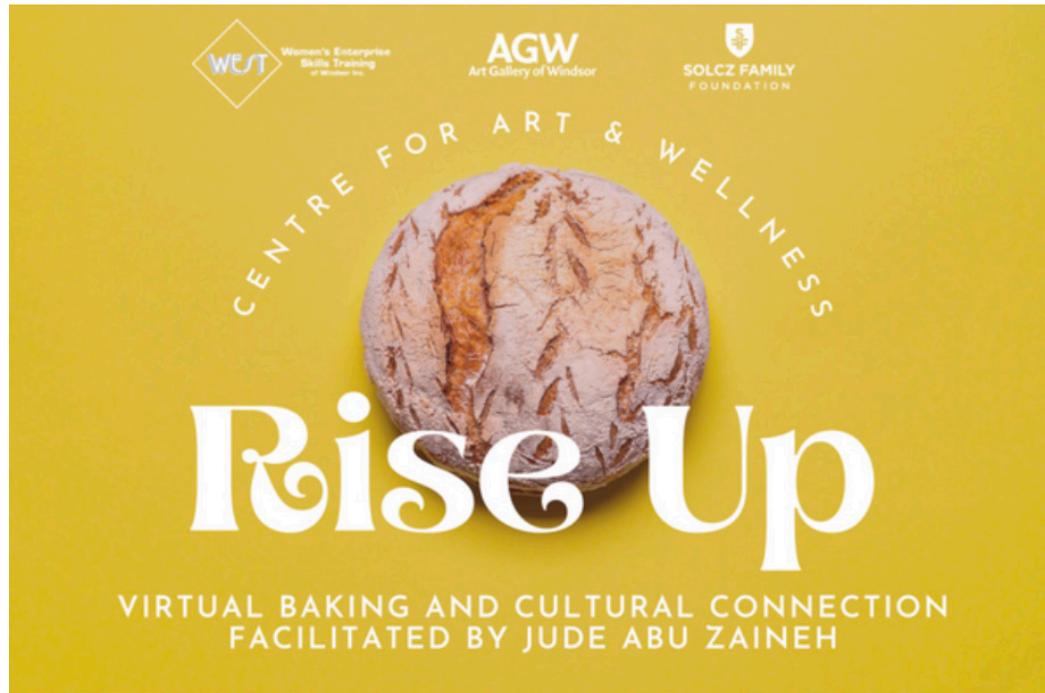


RISE UP

virtual baking & cultural connection
Jude Abu Zaineh

*To my Tata Jamila and aunt Sahar, who lent me their recipes and kitchens.
To Rawan, for involuntarily being my taste-tester.
To my friends and family.*



Art Windsor-Essex
2022

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Foreword

Jude Abu Zaineh

I always turn to food as a grounding place of creation in my personal and professional life. A large part of my artistic practice mobilizes food to discuss cultural legacy and identity politics from immigrant, newcomer, and refugee perspectives. I often ask myself how I maintain my cultural identity; it's a loaded and difficult question to answer succinctly, but to distill it into its most basic form, I can say that food and community engagement are at the core of my search and yearning for home away from homeland.

When first approached by the Art Windsor-Essex (AWE; also formerly Art Gallery of Windsor) to develop community programming in collaboration with Women's Enterprise Skills Training of Windsor Inc. (WEST), I, like many others, was in a precarious place in my life, trying to maintain any semblance of "normalcy" amidst an isolating global pandemic and socio-political happenings. I came back to food as a form of self-care, mutual aid, and community-building at a time when the world had quite literally closed down.

I intentionally designed Rise Up to focus on bread because of its accessible and universal nature. Almost every culture boasts its own variation of bread as an accompaniment to a main dish or a vessel to eat other foods. Most breads can be made with just three key ingredients: water, flour, and yeast, which are typically inexpensive and readily available at any grocer. The versatility of these ingredients alone is great, but with other ingredients folded in, the savoury or sweet possibilities are endless. Regardless of its form, bread is a staple food item that transcends socio-economic barriers and can be found on most tables regardless of wealth status.

