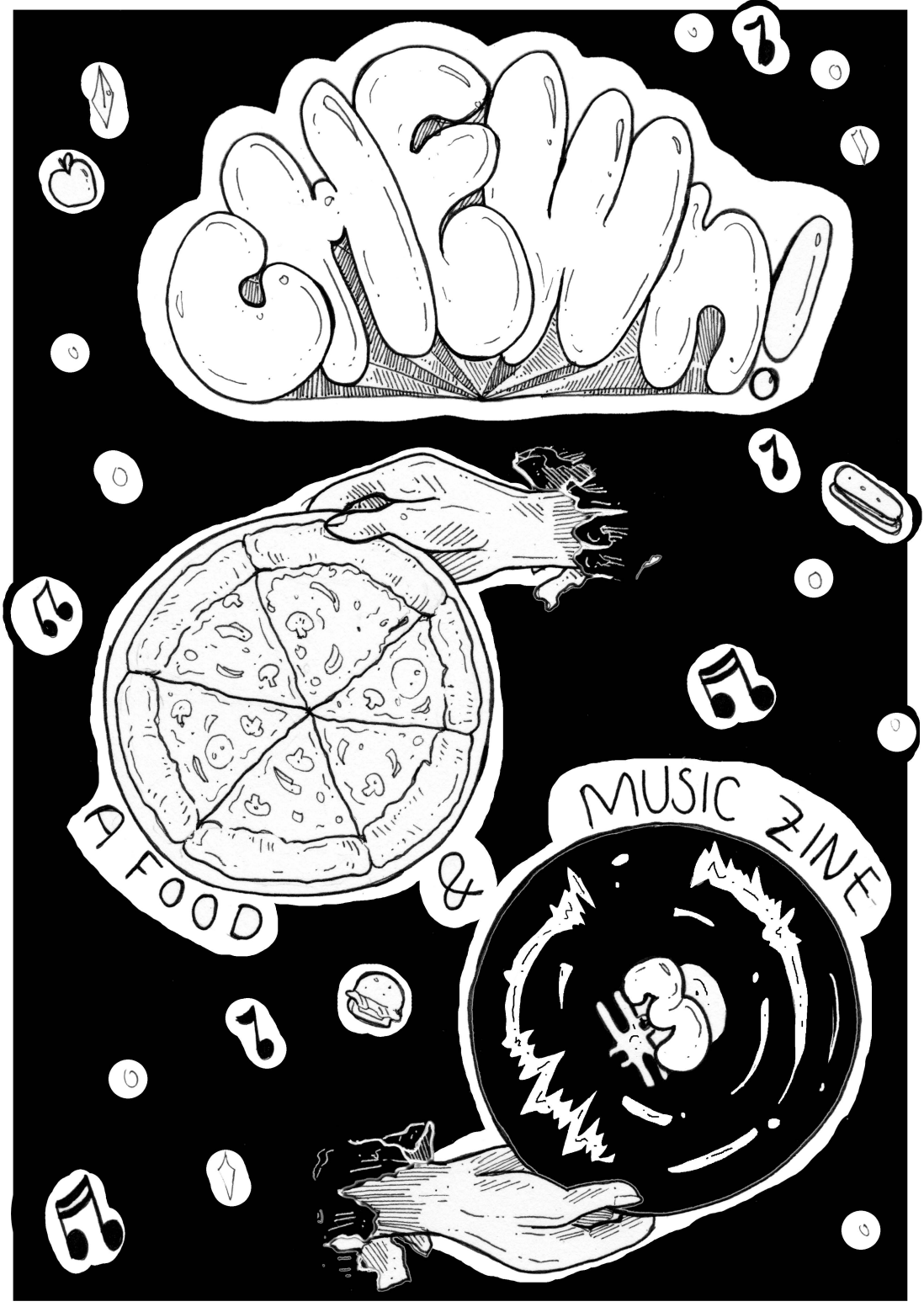
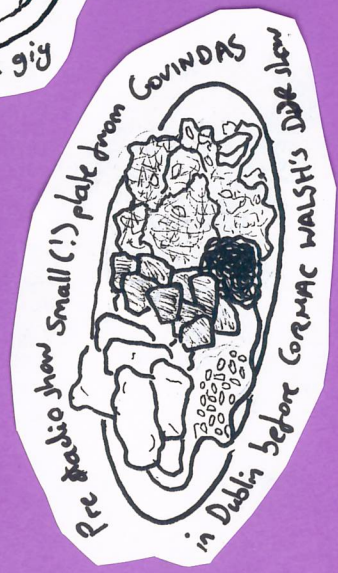
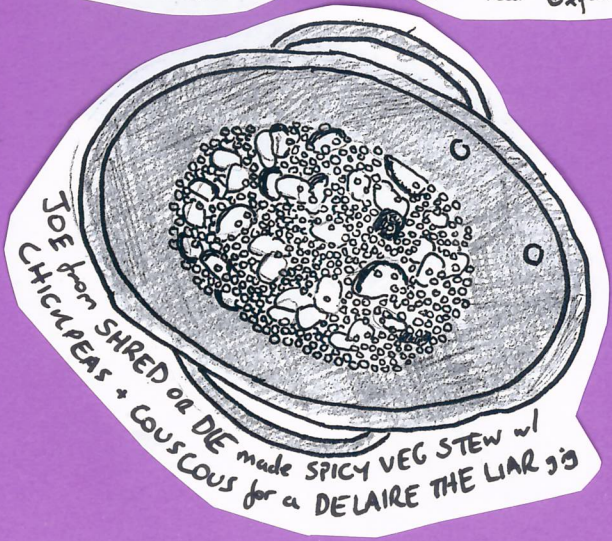
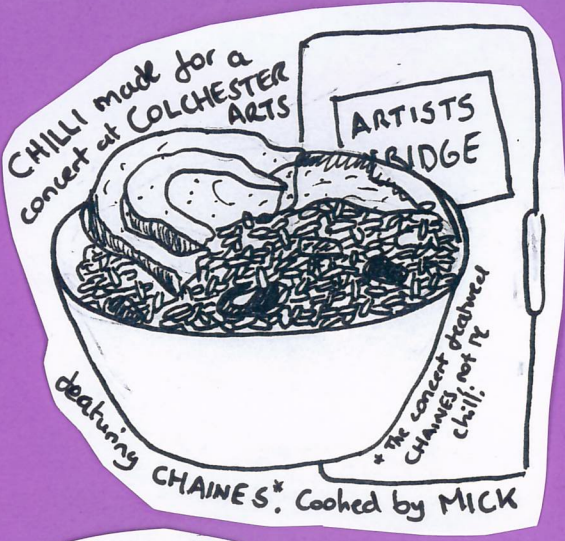


A FOOD

&

MUSIC ZINE







Hiya

Welcome to the third issue of CHEWn! A zine about food, whatever homemade or low effort or pretty sounding DIYish music I've been listening to, and the many ways in which they intersect. Thanks again for reading - and particular thanks if you've been reading since the start. Bit more of a gap between this one and the last one (I have realised 3 months between issues is a bit of a push). Plus there was the Tusk Fest mini-zine I did, hope that was helpful (I'm still bitter about missing it, and have my fingers in my ears on what went down until Rob Haylor's annual 10,000 words). I'm not entirely sure what I've been doing since then - this zine is really the first real 'thing' I've made, and I'm not sure how I spend my time otherwise. Making band food, I guess, which has been so much fun to do (and thank you everyone who has asked me). Cooking away my anxiety inbetween endless Divine Schism/Library basement gigs, zine trades, Twitter rambles and - of course - Supernormal Fest! (I spoke to their crew catering tent which I need to write up / put in when it's *the season* again).

I am still coming up with connections between food and music. It's never ending (and it's been cool to discover more and more zines, blogs, literature on this). As always though there are common threads. Food and music intersect society, culture, politics, protest, art, fashion, you name it. Food forms the basis of our everyday lives and (for more and more of us - either as a job, side-hustle or just in our ears on the commute everyday) music does as well. They're both the sources of joy, embarrassment, shame, love and disgust. Trauma even. We turn to tunes to comfort us in the same way as we turn food. 'Cheese' is a phrase appropriate to both disciplines. And cooking and making music both have similar, life-changing powers - both as a solo salve and catharsis, and as a way of bonding, sharing, exchanging and building communities. That and, y'know. Cooking mustard seeds with the pan lid on sounds cool.

There are longer form ideas and essays I want to write (or feature) at some stage - about ambient music and eating, service station hacks for touring bands, the erratic playlist in the Cowley Road Tesco Metro and how choosing a song for a playlist is like trying to choose something for dinner. It goes on and on. For now though it's a joy to feature words from noisemakers and heads on what they eat, what they cook and what food and music mean to them. And despite the fact that the contributions are still from within a limited demographic of DIY scenes (I am, for example, acutely aware that this food-based zine is overwhelmingly white, which is not cool and I'm looking to rectify), all the perspectives are different.

I'm absolutely thrilled to include an extensive feature/chat with Oxford's own **Young Women's Music Project**, one of a number of groups in the UK (along with the likes of WXMB 2, Slut Drop and YSWN, among many others) providing space and resources to improve young womxn's confidence in music making, while also campaigning for their point of access into live music, production, recording, press and 'the scene' to be much much more accomodating for the less privileged. It's such a cool feature - one of my favourites I've done so far - and I am massively grateful to everyone at YWMP for their time, patience and support for this and the zine generally (*they painted my face on a tee and it's amazing*). Massive thanks again to Beth for the awesome cover illustration.

Elsewhere, this issue is a proper mixed bag of thoughts (from sincere to absurd) from diverse freaks and screamers. Oxford favourites **Lucy Leave** make me dinner and talk about taboos in food and music. Leeds chaos **Territorial Gobbing** gives us a rundown of which foods make the best noise goop. **Sarah Tini** shows us how Dublin Digital Radio types swing in her self-styled Grub Crawl around the city. Ian off of Tiger Mendoza talks us through the goings-on at **Pizza Mic** in the Library basement. The Bristol arm of the **Liquid Library** tape label talks about fucking up in cooking and music and why its good. Snazzy dresser/electro popster **EB** opens up about her pho obsession. Glasgow's louche collective **Tarantula** send me...something...about fruit salad, I think? Pal **Ashley Thao Dam** talks about their communal experiences of food and music while studying in Italy. The legend herself **Feminatronic** does us a food-based playlist of womxn's nooiizzeee. A bunch of recipes from the likes of **Current Affairs**, **Shit Creek**, **Elena Colman** and **Bee Farrell**. Plus I write about some records, do a playlist, share some recipes and subject some unsuspecting vegan cakes to the soon-to-be-infamous **MacArthur Park Cake Test**.

Moneys once again going to the Oxford Food Bank. Check us out on the twitter and the instagram. Imma start work on issue 4 pretty much immediately cos it keeps me sane, so send me food pictures, ideas, pitches, contributions, what have yer (cis noise dudes - as usual - hold yr fire a bit ta).

Bon appetit / Vote Labour

Matt xx
Nov 2019

Dedicated to Smash Disco, Cowley Chainsaws and Falafel
Man on the Cowley Road



Things I have listened to:

Loraine James, Richard Dawson, MCR (duh), Melt Banana, Catgod, Lafawndah (+ her Devotion spotify playlist), Breadwoman, Trash Kit, Carla dal Forno, Lady Vendredi, Special Interest, Bill Orcutt, Joanna Brouk, Laurie Spiegel, Breadwoman, Bjork, Kim Gordon, Caterina Barbieri, Woolf, Daniel j gregory / yol / Chocolate Mnk stuff/billion other cdrs ppl have traded me, Molly Nilsson, NTS radioooooo (mostly Zakia Sewell, Estelle Birch, Nosedrip, PU\$SYRAP), DDR, the Radio Free Midwich mixes and RFA with Corporal Tofulung on Threads, the 689 items in my bandcamp wishlist

Things I have read:

Not enough. *Shelf Life* by Livia Franchini (incredible - the 'whole chicken' chapter in particular made the earth move a bit), *Paul Takes the Form of a Mortal Girl* by Andrea Lawlor, ZINES (including the Lecker zine, Life on a Dead Tree, Best Practice, Season Ticket Dickhead, GRUB, Vinyldyke, Fördämning, Yng Who? (Yngwie Malmsteen fanzine!), Chisel Tip, Another Subculture, Nekorama, Snare Rush, many others), various food-writing email newsletters (Thom Eagle, Rachel Krishna, Rebecca May Johnson, Women Cook for Me), surprisingly little music writing

Things I have eaten:

Gradually every recipe from *East* by Meera Sodha (the honey, soy and ginger tofu, pumpkin curry and leek martabak have been particular favourites), paneer curry, bananas, cheese and sriracha toasties, falafel wraps, chips cheese and chilli sauce from as many different Oxford kebab vans as possible, Biangbiang noodles from *A Taste of China* in the Covered Market, Sainsburys chocolate twists (the rawer the better), Library fish tacos (ohhh the pineapple chilli salsa), Tesco chocolate crisp cereal straight out of the box, Muhammara Spiced manakeesh from Za'atar Bake, Mission veggie burritos, vegan sausage rolls from the Cornish Bakehouse in the Clarendon Centre (better than Greggs imo), mushroom Wellington, Jus Rol pain au chocolat, Chicago Town stuffed-crust cheese pizza, Tesco grated cheddar straight out of the packet

MUSHROOM FACON

Elena off of DIY bands John Fletcher and Killjoys has recently moved into some Oxford uni halls for the first time for a postgrad course. Since then they've been adjusting to having an excess of kidney beans and nothing to do with them, people leaving slightly too much mess in the shared kitchen, and the dangers of living within walking distance of Dosa Park. That and frequent unwanted deliveries of mushrooms, which admittedly aren't everyone's favourite. And yet, this is such a cool way to use them that surely must cure anyone's phobia. Rad!

I got into with this recipe cos I hate mushrooms but keep getting them in my vegetable box (shout out to North Aston Organics - actually v reasonable - would recommend). It's a recipe I found when googling 'mushroom recipes for people who hate mushrooms' but I amended it a bit.

Preheat the oven to 180 degree.

Like a baking tray with baking paper.

You need a good box/bag of mushrooms. Like the amount that you would buy at the supermarket. Idk how much that weighs. You can use any kind of mushrooms. I used button mushrooms which are the grosses kind. Using shiitake or something fancy like that would be even better.

Slice the mushrooms thinly, maybe 2.5-5ml slices and spread them on the baking sheet so they're not overlapping.

Mix together 2 tbsp olive oil (or any oil really), 1 tbsp soy sauce and 1 tbsp liquid smoke if you have it. If you don't (I only do cos I got some for free) you could try smoked paprika. The smokey element isn't essential but it gives it a nice kick. You could also use something like Worcester sauce or Henderson's relish as well. Basically we are aiming for maximum umami here. I also put in some dried thyme cos I had it but, again, not essential.

Pour the liquid ingredients over the mushrooms and mix it well to ensure they're all covered with it (I use my hands here) and put them in the oven. You want to bake for approx 45 minutes until they're crispy but not burnt. Keep an eye on them, you may need to turn them over half way through.

