

APRON

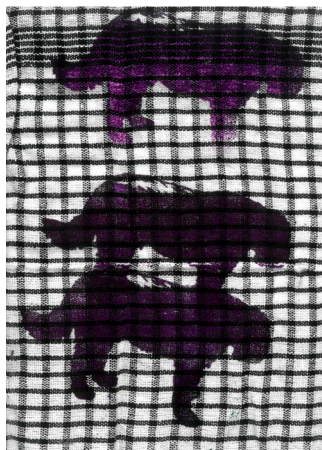
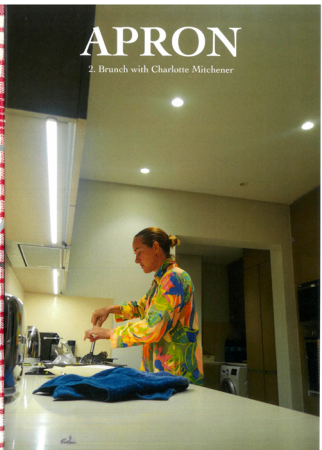
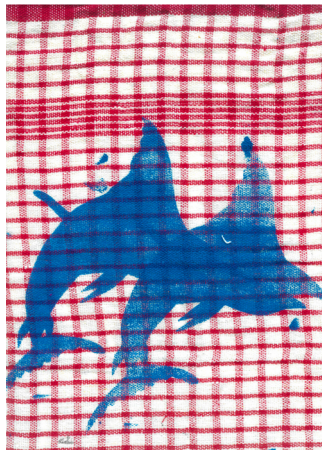
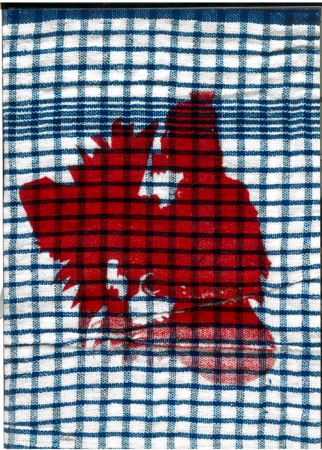
APRON

Childhood stories unfold like
ancient mythology
used to explain tiny tendencies
domestic scenes turn into legend;

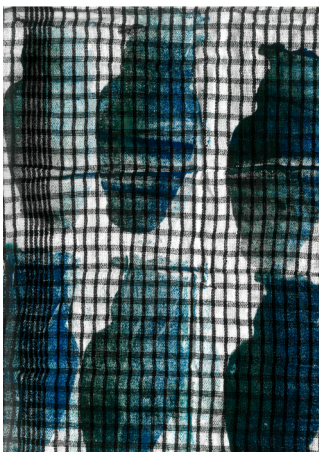
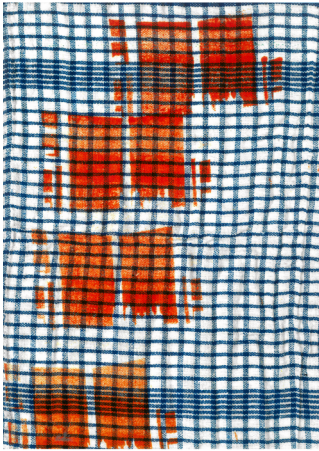
Food - the religion
a fork as a sword,
a dinner platé, a pilgrimage.
the kitchen table as
Camelot, or Yamuna.

Habits are taught rituals
passed like rosary, fidgeting
from palm to palm.
A recipe is read like scripture,
translating ounces into grams.

