our gorging is soundtracked by the meditative mingling of sounds from the keyboard workshop in the main space, part of DIY Space's annual First Timers Fest*. Once the workshop has finished, we get numerous takers for leftovers - first from the technician, then the workshop leaders, and then the participants. We wash and clean our plates, pass them on to the next person and the process starts over again



The potlucks are kind of like a monthly social. In between courses and digestion, we chat. What everyone is up to, how everyone's respective bands and projects are going, what they're booked for at the space. We talk about what food the respective bands and projects would be. Shakira (Irn Brunette) is set on garlic mashed potatoes. Marcelo (Sugar Rush) opts for those cheap sweets that are like a lollipop you bathe in sherbert (Dib Dabs). Vwede (Best Praxis) insists their answer not be taken as representative of Best Praxis as a whole, so settles on rainbow pasta. These are important questions. They shouldn't be taken lightly.

The main purpose of the food collective is, simply, to source, cook and bring food for events. Often at the request of whichever promoter has an event on at the space, but also just for the love of it. Primarily for the performers, but also for anyone involved in the particular event, or for attendees (the latter in exchange for a donation for the space). I am very naive and have practically zero knowledge of how promoting and running an event works. This seems like such an obvious thing to do in hindsight, but - just from some very brief and unscientific sampling of some local and Twitter musicians - food seems to be overlooked by so many promoters and booking agents. Performers need food, and where a promoter perhaps doesn't have the time or resources to put together something lovingly homemade - and would instead resort to hummus or terrible beer or nothing at all - it's a vital gesture for people to volunteer and contribute. Sharing something homemade and cooked shows genuine love for the community, the music and, of course, food itself! It's like cooking for a big family, but for a family drawn from the scene. So long as you're up on your allergies and requirements, it can become a super easy way to be inclusive too!

As well as an opportunity to share food amongst one another, the Food Collective have other activities. They have a zine, which grew from the potlucks and feature recipes from past potlucks - including an aubergine and plantain stew, some vegan Pão de queijo and some intriguing sounding "banana puffs". The cover of the zine is adorned with a grainy photocopied photo of a bird skull, joint in jaw, small lock of afro hair cut and laid respectfully to the side. The skull was discovered outside the back door by the smoking area during the first potluck. Aforementioned joint and lock were added, and said tableau becomes immortalised as 'Afrobird' on the cover of the zine - and on a handsome pin badge. Such surreal hijinx are a common feature of these potlucks, I'm told - a by product of both the chilled-out, sauce-saturated Sunday afternoon vibes. Awesome!



It's a really fun, relaxed afternoon - something of an epiphany for me and my not-knowing-anything about how the scene works. People! Bring some food to your gigs. Whether yr the promoter or a punter! Don't have the time? Get a bud to do it! Check with the promoter (and maybe the venue if they're an established, food-serving place) first if yr unsure but - worst case scenario - bring something for everyone else to share. And if you want to engage with the scene, and yr not great musically or organisationally but can throw a chilli together, it's an excellent way of participating!

The Cafe Collective potluck runs of the first Sunday of every month at the DIY Space, usually from around 3ish til 6ish but check the website/mailling list for info. Bring food and/or donations!

<https://diyspaceforlondon.org/>

**For those not aware, First Timers Fest is a comprehensive month-long series of workshops at the DSFL. Aimed at introducing and demystifying music and live performance, particularly for women, queers, people of colour, people with disabilities (visible and non-visible) and those already at a disadvantage in getting heard (see also Bent Fest and Decolonise Fest). It's a vital series of events and workshops (focusing on everything from instrumental practice to soundchecking to writing to having confidence on stage), so if you've ever wanted to make music or be in a band, but don't think you can or don't know where to start, check this out in 2020!*

D.S.F.L. POTLUCK

CASSOULET

This was the first time I made cassoulet, and only the second time I ate it. The first time was when I was volunteering in the catering bit of Tandem Festival a couple of years back, and spent a good four hours ladling cassoulet for bands and volunteers (with a ladle for myself on the sly every hour or so). This is not that recipe. This is a hell a basic one I made from scratch. Makes a lot so halve if yr only making for 2 people.