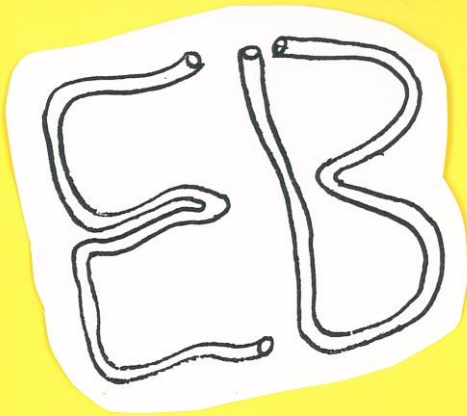
When they're done, allow to cool slightly and use for anything you'd usually use bacon or facon for!

Enjoy!

johnfletcherband.bandcamp.com

@killjoyspunk on Insta

foodposting @allthinkabout:issnacks on Insta



EB [*ee bee*] is the latest output of Oxford's own cosy-headed tape crew Beanie Tapes. Debut EP *Rodeo Queen* has just dropped, following up on the itchy weirdo pop jam 'La Criox' [*sic/la croy*]. The EP proper spills a bunch of tunes which buffer and dazzle like flickering neon-street lights or like Skittles milkshake but good. I'm sure it's been put out for us for us to listen to innocently and make us feel good and/or move, and yet I have a sneaking suspicion it's merely a front to fuel EB's self-professed pho [*fuh*] habit. I asked her some questions about music, travels and - inevitably - noodles...

Hello who are you and what do you do?

Hello, I am EB and I make music and spontaneous decisions.



If you could eat your music, what would it taste like?

You know when you spend the day really wanting a specific meal and you get excited because that meal is on the menu of the restaurant you're at but they bring it out and they've changed chefs or whatever so it doesn't taste * exactly * how you were expecting it to but it's still good and you kinda want more even though it's going to take time for your brain to adjust to the newness of it? I guess a bit like that.

Tell us about yr sound and how it's developed



When I was thirteen I had a crush on a boy who lived close by and he and his friends could all play guitar and spent their free time listening to vinyl records of Led Zeppelin and Twisted Sister and went to metal concerts to MOSH and I thought they were SO COOL. I borrowed my Mum's old acoustic guitar one day and slowly learned the chords to communication breakdown so I could impress them. They turned out to be shits, but something clicked when I learnt that song and it sounded * like a song *. This was the age of limewire, crack downloads, and YouTube without "the algorithm" - and plz bare in mind no one wanted to be in a band with the *girlll* who *gott allll A*s* and had *matched her braces to her glasses* (bright blue), so very quickly I had to learn to produce if I wanted the songs in my head to be songs irl.

This led me to study Audio Production at SAE Institute, which bought me to Oxford! My music at the time was still pretty folk-y, even at the end of studying. It wasn't until I took a weird life-tangent to study the Neuroscience of Music (idk why either) at Goldsmiths in London that I met people who were making music in all these weird and wonderful ways and it gave me the confidence to try different things out, particularly switching to spoken-word pieces. I can't stress enough how much I hated that degree & the area in which we lived, but Rodeo Queen wouldn't exist without that experience. So I guess the point is to ride the shit-storms. Then write songs about them? Idk. There are real-life crystals in your ears btw.



So. Your various social medias describe you as "a musician with a serious pho problem". Expand.

You know how it is with millennial white girls and hazelnut iced lattes? My hazelnut iced latte is Pho. I have spent a disgusting amount of money on the habit and gurrl, I'm not stopping anytime soon. IT'S THE PERFECT FOOD AND MORE PEOPLE NEED TO KNOW ABOUT IT.

Is there any way you could compare your sound and your practice to noodle soup? I mean, what would noodle soup sound like?

The reason noodle soup is soup and not sound is because the sound would be so piercingly beautiful that everyone would just go deaf. It's certainly safe to say that my EP was fuelled by pho though. In the week that I was finishing it up and working real hard I think I had pho like 4 or 5 times lol.

What's been yr best pho experience?

This is interesting. I have friends who are mad that I like pho so much yet in their eyes I haven't been to the 'good' spots yet. My mate Melissa took me to this place called PhoTastic in San Jose which was pretty bomb. I also really like Pho Street in London (Greenwich). Although, you know when you just really want pho and you order it and eat it in bed in your jimjams watching peep show? That's a guaranteed good time.



You travel / flit around quite a bit right? And some of the stuff you eat on yr travels looks ridiculous! What / where's been good (cities, places, wherever)?

Okay so get this - the vegan food in Austin, **TEXAS**. Insane. Blew my mind. Totally unexpected. I had the best burger I've ever had from this little food truck called Arlo's - they even let you take the food truck food into the bar right outside so you can eat with a beer & catch some live music. AND IT WAS 100% VEGAN!! AHHH!! MY STILL MY BASIC HEART!! (Swiss fondue in winter gets a special mention, too).

You have a new EP coming out! Tell us about it!

The EP is called Rodeo Queen and it'll be out from the 12th October [or now when yr reading this]. It's a collection of songs I've written over the past year about being insecure about life and the constant balancing act of trying to make your dreams come true but also having to pay for rent and pho. I recorded, mixed and produced the EP in a closet with a USB mic and MIDI keyboard. I'm really keen that people know that making studio-quality music is an accessible dream for anyone as long as they take the time for themselves to learn what to do.

Any parting words of wisdom?

You got this.



ebhill.bandcamp.com

COOKING TAPES 3

Junk Whale, *S/T* (Self Released)

The Sound of Greece - Syrtaki no 1 (12 Instrumental) (Super Sound)

Sugar Rush/Adults, *Tour Split* (Self Released)

Continuous Play 01 & 02 (Beanie Tapes)

Mariam Rezaei, *Blud* (Fractal Meat)

The Rough with the Smooth (A Glimpse of Paradise Vol. 1) (N)

No Home, *hello, this is exploitation* (Self Released)

Misery Guts, *Oxford 'Ardkore* (Richter Scale)

Jenny Moore's *Mystic Business*, *S/T* (The Audacious Art Experiment)

Natalia Beylis & Agathe Max, *The Garden of Paradise* (Fort Evil Fruit)

Ivy Nostrom, *Self Own* (Invisible City)

Abdel Karim el Kably, *Sudan* (No Label)

Ravioli Me Away, *Living is a Myth* BOOTLEG (Self Released)

Rojin Sharafi, *Urns Waiting to be Fed* (Zabte Sote)

Livid, *Demo* (Self Released)

Quinie/Jacken Elswyth, *Betwixt & Between 4* (Betwixt and Between)

Gadget & The Cloud, *Songs for Sad People to Dance to* (Fort Evil Fruit)

Ei Muuta / Kadonnut Manner, *Split tape* (Bem Böle)

Bunny Hoova, *LONGING* (them there)

The Green Roasting Tin, but for things I've had on the kitchen tape player since the last issue

Exhausted?
Cold? Body
crying out for
something
comforting?



Easy ★★★★★

Vegan ★★★★★

WINTER VEGGIE

"Tray bake"



by CHERRY STYLES

Serves 2 or tea & tomorrow's lunch/salad. Would be great as an accompaniment if you're cooking for more people, or as a potluck dish!

You will need:

1 tin of chick peas
Little potatoes
Cauliflower
Broccoli

(Lots of supermarkets do mixed packs of both and can often be found in the reduced aisle)
3 or 4 tomatoes

Oil
Cumin
Paprika
Salt & pepper
Garlic powder

The biggest baking tray you've got
Baking paper

cherrystyles.co.uk/synchronicwitches
soundcloud.com/synchronicwitches

1. Cut the potatoes roughly in half longways. It doesn't matter if they're all different sizes. Boil them for 10 minutes while the oven heats up. About 180/200 something like that.
2. Drain and rinse the chick peas
3. In a bowl or a cup mix 4 tablespoons of oil, maybe more? However much you like really with a big spoonful of each cumin, paprika, garlic powder with a generous pinch of both salt and pepper.
4. Drain the potatoes
5. Roll out some baking paper on your tray
6. Pour out the potatoes and chickpeas on the tray, plus cauliflower and broccoli florets and the tomatoes, chopped. Pour over the oil mixture and spread everything evenly over the tray with your hands
7. Pop in the oven for 40 minutes
8. Serve in bowls with lime wedges and big mugs of tea

CURRENT AFFAIRS

Panzanella

Current Affairs are a DIY band from Glasgow who have put out a bunch of razor-sharp singles over the past couple of years (and by the time this is written will have put out a shiny comp of them)! Sounding like some deceptive morning sunshine which signals the summer of yr dreams but in reality seizes up yr bones with cold the minute you leave the bed. Or one of those Co-Op own-brand rainbow cornettos, whichever you prefer. Joan from the band makes a mean panzanella which the rest of band lap up (I'm told) which she very kindly shares it for us here. It's still summer where yr chopping board/record player is, yeah..

HENRY SA. ER-CLARK

Ingredients:

- Benny's and shut after
- The Restaurant Group announced
- Loads of baby tomatoes (cherry ones, grape ones, whatever ones you like)
- Fresh green herbs (basil and parsley work very nice)
- 1/2 a lemon
- Olive oil
- Red or white wine vinegar
- 2 large cloves of garlic (or more)
- 1 chilli (or more)
- Sugar or something sweet (but just a little bit)
- Salt and pepper
- 1/2 a red onion
- 4 spring onions
- 2 stalks of celery
- 1 red pepper
- 1/2 a large cucumber
- 1 crusty loaf (stale as you like)

Optional: pitted olives, capers, rocket or salad leaves, bulgur wheat, giant couscous, toasted pine nuts, (and for non-vegans) grilled halloumi

Actions:

1. Start off with your bread and rip it up into bite-size chunks. Put it on a baking tray and roast or grill it 'til it's toasty with a little olive oil, salt, and pepper. If you like it garlicky, you could add some extra garlic here. When it looks crispy to the level of burnt that you like, it's ready. Put them aside!

Mr Stubbs, of Sidcup, south London. 'But it didn't stop...

ingredients - and the dishes should be washed and put away by 7.31pm in

Airport drugs bust is vegan ke mixture

POLICE were left with substitute egg on their faces after a 'huge drugs bust' turned out to be vegan cake mix. Restaurant owner Tim Barclay had left the powder in a suitcase on a train to Gatwick Airport. Cleaners found the case and when the 30-year-old arrived to pick it up, he was told police wanted 'a chat'. Mr Barclay, owner of Brighton's Purezza

MAKING BAKED BEANS CAN AND FINDS ONLY ONE INSIDE

Perfect meal over i

time 2,000 dinn ketc pref sayi conc

Eating veg is

2. Next, for the vinaigrette, put more garlic cloves in a mortar and pestle, sprinkle with salt, and bash it up to a smulch. If you don't have a mortar and pestle then you can try the back of a spoon or any other which way. It's hard, but it is possible.

3. Add in one chopped chilli to the mix and bash it up again till you can't tell what they were before. Check for how spicy it is and add another if you like, it should have a bit of a kick.

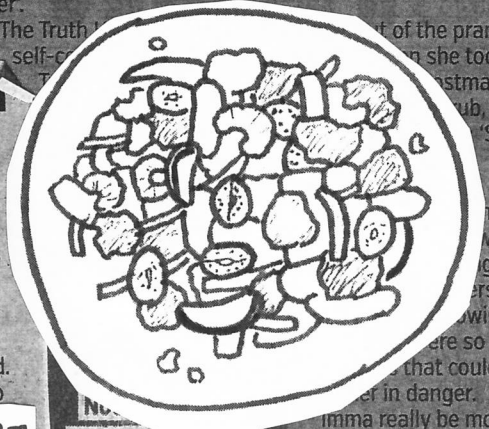
4- Squeeze in half a lemon's worth of juice. Add pepper and a little sugar or some sweet thing if you want (Current Affairs don't always) and a tablespoon or so of red or white wine vinegar. Mix it up, then add a big glug of oil and mix it up some more. Transfer your vinaigrette to a big bowl ready for everything else.

5- Start chopping your tomatoes. I like to do half in halves and half in quarters, but that's a matter of texture taste. The tomatoes need to go in first because the juice from them adds to the vinaigrette. Chop up your herbs and add them in now too, then mix it all up.

6- Chop up all your other vegetables (and cucumber!) and add them in too now. I usually quarter the cucumber lengthwise then deseed and cut into cm slices, I chunk cut the pepper, thinly slice the red onion, roughly chop the spring onions, and very thinly slice the celery.

7- You can add in your extras at this point, but most of the time I don't use any of them. If you're adding couscous or bulgur then I would forget about the bread, and bread is better, so why even

8- Leave it all to sit a bit, stirring every so often till the taste goes right through. If you like bread chewy like me then add the bread to this sitting stage, but if there's people like it crunchy then leave that to the side until you're serving it.



Current Affairs. bandcamp.com

n gives form
second

who played
Chelsea be
and is now
player technical coach,

'Jack
calli
fly the yu
their busi
second chance to thos

want t
back ol

'Many ex
great skills
they need is
prove it agai
Key4Life ft

Hamilton MP said: M
em
are goin
differen

Climate food supplies. sav MPs

FAILING t
could hit food
by MPs has w
The NHS is n
with the sprea
and a rise in heat stress as the

climate
Environ

Agriculture
weather ext
of livestock diseases, with areas
abroad where the UK relies on

imports of
highly vul
of climate chan
The committe
government to
sustainable die
in meat and da

n ten r

to watch TV. Pul
0 adults what makes the perfect
er. One in thr
hup on it, wit

erring mayonnaise and 17 per
ng brown sauce is their must-have
diment. One in five prefer vinegar.

sweets packaged to look like a

INE pupils who are car
school in Cooper City, Florida.

she ended up having to apologise to the girl for putting her in
danger.

The Truth
self-c

can
ous
an
oor
inger
ns.
ial

nips, University of
researchers discovered.
the volunteers not to

accused the driver
of pinching her order

hey wanted to push 'what was consid
red possible in a catering environ

classes
rogan
ne.
said:
they'll
ut a V for vegetarian or label some
ging as vegan. We just put what's in it

after

of the pram in a
n she took to
astmates
ub, Lizzo
She

n, the
weeted:
ng that
erstand I
wing and
are so many
that could've
er in danger.

mma really be more
responsible with my use of
social media and check my
petty and my pride at the

GETTY

dublin grub crawl

Fuck doughnut shops. I personally have only visited Dublin once (for a very cold weekend in February when I was very sleep-deprived) but I can already tell you there's way more to it food-wise. And - despite the continuing efforts of landlords and developers to upscale underground venues into a homogeneous hotel complex - there is still a vibrant music/party scene, with the residencies and deliriously fun broadcasts from Dublin Digital Radio (DDR) at the core. If yr planning a trip for a night out (you should), then let this lil guide from Sarah Tini fill yer up beforehand.

Grub Crawl /grʌb kroʊl/. Verb: A trek through a city's finest restaurants and bars sharing dishes and drinks with friends.

I would like to think that I coined the term 'Grub Crawl' but a quick google search tells me otherwise (the disappointment is palpable). There is nothing like getting a few pals together and traipsing around the city eating and getting merry. The key to a good grub crawl is to get small dishes for sharing and grab a glass of water every now and then. I've come up with a good trail around Dublin City's finest vegan eateries and boozers. Enjoy

1. **Hungry Mexican** @thehungrymexicandublin - Omni - GC Dish: Jackfruit tacos and you can get a litre of Margarita if you're that way declined.



2. **Crowbar** @crowbardublin - They always have good drinks offers and some fabulous Irish brewed craft beers. If sour beers are your vice I would highly recommend White Hag - Púca.



3. **V Wine Bar** @v_templebar - Vegan/Vegetarian - GC Dish: Mac and cheese balls, they also have fab wines to go with your food. This place is also dog friendly so it could go from a good time to a great time.



