

# Release (and chop the onion)

If you want things to proceed as usual, you can begin your guided tour in the atrium with your visitors. You can start your workshop session with an introduction about related art theory. You can stay in the meeting room with your team and work through the meeting agenda point by point. But, maybe you see the need to introduce a degree of motivation, maybe you're having difficulty getting a discussion started, or maybe you are rafting in the currents of competition. You could also release, chop the onion, and explore what happens.

*For more than a year, I have been asking art mediators in many different exhibition venues to tell me about a specific situation where they learned something. They told me about how an elder sister taught them to ride a bicycle, or about the sudden insight that the small loop of metal on a potato peeler is there to dig out the eyes from the potato. They report on hiking experiences, visits to grandma and playing with the kids in the neighbourhood. Over the whole year, no-one has ever told me of a learning experience from school. I think this is astonishing, considering how much time we spend at school, supposedly learning.*

*My conclusion is: real learning happens in real life. Just as the best ideas and the most prolific work situations rarely arise from formal meetings in office premises, but rather happen during the coffee breaks, at late night sessions, on the way to the bus stop or on the train ride home.*

*Thea Unteregger*

## FAVOURITE DISH

Everyone brings their favourite dish or cooks it right where you are. If you have several meetings, you can also choose to cook the favourite dish of one of the attendants each time.

### TIROLER KNÖDEL

Thea's favourite dish!

#### Ingredients (3 people)

- 6 dried bread rolls ("*Semmeln*") or the equivalent in dried white bread
- 1 egg
- 250 ml milk
- 1 onion
- 1 bouquet of parsley
- salt, pepper
- caraway
- 60 g butter
- 60 g flour
- 150 g *Krakow* or *Braunschweiger* sausage or smoked bacon

Chop the onion and fry it briefly in the butter with the chopped parsley. In the meantime, warm the milk and cut the bread into small pieces (if necessary). Chop the sausages into little cubes. In a large bowl, mix the bread with warm milk and egg. Add the fried onion, spices, sausage and parsley and make a coarse dough. Form dumplings of about 5 centimetres in diameter. Heat salty water and once boiling, add the dumplings and boil them for 15 to 20 minutes. Serve with salad or sauerkraut or goulash or any kind of saucy meal.

Since I am from South Tyrol, which is in northern Italy, there is an Italian influence: I like to eat *Knödel* with Parmesan cheese and brown butter.

### PASTEL TUTUP

Yoeri's favourite dish!

#### Ingredients (4 people)

- 400 grams ground beef
- 2 large onions
- 2 cloves garlic
- 1 tsp. sugar
- 2 tsp. nutmeg
- 3 stock cubes
- 1 large can mixed carrots & peas
- 1 large can green beans
- olive oil
- breadcrumbs
- pepper to taste
- sambal to taste
- mashed potato for roughly 6 people

Chop the onion and sauté it with the ground beef and garlic in a large skillet until onion is tender and beef is lightly browned. Add the spices, carrots, peas and green beans. Stir well. Oil a gratin dish and add the beef and vegetable mix. Top off the dish with the mashed potatoes and breadcrumbs. Bake at 210 degrees for 30 to 40 minutes, or until hot and bubbly.

Pastel Tutup is a historic Dutch-Indonesian-Chinese fusion dish which comes in many varieties. The name literally means 'closed pie'.

**SPEED DIPPING**

Speed dating is a suitable format for a working group, to help get acquainted, to conclude a project or as part of a team supervision session.

Here's the speed dip variant.

The basic setting is well known: set up a number of small tables with two chairs for the participants. On each table there is something to drink, bread and a different kind of spread or dip. Every ten minutes the participants move on by one seat, taking with them their glass and spreading knife. In

this way you create many new one-by-one conversations. You need a person in charge to announce when to change partners (if there is an odd number, participants take turns at time-keeping) and you need a topic of focus for the conversations. For example, what did I learn from the other participants? What would I like to know about the other person, but would never dare to ask in another setting?

To get you started, please find six inexpensive and quick recipes for spreads and dips, for a speed dipping session serving 12.