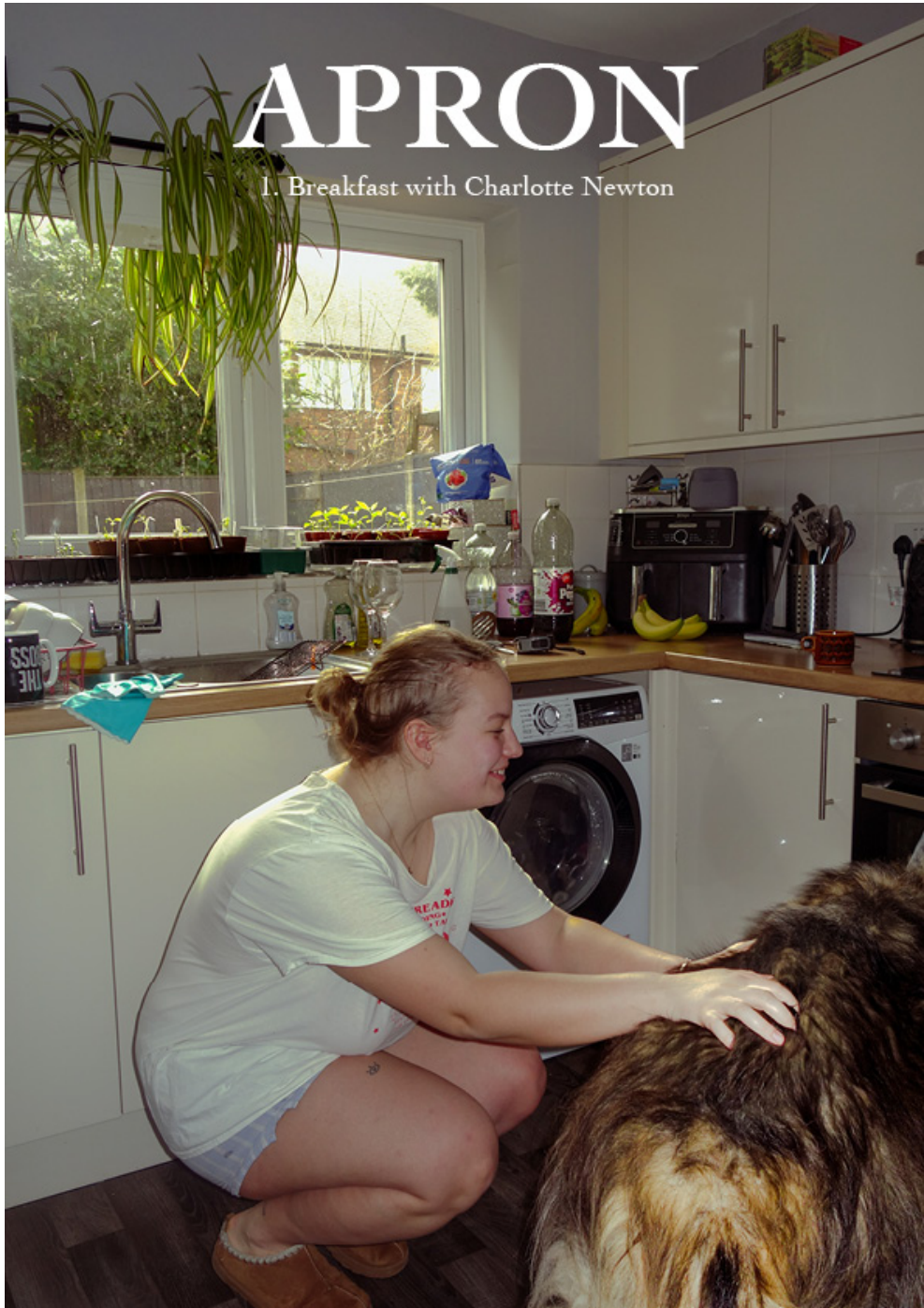
An apron is a holy building,
each stain, a shrine to a story.



Chapter Dividers / Front Covers / Back Covers



Chapter Dividers / Front Covers / Back Covers



1. Front and Back Cover



Charlotte Newton, 19 Nottingham, England

"We only really sit together around a table at Christmas or when we go out to eat. Stuart's desk is the kitchen table, so we sit and eat while watching TV. I think that's a class thing."

Charlotte's painting hanging in the kitchen.