4. **The Oak** @theoakdublin - This is your average run of the mill bar. It will always hold a special place in my heart as it's where I spent at least two nights a week, every week in my youth at an indie clerb in the basement. I'm pretty sure you can still see some of my poor 'graffiti' painted over in the ladies toilets.





5. **Pi Pizza** @pipizzas – Omni – GC Dish: Vegate Pizza, Pi Pizza has been named 7th best pizza place in Europe, and it does not disappoint.

6. **The Exchequer** @theexchequerdublin – This is a place for cocktails. If you're looking for something with the ooh ahhh ahhh sensation grab a 'smoked old fashioned' for a surprise.



7. **Chimac** @chimacdublin – Omni – GC Dish: Tofu 4 in 1 burger, they also do some cauliflower wings which are divine. Frosé is on the menu if you're parched.

8. **Whelans** @whelanslive – Great place to end the night for a bop and some more drinks. There are events every night from gigs to comedy. You'll nearly always have the craic.



9. **McGuinness Takeaway** @mcguinnessakeaway – Omni – GC Dish: Vegan Battered Sausage, the stuff of vegan dreams, a stunning post bopping feed before you head to bed.

This should have you full by the end of the night. There are many more vegan places in Dublin that I couldn't fit in Take a Veg, Beast Eatery, Token, Lucky Tortoise, Vegan Sandwich Co [**fuck Insomnia*], The Saucy Cow and Feashty to name a few.

Would love to give a big shout out to @dublindigitalradio as well who are keeping not only the digital airwaves fresh but giving an alternative and creative platform in a time that it's truly needed. So tune in and if you are ever in Dublin try make it to a DDR party, you'll dance, sweat and make loads of new pals.

If you enjoy food and messing, feel free to follow either of my instas @tinisaurus_rex and @bia_tini.

listen.dublindigitalradio.com/

Was gonna plug DDRs crowdfunder for a new studio but it got to 100% in a ridiculously short amount of time (congrats!). They've got a stretch target, so imma plug it anyway

ANNA'S

SMASH

MAC 'N

DISCO

CHEEZ

This is my partner Anna's mac and cheese recipe which she walked me through while I was making it. It's pretty cheap to make (save maybe for nooch, but y'll use it) really easy to do (much easier than a lot of vegan mac and cheese which gets you to blend almonds which is expensive and time consuming) and it's super tasty.

I made this for a gig featuring Gimp World (Glasgow), Basic Dicks, Livid (London), Misery Guts and Cowley Chainsaws at the Library Oxford, put on by Smash Disco. The last ever Cowley Chainsaws gig! The last ever Smash Disco gig! Awesome weirdo punk and DIY promoter packing out the Library basement on a regular basis. Criminally late to it myself, but it eased me into the scene nonetheless. Comfort, Fatamorgana, Es, Apostille, Molar, Nekra all recent highlights. Shoutout to Oli (of Misery Guts, Basic Dicks and Cowley Chainsaws) and whatever he's doing in Canada now (seeing lots of hockey from the looks of it, naturally). I asked around what his fav food was for this gig and got Mac and Cheese. Disappeared within 5 minutes!



INGREDIENTS

Vegan butter/Vitalite - 3 heaped tablespoons
Flour - 3-5 heaped tablespoons
Plant milk - a quantity, I splashed straight from the carton
Nutritional yeast - at least 3 tablespoons, likely more to taste
Mustard (preferably Dijon) - half a teaspoon
Garlic powder - a teaspoon, to taste
Onion powder - a teaspoon, to taste
Salt and Pepper
Macaroni - however much you can stomach

METHOD

Cook the macaroni according to whatever the packet says

Put a separate, non-stick saucepan on a medium heat and melt yr butter/spread

Add the flour and stir. You should have a thick, almost solid paste

Gradually add milk - a small splash at a time - and stir. Keep adding and stirring until you get a uniform, cheesy consistency

It'll get thicker as it cooks and as it cools, and you'll probably end up adding more once milk you put flavouring in

Once it's at a consistency yr happy with, add in the nooch, mustard, powders, salt, pepper and anything else you want to season it with

Stir, taste, add in more seasonings/milk etc, keep the heat down and keep adding milk so it doesn't get too thick

Add macaroni, stir, watch it disappear



Photos by Joe Briggs

(Check out the Screaming Fatal Truths photozines!)

TERRITORIAL GOBBING

An
incomplete
assessment
of
amplified food
in noise

Whether spooling, drooling, gyrating, gesticulating, writhing, screaming, smashing, splashing, clattering, twitching, falling over, breaking stuff, toppling tables, dragging yr table of kit out the fire escape or stabbing objects found in the venue car park and wounding yrself in the process, sets by deranged Leeds noise thing Territorial Gobbing are always – er – an experience. Theo – the one what does it – has compiled a list of food stuffs used in amongst other objects in said mayhem, all for us to try at home. Wear goggles.

Thank fucking god! With the invention of the piezo microphone and/or the "right attitude" we don't have to use any sodding instruments anymore to make so-called "music". Now one can have their very own Morrisons-own-brand ensemble in the luxury of your (now kinda stinky and gunky) home. I've attempted to compile a far from complete beginners guide to using food & drink in ones music from my own trials and sonic meals and hope at least some mild amusement can be found within...

Bananas

**

Funny? Yes! If comedy has taught us anything. Loud however? No. Bananas pretty much make no sound. Maybe a slight rubbery squeak of the skin can be teased out but once that skin is off it's game over. Your mixer will now smell for months for very little gain and the staff at Fuel Bar Café will begrudge your use of their mop after the fact.



Birthday cake *

Had this pelted at me during a birthday gig (duh). However, soft, delicate sponge is pretty much SILENT and the hour you have to spend at midnight wiping coconut cream and icing off your gear is probably not worth it

Tayto crisps ***

Used these in Belfast at the recommendation of a local pal and they were immediately decimated into a fine grease dust. Good for coarse grinding, scratching and crunch with ones palm though you will feel like you've been clenching a fried egg after the fact.

beer/water ***/**

Water is good for sounds "Yes we know this they make special mics for this you are really reaching here". Your protests don't fall on deaf ears my friend but why settle for water when you can bring an accompanying beer or non-alcoholic beverage/liquid of choice with you to blow bubbles into like a four year old. Delicious. However...

soy milk *

Pros: Can be gargled, dribbled and sloshed like our formentioned beverages.

Cons: when you inevitably spit this over your mixer all the dials will be stuck in place with a slightly yellow residue. Also definitely *just too warm* by the time you're on stage.

doritos ****

With a contact mic clipped on these can be daintily nibbled and crunched to great effect. Good flavour, nice and dry, delicious. Exciting stuff. Expect Behringer to bring out their own cheaper version soon



tic tacs

A nice easy portable rattler but just about as effective as grit, yet stickier. About as exciting as the taste but good in a food-sound-art related pinch.

Hot dogs

Paul McCarthy (distressing performance art grossout man) recommends stuffing as many hotdogs as you can into your mouth until he retches and gags, all while a hotdog bun is taped to his genitals. This sounds dire but who am I to judge. Maybe it sounds good too*(?)/*****(?)

Spaghetti (preferably with a nice tomato & basil sauce)

Excellent on demand slurping just like all your favourite free improv vocalists while also eating a delicious meal. Add sliced peppers to take for dynamic fast paced crunching moments and a bib to preserve ones decency in the performance space. Bon appetit!

Using Pots and pans, knives, blenders, Tupperware, tin cans or ANY other kitchen clutter is CHEATING and you will be disqualified

territorialgobbing.bandcamp.com

Opus release Capitalist Art is Cartoons Fucking
out now on Opal Tapes

(opal tapes.com)

Where/when possible, go see live



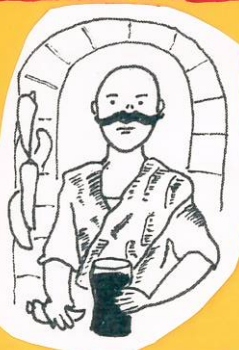
FEMINATRONIC

If yr ever stuck for new sounds to listen to, go check out the Feminatronic soundcloud. A one-woman cross-media platform and reposting engine, Feminatronic is an invaluable resource championing and demonstrating the sheer *volume* (meant as amount but yeah the other one too) of electronic and experimental sound made by female-identifying composers and practitioners. I asked her if she'd be up for putting together a food-themed playlist, and she did and it absolutely slams!

Feminatronic #157 - If Music be the Food....

1. **Asesina Ilustrada** - Sounds of the Kitchen
2. **AGF (Antye Greie)** - FIREMUSHROOM
3. **Poly Chain** - Sugar beast
4. **Jenn Grossman** - analog meat
5. **multa nox** - simmer
6. **Anne Lepère** - The Taste of Water
7. **Martinska** - a rotten herring buried deep in a block of ice
8. **LaMetàFisica** - OPIUM CANDY
9. **SHITNEY** - Sugar On Your Waffle
10. **marilyn mcneal** - Tenderloin
11. **minicomponente** - GUAVA
12. **Sifonics** - Moon Picnic
13. **Rumblin_ Cynth_ Rampo** - C A B B A G E
14. **Sunmoonstar** - Curling Apple
15. **Sabiwa** - JELLY THINGS
16. **Martina Bartoni** - The Broken Life of Mushrooms
17. **MORITA** - Ginseng
18. **Maja S.K Ratkje** - Crush
19. **Anna Zaradny** - Olive Queen
20. **La Cosa Preziosa** - Moka nervosa
21. **Petra Kaps** - Rusty Strainer
22. **swantje lichtenstein** - pomme
23. **Marjorie Van Halteren** - KITCHEN SONG
24. **Ella Guro** - Cabbage Sea
25. **Cyanching** - I. Fermentation.
26. **brthlms glnds** - Melt My Pan(t)s
27. **IhearU** - Squidlike
28. **_blank** - Droolworth
29. **Karine Dumont** - Plaisir d'Olive
30. **miniature zebra** - I am going to kill the rooster and put him in a pot...
31. **Hyaena Fierling** - Madrigal for Sugar Dogs (fragment)
32. **Fia Fiell** - Grapefruit
33. **Blevin Blectum** - Odd - Untouched Tea
34. **Furchick** - Salt take
35. **Magali Babin** - Tuning the Tuna
36. **Tamara Filyavich** - Pocket Shrimp
37. **Yogo Yolk** - Strawberry Milk
38. **Yakui** - Green
39. **Helena Krobath** - Wild Blackberries, 36 Seconds
40. **pinnel** - Hvnlee peas all the veg

Go listen (along with 157 other playlists and countless more links and opportunities to explore) at soundcloud.com/feminatronic



MAMA SHIT CREEK'S

TURBOCHILLI

Promoters! You want yr acts to shred, right? I mean like REALLY shred! Well, has airing-cupboard rattle dreamscaper and gutter psychedelic tape slinger Shit Creek got the fix for you! This stout-and-caffeine augmented chilli is guaranteed to fuel whatever d-beat, finger tap, casiotone reggaeton, instrument combusting thing yr doing in someone's basement, or someone will give you some money back maybe (but probably not). Clear the room as well as yr sinuses!

Big batch, filling, and enervating – a spicy pre-gig chilli with espresso and stout. It's great with soya or grain mince (the chewy stuff you can get in big bags in the freezer section), slightly less good with quorn mince just because the texture doesn't work as well. I've no idea about beef - I can't see why it wouldn't work, but feel free to alter the spice base accordingly if you know how to cook meat.

For the stout, Guinness works just fine, but the stronger and the smokier the better – avoid sweeter ones like milk stouts, and don't worry about coffee stouts, that's what the coffee's for. The alcohol should all cook off, but for non-drinkers who need to be extra careful there are alcohol-free stouts that work just as well.

Ingredients (Serves 6)

500g "Mince"
2 Red Onions
Shallots (optional)
1 Tin Chopped Tomatoes
1 Tin Kidney/Black Beans
3 Shots Espresso or 2 Cups Filter Coffee
Pint of Stout (adjust for strength & flavour)
3 cups Rice, to plain-boil
Sugar, to taste
Fresh Coriander, Chives (optional)

Spice Base

4 Cloves Garlic
3tsp Chopped Green Chilli
3tsp Cumin Seeds
2tsp Mustard Seeds
2tsp Smoked Paprika
1tsp Cayenne Pepper
4tsp Cajun Mix

Method

1

Toast the cumin and mustard seeds in a pan on medium heat until 30 seconds after the mustard seeds begin to make a popping noise (should take 2-3mins).

2

Take the seeds off the heat, chop the chilli and garlic (don't worry about getting them too fine).

3

Crush the seeds, garlic and chilli together using a mortar and pestle together with a dash of water and $\frac{1}{2}$ tsp of salt (a coffee grinder would also do). Do not touch your eyes. Work until you've got a rough, thick paste. Add the smoked paprika & cayenne pepper and stir.

4

Heat 1tbsp oil on a medium heat, add shallots (if using) for 1min, then add onion and fry - stirring regularly - until see-through (~3-4mins). Add spice paste to the pan, stir and cook on a slightly lower heat for 5mins.

5

Defrost mince in a separate pan, fry until browned and add to the onion/spice pan with the chopped tomatoes and Cajun mix. Cook for a minute then add stout and coffee, mix well and bring to the boil.

6

Once it boils, turn the heat down and leave to simmer (without a lid) for 30mins. Check every 10 mins, if the mix is going dry add a bit of water - if after 30mins it still looks thin or watery, mix a pinch of flour with ~1tbsp of water and add to the pan, stirring well.

7

Drain & rinse the beans, add to the pan and bring to the boil again - add 3tsp of sugar and simmer for a further 15mins.

8

Season generously. Add what you think it will need, taste and add more. You'll need more salt than pepper to balance the stout and coffee. Add more sugar if needed.

9

Serve with plain rice (long-grain, brown or basmati all work fine), fresh chives & coriander, and sour cream if needed to counteract the spice.

shit-creek.bandcamp.com

luxurybucket.net



SPOONFUL OF
PEANUT BUTTER



MOULD ON A PEACH



DRIED NOODLES

ILLUSTRATIONS by
THEO / TERRITORIAL
GOBBING



DRIED CHIVES



BASE OF GARLIC CLOVE

LIQUID LIBRARY PRESENTS

ARTIAL INCOMPATENCE

And now, some words from lo-fi clunk tape label and cursed zine publishers Liquid Library. Well, Owen off of Carnivorous Plants and the Bristol pool of the Library. Advocating for absent-mindedness, clumsiness and just general flavours of stupidity in the name of experimentation and improvisation - musically and foodically. Long may it continue! Take to heart and go maybe accidentally create the new cereal or acid house...

I've played to empty rooms and disinterested bar patrons. I've cooked pizza on plates leading to an unholy fusion of food and dishware. I've made a lot of mistakes in my cooking and my music and I intend to keep making them. It makes me better at both and most importantly - it's fun.

I think there is a tendency to see music as this grand progression constantly pushing forward but just as with food it doesn't need to be all forward momentum. Not every situation calls for a foam or fennel dust. Sometimes chips will do just fine. Also realistically not every album or show is going to be better than the previous one and that's also fine as well. Mistakes aren't just the way we learn but they are also more often than not only going to be noticed by the person making them.

Here are some of my favourite mistakes I've made relating to music and food:

- Plugging my pedals in backwards (I do this at nearly every gig).
- Cooking homemade dough in the oven without a baking tray so it falls through the gaps in the oven railings (this happened the day before I wrote this).
- Thinking that if I'm not constantly making music I don't exist.
- Falling asleep on my hob at university whilst making tomato soup at midnight.

