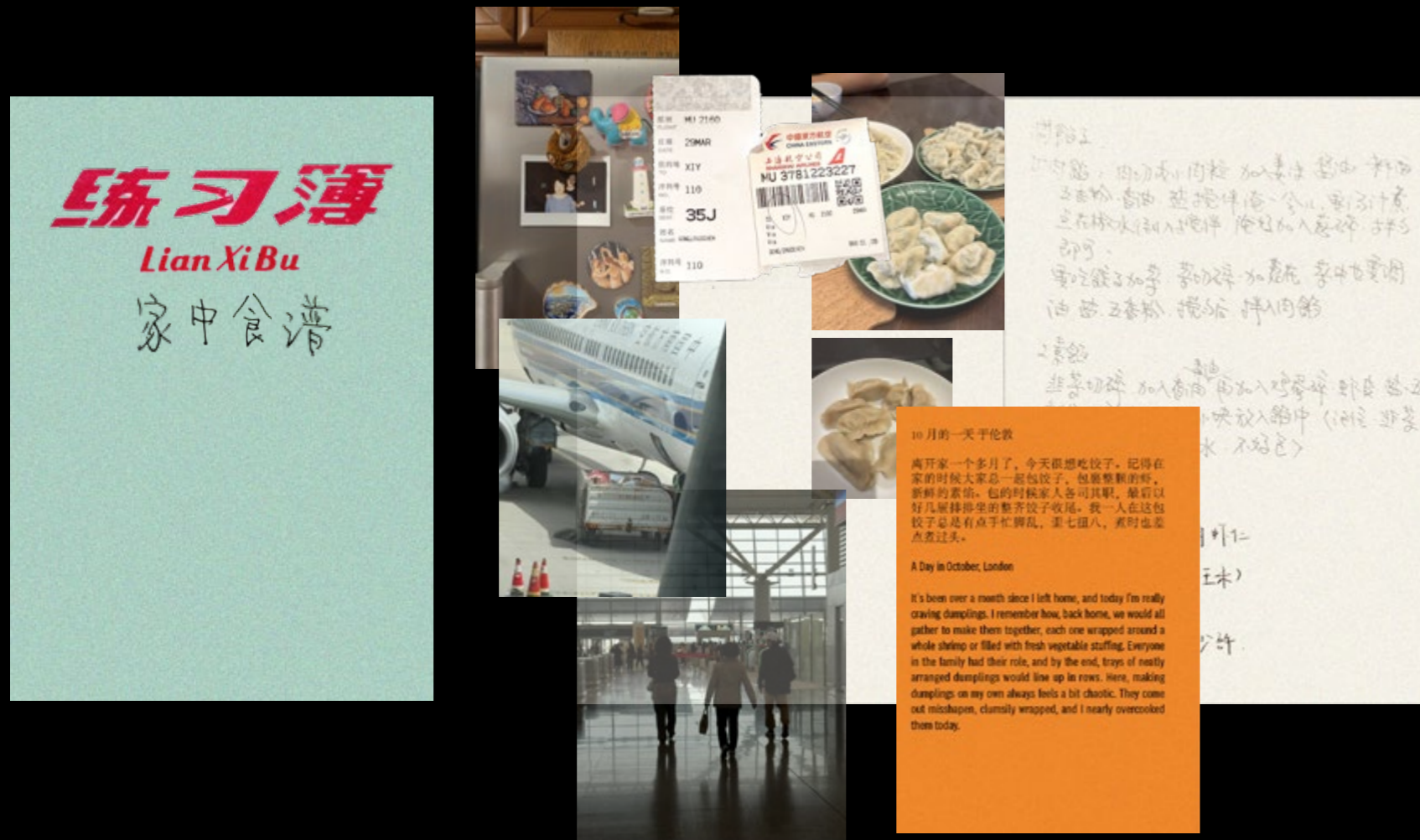


UNIT 3

Projection 1

Projection 2

Stella Gong



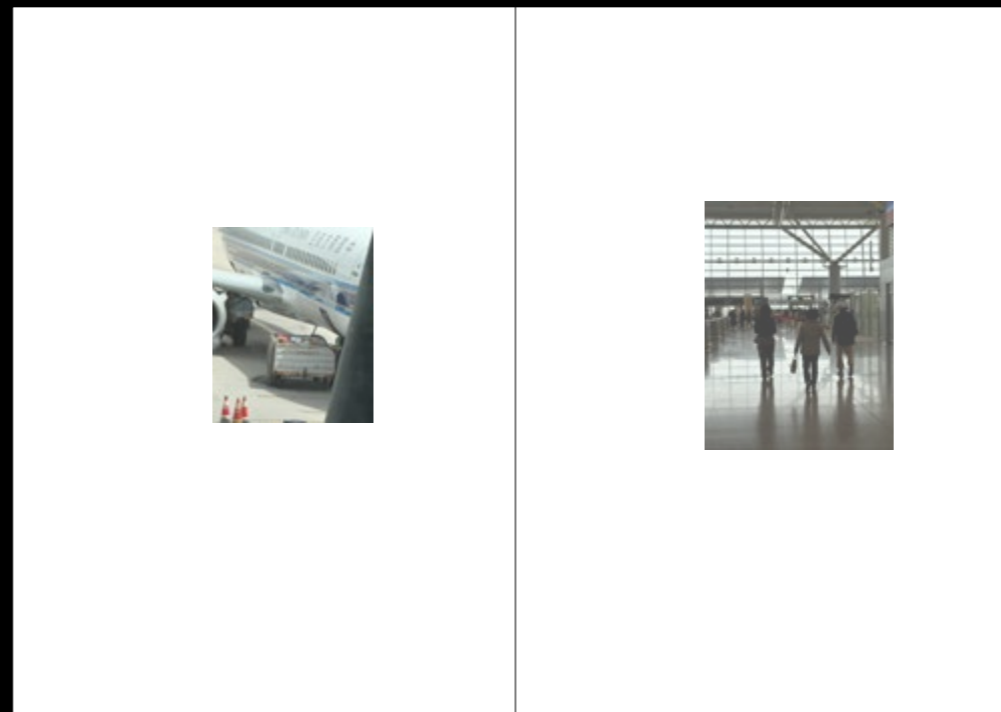
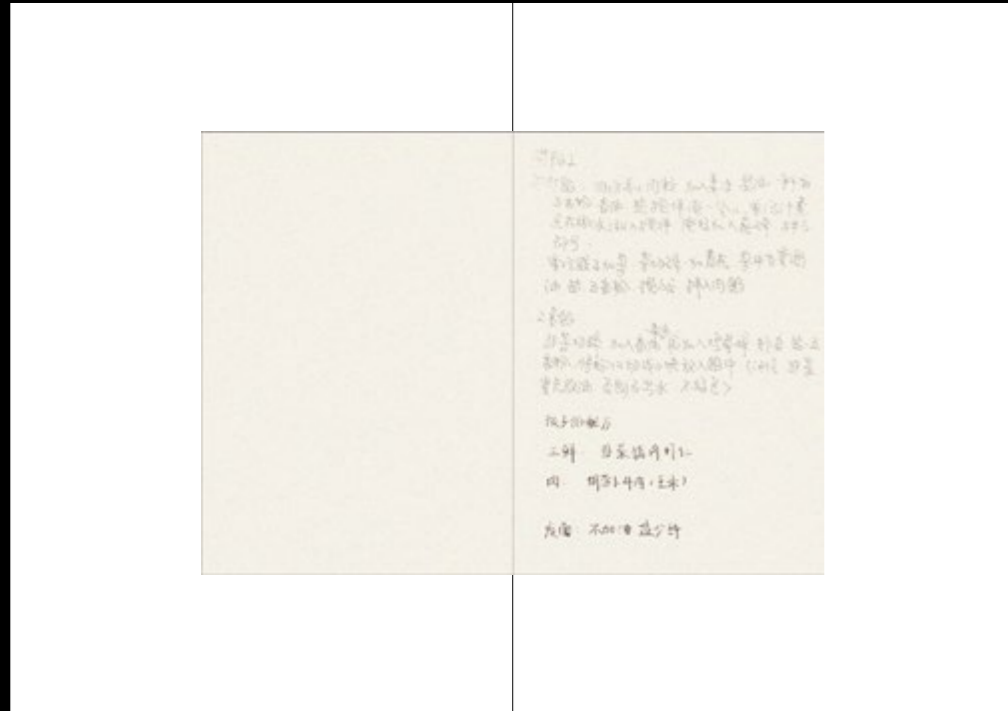
Fictional publication with image attachments, recipes and diary entries.

In the initial iterations of my enquiry, I used the handwritten recipe book from my grandmother as the visual centerpiece. Drawing from personal experience, I constructed a fictional character who, after leaving home and migrating to the UK, forms an evolving connection with their family recipes through the act of cooking. As this character navigates life in a new country, they adapt and modify the original recipes based on their lived experiences, gradually creating and discovering new ones within the surrounding cultural context. The intention was to **reflect the migrant experience through the evolving nature of recipes—using them as a narrative vessel for adaptation, memory, and cultural integration.**

The use of a fictional narrative allows me to bring together shared, representative experiences from across the migrant community, highlighting their collective significance. This iteration was envisioned as an interactive publication, centered around a recipe book styled after a 1980s notebook—visually referencing the handwritten cookbook my grandmother gave me. Each recipe is accompanied by loosely attached visual materials such as images, receipts, post-it notes, handwritten annotations, and diary-like entries related to both **the dish and the migration experience.** These elements are designed to support the fictional story of a migrant individual adapting to life in a new environment. By allowing these attachments to remain unfixed within the publication, viewers are invited to rearrange and interact with them—letting the narrative unfold in a fluid, participatory way.

PROJECTION 2

PROCESS 01 COMMUNICATION



While reading, the audience engages with the scrapbook-style recipe book (previous slide) from a first-person perspective, as if stepping into someone's personal collection.

