

CHEW!

**A FOOD & MUSIC
ZINE**

#2



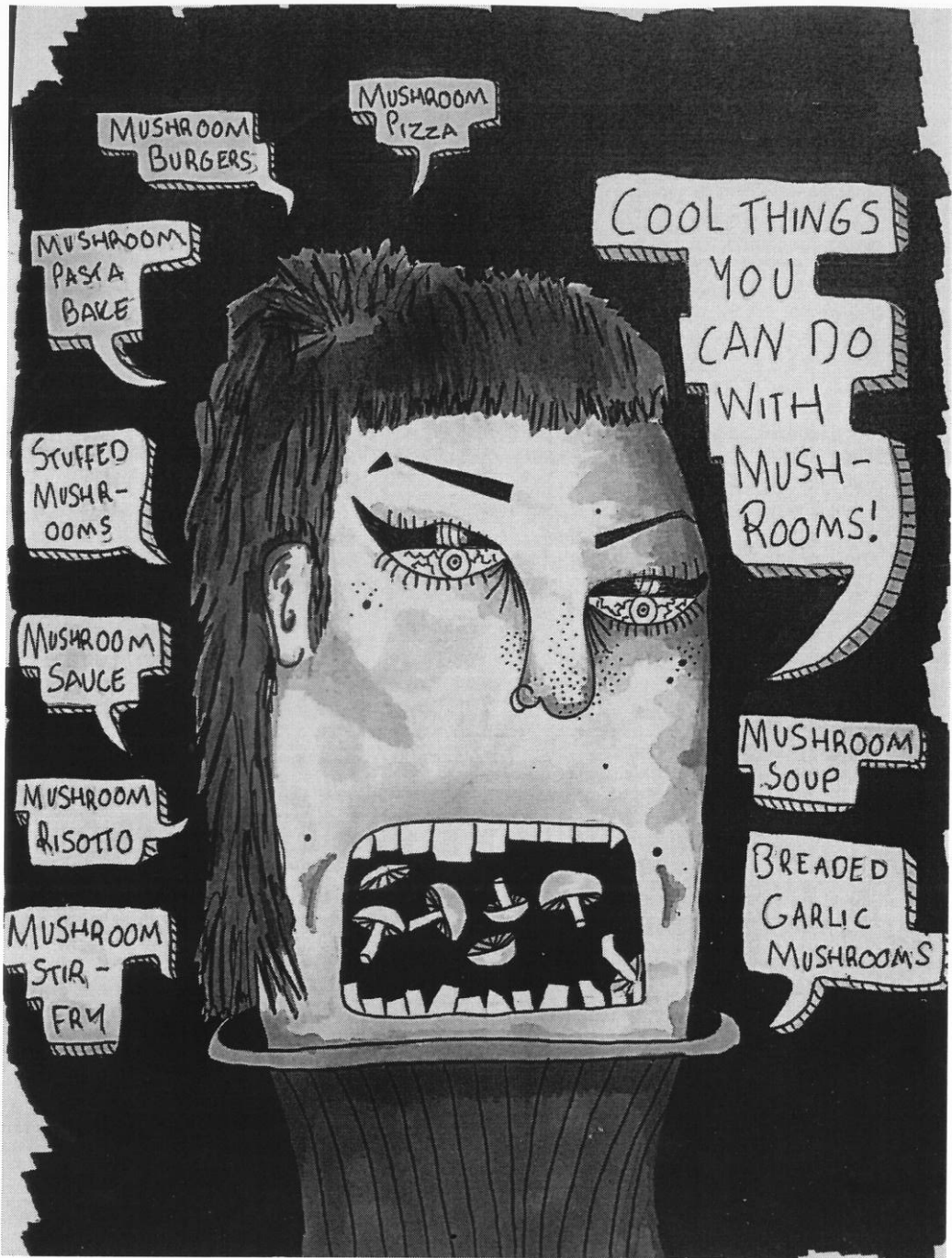


ILLUSTRATION by BETHAN CHAINEY @eblrcillustration

7" Apricot Pizza 4.99

Apricot Cherry, Pineapple, Hello Grants NEW



STARTER

THAI PRAWN CRACKER, SWEET CORN CAKES, Deep fried sweet corn mixed

7" Strawberry Pizza 4.99

Strawberry Pineapple, Hello Grants NEW

First off, if you bought or read the first issue, thank you so much! I do have a tendency to overdo the false modesty, but I was touched by all yr kind words - means a lot! And we raised over £200 for the Oxford Food Bank as well, which was amazing, so cheers for that!

Bean Curd

Bean Curd

5. VEGETABLE TEMPURA Deep fried mixed vegetable

GOLDEN BAGS OF CRISPS

It's great that so many people from different scenes and places latched on to it, which is both what I wanted, and also one of the main things I was worried about (that this would be two or three different zines depending on what corner of Twitter I was writing to). I use 'DIY/weird/what' on the tagline as a convenient shorthand for 'music what I listen to'. Some of the sounds featured aren't that "weird", and some of it isn't D.I.Y. in the strictest sense, but an appreciation for food - or at least, a willingness to talk about food - amongst people who make some kind of racket in their spare time is the unifying theme here. So long as it's not PR spam, it's good!

11AM-3PM

Since the last issue, I've volunteered my panicky cooking services for a couple of local gigs (more in the pipeline) using recipes I've been sent, adapted from cookbooks or made up from stuff in the cupboard. Hearty veg tagines, zesty noodles, gyoza, that kinda thing. I wanna compile some more promo-gig recipes in future issues just to make it easier for you to start, but allow me to stress again that - so long as you plan ahead, know how many yr cooking for and are aware of any allergies - it's super easy to do, and makes a hell of a lot of difference. At one such gig I remember my man Pete from Ciphers telling me that the anticipation of a bowl of tagine immediately after the set added a certain urgency to his guitar playing. So yeah. Make food for bands. They'll sound better.

Mixed Vegetables with Coconut Sauce £5.20

Aubergine with Black Bean Sauce £5.20

SOUP!

17. TOM YUM HEAT Thai clear hot & spicy with galangal & lime

TOM YUM GARD Thai clear hot & spicy with galangal

KHA PANG Thai traditional a spicy room, ga

16.50

ALOO, PILAU

32.50

SSALA, KORUMI BHAJI, 2 PILAU RICE AND 2 PAPADUMS.

And so to the difficult second issue, featuring bits I started half way through issue 1 that I couldn't fit in, and some ideas and conversations I've had lingering since the idea for the zine first popped up. I hope it's not too thrown together for you, and carries the themes of the first one well enough. There's less from me in it. There are a lot of Q&As, which was kind of an accident but I also quite like. While compiling this issue, I read the excellent *Eat Up!* by Ruby Tandoh (thanks to Jen of Lucy Leave/Death of the Maiden for loaning it - sorry I will give it back soon, promise!), and it's proved revelatory for me, as it has for many, on how to talk (and write) about food and eating. Food is still a taboo conversation for many for one reason or another (I would be keen to explore this more in future issues), and yet there is something so honest and weirdly, paradoxically fascinating about people talking openly about food (even if it's just what kind of biscuits they like).

VEGETARIAN

2V FOR 2 PEOPLE.....£17.00

with spicy mango sauce served with garlic and

SPECIALS

- 156 Chicken with Mixed Vegetables in Hot Thai Sauce.....£5.40
- 157 Beef with Mixed Vegetables in Hot Thai Sauce£5.40

10%

And music types are goooooood at talking about food. My chat with the vital London-Oxford hardcore band **Scrap Brain** (whose new record is a grim highlight of the year for sure) is one of my favourite bits I've done for this zine. I didn't really prepare or contribute much, I just put a dictaphone on the table and let them get on with it, and their enthusiasm really flows through as a result! The conversation moves from South London vegan gastropubs through Boots meal deals, Wetherspoons breakfasts and Wheat Crunchies with remarkable coherence. Camille also supplied a ridiculously good pie recipe (the beetroot mash will change yr life), and many thanks to Bethan too for supplying the very last-minute illustrated ode to the versatility of mushrooms!

- ALOO CHANA (potatoes & chickpeas)
- CHANA MASSALA (chickpeas)
- BOMBAY ALOO (spiced potato)
- ALOO GOBI (potatoes and cauliflower)

- VEGGIE DELUXE ONIONS, GREEN PEPPERS, MUSHROOMS
- VEGGIE HOT

I guess this all taps into a larger point. I've argued this before (although I am not a musician and am perhaps not qualified to state this) but I do believe that music makers - or even people who just are just regular participants in the scene - have a unique experience and perspective on food and eating. The gap between a day job and a practice (or a gig), or between being on the road and being at a soundcheck requires a particular fix of nourishment. Quick and convenient, ideally. Cheap, definitely! Portion wise, enough to give you enough energy to play or groove or dance without weighing you down too much. Maybe even two light dinners - one before the gig, one after.

Collection £4.99

£6.99

KEBABS

- 79 Roast Pork Omelette
- 80 Mushrooms Omelette
- 81 Roast Quarter Chicken Plain Omelette & Chips

It's an obvious point (and I was never going to argue otherwise) but Trip Advisor topping restaurants - even modestly-priced, non-wanky ones - don't exactly lend themselves to this scene. To that end, this issue features what I hope is a pretty thorough **Pre Gig Grub Guide** in Oxford, where myself and a bunch of musicians and promoters in the Oxford scene shine a light on the city's quick eats, hidden gems and - of course - Red Star! Hopefully it will be of some use - either to those unfortunate enough to be playing a gig where food isn't a consideration for the promoter (there are many), or if you just don't have time for dinner and don't wanna sink a lot of notes on bad grub. For anyone reading not in Oxford - a) I hope it'll be handy should you come to visit and want to avoid all the tourist BS and b) do send me in stories of go-to noodle slingers, chippies and hole-in-the-wall grease for gig venues near you! Take it as an opportunity to try out stuff you normally wouldn't look twice at! You may find the best chilli sauce you've ever eaten, or (if yr Brian Eno) discover revelatory Turkish singers in dingy North London kebab shops. Hoping to feature a couple in each future issue, so sling em this way!

Dishes

en with pineapple, creamy & mild

- sliced g...
- icken &
- urry wi
- ken ith
- 1 potato
- shes

sh with tomatoes, onions & herbs

March
Hay
Veg
Pe

- 11. Mexican Hot
- 12. Asian Classic Mix

- Onion, Jalapeno
- Onion
- Onion

DELIVER ONLY

ON REGULAR PRICE ONLY

"TO HELP YOU CHOOSE"
SPICE TASTE GUIDE

- 1 2 3 4 5 6 7 8 9 (Spicy)

SIZZLER - C...
in a rich medium
nd plum tor
ANA
marinated
loor oven, s

7" Apricot Pizza 4.99

Apricot Base, Cherry, Pineapple & Currants **NEW**

S
SUPER PIZZA

STARTER

THAI PRAWN CRACKER
ON CAKES
om mixed

7" St Pii

Elsewhere in this issue, I enable Leeds witches Hawthorn to bicker about home cooking and gruel. Charlie of the ultra lo-fi Jeff unpacks the food references in her tunes. I grab a few words on "orgiastic" practice food with Perrine Bourrel of France's awe-inspiring La Novia collective. Loz and Tom talk about the unbelievable Crust pizza stall they run when not punishing people's eardrums. I lick eyes with Oxford's emo promos Snuggle Dice over burritos. Writer and illustrator Aubrey Norwood gives us an autism friendly recipe for pasta sauce. Noisemaker Neil Campbell talks about how cooking puts handy limitations on music making. Composer Andie Brown of the Yorkshire Sound Women's Network expresses her fondness for garlic and kimchi. I crash the 300th edition of Daylight Music at the Union Chapel and end up jones-diddly-onesing on cake made by The Margins Project. Plus the usual bits and bobs. All proceeds to the Oxford Food Bank.

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WINGS 1.
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B. PRAWN ON TOAST
Deep fried marinated mi
9. CHICKEN SATAY 1
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TEMPUR
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TEMPUR
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CAKES 1
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LABB THAI PL
Mixed starters :: 2=
1=Chicken Wing, 1

I think that's everything. On to issue 3, which may be a while as I have lots to source and pull together. I have ideas for things I'd like to cover in future issues - I might stick a list up on the blog for anyone keen to pick over. Otherwise, I'm always interested in recipes, stories, thoughts, rants or opinions (absolutely zero pro pickled onion content from now on tho) from anyone who even vaguely has a music connection, so do send me ideas and pitches to the email/SM below (non-male/queer/poc/disabled perspectives preferred; 'Dudes', you may be held in a queue!). Hopefully some juicy stuff in the works tho, definitely including a dinner chat with the godlike Lucy Leave which I just couldn't squeeze into this issue (sorry Jen, again). Will stick some teasers up on the shiny CHEWn! blog in the meantime. Too many people to thank for this one, so just thank everyone for contributing and reading. It's rly kept me together doing this, so cheers and enjoy!

Cash On Hand & Vegetables

Bon appetite!

Matt xx

@CHEWnZine

chewnzine.wordpress.com

chewnzine@gmail.com

Dedicated to the band Daisy and the physical Hot Salvation Records store.

VEGETARIAN

2V FOR 2 PEOPLE.....£17.00

FUCK

BORIS

JOHNSON

SOUPS

17. TOM YUM HEI
Thai clear hot & s
galangal & lime J
18. TOM YUM GO
Thai clear hot &
mushroom, gala

T MEAL FOR NE £16.50

2 MIX STAR

EN TIKI

ROOM

YALOO, PILA

ICE

SNUGGLE DICE RECORDS



As well as playing in local faves Daisy (*R.I.P.*), Spank Hair and Blood Horse, Ali and Luke have recently started putting on underground emo gigs as Snuggle Dice Records (Ali makes some damn fine-looking curry and bread for the bands too). They are also authorities on burrito consumption and music making. But then who isn't in Oxford? I sat with them anyway in the conveniently located and very reasonably priced Mission Burrito Oxford (open 11-10) before their Doe promo show at the Wheatsheaf earlier in the year to discuss how they were doing, what they were up to and whether lettuce goes in a burrito or not. Opinions were expressed; analogies were made:

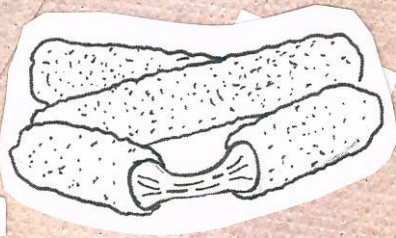
CHEWn!: So is Mission a classic pre-Snuggle Dice gig staple?

ALI: (*Vegetarian Burrito, Small, Brown tortilla, Black Beans, Lettuce, Salsa, Guac, Small amount of Chipotle Sauce and Water*): It used to be. Before Wheatsheaf gigs. A lot of stuff has moved to the Library now.

LUKE (*same, but with no Lettuce, Sour Cream, Habanero Sauce and Diet Coke*): When were we last at the Wheatsheaf? The last time I think we were busy doing stuff so we didn't have time.

A: Last time, Luke stayed behind while I went to McDonald's to get him some fries and cheese bites.

L: Oh yeah! I have some thoughts on the cheese bites from McDonald's. They rotate the cheese that goes in the cheese bites, so every time is different. So, at the moment it's mozzarella, which is weak. Not even worth the £1.69. I don't rate it. But next month would be Monterey Jack cheese bites. [*Gestures approval*] They kind of imply they're all the same but some of them definitely are superior.