Persuading yourself that a bad gig or meal that you've cooked someone isn't the end of the world can be extremely difficult (or at least it is for me). With some distance, though, it's not really the end product that matters so much as the act of making it. The real joy comes from throwing some ingredients together to get something that wasn't there before.

liquidlibrary.bandcamp.com

Backdrop inspired by the @uglyvegans Instagram

New Carnivorous Plants tape on CrowVeas Crow 29/11

LUCY LEAVE

Jen and Mike play in an audaciously inventive and idea-crammed art punk band from Oxford called Lucy Leave, who are pretty much universally adored round these parts (check 'em out, you'll see why). To be fair, it might also have something to do with the fact that they're very very nice people, what with their love and support for whoever wants to make tunes in Ox, or their persistent crusades against the scourge of all male bills. SOME TIME AGO they invited me over for dinner (I think - I might have invited myself, I can't remember). Jen made food, Mike played 'MacArthur Park' a lot (the Richard Harris version, no less), I brought some tabbouleh recipe from Neil Campbell - thanks Neil!, we all talked about food and it was all very nice and wholesome. Here is what was said:

So Jen. What's cooking?

JEN [bass/reeds/vox]: So this is chana masala from *Prashad* by Kaushy Patel. The book was a gift from a non-vegetarian friend who had been cooked from it and deemed it acceptable. And then this is an enormous American-style sausage of cookie dough (recipe from a website called Pretty Simple Sweet). I'm gonna freeze half, cos it was absolutely obscene making it. It's about 1 jar of peanut butter, one pack of butter, half a bag of sugar, tiny amount of flour, one pack of chocolate chips, one bar of chocolate! I was thinking of providing a soundtrack that would go with the food. I was planning to do the Black Pepper Tofu from Ottolenghi's *Plenty*. Which is kinda like tempura in a kinda sticky, soy saucy sauce and lots of black pepper [I have since made it and it's, er, volatile-ed]. But then I couldn't think of what music would go with that. Maybe music with a curry is, maybe, warm and earthy?

MIKE [gtr/synth/vox]: Would it compliment the curry? Or would it be the opposite on the colour wheel?

J: What, like cool and zesty? Like some Parquet Courts?

Do you cook a lot?

J: Yeaahh. I would say I do more cooking than Mike but I wouldn't say we cook fresh food everyday. But I really like to do it, when I find time to do it. I find it kind of creative and therapeutic. I'm one of these people that enjoys reading recipes in books and supplements and saves the ones that are gooooooood.

WHAT DO
YOU MEAN IT'S

L-MALE

?

10000

I aspire to cooking a lot of things! We've been veggie too for as long as Mike and I have been living together, which is coming up to about 10 years. I think we've gotten more adventurous with cooking because of that.

M: I've been making fake fish and chips with tofu, and constantly refining the recipe.

J: Yeah and thinking like 'how could this be better?' and 'how could this be maximum tasty?' Huh, that's a good album title.



Do you mostly cook from recipes?

J: No. I gotta be honest, I'm a maker-upper! I do have some go-tos. The dal is a misremembering from the Guardian 'Cook the Perfect ___' series. Ages ago there was a dal and I vaguely read it so this is an approximation of it. I love an Ottolenghi too. I have versions of Ottolenghi's that I've simplified or misremembered. We do also have a slow cooker, which does have a role in the band.

M: It gets namechecked on the record [the track 'Long Sequence' written by Pete, the drummer - 'it's alright for you, your love's pretty strong, writing on Twitter with the slow cooker on']. It's kind of Pete having a go at domesticity! He's so good at those little observations!

J: But yeah, cooking and music definitely have an attitude of 'learning by doing' in common. You build up a personal technique, you look at what other people do.

Do you cook for other people much?

J: So we're in a funny space here. Since we've moved in we've gotten more and more gear, so there's kind of a tradeoff between music and eating here. We've got more amps and keyboards so we don't have the dining table out.

M: We have a microphone we use for overdubs at home and it notoriously has a lot of bleed. So quite a lot of the last album had washing machines and dishwashers on the vocal takes.

J: We've had people over but not like a dinner party. I quite like having like a veggie feast BBQ over summer. Just buying a big pack of halloumi and aubergines and mulling the aubergines to make baba ganoush. I like confounding people's expectations too. People can't always think BBQ = meat and maybe some bell peppers.

What is your favourite sound from the kitchen?

M: The hiss of gas is quite good for covering up tinnitus.

J: Mike has an white noise app on his phone that I constantly think is gas that's been left on. I like sizzling, I like crunchy sounds. I like listening for texture. So when you cook rice and it gets crispy on the bottom, and you're fluffing it up and a skin has formed underneath. So you have quiet fluffy rice and then, er, crispy crunchy under-rice??

M: 'Under rice'. I like that. Like Undersmile [sadly defunct Oxtora ariore gloom band - ed]



S
E

We settle down to eat. The dal with chickpea and naan bread is beautiful - spicy but not too spicy, texturally a delight. The tabbouleh I brought (not knowing what was for dinner) is an odd foil but it just about works. We talk about what they eat while rehearsing.

J: When we're rehearsing at Safehouse, we eat a lot of Tunnock's Teacakes.

Once Pete brought a flask of his girlfriend's amazing vegetable soup, which was nice. We'd also make a vegetable stew with dumplings in the slow cooker while we were making the first album and we had some sessions here.



M: We went to Rick's Vegetarian for falafel wraps during album recording which is round the corner from Safehouse. Rick's is basically an institution.

J: One of the things you have to contend with eating food in a band is just the expense of it. The pressure of not knowing when to eat or whether it's a priority. When you're recording, as well, you lose track of time, which I find really distressing. All the timings are weird and you don't have any daylight and your body clock just goes haywire.

Is food before a gig important to you?

J: I find it hard to eat before a show. Sometimes I just have crackers.

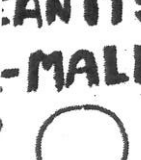
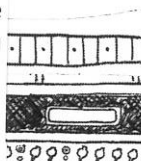
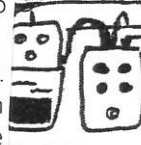
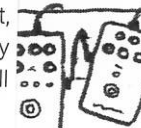
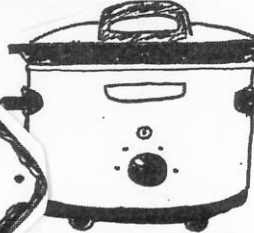
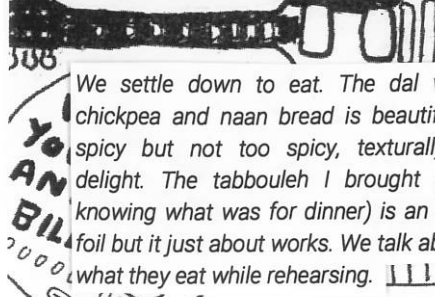
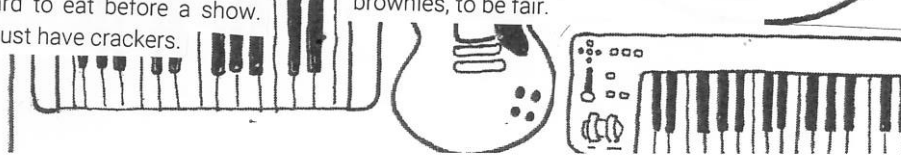
M: Jacobs crackers! A cheeseboard! That would be a good rider item

J: I mean I could muller a cheeseboard when I get off stage. I think I always get stressed that if I don't eat, then I play badly. So I get anxious that I need to eat, but at the same time I don't really fancy eating. I'm usually able to get one small Mission Burrito.

M: But Pete would normally get two large ones!

J: It's about the alcohol balance as well. I want to have a beer before going on stage, just to take the edge off the nerves, cos I never want to not have the nerves. But I'd feel very bad not eating on a pint. That would be a very bad set. It's very instinctive. Unlike most evenings, I wouldn't have a preference for what I was going to eat. It's almost like the aesthetic experience of playing the music is going to be the stimulus and then you just want something to keep the energy going. Mind you, anything sugary is probably a disaster. You might get nervous and snack away on it and then get really buzzing and crash.

M: My old band used to make fairy cakes to give out at gigs. Mostly for bribery. They got confiscated once at a place called Satan's Hollow cos they thought they had weed in them. They were brownies, to be fair.



J: It's always a disaster if you can't find time to eat before a set. Cos then you do have a fine amount of time to eat a full meal, or you have a tired overexcited gig stomach before you go to bed. Disaster!

In your experience, is it rare to have food made for you before a gig?

J: Oh yeah definitely.

M: I did a gig recently in Bilston with my Yes tribute band 'Yes Please'. The venue was like a hotel, but with a proper venue downstairs run for tribute bands and people like Slade and that. We got a voucher for 50% off food in the hotel restaurant upstairs, so they're kinda set up for that. We had these massive pizzas. And we couldn't eat them all so we asked for doggy bags, and the manager was obviously very well accustomed to bands asking for these.

J: At a couple of festivals it's part of the deal that you get a token for a separate kitchen or for one of the food trucks. I dunno. DIY-ness is strongly correlated with food, and the thoughtfulness about that. I guess it's an economic thing. You don't want it to be costing your bands to play the gig more than it has to. And you can't always have a 'bring a sandwich' attitude. We put up Robocobra Quartet when they played Oxford. About 4 or 5 people stayed in our living room, and we made them eggs on toast in the morning. And they were a week into a tour and going so overboard about scrambled eggs just cos it was just something hot and homemade.

We eat the cookies. They melt and fall apart easily (the recipe heroically stresses to leave them under-baked) but are very delicious. Asked for his opinion, Mike - with his mouth full - makes an appreciate noise which is hard to transcribe. We start talking about the best record sleeve with food on:

J: *Let it Bleed!*

M: Yeah, that's a good cover but is it a good record?

J: There's that Can one? With the tin of okra.

M: *Ege Bamyasi!* [Goes to find it amongst the record shelves, returns with Pretzel Logic by Steely Dan too] It is hard to think of good ones. I guess food is quite often for that kind of gross out factor. Can you think of anymore?

J: Not any that look nice.

M: I guess it helps if you have a punny name. It's weird given how universal food is. It is normal but it's also a taboo. It's so intimate, which is probably one of the reasons why there are so many mental health problems around it. I think there is a taboo in talking honestly about food and what normal food is like. And talking about food as having a grossout aspect isn't really helping. We talk about pictures of people eating being disgusting and that's just bonkers!

OREGANO

J: I've been reading about this recently. There's a book called *Purity and Danger: An Analysis of Concepts of Pollution and Taboo* by Mary Douglas that talks about food being the point at which the outside world comes into so, so it's a point of anxiety there. Your boundary as an individual is being permeated and being absorbed into you. So it's easy to turn from something appealing to something gross.

M: It's the same with bands and photoshoots as well, I guess. We've had pasta in a shoot before but just as a prop. And we had Danish pastries for our track 'Talk Danish to Me'

J: The fish and chip shop on the Iffley Road do tofish. We first went there together when we were doing a rehearsal-slash-photoshoot at Rotator which is where we used to rehearse. And our rehearsal time has always been 6-9pm so that's always been a bit too long to wait for dinner. So we nipped out to get some chips, and the owner [shoutout to Kaz] was kinda thrilled that we in a band and the chips were somehow part of it. So we got this hilarious photoshoot where some of it was just normal photos, and then there were some on some stairs where Pete had got himself some chips and we were just stealing them.

lucyleave.bandcamp.com

yespleaseband.com

Lucy Leave have a second album (*Everyone is Doing So Well*) due out on 24th Jan (on a shiny new label set up by Oxford chili slingers Divine Schism). Triple A-side also out on Nov 22nd!



RECORD REVIEWS

Records on bandcamp that consciously refer to food or eating are almost always terrible. So, with that in mind...

Various Artists, *ShopLand World: Music for a Discovery Park of Miniature Supermarkets* (Strategic Tape Reserve)



Oh so you think you know yr conceptronica cos you streamed a PAN record once? Yeah mate but do you know Strategic Tape Reserve? Bizarro tape label out of Cologne hits us with a comp of weirdo muzak and no-audience whirr to soundtrack a proposed utopian model village of miniature continental supermarkets. What wonders will you see first? You have yr more traditional explorations around Schlager-y pipings for relaxed aisle browsing (Suko Pyramid, qualchan); hyperkinetic bloop in the name of public information (Robert Macbeth, The Tuesday Night Machines); live VR immersion in the grim undocumented life at the back of shelves and cold storage units (Elizabeth Joan Kelly, Petridish); searing political commentary on the numbing and destructive impacts of the supermarket monopoly (Marsha Fisher, Third Witness); mystery tin puppet juggling show (Fire Toolz); or the leery-eyed glitching hologram of Dale Winton waving you into the gift shop (Karen Petrosian). Important work. I can just picture the souvenir eggcups...

Tastes like: Value own-brand cola-style drink. Must be in a tin. Whichever one has the most 90s cursive-y font branding.

strategictapereserve.bandcamp.com



Cat Apostrophe, *Lifelong Amateurism* (Everything Sucks)

Utterly lovely and heartfelt DIY pop record, this (honoured to have made them gig food). The whole record is worth a listen but I'm including here pretty much solely for the track 'Roast Dinner, Comfort Eater', a song about how all problems will disappear (temporarily at least) by stuffing yrself silly with nut roast alongside mates. If this zine had a theme song, it'd be this.

Tastes like: Gravy. An "excessive" amount. On anything and everything

catapostrophe.bandcamp.com

Manara, *Manara International Presents: The Ultimate Spice Mix* (Self Released)

Amplify yr tesco korma with this fiery mix from South London DJ and producer Manara. Various Bollywood soundtrack cuts, melted and juiced into delirious club bangers by fellow Night Slugs crew, including Helix, Ikonika, Bok Bok and Asmara. The sway and euphoria already oozing from each original kicked into overdrive or dubbed and simmered to another level. Highlights include the Club Chai duo's explosive bass-jolting upgrade of 2006's hit 'Crazy Kiya Re' (*Dhoom 2*) and Scratcha's DVA upgrade of Ang Laga De into a steamy stepper without

losing any of the sultriness of the original. That's the thing tho. The best tracks are ones that somehow manage to amp up the energy of already slamming originals. , Manara's own cut 'My Name is Shhh' (Sheila Ki Jawani) spills echoey cymbal hits and convulsive bass all over the 131million+ view killer, while grime spinner General Courts' cutdown and rework of Shankar-Ehsaan-Loy's 'Lazy Lamhe' into a relentless table rattler is an absolute peach. SO. MUCH. FUN.



Tastes like: Quoting Manara's own speciality here: "Biryani, mate. I use the packet spice, a drop of tamarind, and a tub of yoghurt". So, that. Taken with a bag of sherbet or similar 10p sweet for some extra buzz.

ultimatespicemix.bandcamp.com

Food People, *Food Party* (Cosmovisión Registros Andinos)

Can't remember how I found this but it's real nice. Some serene improvised drift concocted by a trio who've released on Chocolate Monk in the past, along with similar grisly underground splatter micro labels (the one this is on is based in Chile). Acoustic guitar, "edam violin", drum, dribbly electronics, flutes, field recordings, pedal clunk (distant overdrive), oceanic hiss and other detritus mingle and sketch gentle, ramshackle drone episodes to soundtrack a raft ride down a polluted river. Or a desperate camp in a slowly flooding cave. Flashes of ominously-worded text and static smog blot don't disrupt or unsettle, only add a kind of stormy tint that bolsters the scrappy aesthetic. Spiritual music for flytippers.



