

## LIFE / DEATH: EXTRA- TERRESTRIAL TAKEAWAY - A LONG PRAWN DISASTER RESPONSE, 18 March 2020

Well, here we are, friend. A theme which at the time was fantastical, far-fetched and intended to agitate yet alleviate the fragility of our petty lives, is utterly real. An acrid realisation that we finely balance on the knives edge.

Yet as we bunker down, create distance from each other, Long Prawn asks you to seek solace in your food. For food during these times bolsters us.

A daily interruption where we can pause and take heed. An opportunity to embellish ingredients with spices pulled from the depths of our pantries. An invitation to bake. An enlightenment of canned food. A chance to slow cook. A chance to actually ask your neighbour for a cup of sugar. Deep fridge explorations.

Canceling our event was necessary yet we hope there are learnings still ripe for the picking.

These takeaway packs are thoughtfully and cleanly put together by chef Madé Dhanu Yasa Wibisana. His food highlights that removing meat as the backbone of a meal is no hindrance to flavour. In harnessing spice, seaweeds, fungi, fermentation and presentation; the menu is an acute reminder of the possibilities.

Growing meat on a large scale is incredibly resource-heavy and by creating a culture of continuous availability we run into some devastating impacts for our planet. LP's view is that meat is a *sometimes food* and that small, ethical producers are the only viable outlet for it. Although these issues seem so secured in our future, the current challenge is one which feels entirely medieval.

As an invisible foe, CoViD-19 has landed an uncertain and uncomfortable veil upon us all. During these times we mustn't forget the luminous power of food. For spirit, for immune systems, for wellbeing, meaningful food has the undeniable ability to drag us through. Daily, we command you to put down your phones, switch

off the radio and get freaky with your ingredients. The art of isolation cooking is upon us and in the wise and enduring words of Ms Isabella Beeton:

*What is eaten willingly and with relish does more good than double the amount swallowed with disgust.*

Thank-you for purchasing this self-isolation pack, it has helped us minimise any food waste from the cancellation. Please send or tag us in any photos you may take as we would love to enjoy this alongside you. Stay nourished and take care!

@long\_prawn @fed.bymade @friends.associates @seaweed\_appreciation\_society (SASi)

Pack includes: (GF and Vegan)

- 1 Smoked hassle-back potato, plum glaze
- 2 Celery, cucumber, radish salad
- 3 Mushrooms, black garlic
- 4 Snake-beans, garlic chives, shiso
- 5 Agar<sup>2</sup> jelly, SASi lime bioplastic, plum
- 6 LP bespoke hand sanitiser (not for human consumption)
- 7 Pair sanitary gloves