

L for LANGUAGE

Ingredients:

- Cheese.

Directions:

Perception (see letter “P”) is a prerequisite for this recipe, which involves the task of choosing some kind of cheese that you like;

Doing cheese by yourself is a very hard task, since the distribution of raw milk, which is a prerequisite to make cheese, is forbidden by Canadian FDA as it is in many countries ruled by the State. Language might also be ruled. Language, like a recipe, is made not to be created, but to be obeyed, and to compel obedience. That’s why “letter P” is a prerequisite - making language an act of creation like poetry, literature and other languages such as mainstream art. Our hope is that it’s impossible to reproduce a recipe since it will vary. ingredients, habits, languages, modes of procedure are singular. The same dish ruled by the same recipe doesn’t produce the same dish.

When buying a cheese, please make sure that you know the specificity of the cheese you want, which will ask for a vast skill on language, depending on which country you live.

Combining “Letter L” with “Letter P” demands creation and personal taste, which means singularity.

Singularity involves some kind of awareness of perception and transducing it into words: Soft, salty, cured, white cheese, lactoses free cheese...

For the matter of creation, buying and combining cheese with the recipe described on “Letter P”, for Perception, will help you to make of Language a *State of Art* instead of something to be obeyed, or an instrument of order and command.

Once you accomplished the task of acquiring cheese, use it as you want.

Combining Cheese with Guava Paste (see the letter P recipe) will bring you a traditional Brazilian dessert called “Romeo and Juliet”. For the purposes of “Eating Your Words”, we decided to give this dessert another name: “Lygia and Hélio”, two Brazilian artists that challenged perception and the languages of art.

P for PERCEPTION

Guava Paste

Ingredients

Makes: 800 gramas

- 14 large red, ripe guavas
- 700g caster sugar
- 375ml water

Directions

- Wash and peel the fruit, reserving the peel. Cut guavas into pieces and purée in the blender until smooth. Pass through a sieve and set aside.
- Place the sugar and water in a thick saucepan and cook over high heat, stirring, until the sugar dissolves and mixture begins to boil. Stop stirring and let it boil for 5 minutes.
- Add the guava purée and a quarter of the reserved peel (there is no need to chop the peel because it will fall apart during cooking.)
- Stir with a wooden spoon until the mixture thickens and you can see bottom of the pan when stirring. Remove from the heat.
- Line a 15cm loose-bottomed cake tin with greaseproof paper and spread the guava paste in it; let cool, unmould and remove the paper. To serve, cut into pieces.

Note

- When choosing, washing, peeling and cutting the guavas it is highly recommended to do it slowly, slowly and attempt to the smell released by the guavas. There are many layers of smells between the raw, the cooked and the final product. If you want a guava paste less thick, more close to a jam, cook the guavas with sugar for less time.

THIS DESSERT IS A "DIALOGUE" BETWEEN "L" FOR LANGUAGE AND "P" FOR PERCEPTION.

Combining Guava paste with cheese (see letter L recipe) will bring you a traditional Brazilian dessert called "Romeo and Juliet". For the purposes of "Eating Your Words", we decided to give this dessert another name: "Lygia and Hélio", two Brazilian artists that challenged perception and the languages of art.

DIRECTIONS FOR TASTING IT:

1. Read this quote from Lygia Clark (1983)

We are the proposers: we are the mold, it is up to you to breathe the meaning of our existence into it.

We are the proposers: our proposition is that of dialogue. Alone we do not exist. We are at your mercy.

We are the proposers: we have buried the work of art as such and we call upon you so that thought may survive through your action.

We are the proposers: we do not propose you with either the past or the future, but the now.¹⁰

2. Take a breath. Tasting this dessert is about "THE NOW". Put the eyes mask and pick the dessert in front of you;
3. Chew it slowly and try to discover the different flavors that emerge from your perception of this dessert.
4. Take of the eyes mask, and if you can, draw or write down some things that you perceived: qualities of senses, tastes, memories. Build yourself a language to express this experience.

Keep a question for yourself: how does perception and language combines on your research-creation practice?