

# ***the squatters' cookbook***

*a Kilometer Zero production*



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# INTRODUCTION

Paris boasts a dozen spectacular art squats. These abandoned buildings have been seized by artists and transformed into creative engines that drive the contemporary art scene. The squats are diverse and international but what binds them is a tremendous sense of community. Nowhere is this more apparent than in the greatest of traditions—the breaking of bread.

The Squatters' Cookbook combines the artistry and adventure of squats with simple, healthy and creative recipes. The collection is born from the art squats but can be prepared around the world and will be noted for the astonishing meals possible on an artist's meager budget and with limited cooking tools. The book includes profiles of different squats, features on artists, 50 to 60 gloriously-designed recipes and vibrant photography, all with the Paris allure.

In the highly competitive but wonderfully lucrative cookbook market, The Squatters' Cookbook will attract a range of audiences: students looking for easy meals, art aficionados intrigued by squat life and Francophiles who can't get enough of the world's most romantic city.

The Kilometer Zero Project is ideally suited for this cookbook. As an association of artists and writers that publish an internationally-distributed magazine we have the editorial and marketing skills to create and help sell the product. As an organization that lives and works in the Chateaudun art squat, we have the experience and contacts to capture the squat lifestyle. And with the project energized by the charisma of lead chef Tom Pancake and guided by the expertise of Gayle Brownlee—personal chef to the Paris-based ambassador of New Zealand—it will have winning personality and bona fide credentials. The Paris food photographer Stefan Hoareau (sample work on page 10) is keen to take part once the project is under contract.

The Squatters' Cookbook will be sensational. The following pages give you a peek at the delight ahead.



# TOFU SALAD

The vegetables and tofu are cooked—roasted or fried—and served at room temperature. That's why it's good for what we do with a single burner: you can cook and chop the vegetables an hour before dinner. It's like a regular salad but because it has the tofu and mushrooms it's got that extra little bit of substance. This is a salad you could eat and feel satiated. Serve this for a course of a dinner party or by itself to a date for lunch because women and musicians worry about their weight sometimes and this you can eat and feel good about. It also gets away from your everyday tomatoes and cucumbers.

## ingredients

- tofu salad
- 1/2 onion
- 1 cup (110 grams) green beans
- 1 cup (110 grams) mushrooms
- 1 cup (110 grams) pretty green lettuce
- 1 package tofu (450 grams)
- 1 tablespoon (15 ml) sesame oil
- 1 tablespoon (15 ml) soy sauce
- a pinch of cayenne pepper
- 1–2 cloves finely chopped garlic
- miso vinaigrette
- 1/3 a cup (3 oz) olive oil
- 1/3 cup (3 oz) vinegar (rice preferable)
- dash of hot sauce
- 1 tablespoon (15 ml) miso
- 1/2 teaspoon (2.5 ml) mustard

## preparation

For the salad pull the stems off of the mushrooms and cut them into half-inch slices. Trim the ends off the green beans. Chop the garlic fine and dice the tofu into bite-size squares. Now heat up the sesame oil hot in a frying pan, add the cubes of tofu and fry them until golden brown (8-10 minutes). Add soy sauce and pinch in cayenne pepper and cook and toss for two or three more minutes. Take them out and using the same pan, add a touch more oil and fry the garlic a little, then add the onions, mushrooms and green beans. Cook for about four or five minutes and then put them on a plate with the tofu and let them cool separately so they don't wilt the lettuce. Toss them all into a bowl together with dressing.

Dressing: Put equal parts of olive oil and vinegar in a jar—a third of a cup of each works for a regular sized salad. Add your spoon of miso, mustard and hot sauce and stir until everything is mixed together, and then splash it onto your salad.



## presentation

For a date, a girl, a lunch, a simple plate with a garnish of bread is good; or for something fancy at a dinner party you can make origami bowls out of paper.

A trumpet-player from Chicago sleeps in the third floor bedroom, a Russian folk singer sets up on the basement stage and a dented van is being loaded with amplifiers. A typical afternoon at Les Falaises.

