

The Fortification Cook Book

Elizabeth Woods, 2009 Arc Biennial of Art



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- Recette d'un gâteau sous 2 formes -

Le premier: "Gâteau" "petit déjeuner" dans un moule à baba -

Ingredients:

- 200 g de sucre semoule ou cristallisé -

- 1 cuillère à café de sucre vanillé ou un sachet de sucre vanillé -

- une boîte de crème fraîche liquide,

20 cl - 30% mg - Faire deuse petits trous avec

un couteau pointu pour que la crème s'écoule mieux -

- 3 oeufs à casser avec le sucre etc -





Lytton has long been a gateway for people throughout the Ages. Originally a pathway through the site led to a crossing point to reach the other side of the Brisbane River. Countless aboriginal people would have passed through to trade and interact, or continue on to the great gatherings and festivals at the Bunya Mountains. The coming of the British convict settlement in the 1820's then saw the area being used as an early customs post. A township of Lytton developed, only to be pulled down when the entire area was declared a military reserve in the 1880's. Concern about possible military threats, especially from Russia, saw the fort being built and utilised as a major training area for the Queensland military troops. Thousands of men and women trained and passed through here on the way to both domestic and international conflicts such as the 1891 Shearers Strike, the Boer War and the two world wars.

In 1915 the Lytton Quarantine Station was built next to the fort to defend Brisbane from the threat of disease. Ironically many of the returning troops from the First World War were kept under armed guard at Lytton for fear of spreading the Spanish Influenza, which was sweeping the world in 1919. It is easy to understand the frustration of those troops, many who had been away and survived years of carnage on the Western Front and the Middle East, to be locked up on the doorstep of their homes and families until they could be declared free of the disease. The Quarantine Station continued to operate until the 1980's, its closure marking the end of Lytton's use as a transition point for people into Brisbane.

In 1989 the area was declared a national park for its outstanding cultural and heritage values. It is now managed by the Queensland Parks and Wildlife Service with the support of volunteer groups such as the Fort Lytton Guides. In many ways Fort Lytton is still a gateway, but one now into the past, where people of all ages can reflect on the events and social attitudes that have shaped our society and broader community.

The 2009 Artworkers Biennial of Art is a very contemporary use by the community of the site and one which will allow for another medium of interpreting the rich, complex and transitory history of Fort Lytton National Park. Elizabeth Wood's contribution is a very interesting combination which captures fragments of the past in the form of stories and recipes from ethnic communities, and includes both performance and video installation pieces.

Roland Dowling



Introduction - *Fortification*

Fortification is an artwork, an event, a project that is about building relationships from the moment the development of the artwork begins right through to its completion. In fact the artwork is a relationship. It is a developing relationship between the artist Elizabeth Woods and ethnic communities around Brisbane. Don't look for the nuance of paint on canvas or the power of a soaring sculpture, but look for the dialogues between people, the creativity in the everyday act of making a cake and the artist as a service provider.

Fortification is part of a special art and history project taking place at Fort Lytton in November 2009. This project in turn is part of the Queensland Artworkers Alliance's Arc Biennial of Art. The Biennial has deliberately used sites that are not neutral gallery spaces but places with a history - of trade, immigration, and war. In addition to Fort Lytton the other key site is Howard Smith Wharves on the Brisbane River. These are the last remaining wharves on the river and a reminder of an earlier system of trade.

The projects taking place at Fort Lytton are part of a program called 'New Interpretations of Past Lives'. *Fortification* takes its cue from the history of the Fort Lytton site as a Quarantine station. Fortunately Fort Lytton still has many of its buildings intact and there is a sense of a peopled past lingering in the rooms and around the machinery. Liz Woods not so much reactivates these spaces but activates a vibrant ethnic culture through the collection of their cake recipes. This is a project about food and its positive potential to bring diverse people together.

Brisbane City Council has also recognized the project's positive aspect of building a more inclusive community and has provided funding towards the project.

Kevin Wilson, Director of Artworkers Alliance and curator of the 2009 Arc Biennial of Art

Cakes

Chrys Zantis

Baklava

Ingredients for Honey syrup:

1 small lemon
1 cinnamon stick
1 cup sugar
4 whole cloves
1 cup water
1 cup honey

Method:

Remove the zest from the lemon. Squeeze 1 ½ teaspoons of lemon juice from the lemon and set aside. Combine the lemon zest, sugar, water, cinnamon stick and cloves in a heavy saucepan. Bring to boil, then lower the heat and continue cooking without stirring for 25 minutes. The mixture should be syrupy. Stir in the honey and add the lemon juice. Stir and allow to cool.

