

● **LONG PRAWN  
LOOKS AT BROTH  
(G): BIN BROTH AND  
BROKE BREAD,  
ELTHAM (GMT+10)  
STRINGYBARK  
SOLSTICE MARKET,  
JUNE 22 09.00-  
15.00H, MELBOURNE**

Drawing on the knowledge of close friends, far away cooks, historians and mentors; LP have been skimming together an understanding of humble flavoured water - broth, soup, potage, sopa, call it what you will. As the longest night of the year, long prawn will ladle a long broth affectionately named, Bin Broth.

● 'LONG PRAWN LOOKS AT' is an ongoing research project and event series which explores the increasingly global language of food. Food of folklore, food of familial ties. It comes from a fascination with the foodstuffs that exist somewhere between the home cook and the restaurant. A long trawl for heartfelt food, honing in on cross-cultural topics such as broth, sausage or small fish.

'LONG PRAWN LOOKS AT: BROTH' began with a global recipe call-out; submissions of important broths, soups, consommés, flavoured waters. Recipes and data were collected via Google Form to identify the merits and characteristics of the submissions alongside a written recipe. The study allowed us to boil down what our focus group understood as the defining fundamentals of their favourite liquid meal.

● The data we received pointed to two key factors for a memorable soup. The first was that it was familial, domestic and homely – a conjuring of family and safety through a dish which is always available. The second important factor was the economy of broth. Soups were

the art of the frugal. Part magic and part smarts, peoples recipes showed how a broth could be made from the fewest of ingredients yet yield terrific results.

'BIN BROTH' is an adaptation of the most resourceful recipe we received. Humbly offered by designer D.Lok, the recipe called to save ingredients from the bin, rather than go purchase them. Mushroom stalks, carrot tops, onions skins; all worthy flavour enhancers. As Lok notes, a floppy carrot in the crisping drawer is still loaded with sweetness and body. After a couple weeks accumulation, ingredients paused in your freezer, become all you need. Our recipe however, borrows this principle and took it to the butcher. Asking for any bin destined bones. A boil for 10+ hours sets this aromatic savory tea in perfect place for dob of chicken fat, a knob of bread and some seasonal black truffles (better waste some of the money you saved, right?).

## *BROTH* ♦

### INGREDIENTS:

Onion tips / carrot ends / daikon root / sad fridge herbs / shroom stalks / garlic odds / ded duck bones / foot of pig / peppercorns / bae / tap water.

### INSTRUCTIONS:

Roast your bones till brown. Cover all ingredients with water. Boil. Skim. Boil 8 – 12 hours, low simmer long time. If you spend over \$5 dollars you are doing it wrong. Use for cooking, drink hot, freeze or clarify and embellish to impress.

## ENJOY!