C: What objectively is a good burrito for you?

A: Brown tortilla every time. With bread, it's different, white is just the best. But with tortillas, brown every time.

L: Sometimes it's just healthier to

A: Thing is with Mission, there's only one veg option. Literally just peppers and onions. Which is *good shit*. The first time I came they had a special one on, but they don't have it anymore. I think it was a sweet potato version

L: I think maybe a point of discussion is that you like lettuce in a burrito. And if it doesn't have lettuce, it's not a burrito.

A: I wouldn't go that far. But for me, it's lettuce every time. I'm honestly not sure what makes a burrito. Is it just rice in a wrap?

L: Maybe we should ask [the counter staff]?

A: Na let's just speculate

L: I don't like lettuce in burritos. Lettuce can get to fuck. What sauce did you get?

A: I got the medium one. And by medium, I mean the middle one. I'm going to take this opportunity to say how I don't like the 'medium', 'hot' and 'very hot' system.

L: I like going for the hottest one. Not for the hotness, just so I have something to complain about. I like to pull faces and make a scene.

A: Did you get a large or a small?

L: Small. More like a regular. There is no large.

A: I feel like a lot of the time I come here with people - they get a large, I get a small. That's a whole thing. Just wanna say - small's the way.

L: That was a good burrito.

A: Yeah, it was a good one.

C: So this is your third Snuggle Dice show. How have the first two been?

L: Really good! Surprisingly easy. I tend to get myself worked up about them, but it's always been fine. We had itoldyouiwouldeatyou (who were the catalyst for starting it) and Don't Worry - two big names in the underground emo scene. They're just like the most lovely and professional bands, so there's been no trouble. We haven't lost loads of money or anything, so it's good.

A: Having never put any shows on before, I thought it'd be harder to get a response from any bands. With itoldyouiwouldeatyou, it was just one email - done. I thought "is it that easy?"

L: I think the more we put on, the easier it will be. Those bands will tell their contemporaries, and not that many bands like that play Oxford, so I'm hoping there will be some excitement that there's a promoter who can put on those kind of emo/math gigs.

C: What have you got coming up this evening?

L: We have Doe. Who are a band. From all over the place.

A: We went to see them with the rest of Junk Whale on our first band outing. That was some good shit

C: If they were food, what food would they be?

L: They're very sharp, immediate, catchy, but with a couple of odd time signatures in there. Maybe like a burger, but with some odd filling. Like one of the weird Atomic Burger burgers.

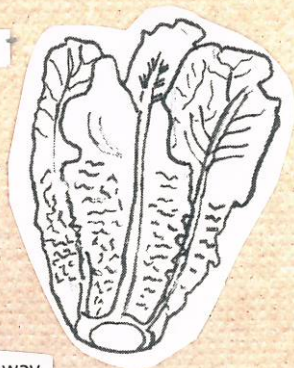
C: Like one with a pineapple ring in it?

L: Yeah. They're a pineapple burger

A: Well they don't have a bassist. So maybe they're a food that has something missing.

C: Ohhh. What flavour is bass then, do you think?

A: I feel like bass tastes like the nice greasy mouth-feel you get with chocolate. Or like MSG. Like maybe they sound like a Chinese meal without the MSG, but that sounds horrible. And they're not horrible.



L: I was thinking that bass tastes like something that holds the meal together, like the gravy in a roast dinner. Like a band without a bassist - the rest of it's still there, I'm still there for it. I don't want that to read as a criticism of Doe. I like Doe.

A: Maybe a burger without the bottom bun?

L: Some bands don't have cymbals, so that's like the top bun.

C: I like this burger analogy. What would tomatoes be?

L: [Confidently] A spicy pedalboard for a guitarist

C: This is deeply interesting/important. I'm thinking pickles in a band/burger analogy would be like keyboards or a sax? Something contentious, that some people are really down for but some aren't

L: I think sax is way more contentious than pickles. For indie rock music at least. I really like how comfortably the audio frequency spectrum is mapping on to the components of a burger?

A: What about the guitar?

L: Well that's like the patty. That's your guitar and vocals.

A: Drums?

L: Cheese?

A: I dunno man

C: Kick would be the bit of sauce or relish you line the bottom bun with?

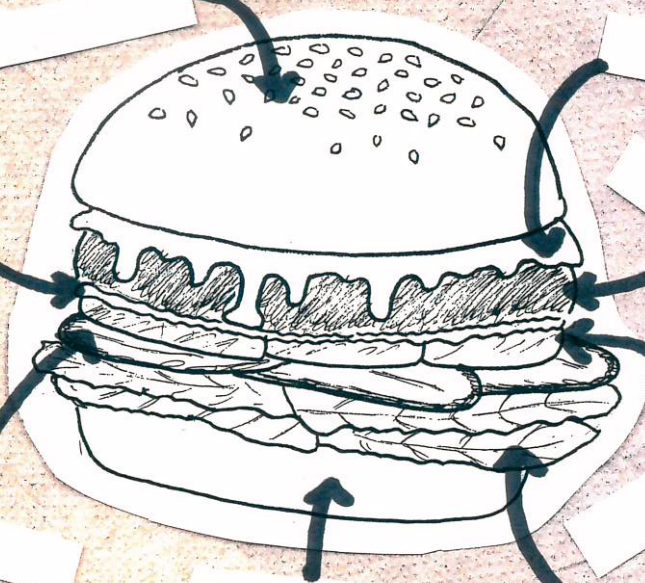
L: Or maybe that's the bass??

Upcoming Snuggle Dices

11/8 GAFFA TAPE SANDY at the Library

19/9 CULTDREAMS also at the Library

Look Snuggle up on whatever SM for updates and such



What do YOU think each component of yr classic burger sound like? Write yr answers on the blank bars, send a snap to the CHEWn! SM and I dunno maybe I'll bake yer a cake or summit

N.R. YES NO
COOKING

N.R. YES NO
TAPES

2

Some spoons which have been on heavy rotation on the knackered kitchen tape player since the last issue:

Basic Dicks, *Dick Tape* (Everything Sucks)

Me, Claudius, *Good Diz, Bad Bird* (Bezirk)

The Harrowing of the North: New Music From Yorkshire (End of the Alphabet)

Nekra, *Demo 2017* (La Vida es un Mus)

Apostille, *Virile Strain Transmission* (Blank Editions)

Suggested Friends, *S/T* (Self Released)

Coco Solid, *Coco Solid presents Pacific Rims* (R__ B__)

Bridget Hayden, *Soil and Song* (Synchronise Witches Press)

Songs of the Lunar Eclipse (Sofia Records)

Ketama/Toumani Diabate/Danny Thompson, *Songhai* (HNBC)

Worry, *S/T* (Smash Disco)

XAM Duo, *Total Refreshment Centre, London, November 5, 2016* (Sonic Cathedral)

Glib, *It's only a Demo* (Self Released)

Aine O'Dwyer, *Locusts* (Fort Evil Fruit)

Ben Vince, *Insignia* (Depth of Decay)

Nailbreaker, *Spectrum Songs* (Noise Club)

Graham Dunning/Edward Lucas, *End of a cable* (tsss tapes)

I'm On My Journey Home: Sacred Harp Singing, 1928-1934 (Death is Not the End)

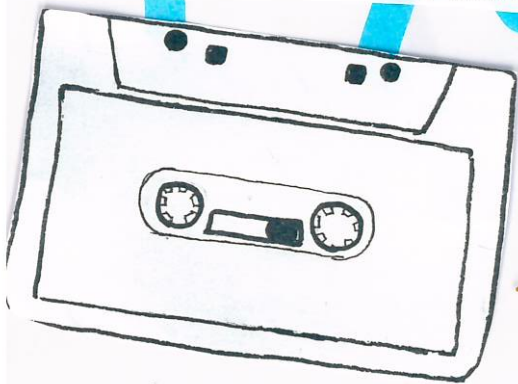
Never, *S/T* (Jolly Discs)

Virginia Wing, *Pale Burnt Tape* (Fire)

Marlo Eggplant, *Exercises* (Self Released)

Terra Soror, *Revenge* (Self Released)

Dolly Parton, *Greatest Hits* (BMG, 1989)



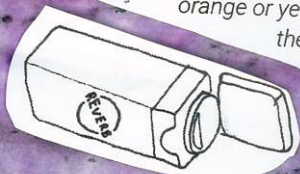
neil campbell

If I say mixing, do you think of cake batter or that frickin' EQ level you just can't get right? I daren't ask Neil Campbell (Vibracathedral Orchestra, Astral Social Club, and about a billion other solo/collab projects), who is arguably as much of a dab hand with the bountiful flavourings of a Mediterranean salad as he is with simmering yr cranium with delirious combinations of acoustic clatter and electronic noise. Here, for us today, the Keith Floyd of the No Audience Underground shows us how he balances the two, brusquely thrusting a hot pan into our hands now-and-then and enlisting our help keeping half an eye on the reverb on the hob:

Our kitchen and the room where I record much of my music are right next to each other at the back of the house. Cooking and making music are two of my favourite things to do. I like making dishes where the cooking pretty much does itself after preparing the ingredients. An example of this is one of my recipe staples, roast pepper soup:

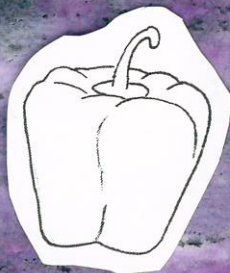
ROAST PEPPER SOUP

Go to the market and buy a big bag of red peppers for a quid if you can. If there are a few orange or yellow peppers in there, it's no big problem, as long as the majority of them are red. Avoid green peppers at all costs. Stock up on onions while you're there, and if you can get a load of cheap fresh tomatoes, that's even better. Failing that, tinned tomatoes or passata will do just fine.

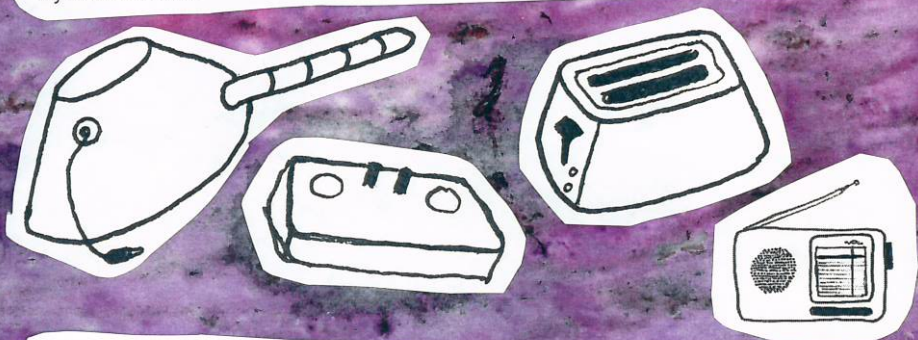


Roughly cut the peppers and onions, put them on a baking tray and roast in an oven at medium heat for as long as it takes. I never time this, just make sure the oven isn't up too high and keep checking periodically, like between takes. If you have fresh tomatoes, put them on a separate baking tray and into the oven at the same time. Take everything out of the oven when it is sweet and disintegrating. Let it cool a little and liquidise.

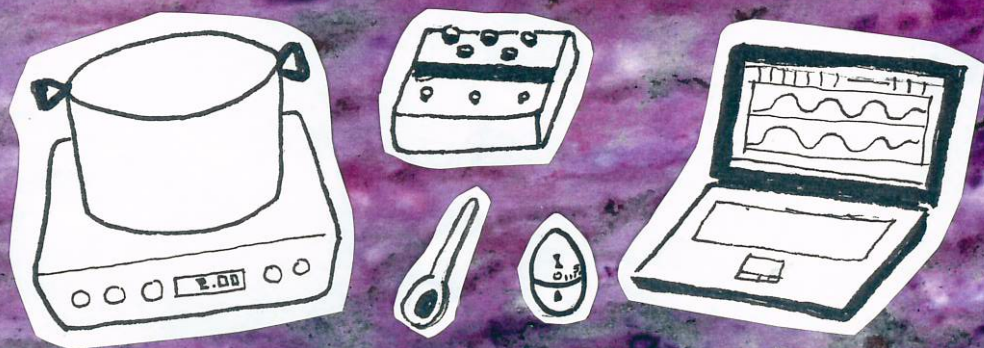
Pour everything into a big soup pot, add stock, smoked paprika, garam masala, a little chilli powder and whatever else you fancy - I have added lentils, chickpeas, carrots, kidney beans, but the soup will work fine without it. Simmer for an hour or so. It's fine to eat now, but will improve if you leave it overnight and reheat. I sometimes like to garnish it with a swirl of cream, or basil and rocket leaves. It's a robust recipe, so would accommodate a fair degree of experimentation.



I sometimes like to make music where I can be cooking at the same time. An example of this is when mixing down where I might be tempted to constantly tweak the levels. If I'm cooking at the same time, it forces me to leave the room and go to the kitchen, keeping my hands from pointless tweaks. Sometimes you have to let things find their own levels.



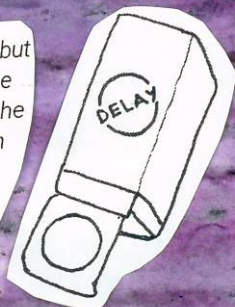
I also sometimes like to set off processes and then press RECORD. This frees up time to get ahead with cooking and, again, stops me needlessly tweaking the output. For example, I have a way of working with the primitive EVPMaker cut-up software where I load the same pre-prepared sound file into it in multiple instances, all running at different speeds. I used a simple octave spread of three windows at 50%, 100% and 200% for my MAGPIE EVP release and the results were much more interesting than what I'd have got if I were to have paid more attention while recording. I also cooked a meal while recording the resulting cut-up - in one room the saucepan bubbling away, in the other the electronic sound.



Of course, in the main it's best to pay complete attention to both cooking and making music. For example, I usually like to devote my mind and body completely when I'm playing guitar. Similarly, I need to pay attention when I'm preparing a quick winter salad.

QUICK WINTER SALAD

I've been eating a lot of this sort of food recently. There's no real recipe, but the important bits for me are the toasted nuts and seeds, the lemon juice and any winter vegetables that can be eaten raw. Begin by toasting off the nuts and seeds - I like flaked almonds, walnuts, sesame seeds, pumpkin seeds, sunflower seeds, caraway seeds and hazelnuts. While these are toasting, squeeze the juice out of a whole lemon (or a little more if you really like a big citrus hit) and mix with a glug of olive oil and some Henderson's Relish (or Worcester Sauce if you can't get this Sheffield wonder ingredient).



Add chopped spring onions and some chilli flakes to this dressing, mix and then add whatever winter vegetables you like - I've been using red cabbage and grated carrot recently, but have also used thinly sliced brussels sprouts with really good results. When the nuts and seeds are toasted, let them cool a little, but not entirely, before adding to the salad - I enjoy the slight small sizzle them make when they hit the dressing.



Season to your preference and add whatever else you think might work - chopped olives or capers are good, as is crumbled cheese of the more pungent type (goat's cheese, blue cheese, feta etc).

