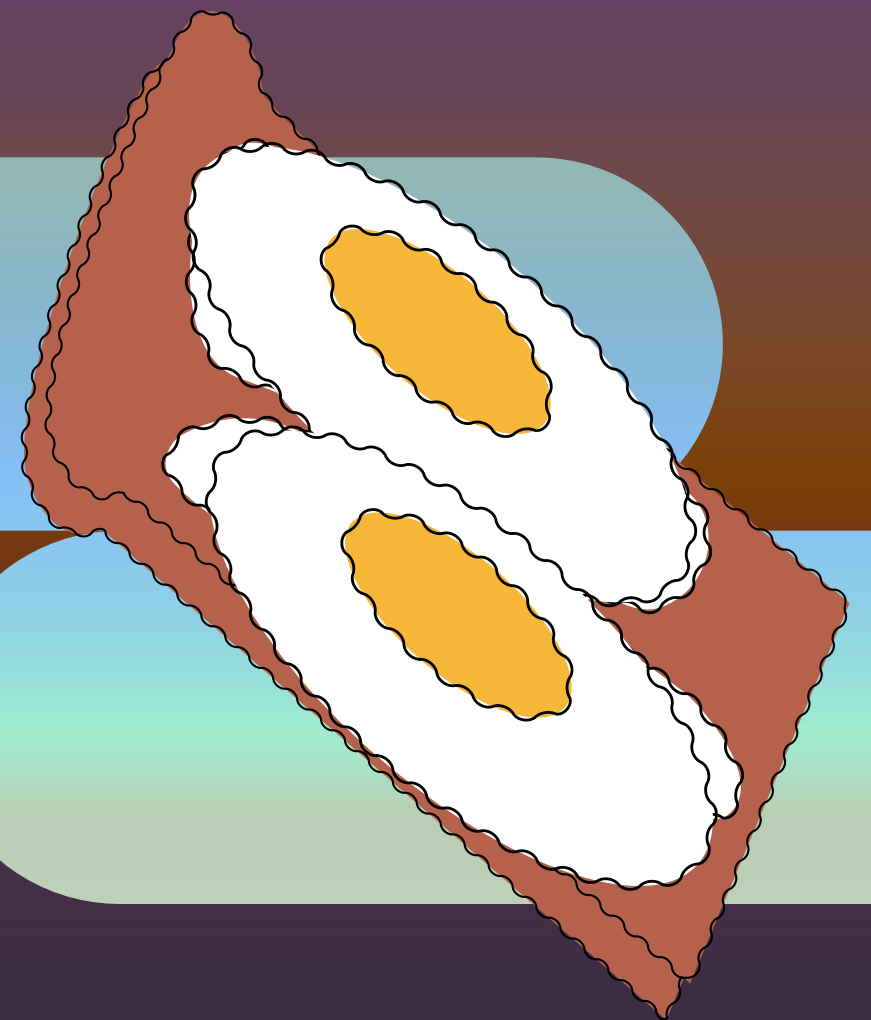
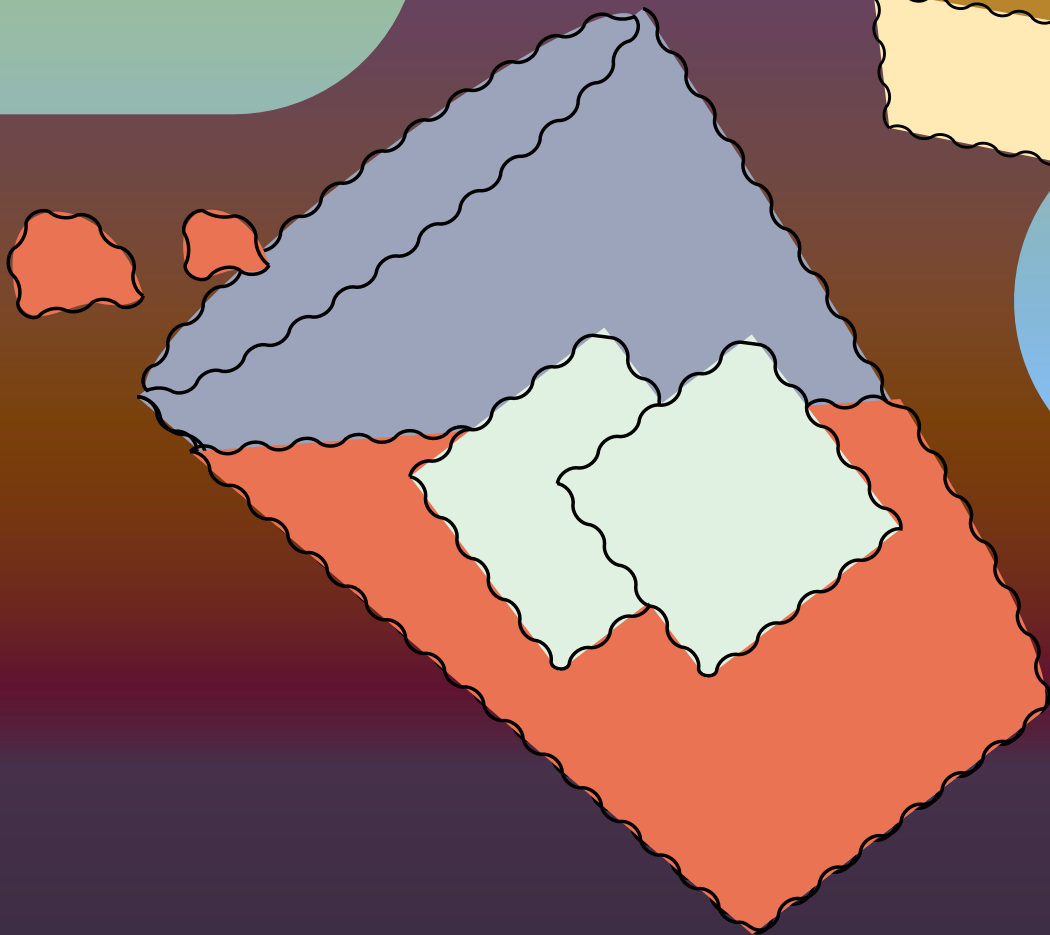
