

Unit 3 Major Project

James Brook

How can typography reinforce the understanding of a text and amplify the authorial voice within it?

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Using recipe books as source material, this project will examine the ways that typography can be used to make a text comprehensible to the reader and how typography can be used to amplify the presence of the authorial voice.

Research

Recipe Hierarchy

A series of twelve interpretations of a recipe, inspired by the chapter 'Expressing Hierarchy' in John Kane's *A Type Primer*, as a way of thinking about typographic hierarchy in recipes.

Turkey and Sweet Leek Pie

www.jamieoliver.com

This is dead simple, completely versatile and absolutely gorgeous. It's not a pretty-boy pie; it's a proper, old-school pie that everyone will be over the moon to see on the table. I'm putting leftover white turkey meat to good use here, but you could also mix brown meat in there too.

Ingredients

2 rashers smoked streaky bacon, roughly chopped
½ bunch of fresh thyme, leaves picked
olive oil
a large knob of butter
2kg leeks, washed, trimmed; white end chopped into chunks, green end finely sliced
sea salt and freshly ground black pepper
800g cooked white turkey meat, torn into big chunks (brown too if you want)
2 heaped tablespoons plain flour, plus extra for dusting
2 pints turkey, chicken or vegetable stock
2 tablespoons of crème fraîche
1 x 500g packet puff pastry
12 jarred or vac-packed chestnuts, roasted and peeled
2 sprigs fresh sage, leaves picked
1 egg, preferably free-range or organic, beaten

Method

Preheat your oven to 190°C/375°F/gas 5. Put your bacon in a large pan on a medium heat and add your thyme leaves. Add a lug of olive oil and the butter and let it all fry off a few minutes. Add all of your prepped leeks and fry them off for about 3 minutes so they are well-coated in the butter. Add a pinch of salt and pepper then pop the lid on top, turn the heat down to medium and let them cook away gently for 30 minutes, stirring every 5 to 10 minutes to make sure they don't catch. There's

going to be enough moisture in the leeks to keep them happy in the pan so they should be soft and melt in your mouth once they're done.

When your leeks are ready, add the turkey meat to them and stir. If you've got a bit of stuffing mixed in there you can put that in too. Add the flour, mix it in well then pour in your stock and stir again. Add the crème fraîche then turn the heat up and bring everything back up to the boil. Have a taste and add a bit more salt and pepper if it needs it then turn the heat off. Pour the mixture through a sieve over another large empty pan and let the wonderful gravy from the mixture drip into the pan while you roll out your pastry.

Get a deep baking dish roughly 22 x 30cm. Dust a clean surface and a rolling pin with a bit of flour and roll your pastry out so it's about double the size of your dish. Crumble the chestnuts over one half of the pastry then tear a few of the sage leaves over the chestnuts. Fold the other half of pastry on top then roll it out carefully and evenly so you have a rectangle big enough to cover your baking tray. Don't worry if a few bits stick out here and there.

Spoon that thick leek mixture from your sieve into the pie dish and spread it out evenly. Lay your pastry on top, tuck the ends under then gently score the pastry diagonally with your knife. Add a pinch of salt to your beaten egg then paint this egg wash over the top of your pastry. Pop your pie in the oven for about 35 to 40 minutes or until the pastry is puffed up and golden brown. When the pie is ready, re-heat the lovely gravy and serve with your pie, along with some peas tossed in butter, lemon, salt and pepper and everyone's happy!

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Output

Ratatouille Poster

A starting point for thinking about recipes and cookery books – does a recipe have to sit within a cook book? How can colour be used to represent food? What is the most important element in the hierarchy of a recipe?

A1 poster, 59.4cm x 84.1cm.

Ratatouille.

2 red peppers; 2 tbsp olive oil; 1 medium onion, cut into small dice; 4 cloves garlic, minced – 1 kept separate; 4 ripe tomatoes, peeled, seeded and cut into small dice, plus juices; 3 sprigs of thyme, plus 1tsp thyme leaves; 1 pinch of saffron; 1 tsp balsamic vinegar (optional); 3 courgettes (a mix of yellow and green is good), thinly sliced; 1 aubergine, thinly sliced; 4 plum tomatoes, thinly sliced; 1 tbsp extra virgin olive oil, plus extra to serve; 1 clove garlic, minced.

Heat the oven to 230C, cut the peppers in half, removing the seeds and pith, and place them cut-side down on a lightly oiled baking tray. Roast for 20 minutes until the skin has blistered, then remove and leave to cool, turning the oven down to 140C.

Meanwhile, heat the olive oil over a low heat, add the onion and cook until very soft, but not browned (about 8 minutes), adding 3 cloves of minced garlic 5 minutes in. Stir in the tomatoes and juices, and the sprigs of thyme, and simmer until most

of the liquid has evaporated. Peel the pepper, cut into small dice and add to the pan to soften along with the saffron. Remove the thyme, season to taste, and stir in the vinegar if using.

Spread the sauce on the bottom of an oven dish, then arrange the sliced vegetables on top. Mix the remaining clove of garlic with the extra virgin olive oil and thyme leaves, season and sprinkle over the top. Cover tightly with foil, and put in the oven for 2 hours until the vegetables are tender to the point of a knife.

