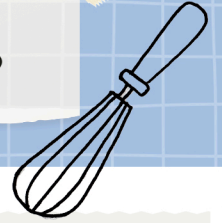




A Recipe for ...

by Shagufta K. Iqbal



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You will need: Pen, notepad, a favourite cookbook, or recipe, if you have some herbs growing sit near them, some snacks (always advisable).

The politics of food, the power of a recipe passed from generation to generation, tells us so much about the life and times of our ancestors. The ingenuity, resourcefulness, the love, and fight to survive can be tasted in certain recipes. I especially think of this when I eat home preserved foods, such as jams and pickles. Preserved foods imagine a future, and plan sustainability for when times are tough. And just like a sweet preserve, stories too feed the soul.

TECHNIQUE

1 Take your favourite recipe book and choose a first line, for example:
Start by making....
Finely grate the....
Add all the ingredients into the bowl....

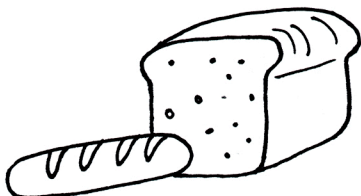
2 Then write 12 lines using the recipe technique to imagine a world we can leave behind for our children.

It can be for global issues i.e.: fairly shared resources, sustainable lifestyles, or a plastic free world. It can be for smaller everyday deeds i.e.: a community garden, a windowsill of herbs, a single sunflower planted with your children.



List of possible words to use:

Simmer, toss, pinch, mix, stir, drain, cover, peel, sprinkle, add, slice, rest, steam, sauté, boil, bubble, melt, heat, fluff, reserve, taste, season, fry, pour, tender, golden, soften, place, spread, stand, remaining, spoon, dollop, thicken, absorb, serve tip, prepare, drizzle, measure, rise, strain, whisk.



Community: If you are doing this exercise with others, then why not share some food and your poems together in a group?



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