Scrambled Egg on Toast / Cinnamon Roll / Black Tea

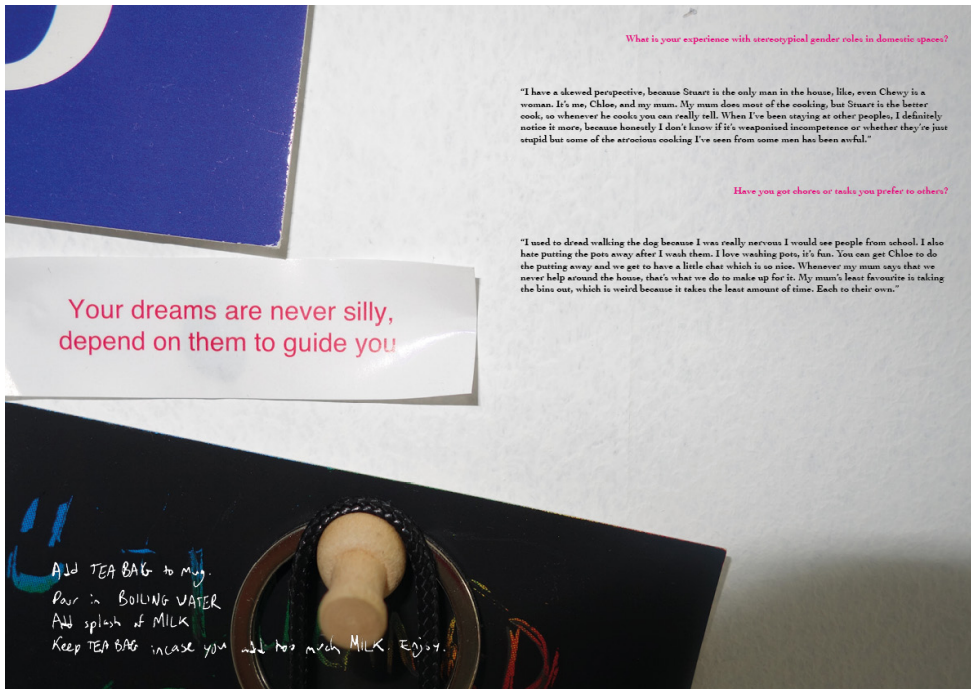


"I feel like we can't talk about domestic life and not talk about Rugby."

Why do you say that?

"When I was thinking about the kitchen being the heart of the home, it's only the last six months since leaving school that I've got to re-engage with that because whenever I come home for Christmas, I was always working so I wasn't in tune with the family's rhythms."

"At school the kitchen was so communal, cooking and having a chat in the common room was every day. Even back in the days of school, because it was really shit. So you had to learn how to cook for yourself and you come across a lot of different families' ways of doing things through that. If someone fries their eggs weirdly, or someone makes porridge in an absolutely abominable way, it kind of exposes you."



What is your experience with stereotypical gender roles in domestic spaces?

"I have a skewed perspective, because Stuart is the only man in the house. Like, even Chloe is a woman. It's me, Chloe, and my mum. My mum does most of the cooking, but Stuart is the better cook, so whenever he cooks you can really tell. When I've been staying at other peoples, I definitely notice it more, because honestly I don't know if it's weaponised incompetence or whether they're just stupid but some of the atrocious cooking I've seen from some men has been awful."

Have you got chores or tasks you prefer to others?

"I used to dread walking the dog because I was really nervous I would see people from school. I also hate putting the pots away after I wash them. I love washing pots, it's fun. You can get Chloe to do the putting away and we get to have a little chat which is so nice. Whenever my mum says that we never help around the house, that's what we do to make up for it. My mum's least favourite is taking the bins out, which is weird because it takes the least amount of time. Each to their own."

Your dreams are never silly,
depend on them to guide you

ADD TEA BAG to my
Pour in BOILING WATER
Add splash of MILK
Keep TEA BAG in case you add too much MILK. Enjoy!



Heat Pan to medium/high heat add a little OIL
Chop CHERRY TOMATOES (into quarters) and SPRING ONION
Crack 3 EGGS into a bowl and whisk (NO MILK)
4
5

What is the significance of scrambled eggs to you? How do you like your eggs?

