

State of the Arts' Almanac Session on Social Security Lunch

by Joris Vermeir

We all deserve a fully functioning system. One that gives us security and comfort by protecting our basic rights and needs. A system that offers wellbeing in the largest sense of the word. To stir the conversation we suggest you to cook a lunch that will be eaten commonly at the start of the online work and learn day while listening to Wouter Hillaert's general introduction.

Cabbage, potato and brussels sprouts soup

This lunch is a basis to build on. It boosts your immune system, stimulates gastric wellbeing and is a great source of antioxidants and vitamin C. It gives you the opportunity to shine in true elegance by adding your home fermented stuff or why not start making your own pot of sauerkraut. It's just salt and shredded cabbage after all. This meal is basic, whole hearted and good for you. Make a little more and share it. It's a social thing. That's just what good eats are all about.

Ingredients (for 3 or may be 4 persons)

500 gr of white cabbage
400 gr of potatoes
200 gr of Brussels sprouts
2 onions
1 carrot
2 garlic cloves

2 teaspoons of crushed coriander seeds
4 bay leaves
salt, pepper
spices such as a pinch of smoked paprika, cumin seeds, nutmeg
1,5 litre water

Preparation

Cut the onions in half and slice them thinly.

Grate the carrot coarsely.

Mince the garlic.

Melt some butter/oil in a large cast iron pot.

Fry the onions, carrot, garlic and crushed coriander, bay leaves / other spices for about 10 minutes on medium heat.

Cut the white cabbage in fine stripes and add them to the pot. Fry for another 10 minutes. Meanwhile peel the potatoes and cut them in cubes. Together with pepper and salt and maybe some more oil they also go in the pot. Add water. Put the lid on. Let simmer for about 20 minutes.

Slice the Brussels sprouts thinly. The thinner, the better.

When cabbage and potatoes are cooked, throw in the sprouts. The idea is that they give the dish crunch, freshness and character. Just allow them to get some heat. Turn off the stove.

Taste and add more seasoning to your taste.

Serve in a bowl and add a dollop of sour cream or spelt cream for extra creaminess. Some lemon zest can be nice too.

Have a good workshop!