Ingredients for Pastry:

1 cup unsalted butter
1 cup finely chopped almonds
1pkt phyllo pastry
½ cup of sugar
1 cup finely chopped pecans
1 ½ teaspoons ground
Cinnamon
Cinnamon

Brush a rectangular dish with some of the melted butter. Fold a phyllo sheet in half and place in the dish, brush with butter and top with another folded sheet of phyllo and brush with butter. In a small bowl, combine the pecans, almonds, walnuts sugar and cinnamon and mix well. Top phyllo with ½ cup of the nut mixture. Top with 2 more folded sheets of phyllo (buttering each) and nut mixture until 2 sheets remain. Fold, butter and layer them to form the top crust. With a sharp knife, cut through the top layers into 24 small rectangles. Bake at 325f for 50 minutes. Remove from the oven and with a sharp knife cut through all the layers of pastry, to form individual rectangles. Pour the cooled syrup over the pastry and cool. Cover and let stand overnight. Makes approx 24 pieces of pastry.



Sonja Szala

Makes 12 generous servings of Buttermilk Rum Cake

Prep Time: 20 minutes

Cook Time: 1 hour

Ingredients:

1/2 pound (2 sticks) butter, softened

2 cups sugar

4 eggs, at room temperature

3 cups all-purpose flour

1/2 teaspoon baking soda

1 cup buttermilk, at room temperature

1 teaspoon vanilla

Rum Syrup:

1 cup sugar

1 1/2 cups water

4 teaspoons lemon zest

2 tablespoons orange zest

1 teaspoon vanilla

2/3 cup dark rum

Glaze:

2/3 cup sugar

1/4 cup butter

1/3 cup orange juice

Preparation:

Heat oven to 350 degrees.

In a large bowl, cream together butter and sugar until light and fluffy.

Beat in eggs one at a time until well blended.

In a separate bowl, combine flour, and baking soda and add to butter-sugar-egg mixture, blending well. Add buttermilk and vanilla and incorporate completely.

Bake for 1 hour or until toothpick tests clean. Cool on wire rack for 20 minutes, then invert.

Meanwhile, make Rum Syrup by placing sugar, water, and zests in a small saucepan over high heat, stirring constantly, until sugar is dissolved, about 5 minutes.

Strain syrup into a 4-cup glass measuring cup and allow to cool.

When cool, add the vanilla and rum and set aside.

While cake is still warm, poke holes all over it and slowly pour some of the Rum Syrup over, letting it seep into the cake. When it has been absorbed, pour more syrup over. You might have to do this two or three times.

While the cake is absorbing the Rum Syrup, make the Glaze by melting 2/3 cup sugar, 1/4 cup butter and orange juice in a small saucepan over medium heat until the sugar dissolves.

Set cake over a cooling rack and pour Glaze over cake, letting it drip down the sides. Allow to harden and store covered for up to two weeks.



Fan Leong

Peanut Cookies

(makes about 48 cookies)

225g (skinless) peanuts – (roasted without fat)

180ml peanut oil

1 egg, lightly beaten

325 g plain flour

1/2 teaspoon baking powder

1/2 teaspoon bicarbonate of soda

a pinch of salt

150g castor sugar

Method:

Grease well a large baking tray and preheat oven to 180°C. Sieve the flour, baking powder, bicarbonate of soda & salt into a large bowl. Add sugar to it. Blend roasted peanuts until fine and mix well into the flour. Slowly add in peanut oil and mix into a dough. Press the dough to form balls the size of a ten-cent coin. Gently place the balls to 'sit' on the greased tray (making it easier to glaze them later), leaving a small space between them.

Glaze each ball with beaten egg and bake for 10 to 15 minutes or until golden.

Cool on the tray until the balls can come off without breaking. Store in airtight jar (stores well for up to a couple of weeks).



Ginger Dubau

Mirabelle Tart

Mirabelle from the garden

Sugar brown

Egg "kir"

Prepared pastry to fit

Method:

Make holes in pastry

220 ° temperature

Plain plums ever

Separate egg, only use yolk

Add sugar, quantity depending on the sweetness of the plums

Mix with fork

Then spoon over mirabelles

Oven "f....." put in oven continual temperature (?)

35 minutes.



Derek Noble

Saffron Buns

Well known in Cornwall England Saffron is usually sold in drachm (one eighth of an ounce) and is very expensive hence the old Cornish saying as dear as saffron. Try and use organic produce, its generally fresher and tastier.

1lb Flour (0.4539grms) Flour
60z Butter
60z sugar
6oz currants or saltanas
1 1/2oz candied peel 9 lemon and orange)
¼ teaspoons salt
1 drachm saffron
warm water and milk to mix.

Method:

Overnight infuse saffron by snipping the strands and cover with half a cup of boiling water and a small pinch of salt cover with a saucer.
Put yeast into a cup with one teaspoon of sugar and half a cup of warm milk and water. Rub the butter into the flour then add sugar and mix together.

When the yeast has risen in the cup, make a pit in the centre of the mix and pour in the yeast. Cover with a sprinkle of flour. Warm the previously steeped saffron and add together with fruit and peel. Combine all ingredients, adding extra liquid as you go. Make a soft dough cover with a clean towel and leave in a warm place to rise.