With these points in mind, I took this opportunity to invite participants to connect with themselves, and with one another through food. I wanted to produce an environment where participants could relate to their personal cultural identity and histories, learn about other's cultural experiences, and allow for moments of connection over shared traditional knowledge. When considering national identity through the lens of food, and how cultural legacy and knowledge are maintained beyond migratory experiences, much of this information is tacit, oral, learned through observation, and intergenerationally passed down within women of the same household. Developing programming that focused on translating some of our recipes from oral to written language was an exercise in maintaining identity and legacy outside of our own respective cultures. Cultural foods are often prescribed through the senses, not by quantified measures, and rather assessed by "feel"; you measure ingredients by "eyeing", can tell if something is done cooking by the way it's browning or by the sound of its sizzle, the smell of certain spices combining indicate what "measurements" need adjusting etc. Translating this kind of information was challenging but necessary. This was a practice rooted in evading cultural erasure through the telling and re-telling of our experiences, memories, and stories surrounding our food at the centre of our homes and communities. More importantly, this was achieved by writing these recipes down.

This ethnographic book is a short-form archive of some of these recipes and memories shared by participants of *Rise Up*. Recipes for the breads I presented as part of the two virtual workshops are included here. I invite you to consider the power of food in constructing identity and community by participating in making any of these recipes.

Rise Up! An Introduction

Art Windsor-Essex

Food is one of the simplest paths to connection and care. Creating meals and sitting down around a collective dinner table is a memory that – despite coming from different experiences – unites us as humans. People from different cultures can learn about each other through the sharing of their respective recipes. Busy families find time to enjoy each other’s company when dinner arrives. Even in these distanced times, creative people have discovered new recipes and continued to cook together over video chat, showing the power of food as a tool for connection that leaps the obstacle of distance.

Teaming up with WEST of Windsor Inc., AWE presented a duo of workshops called *Rise Up* in the Fall of 2021, facilitated by interdisciplinary artist and cultural worker, Jude Abu Zaineh. Throughout these workshops, attendees had the opportunity to connect by sharing recipes and cultural traditions, and baked loaves of bread together, using recipes from the heritages of WEST’s participants. *Rise Up* made and encouraged space to engage in self-care – through the nourishment of food – as well as care of community through gaining hands-on experience from a professional artist, and celebrating culture and heritage with others.

RECIPES

Khubez (Pita bread)

Jude Abu Zaineh

Ingredients

- 1 pack (~7g) active dry or instant yeast
- 1 cup warm water
- 1 teaspoon sugar
- pinch of salt
- 3 1/4 cups all-purpose flour
- 3 tablespoons olive oil (plus a little extra to oil hands when working with dough)

Instructions

1. Mix the yeast and warm water together in a large bowl. Leave for a couple of minutes and then add the sugar and stir through
2. Sift the flour and salt into the yeast + water mixture
3. Add the olive oil and knead together until you have a smooth doughy consistency that bounces back. This should take 5-8 minutes (you can use a stand mixer with a dough hook or knead by hand)
4. Leave the dough in an oiled bowl, covered in a warm place, for about 1-1.5 hour until it has risen. (I like to cover my bowl with plastic wrap and then a few tea towels around/on top. A small blanket works great too)
5. Preheat the oven to 240°C (220°C fan)
6. Once risen, cut the dough into 8 equal pieces and shape them into balls. Lay them on a baking tray and leave to rise for another 10 minutes.
7. Once risen, flatten each ball with a rolling pin (not too thin), lay on a baking sheet and bake for 5 minutes or until the pitas have puffed up
8. Take the pitas out and wrap in a tea towel to soften
9. These will keep for a few days if sealed in an airtight container

Recommended pairings

Serve, dipping into some olive oil and za'atar, olives, hummus, or any other accompaniment of choice





Ka'ak Al Quds (Jerusalem bread / Levantine sesame bread)

Jude Abu Zaineh

Ingredients

- 1 cup warm water
- 1/3 cup milk
- 1/3 cup greek yogurt (plain)
- 1 pack (~7g) active dry or instant yeast
- 1 tablespoons sugar
- 1/2 tablespoon salt
- 1 tablespoons olive oil
- 4 cups + 6 tablespoons all-purpose flour
- 1 egg
- 1 cup sesame seeds