Ingredients

An unhealthy amount of Butter (or vegan equivalent - Naturli Vegan Block is the best) for frying

1 Onion, sliced

A lot of Garlic, finely chopped/mashed

2 Carrots, cut into discs

Chestnut Mushrooms, one box of, chopped

2 tins White Beans (I used Cannellini Beans)

1 tin Red Kidney Beans (controversial I'm sure, but it adds some colour)

Stock cube/tablespoon of Bouillon (I used the purple vegan + gluten free bouillon)

One hearty glug of Red Wine

A squidge of Tomato Puree

2 or 3 Bay Leaves if you have some

Water, some

A couple of pinches of Salt

A lot of Black Pepper

Fresh herbs - Sage, Rosemary, Thyme - half finely chopped, half left on the stalk/bundled together

Method

1. Get a big saucepan or casserole pot, stick on the hob at a medium heat and melt the butter
2. Fry the onions and garlic for about 5-10 mins until you think it's about time to add something else
3. Add the carrots, mushrooms, chopped herbs, salt and pepper probably, stir and fry for about 10 mins
4. Add the puree, tip in the beans and stir
5. Add in a glug of wine (I went straight from the bottle - about half a glass worth I guess), then crumble in the stock/bouillon, the rest of the herbs in a big bunch, bay leaves, salt, lots of pepper, top up with a little water and STIR
6. Put lid on, bring to boil, simmer for about an hour or so, checking in on it every 5 or 10 mins or whenever's convenient. The beans will make it thicken, which I'm not too keen on myself but it depends on yr preference - I add more water or wine to make it more stew-y. Keep tasting and adjusting with salt, pepper, wine and stock.
7. When yr happy with it - and the beans are nice and creamy - rescue the bay leaves and any stalks or branches of the herbs
8. Dollop out some ladles of it with some couscous, polenta or in a bowl with some warm, crusty bread and some of that wine. Best served hot if possible.

DIVINE SCHISM

BAND CHILLI BY AIDEN CANADAY

Divine Schism (who may or may not be named after the Papal/Western Schism) put on gigs in Oxford. Good ones. Virginia Wing, Jane Weaver, Gwenifer Raymond, Tigercats, Despicable Zee, Free Cake for Every Creature, Big Joanie, Bridget St John, Shopping, oh so many more. All with gorgeously painted posters and love. Aiden from DS makes a big pot of chilli for whichever bands are on. It's since become a thing of legend around these parts ("it fucking bangs" goes a typical review). He agrees to share his secrets here:

Well I usually start with chopping some **onions**, depending on the size of the onions and the number of artists playing determines the amount of these. Between 1 and 3 usually. White ones though sometimes mix it up with **red onions** for sweetness.

Chop **garlic** and **ginger** and throw in some **spices** (no idea what actually) with **oil** and cook those in the pan for a bit until I think it needs some **kidney beans**, **lentils** and **soy mince** (which is vegan compared to quorn mince which isn't).

[Further to this, **quorn mince** is gluten free but soy mince isn't]