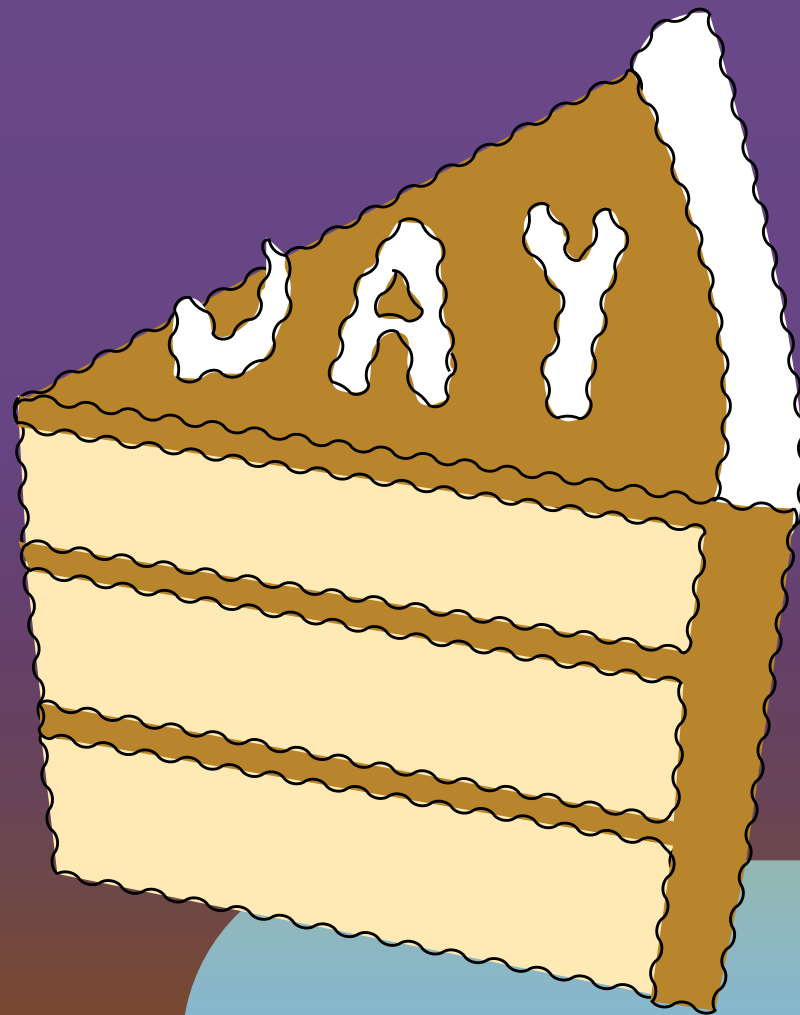