Paris squats usually have a theme, either artistic or philosophical. Sometimes they are founded on common principles, other times strong artists come to characterize a squat and attract the like-minded. In the case of Les Falaises, it didn't plan to become a renowned underground music venue, but there are no complaints.

'We held a show or two and it caught on,' says Yann Le Brun, one of the founding members. 'Now we get people calling from New York and London to play here.'

Left empty for ten years, the building had been an abandoned butcher shop with four levels of

ramshackle apartments above. In May 2000, Lebrun pried open a sun-window on the roof and slipped inside. Because the building is so close to a red-light district, at first the owners and the police were relieved it was artists and not drug-addicts who had installed themselves. Once the property was cleaned up, the community opened their arms.

The name Les Falaises means cliffs, a reference to the south slope of Montmartre where the squat sits. There is a basement performance venue, a small art gallery, and six live-in studios for artists. Among the residents is painter and sculptor Stephan Helouin. He lives in a fourth floor studio with a play area for his four-year-old daughter Lucille who lives with him half-time. 'It is a good place for her,' Stephan says. 'Safe and clean and she is around art and music.'

This page, clockwise from top-left: Graffiti art on staircase leading to private ateliers; Stephan Helouin of Les Falaises; Sitting area in gallery; Basement performance space; The proud brandished building of Les Falaises. Opposite page: Yann Le Brun on roof of Les Falaises.



# FALAISES SQUAT



Performances run three or four nights a week in the basement cave and the cachet of the squat draws musicians who wouldn't otherwise play a 50-person room. There is a maximum door charge of four euros that goes directly to the performer while profits from the bar go to the squat for food and supplies.

The kitchen at Les Falaises is breathtaking. A sky-light floods the kitchen in natural light and the open-concept space looks across to the

gallery. It is equipped with a refrigerator, oven and burner that were all found on the street. Meals tend to be rice and pasta but once a week, the squatters serve a special public dinner. Based on the work of a British artist and the novel *Leviathan* by Paul Auster, Les Falaises offers chromatic meals: one week it will be beets, cranberry juice and red penne pasta in a tomato sauce, the next it will be green beans, salad and spinach quiche.

# TOM COOKS RAY & BISCUITS

## BISCUITS

This is a little piece of Americana that is very dear to me and any time I get sick for home I go find someone with an oven and make a batch of biscuits. Breakfast, lunch, and dinner, it is a food I grew up with, and not the Pillsbury Doughboy crap from a can either. His biscuits are no good and with an extra eight minutes of effort a body can make them from scratch and twenty times better. People are always impressed when you make your own bread, no matter what kind it is—biscuits, tortillas, pizza dough, whatever. With the ray I put the lemon pepper in them because they compliment the flavor but you can put anything in: orange and dates, chocolate and hazel nuts, bacon and cheese, but it isn't necessary.

### ingredients

2 cups (220 grams) flour  
2 teaspoons (10 ml) baking powder  
1 teaspoon (5 ml) salt  
1 tablespoon (15 ml) crushed peppercorns  
lemon zest from 1 lemon  
3/4-1 1/4 cup (100 ml) buttermilk

### preparation

Put the dry ingredients into a bowl and sift with a fork. Rub butter into it with your fingers. Mix it thoroughly until it is like coarse meal. Pour the buttermilk in slowly, while stirring, until the dough holds itself together but isn't sticky—do not stir too much. Put the dough on a lightly flour dusted counter and pat it to less than an inch thick. Cut rounds with something like a coffee cup. Place into a pan greased with butter leaving a bit of space in between because they expand and the heat touches all sides this way. Cook on high heat for ten to twelve minutes or until golden brown.



### thomas pancake

Songwriter, musician, novelist, Tom has been living in Paris for three years and now works out of the Chateaudun art squat.



## STINGRAY

Stingray is an interesting fish to cook: it's not something most people eat or even think about very often, but it tastes amazing and normally it isn't too expensive. With the olive oil it finishes very moist tender and the flavor isn't as strong as some other types of seafood so there is less chance of turning off the non-seafood lovers.