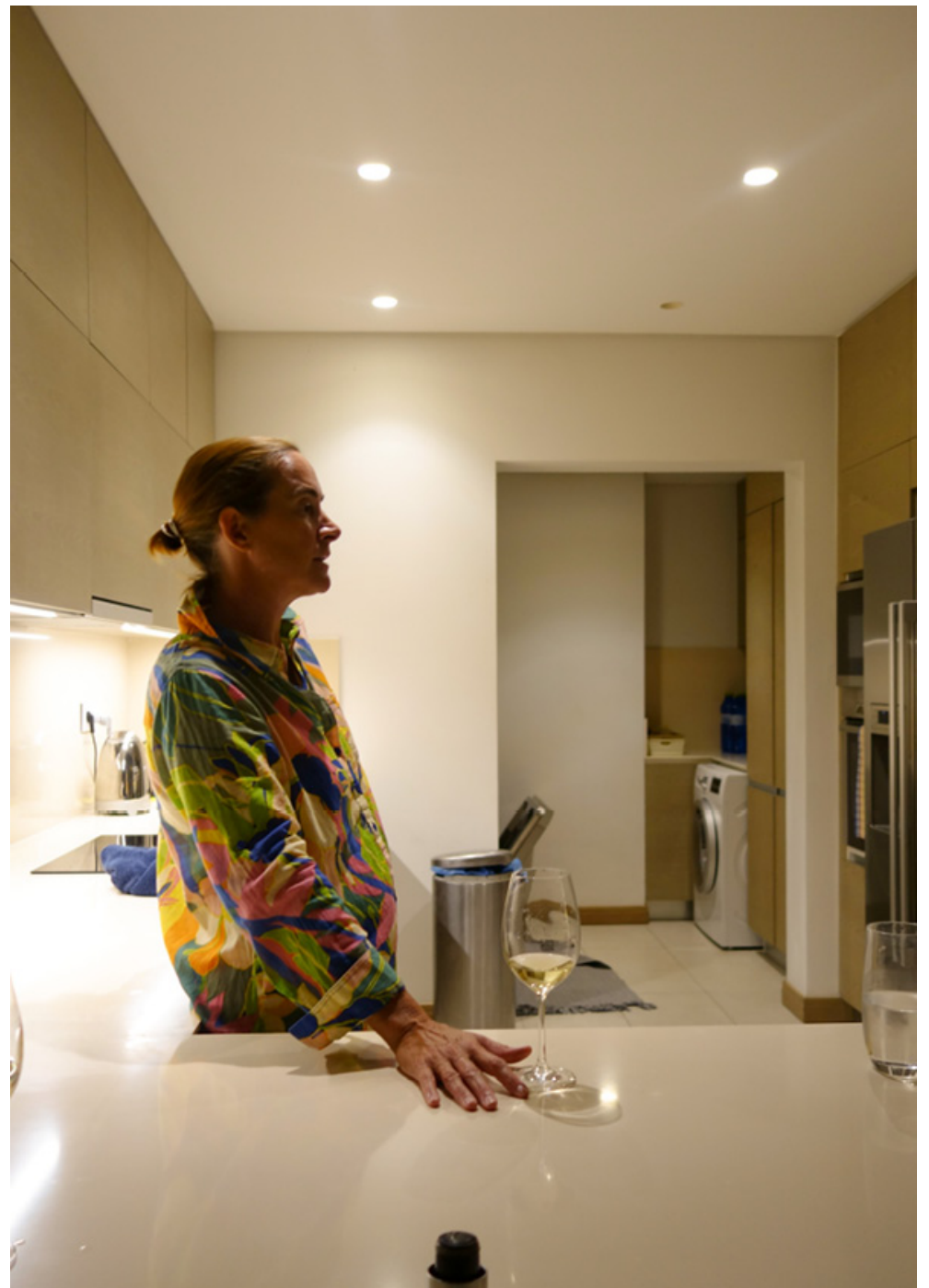
"It was the first meal that I properly learnt to cook on my own, so I got really creative with it. I really quickly slapped loads of vegetables in for different seasonings to spice it up. It was the first thing my mum taught me how to cook. It's such a good staple. It's so useful, if you're in a rush. If you don't have anything in the house, everyone always has eggs. Well, most times in this economy. Most of the time, I don't add milk to my eggs. Laurie once made me scrambled eggs at his house and he did them in a saucepan which I thought was wrong on so many levels. They have to be done in a frying pan. And they shouldn't be too wet, they should be fairly dry, they continue cooking in the pan even after you take them off the heat, so they need to be just the right amount of wet."