Instructions

1. Warm the water in a saucepan over a gentle heat- it should be slightly warmer than the body temperature. Add the milk and warm it too
2. Place the warm water and milk in a bowl and stir through the yogurt. Add the yeast and stir. Add all the remaining ingredients, except the egg and sesame seeds, and begin to combine it together into a dough. Knead for about 5-8 minutes
3. When the dough feels ready, it should have a slight bounce when you touch it. Turn it into a well-oiled bowl and cover it. Leave it to rise for about 2 hours in a warm place
4. Knock back the air from the risen dough, then cut it into 4-6 equal-sized pieces. Roll each piece into a ball, place them on lightly oiled baking trays and leave to rise for about 30 minutes
5. Preheat the oven to 475°F/ 240°C degrees
6. Lightly flour the worktop. Roll each piece of dough into a teardrop shape that is not too thin
7. Cut out a circular shape from the narrower top end of each bread (you can use a small upturned cup to cut out the hole)
8. Brush egg wash over the surface
9. Sprinkle all over with sesame seeds
10. Lay the breads on a baking try and bake for 10-15 minutes or until golden brown and puffed up

Recommended pairings

I love having these fresh out of the oven with a mezze spread of eggs, labneh, za'atar, cheese, olives, and veggies

Roti

Priya Chana

Ingredients

- 1 cup durum flour (extra for rolling)
- Cold water
- Butter for serving

Instructions

1. Place flour in a bowl and add water while kneading to form a ball. It should bounce back and not be too sticky
2. Once well kneaded, place in fridge covered for at least 30 minutes
3. Take a piece of dough and roll it into a ball. (It should be the size of a clementine).
4. Place the ball in flour to lightly coat it. Flatten it out with your hands
5. Roll the dough with a rolling pin. It should be a little bit thicker than a tortilla
6. On the stovetop, bring a skillet/pan to medium-high heat and cook the first side for about 15-30 seconds. Flip over and cook the other side for about 30 seconds
7. You might have to flip over between both sides to finish cooking
8. Once your roti has puffed up and developed some brown spots all over, you're done!
9. Repeat steps 5-8 until all the dough is finished
10. Add butter and enjoy!

Recommended pairings

My favourite thing to eat roti with is daal (lentils), chilli paneer, paneer scramble, and chole (curried chickpeas).

“Every time I go to my grandparent’s house, my grandma prepares roti to accompany whatever she makes. Hers are always the best! Sometimes, she stuffs them with a potato filling which is my very favourite! Roti is a very common Indian food which is eaten for almost every meal in India.”

-Priya

“I’m Lebanese-Canadian, so I love Windsor as I feel much more connected to the Middle Eastern community by being here. Since I never got the chance to learn Arabic, food has been the main way to access Arab culture for me.

This was the first bread recipe that my Mimi (my grandmother on my Arab side) taught me. It’s easy to make and tastes delicious! This same recipe can also be adapted to make other types of bread (e.g., Za’atar bread, garlic bread).”

-Abbey Lee

Pizza Dough

Abbey Lee Hallett

Ingredients

- 2 1/2 cups of whole wheat or white flour
- 1 teaspoon of salt
- 1 1/4 teaspoons of yeast
- 1/2 teaspoon of sugar
- 1 1/4 cups of warm water
- 1 tablespoon of olive oil

Instructions

1. Mix the flour, salt, yeast, and sugar in a large bowl
2. Make a well in the middle of the flour mixture. Pour lukewarm water into the well. If the water is too hot, the yeast will deactivate
3. Add the oil on top of the water, and mix together. You can use a spoon to mix
4. Once the dough is somewhat solid, start to knead it together using the heels of your hands

Tip: Avoid mixing the dough with your fingers; Mimi always taught me to knead bread with the heels of your hands, and mix meat using your fingers

5. Once the consistency of the dough is smooth, cover the bowl with a lid or saran wrap, and let rise at room temperature for 20-30 minutes
6. Preheat the oven to 500°F, roll out the dough as thin/thick as you want it, and add toppings
7. Once the oven has heated up, cook your pizza on the middle rack of your oven for 10-15 minutes. Cooking time might need to be adjusted based on the thickness of your dough. Look for a nice golden brown appearance on the top and underside of the crust to know when it's done

Tip: You can prepare this dough up to a day ahead of time. Put the dough in the fridge after you've left it dry. Once you're ready to make it, take the dough out of the fridge to come down to room temperature and continue preparing as needed.