Tastes like: Vegetable stew and (clumsily) homemade focaccia (or similarly rosemary-laced bread product). Preferably shared, around a campfire in a scrappyard.

foodpeople.bandcamp.com

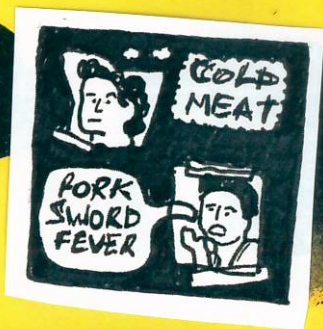
Papivores, *Death and Spring* (Hands in the Dark)

While CHEWn! wouldn't exactly endorse eating paper, it acknowledges that it is a non-toxic substance that can be eaten in moderation. And that's a good enough reason to write about this absolute humdinger of a record. Violinist Agathe Max and percussionist/electronicist Tom Relleen combine to present this suite of proper claymation horror soundscapes. Various tracks sound like something awful cooking - like, the sound of unseen chemistry at work within the pot. Strings spit and hiss everywhere on 'Heard by Stones'. Percussions steam and crack, splitting ceramic and oozing thick rich soup on 'The Prisoner's Dream'. The dirt and worms hidden in the root veg slow-cook and metamorphose into autumnal sweetness on 'Poupre Reflects Gaze'. One of those records where you really need to sit back and let it loom over you. Haunting, magnificent stuff.



Tastes like: A coarse salad solely made lemongrass sticks, cardamom pods, bay leaves, whole bunches of herbs, and all the other things you're meant to flavour stuff but take out before serving

papivores.bandcamp.com



Cold Meat, *Pork Sword Fever* (Static Shock/Helta Skelta)

Ice cream (Kali Malone), boiling hot soup (Princess Nokia), milkshake (everyone). The only good food waste is food used to waste some sad fash or misogynist. It's what this not-exactly-'new'-but-fucking-good one from Cold Meat feels like. 33rpm 7 inch from Perth AUS of some hairy punk that's properly sick of yr endless male bullshit. Caustic guitars slice mercilessly through furious snarl about parasitic partners, patriarchal anxiety and apathetic coward dads. The exhausted rage against ineffective activist bros in 'Lazy Anarchy' and the perverse nauseous swell and spiral of the 'Maternity Stomp' are especially liable to get you third degree burns. Don't be a prick. It's not hard...

Tastes like: Hot soup (flavour irrelevant), "accidentally" spilled over you, mixed with yr pathetic tears.

staticshockrecords.bandcamp.com

Scrambled Eggs, Scrambled Eggs and Friends (Al Maslakh)

Carnivorous and sinewy improvisation out of Lebanon here. A core trio of guitar/electronics, elec bass and drums, and a rotating cast of guests throwing sax, laptop, trumpet, bloop and percussion into the pot. From sessions recorded back in 2008. Tense electronic hum and machine drone jazz is chopped with unsympathetic dirges of bass and drum. Industrial crunch, wheeze, rattle and buzz splatter across dusk-lit concrete walls. The jittery 21-minute cut with Mazen Kerbaj's muted babblings on the trumpet which starts transforms from slow-cooked rumblings to scratchy volatile percussion is particularly worth yr time. As is Stephane Rives' anxious sax scribbles around clashing microclimate electronics. Not suitable for vegans.



Tastes like: Shawarma. With more chilli oil than filling. May induce hallucinations.

almaslakh.bandcamp.com

galen tipton, fake meat (Orange Milk)

Whatever I write here will be inadequate at containing just how much goes in galen tipton's first full-length record. A joyous metamorphic downpour of computational blabber, fourth-world ripples, air forced through glitch and diverse other internet detritus, with a bunch of like-minded producers and bedroom experimentalists pinning scraps to it. The whole thing manages to be fast-paced and hyperactive without ever being aggressive or obnoxious ('focused overstimulation' is the most apt phrase in the press-release). Every idea has *just* enough space to exist as part of a delicately constructed sound collage. The 3 minute-y tracks are a good place to latch



onto for the overwhelmed. 'Sissy' (feat. rkss) is a good one. Sickly video game scatting situates a calming entry point and thread for navigating through bursts of fried percussion, ear-syringe bubble and slimy toybox rummage. The fragrant reeds and weighted crank of 'gummy' (with Orange Milk labelmate Seth Graham) are also a good place to dip in. And once you've given it a couple of listens and gotten used to the pace, you really start to appreciate the physical and emotional power of the record within all the strands of sound and sample. Glorious!

Tastes like: that three-course chewing gum from Charlie and the Chocolate Factory, but with a pan-continental all-you-can-eat buffet

orangemilkrecords.bandcamp.com



juice (comes in glass or a can) has the same smell as iron supplement elixir Floradix

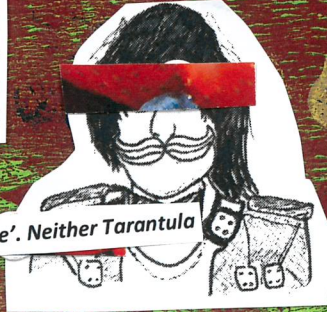
"What about the people employed on farms, they will need to find new jobs for them."
- oh shit is that deforestation though

"Humans are shit and it's too late anyway; they wouldn't follow suit and my enormous personal sacrifice would be pointless."

```
return "Ingredients vary in flavour from cook to cook so a recipe must  
be adaptable"  
.split(' ')  
.map(x => x == 'ingredients' ? 'ideas' : x == 'cook' ? 'jam' : x ==  
'recipe' ? 'structure' : x )  
.join(' ')
```

I thought I was spelling 'pescetarianism' wrong today but apparently Microsoft just prefers a different spelling to the one accepted by Google. I woke up this morning and ate cheese (vegan) grilled on toast with sliced onion. At work I drank an iced oat latte and for lunch I had a burrito with scrambled tofu. I didn't have any dinner... instead I sat on the grass outside and read this interview with Julian Casablancas written back in 2003. He talks about nothing, like actually nothing, the whole time. He just mumbles shit to Rolling Stone for an entire week, obviously drunk and high, at points getting close to coming across as philosophical but always missing the mark. The only thing he's saying that makes sense is how much he hates Pringles, like he hates these pop chips, doesn't seem to matter what flavour. The interviewer is kind of like 'okay, I get it, right, no Pringles', trying to ask him about Nigel Godrich's production or whatever. He keeps going back to the Pringles, three different days in a row. On the last day they're in 2A (on Avenue A, duh) and he's just talking shit and then he leaves, ditching a half-eaten grilled cheese with extra bacon. Beside the sandwich debris, he leaves a folded up piece of paper. Looking for clues since the interview's yielded so little, the Rolling Stones writer (Neil Strauss) unfolds it. It's a receipt - for a tube of Pringles, purchased that day. Isn't that beautiful???

DISCLAIMER Neil Strauss wrote the pickup artist book 'The Game'. Neither Tarantula nor CHEWn endorse his literature. Fuck that dude.





INSERT INTO shopping.product (product name, country, brand, carbon, description) VALUES ('chocolate bar', 'us', 'kit kat', 3.5, 'The carbon is 130g per 40g chocolate bar. Nestle have a history of child labor, mislabeling, price fixing, unethical promotion, bullying and pollution.');



I guess we all feel a little bit shitty and disappointed by ourselves', Albert says afterwards. He says it's difficult playing to people who barely respond. 'The craziest people in the world to go play a show in front of,' he notes, are in Glasgow'. - albert hammond jnr 2002! deás unknowingly keeping the tradition alive licked his hand last year

Part of the idea was that it did not require participants to give up days or weeks of time to sustain a shutdown that would attract enough attention to get the point across; The point being that life would be better for everybody who lives and works in Glasgow if the air was clean. The point is made by planning our own pollution-free zones and - without setting any specific shutdown dates - let it be known that in these zones pedestrian demonstrators are often slow, careless and annoying(!), like zombies. The pollution has gone to their heads and they are feeling woozy; they don't really know what is pavement and what is road. They might be filming you with their phones (in case you hit them with your car or your frustration is amusing enough for broadcast). And these zombie pedestrians can only be 'normal' again once the air is clean. So think twice about taking a combustible engine in to town because these zombies can really slow down your day and ruin your night! But don't get mad at the zombies! They are absorbing the worst air in all of europe for YOUR benefit, so future generations exist to discuss YOUR legacy. The focus is on the local air quality issue, a small piece of tapestry in the greater rewilding/extinction rebellion movement. Our demands are on the local council to pedestrianise as much of the city as possible and replace ALL combustion engines with electric ones NOW!



"People should stop having kids, that's what I've been saying!."

What makes Tarantula different to other bands?

Well, nobody shows up to practise with a song that we all then learn and repeat; nor even a riff, melody or rhythm. In fact we don't speak about our music when we are there at practise. Maybe there is some non-verbal communication in a jam but otherwise we show up and record to quite a high standard with 8-channel tape machine. We digitise the practise sets, listen back later and occasionally then "songs" pop out. When they do, we might 'practise' a song and play it 'again' but we never speak of how long a certain bit should be, anybody's particular part, how it should start or how it should end. We aren't trying to win a chocolate trophy for being more *improy* than The Strokes or any other band; nothing is ever quite the same and in that sense all bands are improv bands. Ironically, when you think about it, our practise is less 'pretentious' than any pop band you might like; we are proud of our natural sound!



WHAT Food do Tarantula love to eat?

£2 bowls of steamed rice with any sauce you like, paprika crisps, coke zero sugar cherry (even though they give money to Israel...), smart water, greggs coffee, weed brownies, wetherspoons pizza, rice krispies with water (ha ha only kidding), suissi vegan kitchen, greencity wholefoods, Lydia's vegan lasagne, samosas, vegan almond Magnum. 60% dark chocolate from lidl is a lot like traditional milk chocolate, quorn chicken nuggs. Tesco roasted nut selection, farmfoods kitchen burgers, backsweat bread, fruit saladé, (juicy juci pineapple) , walnutes and never hazelnots ya, cookie dough ice cream coz it's fab's favourite flavour, + purdey please a purdey's goes down well, keeps practice lively with an edge

[itsticks.github.io/tarantula](https://github.com/tarantula)

Split tape with 2ply out on GLARC
glarc.bandcamp.com

THE MACARTHUR PARK CAKE TEST

Let me set the scene. Yr Donna Summer. Or Richard Harris, or Glen Campbell, or the Four Tops, or Elaine Paige, or one third of Frank Sinatra, or Alexander Armstrong. But most likely Donna Summer (because - come on). You don't think that you can take that the cake you took so long to bake and ice (with green icing, cos that's a normal colour for a cake apparently) has been so carelessly left out in the rain (rude) in MacArthur Park, LA. You yearn to make it again, to rekindle the feeling of wholeness and joie-de-vivre you had pre-storm. But - because it came to you in a dream you hastily forgot, or you were drunk, or someone told you there-and-then how to make it and you didn't write it down for some reason - you don't have the recipe and you never will again. And this makes you howl with anguish (potentially with a very strange and unnerving vibrato) and then, for some reason, laugh wickedly and dance. Disaster, right? I mean, some would say poor planning on yr part but hey ho. CHEWn! is mindful that this scenario can occur at any time without warning. So (in what I hope is part 1 of many) to make sure you're prepared, I've tested the rainwater-solubility of various cakes and made a note of where I found the recipes. Yr welcome, GHURRL!

Press)

Vegan White Cake from *Loving it Vegan* (suggested by Cherry Styles, *Synchronise Witches*

Subtle but damn tasty cake, this. Really nicely turned out (shoutout to Gaby/Pat Cemetery for remarking that it looked like an anime cake). Fairly easy to bake too - first time I baked with coconut oil, I wouldn't say I cared for it (I'm sure there's a knack but it immediately solidified when added to the milk, which was annoying). Half the suggested icing was plenty too, and I burnt one layer after 30 mins in our oven so 25 mins seemed a bit more reasonable (for our oven, at least).

Held up ok on a morning of light rain. Buttercream icing thinned out a little at the back (small green halo pooling on the plate afterwards) but a fair amount remained on the top. Nowhere near as messy as my previous attempt at vegan buttercream, which just disintegrated at any temperature above freezing point. Cake body absorbed a little water and moistened / crumbled where burnt but mostly ok. Some sagging towards the back caused by the bottom corner of the cake very visibly missing (bird? squirrel?). That aside, didn't do too badly at all!



Vegan Guinness and Chocolate Cake from *So Vegan with Banana Cream Icing* from allrecipes.com

I made this cake for a Mary Lattimore gig put on by Divine Schism at the Fusion Arts Centre in Oxford. She plays the harp (with some delay and associated goop), hence the Guinness (the proper schoolgirl! 'Shuut! Uuuppp!' she gave when I mentioned it was a Guinness cake will remain with me for some time). Easy enough cake to assemble, and really interesting to feel the flavour develop. The longer you wait after baking it, the more Guinness-y it gets. I pulled out the banana icing as a foil for this, but I didn't have enough bananas so the texture was wrong. Waaay too melty, but tasty tho.

Left out in an afternoon of light drizzle, which it had managed to absorb somewhat. The top layer of cake was visibly soggy. The icing looked ok but had thinned a little and had permeated/filled out some of the crevices in the body, which looked cool at least. Some sagging around the back of the base as well, although structurally it held up well enough. Tasted of water though - all the richness of the Guinness had gone.



Basic Vanilla Cupcake with Vanilla Buttercream Icing from *Ms Cupcake: The Naughtiest Vegan Cakes in Town* (suggested by lots of people)

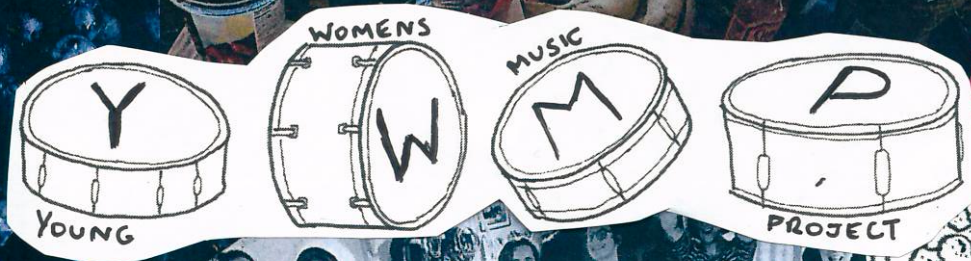


Cupcakes were stupidly quick and easy to make, and feel so light and airy you think they would float or drift away. Icing is thick and heavy - takes a little time with the whisk and fucklot of icing sugar. A thin mist enveloped the kitchen while making these. Dangerously moreish, so best distributed to friends and enemies as soon as permitting.

First off, I will say that if you are liable to leave cakes out in the rain, opt for cupcakes. The structural security of the casing is yr best friend come precipitation. Three cakes (all iced - two blobs and one sort of messily spread) were left in drizzle to light rain for a couple of hours. Ended up more soaked than the previous two (the plate had a fair big puddle on on) but held up remarkably well. The cake itself got soggy but it kind of just added a nice density to it. And the icing was a bit too sickly for me (personally) before but a light downpour diluted it and rounded it off nicely. I ate all three. Would recommend.



TO BE
CONTINUED??