I have favourite ingredients like I have favourite sounds and effects, and I go through phases where I get into a taste or sound and probably overuse them. Right now I'm really into flaked almonds, red cabbage, shortwave radio and a funny Reaper delay/glitch generator. Then there are the things I've been using forever with no sign of wearing them out, like red peppers, smoked paprika and the DADGBD tuning. Our larder is usually a mess, things all over the place, bags of spices regularly disgorging contents. Same goes for the back room where piles of music /..gear get moved about in an untidy fashion. But there's method in the chaos, and I like to think I've got a fair handle on what I'm doing, with food and music at least.



theilcampbell.bandcamp.com/

+ Vibracathedral Orchestra - the scrapheap transcendence merchants what Neil plays with - have a new record (*Squeeze The Lids Through Coming Window*) out in September on Oaken Palace Records - proceeds to the ZSL Pangolin Conservation Fund!

The

OXFORD

PRE GIG
GRUB GUIDE

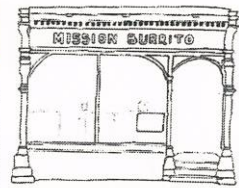


Despite every other indie dad still using Oxford as a shorthand for a load of second-rate 90s shoegaze (yeah, I mean those bands, bite me), Oxford has a damn fine music scene (which I hope this zine is doing something to showcase). The city itself is still quite small and though we still have some good venues which the landlords haven't gotten to (yet), the monoculture of chain restaurants and the desperation of the Westgate Social to sell you bland noodles for a tenner kind of overwhelms yr options for dinner before a Wheatsheaf gig. While we may not have the same Sunday paper supplement street food or vegan junk paradise vibe that other big cities have, we still have some neat grub you can neck before or after a gig. So, if yr visiting, or just bored of pre-Bullingdon Tesco meal deals, I've pulled together some of my best tips for cheap and quick pre-gig nosh, and asked some Oxford music types for their thoughts and favourites too:

TOWN CENTRE (Wheatsheaf, Deaf and Hard of Hearing Centre, Modern Art Oxford)

Mission Burrito, St Michael's Street

Yeah alright I know it's a franchise but it was born in Oxford and is something of an institution around here! Cheap, spicy delicious burritos slap bang in the centre. Small vegetarian burrito - arguably the official food of this zine if there was one - for under £6!



It can be quite easy to eat too much before playing because nom (Jenny, Junk Whale/Basic Dicks/Dream Phone)

Loyalty cards! I mean, who doesn't like free burritos? (Sean/Silke, Self Help)

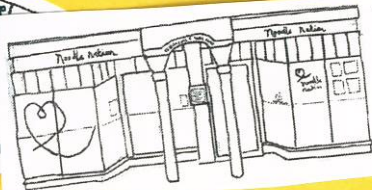
Edamame, Holywell Street

The best! Quite specific hours but always go for sushi night Thursdays (Tamara, Death of the Maiden/All Tamara's Parties)



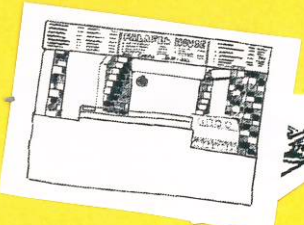
Noodle Nation, Gloucester Green

Mega quick service normally and pretty good value for money. Love me the kung po chicken and egg fried rice (the sauce!) (Ian, Tiger Mendoza)




Falafel House, Gloucester Green

Beautiful stall in Gloucester Green for when the big food market isn't on. £3.00 basic falafel wrap with 50p add ins - hummus, halloumi, fried potatoes, spinach fried with lots of delicious looking things, baba ganoush! Warm, crispy, and lovingly and delicately assembled by yr man (like, I defy you to dribble this, it's impossible!) 



A fave permanent fixture! Their Baba Ganoush is  too (Evie, Misery Guts)

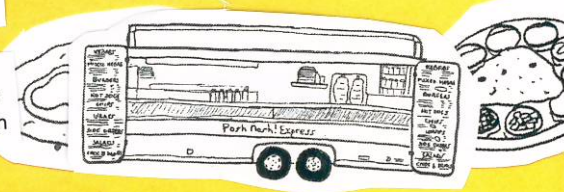
Buongiorno e Buonasera, Gloucester Green

Chilled-out Italian pizza and street food cafe in Gloucester Green. Delectable Romana-style sourdough pizza - super fruity sauce and delish cheese. Halves (£6.50ish) or full size (£9.50ish) - plus snacks, desserts and VE/GF options to boot! Caution: super authentic! You want pineapple or chicken? This aint the spot for you, mush! 




Posh Nosh Express, evenings on Queen Street

Does a banging chips and hummus... and it's on the way if you're walking from Cowley Road or the Wheatsheaf back to the bus station or train station (Loz, Basic Dicks) 




Najar's Place, St Giles

Yes yes yes yes yes Najar's falafel is amazing (Mike, Lucy Leave)


I'm craving their falafel wrap right now. You can get tubs of all the homous/salads as well, pretty cheaply.. (Jen, Lucy Leave/Death of the Maiden) 


Dosa Park, Park End Street

Bit more of a trek this - near the train station - but worth it! Beautiful South Indian cuisine! Dosas galore, obviously, but other gems too, from snacky bits like bhajis and vadas through to the mammoth thalis if you really can't decide. Not too dear as well - Dosas and mains hover around the £7 mark. Service is a little eh but it's fairly quick. 



And if yr here during the day - Gloucester Green Market

The holy grail of proper, unpretentious street food. Japanese fried snacks, Ethiopian lentil stews, overflowing tubs of paella, hangover-curing souvlaki, arepas, curries, wraps, cakes, vegan grease, ah so much. Super generous portions for about a fiver a pop if you know what's what. No brainer for lunch, this. 

Thursday-Saturday, packs up around 5pm 

JERICO (*The Jericho Tavern, Common Ground, St. Barnabas Church*)

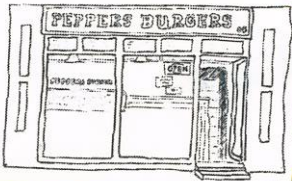
The Jericho Tavern, Walton Street

Ok so me and a few friends have started this thing called *Cries n' Fries* where we go to the Jericho Tav, buy chips, cheese n' gravy (last week we even ordered a fucking baked camembert) and then proceed to cry about our problems. It's like free therapy w fries!!!!!!! (*Gaby, Pet Sematary*)

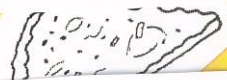


Peppers Burgers, Walton Street

Legendary local burger spot that's been open one way or another for over 30 years. People come from all over the world for this place! Tons of options and sauces - hold yr nostrils for the infamous *White Shark sauce!*



There's a trippy optical illusion poster on the wall and a clock that goes backwards... think the chairs are, like, plastic garden chairs almost. The veggie burger is our go to - classic but iconic! (*Jen, Lucy Leave/Death of the Maiden*)

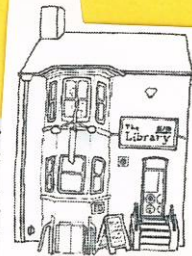


COWLEY ROAD (*The Library, Bullingdon, Fusion Arts, East Oxford Community Centre, Port Mahon*)

The Library Pub

As well as being the best damn venue in Oxford (fight me), the grub is pretty bangin' too. The usual pub fare with some Mexican edges - burgers, nachos, chips and the like, but also fierce vegan chilli dogs, tacos and chimichanga so good they should be illegal, and Napoli-style pizza on Tuesdays! Mains from about £7, cheaper small plates available too (+ fill yer boots on the bar sweets).

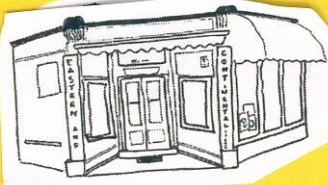
Obvs pretty brilliant if the gig happens to be in their basement. Or regardless! Oh god the PIZZA (*Evie, Misery Guts*)



Their vegan chilli dog is so great! (*Zahra, Despicable Zee/Young Women's Music Project*)

Eastern and Continental Store, corner of Crown Street

Homemade samosas! They're 85p and try and get 'em when they're warm! (*Oli, Basic Dicks/Misery Guts*)



Za'atar Bakery

Next door to the Bullingdon, this casual and authentic Arabic bakery and cafeteria offers quick, cheap and delicious manaqueesh flatbreads (as cheap as £3-4), fatayer (£7.50), Turkish breakfasts (£7ish) and even bigger dinners if yr real hungry (their moussaka - it's dramatic!). Homemade drinks and baklava too, and the energetic dude in the straw hat behind the counter is a ledge!



Manaqueesh is excellent and super cheap! (Oli, Basic Dicks/Misery Guts)

Popped in there during Oxjam last year. Super tasty and quick (Helen Messenger)

Falafel Man

Only just opened but it's a good shout! Cool wraps, love for the chickpea! (Zahra, Despicable Zee/Young Women's Music Project)

Mario's

I fucking love Mario's Pizzeria! (Tamara, Death of the Maiden/All Tamara's Parties) Y/

You feel like you've gone to Italy. It's incredible the smell when you walk in is like heaven wafting over you. The staff are ace too. (Vez, Irregular Folks)



Kebab Kid

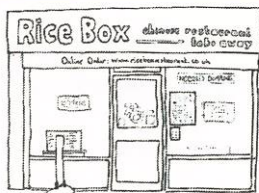
On the flipside to the Falafel House, the wraps here are gloriously, satisfyingly goopy and unstable! £4 for a hot paneer wrap with a tonne of salad. Also you must ask for their chili sauce - it's divine! Limey and herby, lingers on yr mind (and yr fingers) for some time afterwards.

Their Paneer Wrap is soooooo very tasty. Never underestimate the pure joy of a tangy tasty paneer wrap (Vez, Irregular Folks)

Rice Box

Stays open later than Red Star (Joe, Junk Whale/Worry/Grub/Blood Horse/Misery Guts)

Our go-to for late, drunk, post-gig gorge! (Jen, Lucy Leave/Death of the Maiden)

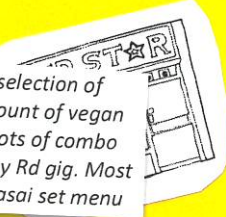


The Hot and Sour Soup is full of all sorts of mysterious things! (Simon, what proofs this zine)



Er...Red Star? (Tom, Dreore)

Legendary beloved pan-Asian noodle house opposite the ohtwo, with a fierce selection of noodles, curries, ramen, bentos and deep fried spicy things - plus a decent amount of vegan friendly grub too (it's not always clear what's VG tho so do ask!). Also cheap, lots of combo options and super quick, ideal if you've not much time to spare before a Cowley Rd gig. Most mains hover around £7 (ramen and katsu are dead certs), or pick up the £10 yasai set menu including beer and gyoza! Cash only mind!



If Red Star doesn't win this then I quit (Eb Hill)

Ideal for pre and post gig scan (Pete, Kid Kin/Ciphers)



I would die for Red Star (Luke, Spank Hair/Blood Horse/Worry)

It is fucking good (Hannah, Worry/Junk Whale/Jeff/Blood Horse/Dream Phone)

We once got locked in there on a gig interval food sprint cos the door jammed. Spent most of the rest of the gig watching 12 different people trying to open it with various cutlery items & squeezing takeaways through the remaining 3 inch gap. best bit was we got to go out through the kitchen n i always secretly thought maybe they have a giant machine robot chef cos it's so fast but can confirm bona fide cooking shizz is going down in there. veg EVERYWHERE (Nico & Jakes, Upcycled Sounds)



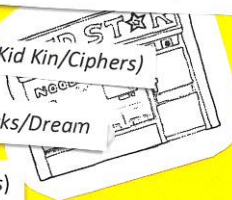
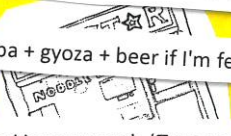
Given it's universal popularity, I asked about for menu recommendations:

Seafood Ramen! (Lizzie, Self Help)

The mapo tofu is very good altho I always forget how very spicy it is (Joe, Junk Whale/Worry/Grub/Blood Horse/Misery Guts)

KATSU KATSU KATSU KATSU KATSU KATSU KATSU KATSU (Pete, Kid Kin/Ciphers)

Yasai yaki soba + gyoza + beer if I'm feeling cheeky (Jenny, Junk Whale/Basic Dicks/Dream Phone)



Salmon unagi in my mouth (Tamara, Death of the Maiden/All Tamara's Parties)

Sea Spiced Aubergine! (Evie, Misery Guts)

the yasai pad thai is a gift from heaven and i have ordered it probs 20 times in the past couple months (Gaby, Pet Sematary)

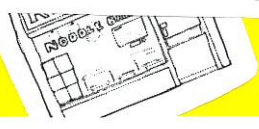



Chilli Beef Ramen! Pad Thai! I have also just started eating their chili and garlic chicken wings and oh my! (Aiden, The Cooling Pearls/Divine Schism)

Chilli garlic prawns chilli garlic prawns chilli garlic prawns (Helen Messenger)



Chilli and garlic chips are humanity's greatest achievement (Harry, Truck Store/Mostro/maybe your band??)





A SENSORY GUIDE TO PASTA SAUCE

Aubrey Norwood is a freelance writer and illustrator based in Manchester, who also records some melancholic folk woose under the name Grog Organ. He also likes food (duh) and cooking, but acknowledges that not everyone does (which, after all, we all should acknowledge). To that end, he's very kindly provided a comprehensive sensory/autism friendly recipe for a delish pasta sauce. I'll let him tell you more...

My partner is autistic. Further to this, they are also an ardent foodie. They have an outstretched sense and appreciation for taste that I will probably never quite be able to comprehend. It was actually because of them, that I eventually began to treat food and eating as a pleasure, rather than a necessity. Thanks to my partner I have gained an invaluable love and respect for cooking, as well as an insight into *sensory-friendly* cooking. Autistic people will often find discomfort at meal time. Certain textures, flavours and preparations can cause an autistic person's sensory radars blaring, so after a while, I've learned how to get it down to somewhat of an art.

After all, who wants a crummy meal? Especially someone whose sense of taste is a lot stronger than the average person's? Tomato pasta sauce is a fundamental piece of any culinary arsenal, and while a good pasta sauce can be really good, a bad pasta sauce can be really bad.

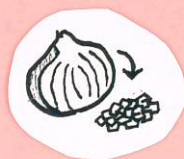
So here's a quick-ish rundown of my sensory-approved approach to a classic tomato sauce.

What you need:

Salt (preferably flake)
Water
Extra virgin olive oil (to dress)
Herbs
Balsamic vinegar
Soy sauce

1 x Stock cube
Half an Onion
A couple cloves of Garlic
2 x Carrots
1 x decently sized Tomato on the vine
1 x 500g Box of Passata
95g of Red lentils

Firstly, dice up your onion half into small pieces. **Emphasis on small!** I've eaten meals people have made up for me and there's nothing worse than biting a big bit of onion that's undercooked because it was too largely cut. Use the age-old claw-hand method to make lots of parallel cuts and really go to town. There's an Itchy and Scratchy segment in the Simpsons where the eponymous Scratchy chops up a tiny army of equally eponymous Itchys to such a degree that they turn into a haze of microscopic dust that enters Scratchy's body and kills him. **That** is what I want you to think of when you dice onions. Chuck them in a saucepan.



Take your tomato and cut it in half. Cut it up in a similar style to the onion. You won't need to dice it this time, as they'll reduce in size and structure in the pan, just make sure the pieces aren't too big.