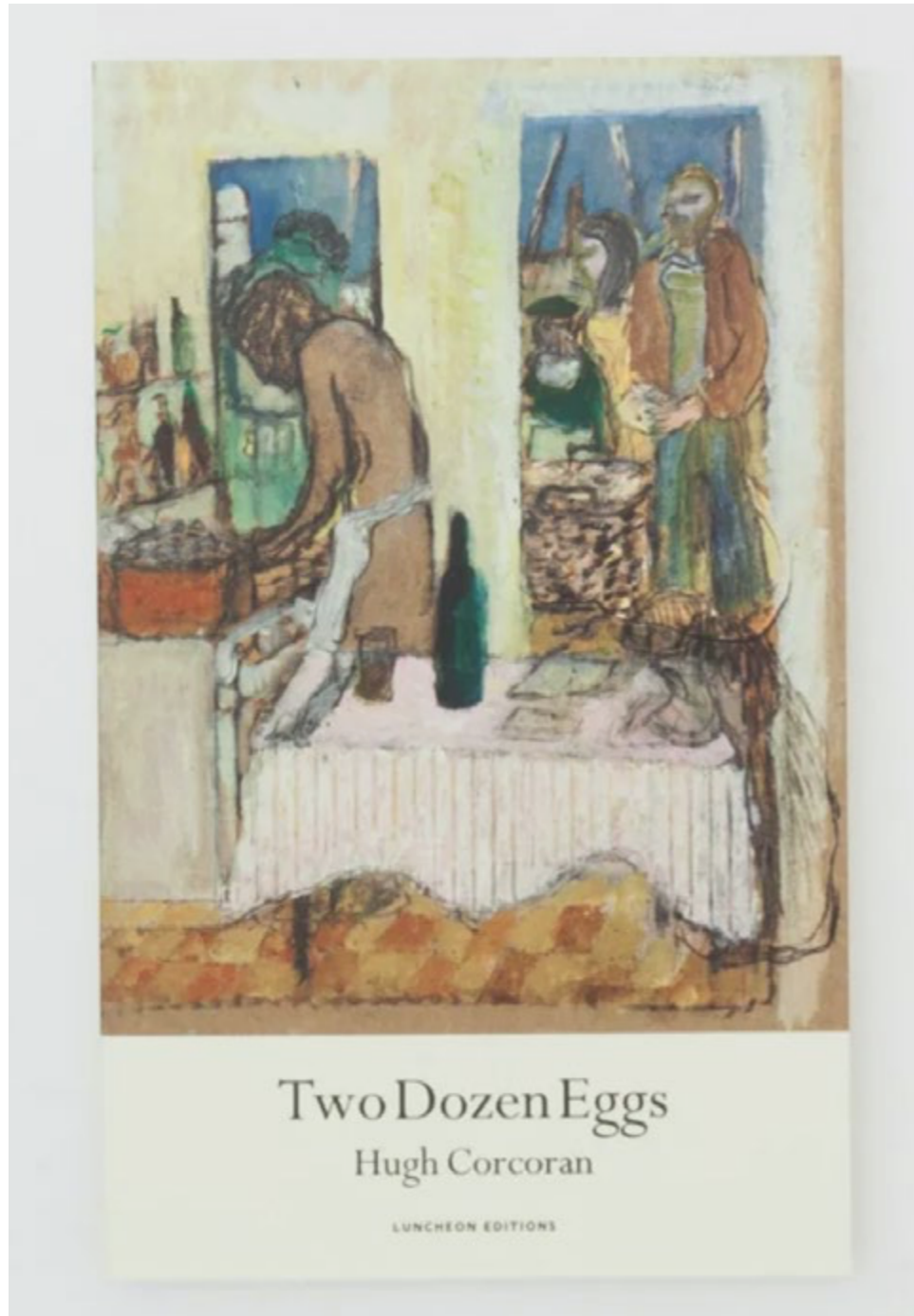
In addition, a second publication (Left) documents the contents of this recipe book from a third-person perspective, forming a secondary narrative. This layered approach invites the audience to interpret the original owner's journey of adaptation as if they had stumbled upon a lost belonging.

The intention is to enhance the project's playfulness and expand the ways in which its themes can be understood.

Documentation publication of the previous fictional publication

Through audience testing, I found this production direction to be unfeasible. Visually and narratively, it was relatively chaotic, posed comprehension challenges for non-Chinese speakers, and lacked a clear, guided reading structure. Additionally, the fictional narrative lacked strong theoretical grounding, which weakened its communicative power.

As a result, I decided to abandon the fictional narrative approach, stripping away the overly complex themes and content from this iteration and the initial enquiry. I shifted the focus to **my real-life experience of receiving a handwritten home recipe book from my grandmother**. In the subsequent iterations, I aimed to convey the emotional authenticity of this personal story to engage the audience and evoke resonance.



*Hugh Corcoran
Two Dozen Eggs (2024)*

Throughout the development of Projection 1 and Projection 2, I consistently included a piece of diary writing from a personal perspective—reflecting my emotions, memories, and cultural experiences. This was represented in each iteration by the orange cardstock section. The intention behind incorporating this writing was to add an emotional narrative layer to the project.

Two Dozen Eggs is a short story collection centered around recipes. These stories highlight the human narratives behind food, which inspired me to further explore storytelling through text in my project, aiming to **help audiences connect with unfamiliar foods and cultures by emphasizing their emotional and cultural significance.**

PROJECTION 2



A kitchen, a plate of food — they are vessels of personal life. For many, the most exciting moment of independent living is learning how to cook.

I have a handwritten recipe book from my grandmother.