Strawberries and Cream Bread

Sophie Hinch

Ingredients

- 1/2 cup butter or margarine, softened
- 3/4 cup sugar
- 2 eggs
- 1/2 cup sour cream
- 1 3/4 cup all purpose flour
- 1/2 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 1/4 teaspoon ground cinnamon
- 3/4 cup chopped fresh strawberries
- 3/4 cup chopped walnuts, toasted, divided

Instructions

1. In a mixing bowl, cream butter and sugar until fluffy
2. Beat in eggs, one at a time
3. Add sour cream and vanilla; mix well
4. Combine the flour, baking powder, baking soda, salt and cinnamon; stir into creamed mixture until moistened
5. Fold in strawberries and 1/2 of nuts
6. Pour into a greased loaf pan
7. Sprinkle with remaining nuts
8. Bake at 350° for 65–70 minutes or until a toothpick inserted near the centre comes out clean
9. Cool for 10 minutes; remove from pan to a wire rack to cool completely

Recommended pairings

This bread is best served with cold butter and my personal favourite, a slice of cheddar cheese! It's also delicious with a scoop of vanilla ice cream. My dad likes to eat this bread with peanut butter, and my mom prefers strawberry jam.

“This Strawberries and Cream Bread has been a family favourite for as long as I can remember; in honour of grand-maman, Aline. We would usually make this bread in the summer with fresh picked strawberries.”

-Sophie

“I learned how to make puff-puff from my aunts back home and it reminds me of them even though it's a national favourite. Puff-puff can be described as a sweet, soft, ball shaped pastry. It's rare to go to any Nigerian party without being served this delicious snack. ”

-Clara

Nigerian Puff-Puff

Clara Abugu

Ingredients

- 4 cups (500g) of plain flour
- 4 teaspoons of Instant yeast
- 1 teaspoon of ground nutmeg (by choice)
- 1 cup of granulated sugar (or to taste)
- 1/2 teaspoon of salt
- Lukewarm water (for mixing)
- Vegetable oil (for frying)

Instructions

1. Mix the flour, instant yeast, sugar and salt into a bowl
2. Add lukewarm water in small quantities and mix everything with your hand until well-combined
3. Make sure the mixture is thick and not too watery
4. Leave the mixture to rise for about 40-45 minutes in a warm, dry place.
5. If the mixture has risen 3x more than the original size, then the mixture is ready to fry. This will make approximately 50 Puff-Puff balls
6. Pour some oil in a pot and allow to heat up to 180°C
7. Grab a handful of the mixture and roll into a ball. Carefully drop the ball into the oil
8. Fry one side of the ball until golden brown. After one side has turned golden brown, flip to fry the other side
9. When both sides are golden brown, place the puff-puff into a sieve or on paper towels to drain the excess oil
10. Let the Puff-Puff cool for 3-5 minutes before serving with your favourite drink
11. You can customize your puff-puff by adding icing sugar or any topping of choice and continue preparing as needed



Papanași

Sorina Ilea

Ingredients

- 4 cups fresh cow cheese or ricotta (well drained)
- 2 cups flour
- 2 large tablespoons of vanilla sugar
- 2 eggs
- 1 teaspoon baking soda
- Zest from 1 lemon
- Pinch of salt
- Oil for frying
- Sour cream (for topping)
- Jam or preserves (for topping)

Instructions

1. Drain cheese well of liquid/whey and place in a bowl
2. To the cheese add eggs, vanilla sugar, pinch of salt, lemon zest and baking soda and mix well
3. Add the flour little by little and continue kneading/mixing by hand until dough forms. The dough will be sticky to the touch but do not add more flour
4. Let the dough rest 10-15 minutes
5. With well-floured hands divide the dough into 7 pieces
6. Form 6 donuts and with the remaining piece of dough, form 6 smaller balls
7. Heat oil in a pot or pan or a fryer if you have one
8. Fry each donut and its ball on medium heat for 2-3 minutes per side until they are nice and golden brown (5-6 minutes total per donut). Place on paper towel to absorb excess oil
9. Repeat until all donuts and balls are fried
10. To decorate the donuts: first add the sour cream and then drizzle sour cherry preserves or jam over the sour cream. Place the ball in the centre and repeat drizzling with the sour cream and preserves. You can use any fruit jam or preserves you like or dust the donuts with powdered sugar

“These donuts can be fried or boiled and are traditionally served with sour cream and sour cherry preserves.”