You can add anything you want to scrambled eggs really. I quite like making it onlette-esque. Adding some tomatoes and spring onions. Salt, pepper, maybe some garlic granules if you feel a bit fancy, but nothing really beyond that. I used to shove a load of shit in it like shallot flakes and crap like that. I think three eggs is the perfect amount if you're just having eggs. If you're having it with bread then maybe less. And then really, um, um, I like to sometimes put spinach in it, it gives it some texture and shininess. And also I like to have sauce on top. That's how I like my eggs."

1. Select Spreads

APRON

2. Brunch with Charlotte Mitchener



2. Front and Back Cover



Mauritian Eggs Benedict (with Marlon)



2. Select Spreads



3. Front and Back Cover



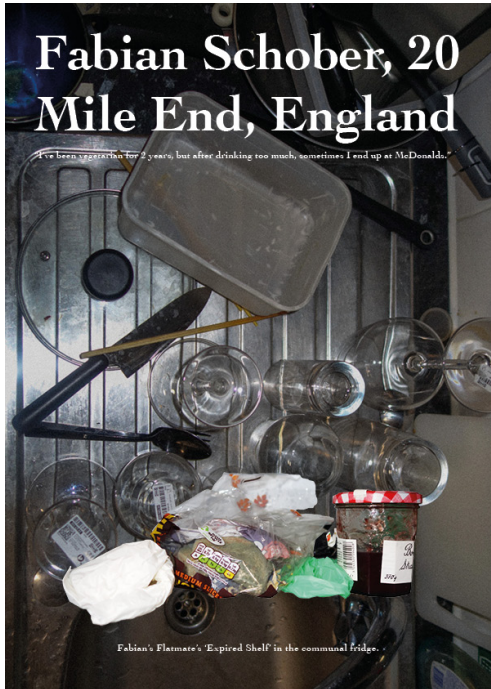
Salmon Pate, Mackerel Pate, Blinis / Rosé Wine



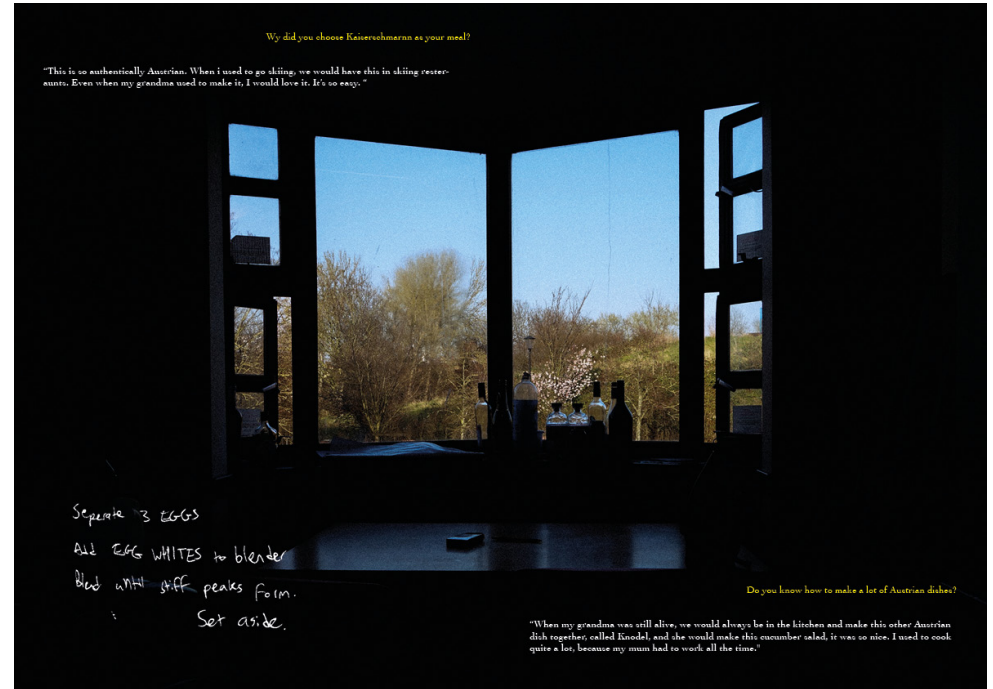
3. Select Spreads



4. Front and Back Cover



Kaiserschmaran, with Maple Syrup



Do you and your boyfriend ever cook together?