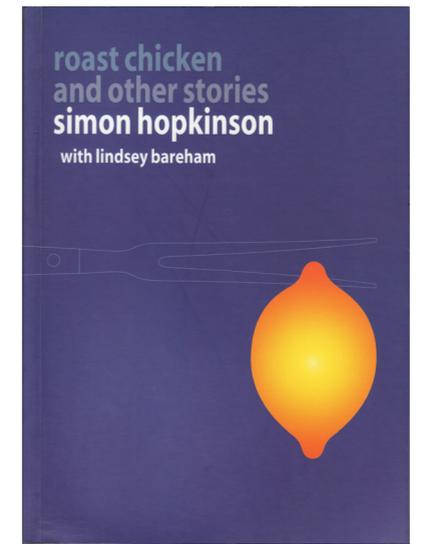
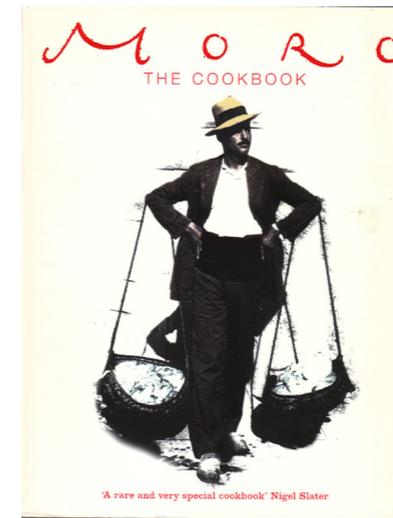
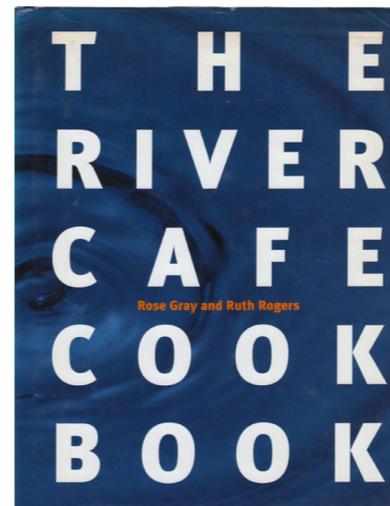
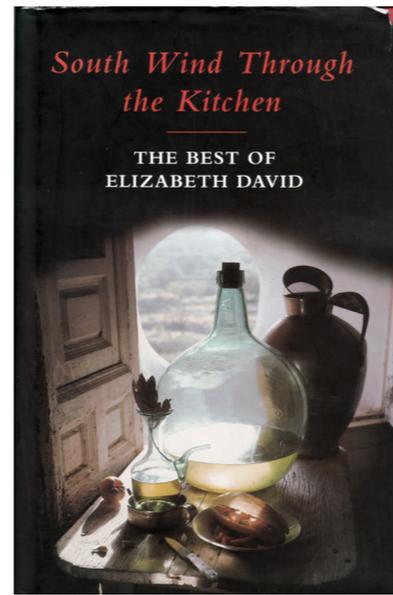
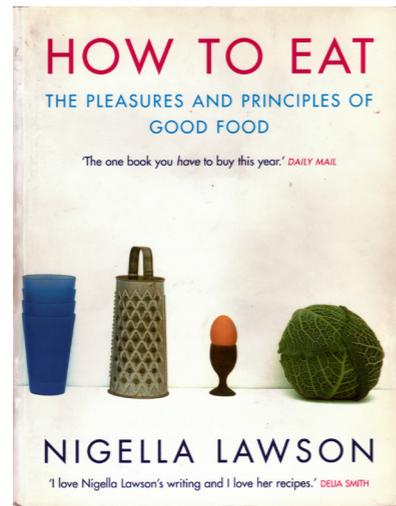
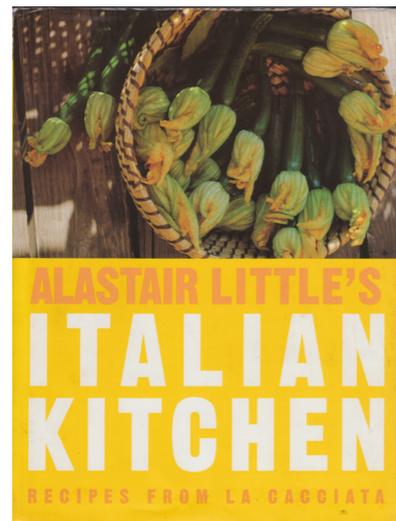
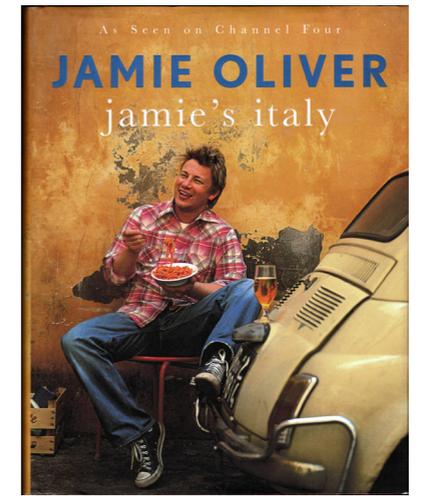
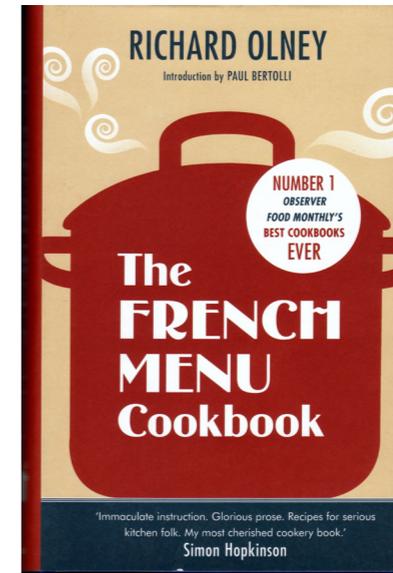
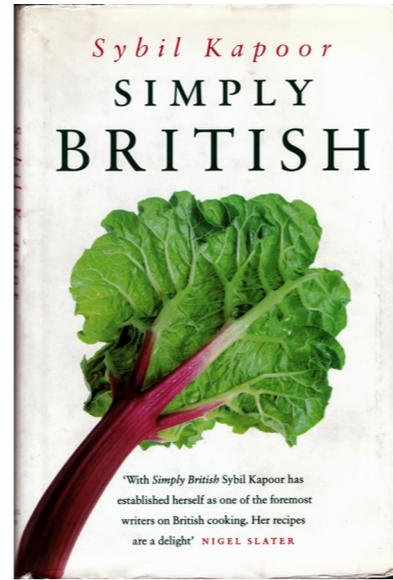
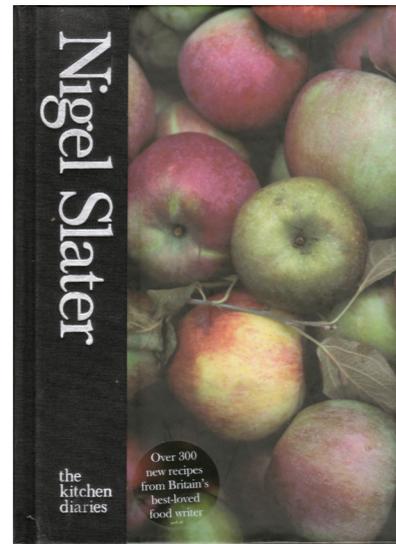
Remove the foil, and cook for 30 minutes more – if the top starts to brown, cover loosely with the foil again. If there is any liquid left in the dish after cooking, decant it into a small pan, and reduce over a medium heat, then pour back in. At this point it can be kept for a couple of days.

