

Life Menu

Across RCA - Team Caring 15aT1

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Healthy and rosy



Sweet and sour
with a little crunch



Super dynamic,
a bit juicy



Fresh and creamy

Our team focused on the global theme “Caring for Society”. After a term of exploration of the meaning of these words and after talking about our personal interests, we focused on food as a way to gather and heal people.

During the second term, we led research around ingredients’ properties and ran a workshop at the Royal College of Art. Ten participants from all masters came to define which emotions we are feeling when facing some life situations and then we co-created the recipes you will find in this book.

Special thanks to Mingii, Kazuhiro, Yuhong, Jiali, Maiyi, Harry, Soukishi, Zongyao, Urja and Jacob who shared their personal stories and relation to food, we captured this moment in a video released on Across RCA platform developed by the RCA.

Another thanks to Pamela, our tutor during this module, who supported us during this creative process and enriched our culture during the group seminars.

We could not cover all life situations but we hope that you will love this book and find it useful!

Now let’s cook :)

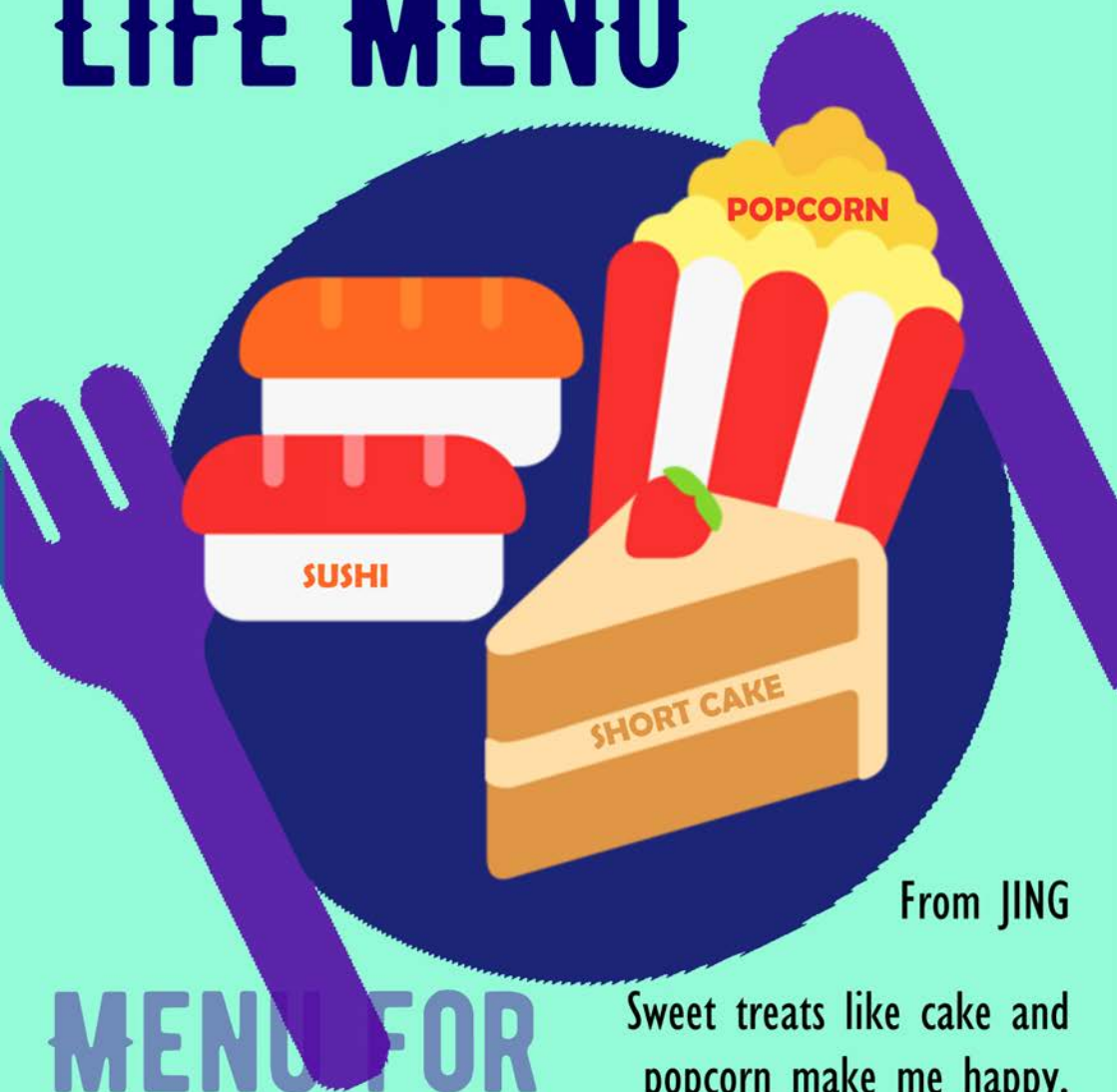
JINGYU ZHENG

LUCIE LEGRANDS

YUXIAO WANG

YULIA ZINSSTEIN

LIFE MENU



From JING

MENU FOR

AFTER A

PROJECT DEADLINE

Sweet treats like cake and popcorn make me happy.