This is a traditional Romanian dessert. I learned to make this from my mother, Roxana Ilea Zagan, who in turn learned it from her mother. Papanași is a recipe that gets passed down from generation to generation and is enjoyed with family and friends. There are many different variations of this dessert and everyone has their special way of making it. Some of my fondest memories are the time we spent together in the kitchen, I loved watching my mom cook and a lot of what I know, I learned from her.”

-Sorina

Banana Bread

Amanda Dupuis

Ingredients

- 1/2 cup shortening
- 1 cup sugar
- 2 eggs
- 3 bananas
- 1/2 teaspoon salt
- 1/2 teaspoon of baking soda
- 1 1/2 teaspoon of baking powder
- 2 cups of flour
- 3 tablespoons of milk

Instructions

1. Mash sugar and shortening together
2. Add eggs and mashed bananas
3. Sift in remaining dry ingredients
4. Add milk and mix well
5. Bake in a loaf tin at 350°F for an hour

“I love making this with my boys. I received this recipe from my sister-in-law and recommend eating this banana bread while warm with some butter.”

-Amanda

“For me, food is the cornerstone in my practice of caring for myself and those around me, reminding me of the things that really matter in life. One of my favorite bread recipes from Chinese cuisine is “scallion flower rolls,” otherwise called 花卷 (hua juan) in Mandarin.

My mother frequently made this for our family dinners when growing up, often as a substitute for other carbs like rice or noodles. The somewhat peppery flavors of the scallions pair incredibly well with Chinese five spice; oftentimes, the scallions came directly from our backyard. The dough itself is incredibly fluffy and slightly sweet. Together, they form a most delicious roll that makes an excellent accompaniment to any main dish, although I was always very happy to just eat hua juan for dinner. I finally learned how to make this after my mom shared her own recipe with me years after I moved out of the house and was trying to figure how to cook for myself. ”

-Maggie

Hua Juan, Chinese “scallion flower rolls”

Maggie Mang

Ingredients

Dough:

- 2 cups all-purpose flour, plus a little more for dusting
- 1 teaspoon dried active yeast
- 1 teaspoon baking powder
- 1 teaspoon sugar
- About 5/8 cups of water

Filling:

- 3 scallions
- 1 tablespoon Chinese five spice powder
- 1/2 teaspoon salt
- 2 tablespoon neutral oil
- additional oil or butter for cooking if frying

Instructions

1. Mix flour, yeast, baking powder, and sugar. Slowly add the water and mix until achieving medium-firm and smoothly incorporated consistency
2. Cover dough and rest for about ten minutes while you make your filling
3. Chop up scallions, add Chinese five spice and salt. Heat up oil in a pan and pour it over the scallions
4. Lightly flour your working surface. Take the dough and, using a rolling pin, roll it out to a large rectangle
5. Spread the scallion filling as evenly as possible on your rectangle
6. Fold upwards along the long side of the rectangle into thirds. Using a sharp knife, cut 12 evenly sized pieces. Take out your steamer and steamer basket; add some water in the steamer and line the basket with either a thin layer of oil or parchment paper
7. Take two pieces and stack them on top of each other. Using a chopstick, press along the middle length to flatten it a little bit; then, taking the two ends with your hands, lightly stretch as much as you can (being careful not to tear it in half)
8. Hang the elongated dough over the chopstick. Here comes the flower part: with one hand holding one end steady, twist the chopsticks so that the dough twists unto itself, about 360 degrees. Gently slide the chopstick out – you should have a flower shape bun at this point! Arrange them in the steamer basket as you finish
9. Cover the steamer basket with a towel and allow to rest for about 30 minutes, or until almost doubled in size, depending on the temperature of your house
10. After the buns have finished resting, turn on your stove to high heat and wait for the water to reach a boil. Once the water is boiled, reduce the heat to medium and set a timer for 10 minutes from that point. If you are using a metal steamer, I would recommend wrapping the lid with a towel to prevent condensation dripping on your buns. No one likes soggy buns!