Just before serving, re-heat if desired, then put the ratatouille under a hot grill until lightly browned. Serve with extra virgin olive oil and crusty bread.

Research

Cook Book Design

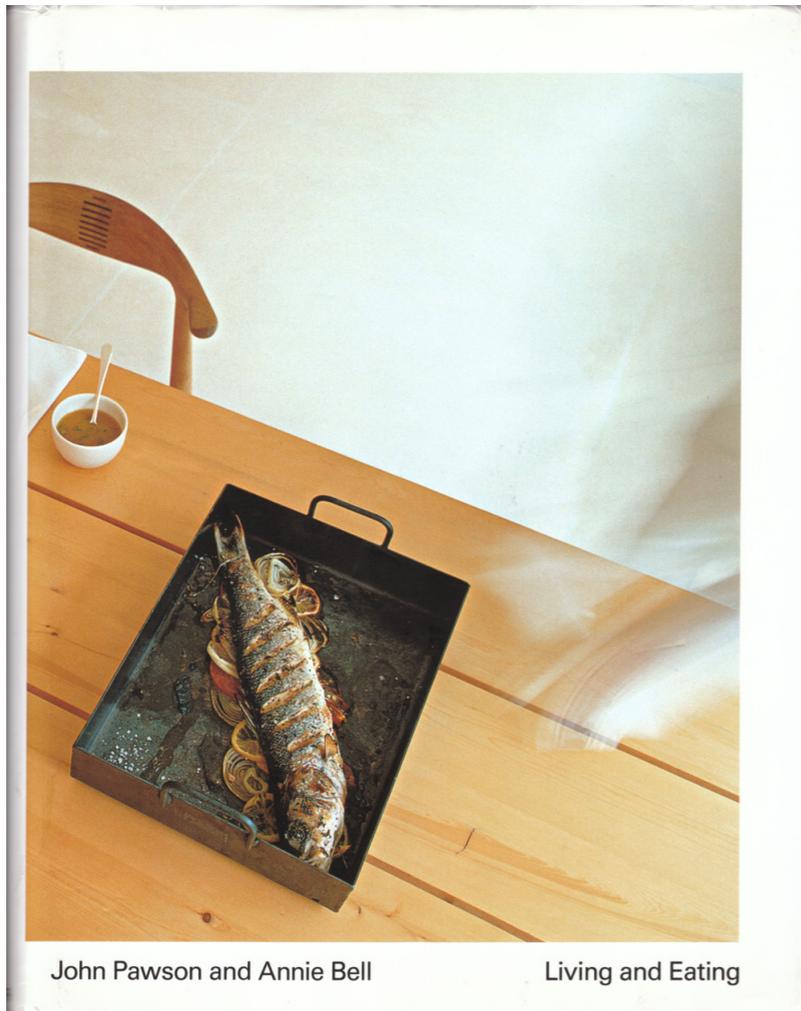
www.cookbookdesign.blogspot.com



Research

Cook Book Design

www.cookbookdesign.blogspot.com





pork loin with fig and balsamic vinegar

Pork loin has a delicate flavour, so the cumin helps it fight for attention with the fig and balsamic dressing.

Serves 4

For the pork loins

2 x 350g pork loins, each cut in half across the width
pinch of cumin
salt and freshly ground black pepper

For the fig and balsamic dressing

50g butter
75ml balsamic vinegar
75g soft dark brown sugar
zest and juice ½ orange
6–8 figs, quartered
1 pomegranate, seeds only
50g shelled pistachios

Serve slices of the pork with watercress. Spoon the sauce over the top and serve with hot roast potatoes (or fat chips).

The pork loins

1 Preheat the oven to 200°C/400°F/gas mark 6

2 Season the pork with salt and pepper.

3 Melt a little of the butter in a large ovenproof pan over a medium heat. Stir in the cumin and add the pork. Brown the pork on all sides, to seal the meat.

