Link to Carrot Cake recipe

http://www.bonappetit.com/recipe/basically-carrot-loaf-cake
Robert Ryman Monograph
Eggs Benedict
- 10 tablespoons unsalted butter (if using salted butter, skip the added salt)
- 3 egg yolks
- 1 tablespoon lemon juice
- 1/2 teaspoon salt
- 1/8 teaspoon cayenne
- 4 cups of water
- 2 T. white vinegar
- 2 Eggs
- English Muffin
- Canadian Bacon

- Cook sauce and poached eggs first. Pan fry Canadian bacon, toast English muffin. Plate. Top with ground black pepper.

Hollandaise Sauce
- 10 tablespoons unsalted butter (if using salted butter, skip the added salt)
- 3 egg yolks
- 1 tablespoon lemon juice
- 1/2 teaspoon salt
- 1/8 teaspoon cayenne

- Melt butter in sauce pan until hot, do not let it boil. Blend eggs, lemon juice, salt, cayenne on medium speed for about 20-30 sec. Until color turns lighter. Slow blender speed to low, slowly add melted butter. Add salt and lemon to taste and plate.

Poach Eggs
- 4 cups of water
- 2 T. white vinegar
- 2 Eggs

- Bring water and vinegar to low boil. Crack egg one at a time into a bowl. Stir water in circular motion to spin the water, gently pour egg from bowl to the middle of the spinning water. Stir water to prevent the egg from sticking to the pan. Cook for about 5 mins, until white is fully cooked and yolk is runny. Remove from water and plate.
Butternut Squash Soup

Ingredients
- One 2- to 3-pound butternut squash, peeled and seeded
- Small box of tomatoes
- 2 tablespoons unsalted butter
- 1 tablespoon olive oil
- 1 medium onion, chopped
- 2-3 garlic cloves, chopped
- 2 cups water
- Nutmeg
- Coriander
- Cayenne pepper
- White pepper ground
- 1 teaspoon honey
- Salt and freshly ground black pepper

Directions
1. Cut squash into 1-inch chunks
2. In large pot melt butter. Add olive oil. Add onion and garlic and cook until translucent, about 8 minutes.
3. Add squash, tomatoes, honey, black pepper, white paper, and cayenne pepper. Bring to boil; reduce to low heat and simmer for 20 minutes, or until squash is tender.
4. Puree squash in a blender or food processor in batches until smooth. Return to saucepan, and heat through. Do not allow to boil.
5. Stir and season with nutmeg, salt, and pepper. Serve.
BEYOND THE PERIPHERY OF THE SKIN
Rethinking, Remaking, and Reclaiming the Body in Contemporary Capitalism

SILVIA FEDERICI

"Federici has become a crucial figure for young Marxists, political theorists, and a new generation of feminists."
—RACHEL KUSHNER, author of The Flamethrowers
Steamed dumplings

Dough:
- 4 cups flour
- 1 cup + 2 tbsp water
- 1 egg
  - Mix, rest, knead for a few hours

Filling:
- I just eye the ingredients
- Ground pork
- Minced ginger
- Minced garlic
- Finely chopped scallions
- Dark soy sauce
- Sesame oil
- Chili paste
- Sesame seeds
- Black vinegar

- Cut off a bit of the dough, roll out by hand, cut off 1 inch pieces
- Roll out with pin on well floured surface to little disks
- Add heaping tablespoon, pinch together
- Steam in bamboo basket over a cloth for ~10 minutes

Eat with sauce made from chili paste, dark soy sauce, shaoxing, sesame oil and black vinegar
I'm not arm candy!
I am a boss bitch.
I was never a trophy wife.
I don't shave my pussy!
Tomato Garlic Tortellini

1 Bag of Barilla’s Collezione tortellini
2 Cloves of garlic, finely chopped
1 Tomato, finely chopped
1/4 Cup of olive oil
1 Tbsp of butter
1 Tsp of salt
1 Tsp of pepper
1 Tsp of parsley

Add parmesan cheese if desired

Directions:
Finely chop 1 tomato and 2 cloves of garlic. Heat water until boiling and then add pasta. Cook pasta for 10 minutes and then strain. Add 1/4 cup of olive oil and 1 tbsp of butter to pasta and stir. Add finely chopped tomato, garlic, and 1 teaspoon of salt and pepper to pasta and stir. Sprinkle 1 teaspoon of parsley for garnish. Add parmesan cheese if desired.
Enjoy!
Willem De Kooning Artist

Willem De Kooning at work in his studio and discussing art with Harold Rosenberg, Michael Sonnabend, Franz Kline, and Fairfield Porter. Directed by Academy Award winning filmmaker, Robert Snyder.

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Director  Robert Snyder
Starring  Willem De Kooning
Genres  Special Interest
Subtitles  English [CC]
Audio Languages  English

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from the flattened image in later years. Julian Vilarrubi’s work clearly shows his interest in this interplay between flat and illusory. Whilst some artists use the immediacy of their emotional response to the landscape and attempt to capture this fleeting moment in physical paint, Vilarrubi works over a very long time, building up layers and layers of thinly applied oil paint, consolidating and encapsulating this resonant experience.