Sushi is generally more expensive, perfect for rewarding yourself after a busy month!

After a deadline

«I love to have amazing food after a deadline because I am relieved, so I am looking to have pleasure»

~ Urja



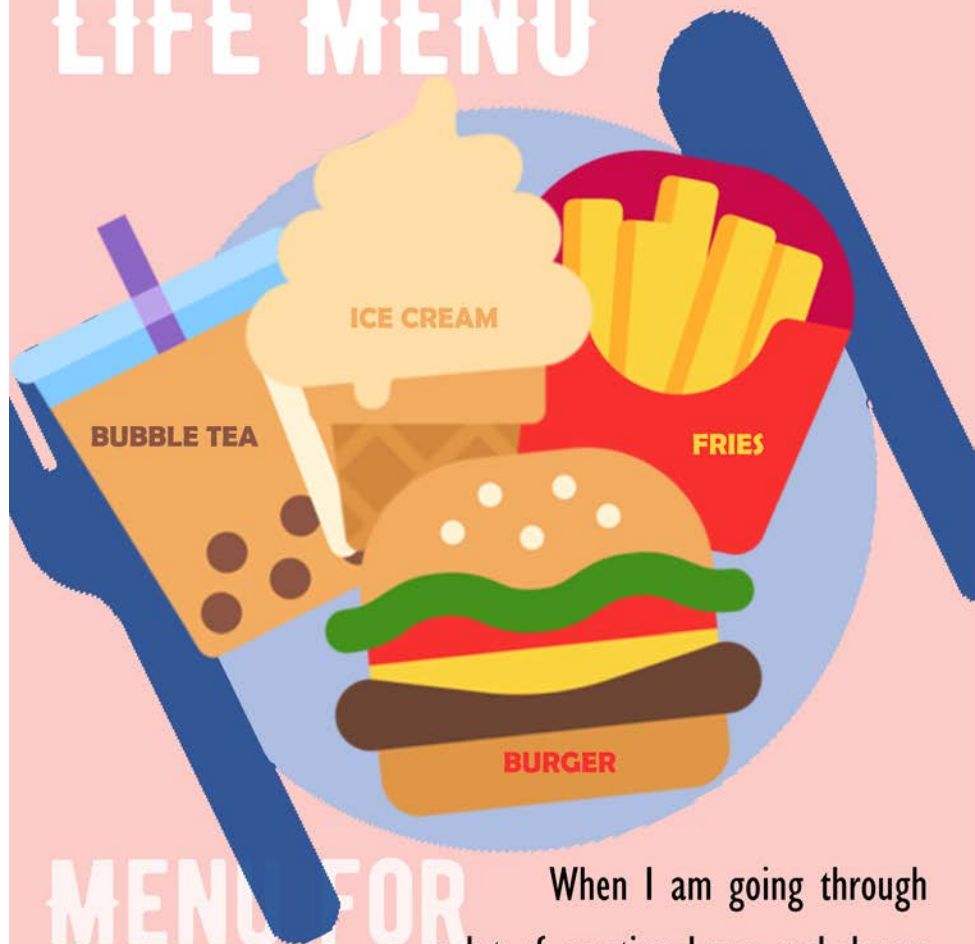
peanut
chili pepper
meat
home dish
butter

Energy ↑
Mood ↑
Strength ↑

LIFE MENU From JING

Menu for after a project deadline

LIFE MENU



MENU FOR

AFTER A FIGHT WITH

YOUR PARENTS

When I am going through a lot of emotional ups and downs

I like to eat many high calorie foods to get myself to the point where I feel very full.

When I feel full, my intense emotions start to calm down

From JING

After a fight

Bad mood

«When I am in a bad mood, I like frozen food: ice cream, bubble tea, mint in cocktails and lemon» ~Anonymous

Cocktails are synonymous with parties, meetings and good feelings. It is for most people a great time to share. This good mood cocktail assembles different ingredients to create a umami taste.

Did you know?

Good mood cocktail

Ingredients:

1. Ice
2. 25mL Mezcal
3. A mint bouquet
4. Half a lime
5. 50mL of green banana cordial
6. A dash of rose liquor
7. A dash of salt

Recipe:

- In a shaker, place a few ice cubes
- Add 25mL of mezcal, 50mL of green banana cordial and a dash of rose liquor
- Cut the lime in slices and pick some mint leaves
- Crush the leaves and extract the lime juice with a mortar and pestle in a bowl
- Add the mint, lime and salt to the shaker
- Shake it!
- Pour it in a cocktail glass and enjoy

- Green banana and rose petals are part of relaxing food ingredients

- The C vitamin provided by the raw citrus also help to reduce your level of cortisol

- In the system of colour food related to different chakras, yellow corresponds to self-esteem and green to forgiveness. With a yellow-greenish cocktail, you will enjoy a great day!



