

State of the Arts' Fair Arts Almanac
27.03.21
Out of Order Contemplations
Proposals for a future class
Lunch

by Joris Vermeir

Life and how we learn to live and love it has a lot to do with how we organise ourselves. How we interact with nature and society. It's about figuring out the kind of relationships that work best for us and that fit our creative way of life. Themes that pop up in the workshops on art education are nurturing our ecologies, utopian exercise, talk about money, the value of our work and becoming philosophical and political about the role of art in society. The struggle between the system and the individual is about having the right tools and knowing how to share and use them. The outcome? Nourishing in every sense of the word. On this page it's all about having lunch. That can be fast and furious. Or slow and luxurious. Quick, abundant, easy, cheap, rich and delicious. All at the same time. It's life and how you want it!

Red beans, tomatoes and vegan minced "meat"

Serves 4 to 5

**200 g dried red kidney beans, soaked and cooked or
2x 400g cans**
2x 400g cans of chopped tomatoes
4 tablespoons of oil
2 onions, chopped
5 garlic cloves, crushed
3 sticks of celery, chopped
3 carrots, diced
4 cm fresh ginger, grated
2 teaspoons of whole cumin seeds
1 teaspoon smoked paprika powder (pimenton de la Vera)
1 teaspoon turmeric powder
3 bay leaves
salt and freshly ground black pepper
400 g of minced tofu or vegan minced meat
1 glass of red wine

Fry the onions in the oil, for about 8 minutes. Add the garlic, carrots, celery, ginger and the spices. Stir it until your kitchen is filled with aromatic flavours. Now mix in the minced tofu or vegan minced meat. Continue to cook for a few minutes. Add the tomatoes and the beans and cook for 15 minutes or until you get a thick and creamy mixture. If you have a bottle of red wine on hand, open it, pour everyone a glass and

add one to the stew. This gives that little extra you deserve. Adjust seasoning.

Serve this delight piping hot with bread. Make it even more succulent with a splash of lemon juice, soured cream, a little salad, a bowl of nachos, cooked greens...