4 Cover the pan with foil and transfer to the oven for about 12 minutes, until cooked through.

The fig and balsamic dressing

1 Heat the sugar and the rest of the butter slowly in a heavy-bottomed saucepan until they begin to caramelize (be careful it doesn't melt too quickly and burn). Add the balsamic vinegar and stir to form a syrup.

2 Remove the pan from the heat and immediately add the figs, pomegranate seeds, orange zest and pistachio nuts, coating them well in the syrup.

top tip:

Pork can be rather bland, so try seasoning it with celery salt or paprika as an alternative to salt and pepper.

Research

The way we eat now

Tim Adams *Observer Food Monthly*, Sunday May 15, 2011

“At the same time as we have opted to choose cookbooks as our favourite reading material, there has been an exponential increase in the consumption of takeaways and fast food. We may be producing more world-class chefs than ever before, but a fifth of our food still comes out of plastic and a microwave.”

Food Porn

Coward, Rosalind (1984) *Female Desire: Women's Sexuality Today* Paladin

“Cooking food and presenting it beautifully is an act of servitude. It is a way of expressing affection through a gift... That we should aspire to produce perfectly finished and presented food is a symbol of a willing and enjoyable participation in servicing others. Food pornography exactly sustains these meanings relating to the preparation of food. The kinds of picture used always repress the process of production of a meal. They are always beautifully lit, often touched up.”

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Output

Sunday Lunch

A set of instructions for cooking a Sunday lunch are spread out over the pages of a 48 page book. The timings are juxtaposed with a pixelated photograph of a roast beef dinner which becomes less abstract as the book progresses. The idea is to show cooking as a linear process of transformation.

Book, soft cover, 48 pages, 15cm x 21cm.

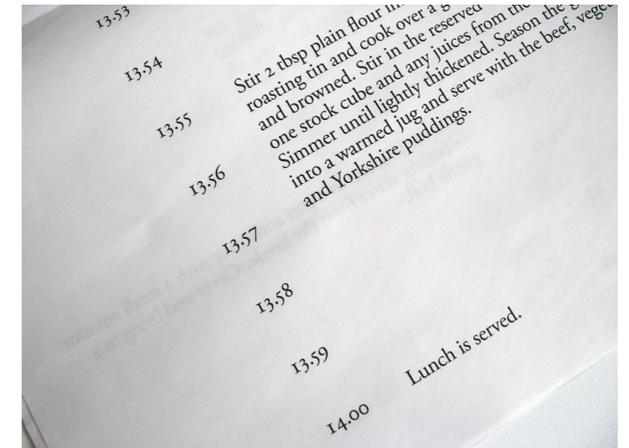
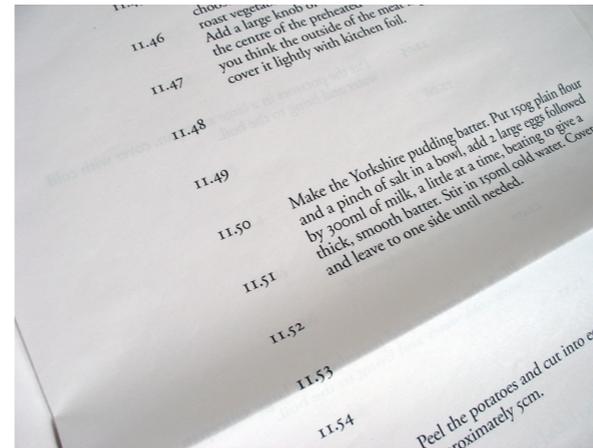
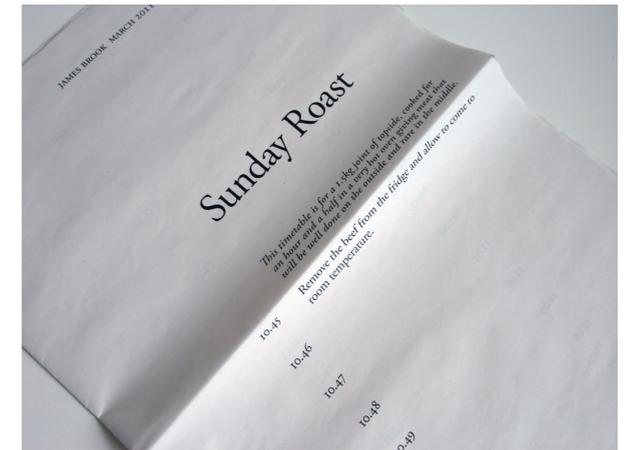


Output

Sunday Roast

A set of timings for cooking a Sunday roast are spread out over the pages of a 12 page newspaper. The timetable, set in five minute intervals, runs through the newspaper, revealing the process of cooking as an activity in time.

Newspaper, 12 pages, 32cm x 46cm.