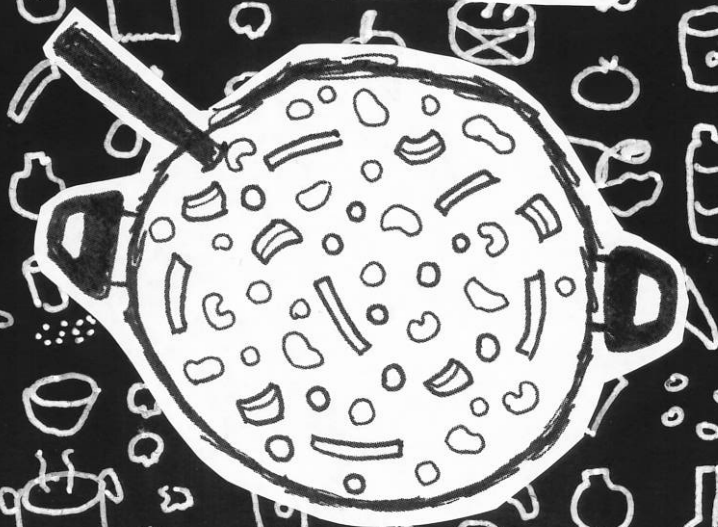
Add in any other **fresh veg** (or even **frozen veg**) you have to hand. As I'm writing this I have put **celery** in which I haven't done before and I imagine is a big no no for many people but actually reminds me of old hippy curries and foods I've had in the past. I prefer raw celery though this won't kill you to eat a cooked one.

I add 3-5 tins of **chopped tomatoes** (depending on the numbers) and cook and stir for about 20-30 mins, sometimes adding **brown sauce**, **ketchup**, **mustard**, something for an added taste!

Pepper too – always. No salt. Usually salt in everything anyway and it is tasty enough.

Dependent on tolerances I cook **rice** or **couscous** alongside. Whatever is left I eat for lunch for the next few days!

I tend to make the food the night before a show and if I am at work that day, cycle to work with it then cycle it to the show! I take cutlery, some condiments if I have any and crockery.



Easy! I can't remember when I started this but I remember early on I made a veggie lasagne with curry powder in the sauce rather than nutmeg and it went down a treat.

I see cooking as an experiment and don't follow instructions too closely. It's good to live a little and try new things, even if you don't ever want to try it again. All the artists I've cooked for have enjoyed I think. It's a form of payment alongside cash and guarantees - although some shows bomb so at least you can be fed.

RECORD REVIEWS

Yeah it's tenuous and yeah half of them I literally scoured Bandcamp for things with food in the title but yeah here are some vaguely food related records for yr aural and oral

Basic Switches, *Deep Breakfast* (Sunk)

From Leeds (home of the weirdest pizza I've ever eaten) comes two sidelong collages of hissy day-glo avant dreaminess by Hilary from the band Cowtown, recorded from various orphaned instruments and outdated hardware. Straight to phone, naturally. Despite cheapness, it sounds clean and dreamy; like a kind of charity shop fourth-world. A-side 'Ronald's McDonalds' approximates delirious sugar-coated bells, gongs and malleted strings drizzled over choppy loops. Or some proper music-room-keyboard funk - chopped up by syrupy clunks, verité recording chatter and irregular yet itchy beats. B-side 'dolphin dolphin dolphin' is slower, softer, more melancholic. Plinky, serene sequences and echo-y mallets unfurl pretty and ponderous daydreams. Forgotten and slightly bittersweet memories surface of fast food dates and ice cream melting in the car. A creamy, soft-focus neon bliss of pop junk to wallow in.

Tastes like: a load of those fondant-filled pencil sweets you get from dodgy-looking pick n' mixes. Except no matter how many you eat, you don't feel sick. Just a sustained glow of satisfaction.

Table Sugar, *Collected Arrangements* (Stucco)

I found this while idly browsing on bandcamp and got hooked on the cheap, sherbet-y keyboards blooming all over the opening track 'Dog D-Log'. Itchy and scratchy post-punk abounds on this in-and-out set of hissy but to-the-point cuts. Tape recording clips the sound but I wouldn't say it's lo-fi - it just gives everything a nice gloss and texture. Guitars click and scratch like steel. Keyboards satisfy any sweet tooth - hovering and creamy on 'Carmen', goopy like icing on 'Baba Yaga'. Other highlights include the coiled cacophonies on the hyper-tense and new wavy 'No Es Nada', and the scaffold-y drums, wriggly bass and mellotron mode (!) on the split out jam 'Millions Places'. And then a strong, patiently spicy outro in 'Hot Cola' kicks you back on to the soggy curb outside the ice cream parlour. Short but sweet!