Bored

«When I am bored, I need some food to surprise me and give me energy. I will go for a funny association. Boring food is water food for sure like cucumber » ~Lucie

It is very easy to get bored of cooking. Of life too. For cooking, we imagined a recipe which associates surprising flavour but if you often cook it, it won't be surprising anymore. Just a concept, be fun with yourself and never be afraid of trying new associations!

Surprise mix

Ingredients

1. 150g veal meat
2. A spaghetti squash
3. An orange
4. A carrot
5. Herbs: thyme, rosemary, parsley
6. Lavender and violets flowers
7. A few cashews nut



Recipe:

- Prepare a flower and nutty crust for the meat, crashing the nuts and cutting delicately the flowers
- Wrap the meat in the crust (eventually using an egg as a binder)
- Sear the meat briefly in a saucepan for 3 minutes on each side with a bit of grease
- Then place it in a plate with a spoon of water to roast in the oven for 45 minutes
- Place at the same time the spaghetti squash in the oven and cook it during 30 minutes
- While both are cooking, prepare a sauce with the meat sauce: add the juice of an orange, the carrot purée (or juice extraction), and the herbs. Dilute with a bit of water and wait until it thickens again.
- Take the spaghetti squash out of the oven, cut it in half and using a spoon get the spaghetti created inside the vegetable.
- Cut slices of the meat and place them in a plate, with the spaghetti and pour some orange sauce on top of it



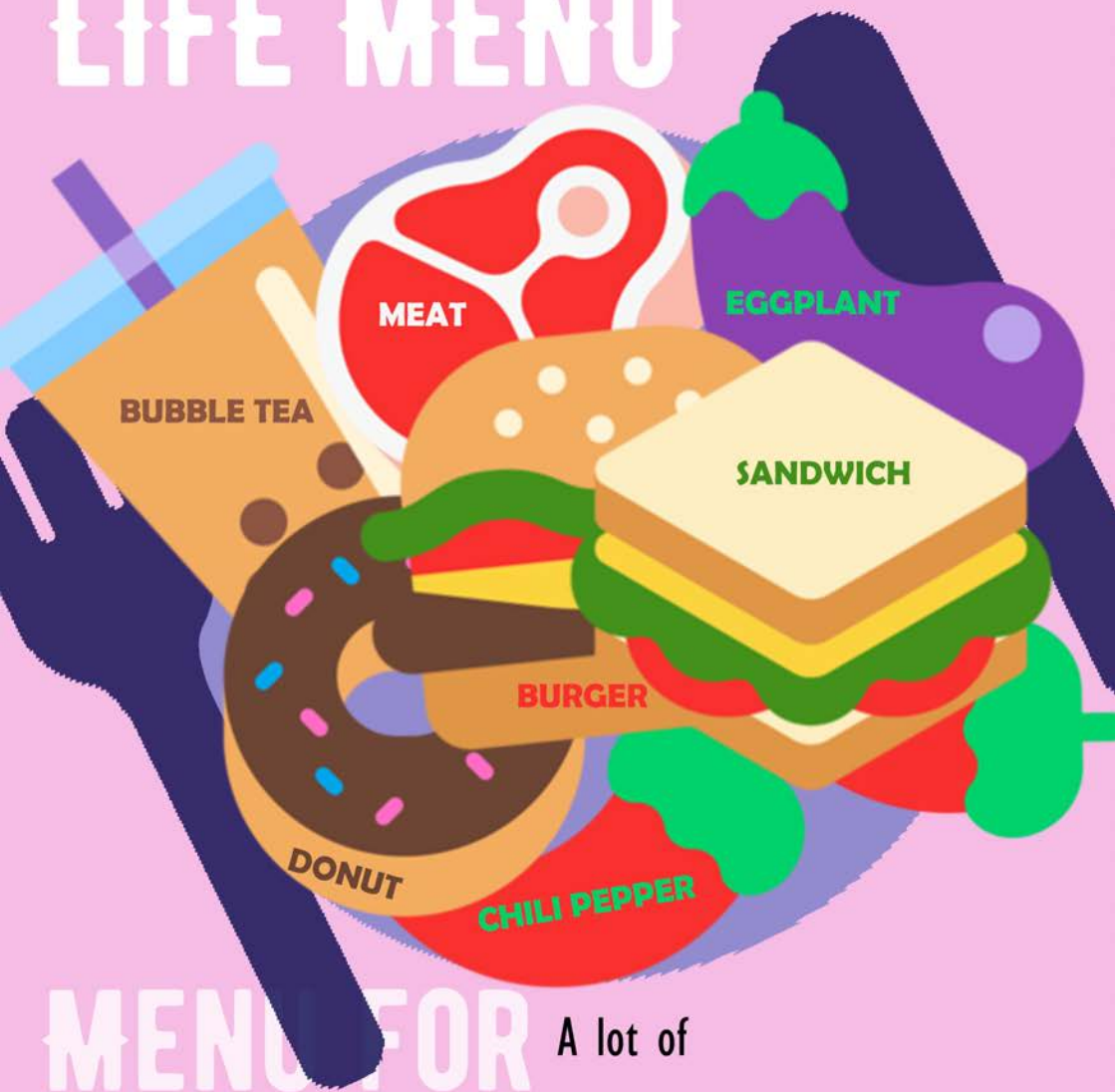
Did you know?