Tip: *if you want to pan fry the bottoms: once the buns have finished steaming, melt the butter in a pan and carefully place the buns in the pan on medium-heat. Continuously check on them every minute or so to make sure they do not burn. Take them off when the bottom is a light brown and feel crispy. These were always my favorite ways to eat scallion buns!*

Turn On Original Sound Recording

Sophie (she/her)... Jude Jude Abu Zaineh Seita Sadoo-Tho... Clara Abugu



Rise Up

VIRTUAL BAKING AND CULTURAL CONNECTION
FACILITATED BY JUDE ABU ZAINEH

Rise Up!

Food is one of the simplest paths to connection and care. Creating meals and sitting down around a collective dinner table is a memory that – despite coming from different experiences – unites us as humans. People from different cultures can learn about each other through the sharing of their respective recipes. Busy families find time to enjoy each other's company when dinner arrives. Even in these distanced times, creative people have discovered new recipes and continued to cook together over video chat, showing the power of food as a tool for connection that leaps the obstacle of distance.

Jude Jude Abu Zaineh Sophie (she/her) – AGW Clara Abugu

Seita Sadoo-Thomas nansy almasri Nevaeh <3

Zainab Alawar Viona ana paguaga shahedkoujan

Faiza Ahmed Rida A alisar Aisha Razi

Pavla Fernández Kvas

About

THE ARTIST - JUDE ABU ZAINEH

Jude Abu Zaineh is a Palestinian-Canadian interdisciplinary artist and cultural worker. Her practice relies on the use of art, food, and technology to investigate meanings of culture, displacement, diaspora, and belonging. She examines ideals of home and community while working to develop aesthetics rooted in her childhood and upbringing in the Middle East.

Abu Zaineh is the recipient of the 2020 William and Meredith Saunderson Prizes for Emerging Artists, and was one of the first selected artists to participate in a collaborative residency with the Ontario Science Centre and MOCA Toronto (Canada). She has presented her work nationally and internationally including Cultivamos Cultura, São Luis, Portugal; Museu de Arte, Arquitetura e Tecnologia, Lisbon, Portugal; Centro de Cultura Digital, Mexico City, Mexico; SVA, NYC, USA; Forest City Gallery, London, Canada; Centre Culturel Canadien, Paris, France.

Abu Zaineh received an MFA from the University of Windsor (Canada) and is currently pursuing her PhD in Electronic Arts at Rensselaer Polytechnic Institute (NY, USA) as a SSHRC Doctoral Fellow.

THE PARTNER - WEST OF WINDSOR INC.

Women's Enterprise Skills Training of Windsor Inc. (WEST) provides support to women in Windsor-Essex County and works to aid them in achieving their goals through acquiring employment, training, and skill development, while aiding newcomers and immigrants with their settlement into our community. They break down barriers that women face in regards to employment, particularly for women from racialized communities. Along with a hired facilitator, AWE can provide a skills-training program that is arts-based, connect clients with local arts leaders, and break down barriers of communication.

The SEAT Program aims to empower young women to think of careers in STEM/STEAM. This program will give young women between the ages of 15-30 years old the opportunity to work together on a STEAM related community-based project that will focus on creating positive change for our community.

THE CENTRE FOR ART AND WELLNESS

The Art Windsor-Essex Centre for Art and Wellness is an interdisciplinary mental wellness program that uses creative programming to foster community well-being. If you're looking for a hub of programs that will help facilitate community connection and artistic creation, you're in the right place! Through partnerships with WEST of Windsor, WRYM, and Autism Ontario, among others, the Centre for Arts and Wellness is providing wellness programming for our community members who are most vulnerable during COVID-19 and beyond.

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Facilitated by Jude Abu Zaineh

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