Tastes like: lemon sorbet after a lingering chili

Daniel J. Gregory, *Kebab Shop Will Sell Ice-Cream* (Self-Released)

Oh this title is a thing of beauty. There is context, but if you can't see the image on bandcamp I'm just gonna leave it to yr imagination. Aylesbury's own Structured Disaster Daniel J. Gregory belches up some compelling freeform rattle and clatter on this small-edition solo tape. A sorry sounding acoustic guitar is the backbone: bowed and dizzying; winced at or sniffled over; rumbling and lurching like an upset stomach save for an occasional clawed hover of pensive serenity. Dried pasta rattles around a pan except for when it's a disconcerting splosh or a howling crunch. 'Blue Leanie Drunk at 4' sounds like a semi-functioning scrapyard pinball machine filled with pistachio shells. An arresting grab-bag of impossible, alchemical metamorphosis.

Tastes like: there are crisp crumbs all over the floor and the dog may have licked them but you've got to top this mash yr making with something cos that's the fancy thing to do, right?

Cucina Povera, *Zoom (Night School)*

'Cucina Povera' refers to an Italian method of thrifty cooking using only the ingredients you have immediately to hand. Such frugality is crucial to Maria Rossi's second record for Night School. Using only a Zoom H2N recorder, voice, a looper and a little electronic accompaniment, she serves up layers of frosty, clandestine choral sketches, teetering on the fine line between grimy kitchen-sink melancholy and vague, desperate hope. Tracks revel in a slow-built misty introspection like a left-field sect of R&B. Electronics are sparse, glacial and minimal, such as in the unsettlingly lean version of 'Avainsana' (ZOOM015). Fans of leftovers and her last record *Hijira* will notice some recycled elements, albeit stripped, tensed and sharpened (check the vicious hisses from 'Demetra' on ZOOM005). Best bits are the textural explorations that play under the surface. Simmering babbles, brassy lo-fi chants, glass bottleneck blows, diverse mouth percussions and (best of all) a viscous burble like bleach spewing back up a blocked drain that underlays the isolated trills of ZOOM004. Stark but strangely, beautifully soulful.

Tastes like: you put some really nourishing miso and leftover root vegetable soup into a flask for a long hike, and it was piping hot when you put it in but now, for some reason, it's colder than yr own breath and now it's darker outside than you remember

sunkrecords.bandcamp.com

tablesugarband.bandcamp.com

cucinapoveraglasgow.bandcamp.com

structureddisasters.bandcamp.com

HELEN MESSENGER

INSTANT POT
CHILI JAM

*Helen Messenger is a ridiculously good band photographer. If you've played a note in Oxford, chances are you've been tagged in one hella dynamic shot. She tells me that - aside from Junk Whale's goofy pizza-eating snaps - not many bands incorporate food in their promo shoots. I insist that this must change, so check out helenmessengerphotography.com and start thinking about what kind of cake you want to burst out of. Helen is also music editor for Vulturehound Magazine, and has a pressure-cooker blog [My Instant Pot](http://MyInstantPot.com), from which she's very kindly let me print this recipe for **Chili Jam**. Spice responsibly!*

Love some hot and sweet chilli jam. Especially with a bit of cheddar on a cracker but feel free to use this alongside anything else or inside sauces to give them an extra kick. I've made this recipe not using red peppers as an extra ingredient as my housemate has a deep loathing for them. Feel free to add in a large pepper (or capsicum if brave) if you're not as crazy as she is!