Crush your garlic cloves. I usually use about 2 decent sized ones. Let them sit for a moment to develop the allicin. Dice them up very finely. Alternatively, use a garlic crusher/pestle and mortar to make a garlic paste. Once it has sat for a while, put the garlic and the tomatoes in the pan. Add mixed herbs a little bit of tap water into the pan, just enough so that the onion and garlic begin to float. Put the pan on a medium to high heat and start to saute (You can use oil here, but water works fine). Keep stirring and adding additional water as it reduces. At this point, when the pan is sizzling, I like to add a splash of balsamic vinegar. I also try to crush the tomatoes slightly as they are in the pan, to make sure they don't retain too much shape.



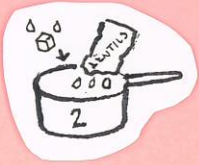
Now cut the carrots. Cut them into small cubes in whatever way you find best. I believe the technical term is brunoise, which produces a very small food cut.



Once the mixture has been sauteing for around 5 minutes, throw in your carrots. Continue to saute for around 10 minutes until everything is browned, but also when you can pierce through a carrot chunk with a fork. You should now have a very rich and dark mixture to your sauce, without much structure. Don't rush this too much. A good rule to go by is to leave everything to cook slower and longer, as you'll get more flavour that way.

Turn down the heat slightly, just to keep everything cooking and add around half of your passata. Most passata I've used is usually fine, although sometimes price doesn't reflect taste. Typically, own-brand passata gets the job done. Keep stirring every now and again to ensure nothing sticks to the bottom of the pan. This part is important. You want to cook off the passata, or you'll get a very metallic/gross Heinz tomato soup kind of taste. Just keep it at a relatively low heat and you'll be okay. Add a quick pinch of flake salt.

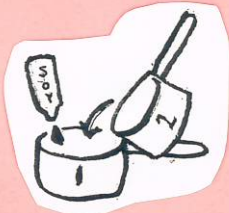




Meanwhile, you want to start cooking your lentils. These take no time at all so don't feel like you have to do them really soon. Boil enough water so it reaches above the lentils by a few centimetres, and cook them in a separate pan to your sauce. **DO NOT COOK LENTILS IN YOUR SAUCE.** Lentils suck up stuff like nobody's business. If you cook them in the sauce you will lose all the flavour you've developed and also you'll have to be stirring almost constantly so they don't stick to the pan. Add half of a stock cube into the water and stir it around quickly. Put the lentil pan on a medium heat. Make sure to cook the lentils al dente—they will still be cooking slightly whilst they are in the sauce, so you want some room to make up for this. Add the other half of the stock cube into the tomato sauce and stir.



Once the lentils and the sauce are doing their separate things, you can start the pasta. My only tips in this area are 1) make the water slightly salty, it will bump up the whole experience just that extra bit. & 2) make the pasta al dente, ensure that it is not under or overcooked.



The lentils should be done much sooner than the pasta, so once they are edible but not mushy, drain them and add them to the sauce. Add the remainder of the passata and give it all a good stir. At this point, I add a bit of soy sauce, as it gives a great colour and you should have enough time for it to settle with the rest of the sauce. Likewise, throw in another pinch of flake salt. Keep the sauce on a low enough heat so that it isn't spitting everywhere, but high enough so that the flavour can still develop.



Now you should notice that the lentils have really thickened up the whole sauce, and you should be left with a deep red sauce that isn't watery, but isn't like a paste either. A good sauce should be somewhere in the middle. Leave it on a nice settled heat as you wait for the pasta to cook.

Once the pasta is ready, drain it, prep it, and pour your sauce all over it. Drizzle a little olive oil over the top, then you're done!



grogorgan.bandcamp.com

If you like Aubrey's writing (or illustration – he drew the header!), why not commission him at norwoodaub@gmail.com

HAWTHONN

Hawthonn are a duo of Phil and Layla Legard who sculpt captivatingly eerie sonic spells and soundscapes out of the mists surrounding Leeds. As well as being benevolent and supportive godparents to pretty much every weirdo noise that spews out of an LS postcode - and righteously calling out and kicking out the far-right and transphobic bullshit from the more occult and industrial end of the experimental spectrum - they also have a lot of opinions on good grub. I had a rad time in Leeds earlier this year courtesy of Layla's food tips, and Phil's tales of the legendary cactus fries (R.I.P.). After picking up on some murmurs of, er, culinary horrors within the Hawthonn kitchen from dinner guests (well, one, detailed below), I thought I'd ask them what they cook and who is better:

Hello who are you?

LAYLA- We are Hawthonn, Leeds premier witchy weirdos.

PHIL - We've been working together on various projects since we met in 2010, although Hawthonn has pretty much become our main outlet since 2014. People think we're all woo and occult, but we're honestly terribly down to earth. Or maybe we're so far gone down our eccentric path that we mistakenly think we're normal, reasonable people.

If Hawthonn the band were a food, what food would it be?

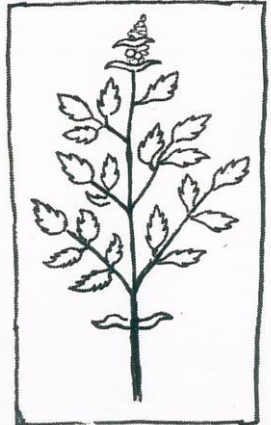
L- The last meal of the willing Iron age sacrificial victim known as Lindow Man. Some deliberately charred flat bread and a "hasty gruel" consisting of wild grains and mistletoe.

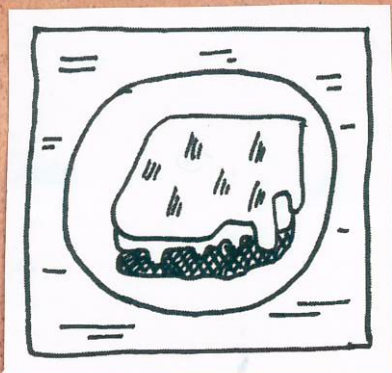
P - Or perhaps the most earthy of truffles... served with a dollop of mellified man.

L - Palatable death.

How does food play a role in Hawthonn?

L - We do like to imbibe significant herbs to inspire us, we provided mugwort joints at our first gig but not sure that counts as food. It is definitely a post-gig ritual of





ours to order a celebratory takeaway when we get home too. Usually because we've not had time to eat before!

P - Parmos are good, guilty post-gig food... although no one further south than Leeds seems to know what they are! I guess fly agaric mushrooms played a part in some of our earlier stuff, when Layla joined the final incarnation of Xenis Emputae Travelling Band. Disorientating effects aside, they are very tasty... just make sure you dry them thoroughly!

L - And don't store them in the same bag as some more potent mushrooms.

P - Yes, they are quite benign, not really worthy of their sinister reputation: unless, as Layla hints, you have unwittingly infused them with psilocybin! Still, our tablecloth never looked so good...

Right right so cooking. At home, who does the cooking? Who is the best?

L - I cooked the family meals as a kid and throughout uni and then adulthood fed most of my housemates/friends, I love food and feeding people so the fancier or entertaining people cooking is usually my job. We have three kids between us though, so Phil does a lot of the everyday cooking. When we first met he couldn't cook much at all: he made me a really disgusting gruel as his first meal for me when we moved in together, almost a recreation of Lindow man's last meal.

P - It was more like the kind of lentil stew you'd imagine Neil from The Young Ones making. I was a vegetarian at the time and had a very utilitarian outlook on feeding myself - in fact, I actually did used to eat gruel for breakfast! In retrospect, I think I was quite depressed around that time.

L - I am a terrible person and not a vegetarian, I have wildly varying tastes in food from michelin star haute cuisine to really trashy stuff like Tulip bacon and cheese grills so wooed Phil with pork scratchings and led him down the meaty, murderous path. We eat lots of vegetarian and vegan food now, though, as I have ulcerative colitis so my diet is unfortunately often dictated by what my guts can cope with.



[Leans back in chair, tents fingers] I understand there was an incident involving one Neil Campbell?

L - Ha! I don't know if it's that memorable an incident, I think Neil was just alarmed by how strict I am when Phil ruins some primo tuna steak! Neil was over to record us for his radio show and I made a nicoise salad but stupidly left the searing part to Phil while I made the dressing.

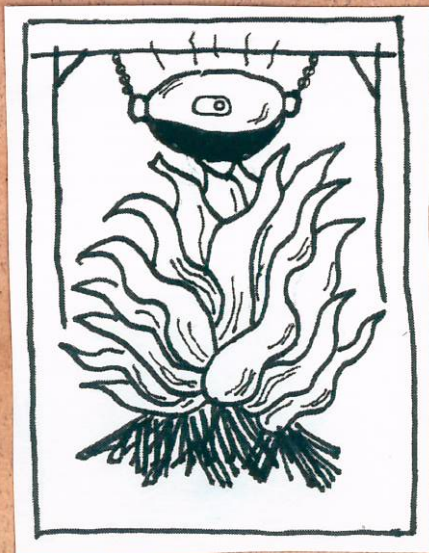
P - I admit, I didn't know the difference between searing and sauteing... although the next time I attempted to sear I ended up heating the oil way too hot, with pyrotechnic results. This makes me sound like a terrible cook - but I can do consistently perfect poached eggs!

L - He does the best poached eggs, and brilliant pancakes. Phil is much better at cooking now, he just needs proper instructions to follow and I'm better at improvising and throwing meals together from whatever we have.

So do you tend to cook *for* people a lot?

L - I really love feeding people so everyone really! With having children it's easier for us to invite people round to ours and I will make a giant tagine or stew or sunday roast. I like adapting recipes to different dietary requirements although it doesn't always work out so well, I've been failing to make adequate aquafaba vegan meringues for Gretchen from Guttersnipe for ages now (although the failed meringue goo is pretty tasty, like marshmallow fluff). I like picking up recipes from other musicians, I still love to make the amazing Ghanaian peanut butter soup I learnt from Seth Cooke's mother-in-law Jenny and I've passed that recipe onto at least five other people. It's probably the most comforting food ever invented!

P - I also rather enjoy indulging our youngest son, who has adventurous tastes - we recently bought some steamers so that we can do dim sum, bao and the like. He loves that sort of stuff, and curries, lasagne and will even shovel down haggis. He became quite obsessed with having medieval pottage, too - which we made and it was totally great! (Well, the older two didn't like it, but you can't please everyone!)



Is there a relationship between cooking and composing, do you think?

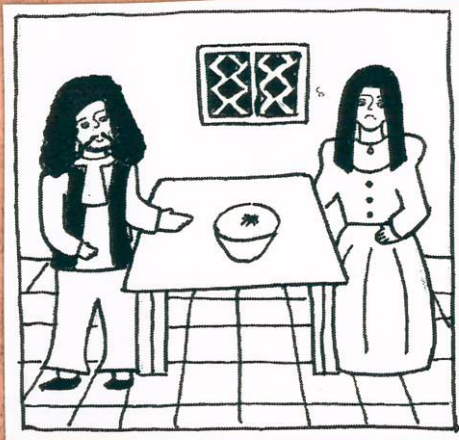
P - Well, I'm sure I've definitely put out a few albums that were the sonic equivalent of tasteless, brown lentil sludge... I'd definitely like to do a John Cage-type piece, composed by eating soup messily over a sheet of music paper.

L - I think when you enjoy cooking you can get into that happy, meditative mindspace whilst doing it, a lot like when you are playing a set or improvising and it's going ok. Doesn't happen that much while I'm trying to find things three children with differing tastes will eat though!

Thanks mates! Any other business?

L - Phil is going to give you the recipe for his horrible gruel now.

P - Haha, just Google for images of mujadara and pick the least appetising one you can find. Maybe we can end more positively - what're our best restaurants? I love Pinche Pinche in Chapel Allerton. Even if they don't do cactus fries anymore, they're still the best Mexican food I'm aware of in Leeds - salsa negra and fish tacos!



L - Leeds has lots of excellent eateries so I feel spoilt for choice with the variety but we especially love Albaba near Wharf Chambers for the halloumi and falafel wraps, Patty Smith's burgers and chips at the Belgrave, the chinese belly pork and rice from Maxi rotisserie in the market and the Vegan Fried Chicken at Wharf Chambers. I recently went back to Roots and Fruits in the Grand arcade - a veggie cafe I used to meet up with Phil at when he was still a vegetarian and they do the best vegan desserts now including non-fail aquafaba meringues!!

P - Oh, and Ira B's Deli, with their amazing reuben sandwiches! We make tofu reubens quite a lot as a consequence. I also realise that we've not talked about drink, either. Layla doesn't drink alcohol, but I became quite obsessed with making whisky sours and Old Fashioneds over Christmas, and then discovered how amazing Angostura bitters are in black coffee... even makes the worst instant coffee palatable!

L - The main thing Leeds lacks though is Staffordshire oatcakes, I am stokey-born and have to hoard packs of them whenever we venture back that way. Yorkshire pudding wraps just don't cut the mustard.

LAYLA LEGARD'S

VEGAN TAGINE

Layla from Hawthorn very kindly sent in a recipe for vegetable tagine along with the Q&A. If you played at the Catgod 'Cats Are Gods' day at the Bullingdon in Oxford back in June, you might have had a version of this that I made – albeit with different veg and a slightly amended (rushed) cooking process. Pretty sweet nonetheless tho, right?

Ingredients

Veg which can include most stuff, but my faves: Sweet potatoes, Carrots, Peppers, Leeks, Celeriac, Courgettes
2 red onion, chopped
1/2 garlic
smoked tofu, sliced about 2 cm thick
Dried apricots
4 or 5 Tbsp olive oil on veg
2 tins of chopped tomatoes
1/2 pint veg stock
1 Tbsp smoked paprika
1 Tbsp turmeric
1 Tbsp cinnamon
1 Tbsp ground cumin
1/2 tbs cayenne pepper
1 tsp ground coriander seed
2 Tbsp maple syrup
A splash of apple cider vinegar
4-ish Tbsp ground almonds



Method

Roast veg with olive oil and crushed garlic in a large casserole dish, after 20 mins add the 2 tins of chopped tomatoes, stock and the spices and mix well. Lay the sliced smoked tofu on the top and put back in the oven to cook for another ten minutes for them to brown a little - then mix the tofu into the tagine with the apricots, maple syrup, apple vinegar and almonds. Cook for another ten minutes and serve with zatar sprinkled flatbreads, couscous, hummus and olives.

Cooking times approximate to oven temperature/volumes etc and spice to taste, I like mine pretty spicy.

I wanna tell you everything/that I ate today
(*Don't Mess Up*, Jeff)

By Charlie Jeffries

When I told Hannah Watts, the other half of this band, that I was writing something about all the delicious treats that get name-checked in Jeff songs, she replied that 'Jeff and food go hand in hand'. I completely agree with her. I think it's because some of the things that food has meant to us—self care, time alone, time with friends and lovers, visceral memories, making the everyday into a treat, sensuality, longing, and personal nostalgia—are all super central to what we hope Jeff is about as a band.

Eating has also played a large role in how me and Hannah have bonded in the year we've been playing together. Our band practices are usually an after-dinner affair. We try and hit up somewhere new each time on Cowley Road when we practice at Safehouse Studios in Oxford (favorites have included Atomic Burger and Spiced Roots), and when Hannah comes to me in South London we've tried a few different things, including some great pad thai from The Thailand on New Cross Road, which we paired with Diet Cokes and devoured on the floor of a studio in Deptford. Once Hannah was too hungover when she arrived to physically go get food with me so I made her a restorative grilled cheese at my house before practice instead.