Radio Repast



Episodes 1 - 3

Radio Repast

Episodes 1 - 3

This is a digital archival cookbook zine from the live radio show, Radio Repast.
Listen live each Tuesday from 11:00-13:00 EST (UTC - 5:00)

www.ExcitingDrink.com/radio.html

Listen to the archives and more music at:

[Soundcloud.com/SEARCH](https://www.soundcloud.com/SEARCH)

This Zine is Edited and Designed by Will Owen, who is also the host of Radio Repast
All recipes are the property-ish of their teller.

Table of Contents

| | |
|-----------|--|
| 4 | Episode 1 Playlist + Links to Playlist and Archive |
| 5 | Hrökkbrauð (Sourdough Seedy Crispbread) |
| 7 | Sourdough Pizza Dough |
| 10 | Easy Tomato Sauce for Pizza |
| 11 | Cereal |
| 12 | Massaged Kale Salad |
| 15 | Episode 1 -- Interviewee Information |
| 16 | Episode 1 Playlist + Links to Playlist and Archive |
| 17 | Security Guard Harissa |
| 19 | Grandmother Haya's Shakshuka |
| 22 | Southern Style Biscuits |
| 25 | Episode 2 -- Interviewee Information |
| 26 | Episode 3 Playlist + Links to Playlist and Archive |
| 27 | Butter Ball Soup |
| 30 | Scandinavian or French Pancakes |
| 32 | Five Day Eggplant Lasagna |
| 35 | Episode 3 -- Interviewee Information |
| 36 | Thank You & Credits |

Radio Repast

Episode 1 Playlist



Bill Withers - Family Table
Shonen Knife - Top of the World
Blondie - East to the Beat
Cibo Matto - Beef Jerky
The Soft Pink Truth - Kitchen
David Bowie - New Career in a New Town
Nina Simone - Suzanne
Harry Nilsson - Coconut
R.E.M. - Sitting Still
Yaeji- Passionfruit
Kelis - Bless The Telephone
Matmos - Spondee
Cameo - Candy
Prince - The Ballad of Dorothy Parker
SOPHIE - Lemonade
Fat Boys - All You Can Eat

Link to Full Episode:

<https://soundcloud.com/search/radio-repast-1>

Link to Spotify Playlist:

<https://open.spotify.com/playlist/3kolj6JyIzBk2ysYIWXifw?si=L5iSRMq8RAuHgBObzhBn0g>

Mrökkbrauð / Knækbrød

(Sourdough Seedy Crispbread / Crackers)