Ingredients

60g of red or mixed chillies
1 long Shallot
2 cloves of garlic
400g white sugar
60ml water
Juice of 1 lime
80ml Malt Vinegar

Method

Roughly chop the shallot
Chop the Garlic Cloves in half
Chop the Chillies in half. If you don't want the jam too spicy remove the seeds
Place them in the food processor until quite finely chopped
Place in the Instant pot with all remaining ingredients and stir
Place to HP for 30 Minutes
NPR [Natural Pressure Release]
Use the Saute mode to boil if you feel the jam needs to thicken some more. Remember it will continue to thicken as it cools but you want to see some syrupyness in the consistency before you start to cool
Place in fridge to cool, or decide to try it before it's fully cool and then moan about burning your tongue for half an hour like I did...



PROFOUND SOUND FEST X

K.R.A.N.

KENT REFUGEE ACTION NETWORK

Back in February this year, I went back to my hometown Folkestone for the third/fourth instalment of **Profound Sound** - a joint venture of the Folkestone Fringe, and the lovely lovely George & Nat at Hot Salvation Records. Some wonderfully unexpected and novel sounds emerged. Highlights include:

- The actual shivers set off by the unique theremin atmospherics of **Hekla**
- The "full fat" low-end worldbuilding of **Oliver Coates** - creased cello and splattery electronics via Mica Levi, Messiaen and soundcloud ASMRist Malibu
- The clandestine cult of improvisers in the **Free Range Orchestra**, emerging from the shadows with homemade strings or clarinets or toy pianos at hand
- The soothing, complimentary-festival-punch-hangover curing, fourth-world malletting of **George Clift, Georgina Treloar and Jon Law's** Saturday afternoon improvised set
- The peaceful electric pop-minimalism of **Ex-Easter Island Head**, who it was great to finally see on like my 4th attempt

A special highlight of the festival though was the kitchen activities operated by **K.R.A.N. (Kent Refugee Action Network)** in the bar of the Quarterhouse. The charity works with young refugees in the U.K., situating in Canterbury, Dover and Folkestone. Many of the young refugees are here preparing, cooking, running the counter and generally absorbing the atmosphere of the festival, which is a joy to witness. It's great to see them really getting in to it and sharing some of their home cuisine in a diverse and affordable menu. There's a cookbook on sale all weekend too!

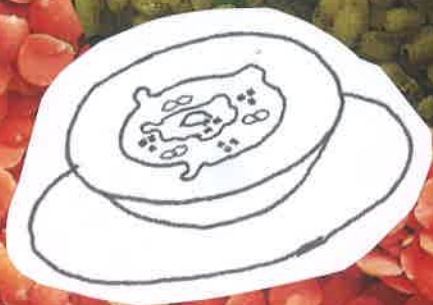
Their pop up boasts a brunch menu, an evening menu (which seems to cater for artists too) and a selection of cakes and pastries. I'm there for the latter first. Some exquisitely sharp and fittingly molar-dissolving baklava, and a wonderful yogurt cake topped with pomegranate seeds, just to shake up the mildness a little. Perfect mid-afternoon compliment to some cheap (-ish) filter coffee from the bar.