"No. I always have to cook for him. He's not good at cooking and he doesn't cook. So I always just do it. But I always have to do two separate dishes because I'm vegetarian and he's not. So I have to do one with and one without meat"

How have you found sharing a kitchen in student accommodation?

"I thought it would be horrible, but I barely see any of my housemates apart from one, and we always cook together, it's so much fun to share a kitchen. I've learned so many recipes because of her, and we always cook together and all. It's nice. Everyone mostly cleans up after themselves, and we get a cleaner as well, which is good."

You mentioned you had an ex-boyfriend in the kitchen?

"It is so annoying. Sometimes I come out to the kitchen to cook something and she's here, and she doesn't speak to me at all, so we're standing awkwardly next to each other doing our stuff and I'm saying 'Hi' and 'How are you?' and she's not even answering, so it gets really awkward and I try to do my cooking as quick as possible to just get out. It's a negative energy."

Please take care when entering and leaving the kitchen as excessive smoke/steam will activate the fire alarm in the corridor

NEVER LEAVE COOKING OR TOAST UNATTENDED

If the fire alarm sounds you must:

- Turn off all appliances
- Move pans away from the cooker
- Leave the building immediately

If you activate the fire alarm you may be charged

How often do you use this kitchen?

"Most of the time before we start prep, me and my housemate, we start cooking in the kitchen together as we eat before we go out. I really like this kitchen, everyone else we meet in university we bring food to this kitchen. Even though it's small, it's just cozy."

Did you have meals together with your family when you were in Austria?

"So in Austria it was just my mum and I, and usually we cooked together and have dinner together all the time. At least dinner, maybe not lunch all the time, because my mum either skipped lunch or wasn't home so I looked by myself. It was fun cooking with her."

What are the major differences you've found in the kitchens here compared to Austria?

"Obviously, back in Austria with my mum, and here I'm with friends. The food is so different. I think here is much more family oriented than Austria. Here, all we do is cook together and eat together and order sometimes. My mum was here over the weekend and my flatmate and I cooked with her, it was really chill. Austria is quite closed off when it comes to cooking together, they're not so open, it's less of a thing. One person cooks, and everyone sits around and waits at the kitchen table, but here I feel like everyone does their part."

We even did friends giving here, everyone brought their own dish, and had a nice cute dinner together. We drank a lot!"

APRON

5. Dinner with Neeti Kumar



5. Front and Back Cover

Neeti Kumar, 24 Stratford, London

"This sweater is my Nani's, our maternal grandmother. And the jeans I'm wearing are from my Dadi, our paternal grandmother. I wear this way often. When people compliment me, it reminds me that I have some family love with me too."

1 KG MEAT
1 LITRE OIL
1 KG MEAT
1 KG SPINACH
2-3 ONIONS - SLICED
3 TBSP GARLIC & GINGER PASTE
1 TBSP DHANYA POWDER
1 TBSP JEERA POWDER
TO TASTE / SALT
1 - 1/2 TBSP HALDI

2 TOMATO - CHOPPED
1 ELAICH
1 STICK CINNAMON
3 CLOVES

Recipe / Our Mother's Handwriting



Saag Meat, Paratha / Nimbu Pani / Palmier



What is the significance of this meal to you?

This is veg most with paneer. In one of my favourite meals at home. Whenever I go back, it's always the first thing I eat, my mum to have it's a comfort meal. At home we have it with the mutton bones left in, and the marrow inside them tastes delicious. My mum and I were the only ones who would have the marrow. It was one of my favourite meals growing up, so it reminds me of home. I tend not to make food that's really bad, home in London, because I think I'll never be in the oven, and if anything, I prefer trying to make new things, making and discovering what my own 'home food' is. It's kind of like a different life. Defining the kitchen in my own terms rather than on familial terms. Two different homes, two different kitchens. Because I grew up in boarding school in the UK, my life has always been split, with home in India and home here."

For Paratha:

(uses whole wheat)
Mix ATTA, a tsp of SALT, and
a little VEGETABLE OIL
Slowly add WATER to a dough form.
Rest for 30 mins
Take a ball around the size of
a ping pong ball, roll very thin
on a floured surface.

What cultural differences do you find within the kitchen?