Perfect drinks:

In the same vibe of doing random associations for food, do the same with the drinks! An idea would be to take the same ingredients (orange, violet flowers, etc...) to create an original creation

- The colour of the food can impact your mood through your chakras: orange for passion, purple intuition
- Chewy food is attached to complex emotion with a reflexion process
- Cashew nuts are low in sugar and rich in fibre, heart-healthy fats, and plant protein. They're also a good source of copper, magnesium, and manganese — nutrients important for energy production, brain health, immunity, and bone health
- Provence herbs are perfect for adding optimism, hope, and happiness!

LIFE MENU



MENU FOR

A lot of
PROTEINS AND SUGAR

From MAIYI

AFTER A

makes me feel relaxed.

EXHAUSTING DAY

Exhausted

«When I am tired, I am yawning a lot. Usually, I am getting really lazy and I don't want to cook so I take processed food and drink alcohol to relax» ~Jacob

Usually after an exhausting day, no one wants to cook. This dish was imagined as an energy type of food quick to make that would be better for your health than any processed food you might choose instead.

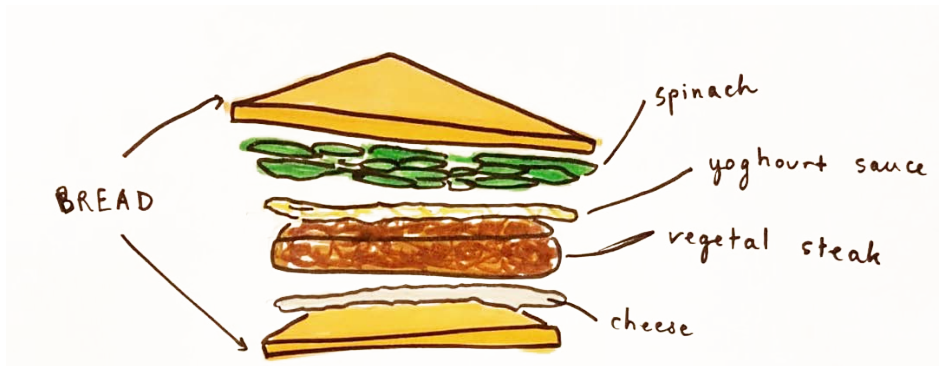
Energy sandwich

Recipe:

- Cook the vegetal steak, rather in a pan with a bit of grease or in the microwave depending on the brand you chose
- Wash the spinach leaves
- Chop the nuts in small pieces
- In a bowl mix the yoghurt, the nuts and the ground coffee
- Cut the bread slices in half and make 3 sandwiches with: a slice of bread – cheese – vegetal steak – yoghurt sauce – spinach leaves – a slice of bread
- With the rest of the ingredients make a salad and place all the sandwiches on the side

Ingredients:

1. 3 slices of whole wheat bread
2. A vegetal steak
3. Two spoons of cottage cheese
4. 50g of raw spinach
5. A spoon of greek yoghurt
6. A little spoon of olive oil
7. 15g of nuts
8. A dash of instant ground coffee beans