At a time when misogyny, discrimination and abuse still create endless barriers in music (both “in the industry” and hidden within pockets of local/underground/DIY scenes), groups like the Young Women’s Music Project in Oxford are more vital than ever as an organ and initiator of change. Next year they’ll have been going (in one form or another) for 20 years, during which time their provision of safe space for young women to produce music and art - along with regular workshops, discussions, training programmes, events, zines [Life on a Dead Tree], festival programming and the billion other things they do – have benefitted the local scene (and beyond) enormously. And, naturally, such undertakings need a helluva lot of hummus for fuel. I chatted to Zahra, Iman and Beth at YWMP’s room at the Makespace in Oxford (over falafel, olive bread, and nearly-expired fruit) about how food is at the core of pretty much everything they do...

ZAHRA: So Ally and Ithar were meant to do this. Ally is an alum of ours. She runs like a vegan food blog, like a crazy perfectly photographed thing. She became vegan while she was at YWMP and she ate hummus for the first time here and she’d never had it before. I think we taught her quite a lot about food in sessions - not that we inspired her veganism. Well. Maybe Anna McCrae did? I think she was one of the first to talk about it.

IMAN: It’s called Ally the Earthling [www.allytheearthling.com/]

Z: The food is crazy. She made me cake and it was the best. She’s a poet and a musician, and she spoke out in a poem about her struggle with food. But now it’s her passion. And it’s really amazing that she’s built up the confidence to do that

C: So for those who don’t know, what is the Young Women’s Music Project? If it were a food what food would it be?

Z: YWMP would definitely be some kinda chickpea flavoured thing. I know it’s a very beige food though. What would we be if we were a complete meal? We would be momos.

BETH: So YWMP is a charity for supporting young women in music through offering free workshops and festivals and lots of other events and activities.

I: In our workshops we might do a talk on an artist or musician. Or we might do a jam session with the instruments we have. Sometimes we might do a specific session on mixing or recording or producing or sometimes we'll do songwriting or free writing. It's all around production and writing

Z: We have people who lead the sessions sometimes, which is good cos its a different perspective. And we have discussion-based sessions which are not always that musical. We had a whole session on consent and Oxford Rape Crisis, one on signposting to things that people may need sometime. The sessions are responsive. There's no 'you have to do this', it's more 'what do you want to do, I've got this plan if you want to go with that'. There was a time when I would have a whole session planned and it could all go a completely different direction when the girls show up cos, for example, someone was stalked and they wanted to tell the room, and then half the group talked about having the same experiences. They'd say 'oh I didn't realise that that was bad until you said it was bad'. And that's the session, and we do like 10 minutes of music. Sometimes you can flip it into 'OK, so let's write a song about it'. And then yeah when people get to a point when they are independently making music, then we start booking them shows. We get approached a lot to book people so we'll do that. And then we help programme festivals, like we did at Supernormal this year. And then mentoring, so when they're lost or need a vision for a project or need to release an EP or are like 'I didn't get the results I needed for this thing'.

I: And Team Drum. So every Friday we have around 10-20 people come and do a drum set that we've written. Everyone chooses either bass or snare, and then we just rehearse. And then we do processions or Prides or gigs. It's interesting cos its a whole different side of the music world. Like drum troupes do much larger scale events and it's good for people who have never performed before, cos you're with a really big group and it's not a big deal if you make a mistake.

Z: We do a lot and it changes every year. It's hard to put in a nutshell, but any opportunity that comes our way - and so long as people aren't gonna scam us and are willing to pay us for our work, then we do it. And we also have WO-MAN-ITY, our showcase for International Women's Day of lots of different people we've met along the way. And then we do zines, our calendars - we all throw ideas out there and there and then look to facilitate as many as we can.

I: We have a new mission statement!

Z: 'Feminism in Action'

I: Yeah, it's basically a space for young women in YWMP who don't play music, and who aren't really like, through music. There's a lot of women in YWMP who aren't really interested in being musicians, but who still come for the environment that we create, I guess. The main way we do that is through food.

KLES
ROM
THE
JAR.

Z: It actually is

I: Literally, the first thing we do at a session is play tunes and get all the food out. And half the time if you're new to the project you're like 'whoaaaaa it's so scary' but usually after a few minutes or by like the second session, people are a bit more relaxed to eat and talk and catch up.

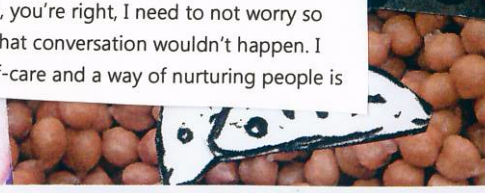
Z: Every session has food. We spend so much money on food. Oxford Food Bank helps us out a lot with fresh food, and then we go to the deli [*The Hayfield Deli opposite the Makespace*] or the supermarket and it all really adds up: it's one of our biggest costs. But recently we opened up Team Drum to womxn over 21s and people who can afford it contribute and I think the extra income has just covered the food.

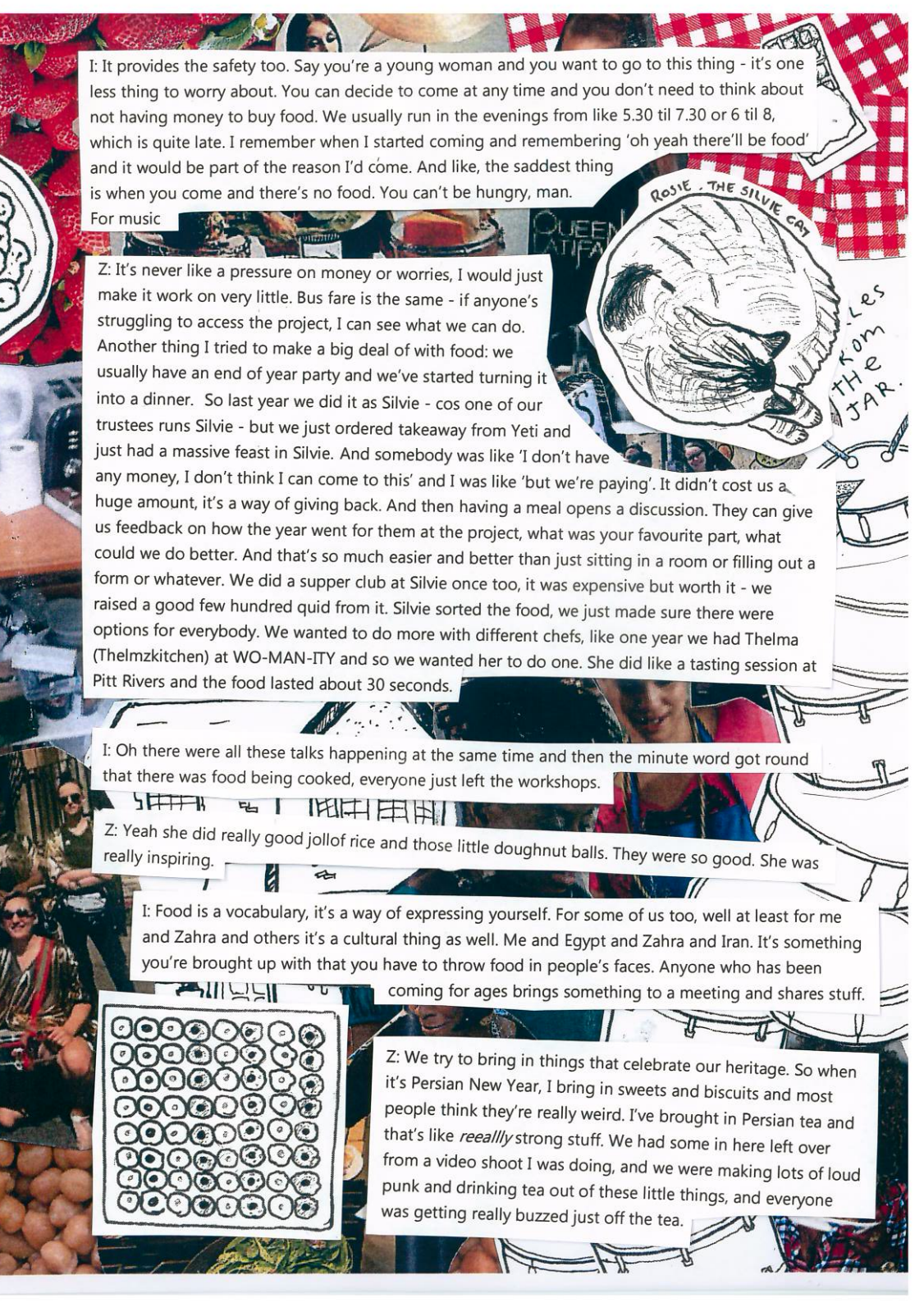
I: I think if we had a space with a kitchen we would literally cook all the time. We get stuff like sandwiches and salads and such but we can't really cook here.

Z: We were sick when we did our two week summer camp at Fusion a couple of years ago. We didn't have a fridge but we had stuff from Food Bank everyday and we made *amazing* salads. Everyone ate like gods that week, was just fuel for all the big discussions. People *are* shocked when they come in to a session though! They see all this food we've laid out and they're like 'oh ok wow really?', and we're like 'well you've been at school all day, aren't you hungry?'

I: It's a big part of getting people to feel comfortable. People can sit down and relax and chat. Cos it can be quite scary if you're young.

Z: It's a really important thing for women also, in terms of when we talk about image. It came up the other day. I was running Team Drum and the only food I had in was Cheerios, so everyone was just eating bowls and bowls of cereal. And they were loving it, but then conversations came up about food. So this girl was 14 and the first thing she said was 'oh I've eaten so unhealthily today'. Cos obviously you're told constantly about how you should be as a woman. It's thrown at you constantly. So food is a massive trigger and conversation point. We were talking about fat shaming, about the word "fat" a lot, and like owning the word and not making it negative. And this girl was saying like 'oh I've eaten so much shit today' and I was like 'firstly, you're eating cereal, you're 14, you shouldn't be worried, if you're happy and healthy you should just enjoy yourself, right now' and she was like 'yeah, you're right, I need to not worry so much'. And I think that if we didn't have food in the room, that conversation wouldn't happen. I think it's a really important thing, to show people about self-care and a way of nurturing people is by having food available.





I: It provides the safety too. Say you're a young woman and you want to go to this thing - it's one less thing to worry about. You can decide to come at any time and you don't need to think about not having money to buy food. We usually run in the evenings from like 5.30 til 7.30 or 6 til 8, which is quite late. I remember when I started coming and remembering 'oh yeah there'll be food' and it would be part of the reason I'd come. And like, the saddest thing is when you come and there's no food. You can't be hungry, man.

For music

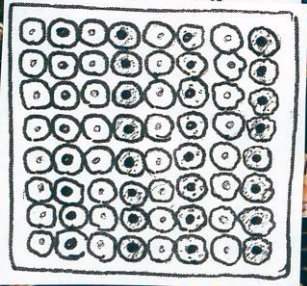
Z: It's never like a pressure on money or worries, I would just make it work on very little. Bus fare is the same - if anyone's struggling to access the project, I can see what we can do. Another thing I tried to make a big deal of with food: we usually have an end of year party and we've started turning it into a dinner. So last year we did it as Silvie - cos one of our trustees runs Silvie - but we just ordered takeaway from Yeti and just had a massive feast in Silvie. And somebody was like 'I don't have any money, I don't think I can come to this' and I was like 'but we're paying'. It didn't cost us a huge amount, it's a way of giving back. And then having a meal opens a discussion. They can give us feedback on how the year went for them at the project, what was your favourite part, what could we do better. And that's so much easier and better than just sitting in a room or filling out a form or whatever. We did a supper club at Silvie once too, it was expensive but worth it - we raised a good few hundred quid from it. Silvie sorted the food, we just made sure there were options for everybody. We wanted to do more with different chefs, like one year we had Thelma (Thelmzkitchen) at WO-MAN-ITY and so we wanted her to do one. She did like a tasting session at Pitt Rivers and the food lasted about 30 seconds.

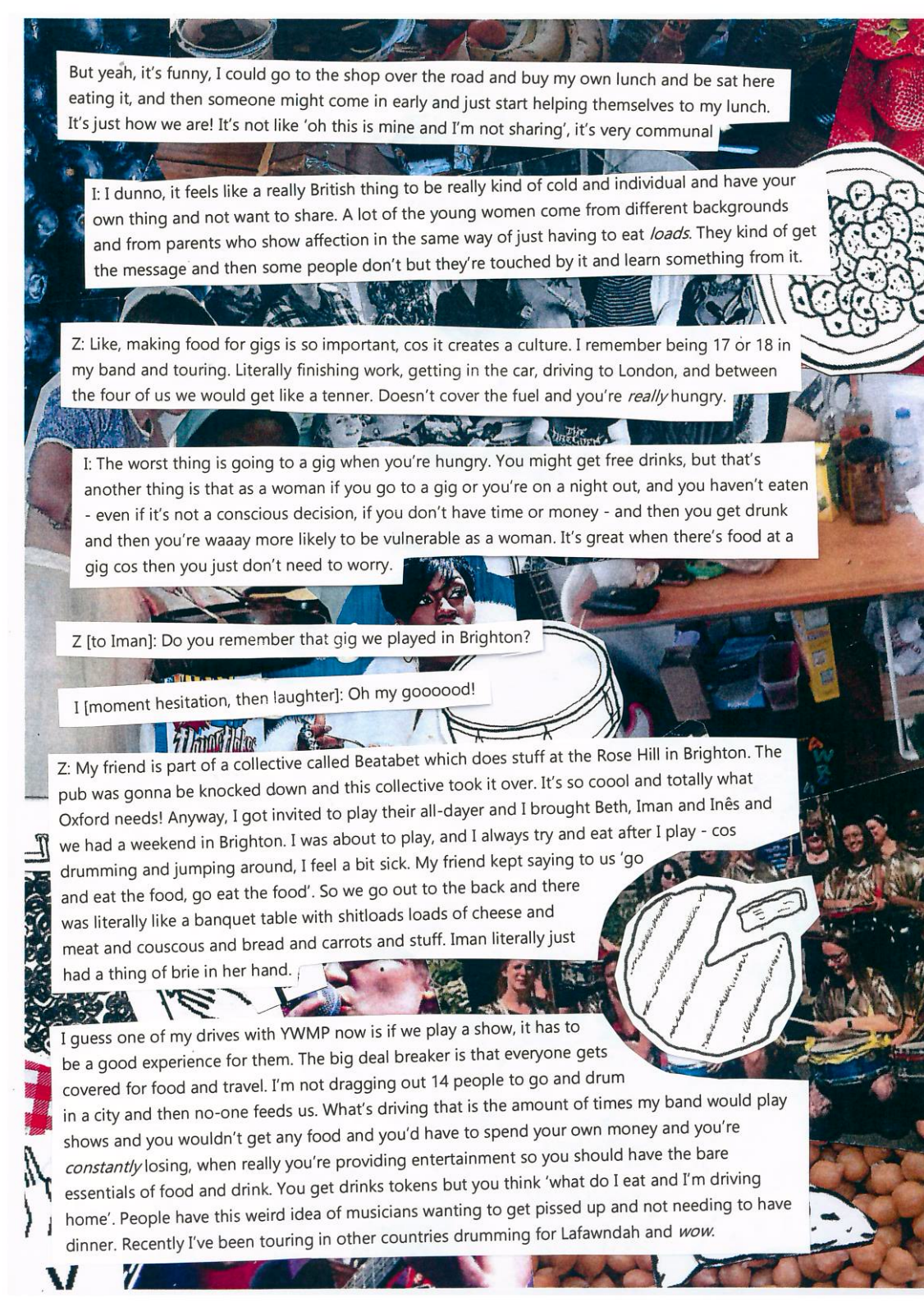
I: Oh there were all these talks happening at the same time and then the minute word got round that there was food being cooked, everyone just left the workshops.