Sunday Roast

11.50

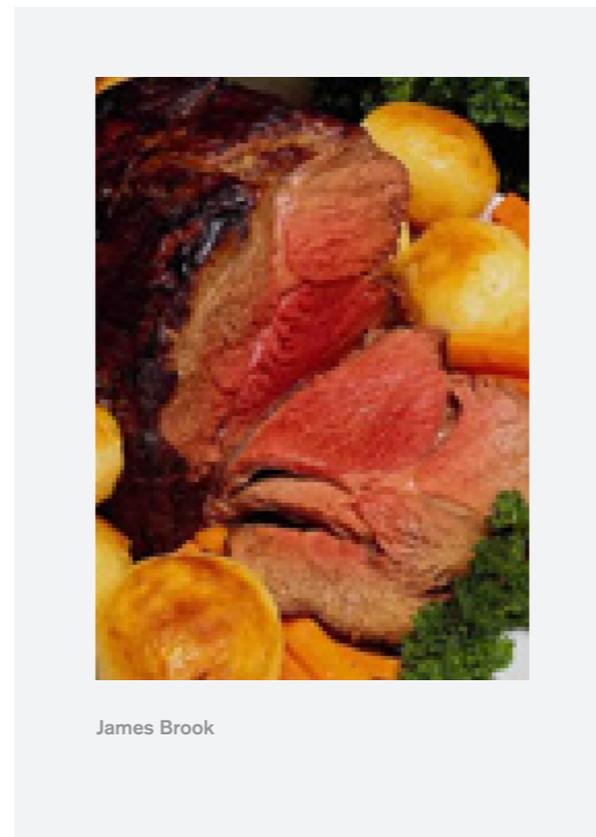
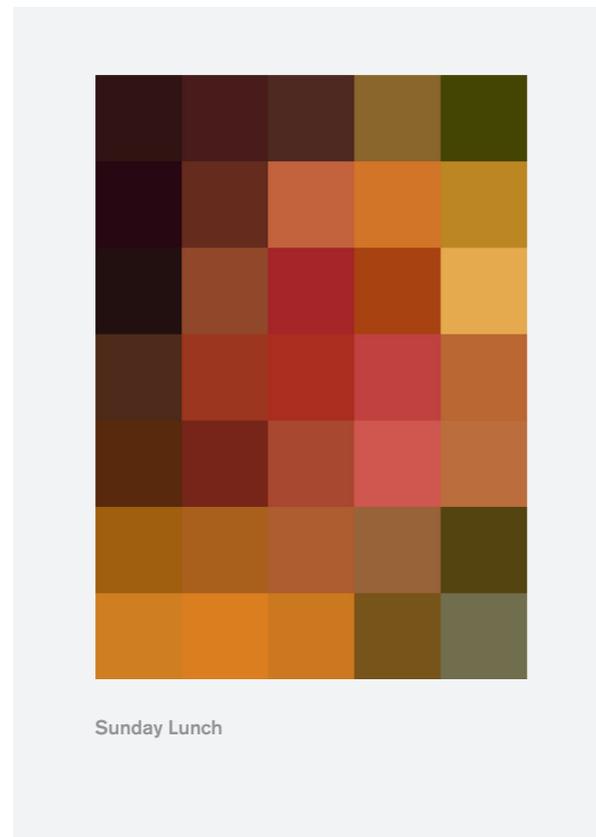
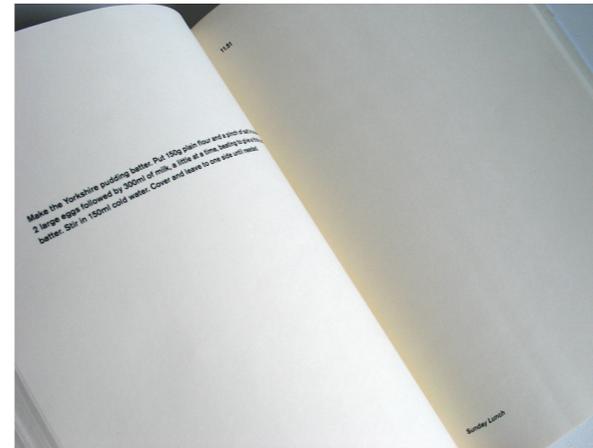
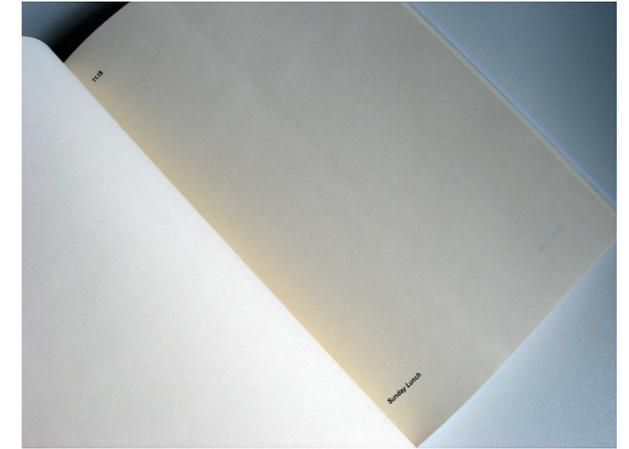
Make the Yorkshire pudding batter. Put 150g plain flour and a pinch of salt in a bowl, add 2 large eggs followed by 300ml of milk, a little at a time, beating to give a thick, smooth batter. Stir in 150ml cold water. Cover and leave to one side until needed.

Output

Sunday Lunch *Extended Version*

A set of instructions for cooking a Sunday lunch are spread out over the 206 pages of a book. Each page of the book represents one minute of the cooking period; the instructions punctuate the book, with the blank pages representing moments of inactivity or waiting. The book is a physical manifestation of time: the time it takes to cook Sunday lunch.

Book, hard cover, 206 pages, 16cm x 23.5cm.



Output

How Did We Do?

Taking as its starting point the vast database of informations that supermarkets keep about their customers' purchases, this 12 page newspaper attempts to make a connection with what we buy and what we cook. Menus, notated over a period of ten weeks, with detailed recipes, reveal the transformation of supermarket purchases to meals.

Newspaper, 12 pages, 32cm x 46cm.