Between 30 to 45 minutes later punch risen dough to release air, turn on to floured board and kneed for gently for 5 minutes. Form dough into small buns and place on floured baking tray 3cm apart. Allow to rest this allows the yeast/dough to rise again, this takes around 20 minutes.

Glaze with egg yolk and bake in oven at 180 for 40 minutes or until the bun sound hollow when tapped. Cool on a wire rack.
Eat with clotted crème...mmmmm They keep for a couple of days but best eaten warm.....



Ada Catalano

EASY AS

Ingredients:

125 grams melted butter.
1 1/2 cups self rising flour
1 cup sugar
2 eggs
1/2 cup yoghurt

Icing:

1/3 cup lemon juice
sufficient icing sugar to make a thin paste
lemon zest

Method:

Preheat oven to 175 degrees
Lightly grease and line 20cm round spring form cake tin
Add all ingredients into a large mixing bowl and combine using a wooden spoon
Pour mixture into prepared tin and bake for half an hour
Once cake has cooled, smother with icing and generously sprinkle with lemon zest

Enjoy!



Solange Cailliez

Mummies Gateau

200 grams of sugar
250 grams Flour
Vanilla to taste
2 teaspoons Baking powder
3 Eggs
20cl Fresh crème

Mix eggs and sugar together add the cream and mix well slowly add flour.

Mix well.

Prepare a round cake tin preferably a ring cake tin.

Butter tin well then add mixture.

Bake at 160 degrees for 35 minutes.

Turn cake on to a cooling rake.

This cake is perfect for breakfast.



Margaux Dufourmentel

Apple cake

Recipe to come



Suzi Nevonan

Tiikeri Kakku

250g voita
2.5 dl Sokeria
4 munaa
½ dl maitoa tai kermaa
2tl Levin jauhorja
5dl vehnäjauhija
suklaajauhoja
vaniljaa esanssia

vaahdota voi ja sokeri lisää munant yksitellen sekoita leninjauhe
vehnä jauhoon, ja lisää sedkseen maidon lanssa.
Ota 1/3 taikinasta ja senkoita suklaajauhoja sopivan värinen
loppulln laita vaniljaa laita vuokan pohjalle puolet vanilja taikinasta
sitten,suklaa ja loput, vanilia taikinaa. Veitsen terällä voit sitä
sekoittaa (vähän)
Paista 175 1 tunti.



Wolfgang Kelke

Linzer Torte

250 grams of butter
120grams Icing sugar
Vanilla sugar
3 grams lemon peel
1/3 teaspoon Cinnamon
¼ teaspoon Ground Cloves
Pinch salt
3 eggs
160 grams hazelnut meal
240 Cake crumbs
80 grams Flour
180 Raspberry jam

Makes one cake 23 diameter 4cm height

Mix Butter, icing sugar, vanilla sugar, lemon peel, cinnamon, clove and salt
Slowly add the whole eggs
Mix hazelnut meal, cake crumbs and flour separately, now fold it into mix
Take 2/3 off the dough and pipe it into forms like a spiral
Top up with jam, leave 2cm to the edge
Pipe the rest of the dough to create the border and a grid pattern on top

Bake at 145 degrees Celsius for 60 minutes





For the past ten years, my practice in site-specific temporary public art, both in Australia and overseas, is characterised by the inclusion of members of the general public in the production of art works. In many senses, the objects produced are secondary to the wonderful encounters made and relationships built through the production activities – this is certainly the case with the video projections shown and the cakes served to the audiences of *New Interpretations of Part Lives* in the ARC Biennial at Fort Lytton, in November 2009.

All the recipes in this cookbook were generously donated by individuals representing (a small incidental selection of) ethnic communities resident in Australia. They are not distinguished by their countries of origin as the work dwells, not on their individual unique characteristics but on their collective, fortified strength.

It has been a great pleasure and privilege for me to work with the courageous, gracious participants of this project without which Fortification would not have been possible.

Elizabeth Woods, Artist

Generous, courageous people:

Volunteers of Fort Lytton add names

Sonja Szala, Troy Apps, Wendy Brooks, Solange Cailliez, Ada Catalano, Lisa and Jeanne Chabanaud, Roland Dowling, Ginger Dubau, Jackie Dyson, Margaux Dufourmentel, Nicole Voevodin Cash, Wolfgang Kelke, Timothée Latella, Fan Leong, Kevin Leong, Keith McKay, Kevin McMahon, Derek Noble, Mark Noble, Suzi Neuvonen, Cath Robinson, Kevin Wilson, Margaret Woods, Peter Woods, Josh Wood, Chrys Zantis, George Zantis

Le 2^{eme} gâteau se prépare de la même façon, même ingrédients -

Prendre un moule à manqué - dans celui-ci, au lieu de beurre, mettre du papier cuisson - Verser la préparation dedans - Mettre au four, -therm - 5 - (180) laissez 35 min - et éventuellement surveiller la cuisson et ajouter quelques minutes de plus si nécessaire -

Celui-ci peut ^{aussi} s'utiliser en accompagnement d'une crème, d'une salade de fruits - etc - -