by Arnar Ómarsson in Svorbæk, Jutland, Denmark

~~~~~

As remembered of a recipe by

Ingredients:

Wet:

\_400 Grams (A little less than a Pound) Sourdough Discard

\_1 Decilitre (A little less than 1/2 Cup) Olive Oil

Dry:

\_4 Decilitres (1 3/4 Cup) Seed Mix (pumpkin, sunflower, flax, whatever)

\_6 Grams (1¼ teaspoons) Salt

\_50 Grams (1/2 Cup) Oats

# Mrökkbrauð / Knækbrød

## (Sourdough Seedy Crisbread / Crackers)

by Arnar Ómarsson in Svorbæk, Jutland, Denmark



### Instructions:

\_Preheat oven to 180 Celcius (about 350 Fahrenheit)

\_In a large bowl mix wet ingredients (sourdough discard + olive oil) together well.

\_In a different bowl mix all the dry ingredients (seeds, salt, oats, flour)

\_Pour the dry ingredients into the wet bowl and well altogether.

\_Cut this mix in half and spread or (roll with a rolling pin) each chunk of the mix onto 2 baking paper lined baking sheet pans roughly the height of a usb port (.5 cm)

\_You can precut the dough into bricks or any design and it will keep the shape.

\_Bake for about 20 - 30 minutes or until golden brown.

\_Let cool completely and they will become more crunchy!

# Sourdough Pizza Dough

by Heather Kapplow in Allston, Massachusetts, USA



Makes enough for 2 pizza doughs!

## Ingredients:

- \_ 1 - 1 1/4 cups fresh ecstatic, bubbly sourdough starter (fed about 3 times every 4 hours before starting)
- \_ 3 to 5 Tablespoon Olive Oil
- \_ 1 - 1 1/2 Teaspoon Salt
- \_ 1 to 2 Cups Flour

## Pizza Lessons / Tips:

- \_ If you have a Pizza Stone / Metal pan sorta thing that you may have pilfered from a workplace, use it!
- \_ The Dough is better rested overnight in the fridge for the next day!
- \_ Put pepperoni on pizza first and then cheese, it keeps them in place!
- \_ Can be grilled!

# Sourdough Pizza Dough

by Heather Kapplow in Allston, Massachusetts, USA



## Instructions:

- \_ Preheat the oven to 500°F.
- \_ Mix together the fresh sourdough starter, one tablespoon of oil, the salt and 1-1/4 cups of flour. Add more flour, a little at a time, as needed to form a pizza dough consistency. The amount of flour needed will depend on how wet the sourdough starter is.
- \_ Roll dough in a ball and cover in the same bowl that it was made in. Allow the dough to rest for 30 minutes as it will be easier to roll out. (It won't rise significantly, if at all.) Roll the dough out into a circle using a rolling pin minimum amount of flour to prevent sticking.
- \_ Use your fists underneath the ball of dough to spread the dough evenly. Like 2 cats performing Butoh under a doughball blanket, you want to move slowly and with intention to open the dough circularly without breaking it.
- \_ When dough is to your desired size, place on oiled baking pan and gently poke with a fork to let air bubbles release / pat it down afterwards



# Sourdough Pizza Dough

by Heather Kapplow in Allston, Massachusetts, USA



## Instructions Continued:

- \_ Bake the crust for approximately 7 minutes, turning to make sure it cooks evenly.
- \_ Remove the crust from the oven and brush on the remaining oil to prevent the toppings from soaking into the crust and making it soggy.