Before I left home one time, my grandma carefully transcribed a collection of our family recipes — all her specialties, all the dishes we often ate at home. At the same time, I had finally moved out of homestay houses. For the first time in my life, I had my own kitchen. From making a complete mess at first, I slowly built a steady connection with food and cooking.

During the lockdown period in London, COVID restrictions kept me from going anywhere, and the only way I could feel a sense of home was through phone calls. I sat alone in my room, quickly swallowed by the early darkness of wintertime, surrounded by a seemingly endless loneliness. So I started flipping through the recipe book more often, recreating the taste of home on the days I missed it most. I would feel a burst of joy when I caught a familiar smell, or happiness when I found a substitute ingredient in this foreign land.

Later, I experimented with more recipes. My fridge became packed with supermarket ingredients. As the lockdown lifted and vibrant summer daylight returned, my kitchen began to welcome guests from all kinds of backgrounds and experiences. This recipe book — once filled with my grandma's love and my longing for home — gradually expanded to hold pieces of my own life. It became a record, a witness to my journey.

HOME RECIPE BOOK

“hong shao”
a comforting
braised
sausage,
a
family
dish

BRASIED INGREDIENTS BACK HOME

MINI CUTTLEFISH

BRASIED INGREDIENTS IN LON.

CALAMARI RINGS

10月的一天于伦敦

离开家一个多月了，今天很想吃饺子。记得在家的時候大家总一起包饺子，包裹整颗的虾，新鲜的素馅。包的时候家人各司其职，最后以好几层排排坐的整齐饺子收尾。我一人在这包饺子总是有点手忙脚乱，歪七扭八，煮时也差点煮过头。

A Day in October, London

It's been over a month since I left home, and today I'm really craving dumplings. I remember how, back home, we would all gather to make them together, each one wrapped around a whole shrimp or filled with fresh vegetable stuffing. Everyone in the family had their role, and by the end, trays of neatly arranged dumplings would line up in rows. Here, making dumplings on my own always feels a bit chaotic. They come out mishapen, clumsily wrapped, and I nearly overcooked them today.

PROCESS 02 REALISATION

This iteration was ultimately not adopted because, although it placed greater focus on recipes, its visual language did not align with the tone of the enquiry, resulting in a lack of clarity in communication.

A zine to introduce the story and personal culinary behaviours while adapting new environment.



Inês Neto dos Santos
Sourdough Jacket (2022)
Cotton, linen, cotton thread, dry sourdough starter, braided bread hanger, steel rod.



Inês Neto dos Santos
Yoghurt Jacket (2023)
Cotton, linen, cotton thread, dry yoghurt starter, metal hanger.

Inês Neto dos Santos' project uses a jacket—an object symbolizing migration—as a vessel to present how travelers and migrants carry culturally significant food elements, such as sourdough and yogurt starters, during their journeys.

This approach resonates with my own intention of presenting my grandmother's handwritten recipe book as a carried item tied to personal identity. It also inspired me to further reflect on the relationship between carried objects and cultural selfhood.

Therefore, in the following development, **I decided to foreground the carried cultural element, the recipe book, as the visual centerpiece of the project.**

Context

I have a handwritten home recipe book from my grandmother. When I first moved to London on my own, she compiled this for me, hoping I could still taste the flavors of home and take good care of myself while living independently abroad.

Initial Enquiry

Through telling stories of diaspora groups through the found recipe book, convey to the audience how changes in culinary behaviours reflect the adaptation of individual's cultural identities within the **new cultural environment**.

Final Enquiry

How does the dynamic formation of recipes reflect individual's journey in adapting their new environment?

Keywords

- recipes
- adaption journey



PROJECTION 2

PROCESS 03 COMMUNICATION REALISATION

A kitchen, a plate of food — they are vessels of personal life. For many, the most defining moment of independent living is learning how to cook.

I have a handwritten recipe book from my grandmother.

Before I left home one time, my grandma carefully transcribed a collection of our family recipes — all her specialties, all the dishes we often ate at home. At the same time, I had finally moved out of homestay houses. For the first time in my life, I had my own kitchen. From making a complete mess at first, I slowly built a steady connection with food and cooking.

During the lockdown period in London, COVID restrictions kept me from going anywhere, and the only way I could feel a sense of home was through phone calls. I sat alone in my room, quickly swallowed by the early darkness of wintertime, surrounded by a seemingly endless loneliness. So I started flipping through the recipe book more often, recreating the taste of home on the days I missed it most. I would feel a burst of joy when I caught a familiar smell, or happiness when I found a substitute ingredient in this foreign land.

Later, I experimented with more recipes. My fridge became packed with supermarket ingredients. As the lockdown lifted and vibrant summer daylight returned, my kitchen began to welcome guests from all kinds of backgrounds and experiences. This recipe book — once filled with my grandma's love and my longing for home — gradually expanded to hold pieces of my own life. It became a record, a witness to my journey.

Building on my decision to use the recipe book as the visual centerpiece—and based on my final iteration—I decided to design a publication, framing through an autoethnographic perspective, presenting my personal journey with food and cooking as I adapt to a new social and cultural environment.

