

Year TIME history

Y U C A - ZUCCHINI

Z one SPACE body

A RECIPE FOR TIME-SPACE TRAVEL

With destiny to the now

History is not the past.

It is the present.

We carry our history with us.

We are our history.

If we pretend otherwise, we literally are

Criminals.

I attend to this:

The world is not white;

It never was white,

Cannot be white.

White is a metaphor for power,

And that is a simply a way of describing

Chase Manhattan Bank. (1)

Crispy Baked YUCA Fries

Prep Time: 10 minutes

Cook Time: 40 minutes

Total Time: 50 minutes

Ingredients

- 1-2 yuca root aka cassava depending on size.
- 2-3 tbsp coconut oil
- 1/4 tsp salt
- Black pepper

Instructions

1. Over high heat on the stove, heat about 8 cups water until bubbles begin to form.

Add some salt to the water as well.

2. Preheat your oven to 425F.

3. As the water heats, cut off the ends of the yuca with a sharp knife. With a vegetable peeler, peel off the thick layer of brown skin completely. (If you prefer to use a sharp knife to remove the peel, this is fine too. I used a regular potato peeler and it worked well.)

4. If the yuca is long, cut it in half before slicing it into "fries" about 1/2 inch thick. Leave out the tough fibrous core.

5. Place the cut yuca in the just-bubbling water and bring to a boil. Allow to cook for about 10-15 minutes, or until the yuca is fork tender, don't let it get soft.

6. Drain yuca and pat dry with paper towels. Toss the fries with coconut oil* and salt to coat them completely, and line a large baking sheet (or 2) with parchment paper.

7. Arrange the yuca in a single layer on the parchment paper giving each one a bit of space, this will ensure the crispy texture.

8. Bake in the preheated oven for 30 minutes, turning over in the middle of the cooking time. When they are golden brown and crisp they are ready to come out. Don't let them brown too much! Sprinkle with black pepper while still hot.

9. Serve right away alone as a snack or as a side dish with your favorite dip Enjoy!

Recipe Notes

- Using all the coconut oil is key to get a golden brown (like a sun spa for white people), crispy outside. Yuca is starchy and absorbs oil quickly.

The growth for artistic consumption
we have witnessed
in the recent years
should be placed, nevertheless,
in relation to the increasing
uniformity
of the life
of individuals in the
urban context...

This is the dilemma every artist has to confront:
“ to go with the flow,” as advocated, for example, by the transavantgarde
and the apostles of
postmodernism,
or to work for
the renewal of aesthetic practices relayed by other innovative segments
of the Socius, at the risk of encountering
incomprehension
and of
being isolated
by
the majority of people. (2)

Suero Costeño (Cream Cheese) with Z U C C H I N I crumbs

Prep Time: 60 minutes

Cook Time: 120 minutes

Total Time: 180 minutes

Ingredients

- 1 litre whole milk
- 2 tablespoons lemon juice or white vinegar
- 1/2 teaspoon salt
- 1 zucchini

Preparation

1. In a saucepan warm the milk and add the lemon or vinegar and leave it for 2 hours to congeal.
2. Then place on low heat for 5 minutes so that the water is separated from the milk.
3. Lower the heat and let stand another 15 minutes.
4. Then move the contents through a very fine strainer and slowly let the water settle.
5. Make this process as often as necessary and retain the solid product of milk.
6. Place the curds of milk in a cup and then add the salt and mix well with a fork.
7. To make it a more creamy buttermilk, pass it through a food processor which should break the lumps well.
8. Grate zucchini and add it to the mix.

Recipe Notes

- Store in a covered container in refrigerator.
- Consume in less than 7 days.
- Zucchini is Calabacin in Spanish; it will be used from now on in this text.

At some point in the Earth's history, the heat generated by the sun started to be trapped by an early atmosphere, where this energy was stored and could accumulate. Today, deep in the Earth's bowels, geological heat—remnants of the first combustions on the planet—participates actively in the processes of warming up and cooling down the world; of consuming and expending energy by every organism; of topography forming. The shape of mountains models evolution—its paths, its duration and temporality—while life alters the way the movement of tectonic plates models topography; an unending process of change and exchange where movement is the key for evolution, for the past to become the future in the present.

What once was at the floor of the ocean (55 million years ago) is today at the top of the Himalayas, and through the processes of erosion and exhumation it is constantly replaced. The oldest rocks fall downhill to be piled at the bottom of the mountain chain. Like Sisyphus, mountains bring rocks from the bottom to the top to see them going down again—however, the mountain is never the same, and neither are the rocks. As mountains rise, they create different climate conditions where life can experiment with new internal variables and external environments.

Yuca and Calabacin come from what it is today called by some, Mesoamerica. From central Mexico to Colombia, different indigenous people cultivated, cooked and ate different crops based on mountain climate. For Muiscas in the middle of the Andes yuca together with corn were the base of their diet, culture, politics, religion and economy. In pre-colonial times Calabacin was cultivated in what today is known as Brazil and Paraguay. Its modern version was developed by Italians somewhere in the 19th century and then reintroduced to America by European immigrants, less than a hundred years ago.

To eat, to taste;
the story of history, the history of a story
of energy, accidents, uncertainty, of becomings and changes.
The origin of a constant beginning,
an origin stretching in time,
always happening in the now.

An eternal becoming,
nothing else nothing more;
a constant coming back to the origin,
to creation, to creativity.

Sun,
Rocks,
Fire,
Gases,
Carbon,
Animals,
Plants,
Extinction,
Adaptation,
Language,
Repetition.
Life,
Matter,
Oxygen,
Water,
Hand,
Tools,
Genocide,
Excess,
Me,
Depression,
Discrimination,
Resilience,
Hope,
Now, Tomorrow, Yesterday, Here, There, Absence, Again...

The body is the inscribed surface of events
(traced by language and dissolved by ideas),
the locus of a dissociated Self
(adopting the illusion of a substantial unity),
and a volume in perpetual disintegration. (3)

Ahora es el origen, ahora es el comienzo,
Ahora es cuando, maintenant, now, ʉʉʉ, nunc, nou, ara, anutsh...

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- (1) From James Baldwin's *I'm not your Negro*. (P.169)
(2) From Guattari's *Chaosmosis*. (P. 131)
(3) From Foucault's *Nietzsche, Genealogy, History*. (P. 148)