- \_ Add the desired toppings and bake the pizza until the crust browns.
- \_ Put anything on top, **ANYTHING!**

# Easy Red Sauce

by Heather Kapplow in Allston, Massachusetts, USA



## Ingredients:

- \_ 1 Can 8oz of Tomatoes crushed or chopped
- \_ Some Garlic Salt
- \_ Some Onion Powder
- \_ Some Dried Oregano
- \_ Some Dried Basil
- \_ 1 Tablespoon tomato paste

## Instructions:

- \_ Mix everything together really well.
- \_ Blend it in a blender if you'd like to or keep it blended.
- \_ Spread on top of the olive oiled pizza dough and add toppings!!
- \_ BAKE!



# Cereal

by Christopher Owen in Waynesville, North Carolina, USA



## Ingredients:

- \_ Cereal (amount and type variable to consumer)
- \_ Milk (type up to your preference.

## Instructions:

- \_ Mix dry and wet ingredients
- \_ Consume often and with pleasure

# Massaged Kale Salad

by Amaryah Armstrong in Roanoke, Virginia, USA



## Ingredients:

- \_ 1 Bunch of Kale
- \_ 2 Anchovies
- \_ 2 Tablespoons Lemon Juice
- \_ 2 Tablespoons Mayonnaise
- \_ 1/4 or 1/3 Cup of Olive Oil
- \_ a handful of shredded Peccorino Cheese
- \_ a handful Breadcrumbs
- \_ Salt and Pepper to Taste
- \_ Alternate Take-- Use half an avocado instead of anchovies

# Massaged Kale Salad

by Amaryah Armstrong in Roanoke, Virginia, USA



## Instructions:

- \_ Finely chop the kale in as small of strips that seems reasonable to eat.
- \_ Place chopped kale in a plastic bag and roll over with a rolling pin until it changes color to be a little darker.
- \_ In a large bowl mix anchovies, lemon juice, oil, and mayo. (or switch out the anchovies for the avocado)
- \_ Add massaged kale to the bowl of dressing and mix thoroughly
- \_ Add the breadcrumbs and cheese
- \_ Serve and enjoy!!

# Interviewee Information



**Arnar Ómarsson**

[www.arnaromarsson.com](http://www.arnaromarsson.com)

[www.arnaromarsson.space](http://www.arnaromarsson.space)

**Amaryah Armstrong**

[www.amaryahshaye.com](http://www.amaryahshaye.com)

**Heather Kapplow**

[www.heatherkapplow.com](http://www.heatherkapplow.com)

# Radio Repast

## Episode 2 Playlist



Bill Withers - Family Table  
Stereolab - Margerine Melodie  
The Avalanches - The Noisy Eater  
John Grant - Marz  
Robyn - Beach2K20  
Metronomy - Salted Caramel Ice Cream  
Slim Gaillard - Potato Chips  
Talking Heads - Road To Nowhere  
La Luz - Oranges  
Yusuf / Cat Stevens - Tea for the Tillerman  
Blonde Redhead - Ballad of Lemons  
Mississippi John Hurt - The Coffee Blues  
The Village People - Big Mac

### Link to Full Episode:

<https://soundcloud.com/search/radio-repast-episode-2>

### Link to Spotify Playlist:

<https://open.spotify.com/playlist/5AfHLIZRvyAoJxNArdgpLp?si=Cu01ll3rSAG2spRFQXhPtw>



# Security Guard Harissa

by Suze B. in Richmond, Virginia, USA



## Ingredients:

- \_ 1 Tablespoon Coriander Seed
- \_ 1 Tablespoon Caraway Seed
- \_ 8 Small Dried Chilis (any kind, spicy is nicey!)
- \_ 3 Large Fresh Chilis (any kind)
- \_ 1/2 teaspoon Salt
- \_ 5+ Cloves of Garlic
- \_ 1 Tablespoon of Olive Oil
- \_ 2 Tablespoons of Vinegar (of any kind)

# Security Guard Harissa

by Suze B. in Richmond, Virginia, USA



