

THE RECIPE by sean wai keung

haggis (recipe by 衣谷水原)

25/01/20

for the first time in
seventy-six years
Lunar New Year and
Burns Night fall on
the same day

sheep stomach
sheep lungs
sheep liver
sheep heart
oats
onion
pepper powder

- soak lungs, liver and heart in water for an hour
- wash the sheep stomach four times
- cut the lungs, liver and heart into pieces and place in cold water
- boil over high heat, then take out
- wash oats and put on a baking tray, bake until golden brown
- cut onion into pieces
- mash lungs, liver, heart, onion, and pour into dish
- add oats and pepper powder to the mash
- pour the broth that you cooked the lungs, liver and heart in over the mixture
- turn the sheep stomach inside out and tie the head up
- fill the stomach with the mixture, not too tight, about two thirds
- tie the other end of the stomach up
- boil for three hours, without a lid, adding more water if needed

everybody is eating together and together
we make a body:

the lungs are the transport system they allow us to travel safely
the heart is the houses we visit in order to see our loved ones
the stomach is love
the liver is processing

this body comes together with other bodies
to form a body of bodies
we wrap ourselves tightly in bodies
for warmth and comfort and
food – we eat bodies together
we create bodies together
we remember bodies

According to an NYTimes article written by Fergus M. Bordewich and published on Feb. 12 1984 titled *Chinese Hearts In Scottish Highlands*: “the celebrating of Burns has become a gala event in the People’s Republic of China, where the poet has been taken on as a patron saint of proletarianism.”

A few days after my family visit I travel to Dumfries and visit the Burns Mausoleum. A few streets over, a takeaway serves “Authentic Cantonese Cuisine”. I buy some chips and they’re delicious.
Soon after I return to Glasgow, the first lockdown is announced.

**classic soda bread
(recipe by the Edinburgh Food Social)**

05/05/20

the UK coronavirus death toll officially becomes the highest in Europe

32,313 deaths have now been recorded

for one loaf

400g plain flour

300-350g natural yoghurt, organic if possible

8g sea salt

1 tsp bicarbonate of soda

a scattering of oats

extras: grated apple, chopped thyme, grated cheddar

- preheat oven to 210C

- pop the flour, salt and bicarb into a bowl and then add enough yoghurt to achieve a sticky consistency

- pop onto the bench and knead lightly, shaping the bread into a boule

- use a sharp knife to create a deep cross in the loaf and then scatter the cross with oats

- bake in the oven for 40mins before turning over and giving it another 5-10 on its back until the loaf sounds hollow

- allow to rest for 10mins, then slice and slather with salted butter

Food poverty skyrockets the longer the pandemic goes on. At the same time, food waste levels increase as supermarket and restaurant supply chains struggle to adapt. Social enterprises including the Edinburgh Food Social, Empty Kitchens Full Hearts, and Fare Share, work tirelessly to help alleviate the problems.

I invest in new baking equipment, including silicone moulds and measuring jugs. I enjoy the idea of learning new baking techniques during this strange time. Outside, the sun shines relentlessly and the pubs start serving takeaway pints.

the oven-red-light-glow is a sun
under which the world we kneaded
grows into something we didnt expect

we need the numbers to come down
they say yet the number
keeps rising doughily – do you get it -

like how dough rises

and meanwhile the supermarkets are all out of flour
even though reports suggest that its not
that theres no flour
rather its that there are no flour
bags
- do you get it -

without flour we cant make it

this may be the last shot we have
to make perfect our loaves
perfect

marbled 茶葉蛋
(a family recipe)

29/06/20

After numerous phone calls to 111 an ambulance is finally called to take my 婆婆 to the hospital, where it's believed that her pain can be managed better

Servings: 8 eggs

8 eggs
2 black tea bags
1 tsp five-spice powder
4 tsp soy sauce
½ tbsp rock sugar
1 star anise
½ tsp sichuan peppercorn
1 tsp shaoxing rice wine

- place room temperature eggs in a pot of cold water. bring to a boil and then reduce heat. leave to simmer for 6 mins
- drain the eggs then cool under running water. when cold enough to touch, gently crack the eggshells all over with the back of a spoon
- place eggs back in a clean pot. add all the other ingredients, and top with enough water to cover the eggs. bring to boil, then turn down heat. simmer for 10mins
- transfer everything to a container. leave to steep for at least 12 hours

According to Wikipedia: “cancer is a group of diseases involving abnormal cell growth with the potential to invade or spread to other parts of the body. These contrast with benign tumors, which do not spread.”

things that break:

windows / records / sweat / hearts / statues / wind / rocks / phones / watches / hobs / clothes / eggs / brains / glasses / laptops / doors / trust / movement / lungs / spirit / locks / toys / protests / breadsticks / bones / noses / mirrors / bread / agreements / habits / silences / ligaments / lines / ceilings / workshops / glaciers / communications / lightbulbs / skulls / injunctions / days / parliaments / software / performances / souls / fingers / spaghetti / streaks / promises / kneecaps / synapses / waves / bonds / wrists / families / friendships / ornaments / morals / store-fronts / deals / rhythm / societies / fasts / truces / boundaries / hardware / spines / laws / balls / presses / freedoms / stalemates / contracts / news / ecosystems / gadgets / tears / pistachios / work / systems / rules / traditions / narratives / legs / water / surface / illusions / cases / ribs / tupperwares / histories / emotions / banks / fires / wishbones / chocolate / curfews / paragrahs / hegemonies / lockdowns / it

my 婆婆 was born on the 29th January 1933 in Wong Lai Tsao village in rural HongKong. by 1956 she was of marrying age and word spread that a successful business owner also from HongKong but now in the UK was looking to not only arrange a marriage for himself but to also fly his bride-to-be to the UK. This was unusual as most arranged brides had to travel for a month by boat instead. My 婆婆 liked the idea and after seeing a photo of the business owner she agreed to be his wife. Her parents didn't like the thought of their eldest daughter travelling and living on the other side of the world, but my 婆婆 was determined and money was tight. *At least take these eggs with you* they said to her, handing her a tupperware. *Who knows what food they will try to give you over there.*

old fashioned 2020

31/12/20

The transition period following the United Kingdoms exit from the European Union expires

serve in a tumbler with plenty of ice

2tsp sugar syrup
1-2 dashes of bitters
splash of water
that aching feeling that you are fading away
60ml scotch or bourbon
soda water (optional)
orange slice
3 difficult decisions
maraschino cherry
memories from your ancestors
one more forgotten thing

- put sugar, bitters and water in a small tumbler and mix
- think back to 2016 and what you were doing then
- fill your glass with ice and stir in the scotch or bourbon
 - add a splash of soda water if using
 - mix liberally
- migrate to another country or at least think about it
 - add orange slice and mix again
 - garnish with the cherry
- wonder where it all went wrong
 - make another one

If I lean my head out just far enough then I can just about make out a firework or two and I don't know how to feel about any of it on the one hand I'm glad that people are celebrating but it still feels so shallow in so many ways

In 2016, of the 382 areas to vote on EU membership a total of 270 returned majority votes in favour of "Leave" whereas 129 returned majority votes in favour of "Remain" including all 32 areas in Scotland

we will never forget what happened
it will be written into the history books

this year / this decade

remember

that saying – *history is written by the victors*

but nobody won this
nobody gets to claim a victory from this

2021 begins

and my 婆婆 is still

in hospital

people world-over are still dying

and decisions are still being made
here

without our consent

but we are still

and here it feels we will always

remain