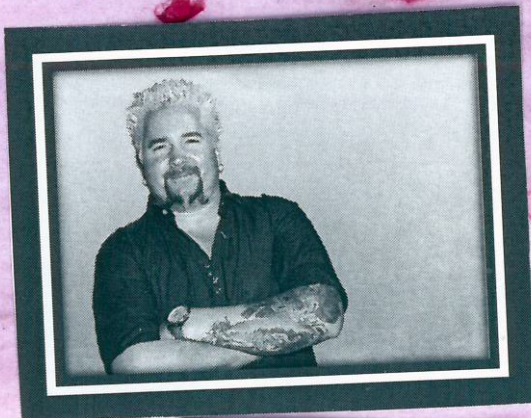
What follows is a little look at all the meaningful food moments in our songs, to serve as an appreciation of taste as one of the many senses that our band celebrates <3



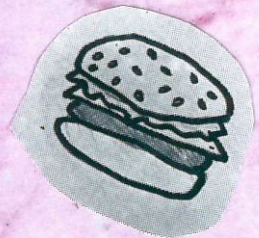
Song(s): *Boston 1, 2, and 3*

Treats: Burgers from Mr. Bartley's Burger Cottage, and 'delicate breakfast sandwiches' from Clover, both in Cambridge, MA.

The most singing about food in Jeff songs happens in this trio of songs about a trio of bus trips I went on with my ex-bf to Boston, Massachusetts. These songs all reflect how each trip was defined by both cultural events (film screenings, a music festival), and by the food consumed before/after/during each thing. The line 'had burgers in a place/where Guy Fieri did', describes how determined we were to try out somewhere featured on the show *Diners, Drive-ins, and Dives*, so we hit up Mr. Bartley's near Harvard Square, which was incredible. The refrain in each song 'then we had a delicate breakfast sandwich' describes an unforgettable item ordered at Clover in Cambridge, MA on our way to go check out some art. It's this of kind of farm-to-table breakfast and lunch joint with an ever-changing, slightly experimental menu. The sandwich in question was listed as 'delicate breakfast sandwich', and when we delightedly read it out loud, a kindly waiter stepped in to correct our pronunciation—it was actually a *deli-cah-tay* breakfast sandwich, 'deli-cah-tay' being a kind of squash! Who knew?! So it was like grilled strips of this squash, a poached egg, pomegranate seeds and this lemony sesame dressing served in a pita bread. It was awesome, delicate in name and in nature, and we tried to get it again on trips 2 and 3 but by then that super-fresh menu had changed with the season; hence the lyric in the chorus which switches in the song *Boston 2* to a melancholy 'we wanted a delicate breakfast sandwich.'



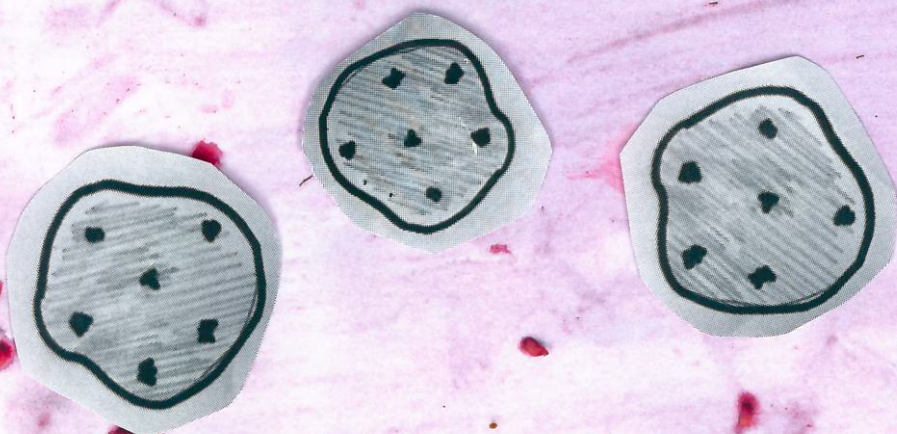
GUY FIERI



Song: *Knickerbocker Song*

Treats: homemade chocolate chip and peanut m&m cookies

When I wrote *Knickerbocker Song*, I was temporarily living in New Haven, Connecticut and it was the third city in as many years that I'd lived in, with no sign of that pattern slowing down. I was mostly enjoying all the bopping around (more hometowns= more favorite food spots to explore amirite) but there were a few things that were bugging me about being rootless. One small but significant absence was the lack of having, as our song goes, 'all the stuff I need for baking'. You know, like a perpetually flour-dusted cupboard with three kinds of sugar and a vial of vanilla essence, the kind which is best (and most affordably) built up gradually after years of living somewhere. Honestly, I'm not a particularly innovative baker-- maybe once a year I'll get caught up in marketing and pay too much for an imported can of pumpkin puree and make pumpkin spice brownies? But I REALLY love making this chocolate chip cookie recipe I learned from a very battered Betty Crocker cookbook from the 1950s that my American grandma gave me. It's the perfect recipe, it's so easy, and I must have made these cookies 1000s of times since I first learned how to when I was 11. You can vary what you put in them, but my favorite variation is chocolate chips + peanut m&ms. Having the ingredients in to whip these up at short notice is something that makes me feel settled and at home, and this song is about missing that feeling.



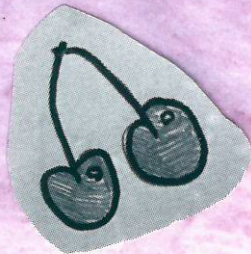
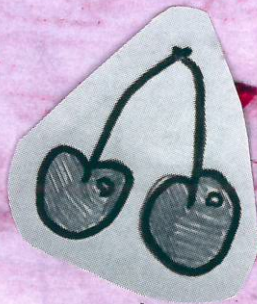
Song: *Whitechapel Pigeon*

Treats: fresh fruit from Gloucester Green market, Oxford

This is a song about pet grief, which I wrote after my rabbit Simone de Bunny passed away. You can't talk about Simone without talking about food, because she took a greater pleasure in eating than any creature I've ever known. She once did a victory lap around the living room with a piece of kale. She also had a weird nose for alcohol and would throw her entire body in to any drink you might place next to you on the floor (she once hurled herself into a Moscow mule I'd made with a tiny bottle of vodka that I'd carefully saved from a plane ride). In the song, there's a line about her final summer, when she was very unwell. It goes: 'I'm so glad that last summer/I gave you every kind of fruit to try'. I knew that she didn't have very long left, and I wanted to treat her really well, so I would cycle up to the Gloucester Green farmer's market once a week, buy a bunch of different kinds of rabbit-friendly fruit and veg that I thought she might not have had yet, and bring them home to present to her. It felt very special to share the same food with my best friend of another species. Our favorites were definitely cherries and cantaloupe melons.



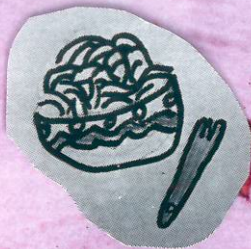
SIMONE de BUNNY



Song: *Adult Acne*

Treat: Homemade pesto (prepared, loudly, at 2 in the morning)

This song is about a time when I had been very very sad for a while and had all these strange habits that developed out of necessity during that period, and when I started to feel better I could suddenly take pleasure in all those weird routines. One feature of that period was that I kept quite odd hours, often making dinner in the middle of the night. At one point, that was indicative of finding it hard to self-motivate to do anything, including shopping for/cooking food, but as I started to feel better I started to find my weird dinner times kind of exciting. *Adult Acne* goes: 'It looks bad but it's the best/and I'm perfectly fine/making dinner at 2am'. When I wrote this, I was thinking of one night in particular when I had planned to make pasta with homemade basil pesto, and it was when I was revving a blender full of pine nuts and parmesan at about 2am that I realized, while I was starting to feel warm and fuzzy in my private late-night antics, that I might be pissing off my neighbors. I decided then that perhaps it was time to start getting back to a marginally less nocturnal schedule (or to just start making quieter late-night dinners, like oven chips).



Illustrations by Charlie Jeffries

XOXO

itsjeff.bandcamp.com

Jeff are bringing queer lo-fi d-beat scuzz to a town near you in August whilst on tour with the lovely Cat Apostrophe. Catch them in Derby (23), Bristol (24 pm), Hub Fest Cardiff (24 eve), Oxford (25), London (26), Leeds (27) and/or Sheffield (28). Details online somewhere. Bring food.

VEGAN



PIZZA

As well as play in some slammin' bands, and putting together the ruinously delectable *VEGANSLIME* zine, Tom and Loz also sling some of the bestest pizzas you will ever eat (vegan or non vegan). I sampled some (a lot) from their very windswept stall at the Young Womens' Music Project's WO-MAN-ITY festival earlier in the year, and have found it hard to eat pizza since. Incredible dough. Rich, sweet sauce. Lusciously savoury mock meats. And, I see yr sceptical frown, but their homemade almond vegan mozz is *absolutely 100% ON POINT!* None of that cheeseless/marinara/pastey tasteless mush BS here, mates! I asked them about their own particular brand of alchemy, and what generally makes them tick:

What is Crust and what do you do?

Crust is an all-vegan pizza stall. We make pizzas fresh to order and put them in your face (not literally).

How did it come about?

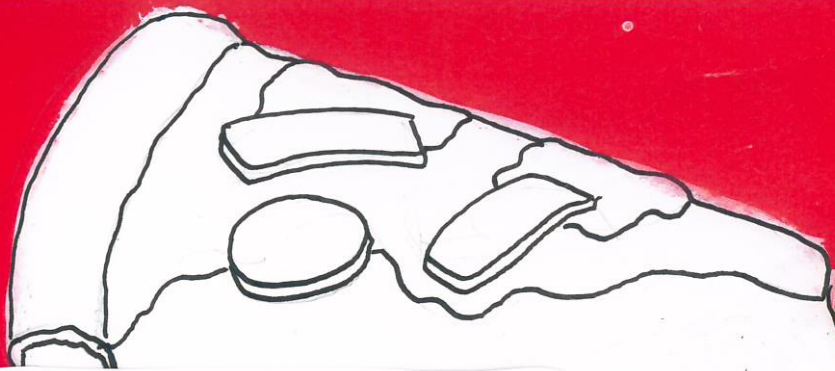
We'd always liked making pizza at home and perfected our dough recipe over the years. We'd talked about maybe getting some kind of food truck but were put off by the startup cost. After researching some more affordable setups and armed with a banging sauce recipe from Loz's nonna, we decided to just go for it and bring our pizzas to the masses.

The name is a play on words, right? I mean, what rancid noise would your pizzas make if they could make a noise?

Yes, the whole pizza crust/crust punk thing. I think they'd definitely be punk pizzas as our whole ethos is pretty DIY. Hopefully, they'd sound like G.L.O.S.S. or something.

I ate some of yr gear at Womanity and it was holy. How do you make / source yr ingredients?

Aww, thanks. We basically make everything from scratch, including growing wheat and milling our flour. Okay, that last part was a lie, but we make our own almond milk-based cheese and seitan mock meats, such as steak, bacon, and pepperoni. Plus, we make the sauce and all the dough by hand.



What kind of events do you cater for / like to cater for?

You'll generally find our wares at local markets, vegan fairs, and small festivals, but we're open to other kinds of events.

What tunes do you blast while cooking?

Between us, we have an extremely varied taste in music, so we might play anything from Babes in Toyland to Bosse-de-Nage to Leonard Cohen... though we do try to keep it on the more upbeat side to see us through long days!

So as well as slinging pizzas, you also play in some bands right? Can you tell us about them?

Loz plays in Basic Dicks. Tom plays in Drove, CBP, and a new currently unnamed black metal project. Loz and Tom also have a noise project together, called LCTG until we think of a better name.

If these bands were food, which food would they be?

Drove would be savoury porridge and Basic Dicks would be sour skittles.

Do you see an advantage or parallel in making music to cooking? Or vice versa?

Cooking is creative in its own way, so I suppose that people drawn to music and other creative pursuits might like experimenting in the kitchen. There's also the same kind of DIY ethic to Crust that we apply to our bands. We've generally found everyone we've encountered to be extremely supportive, especially customers and other traders at vegan fairs, which is how it usually is in DIY music scenes.

And you also have a recipe zine called Veganslime? Where do the ideas/recipes for this come from?

Although we take recipe submissions, we rarely get any, so they come from our minds and our kitchens. In the first issue, there were more recipes that were in our regular rotation anyway, but for later issues we had to get more creative. We often take inspiration from world cuisine or places we've travelled, as well as recreating omni foods and favourite comfort foods.

Have you noticed a greater shift towards veganism in band/gig/Festival grub (and for that matter, other dietary requirements)? Do you have many bitter rivals on the vegan pizza front?

Playing at shows where the promoter puts on food, I find that it's almost invariably all vegan. I guess that's because, if you make it vegan, everyone can eat it (except perhaps some people with food allergies, but it's tough to cater to everyone, all the time). I feel like there's also a slightly higher incidence of veganism within certain alternative communities, so at some shows half the band members might be veggie or vegan, rather than a token one or two. There's also definitely more vegan food around in general nowadays, so that extends to stalls at festivals and so on.

And no, we don't have any pizza rivalries going on.... although (it's not a rivalry, but worth saying) the owner of FED by Water in London - who make vegan pizza and other Italian food - shared and defended some dodgy/racist sentiments about black protesters, so they're definitely in our bad books and on our list of places to boycott [they seem to have closed since this chat took place, which is nice - Ed]

Where can we see yer and eat some pizza next? Or how can we get pizza to come to us?

You can check out Instagram [@crustveganpizza](#) or visit [facebook.com/crustveganpizza](https://www.facebook.com/crustveganpizza) to see where we'll be appearing next. [Also check out/order up some goods from the baking wing of Crust on Instagram [@crustbakes](#)]

basicdicks.bandcamp.com

drore.bandcamp.com



REC'D REVIEWS

Some foodie records for yr delectation, featuring a couple of guest reviews from RFM scribbler Joe Murray. Apologies for the lack of vegan options.

Judy and the Jerks, *Music for Donuts EP* (Thrilling Living)

Hattiesburg, Mississippi punx Judy and the Jerks follow up on a number of self-released tapes and scraps with this slippery 7". Opener 'Butter' sets the tone - some half-eavesdropped trash band clatter and titular chanting set up slip-n'-slide vox and sniffly riffs jabbing yr shoulder, looking for a fight. Throughout, Judy slaps and smears derision and self-doubt over crumbly and compact hits. The result is dizzying; mocking you for even trying to find yr way. 'Lard' is a pie in the face (or several). 'Friends' points and laughs. 'Goosey Girls' steers yr skull relentlessly through oh so many abrupt twists and mood swings. The only let up comes with the sinister snarl of 'Cyclops Baby', and even then the doomy crunch and nightmarish Alien-birth lyrics conspire with subterranean bric-a-brac rattle on the spit out. Ugh. A punchdrunk sub-10 minute bruiser. Dead good!