I also find fish incredibly easy to cook—just put some heat to it—the trick is knowing when the fish is done. A past lover of mine taught me how: after eight or ten minutes or when you think the fish is done, stick a knife into the center of it for a second and then pull it out and place it against your lip. If the knife is hot on the lips it's ready to eat.

At Chateaudun we don't have a serving platter but we do have a lot of picture frames lying about which work great. I serve lots of meals this way and it has a Japanese feel like sushi plate.

### ingredients

stingray for four (a little less than 2 pounds or 1 kilogram)  
1 tablespoon (15 ml) olive oil  
salt & pepper

### preparation

Preheat the oven on high. Place the fish in pan and drizzle olive oil on top. Sprinkle on salt and pepper. Then put in the oven for eight to ten minutes.





## STICKY RICE DESSERT

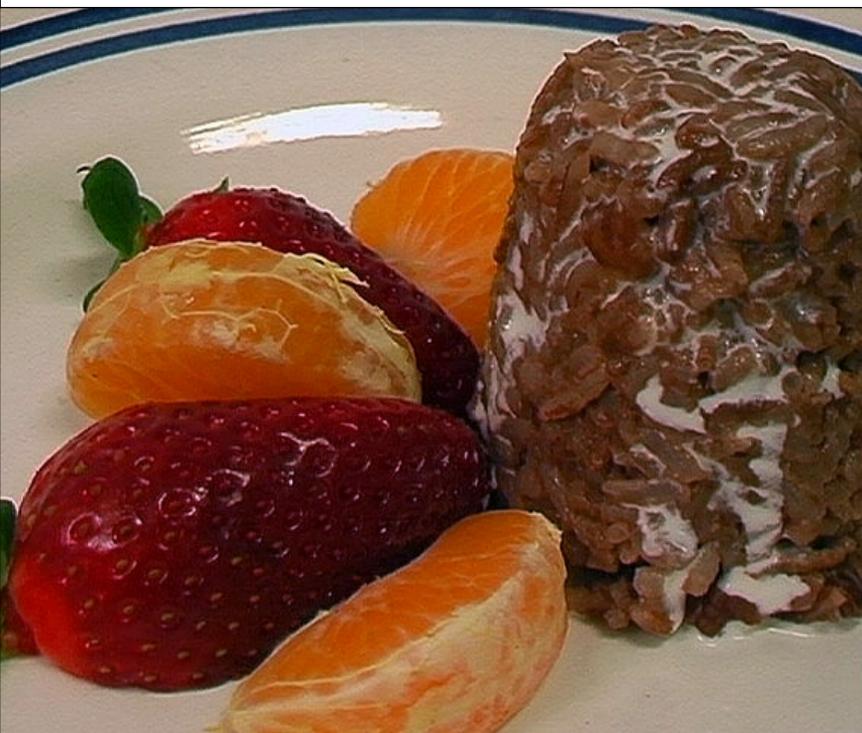
This is what you do with your left over white rice—for desert with diner or it's really good for breakfast the following day. Rice goes off in the fridge very fast so you need to do something with it, usually before you want to cook another big meal. You can have your sticky rice with chocolate or nuts or fruit or muesli or whatever you like, and eat it warm or stick it back in the fridge to have chilled. When cool it's sticky enough to mold into shapes or you can sculpt it...

### ingredients

2 cups (220 grams) left over rice  
1 cup (250 ml) cream cream  
fruit, muesli, chopped chocolate, or nuts  
cinnamon

### preparation

Put rice and other ingredients (eg. chocolate and tangerines, muesli with sliced bananas) into a saucepan and place on high heat and stir until the cream is reduced, about 6 to 7 minutes. After, either serve warm or place in the fridge to chill. For molded shapes use an open-mouthed vessel lightly greased with butter. After the rice has been chilled, lightly tamp it into cup and softly tap the rim of the vessel on the counter until the rice pops out.



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