"Growing up, we used hands to eat for some things and cutlery for other things. It depends on what I'm eating. I use chopsticks for almost everything nowadays. The only other difference I've noticed in the kitchens here, is that in India we have a stove, a flame, like a gas hob, which is easier to make parathas with because they fluff up. We don't have that here. Usually, I make frozen parathas, but the ones we made today taste much better."



Add some ~~STOVE~~ OIL and oil
into quarters/make a cone, roll
flat again.
Add to a very hot tank of pan.
Finish with GHEE

Why did you choose nimbu pani and a palmer as significant parts of your meal?

"I don't use it as an everyday therapy, but its therapeutic in an every-now-and-then way. Cooking has a creativity to it; that's what I enjoy. I can't follow a recipe. Not because I can't read, because I just don't enjoy it as much. I look at recipes online, a few different versions, and then make it my own."

That feels more like home, because it's to my taste."

ADD 2 DICED ONIONS to my heat with OIL
Add lots of GINGER & GARLIC PASTE
Cook for 1-2 mins
Add DHANYA & EXTRA JEERA POWDER
Cook for 3-4 mins
Add CHOPPED TOMATOES & any green chilis
Cook until soft & acidity goes down
ADD HALDI
Add the meat water and lime
Add SPINACH PASTE
Mix well and serve with PARATHA





6. Front and Back Cover



A Tailor-Made Cocktail



Why do you think hosting is important?

"Hosting is a very important part of culture. It's something that is not done enough nowadays. People go out but nobody makes an effort to host. It's a lot harder than you first imagine, because there's a lot of effort that goes into it. A lot of people don't do that. It's very nice because when people come over, all the social cohesion happens, and you make people happy; people have a good time, and you're the person who made it happen. People don't do it anymore because everyone is dopamine addicted. Nobody wants to put any effort into anything ever. It's sad."



Tell me about your alcohol collection

"The top row is special to me. The ones on either end are from my grandfathers on either side. Special bottles. I like to keep it symmetrical, so each alcohol matches the other side. Every alcohol there is interesting.
[Left side, from left to right]
1907 Bhutanese whisky from my Grandfather on my Dad's side / Hennessy - Brandy / Remy - Brandy / Don Julio 1942, Bhutanese Tequila / Bunnahabhain 12 / Glen's Special Edition / Lagavulin from my aunt / Hibiki's that my mum likes.

In the center is a trophy. I won with an emergency can of Guinness, because they don't have Guinness in India.
[Right side, from left to right]
Hibiki's / Laphroaig Scotch / Glen's Special Edition / Aberfeldy / J&B rare Gin / Japanese Gin / Whisky from my Grandfather on my Mum's side"



Do you think drinks are more important than food when it comes to hosting?

"Socially yes. Food is a very valued issue socially. It's very out and dry. You have to do sacrifices a main, the basic vegetarian or non-vegetarian. Drinks are much more open and flexible. It's more personal and intimate. Food is less customizable."

Place a few pieces of APPLE infused wood inside the smoker. Light it with a torch, and close the lid, so it runs out of oxygen and the smoke comes out the bottom.