Tastes like: the all-syrup Squishee; or a bake-off submission made with things you found in the bin or the floor of the punk venue

Doc Sleep, *Creme Fraiche* (Dark Entries Records)

San Fran via Berlin producer Doc Sleep dropped this creamy EP back in April. The title track feels like yr nestling inside an ice cream cake. Clattering sticks whip up swirling, chewy patterns. Jittery icy sequences carve a vein of hovering sweetness into the groove that kinda linger a little too long on the tongue (in a good way - and the Violet remix here amplifies this effect further). The rest of the EP serves up some obliquer techno jams. 'In Silico' is slick and syrupy. The slurred 'MGM' splatters frosty bass and sherberty ding all over yr chops. A-side buddy 'Never Eating Again' lays out a full-on extraterrestrial thump and acid squelch which slowly churns around tumbling echoey keys. Enter hats and full on acid blip to kick open an electro pound like a shower of gumdrops. Sweet but not sickly; a tonne of fun! Proceeds of sale go to the family of Cherushii, one of the victims of the Ghost Ship Fire in 2016.

Tastes like: ice cream milkshake (I'm thinking the Blueberry Lemonade one from G&Ds), not especially sweet but very cold, enough to alert you to any fillings you need doing soon.

Schakalens Bror, *Omelette of Disease* (Förlag För Fri Musik)

Punt from the Low Company record shop in Dalston, this (do go if yr in the area, it's good). On the Förlag label so was expecting something good. Oh yeah, two sides of mercilessly coruscating heavy guitar noise! Re-sult! Steely fingers claw and scrabble at strings desperately, spewing molten gargling textures among antisocial chugs of iron. Frets ripped to tatters, approaching feedback-dissolved glitch in parts. Scrap white goods (contact mic'd) get tangled, seized and dragged over wounding steel detritus. The B side sweeps up the wreckage with some straight-out harsh noise - which is personally less my jam but still cool. Chewing on live cables, grisly static grapples mixer feedback whine. Some slides and shreds just about discernible through the fog. Proper arsonist blues. Very spicy.

Tastes like: fire

Lung Butter, *Honey* (Constellation)

Prepare for pure fuzz-bomb bluster with a wobbly belly. Clouds of electric ginger whizz through air and amps and dust and fungus to finger my bristling ears. A tub-tub-tub wallops pigskin conjuring strange brown sensations. And the lone human voice speakly-talks, chatters and hollas mind-poetry as free as any bowtied be-bop. Real songs are clawed out of red clay spread generously over chicken wire...a perilous shape is formed, spouting legs and arms quivering in crazy muscular spasms. Like no-wave for a whistling milkman, the bludgeoning power of heavy punk delivered fresh and creamy to your front door.

Tastes like: a kinky kiwifruit swallowed whole washed down with rich poutine gravy

Don Cherry, *Brown Rice* (Jazz Heritage/A&M)

OK Bub. I know, I know...this is O.L.D. It's got a vintage of '75 fact fans. But you jazz beards gotta check out this tasty platter served up by pocket-trumpet man-god, Donald Eugene Cherry. This disc swings like pubic lice yeah! Charlie Hayden creates an itchy, twitchy bass vibration that just won't damn quit. Don spits brass sauce all over the gaff and Frank Lowe drizzles his doodles in a well funky lattice. Billy Higgins drums up the waffles making it all totally Belgian. Voices, synths and electric bongos (?) connect the dots. Just go damn freak on it!

Tastes like: no damn rice I ever tasted, more like the mysterious fennel seed biscuit...the taste of erotic adventure.

thrillingliving.bandcamp.com/album/music-for-donuts

doc-sleep.bandcamp.com/album/cr-me-fra-che-ep

Forlag don't have a bandcamp but you can pick up *Omelette of Disease* from Low Company

lungbuttermtl.bandcamp.com/album/honey

I dunno buy the Don Cherry record in a record shop or summit

PERRINE BOUREL

FROM

LA NÒVIA

You thought the hurdy-gurdy was spicy, mate, try plugging it into a pedalboard! The La Nòvia collective based in Le Puy-en-Velay in the Haute-Loire department of France are experts in melting consciousness from such antics. Spanning 15 odd musicians and multiple ensembles, theirs is a clash of kosmische drone and American minimalism wrought out of traditional Auvergne instruments and ballads. As sublime and heavy and transcendent as the Alps themselves. Or the Bleu d' Auvergne. Criminally underrated outside of Francophone Europe, I had a chat with fiddle player Perrine Bourel about her most recent record for the collective, and what dishes power their monstrous bals and sessions.

For those who don't know about it, could you tell us a little bit about La Nòvia collective?

La Nòvia is a collective based in Haute-Loire featuring musicians spanning from Auvergne, Rhône-Alpes, Béarn, Cévennes, Hautes-Alpes and Alsace. We reflect, reconsider and experiment with the traditional musics of the region (along with more modern avant-garde and minimalist musics), and the range of what we do in the collective - either playing music, or composing, or teaching music or art, or working in graphic design - creates a strong and dynamic overall aesthetic.

And could you tell us about yourself and your practice?

I'm a fiddle player (*violoneuse*) and I've played traditional music for about 20 years. I discovered experimental and contemporary music when I met La Nòvia's musicians. It was a shock! Likewise when I discovered the sound of collected fiddle players!

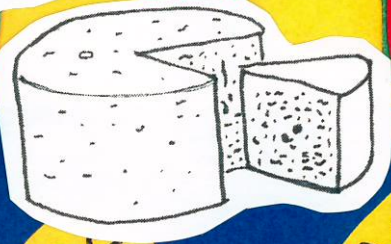
You've just put out a solo record. It's fantastic! Could you tell us about the recording and some of the techniques you used and explored?

Yvan Etienne (from La Nòvia) recorded this album, at the place where I live. I wanted to play tunes in different places to interrogate the acoustics of different surroundings. We recorded in my house while there was building work, in my cabin in the middle of the woods, in a little chapel and outside. The mix was very important - I didn't want a kind of guided tour of my place! It's all subtle wanderings. For this record I explored the intimate sounds of my fiddle in conversation with intimate parts of the space. I play pure traditional music from Alps as well as contemporary pieces wrote by Guilhem Lacroux and Yann Gourdon (also from La Nòvia).



How do you and the collective approach the traditional musics and instruments of the Auvergne and wider Occitan?

I think we approach it in the sound. We almost all play for bals (dances). When we play, we are all listening to collected players and we love those drones and rhythmic sounds. That type of sound speaks to us. We go inside of the collective sound and explore it. For me there is no difference between Auvergne or Southern Alps. The substance is the same. For my part - and I think for all of us in La Nòvia - I chose this music for its aesthetic beauty over an engagement related to a minority language and music. Although that is important, and I love to embody the idea of those oral music traditions, of this autodidact way of playing. It's a political engagement in that way

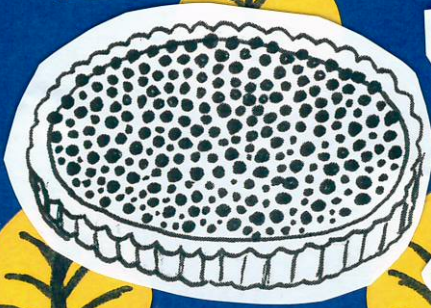


Would you say you explore the culinary traditions of the Auvergne and Haute-Loire in the same way? Either individually or as a group? How so?

It is difficult to say. For me, cooking is a both a creative act - from the heart if you like (as is music and, indeed, life - I'm trying to get better at it every day!) as well as a daily, practical act. It is very important for me to cook very good quality and simple basic products (local, organic...). I worked on farms a long time ago and I know how to grow vegetables, cereals, produce meat. It's a huge thing! So it is natural for me to support people who do that. Also, it is very important to take the time to cook. I think we all agree with that within the collective!

Does the collective rehearse/practice together regularly? How does food play a part in these sessions?

It depends, but each band has its own practice sessions. We also have a creative residency and we organise ourselves so we cook for each other, or sometimes somebody (a friend) comes to cook for us. To eat and drink well is essential for us, even if we have a lot of music work to do. It can get mad at big group sessions and parties when everybody brings their speciality for food and drinks. It is orgiastic!



Do you cook much? What's your specialty?

I have a family so I have the chance to practice cooking every day! I really like to cook for people who come here. Recently I organised a solo concert at home and I cooked a meal for everybody that we ate after the concert. It was a lovely experience, and I enjoyed getting into a relaxed condition for the concert while cooking. I have several specialties: *bœuf bourguignon* (cooked for 3 days!), pistou soup, einkorn/spelt soup, sweet and savoury tarts, French and Italian pasta, various cakes and pastries desserts. And I also do homemade lemon curd and mincemeat! I'm very curious of the food and cooking at other places I play, and when I go on tour I love to eat specialities of those places. And to bring home some food, or some recipes.



What do you tend to cook/eat before a bal or a performance?

Before performing we prefer to eat something light (fruits, cheese, bread, sausage) but afterwards we enjoy a good homemade meal.

You frequently perform *In C* as a collective too, yes? Is there something that powers that?

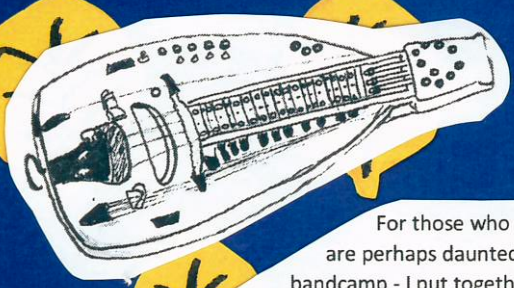
I don't think so! (I should invent something...haha)

Thanks for the talk! Any big plans for yourself or the collective coming up?

Maybe a Jericho tour in the UK in December [*please book this, don't make me beg - ed*].

perrinebourel.com

la-novia.bandcamp.com



For those who are new to the La Novia collective - and are perhaps daunted by the amount of stuff on their bandcamp - I put together a little primer of some of their best groups for you to sink yer teeth into over the page. There isn't really a food connection in this bit, I'm just using this platform as an excuse to shout about this lot. I dunno, make some bread while listening or whatever.

PEUCH GOURDON BRÉMAUD

My introduction to the collective, via a tip from Mike and Cara Gangloff in a list for Dusted Magazine. Overlapping layers of hurdy gurdy, cabrette (bagpipes) and violin build into head-spinning cacophony. All while the hypnotic stomp of feet keep root. The best of the American minimalists souped up in ecstatic frenzy and pumped direct into yr skull.

Check out: Their 2015 record. A 10 minute starter, then a 30 minute rampage.

VIOLONEUSES

Perrine Bourel's duo with Mana Serrano sees a thrillingly anarchic treatment of Occitanian fiddle tunes. Scraps and fragments threaded together irreverently, shot through with giddy song and deft experimentation - luminous drones, creaking bass, hovering screech and splattered plucks. A refreshing and unpredictable flight away from the weightier, hurdier-gurdier end of the collective.

Check out: The 15 minute collage/suite of seven tunes from their 2015 record

JÉRICHŌ

The jewel in the crown. Two singers spin classical ballads of the Occitan which dominate hefty, sidelong suites broken up by harsh ululations, laments, bals and pipe-led pastoral interludes. A sublime and dramatic clash of lofty, imposing hurdy-gurdy drones with the rhythmic, bardic momentum of the banjo. A proper tour de force!

Check out: The 2015 record. All of it. Then come see them when they visit in December.

FAUNE

This duo is perhaps the most sonically explorative in the collective - mining tunes and ballads or the Cantal with cabrettes, organs, synthesisers and even the glass harmonica! Guilhem Lacroux's guitar playing is best on show here for it's textural inventiveness and versatility. Dreamlike sweetness snaps into lead-tipped riffing with alarming suddenness! Gripping stuff!

Check out: I love their 2017 release, although their 2013 disc has a satisfying bite and distortion to it!

TOAD

Ugh. Toad take the bal to new extremes in by far the most brutal ensemble here. Amplified hurdy-gurdy, guitar and bagpipes push up harsh, sweaty tunes and possessive dances. Everything mushed together in claustrophobic suites. Everything intermingles - clash and buzz, swelter and buckle. Ferocious! Dare ya to dance!

Check out: Their 2014 release. Or their nastier kosmische 2018 release if yr feeling brave. And then the Baracande records after that!



"Everyone have some cake, pass it around," invites vocalist Camille as they circulate a cake among a Brighton audience, made for them the day before (it did have a smiley face, but of course the band made it into a sad face). This nestles in amongst the snarly riffs and nightmarish lyrics on Scrap Brain's 2018 live tape, which I first listened to whilst trapped and very hungry on a severely delayed bus commute surrounded by awful people. Following initial discussions on rating bread near venues and the now infamous Soup Salad Sandwich index (sandwichspace.xyz), I hooked up with the band on the Oxford leg of their May Bank Holiday joint tour with Basic Dicks to discuss meal deals, nude chefs, mushroom risotto, eating contests and their devastatingly candid and brutal new record:

Hello. What is Scrap Brain?

BEN [gtr]: Scrap Brain is the sixth level of the game Sonic the Hedgehog which came out in 1991 on the Sega Megadrive. It is also a band. It is also *our* band!

JOE [bass]: There is another Scrap Brain and they're shite. They're like glam punk.

CAMILLE [vox]: They have two basses and no guitar as well which a bold move that cannot be pulled off easily.

JOE: The only band I know that can pull that off are Zyanose who are an insane trio of Japanese crusties

If Scrap Brain [your band] were a food, what food would it be?

BETHAN [drum]: [*immediately*] Something chunky

CAM: Cold minestrone soup. Out of the can. In a car

JOE: When you're really hungover so it's dripping down your face.

BEN: It feels quite telling that I can't think of Scrap Brain as a food but as a variety of alcoholic beverages

CAM: What, like Hooch?

JOE: Dragon Soop definitely. Sour Apple Dragon Soop. Na, I think we'd be Magnum

CAM: No, Buckfast? No, everyone's Buckfast

JOE: Everyone is Buckfast but Magnum is like Buckfast but sexier.

CAM: Sexy Buckfast. That's my Halloween costume this year.



How was your tour?

JOE: It was great fun! A few dates up and down the M4 a few times. We did London at this really great spot called Sister Midnight - a fantastic record shop in Deptford. They're really cool people who put stuff on there - good selection of records at good prices.

BEN: They have quite nice food.

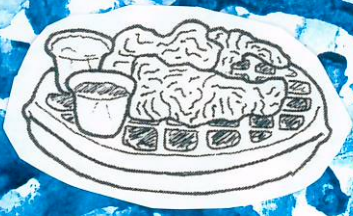
CAM: Cheap and delicious food!

JOE: The best band food I've ever had was when we played there before it was Sister Midnight and Satori made us that homemade sushi

[*Simultaneous groans of appreciation*]

BEN: Sister Midnight's down the road from the Full Nelson as well, which is a nice dive bar in South East London

CAM: Yeaahh they do good Chicken and Waffles on weekends which is all vegetarian/vegan. All of the tour dates were with Basic Dicks but that one in Deptford was with Misery Guts and the Worms.



JOE: Misery Guts are my other band. The order of that changed dramatically cos driving down me and Evie [four driver/vox in Misery Guts] got stuck in the climate change protests. It was a weird one - I just turned up and immediately played two sets without stopping. And I snapped my bass string about two songs in.

CAM: Then we played Bristol with Airborne Faggoty, Neurotic Fiction and Negative Space (who are amazing) and then oh Decide Today. They were sooo fucking sick!