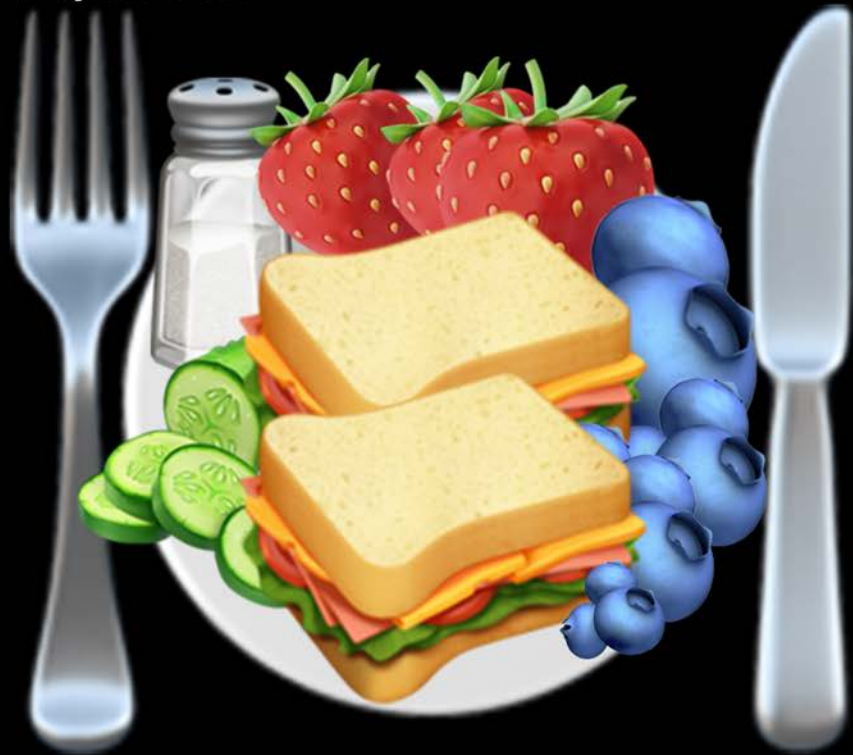


sandwich
strawberry
blueberry
cucumber
Teriyaki sauce

Energy ↑

Mood ↑

Fresher ↑



LIFE MENU

From HARRY

Menu for after a exhausting day

Did you know?



- Whole wheat bread combines protein and fibres to feel fuller, longer and keeps your blood sugar stable

- One cup of cottage cheese contains 25 grams of protein, more than eggs!

- The character Popeye in the American cartoon gain his strength from eating a huge amount of spinach

- Coffee is known to enhance the concentration

Perfect drink:

A beer!

Perfect dessert:

A mug-cake:

- In a mug, put three little spoons of flour, 2 little spoons of icing sugar, one little spoon of brown sugar, one little spoon of yeast, one little spoon of salty butter, chocolate chips and 4 little spoons of milk
- Cook 45s at 700W

#Exhausted

Feeling homesick

«To fight homesickness, I take time to cook. I authorise myself to eat some types of food that I won't usually cook because I am following traditional recipes» ~Lucie

We all have traditional recipes. It is impossible to create a universal dish that reminds us all of our childhood. Therefore, we built an open recipe based on what we observed as a traditional meal in different countries. Feel free to adapt it as you wish to build your perfect homesick fighter dish.

The homesick fighter

Ingredients

1. 150g of your favourite protein food (meat, fish or vegetable)
2. 200g of seasonal roots vegetables (eg: potatoes, carrots, bamboos, etc)
3. 40g of rice ("one volume")
4. One egg
5. 50g of cheese
6. 500mL of broth
7. A tablespoon of cornstarch
8. Your favourite spices (curry, ras-el-hanout, etc)
9. A spoon of oil (olive, sesame, etc)
10. A spoon of other sauces (fish sauce, soy sauce, ...)
11. Salt

Did you know?

- Ice cream, cakes and pasta are commonly cited as comfort food
- The food colour can play on your mood, for instance red is linked to security
- Cheese, eggs, salmon, nuts, brown rice, tofu, oat, dairy helps elevating levels of serotonin

Perfect dessert:

A chestnut & hazelnut cake (in a bowl mix 250g chestnut flour, 80g brown sugar, 12g yeast, a dash of salt. Add then 100mL of hazelnut milk, 80mL of neutral oil and 3 eggs, stir until the dough is soft. Pour in a mould and bake for 30 minutes at 200°C). You can add some raw strawberries on top during summertime.



Recipe:

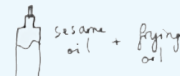
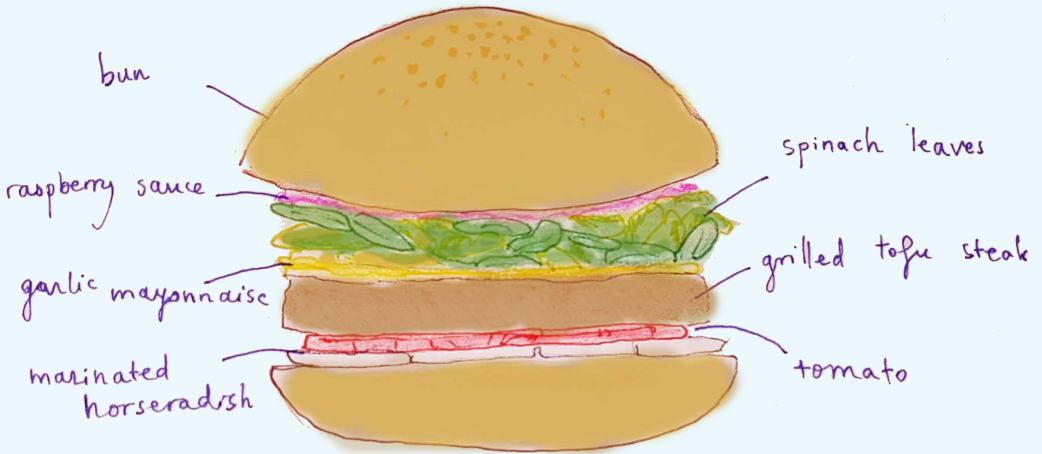
- Chop the protein and the vegetables into big piece
- Heat the oil in a big saucepan, add the elements previously chopped, your spices, sauces, and then fry all during 5 minutes at high temperature
- Low down the heat, then add 400mL broth in the saucepan and let it cook for minimum an hour and a half with a top
- Remove two rice volumes of broth from the saucepan and put it in another saucepan
- Boil the liquid, add the rice and cook it the time indicated on the packaging
- While the rice is cooking, transfer the rest of the broth in a smaller saucepan, add the cornstarch and the cheese. Stir well and cook it until it thickens, stirring regularly.
- In a plate place the rice, the proteins and cover generously with the sauce

Optional: prepare a side-up egg to add on top of the dish for an extra creamy dose

Just after break up

Two different ways to deal with a break-up: fall apart and look for comfy food or, try to keep control, change your habits and be healthier.

Surprise yourself with this second mood and a recipe of healthy and healing burger (that can be eaten at another moment!)



Heal(ing)thy burger

Did you know?

Ingredients:

1. A bun or two slices of yeasted bread
2. A quarter of horseradish
3. Raw spinach leaves
4. A tomato
5. Tofu steak
6. A sweet potato
7. A small piece of ginger
8. Two spoons of garlic mayonnaise (homemade is even better)
9. 10mL raspberry sauce
10. 20mL soy sauce
11. A spoon of sesame oil
12. 50mL of frying oil

Recipe:

- Start the oven and set it on 150°C
- Wash and dry the vegetables
- Chop the sweet potatoes into fries, pour oil on top of it on a grid and bake it in the oven during 30 minutes
- Sliced the tomato, horseradish and ginger
- Marinate the tofu and the horse radish in the soy sauce
- Snack the tofu (fry it during 2 minutes on each face) on a grill with sesame oil
- Create the burger with: a slice of bread – slices of horseradish – slices of tomato – the marinated grilled tofu steak – garlic mayonnaise – spinach leaves – top bread with some raspberry sauce
- Add the fries in the plate and a spoon of garlic mayonnaise

Optional: prepare a side-up egg to add on top of the dish for an extra creamy dose

- Yeasted bread can get you plenty of proteins and B vitamins, plus it keeps your digestive system healthy and in balance

-Ginger is rich in compounds with numerous beneficial health effects throughout the body. It has potential antioxidant, antidiabetes, anti-inflammatory, anticancer, weight-loss-friendly, and brain- and heart-protective effects

- Sake doesn't contain sulfite and promotes smooth and glowing healthy skin

Perfect drink:

A bloody empress. In a glass add three ice cubes, pour 25mL of rice alcohol, 25mL of sake, 200mL of tomato juice, a slice of lemon and on top a dash of garlic mayonnaise, soy sauce and raspberry sauce. Stir briefly and enjoy fresh!

«Just after a break-up, I want to keep control on something, usually it is food. I force myself to eat good products and start a healthier diet so at least something is under control and well managed (rather than my feelings). But alcohol makes it lighter, and foreign food for renewal and originality»
~Harry

The comfy quiche

A quiche is a very traditional dish in France, close to a tart or a british pie with one dough only. The original quiche is the Lorraine one, made of bacon, eggs, cream and cheese. It is the comfiest dish, warm, dense and rich.

Ingredients:

1. A puff pastry dough
2. 3 eggs
3. 150mL cream
4. 200g butternut
5. 100g grated cheese
6. A piece of ginger
7. A spoon of grease (oil, butter)
8. Two spoons of honey
9. An avocado
10. Salad leaves
11. A red onion
12. Teriyaki sauce

Perfect drink:

Perfect drink & dessert: A bottle of red wine and pancakes. For the pancakes mix flour, eggs, butter, milk. In a pan make a disc and flip it when the edges become dry. Add any toppings (ice cream, whipped cream, honey, fruits, hazelnuts spread, chocolate sauce, etc...)