6. Select Spreads

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Breakfast



Dinner

APRON



Brunch



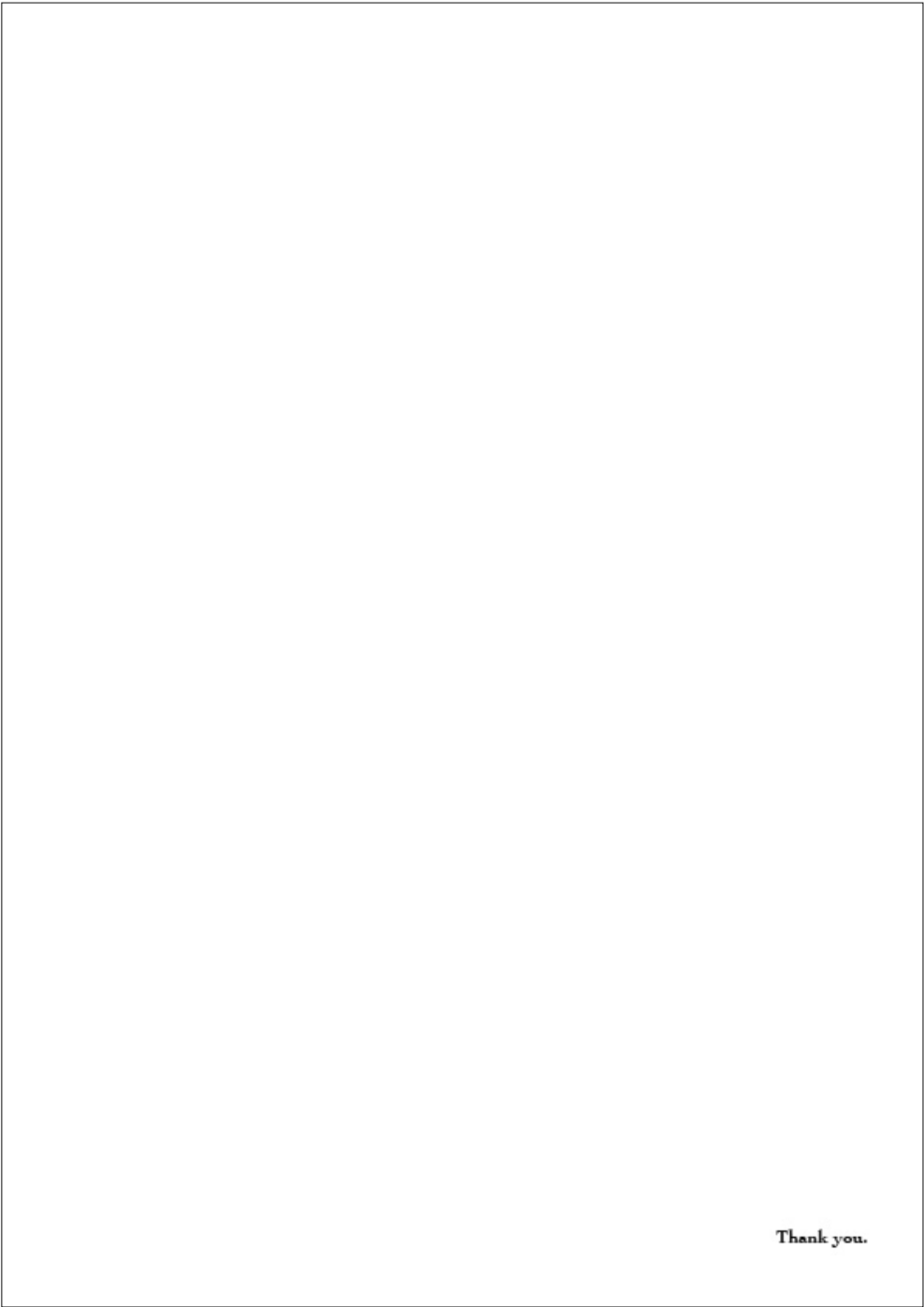
Lunch



Snack



Drinks



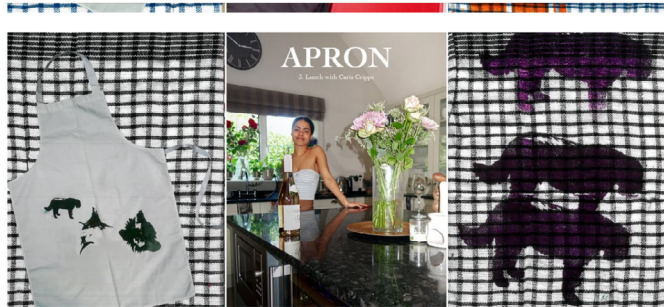


Thank you.



<https://youtu.be/SdqHHw7HSAE>

SHOWCASE FLICK THROUGH VIDEO

12:21

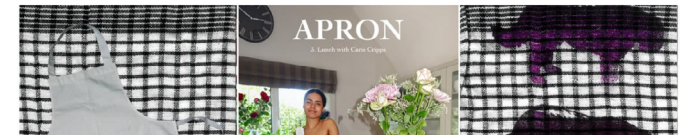
Introduction

Childhood friends could be the most meaningful and enjoyable memories of your life. They are the ones who know you best, who have seen you grow up, and who have been there for you through all the ups and downs of life.

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APRON



Instagram feed



Open Studio Presentation



Apron being enjoyed, Indoors and Outdoors