## Instructions:

- \_ In a sauté pan without oil, toast spices and chilis until fragrant, about 1-2 minutes.
- \_ Grind toasted spices and dried chilis --
- \_ Blend all ingredients together in a blender with the toasted spice mix as well
- \_ Can last in the fridge for about 1 month!
- \_ Great as a hot sauce and added to peanut butter sandwiches!

# Grandmother Moya's Shakshuka

by Margaux Guillemard in a small town in the Netherlands



## Ingredients:

- \_ A lot of Garlic 5+ cloves
- \_ 2 Onions
- \_ 2-3 Sweet Red Peppers
- \_ Crushed Tomatoes -- Fresh or from a can
- \_ Olive Oil
- \_ Salt
- \_ Smoked Paprika and / or Chili Powder
- \_ However many eggs you would like!

# Grandmother Moya's Shakshuka

by Margaux Guillemard in a small town in the Netherlands



## Instructions:

- \_ Cook onions and garlic with olive oil and a bit of salt until it on a low, low heat until it cooks down a lot to be caramelized.
- \_ Briefly boil sweet peppers, let cool, then pull off the skins. Take out the seeds and slice into really thin slices.
- \_ Add sweet peppers and crushed / cubed tomatoes into the garlic and onion mix and continue cooking.
- \_ Cook down until it smells like it's really becoming dense.
- \_ Place shallow holes on top of the pan and crack eggs into them, important not to let the eggs touch the bottom.
- \_ Cover the pan and let cook until the egg whites are thoroughly cooked but the egg yolks are still runny.
- \_ Eat with Cilantro and/or Parsley and salt & pepper and bread!

**TEST  
COOK  
VISION!**



**FIN!**

# Southern Style Biscuits

by Will Owen in NYC, New York, USA



Makes about 6 large biscuits or 12 little tikes :-)

## Ingredients:

- \_ 2 1/4 Cups Flour
- \_ 2 1/2 tsp Baking Powder
- \_ 3/4 tsp Baking Soda
- \_ 1/2 tsp Cream of Tartar
- \_ 1 1/2 tsp Salt
- \_ 3/4 - 1 Stick of unsalted Butter cut into 1/2" cubes
- \_ 2+ TBS Olive Oil (if you wanna get crazy)
- \_ 1 Cup Buttermilk  
(or regular milk / alternative Milk mixed with 1 tbs of apple cider or white vinegar)

# Southern Style Biscuits

by Will Owen in NYC, New York, USA



## Instructions:

\*\*\* turn on oven to 420 degrees Fahrenheit, it takes a while to pre-heat!!

(1) Mix all dry ingredients

(2) Cut in butter with knives or massage in with clean hands until consistency is that of crumbs. (it's the best part!)

(3) Mix in Buttermilk until just mixed! if it's over mixed it doesn't get as fluffy!

(4) Lovingly spoon onto greased baking tray with a diameter of about 2.5-3 inches

(4.5) OR! you can add 1/4 cup more flour to the mix and then roll out the biscuits into about 1" flat. and then use a cup to cut out circles. then place the cut biscuit circles onto a greased baking sheet about 2" apart from each other.

(5) Bake at 420 degrees Fahrenheit for 12 minutes or until golden

BISCUITS BISCUITS BISCUITS BISCUITS





# Episode 2

## Interviewee Information



**Suze B.**

<https://www.goodhousekeeping.com/home/gardening/advice/a19653/how-to-start-a-vegetable-garden/>

**Margaux Gaullimard**

@margaux.guillemard

<https://vimeo.com/187375960>

# Radio Repast

## Episode 3 Playlist



Bill Withers - Family Table  
The Meters - Cabbage Alley  
Ariel Pink - Jell-O  
MF Doom - Gumbo  