JOE: American Anarchist Breakcore project. There were gabba bits, there were bits that were more Nitzer Ebb-y, they threw in some Amen Breaks, there were bits where he would do very earnest speeches about political prisoners in the U.S. and then go into like a Dead Kennedys sample.

CAM: And also before the gig we went to this place called Oowee and I had the best vegan burger of my life. And a fucking Lotus biscuit milkshake. It was SO GOOD

BEN: Like a parallel universe vegan KFC/McDonalds hybrid kinda thing. I had a really good Chicken and Gravy there. It was VERY rich!

JOE: The guy who was putting on the gig in Bristol works at the Exchange. So, I think you guys had already eaten, but I had a vegan burrito. It was slammin

BETH: Oh yeah I had one of them as well. I've been broke most of this tour so I've been necking tins of soup.

CAM: Luke who put us on in Cardiff with Disjoy, Glib and Slow Murder made this hummus which was really fucking good. And then this kinda couscous-y salad-y thing. And we ate all that bread as well made by Rosie from Glib.

JOE: Yeah the food we got at the Cardiff gig was really good.

CAM: Then we played with Plastics in Brighton. I think I just had Huel then. Basic Dicks went to Beelzebab.

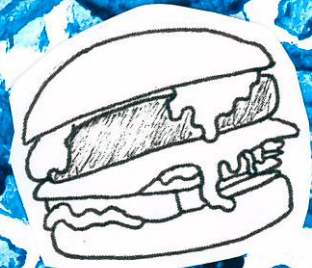
BETH: Oh we had a fry up in the morning!

CAM: Oh yeah everyone else stayed up that night and got really fucked but then me and Bethan and Evie stayed at my friend's very sensible flat with a cat and went to bed early and in the morning we went to Spoons for breakfast which was amazing!

JOE: I don't think I ate in Brighton. I had a Smirnoff Ice and two cans of Strongbow Dark Fruits. And then quite a lot of whizz which just makes you not want to eat ever.

BEN: I drank a lot of cider. That's apples, right?

BETH: I had a Burger King



JOE: I really don't rate Burger King

CAM: They have a vegan burger and it's really nice

JOE: Oh yeah, but like - and obviously all of these places are fucking evil - but when you've got no money and you want something that's filling, McDonald's is way cheaper and better.

BETH: Yeah I don't rate Burger King as well but we got really high on the beach so what are you gonna do?

BEN: I had a really crap fish cake and chips so I don't recommend that. I was really hungry and everywhere was so busy. I just found the nearest chippy and it was one of those tourist trap kinda places.

CAM: I had the Gregg's vegan sausage roll on the road when we stopped at that really good service station



BEN: We did a lot of eating in service stations. Eating Gregg's cos it's delicious and cheap and like a sausage roll or vegan sausage roll is still about a quid, whereas with other places there you go like "this is a tenner, what are you doing?"

JOE: This must be the dullest tour food conversation! I was out on tour in Europe last month roadieing for some friends of mine Screaming Females, and the food they give you in Europe was insane. What usually happens is you get to the gig and there are snacks like cheese and bread and olives. Then you have a full meal which is either made for you, or the venue does food, or they give you buyout. And then, because we were a slightly bigger band, we got put up in hotels which had complimentary breakfasts. So I was like 'I'm not coming back to

this hotel so I need one of everything'. I put on like a stone in three weeks.

CAM: I can't wait to go to Europe.

BETH: When I played in Europe, everywhere we went we had a home cooked vegan meal. Oh it was dank!

JOE: We've just started booking a European tour. So if anyone is reading this on continental Europe...

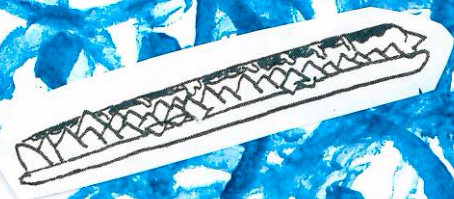
BEN: GIVE US REGIONAL CHEESE!
REGIONAL BREADS!

**How does eating before the gig work for you?
Is it better to eat before or after or at all?**

CAM: You absolutely cannot eat before you play. I've thrown up in my mouth from when we've been playing and I've been full, so that was bad. But I swallowed it at least so I don't think anyone noticed. Even if you don't get sick you get indigestion. You can have a big meal so long as it's about 2 hours before. Or maybe 3, actually

BEN: Joe you should say something about your eating contests

JOE: Oh yeah, so you remember when Mission Burrito used to do those speed contests? I won that twice, two years in a row.



CAM: Joe is the fastest eater I have ever encountered in my whole life. Especially with a burrito, it's always like the most shocking thing cos you look away and look back and it's gone.

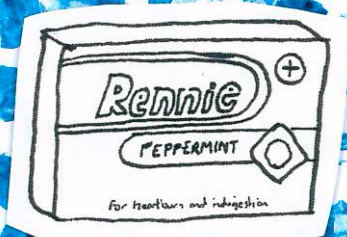
JOE: Not a moment wasted! What peak human performance looks like, just a man just *inhaling* a steak burrito. I remember the time that everyone got really freaked out about was at Indian Veg. I turned up late, got a big plate of food and then was done before everyone else.

BEN: I love Indian Veg. Although, yeah, don't have buffet before a set cos it's ruinous.

JOE: It's just round the corner from The Lexington in London. It's like a big Indian veggie and vegan buffet spot. And they're into vegetarianism in an intense way. All the décor is basically infographics on like why eating vegetables puts lead in your pencil.

CAM: I liked it better when it was cheaper - it's like £7.85 now - but yeah it's still good. We went on Static Shock weekend before Hygiene at the Lexington. It did me in, and I had to sit down for the whole gig.

BEN: I'm gonna talk about indigestion now. Yesterday, my response to that feeling you get where you're doing gigs and you realise you need stamina was to think 'instead of drinking for this gig I need water and Rennies'.



JOE: When I toured in Europe there was so much free beer. I drank like everyday for a month. I have been drinking a little bit on this tour but not as much, and never before we play, and I'm really enjoying playing sober.

BETH: Yeah I've been playing sober all tour as well

CAM: I only play sober.

JOE: The only time I played properly pissed was my birthday gig here. People were buying me drinks, and we played - and this was with Misery Guts, where I play with a flange pedal but only at like specific parts. But for this I was just pressing it randomly - it may have been on for the whole gig. I prefer playing sober though cos playing gigs is the most fun thing to do so you don't need to drink to make it more fun.

BETH: I do like playing drunk but it's kinda more an energy thing. And also recently when I've been playing and I haven't been drunk I've gotten more compliments for my double stroke roll

CAM: Ayyyyy, Bethan's famous double stroke roll!

JOE: That's not like a type of bread

CAM: What would it be if it was a bread roll?

BETH: Ohhhhh something sexy! What's the sexiest bread roll?

[I suggest a warm garlic tear and share loaf with a pool of cheese in the middle which seems to hit the right mark]



JOE: What I'm thinking of – have you seen that picture of Ainsley Harriot posing nude in the 90s? It's amazing! He looks so good! I need to find a picture of it [*he finds it on his phone alarming quickly*] There it is! That's the perfect man, right there! I mean, he probably is the perfect man! Fantastic cook, great sense of humour. Look at the look on his face as well. That's a man who *knows*.

CAM: He does have a very pretty face

BEN: A very cheeky face

CAM: Can we get Ainsley Harriot to come to the gig?

BEN: [Reworking the lyrics of 'Scrap Brain'] 'This pepper is not my pepper. This tomato is not my tomato'

Do any of you cook much?

BETH: I have a story. Basically, I needed to impress this guy that I fancied, so I said 'why don't you come over and I'll cook you a meal?'. And then my flatmate spent like an hour making this beautiful Sri Lankan lentil curry. And he came over and I was just like 'yeah I just whipped it up'. I am actually really good at making cheese toasties.

BEN: There are times when I can cook but recently I've just been off my feet and I'm very much 'a meal deal or something easy' cos I'm tired after work. But I am very good at making risotto.

CAM: Ooooo I did not know that!

BEN: Mushroom risotto. The best food in the world.

BETH: Ohhhh. Ooo bloody 'ell.

JOE: I'm not a big cook. I can't ever follow recipes. Start by frying some onions and then whatever's in the fridge. I think my favourite food in the world is homemade kimchi I make with my partner. Takes about two weeks to do but it's fucking amazing.

BEN: Gonna reroute this back. The best meal deals are from Boots.

CAM: I agree!

JOE: The amount you're saving with a Boots meal deal is always more. Cos they put like those Naked smoothies which are like £2.50 on their own into something that's like £4

CAM: Tesco used to do that but I think they've changed it. Sainsbury's are the worst. They suck, fuck Sainsbury's

BEN: I used to live in Leyton. High Road Kebabish used to do the best vegetarian samosas. 75p, open til 3 in the morning, always fresh, vegetarian and vegan and they did lamb and chicken as well. Bloody hell!

CAM: A few years ago when I didn't really live anywhere and I travelled around a lot, I would just have a Tesco meal deal every single day with like a hummus and falafel wrap, wheat crunchies (the best crisp) and a blue Naked smoothie. Everyone started calling me 'Camille Deal'.

JOE: My main diet at work are those Quality Foods samosas with sriracha on them, Mango Loco Monster energy drink and then whatever kind of snacks my students bring in for the teachers (I teach English as a foreign language). Recently we had this Thai lad who brought in these cheese crackers with like dried pineapple jelly between them. And they weren't that good but I have quite low standards. But the student misinterpreted my low standards for genuine enthusiasm, so brought in like 6 more boxes of them. Said 'I called my mum, she's gonna send you some more'. The nicest thing I've gotten were probably some Venezuelan students who made me some homemade arepas.



CAM: Oooo. I love arepas. Oh where did I have really good ones? Oh there's a place in Peckham called Cravings. Right near Peckham Rye station. I used to make them at home.

BETH: Both my flatmates like to cook. And one of them is Sri Lankan and one of them is Italian

JOE: Jesus Christ.

BETH: One of the reasons I don't cook is cos I'm sorted! One of them makes these amazing arancini balls.

CAM: I like cooking.

BETH: You make dank pies

CAM: I do like making pies. Me and Ben used to do this thing in the winter called 'Pie Pals' with just whoever was about. We used to go round to each other's houses and make each other pies. What was that one I made? The Canadian one I made with Naturi vegan mince, cinnamon, cloves, onions and then no other veg and just shortcrust pastry?

BEN: Ohhh that was absolutely wonderful!

JOE: Pie Pals was basically a street gang, but themed around pies. Full leathers. Studded.

CAM: All pie all the time

BEN: Like Dr Oetker. Oh wait, forgot he was a Nazi.

JOE: He was a Nazi. Yeah, your favourite is problematic! It was Kraft who I think own them who said 'we discovered one of our ancestors was a Nazi'. And you're like it wasn't your ancestor, it was your *granddad*. You can't refer to your granddad as an ancestor. But Dr Oetker's Pizza Ristorante is the best frozen pizza you can get and anyone who says otherwise is too middle class to appreciate it. They have actual mozzarella on them.



BEN: They have one which just has mushrooms and cheese on which is really nice

BETH: Ooo bloody 'ell I had that the other day! That was dank!

CAM: The worst frozen pizza is the vegan Cheatin' meat feast one from Holland & Barrett. Once every year, I forget how shit it is and buy it, and then halfway through eating it I remember that this is disgusting. And it's really expensive and stupid and I hate them and I think that they should be banned.

You have a record out! Tell us about it

JOE: The record is called *A Journey into Madness*. It is released on Drunken Sailor in the UK and Europe and Thrilling Living in the US. It's a 12 inch 45, which is my favourite type of record. The title is taken from a Happy Hardcore compilation - Hixxy's Mix from *Bonkers 3*

CAM: THE BEST! THE BEST MUSICAL THING EVER MADE! EVER!!

JOE: The best synthesis of form and function

CAM: Yes! Hixxy! Wherever you are right now! *[makes chef's kiss action]* We love you!

JOE: I think we're all really proud of the record. And the recording was a really cool, fun process. Jonah who recorded it, who plays in Fucked up, absolutely understands how to record noisy music, in that he totally, like immediately clocked on to what we were going for.

CAM: He made an outro on it, which inspired me to make an intro for it

What fuelled the recording?

BEN: What Huel-led the recording?

CAM: I had a migraine

BETH: I remember you bought those buns and you bought me one?

CAM: OH FUCK! Yes! There's a really good steamed bun place in Peckham, also near Peckham Rye station. You can get different types of steamed bun for £1.80 and they're really big and they're really delicious. They have a vegetable one but I like to get a veg one and a red bean one. It's called Steamers

BEN: Steammeerrrrs! Also a big fan of that Asian takeaway in that area next to BOOKS in Peckham.

JOE: I can't remember what I ate that weekend. I remember at one point I went out for food and came back with that Soviet synth record

scrapbrainhc.bandcamp.com

Straight outta Pie Pals, Camille attaches their recipe for quorn chicken and mushroom pie with beetroot mash. I made it, it's really somethin'.

Ingredients:

1 1/2 packs quorn vegan pieces
500ml vegetable stock (or vegan chicken stock)
1 white onion
3 cloves garlic
2 leeks
1 pack whatever smallish mushrooms
3tbsp vegan butter

3tbsp flour
150ml oatly cream
2tbsp dried tarragon (maybe idk eyeball it/taste it)
1 pack of puff pastry
Salt and pepper
Oat milk for glaze

Preheat the oven to idk what (the numbers on my oven have rubbed off but I imagine it's something around 200 degrees??) Make the stock, put the quorn pieces in and leave them to soak for around 30 mins. Dice the onions and garlic then fry in oil in a big frying pan until soft. Slice the leeks and mushrooms and add to the pan, cook for 5 minutes. Take out the soaked quorn pieces with a slotted spoon and add them to the pan. Put in however much salt and pepper you want and add the tarragon, cook for around 5 mins then take off the heat.

In a saucepan melt the butter then whisk in the flour to make a roux, cook this for a few minutes then start adding in the stock (left over from soaking the quorn) a bit at a time while whisking to make a smooth gravy. Add the oatly cream to this then pour the sauce over everything in the big frying pan and mix.

Put this mixture into a fairly big pie dish, round or square is fine, and cover with puff pastry. Use a little oat milk to glaze the top. Put in the oven till the top is golden and the filling bubbles up round the edges, probably around 40 minutes.

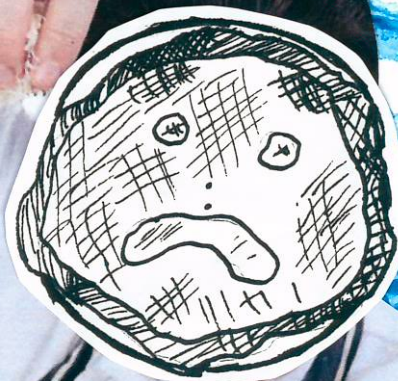
I like to make this with beetroot mashed potato (because it makes it pink/purple) and steamed tender stem broccoli which I put a drizzle of balsamic vinegar on when cooked.