Recipe:

- Peel (or not) and chop the butternut into medium cubes
- Cooked it in a pan with some grease during 15 min
- Slice the ginger into very small piece and add them to the butternut
- When the butternut is softer, let it cool down for 5 min.
- Take the puff pastry dough out of the fridge and pre-heat the oven at 180°C
- In the meantime, stir the eggs in a bowl. Add the cream and the butternut coldish
- Grate or add the grated cheese in the mixture.
- Roll the puff pastry in a mould and make holes in it using a fork
- Pour the mix in the mould, then add some honey on top diluted with a bit of water
- Bake in the oven at 180°C during 30 minutes
- For the side prepare a salad with salad leaves, avocado dice, red onion piece and teriyaki sauce





**«I would be sad, frustrated, disappointed and angry. I accept to eat stuff that I won't because I am sad. I will also go for energy and comfy food. Light alcohol rather than strong because I don't want to feel hungover on top of that. I would crave glutinous food»
~Lucie**

**Did you
know?**

- Sweetness improves the palatability of many foods

- Butternut squash is high in potassium, which can help keep your blood pressure in check, so reduce your risk for heart diseases

Loosing appetite

«I am empty so I pick food that is easy to swallow, hot and comfy. Usually I don't want to eat or can't when I am sick. I am also looking for energy.» ~Yuhong

When we are sick, we need comfortable dishes that are easy to swallow. Especially having fever, there is a need for the body to fight against the disease and therefore to become warmer. We also need easy recipes that don't take a lot of energy to cook. In that situation, soup is our best ally.

Caring soup

Ingredients:

1. 80g green or coral lentils
2. 50mL sour cream
3. 5 bacon slices
4. One egg's yellow
5. A huge bretzel (bread, not snacks)
6. Oregano leaves

Recipe:

- Wash the lentils and the oregano leaves
 - Add the lentils with the amount of water written on the bag + 100mL and the oregano leaves in a large saucepan. Heat the water starting from cold until it is boiling, then reduce the power and slow cooked for 40 minutes
 - When the lentils are soft, remove the saucepan from the heating area and mix everything with a mixer or a blender
 - In a small pan, grilled the bacon slices
 - Pour the soup in a bowl, add the cream, the bacon slices and a raw egg's yellow.
- Enjoy it with a massive bretzel.

Did you know?

- Greens (spinach, kale, arugula, celery, cabbage, cauliflower), lentils, oranges and papaya contain a lot of B6 vitamins
- Citrus, kiwi, peppers contain C vitamin which, especially raw, reduces the level of cortisol and so our stress
- Tryptophan help to sleep
- Oregano is widely recognised for its antimicrobial activity, as well as its antiviral and antifungal properties
- Hawthorn strengthens the cardiovascular system. We use the berries of the tree but flowers, leaves can be included
- The lemon balm is perfect for insomnia

Perfect milkshake and infusion:

For the milkshake, put in the blender all the fruits and berries that you like, half a banana, a dash of orange juice, a scoop of ice cream, a little spoon of honey and 200mL of milk. Blend it and drink it with a straw in a tall glass.

For the infusion, boil some water and add some hawthorn berries with two lemon balm teaspoons.

PMS

«I feel both overwhelmed, cranky, irritated, annoyed and sad. I suffer from mood swings and can be very critical and apathetic!» ~Urja



PMS pizza

Ingredients:

For the dough:

1. 250g Brown wheat flour
2. 12g Bread yeast
3. Two tablespoon of olive oil
4. 350mL water
5. Half a dessert spoon of salt

For the toppings:

1. 25cL cream (base)
2. 150g grated cheese
3. 2 chilis peppers
4. Around 10 turkey slices
5. Half a glass of roasted flaxseeds
6. A dozen clary sage leaves
7. Seasonal vegetables (your choice)

Recipe:

For the dough:

- Add the flour, the yeast and the salt in a mixing bowl. Stir briefly with your fingers
- Add the water in a hole created in the powder (like a little volcano)
- Knead the dough with your hands until the dough is soft
- Finally add the oil and finish kneading the dough
- Let it rise for a minimum of 2h under a wet cloth in a warm place

For the pizza:

- In a little pan, roast the flaxseeds
- Cut the chili peppers into small slices
- Pre-cook your vegetables if it needs a long cooking time (eg: squashes)
- Take the dough and roll out with your hand, turning from the inside to the outside
- Spread the cream on top of the dough
- Dispose the turkey slices, the vegetables and the chili peppers
- Add the flaxseeds and the cheese on top
- Bake in the oven for 20 minutes at 200°C
- At mid-time cooking, add the sage leaves

Ready to eat! Better hot. It is oily, crunchy, soft and chewy.

Did you know?

- In France, you must not do vinaigrette during your periods or it will turn bad!
- To accelerate the rising process, you can put your dough in the microwave for 5 minutes at the lowest power capacity. Repeat it at least 3 times

Stressed

«To relax, I drink tea before going to bed to relax. To feel better, I also try to find ingredients used in Japanese cuisine, such as fish or sweet tofu» ~Kazuhiro

As students, we are overthinking and stressed most of the time to deliver amazing projects. We created this recipe based on Kazuhiro's story to have the perfect meal to eat when it is a busy time. It is a combination of vitamins, distressful ingredients and energetic food.