*Time* passing, isolation, the mark and effect of man in the landscape. All these things and more probably are implicated in most landscapes. I think most people will react in different ways and respond according to their own interpretations. Hopefully they’ll have their interpretation of what they are seeing.

When asked if there was a particular landscape that kept coming back to him as a motif, Vilarrubi said, ‘For years it was Italy and in particular Umbria. Now it’s Catalonia in Spain.’

*I really like to travel and explore new landscapes. I think it’s because I like space, light and colour so much that I respond to landscape. I find it very exciting and the natural urge is to record the experience somehow. Clearly a photograph is inferior as there’s no real sense of scale and experience and the colour can change so much. The sense response is limited with a photo. It’s a representation after all. An over-representation.*

As I move through a landscape I see so much but usually I respond to the same things, just in different landscapes. All the formal elements are activated in me but also association and history can play their part too. The urge is to rise to the challenge and understand pictorially what I am responding to. Sometimes it’s hard to know until you’re in the process and it feels right to try and make sense of it. In a sense you possess it somehow and as a result experience it deeper by seeing it.

Howard Hodgkin once discussed the idea of waiting, not impulsively taking the emotion of the moment and applying that to the canvas, but instead allowing sufficient time to recapture the emotion generated by a particular encounter, a meeting, a sunset, the passage of light from a time long gone.

Vilarrubi’s work has a visual beauty that comes from paying attention, looking at and working the surface of the painting until every square inch vibrates with a colour sensation.
PUNK ROCK CHILI

Marinara Meat Chili

1 lb ground beef
1 can crush tomatoes
1 can tomato sauce
1 can black beans
1 can red kidney beans
1 can pinto beans
1 onion, chopped
4 cloves garlic, minced
1 green bell pepper, chopped
1 green pepper, chopped

In a large skillet, cook beef until browned. Add onions, garlic, and peppers. Stir fry until vegetables are tender. Add beans, tomatoes, and tomato sauce. Bring to a boil. Reduce heat and simmer for 30 minutes. Serve over rice.
1. Add 1 teaspoon of soy sauce.
2. Add 3 teaspoons of vinegar.
3. Add some green onions.
4. Add sliced garlic.

Boil noodles with water.

Mix them together in a bowl.

Enjoy~
Japanese marinated soft boiled egg

1. Gently put 5 eggs in boiling water, boil for 7 minute over medium heat
2. Let it cool down and peel the eggshell
3. Put everything else into a pot, Boil for 5 minute, and chill
4. Combine the eggs and the sauce from step 3 into a ziplock bag, leave it in the fridge for 2 days and enjoy.

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Egg</td>
<td>5</td>
</tr>
<tr>
<td>Mirin</td>
<td>2 tbsp</td>
</tr>
<tr>
<td>Water</td>
<td>1/2 cup</td>
</tr>
<tr>
<td>Garlic</td>
<td>1 clove(sliced)</td>
</tr>
<tr>
<td>Ginger</td>
<td>1 slice(shredded)</td>
</tr>
<tr>
<td>Sugar</td>
<td>1 tbsp</td>
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<tr>
<td>Soy sauce</td>
<td>4 tbsp</td>
</tr>
<tr>
<td>Rice cooking wine</td>
<td>2 tbsp</td>
</tr>
</tbody>
</table>
Dessert plantains

When picking right plantains, yellow & green variety, I prefer yellow
as less starchy.

15 mins

Cut the plantains into slices no bigger than half inch.
- Add the plantains to boiling water
- Drain water
- Heat the oil
- Add the plantains, cook to golden brown
- Serve with sauce

Need:
- 2-3 plantains
- black (ripe) or new black
- butter
- brown sugar
- cinnamon (optional)

Stir until caramelized, add plantains. Toss to coat.
Cook until golden brown and crispy.
(Some folks like black popcorn)
 YE DOGFOOD TACOS 

1. Shred Cabbage
2. Saute until wilted
3. Add a Generous amount of BEYOND MEAT FIESTY CRUMBLES (looks and tastes like dogfood until you do the following steps 4+5)
4. Season with ORGANIC NON GMO Taco Seasoning from an OVERPRICED healthfood store
5. Add a small can of OVERPRICED non-GMO diced Green Chiles and simmer for 2-4 minutes
6. Heat another skillet with oil and add GLUTEN FREE non-GMO sprouted CORN TORTILLA. Cook both sides 2-4 minutes. Each until GOLDEN + SEMI CRISPY
7. Place TORTILLA in a TACO PROPER TM
8. TOP WITH DAIYA VEGAN CHEDDAR Cheese, Avocado, and OVERPRICED ORIGINAL TOMATILLO SALSA
Rainer Maria Rilke
Letters to a Young Poet
Translated and with a Foreword by Stephen Mitchell
MFA CLASS OF 2020