Grandma's Homemade Braised Cuttlefish



*Clean the cuttlefishes, especially the gills and intestines.
Cut them in thick strips, add some oil in a wok and
fry them up. Then use oil to sear and fry garlic slices
and ginger into the pan. Then add salt. Then fry the
oil and the cuttlefishes in the pan, add red wine and some
soy sauce. Wait till the sauce is a little bit thick and
the cuttlefish will be ready. (The sauce taste great with so.)*



Nov. 2024
London, UK

Two months after returning to London, I started missing the flavors of home.

Chili Oil Tofu (Yóupō Lāzi Dòufu) is a rustic dish from my hometown, Xi'an. My grandma adapted the recipe to suit our family's taste.

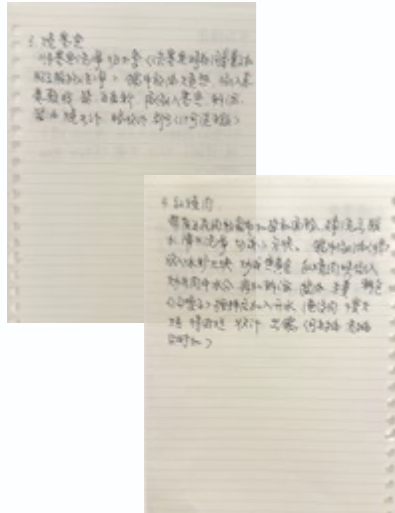
The key is in the chili oil — made by pouring smoking-hot oil over crushed special chili flakes, then stirring quickly while it's still sizzling. That's what releases the deep, toasty aroma that only chilies from Xi'an can truly create.

Before I left home, my mom gave me a small jar of our local chili powder. I use it sparingly, treating each spoonful like something precious. A little secret — I only make this dish on days when I'm really happy or when I'm cooking for important friends, as a quiet way of showing love.

PROJECTION 2

PROCESS 03 COMMUNICATION REALISATION

Grandma's Homemade Braised Pork and Chicken



Braised Recipes Written By My Grandma

Pork belly/ribs } Porky combo
Chicken wings

Bay leaves, Chinese cinnamon sticks,
Sichuan peppercorns, Rock sugar,
Ginger slices, Cooking wine.



Prepare a seasoning bag filled with bay leaves, Chinese cinnamon sticks and Sichuan peppercorns.

Clean meat with plain flour and salt, rinse and cut into smaller pieces. Make four cuts on the chicken wings.

Add oil in a pan and heat the oil. Then put some rock sugar into the hot oil, melt them till caramelised colour, add the meat and make sure the sugar wrap these meat in nicely.

Stir fry the meat with the seasoning bag, add cooking wine, soy sauce, ginger slices.

Add boiled hot water till the meat is being covered, underneath. Simmer slowly for at least one hour, until the meat is soft enough. Before finishing the dish, you could also thicken the sauce if you prefer a heavier taste.

"This is the one dish I can actually cook" – My friend's Huoshaoyun Braised Chicken recipe



火烧油焖鸡
准备材料：600g 鸡腿肉，西红柿 3-4 个或西红柿罐头，土豆三个，香菜，蒜，葱。
1. 鸡腿肉洗净切块，放至碗中腌制，加入适量生抽、老抽、蚝油、油、淀粉、黑胡椒、糖、料酒，用叉子在肉上扎洞，放入冰箱腌制一小时以上。
2. 配菜：土豆削皮切小块，放入锅里煮至软糯捣成土豆泥，西红柿煮熟去皮捣烂（或西红柿罐头），葱、香菜切成小段，辣椒、蒜捣成泥状。
3. 肉腌制好后，热锅加多点油，至适宜温度后倒入辣椒和蒜炒香，加入鸡腿肉翻炒均匀炒至变色。
4. 加入所有葱段，可以保留一些葱叶，倒入西红柿汁、土豆泥翻炒，看干稠程度加入适量开水，倒生抽、老抽、盐、黑胡椒粉、糖，盖上盖子焖 3-5 分钟。
5. 开盖加耗油翻炒均匀，尝味或淡看加料，加入香菜翻炒后出锅，加入葱叶（好看）和芝麻（好吃）。

The publication adopts a **French fold design**, with recipes as the primary content. Personal **diary entries** (orange pages) are **interwoven inside of the folded pages**, creating an interactive reading experience for audience engagement and a more emotionally layered narrative structure that helps readers understand and potentially resonate with my journey of adaptation.

The recipes include those from my grandmother, ones I created myself, and those shared by friends. Handwritten text, food imagery, and photographs of the original recipes are incorporated as visual elements to enrich the publication's content.



Grandma's Homemade Braised Cuttlefish

"Your childhood favorite."

Clean the cuttlefishes, especially the nose and intestines. Cut them in thick straps.

Add some oil in a cook pan and heat it up. When the oil is heated, add scallion, garlic bulbs and ginger into the pan, then add salt and Chinese five spice.

Now add the cuttlefishes in the pan, add cooking wine and some soy sauce, wait till the sauce is a little bit thicken and the cuttlefish will be ready.

The sauce taste really great with rice.