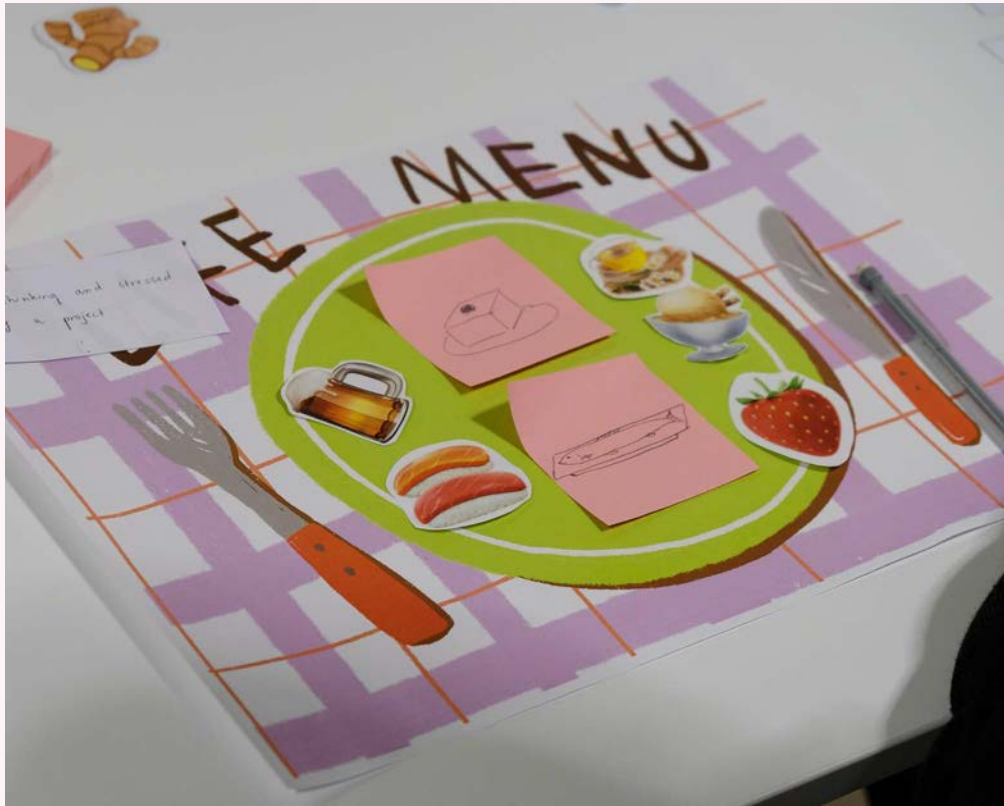
Distressful fish dish

Ingredient:

1. 150g raw salmon piece
2. 200g greens (kale, celery, cabbage for instance. Think local and seasonal first!)
3. 50g tapioca pearls
4. A spoon of sodium bicarbonate
5. 2 branches of rosemary
6. A handful of squash seeds
7. Half a lime (yuzu or lemon also work)
8. Two tablespoons of soy sauce (black and salty)
9. Two tablespoons of olive oil
10. Salt & pepper

Recipe:

- In a little bowl, mix the soy sauce, one spoon of olive oil and the rosemary
- Marinate the salmon with the mixture while preparing the rest of the recipe
- Wash and cut the greens in dice
- Start boiling the water. When it is bubbling, add the sodium bicarbonate and then the greens. Cook for about 10 minutes
- When the greens are softened, take them from the saucepan and keep it in a bowl. Use the boiling water to cook the tapioca bubbles for 15 minutes
- Quickly add a spoon of olive oil in another pan and fry the vegetables and seeds for 5 minutes. Remove the vegetables and place them on the plate.
- Keep the same hot pan and place the salmon on its skin side. Cook it until half of the fish is cooked. Place the fish in the plate with the vegetables
- Add the tapioca pearls on the greens, put the lime in the plate and add a twist of salt and pepper on top of the fish



Perfect drink:

Rose petals + lemon balm (two teaspoons) infusion to calm down and fight insomnias

Did you know?

- Oily fishes are well known for their high contents in omega 3, which also has a relaxing capability
- Rosemary strengthens the memory
- Crunchy food help detach from anger and tension, while chewy food helps to reflect
- C vitamin, especially raw, reduce level of cortisol so stress
- Pepper is a spice that doesn't support the heat so you must try to keep it raw
- A spoon of bicarbonate in the water will keep the greens' vitamins

Thank you!

March 2023 - Royal College of Art