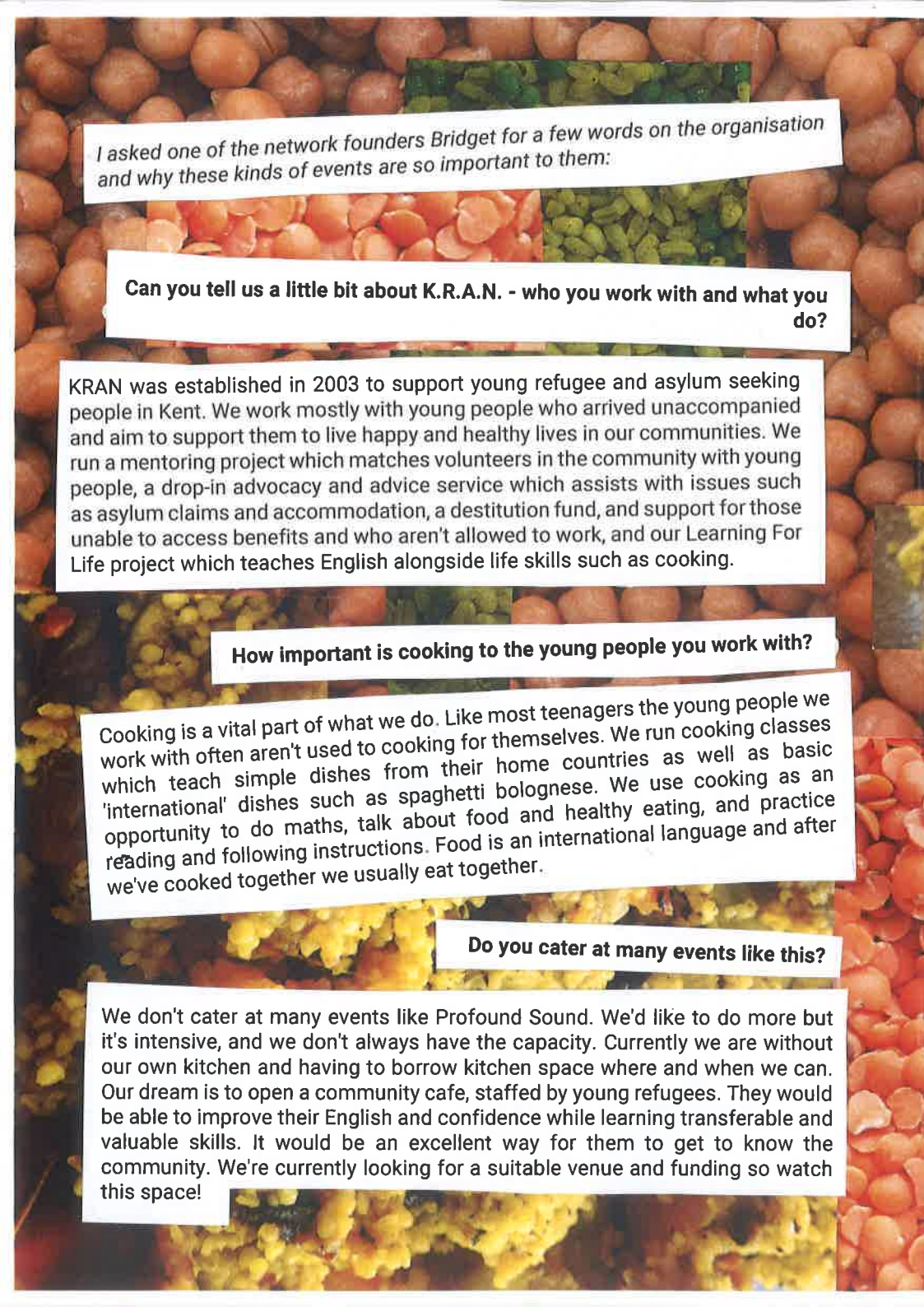


I had a lovely evening meal of curried vegetables on the first night. Carrots, beans and cauliflower mingled in a thick, fruity, mustardy paste that starts off deceptively mild before abruptly making a scene on the spice front. That's where the injera (an Eritrean flatbread on the side) kicks in. Soft, spongy, laced with citrus. A novel texture for me, but by no means an unwelcome one, embracing the sharp spice and folding in the fruitiness. There was also a lentil stew with injera that I don't get a chance to try - much to my regret as it is touted and hyped by many over the course of the weekend.



Lunch the next day consisted of even more choice - granola; cauliflower cheese; baked squash with pesto, feta and pomegranate. The harissa-baked tomatoes with chickpeas, butter beans and egg just screams out at me though. It smells amazing! Thick, soupy tomato broth. Bit of acidic citrus in there, just the way I like it. The harissa is a little shy but it wrestles with the acid soon enough. The beans are just cream. Best of all though is the egg, which I don't think I've had baked before (I have since). A calm, yolky oasis in the middle of bickering flavours. I would have loved some flatbread to go with but otherwise it was terrific.