TESCO
HACKNEY 0845 6779321

How did we do?
Visit www.tescocomments.com and tell us about your shopping trip

CARROTS LSE		
0.365 kg @ £0.74/ kg	0.27	
TOMATOES	1.89	
HOT CHOCOLATE	2.73	
GREEN OLIVES	0.59	
CAULIFLOWER	0.97	
ECOVER LIQUID *	1.66	
JAFFA ORANGES	1.00	
HOT PEPPERS	2.47	
FRESH MILK	1.25	
APRICOTS	1.98	
BAKING POTATO		
0.320 kg @ £1.37/ kg	0.44	
COUS COUS	1.20	
BRAEBURN APPLE	1.47	
PAELLA RICE	0.83	
CLEMENTINES		
2 @ £1.52	3.04	
GREEK YOGURT	0.80	
GARLIC EACH	0.30	
PEPPERS MIXED	1.65	
STUFFING MIX	0.19	
FINEST CHORIZO	1.97	
ORGANIC BREAD	1.20	
MUSSEL MEAT	1.00	
SUB-TOTAL	28.90	
MULTIBUY SAVINGS		
SELECTED FRUIT 2 FR £2.50	-0.54	
TOTAL SAVINGS	-0.54	
TOTAL TO PAY	28.36	
T WATERCRESS	1.00	
ROMAINE HEARTS	1.48	
TOTAL	30.84	
BAG RE-USE		
3 @ £0.00	0.00	
TOTAL	30.84	
Visa SALE	30.84	
AID	A0000000031010	
NUMBER	XXXXXXXXXXXX9462	ICC
PAN SEQ NO	02	
AUTH CODE	005296	
MERCHANT	46261912	
START	01/11 EXPIRY	01/14
Cardholder PIN Verified		
CHANGE DUE	0.00	
CLUBCARD STATEMENT		
CLUBCARD NUMBER 63400402401480296*		
POINTS THIS VISIT	63	
INCLUDES:		
DOUBLE POINTS	30	
GREEN CLUBCARD BAG RE-USE	3	
TOTAL UP TO 11/03/11	667	
TOTAL INCLUDES:		
GREEN CLUBCARD POINTS	0	
12/03/11 13:29 2619 002 1017 4165		

Sunday Breakfast
Egg, bacon, tomatoes, toast and tea

Sunday Dinner
Roast chicken with lemon, roast potatoes, roast cauliflower and Paxo stuffing; baked apples and Greek yogurt

Monday Dinner
Chicken paella – chicken, onions, red and green peppers, Spanish paella rice, stock, garlic, spices including saffron, mussels and lemons; watercress; fruit

Wednesday Lunch
Hangover – mini pork pies and sushi

Thursday Dinner
Pasta and pesto (Sacra not homemade) and Parmesan; Romaine lettuce salad

Friday Dinner
Pasta with chorizo, garlic, olives, tomatoes and Parmesan; Romaine lettuce salad

Breakfasts
Coffee; toast and marmalade; toast and Marmite; muesli; crunchy oat cereal

Lunches
Ham rolls; cheese on toast; crisps; chocolate; apples; oranges

TESCO
Express

How did we do?
Visit www.tescocomments.com and tell us about your shopping trip

2PK PORK PIES	£0.60 A	
SUSHI	£1.00 A	
TOTAL	£1.60	
CASH	£10.00	
CHANGE DUE	£8.40	
VAT RECEIPT SUMMARY		
Rate	NET	VAT
A 0% VAT	£1.60	£0.00
SIGN UP FOR CLUBCARD		
You could have earned 2 Clubcard points in this transaction		
16/03/11 19:51 2775 007 1012 9680		

Roast Chicken

Chicken, lemon, tarragon, garlic, duck fat, salt and pepper

Preheat the oven to gas mark 7. Wash the lemon and cut into four. Gently crush 4 garlic cloves but do not peel. Place the lemon, garlic and a large bunch of tarragon in the breast cavity of the chicken. Place the chicken in a roasting tray and cover with duck fat. Generously season with salt and pepper and place in the centre of the oven.

Baste the chicken every half hour turning occasionally. A large chicken should be cooked after an hour and a half. Check by piercing the chicken with a sharp knife in a thick part – the juices will run clear when the chicken is cooked.

Always allow the chicken to rest for at least half an hour in a warm place before carving. Save the juices from the roasting tray and from the cavity of the bird to make a delicious lemon and garlic gravy.

Potatoes and other root vegetables can be cooked around the chicken – add to the roasting pan half an hour after starting cooking. The vegetables can be browned at the top of the oven while the bird is resting.



Work in Progress

What to Cook & How to Eat

Contemporary recipe books, with their seductive photographs, high production and design values are often more about looking than cooking. At a fundamental level, what is a recipe book? What is its function? If many contemporary cook books consist of 'nice photos with nice type', can graphic design reveal the function of cook books yet still retain a visual appeal?

Book, hard cover, 80 pages, 20cm x 28cm.

Monday
Tuesday
Wednesday
Thursday
Friday
Saturday
Sunday

Root Vegetable Mash

A mix of the following: turnips, swedes and carrots with at least one medium sized potato to hold the mash together, butter, milk or cream and seasoning

Wash the potato and carrots thoroughly, leaving the skin on, then cut into equal cubes of about 3cm. Peel the turnip or swede and cut into cubes of about 3cm. Place in a large pan and cover with cold water. Bring to the boil then simmer until soft – about 20/25 minutes.

Once the vegetables are soft drain the pan and add a generous knob of butter. Season with salt and pepper – a vegetable stock cube adds a nice depth of flavour. Mash the vegetables with a masher – the aim is not to make a smooth mash but one that has an interesting mix of textures. When you have almost reached the right consistency, stir with a wooden spoon, then add milk or cream, taking care not to make the mash too loose. If needed, give the pan a quick blast of heat on the hob before serving.