Z: Yeah she did really good jollof rice and those little doughnut balls. They were so good. She was really inspiring.

I: Food is a vocabulary, it's a way of expressing yourself. For some of us too, well at least for me and Zahra and others it's a cultural thing as well. Me and Egypt and Zahra and Iran. It's something you're brought up with that you have to throw food in people's faces. Anyone who has been coming for ages brings something to a meeting and shares stuff.

Z: We try to bring in things that celebrate our heritage. So when it's Persian New Year, I bring in sweets and biscuits and most people think they're really weird. I've brought in Persian tea and that's like *reeally* strong stuff. We had some in here left over from a video shoot I was doing, and we were making lots of loud punk and drinking tea out of these little things, and everyone was getting really buzzed just off the tea.





But yeah, it's funny, I could go to the shop over the road and buy my own lunch and be sat here eating it, and then someone might come in early and just start helping themselves to my lunch. It's just how we are! It's not like 'oh this is mine and I'm not sharing', it's very communal

I: I dunno, it feels like a really British thing to be really kind of cold and individual and have your own thing and not want to share. A lot of the young women come from different backgrounds and from parents who show affection in the same way of just having to eat *loads*. They kind of get the message and then some people don't but they're touched by it and learn something from it.

Z: Like, making food for gigs is so important, cos it creates a culture. I remember being 17 or 18 in my band and touring. Literally finishing work, getting in the car, driving to London, and between the four of us we would get like a tenner. Doesn't cover the fuel and you're *really* hungry.

I: The worst thing is going to a gig when you're hungry. You might get free drinks, but that's another thing is that as a woman if you go to a gig or you're on a night out, and you haven't eaten - even if it's not a conscious decision, if you don't have time or money - and then you get drunk and then you're waaay more likely to be vulnerable as a woman. It's great when there's food at a gig cos then you just don't need to worry.

Z [to Iman]: Do you remember that gig we played in Brighton?

I [moment hesitation, then laughter]: Oh my goooooo!

Z: My friend is part of a collective called Beatabet which does stuff at the Rose Hill in Brighton. The pub was gonna be knocked down and this collective took it over. It's so cool and totally what Oxford needs! Anyway, I got invited to play their all-dayer and I brought Beth, Iman and Inês and we had a weekend in Brighton. I was about to play, and I always try and eat after I play - cos drumming and jumping around, I feel a bit sick. My friend kept saying to us 'go and eat the food, go eat the food'. So we go out to the back and there was literally like a banquet table with shitloads loads of cheese and meat and couscous and bread and carrots and stuff. Iman literally just had a thing of brie in her hand.

I guess one of my drives with YWMP now is if we play a show, it has to be a good experience for them. The big deal breaker is that everyone gets covered for food and travel. I'm not dragging out 14 people to go and drum in a city and then no-one feeds us. What's driving that is the amount of times my band would play shows and you wouldn't get any food and you'd have to spend your own money and you're *constantly* losing, when really you're providing entertainment so you should have the bare essentials of food and drink. You get drinks tokens but you think 'what do I eat and I'm driving home'. People have this weird idea of musicians wanting to get pissed up and not needing to have dinner. Recently I've been touring in other countries drumming for Lafawndah and *wow*.

The treatment is food is so different. It's insane! The one that stood out for me was when I played at Kolorado festival in Budapest. It was crazy! We were sharing a backstage with Yves Tumor and there were like platters of exotic fruit there anyway (like, I didn't request it), and anything you wanted from a food stall they would bring to you, you didn't even have to move. The way they treat you is so different.

I: It's just a given. It's like water - it's a basic need and you shouldn't need to ask for it, it's just there. That should be the way it is.

Z: I played Latitude and loads of us went and it was a massive struggle to get food. We ended up eating in the crew tent. It wasn't bad but it just doesn't compare to stuff I've seen on the continent. I just think of churros now, after Latitude. So much churros. And watching them churn it was cooooooool.

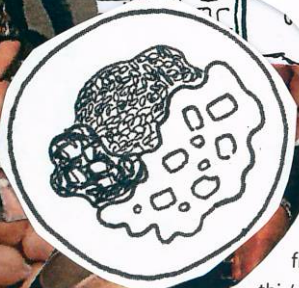
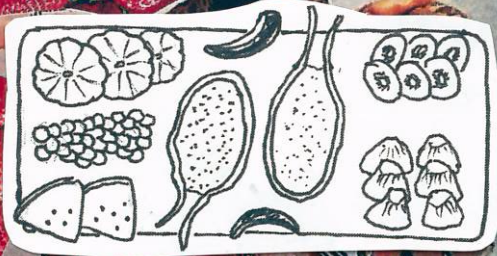
I: Yeah we just broke into the crew tent. And then yeah the next day I tried to use our tokens and it said it expired the day before and I was like 'c'mon'. They're probably gonna waste a load of it.

Z: I think it's so important. And with YWMP, when we put on shows, everyone gets fed! With WOMAN-ITY, everyone got a token for some pizza, or if they couldn't eat gluten they got something from the deli. We always provide food and we try to keep it so that everyone can eat it - we have some people who are vegan and who can't eat gluten.

I: It should be in the budget! For all these festivals, it should be part of the priorities should be to feed everyone.

Z: I think a lot of it is to do with Britain and with just culture. Like, I just think a lot about being a kid and going to a friend's house and you wouldn't even be offered a glass of water. Whereas I grew up with an Irish mum and an Iranian dad and I just know from the Irish side too that *you know* that she will stretch that meal for however many people come home from school. It doesn't matter whether you're eating a tiny portion, she'll be bringing you to the table and you'd have only just met her.

I: And like refusing the food is really rude. You're not allowed to refuse it, even if you're full. But the culture taking of free food here is so different and it's so linked to class. You're more likely to refuse free food if you're upper middle class cos you think like 'I can afford this' and not just 'oh here's a nice hug!' It's all self-entitlement, self-righteousness, all the stuff we've seen before.



I: Also, I remember walking down Cowley Road with my mum, and it was Eid, and we thought 'oh we should celebrate'. And we were going to go to like Atomic Burger or something, but we passed by the Community Centre and saw there was food in the hall. It was like the Surplus Cafe that the Food Bank does. And we had this amazing curry and it was free, which was amazing. To be able to go in and have that it was great! Cos otherwise it just goes off and goes to waste, doesn't it. It just made our day. We enjoyed it more cos it wasn't a fancy dinner out, it was just something made with much more love.

Z: The other day I was shooting a video and my dad was cooking for everyone and he was so happy. He got so much joy out of doing it.

I: There needs to be a change in culture. It needs to be normalised and part of just being is that you offer food and you take food. That's how it works.

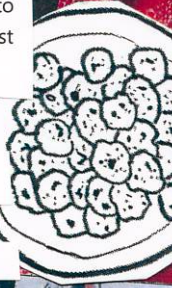
Z: I think it would then change a lot of the issues women and particularly girls face with eating, when Instagram is so addictive and you're on it all the time and you're seeing all these people who are meant to be influencers. And you have these great role models but you have to look for them. If you walked into YWMP and we didn't share, how much different would that be? It's the message that 'you can totally be yourself, we can support you'. We can say that it's ok to try this thing that you don't know - even if it's hummus. And then, yeah, I suppose they put it into their lives like Ally has, and people are more willing to talk about it which is good. It's all part of the same thing. Culture, food and music. I really wanna do like a dinner for WO-MAN-ITY - I've been talking about it for years - where we all make food from our motherlands. So my dad could make something his mum used to make for him, and then everyone could bring stuff in and tell stories about it.

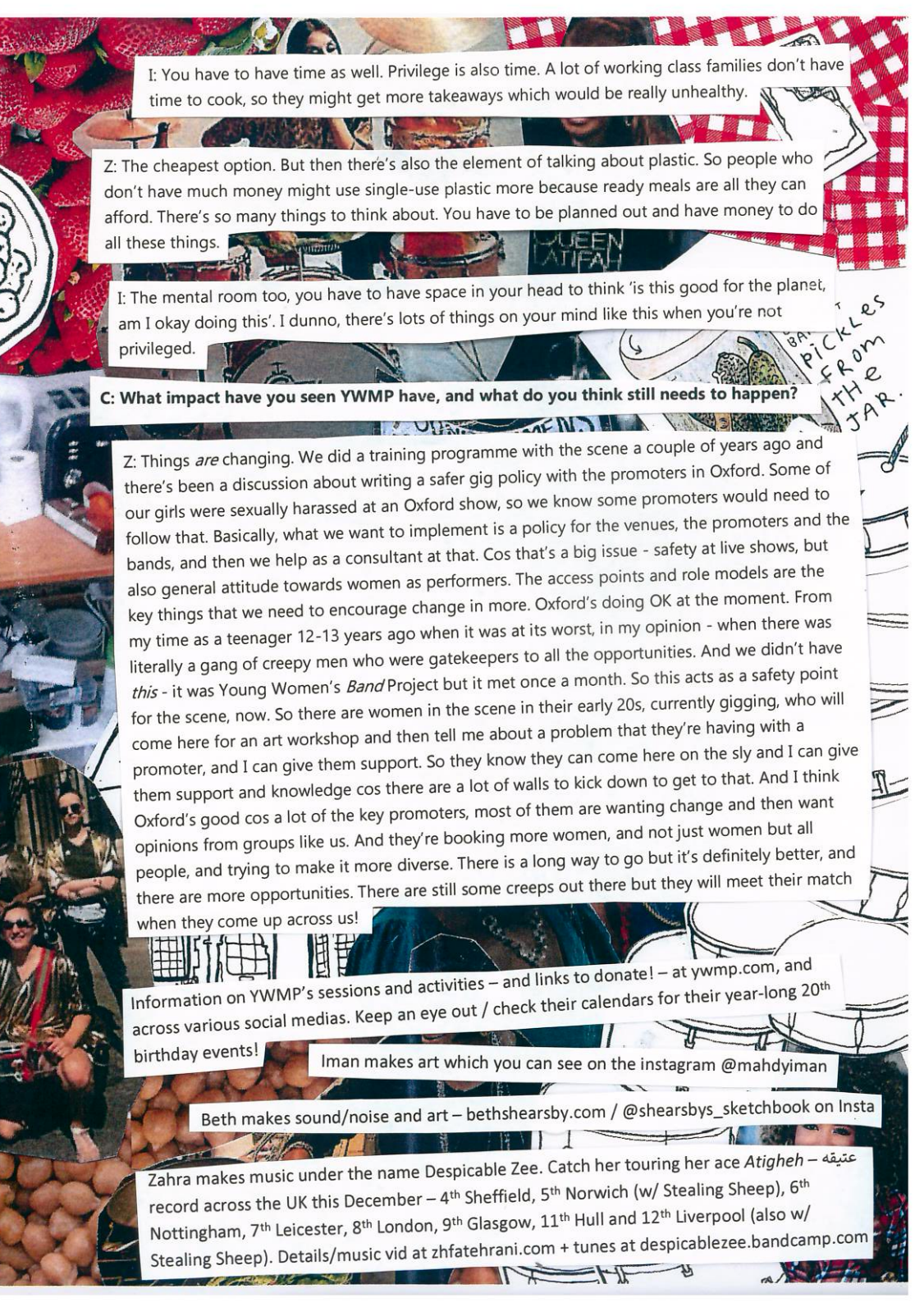
I: I could make like tahina and falafel, Egyptian style. They're like burgers, they're huge.

Z: Ithar made me this Sudanese salad, it was like tomatoes and peanut butter. It was crazy! Ahhhh I want us to do a potluck now! Can we make it more interactive, like, you have to make a dish based on a song?

I: That'd be so much fun. It'll be really creative and people have to think about it.

Z: That's another thing. If you're from another culture, most of your time is about food and cooking and watching someone cook. If we do a potluck, we should show people how to cook something that you don't have to use a cooker for. Or making salads, which could be really easy and good. I think it could be a cool thing for it to be super accessible. I had this debate, I think it was with Team Drum. Cos a lot of us have decided to go vegan, so we were talking a lot about meat, but we were talking also about veganism and privilege. About how we know what's right for the planet, but it takes a lot of privilege to have the tools to cook for yourself. I worked at Crisis for 3 years, and a lot of my students had never cooked a meal. They'd made toast and that's it. So there were classes there on how to make Spaghetti Bolognese and stuff.





I: You have to have time as well. Privilege is also time. A lot of working class families don't have time to cook, so they might get more takeaways which would be really unhealthy.

Z: The cheapest option. But then there's also the element of talking about plastic. So people who don't have much money might use single-use plastic more because ready meals are all they can afford. There's so many things to think about. You have to be planned out and have money to do all these things.

I: The mental room too, you have to have space in your head to think 'is this good for the planet, am I okay doing this'. I dunno, there's lots of things on your mind like this when you're not privileged.

C: What impact have you seen YWMP have, and what do you think still needs to happen?

Z: Things *are* changing. We did a training programme with the scene a couple of years ago and there's been a discussion about writing a safer gig policy with the promoters in Oxford. Some of our girls were sexually harassed at an Oxford show, so we know some promoters would need to follow that. Basically, what we want to implement is a policy for the venues, the promoters and the bands, and then we help as a consultant at that. Cos that's a big issue - safety at live shows, but also general attitude towards women as performers. The access points and role models are the key things that we need to encourage change in more. Oxford's doing OK at the moment. From my time as a teenager 12-13 years ago when it was at its worst, in my opinion - when there was literally a gang of creepy men who were gatekeepers to all the opportunities. And we didn't have *this* - it was Young Women's Band Project but it met once a month. So this acts as a safety point for the scene, now. So there are women in the scene in their early 20s, currently gigging, who will come here for an art workshop and then tell me about a problem that they're having with a promoter, and I can give them support. So they know they can come here on the sly and I can give them support and knowledge cos there are a lot of walls to kick down to get to that. And I think Oxford's good cos a lot of the key promoters, most of them are wanting change and then want opinions from groups like us. And they're booking more women, and not just women but all people, and trying to make it more diverse. There is a long way to go but it's definitely better, and there are more opportunities. There are still some creeps out there but they will meet their match when they come up across us!

Information on YWMP's sessions and activities - and links to donate! - at ywmp.com, and across various social medias. Keep an eye out / check their calendars for their year-long 20th birthday events!

Iman makes art which you can see on the instagram @mahdyiman

Beth makes sound/noise and art - bethshearsby.com / @shearsbys_sketchbook on Insta

Zahra makes music under the name Despicable Zee. Catch her touring her ace *Atigheh* - عتيقه record across the UK this December - 4th Sheffield, 5th Norwich (w/ Stealing Sheep), 6th Nottingham, 7th Leicester, 8th London, 9th Glasgow, 11th Hull and 12th Liverpool (also w/ Stealing Sheep). Details/music vid at zhfatehrani.com + tunes at despicablezee.bandcamp.com

PIZZA MIC

Pizza Mic. An open mic. With pizza. Obviously. Occurin' every third Tuesday of the month in the basement of The Library pub in Oxford, this isn't yr ordinary open mic. And it's not just the crispy gooey Napoli style 'zas slung from the beer garden pizza oven that sets it apart. I'll let the one Ian de Quadros (Tiger Mendoza) explain:

Pizzas and Microphones. Microphones and Pizzas. Are there any 2 words which go together better? Well yes, on the face of it quite a few. But bear with me a sec.