I asked one of the network founders Bridget for a few words on the organisation and why these kinds of events are so important to them:

Can you tell us a little bit about K.R.A.N. - who you work with and what you do?

KRAN was established in 2003 to support young refugee and asylum seeking people in Kent. We work mostly with young people who arrived unaccompanied and aim to support them to live happy and healthy lives in our communities. We run a mentoring project which matches volunteers in the community with young people, a drop-in advocacy and advice service which assists with issues such as asylum claims and accommodation, a destitution fund, and support for those unable to access benefits and who aren't allowed to work, and our Learning For Life project which teaches English alongside life skills such as cooking.

How important is cooking to the young people you work with?

Cooking is a vital part of what we do. Like most teenagers the young people we work with often aren't used to cooking for themselves. We run cooking classes which teach simple dishes from their home countries as well as basic 'international' dishes such as spaghetti bolognese. We use cooking as an opportunity to do maths, talk about food and healthy eating, and practice reading and following instructions. Food is an international language and after we've cooked together we usually eat together.

Do you cater at many events like this?

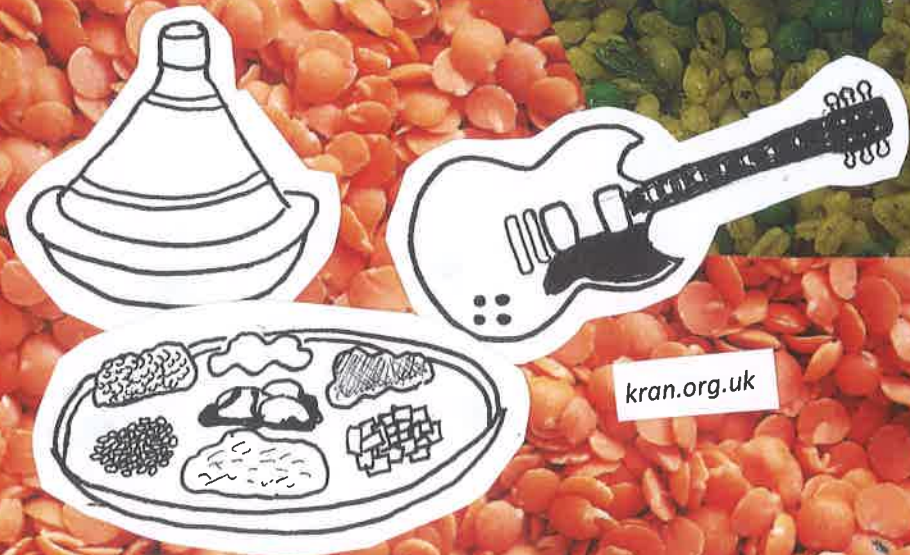
We don't cater at many events like Profound Sound. We'd like to do more but it's intensive, and we don't always have the capacity. Currently we are without our own kitchen and having to borrow kitchen space where and when we can. Our dream is to open a community cafe, staffed by young refugees. They would be able to improve their English and confidence while learning transferable and valuable skills. It would be an excellent way for them to get to know the community. We're currently looking for a suitable venue and funding so watch this space!

Do the young people get to see much of the music? What do they think of it?

One of the reasons we agreed to cater for *Profound Sound* is that we know George and Nat from *Hot Salvation*, and Di and Denise from *Folkestone Fringe*, and we knew that they would really want the young people to be able to access the music. We also want the young people to feel comfortable in the *Quarterhouse* as it's their local arts centre. They got to see quite a few different things over the weekend and were really enthusiastic about it. I think a really important thing for them was seeing and hearing lots of different kinds of music, much of it outside their experience. One young person said he found it "very exciting" and said it made him think in a different way about music.