This is delicious with roast pork but is also good with sausages.

Lamb Tagine

Cubed lamb, onions, red and green peppers, tin of chick peas, garlic, apricots, tomato puree Ras El Hanout rub, chilli flakes; to serve: couscous, coriander and yogurt

The day before cooking, add a generous amount of *Ras El Hanout* (a spice mixture including paprika, coriander, cumin, fennel seed, cinnamon, turmeric and cardamom) to the lamb and rub in – this is best done in a plastic bag which can then be tied up and put in the fridge.

Preheat the oven to gas mark 5. Peel and slice the onions finely. Peel, crush and chop the garlic and slice the red and green peppers lengthways into equal slices. Add the onions, peppers, lamb, chick peas, apricots, garlic and chilli flakes to the pan. Add 100ml of water and a squeeze of tomato puree. Give the ingredients a good stir, put a lid on the pan and place in the oven.

After half an hour turn down the heat to gas mark 3.

The tagine should be cooked slowly for a minimum of three hours. Periodically check that the tagine is not too dry – add more water as necessary but the texture should be quite dry. Before serving sprinkle with chopped coriander.

Serve with couscous or flat bread and thick yogurt with a little salt added and decorated with *Kirmizi Biber* (Turkish chilli flakes).



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Work in Progress

Roast Paper

RoastPAPER

Roastpaper is looking for contributors for a new project that looks at how food fuels friendships and how eating together creates a sense of family: *What's your favourite recipe? Who are the friends you most like to share it with?*

Send your most-used recipe – the one you can cook without even thinking about – breakfast, lunch, tea, dinner or supper; a list of your favourite dining companions; and a brief note explaining why eating with these friends is so special to roast@jamesbrook.net Deadline: June 30.

thank you!

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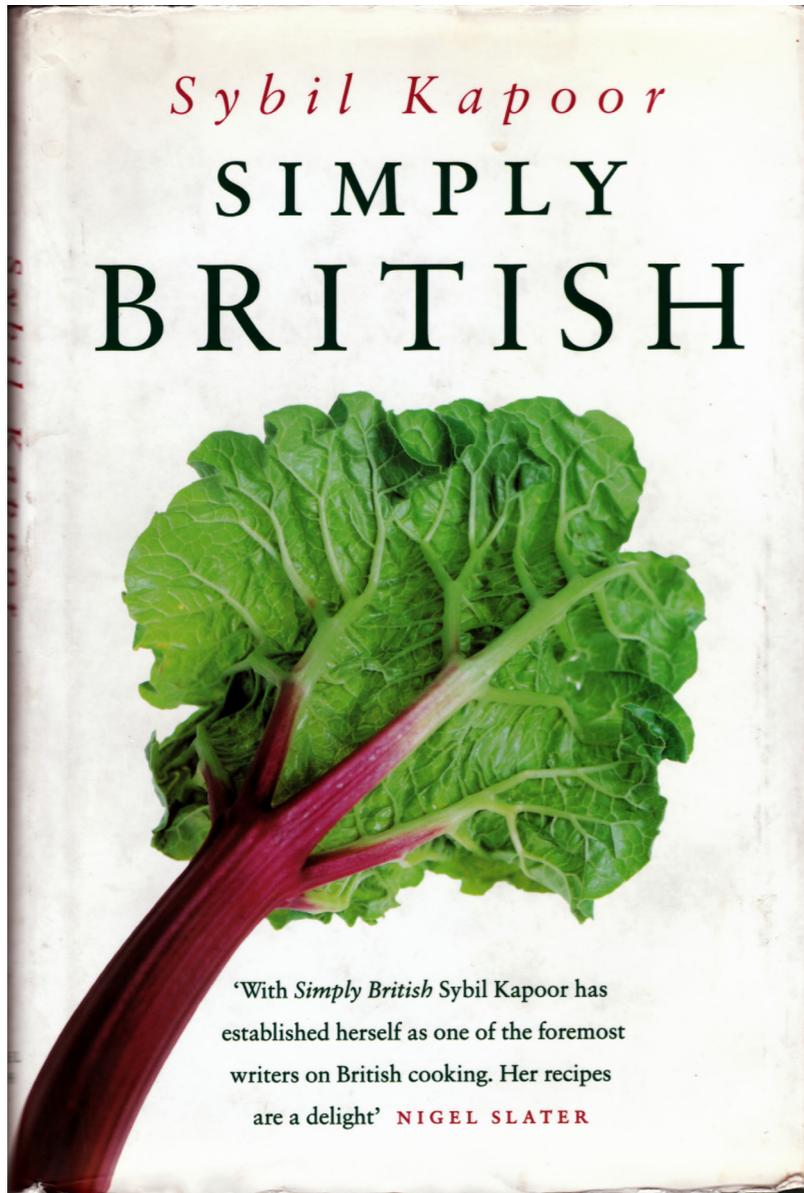
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148 Lamb

Lamb with samphire

Traditionally, lamb that was reared on the salt marshes was served with a slightly salty sea-tasting accompaniment which could either be marsh samphire or laver, a type of seaweed. Samphire comes in two forms, marsh and rock. Marsh samphire, which is also known as glasswort (*Salicornia europaea*), grows wild on the salt marshes and is picked in July and August. It has fleshy, succulent stems and is normally sold by fishmongers and in some health food shops. Rock samphire (*Crithmum maritimum*) is a different plant altogether and grows on cliffs and rocks. Although excellent eaten pickled, fresh or lightly cooked in spring or early summer, it is not normally eaten with lamb. (Serves 6)

1.5kg/3½lb leg of lamb	Gravy
1 lemon, juiced	285ml/½ pint reduced home-
85g/3oz softened butter	made lamb stock (see above)
generous pinch of cayenne	55g/2oz cold diced butter
pepper	
sea salt and roughly ground	Samphire
black pepper	680g/1½lb samphire
	30g/1oz butter

Preheat the oven to 200°C/400°F/gas 6.