**AVOCADO DIP****Ingredients**

- 1 large ripe avocado, mashed
- 1 onion, minced fine
- 3 tsp. piquant sauce
- 5 or 6 drops Tabasco
- half a lemon

Peel avocado, mash - squeeze lemon juice over it. Add sauce, onion and Tabasco. Cover and chill.

**HOMEMADE OLIVE PASTE****Ingredients**

- 1 cup *kalamata* or mixed green and black olives
- 1 medium onion, chopped
- 3 tbsp. capers, rinsed
- 1 tbsp. chopped fresh oregano or 1-1/2 teaspoons dried
- 3 tbsp. olive oil
- 2 tbsp. red wine vinegar
- grated peel (no white attached) of a lemon
- 1/2 tsp. freshly ground black pepper, or to taste

Place the olives in a colander and rinse very well under cold running water. Remove the pits from the olives. In a food processor, combine the pitted olives, onion, capers, oregano, olive oil, vinegar, and lemon peel. Process to a spreading consistency. Season to taste with the pepper and store in a small jar in the refrigerator.

## TZATZIKI

### Ingredients

- 1 container (16 oz.) plain low fat yogurt
- 1/2 English (seedless) cucumber, not peeled, seeded and finely chopped plus a few thin slices
- 1 to 2 tsp. salt
- 1 to 2 garlic cloves, chopped
- 1 tbsp. chopped fresh mint or dill plus additional sprigs
- 1 tbsp. extra virgin olive oil
- 1/2 tsp. red wine vinegar
- 1/4 tsp. ground black pepper

Spoon yogurt into sieve lined with cheese-cloth or coffee filter set over bowl; cover and refrigerate overnight. Transfer drained yogurt to medium bowl and discard liquid. Meanwhile, in colander set over bowl, toss chopped cucumber with 1-teaspoon salt. Let drain at least 1 hour at room temperature, or cover and refrigerate up to 8 hours. In batches, wrap chopped cucumber in kitchen towel and squeeze to remove as much liquid as possible. Pat dry with paper towels, then add to bowl with yogurt.

With flat side of chef's knife, mash garlic to a paste with remaining 1/2 teaspoon salt. Add garlic, chopped mint or dill, oil, wine vinegar, and pepper to yogurt and stir to combine. Cover and refrigerate at least 2 or up to 4 hours. Serve tzatziki sauce chilled or at room temperature, topped with cucumber slices and mint sprigs.

## LIPTAUER

### Ingredients

- 50 g butter
- 250 g curd cheese (quark)
- 1/2 grated onion
- 50 g gherkins, chopped
- 1 or 2 tsp. paprika
- 1 tbsp. mustard
- 1 tbsp. capers, chopped, optional
- 1 tbsp. chives, optional
- 1 pinch of chilli powder, optional salt and pepper

Beat butter and curd cheese until fluffy. Add chopped onions, gherkins and mustard and mix together well. Then add paprika until the paste turns orange. Add salt, pepper, and optional ingredients as preferred.

## HERBED WHITE BEAN DIP

### Ingredients

- 1 can cannellini beans, rinsed, drained
- 1 tbsp. fresh lemon juice
- 1 clove garlic, minced
- 1 tsp. olive oil
- 1/2 tsp. ground cumin
- 1/4 tsp. dried oregano
- Cayenne pepper

Puree first 6 ingredients in a food processor until smooth and season with salt and pepper. Transfer mixture to shallow bowl. (Can be made 1 day ahead. Cover and chill. Let stand 30 minutes at room temperature before serving.) Sprinkle with cayenne pepper and additional oregano.

## APPLE WALNUT CHEESE SPREAD

### Ingredients

- 8 oz. cream cheese
- 1/3 c. milk
- 1/2 cup whipping cream
- 1 cup tart apples: finely chopped
- 1 cup walnuts: chopped
- 1/2 cup dates finely chopped

Soften cream cheese, whip with milk and cream, stir in apples, walnuts, and dates. Let chill several hours.