For the beetroot mash you boil potatoes, cut up 1 cooked beetroot into tiny cubes then when you're mashing the potato add the tiny beetroot cubes, the juice from the beetroot packet, some vegan butter, a splash of non-dairy milk and salt and pepper.

soundcloud.com/camille-rearden

mixcloud.com/razorblade-the-tape/

strongarm.bandcamp.com



DAYLIGHT MUSIC

* THE MARGINS PROJECT

Daylight Music is a series of eclectic music events billed on lazy Saturday afternoons in the stunning Union Chapel in Islington, with cakes, quiches and other light refreshments! It's been running for about 10 years and has brought all kinds of interesting and comforting new sounds to unfamiliar ears. The grub is a treat too! Served up by the chapel's in-house charity **The Margins Project**, all funds raised from sales (and from the pay-what-you-can-afford entry fee) go right back into helping the homeless community around Angel and Islington.

Earlier this year, Daylight Music celebrated its 300th event after more than 10 years of programming! I went along to the birthday bash, and was lucky enough to grab a few words with the Margins Project/Daylight chef **Annalise Trema** just before the doors were opened:

What kind of food goes out at Daylight Music?

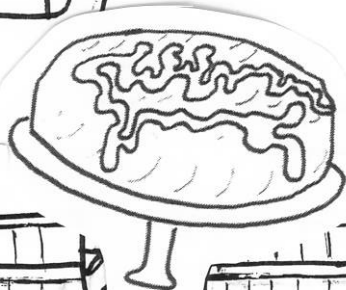
A lot of quiches, cakes, wraps. Basically it's in-between finger food and a buffet lunch. I usually have a soup as well which is always vegan. I try to keep it health and vegan/vegetarian where possible. I'm vegetarian myself so it makes more sense for me. With the cakes too I use lots of different flours to accommodate allergies - spelt, corn, chickpea.

Do you ever coordinate with the music programming much? So do you ever tailor the food to the music?

So far I've coordinated with Ben [DM's programmer] when there is a theme for the events, but I'd love to try and do more thematic events! I really like the idea of cultural diversity and combining food with music. I wouldn't mind, say, if we had a lot of performers who were African-Caribbean and then I could do something specific. Today's #300 event has a mystery theme, so most of the food has a secret ingredient! This cake here [indicates a cake with sumptuous pink icing] has got an ingredient which I don't think anyone will guess! It's really unusual!

Can we have a hint?

No! [laughs] Well, I call that cake a 'Bloody Mary Cake' so that's your hint, really.





Is there a particular favourite food you've made or highlight? What has been your favourite thing that you've prepared?

Most of the stuff I do is new to me, it's interesting to try new things for-myself! One thing I have out today something I call Ferrero Rocher Fudge. It's a sugar free and gluten free brownie made with sweet potato. I usually do a ground almond base but I wanted to give it a kick today so I used hazelnuts instead so it gets a crunchiness. I'm particularly happy with that one.


Could you tell me a little bit about the Margins Project?

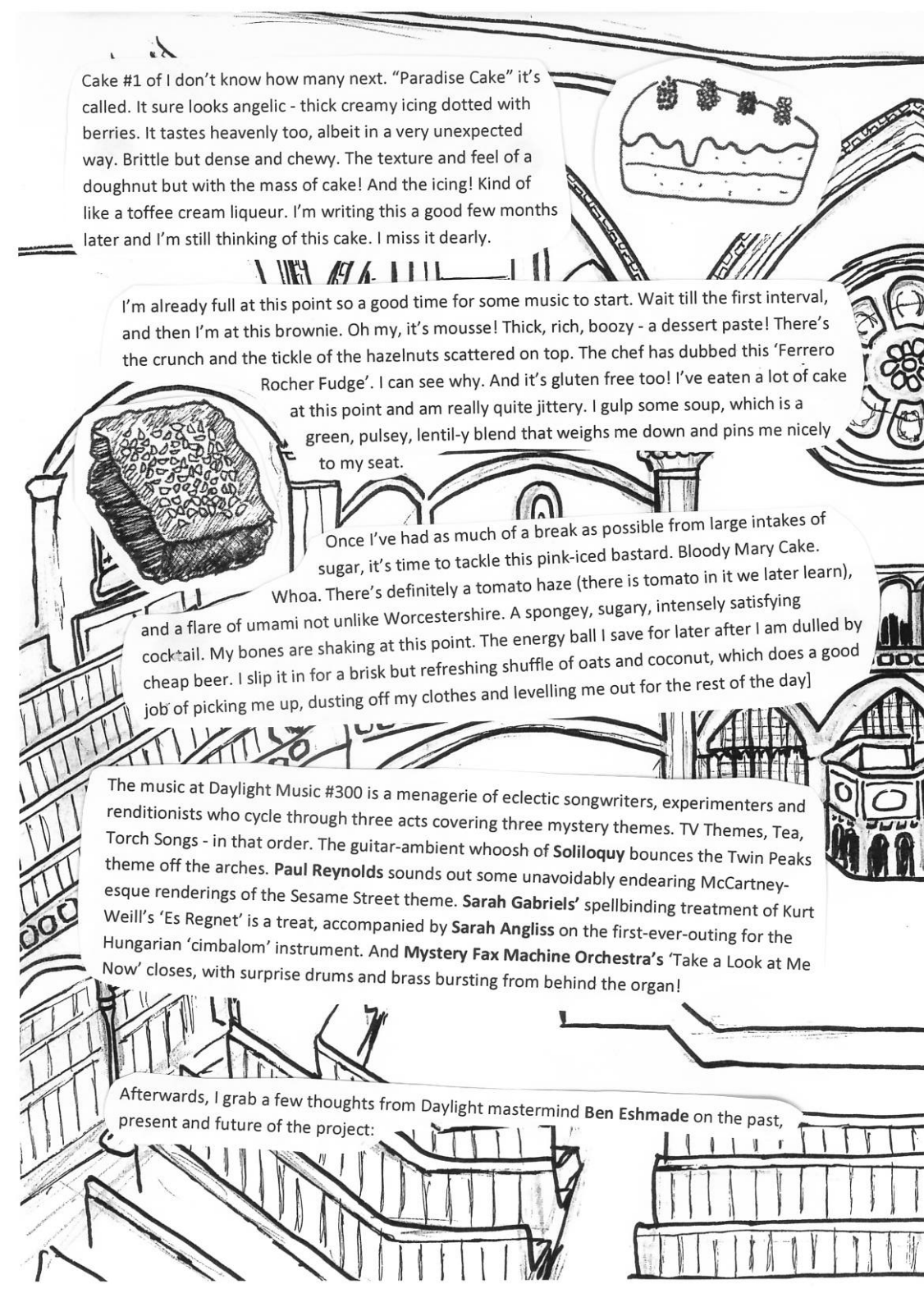
Margins works mainly with people who have lost their accomodation; people who are about to lose their accomodation; long-term homeless people. During winter, we coordinate with the Union Chapel and other churches in the area to provide shelter and food. There's a drop-in that happens three times a week where people are invited in, and there are food donations from local shops and facilities like a shower and washing machine. Occasionally people who work for the council or CRISIS come so they can advise people how to move forward or how to apply for certain benefits.

The core of Margins is running a training programme. We invite people who come in regularly to join a programme with the kitchen that runs for about 3 months, so people have the chance to work with a minimal base pay and get actual work experience. After that, we can then help them to find work. We also put money from the cafe and from Daylight into the Margins programme and its activities.

So, to the event itself. I pick up as much food as I feel I can get away with denying the other punters. A quiche, a hummus-y ciabatta sandwich, an energy ball, couple of gorgeously fat slices of cake, and some soup. Not too shabby!

Starting on the quiche, and oh it's rich! Crisp, creme brulée-esque crust, vein of yolky light right through the middle, beautifully seasoned. Next the hummus sandwich (start savoury, move on to sweet, I think)! The whole thing is drenched in oil, but the bread just soaks it all up amazingly. There is some delicate spice going on in the hummus too - tickly and tingly, with enough of an edge to make you sit up straight in these pews without worrying yr tongue too much.





Cake #1 of I don't know how many next. "Paradise Cake" it's called. It sure looks angelic - thick creamy icing dotted with berries. It tastes heavenly too, albeit in a very unexpected way. Brittle but dense and chewy. The texture and feel of a doughnut but with the mass of cake! And the icing! Kind of like a toffee cream liqueur. I'm writing this a good few months later and I'm still thinking of this cake. I miss it dearly.

I'm already full at this point so a good time for some music to start. Wait till the first interval, and then I'm at this brownie. Oh my, it's mousse! Thick, rich, boozy - a dessert paste! There's the crunch and the tickle of the hazelnuts scattered on top. The chef has dubbed this 'Ferrero Rocher Fudge'. I can see why. And it's gluten free too! I've eaten a lot of cake at this point and am really quite jittery. I gulp some soup, which is a green, pulsey, lentil-y blend that weighs me down and pins me nicely to my seat.

Once I've had as much of a break as possible from large intakes of sugar, it's time to tackle this pink-iced bastard. Bloody Mary Cake. Whoa. There's definitely a tomato haze (there is tomato in it we later learn), and a flare of umami not unlike Worcestershire. A spongy, sugary, intensely satisfying cocktail. My bones are shaking at this point. The energy ball I save for later after I am dulled by cheap beer. I slip it in for a brisk but refreshing shuffle of oats and coconut, which does a good job of picking me up, dusting off my clothes and levelling me out for the rest of the day!

The music at Daylight Music #300 is a menagerie of eclectic songwriters, experimenters and renditionists who cycle through three acts covering three mystery themes. TV Themes, Tea, Torch Songs - in that order. The guitar-ambient whoosh of **Soliloquy** bounces the Twin Peaks theme off the arches. **Paul Reynolds** sounds out some unavoidably endearing McCartney-esque renderings of the Sesame Street theme. **Sarah Gabriels'** spellbinding treatment of Kurt Weill's 'Es Regnet' is a treat, accompanied by **Sarah Angliss** on the first-ever-outing for the Hungarian 'cimbalom' instrument. And **Mystery Fax Machine Orchestra's** 'Take a Look at Me Now' closes, with surprise drums and brass bursting from behind the organ!

Afterwards, I grab a few thoughts from Daylight mastermind **Ben Eshmade** on the past, present and future of the project:

Hullo Ben! Congratulations on Daylight Music #300! How was it for you?

A bit of a blur of bands and bad jokes (all mine)! It felt like an incredible thumbs up, like or smiley face for the 10 year journey so far. We filled the chapel with people who trusted us to entertain them without actually knowing who was going to perform on this occasion, really doesn't get much better than that.

What was your initial aim when starting Daylight Music?

Three artists or ensembles who perform for 30 minutes each. The theory was that if one act wasn't your cup of tea, it wouldn't be long before someone else came along. Alongside this, I wanted you to have a mug of tea in one hand and a bacon roll in the other. Nowadays, our menu like the music has become much more ambitious and diverse.

How do you choose / programme the music?

If it's not obvious, this is my favourite part! It's like making a perfect mid-afternoon mixtape each Saturday - bringing 100 or so artists a year to the chapel from all over the world. I try to find the best new music I can across most genres. I get recommendations from people from PRs, pluggers or musicians I've met in my career as a radio producer. I'm always looking for something we haven't done before, whether that be a Reggae Choir or Stylophone Orchestra.

Have you ever paired (or thought about pairing) the food with music?

Yes we have, a few years ago we celebrated St Piran's Day with Cornish music, comedy and pasties. We also had a cream tea available when Alex Mendham and His Orchestra, a 1920s/30 style dance band performed for us. I've always been intrigued by the cinema experiences where you also have food to accompany the viewing experience, such as with the Ghibli classic Spirited Away. If anybody is reading this, they're welcome to email some food-based ideas!

Any hints for #400 yet?

Ah, that's three or so years away yet. For the moment, in September we have a celebration of a 20-year songwriting career with One Little Indian's Kathryn Williams, the transportation of the Berlin based boutique electro-acoustic label Sonic Pieces to Islington and two jazz legend performing together with not just one but two baby grand pianos! The year ends with Eigg based Lost Map records returning to accompany the mince pies, mistletoe and figgy pudding.

unionchapel.org.uk/about-us/
the-margins-project
daylight-music

@Daylight_Music

@marginspraj

Andie Brown

Well? You can probably name yr top 3 records, maybe, but can you name yr top 3 root vegetables? Composer, Oram Award Winner and co-director of the Yorkshire Sound Women Network Andie Brown was kind enough to spare some time from her busy busy schedule [thanks Andie!] to answer the following inane/important [delete as applicable] quick fire questions:

Tell us about your practice in a few words

I make installations and music out of amplified glassware. I'm also a Director at Yorkshire Sound Women Network.

If your music was a food, what food would it be?

A really nice sorbet, maybe melon or orange.

What is your most unpopular food opinion?

Spam fritters are food.

What / where did you eat before your most recent performance? Was it good?

I haven't performed since January 2018 so I actually can't remember but it was in Dalston so it probably would have been Turkish. Red Art Cafe was my favourite.

What would be the best thing to eat before a performance?

You never get time to eat properly before a performance because soundcheck is usually at dinner time and in my experience, I am usually too stressed to think about it. A particular memory of food before a performance was a buffet spread in a fetish club in Germany (N.B. the gig wasn't part of a fetish night, but the venue was ALSO a fetish club. There was a really cool dog called Jimmy Hendrix. I caught him drooling on the buffet but i didn't tell anyone else...). The room the buffet was served in had a chair with stirrups and a bondage rack...

Best place to eat in your local/immediate neighbourhood/town?

I moved from an area of North London that had multiple amazing restaurants on my doorstep, to Huddersfield in West Yorkshire. The BEST place to eat in Huddersfield is a small Thai kiosk in the Queensgate Market. I really miss the variety my old neighbourhood afforded me though. Pizza here is very bad.

What's the one snack food you couldn't live without?

Kimchi

What's the one food that's always in the back of your fridge:

Probably some kind of pickle. Or kimchi.

If you cook, what's your specialty?

I used to make a very good Fesenjan - I spent many years working for Cafe OTO and I attempted to copy the food of the lovely Zardosht sisters who do food there in the daytime.

What is your technique for chopping an onion?

When I left home I lived with 2 friends who I was in a band with and who were both also chefs and they laughed at my onion cutting method. To this day, i am very bad at cutting onions. I usually cut the top and the bottom off and then score the first layer of skin which i then remove. I then cut it in half and slice. I probably waste a lot of onion.

When a recipe says '1 clove of garlic', how much do you actually put in?

At least four.

Best food/cooking sound?

I've heard halloumi called "Squeaky cheese" on account of how it sort of squeaks in the pan, so that

A quick kitchen/cooking secret you can share?

I am a terrible person and I love garlic paste - it saves me time and smelly hands.

What record or artist sounds like a really strong mint to you?

Not something I've ever thought about but for some unknown reason, Alice Coltrane came to mind so I'll go with that.

Can you tell us about the YSWN in a few words?

Yorkshire Sound Women Network is an organisation and network that enables and supports the artistic and technical development of women and girls through access to resources, skills sharing, and collaborative opportunities.

What food or baked good would go down best at a YSWN meeting or workshop?

At our local Huddersfield group, one of our members (Linda) used to always bring cheese, which pleased me greatly. At our Directors/Working Group meetings, we usually have some kind of biscuit - I favour something with chocolate.

Best colour pepper?

Yellow

Savory or sweet?

Savory

Top 3 vegetables?

Aubergine
Mushroom
Jerusalem artichoke

Best sauce?

Garlic

How do you like your eggs?

Poached

andiebrownsound.com

yorkshiresoundwomen.com