Rub the lamb leg with the lemon juice then coat liberally with the butter. Season with the cayenne pepper, salt and black pepper. Arrange on a roasting tray and place in the centre of the preheated oven. Roast for 1 hour 20 minutes if you like your meat rare, 1 hour 35 minutes for medium rare and 1 hour 48 minutes if you prefer it well done. Baste regularly with the melted butter in the roasting pan.

Thoroughly wash the samphire and snip off any tough woody stems.

Transfer the joint to a clean dish and leave to rest in a warm place for 15–20 minutes. This makes it more succulent, as the juices are re-absorbed into the meat. Meanwhile put a large pan of unsalted water on to boil. Samphire should never be salted as it is quite salty enough.

Heat the reduced lamb stock in a small non-corrosive saucepan. Once it has boiled, check the seasoning then reduce the heat to low and whisk in the butter, a few dice at a time. Immediately transfer to a warm gravy boat.

Drop the samphire into the boiling water, return to the boil and drain immediately. Serve piping hot in a warm dish, dotted with a little butter as an accompaniment to the roast lamb and gravy.



Official / Unofficial Language

Grilled oysters

Oysters are a Christmas tradition in France and make a more suitable starter than soup which can sometimes be too filling. I am always wary of opening oysters, and arm myself with a proper short thick oyster opener and an oven glove to hold them with. If I am feeling really chicken then I get the fishmonger to do it for me, but, of course, I lose some of the precious juices.

- 24 oysters, opened
- 110g/4oz butter
- 2 small shallots, peeled and finely chopped
- 2 handfuls of spinach, finely chopped
- 4 tablespoons finely chopped herbs, parsley and chervil or tarragon
- 6 tablespoons fresh white breadcrumbs
- 2 teaspoons Pernod

Melt half of the butter in a shallow pan and fry the shallots till soft. They should not colour. Add the spinach and cook until soft. Add the remaining ingredients and season with a little salt. Add any juice that escaped from the oysters as you opened them, sieved through a fine strainer to remove any shell.

Place a thick layer of sea salt on a baking sheet or grill pan to hold the oysters shells. Place the full half-shells on the salt and bake (220°C, 425°F, Gas 7) till bubbling. About 4 or 5 minutes. Serve immediately whilst still hot.

Roast loin of pork with rosemary and garlic

The point of choosing a loin over any other cut is its high crackling quota. This overcoat of fat protects the meat from drying, and will crisp nicely in a hot oven. The loin is also easier to carve than some cuts, no mean consideration when the plates are passed towards the carver six at a time. The roast is served with the unthickened pan juices, far more flattering to the meat I think, than a thickened gravy.

- a loin of pork weighing approximately 2.5kg/5lb
- a large bunch (8 long sprigs) of rosemary
- 5 cloves of garlic
- 400ml/¾ pint dry white wine
- bay leaves

Navarin Printanier in salad, the first vegetable

For the perfect example of this dish, you should use the smallest carrots, turnips and potatoes you can find, so that they can be cooked whole. If the turnips and potatoes are more than 1¼in or so across, cut them in half. If you wish, the navarin can be enriched at the last moment with a slug of double cream or crème fraîche.

- Serves 6
- Ingredients 3lb (1.5kg) shoulder of lamb, trimmed and cubed
- 1oz (25g) butter
- 1tbs sunflower oil
- 2tbs flour
- 1 pint lamb, chicken or vegetable stock
- 1tbs tomato purée
- bouquet garni
- 1 clove garlic, crushed
- 1lb (450g) new potatoes, scrubbed
- 8oz (225g) small carrots, scrubbed
- 8oz (225g) small white and purple turnips
- 12oz (350g) shelled peas
- salt and pepper

Preparation Brown lamb in the butter and



SOPHIE GRIGSON

oil, over high heat in several batches. Transfer to heatproof casserole and pour off all except about 2tbs of fat left in the pan. Add flour and stir over a moderate heat until there is a light brown roux. Stir in stock gradually, then tomato purée. Bring to the boil, stirring, then pour over the meat. Add bouquet garni, garlic, salt and pepper. Cover and simmer gently for about 1 hour.

Add carrots, potatoes and turnips, and continue cooking for 30 minutes, before adding peas. If level falls low, add a little more water or stock: the aim is a creamy, but not too thick sauce about the consistency of single cream. Once peas are in, continue cooking until all vegetables are tender. Taste, adjust seasoning and serve.



- 1 medium onion, finely chopped
- 55g black olives, chopped
- 55g green olives, chopped
- 1 small handful basil leaves, roughly torn
- 20g capers, diced
- 20g gherkins, diced
- 1 clove garlic, peeled and cut in half
- 1 French loaf
- Olive oil

Mix the tomatoes, peppers, onions, olives, basil, capers and gherkins, taste and season. Cut the loaf in half lengthways, and with your hands remove as much of the bread inside as possible, without breaking the crust, and put in a bowl. Rub the inside of the hollowed-out crusts with garlic, then drizzle with a little olive oil and set aside. Break the bread in the bowl into rough crumbs, and combine them with the tomato mix. Add half a tablespoon of oil and a pinch of paprika, season to taste, then stuff back into the two loaf halves. Place one on top of the other.

Work in Progress

Pork Pies



Work in Progress

Spaghetti Bolognese



James Brook June 2011