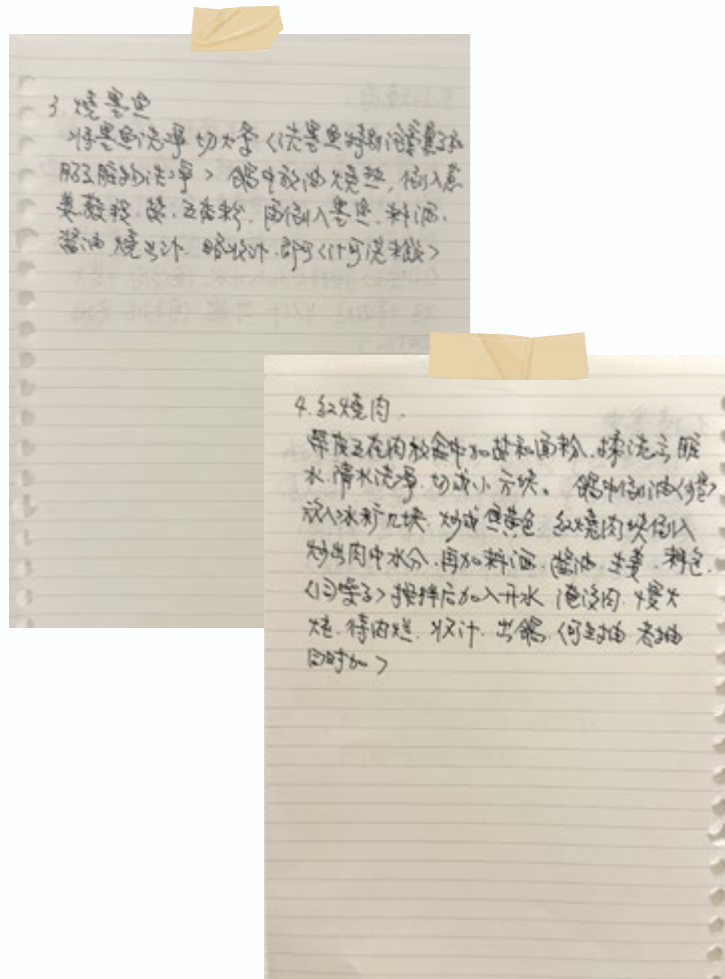


Sept. 2024
Xi'an, China

Braised cuttlefish was one of my grandmother's signature dishes — something I could only ever eat when I was home.

As a child, I was obsessed with pouring soup over rice, and I especially loved drizzling the rich sauce from the braised squid onto my bowl. Mixing the squid with the rice made each grain stand out, and the combination of textures was wonderfully harmonious.

I've never found a substitute for this dish in London. I've also never come across anything like it in any Chinese restaurant — perhaps because it's too humble, too ordinary, too home-style. But to me, it's the kind of taste that brings a deep sense of comfort and belonging.



Braised Recipes Written By My Grandma

Grandma's Homemade Braised Pork and Chicken

"Master this one, and you'll always have something good to eat."

Prepare a seasoning bag filled with bay leaves, Chinese cinnamon sticks and Sichuan peppercorns.



Clean meat with plain flour and salt, rinse and cut into smaller pieces. Make few cuts on the chicken wings.

Add oil in a pan and heat the oil up. Then put some rock sugar into the hot oil, melt them till caramelised colour, add the meat and make sure the sugar wrap those meat nicely in golden colour. Stir fry the meat till no more water come out from the meat.

Stir fry the meat with the seasoning bag, add cooking wine, soy sauce and ginger slices.

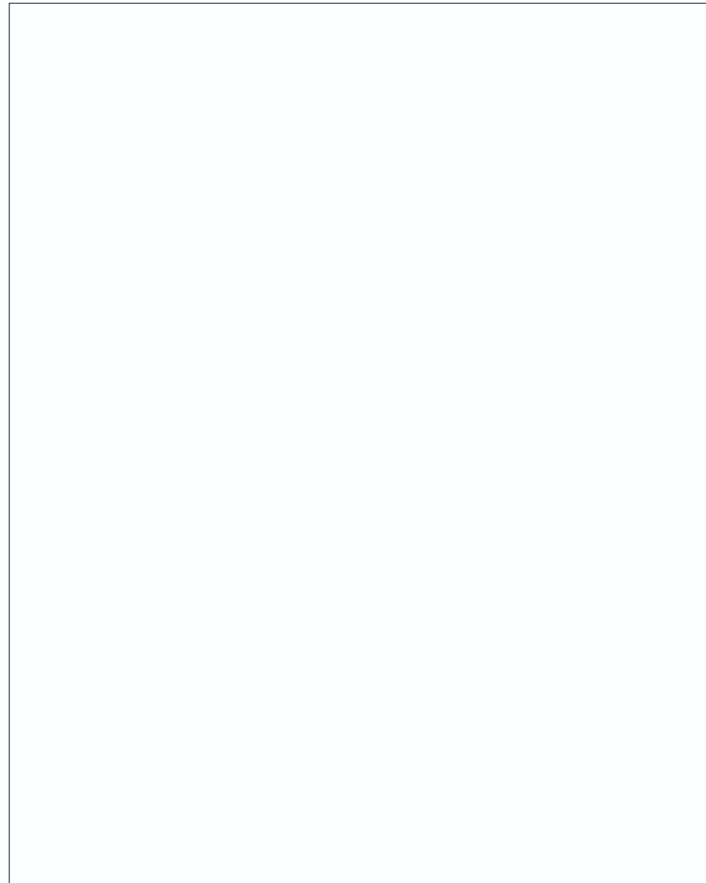
Add boiled hot water till the meat is being covered underneath. Stew slowly with a lid for at least one hour, until the meat is soft enough. Before finishing this dish you could also leave the lid open to thicken the sauce if you prefer a heavier taste.