Pizza Mic has been a semi-regular open mic night at The Library on Cowley Road in Oxford for some time now. Originally run by bar manager Stephen on his nights off, I started going along just as performer. The Library is one of my favourite pubs and I hadn't played an open mic in some time so I thought I'd give a go. Like most of the best things in music it was slightly chaotic but great, pretty casual and loose. A fun night to play and see other people play. The pizza bit came from The Library's weekly Tuesday night pizza which coincided with the open mic (see what they did there?).

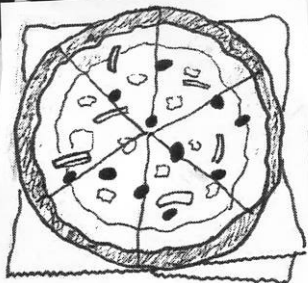
The fact that Pizza Mic generally clashed with Stephen's night off, ahem, irritated him somewhat (in his own words "...I was about one Ed Sheeran cover away from glassing someone...") so I asked if I could run it and I've been doing so pretty much ever since. That was about 18 months ago and in that time there's been quiet nights and chaotically busy nights but underpinning it all it's been a joy of music and performance in general.

The regulars, some of which only play Pizza Mic and some who do the Oxford open mic circuit, have become good friends and a friendly bit of unspoken one-upmanship occurs most nights - kind of in the vein of "watch me try this one!". But it's all friendly, honest! We also have a good flow of what I guess you'd call semi regulars and newcomers, all of which are welcome to play or just hang out, have a drink and listen.



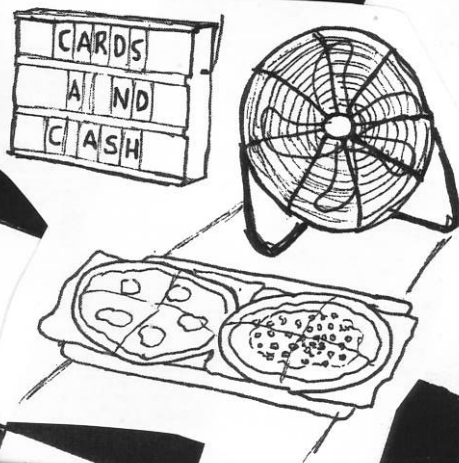
The thing I admire about everyone that plays is just how much they all love doing it. Like REALLY love doing it. Pizza Mic isn't on some national open mic circuit and hell we don't even have a mic any more. But what's lovely is that when anyone plays, the room shuts up, the performer gets their moment and it goes on until whoever wants to perform has done their thing. And that's really what it's all about right?

And what about the pizza? I will tell you now - it's great! Like really great! I will rave to anyone who will listen about how good the food at The Library is on any day but the freshly made pizzas - made with house-made bases, fresh toppings in an outdoor pizza oven - are something truly special. The sense I get whenever I eat there is that Stephen the chef is truly passionate about the food he makes and it genuinely shows in the pizza. And that's where the Pizza and "Mic" come together. That same passion for creating and, in a sense, performing - whether it's a song, short story, bit of standup or a damn fine pepperoni pizza. Well, that's how it comes together in my head anyway.



So what's next? To be honest, more of the same. When I asked him about starting up Pizza Mic, Stephen said "Ultimately the goal of the night was to create an open mic night that was the antithesis the usual open mic night, awash with over earnestness and intense navel gazing from a cross-legged position on the floor." and I like to think that I try to maintain the same ethos. I mean I don't mind if you want to sit crossed legged so much but not much else has changed. Maybe less tequila shots since I took over though for better or for worse. The Library will keep making pizzas on a Tuesday (weather permitting obviously) and we'll keep doing our mic-less open mic in the basement once a month. Feel free to join us.

(cheers for Stephen Tuohy for correcting the timeline and his input!)



Check out Pizza Mic every 3rd Tuesday of the month at The Library on Cowley Road. Get there early - pizza runs out quick! Look up Pizza Mic on the social medias for deets.

Ian makes music at tigermendoza.bandcamp.com

Speaking (left)

Cooking is hard. It can get expensive; requires time, patience and a basic level of dexterity, and may potentially turn out to be disastrous. Ready meals and quick fixes are a necessary stop gap for anxiety and other such obstacles. Yet, I dunno, speaking for me personally (from a position of privilege), cooking helps. Even the most basic act of chopping something or heating something up on the hob (as opposed to sticking a frozen pizza in the oven) gives me the most basic sense of achievement, in that its a step towards a basic level of self care that I have initiated through some kind of action - however small. I dunno. I'm not gonna Jamie Oliver you. I'm not gonna say that everyone should be able to cook a meal in under 30 minutes every day, cos that's aspirational impractical bullshit. Often you won't be able to, and that's fine.

What I am gonna share here is Marcella Hazan's four-ingredient pasta sauce recipe (which I have adapted very slightly to serve one - and to justify me putting it in here). My friend Evie put me on to it, and it's a revelation. It is so stupidly easy and cheap and makes a very satisfying dinner. Tinned tomatoes, [vegan] butter, an onion, salt. That's it. It takes a little time to simmer to get the best flavour, but it requires no intervention during that time, during which I suggest doing the washing up or playing a record that makes you feel better (in the kitchen, mine is the flirting. EP). Again, there will be times where you won't feel like making this, and you'll just want to heat up a jar of sauce. That's cool, do what you need to. But this is like a step up on the DIY ladder from that. And you'll feel the difference - both in making it and eating it.

Heat up 4-5 tablespoons of butter or vegan spread. Add a tin of tomatoes. Peel an onion, chop it in half, add that. Pinch of salt. Simmer for 40-45 mins. Serve with pasta of yr choice (I prefer spaghetti).



Illustration by Rob Hayler*

Run away / hi (WINDOW)

dress backwards towards

(I originally asked "the boy" Thomas Hayler but was told he would not pasta under any circumstances)

NO PIGS IN THIS SOUP

by BEE FARRELL

Music is a balm for our anxieties, and can help us to regain our appetite again in times of distress. As has been proved (pretty conclusively) by the 1995 film Babe, when Farmer Hoggett sings the titular piglet a rendition of 'If I had Words' before engaging in a bizarre, stuntmanned jig. Bookseller, Northerner, cookbook tester and advance gig ticket purchaser Bee Farrell has made a further breakthrough by conclusively proving that the same song can help properly season a wintry soup to similarly cure what ails yer (tested on humans, not pigs). Findings below...

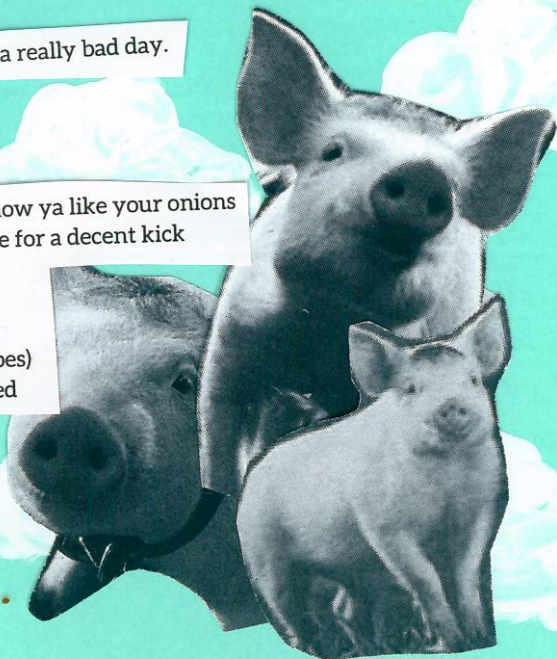
I've made this soup over thirty times. For friends who are sick, for strangers in order to make friends, for myself when the heating is broken again. The first few times that I made it, I felt that it was good - but there was definitely something missing. Perhaps more pepper? Different types of beans? I pondered over it for a long time.

It wasn't until the fourth time that I made it, did I realise what was truly missing.

In order to get this soup to its finest, you need to sing the Babe theme tune on repeat whilst you cook.

Serves four to five - or one, if you're having a really bad day.

- Olive Oil
- 1 Small/medium onion depending on how ya like your onions
- Fresh chillis - to taste, I use two or more for a decent kick
- Couple of squeezes of tomato puree
- 1 tin spicy taco beans
- Half a 500g box of passata
- 900ml of veg stock (I use two stock cubes)
- 2 sweet potatoes, chopped and seasoned
- Loads of kale, 6 handfuls?
- 4 or more cloves of garlic



If I had words to make a day for you

Cook the sweet potato until almost done, I use the microwave because it's quicker. (Coat in oil, season and cook on high for 9 minutes, halfway through stir to recoat the sweet potatoes in oil.)

I'd sing you a morning, golden and new

Heat oil in large pan

I would make this day last for all time

Add onions and garlic, cook until onions are translucent - roughly five minutes.

Give you a night deep in moonshine

Add chilli and stir. Add tomato puree, stir. Add beans and stir to coat.

If I had words to make a day for you

Add passata and stock, stir. Cover and bring to a boil for five minutes.

I'd sing you a morning golden and new

Add sweet potato and kale and season well with salt and pepper, turn heat down to a simmer until kale is cooked whilst stirring to ensure that it's all mixed in.

I would make this day last for all time

Serve with thick soft white buttered bread and a warm hug.



FUCK AMAZON

From Italy, With Love

by Ashley Thao Dam

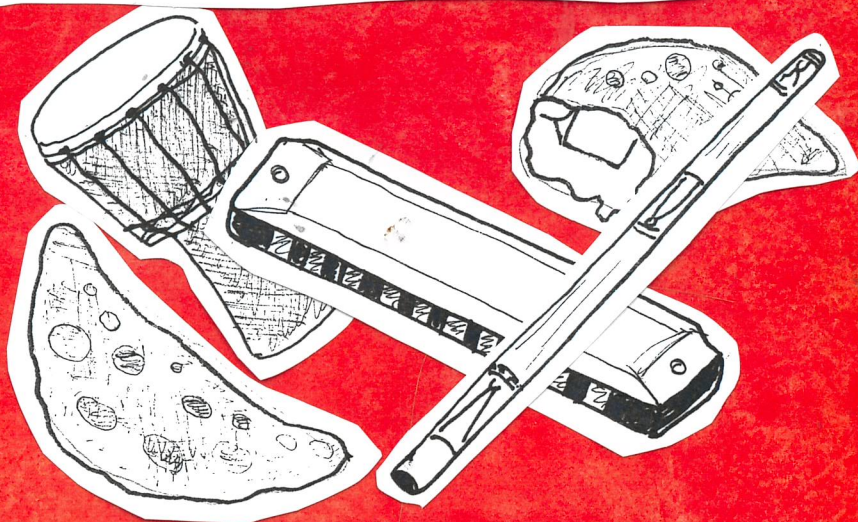
My pal Thao recently moved to Torino in Italy to take up a PhD in Gastronomy at the appropriately named University of Gastronomic Sciences. While they're no stranger to travel and adjusting to new places, Italy I suppose has a particular reputation and expectation regarding food, music and hospitality. Potentially daunting? Na. Since moving they've been exploring the merits and challenges of Bolivian cuisine, discovered their supervisor played in the 70/80s anarchist punk bands Blue Vomit and Nerorgamso, and started up a zine and podcast documenting culinary stories and experiences around the globe. Here are some words on how food and music, in particular, eased them in to PhDhood...

The day I landed in Italy was a long one. Although my flight arrived in the late afternoon, I didn't make it to my flat until around half 9 at night. Lugging two massive bags and a backpack bursting, I was clearly frazzled. After looking at me from head to toe, my new undergraduate housemate simply said, "I'm Marco. Do you want something to eat?". Dropping my bags in my room, Marco set the table and brought out two bowls of vegan curry. He started cutting a thick beefsteak tomato, which he taught me was called cuore di bue in Italian. We ate and I cried the entire time. I had no idea that tomatoes could taste that good.



A few weeks into term, Marco and I were invited to dinner with some new friends we'd made. It was both our first year of uni, and we were ready for some wholesome memory making. We were told to bring instruments with us; Marco brought his guitar while I brought my ukulele and a few harmonicas. While Marco biked to the party's location carrying a few handfuls of basil he'd plucked off our houseplant, I waited by the train station. My friend Philip, a whimsical Swedish man with the demeanor and general curiosity of a wood nymph told me that I would be picked up by his friend. Swerving around the corner, a car skids beside me. The door pops open to reveal three giggling students who chorused in Italian, "You are Thao right?", "Yes", "Excellent! Get in!".

After a short ride into the countryside of the Piedmont region, we arrive at a hillside mansion of sorts. The kitchen is buzzing. Everyone's shouting for some reason, but in four plus different languages. The air is thick with the smell of tomatoes, oil, cheese, and something herbal that I couldn't figure out. After kissing the cheeks of about 30 different strangers, Philip decides to show me around the house. Aside from the enormous kitchen, the house also had a large outdoor brick oven, verdant greenhouse, small collection of fruit trees, as well as some chickens who were milling about. As we explored each crevice of the house, a booming noise blossomed from the bottom of an empty swimming pool. A dutch man is playing a didgeridoo with gusto.



We ate handfuls of panzerotti, a southern fried snack filled with tomatoes, cheese, and basil from one another's hands. It seemed that everyone was taking a bite from another person. We drank wine for hours, sang songs, and played music for hours. A collective of djembe drums, tambourines, harmonicas, guitars, didgeridoo, and ukulele sounds filled the air. Those who had no instruments clapped in complementing rhythms. In those moments we were all one continuous unit full of food and music.

Italy is an unusual place. A place where strangers you agree to go to a gig with in Torino treat you to a home cooked pasta meal 30 minutes into meeting them. A place where you continuously sip coffee after coffee until the early evening hits, and then you begin your aperitivo spritz sipping instead. Where dinner is actually 4 separate meals and held together by a dessert and late-night coffee. What a place, Italy.

@AshleyThaoDam on the Twitter

Check out their zine *Gastronomical Grrls* (currently on the Insta) and their podcast *Bites of the Round Table*

VEGAN LASAGNE made by Lisa from SWEET WILLIAMS

"3 types of lentil, mushroom, carrot/onion/
garlic ragu, tom purée, tiny bit of stock
bechamel with fake butter, spelt flour, soy milk + nutmeg



JOHN from SKYLARK went on a pasta making course and made this AGNOLOTTI filled with BUTTERNUT SQUASH, FRIED SAGE + CHILI

THOMAS HAYLER's "dlishus sidishes"

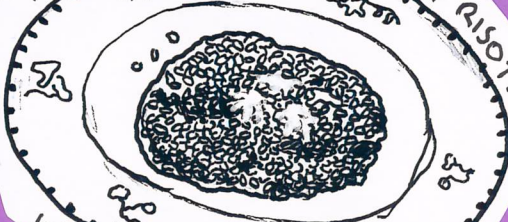


as served to parat /radio speaker

SPINACH SOUP



KIRSTY FIFE made BEETROOT RISOTTO



with their own allotment beets!

Peussionist/composer SARAH HENNIES!
green chilli eggs. Texmex in Upstate NY



Front cover image by
BETH SHEARBY
@shearbygs - sketchbook



#tranhappinessisreal