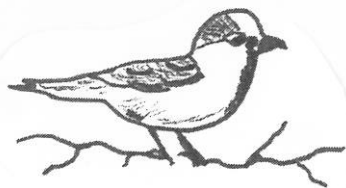
What can we do to help?

If you want to help please like our social media accounts and like and share our posts. If you're interested in volunteering with us, or mentoring one of the young people we work with, there's information on our website kran.org.uk/get-involved. If you're able to donate or fundraise for us that is always very much appreciated. We need funds for our general work and we also collect specifically for our destitution fund which helps those who are in a particularly tough situation.



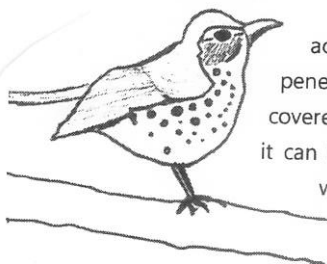
kran.org.uk

TQ BIRD CAKE



Birds sing, right? Birds need food, right? Wot, just cos you probably shouldn't eat balls of lard, muesli and bird seed, you think I should just stick to writing about people food like gum or fig rolls or M&S pre-prepared mashed potatoes or whatever? Pfff. Happily, Andy off of TQ zine (an ongoing chronicle of deep underground drone and gristle mostly from - but not limited to - the North East) has given us something to keep the birds singing through whatever unseasonal cold the impending climate apocalypse can throw at us!

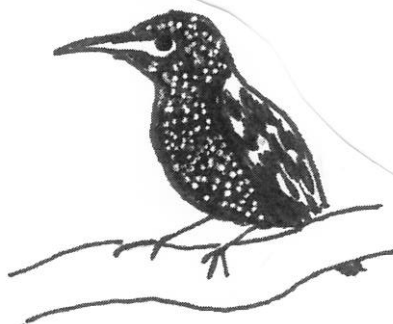
During the cold times, birds need sustenance in the form of good, nutritious food that is easy for them to obtain, and which helps them through times when access to food is limited, often due to freezing soil which they cannot penetrate for worms, grubs and insects, and of course food being covered by a blanket of snow. This recipe is ideal and is great for kids as it can be made nice and messy, and gives youngsters an interest in wildlife, and an understanding of the importance of nourishment for our feathered friends during cold weather.



What you need (Quantities can vary as the lard will bind all together)

- Oats
- Corn Flakes
- Bird seed
- Crushed or broken nuts (small pieces - not pulped to dust)
- Muesli
- Lard
- Spoon
- Small bun cases
- String

(Do not use bread of any sort as this just fills the birds and offers no nutritional value)



Method

1. Melt the lard in a pan
2. Mix the rest of the ingredients in a bowl
3. Allow the liquid lard to cool a bit. 5-10 minutes
4. Once the lard has cooled and while it is still liquid, carefully pour in to the bowl of mixed ingredients
5. Mix all together with a spoon, or use hands (nice and messy!), ensuring all the ingredients are bound together with the warm lard
6. With each bun case, make a small hole through the centre of the base big enough for the string. Leave some of the cases without string.
7. Feed a piece of string through the hole and knot at the outer base end of the case. (string about 250 mm in length)
8. Pack the bun case with the mixture ensuring the string hangs freely
9. Allow to cool
10. Place in fridge for a couple of hours to keep fresh and to harden

Cake Time

Remove the paper bun case and tie the Bird Cake to a garden bird feeder. For those without string, (some birds prefer to take food from the ground), remove the case and break up the cake over the garden. If your garden is covered in thick snow, brush an area so the cake doesn't sink into the snow, as while the birds will find it, we don't want to make it difficult for them.

Enjoy watching a variety of birds get a nourishing winter meal, and they will sing you a beautiful song. Always ensure there is fresh clean water for them too. They cannot peck through frozen water.

<http://tqzine.blogspot.com/>