Apr. 2025
London, UK

Braised pork was the dish my grandma made most often — and the one she was best at.

She taught me how to make it when I was little. I'd stand next to her in the kitchen, watching as the meat slowly changed color and the sauce thickened. Every time she made it, she'd say, "If you know how to make this, you won't go hungry when you leave home."

So in a way, learning this dish became my first step toward living independently. Over time, it's become the dish I'm most confident with — something that always brings me back to her, no matter where I am.



_____ 's

Recipe

" _____ "

You're invited to share your own recipe here, draw an image of the dish, tell the story behind it, and become part of this journey of recipes, food, identity, culture, and memory.

You are invited to tell the story behind your recipe here:

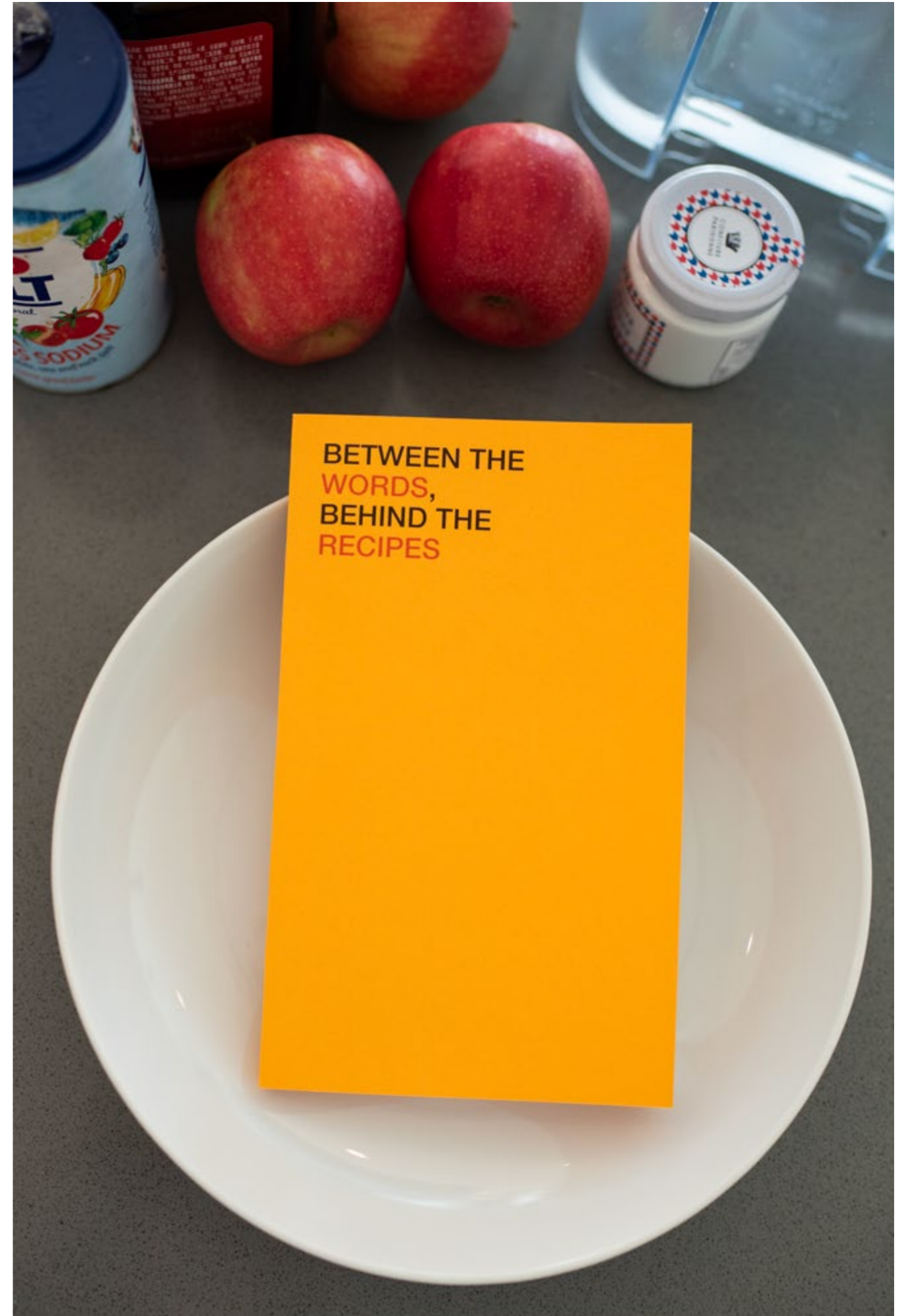
PROJECTION 2

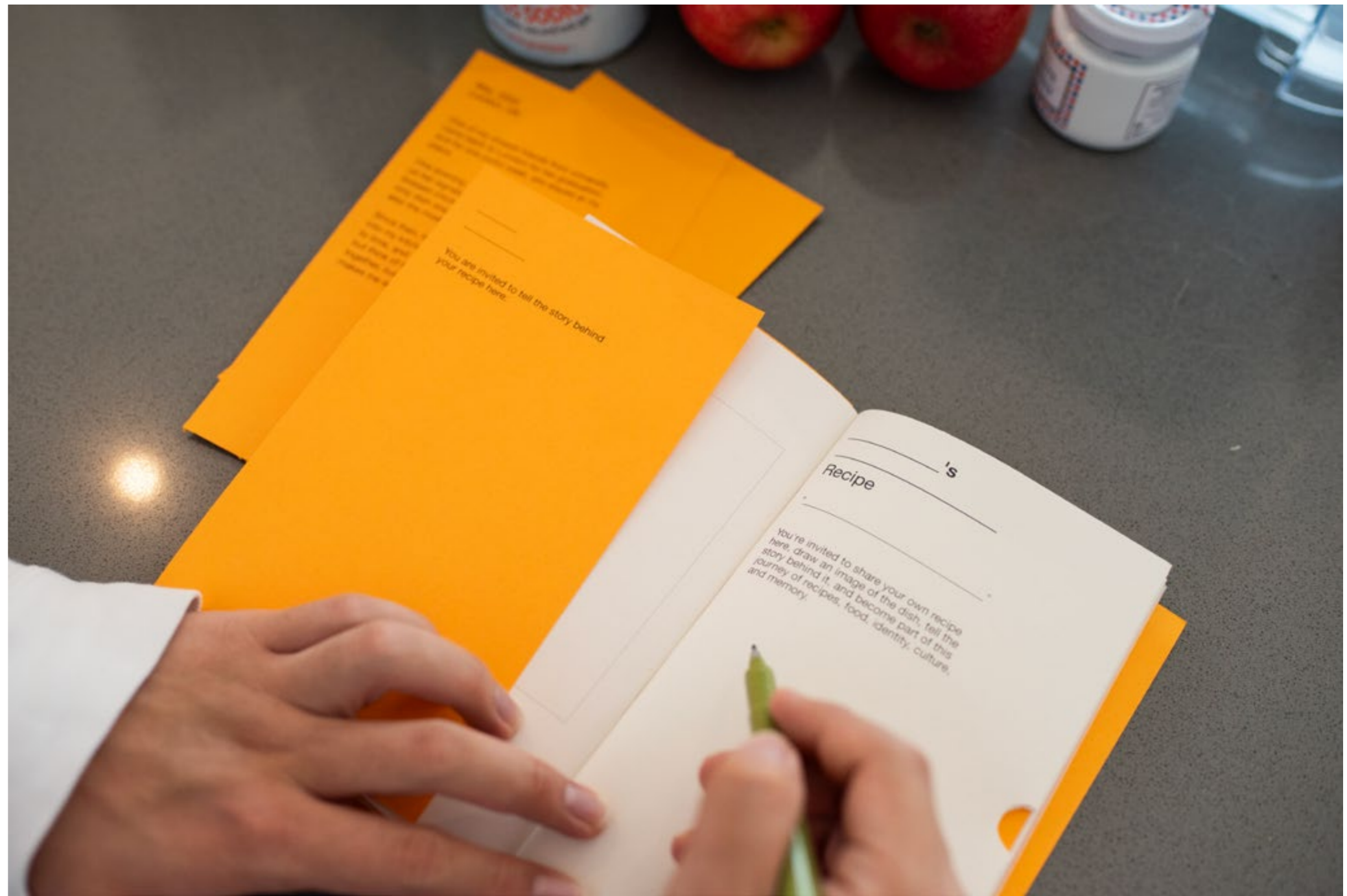
FINAL PRODUCTION REALISATION

In the final design, I improved the layout of the recipes to make the content more organised and accessible. I also replaced the less legible handwritten fonts and introduced clearer visual distinctions between text and images. At the end of the book, I included **blank recipe pages to invite active reader participation and co-creation**, enhancing the openness and interactivity of the work.

My practice is **targeting individuals who live independently and may have experienced sociocultural migration**. Through a personal perspective, this publication presented a subtle observation of everyday life and, by adopting an autoethnographic approach, aiming to emotionally engage my intended audience and evoke resonance among those with similar experiences.

PROJECTION 2
FINAL PRODUCTION





Audience engaging with the Publication.

Dumplings Recipes Written By My Grandma

1. 馅料
猪肉 500g 葱姜蒜 适量 酱油 2勺
2. 饺子皮 100张
3. 煮饺子
锅中烧水 水开后 放入饺子 煮5分钟
捞出 沥干水分 即可食用

My Dumpling Recipe

Jan. 2025
London, UK

Even though, as you can see in the photo, my dumplings come out all different sizes — some big, some small

"Still experimenting and learning."

Chives are only available in a few Chinese supermarkets, so when I suddenly crave dumplings, I substitute them with celery. I finely chop the celery and mix it with the pork filling.

Sometimes I also make steamed dumplings using zucchini and shrimp. The steps and seasonings are similar to my grandma's method, but with one key difference: the zucchini needs to be grated, mixed with salt, and then the excess water should be squeezed out before mixing it into the filling.

UNIT 3

The End.