Battles (featuring Matias Aguayo) - Ice Cream  
Kitty Wells - My Big Truck Driving Man  
Sebastien Tellier - Skatesteak  
A Tribe Called Quest - Butter  
Mashed Potato - Dee Dee Sharp  
Yoko Ono - N.Y. Noodletown  
Nico Muhly and Teitur - Sick of Fish  
Juan Wauters - Disfruta La Fruta  
The Byrds - Ballad of Easy Rider  
CHIC - Soup for One  
The Monkees - Apples, Peaches, Bananas, and Pears  
PlanningToRock - I wanna Bite Ya  
X-Ray Spex - Junk Food Junkie  
Gary Wilson + R. Stevie Moore - French Fries and Gravy  
William Tyler - The Green Pastures

### Link to Full Episode:

<https://soundcloud.com/search/radio-repast-episode-3>

### Link to Spotify Playlist:

<https://open.spotify.com/playlist/7ucwcRQl3jClg02KDgKCq9?si=ZHF9kz6WQkuwGtuQGrjHWA>

# Butter Ball Soup

by Sarah Dahlinger in NYC, New York, USA



## Ingredients:

- \_ 5-8 Cups Chucken Broth Store bought or Homemade!
- \_ Egg Noodles enough for people eating
- \_ ~4 Cups Breadcrumbs (can be from old bread or bought)
- \_ 1 Cup of unsalted Butter + 1/4 Cup for toasting breadcrumbs
- \_ 3 Eggs
- \_ 1/2 Teaspoon Allspice or Nutmeg
- \_ 2 tsp salt

# Butter Ball Soup

by Sarah Dahlinger in NYC, New York, USA

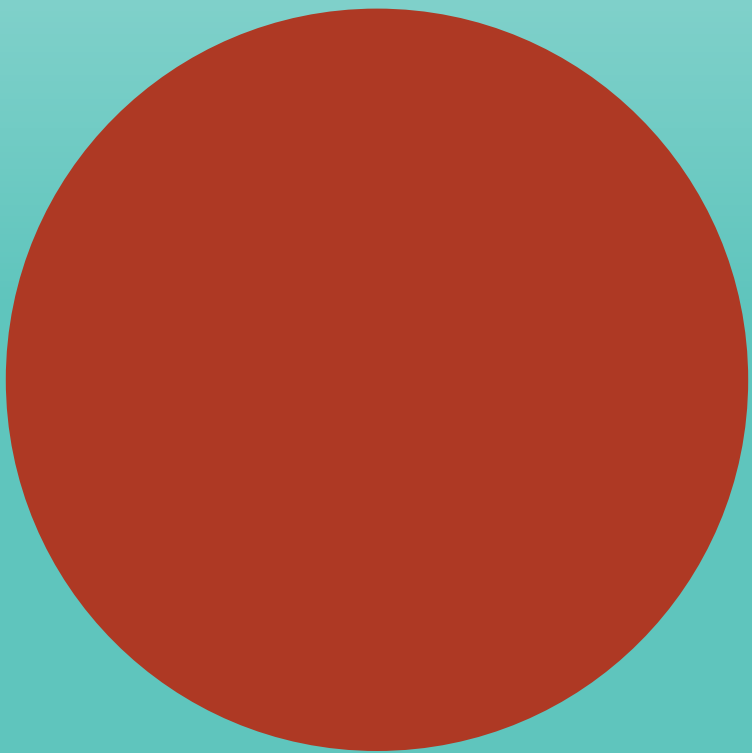


## Instructions:

- \_ On the stovetop add 1/4 cup butter to a sauté pan and add breadcrumbs and stir until butter is absorbed and the breadcrumbs are all nicely browned.
- \_ Soften, but do not melt, 1 cup of butter and cream together with the eggs, salt, and spices.
- \_ Mix in bread crumbs and roll into small nickel sized balls.
- \_ Heat chickenbroth in the sauté pan if the pan seems like it will be too crowded add the butterballs in batches until they puff up and float. Remove from broth and set aside and continue until all the butterballs are cooked.
- \_ Add noodles to the broth and cook until al dante.
- \_ Add the butterballs to each serving bowl and then add the chicken noodle soup to each serving bowl and ENJOY!



MEATBALL SOUP BUTTER BALL SOUP BUTTER BALL SOUP BUTTER BALL SOUP BUTTER BALL SOUP



# Pancakes

by Matthias Borello in Copenhagen, Denmark



## Ingredients:

- \_ 4 Handfulls of Flour
- \_ Good Pinch of Salt
- \_ 2 pinches Vanilla Sugar ( or a dash of Vanilla)
- \_ 2 Eggs
- \_ 1/4 Litre (1 Cup) of Milk
- \_ 1 Mashed Banana
- \_ Spoonful of Baking Powder
- \_ Butter for cooking

## For French Style:

- \_ Cane Sugar
- \_ Butter for Eating
- \_ Fresh Lemon

## For Scandinavian

- \_ Whipped Cream
- \_ Blueberry Jam

## American Style?

- \_ Crème Fraîche
- \_ Maple Syrup

# Pancakes

by Matthias Borello in Copenhagen, Denmark



## Instructions:

- \_ In a big bowl mix together all dry ingredients.
- \_ Add Milk and mix.
- \_ Add 2 eggs and mashed banana.
- \_ Stir thoroughly.
- \_ Cook pancakes in a pan with butter!

# Five Day Eggplant Lasagna

by Tommy Nguyen and Doug Fitch in Brooklyn, New York, USA



## Ingredients:

- \_ Olive Oil
- \_ Salt + Pepper
- \_ 3 large Eggplants
- \_ 4 Large Sweet Red Peppers
- \_ 5 Poblano Peppers
- \_ Ground Hamburger Meat
- \_ Italian Sausages
- \_ 1.5 Onions, Thinly Sliced
- \_ 5+ Cloves Garlic, Minced
- \_ Vodka
- \_ 1/4 Cup Red Wine
- \_ 1 Can Crushed Tomatoes
- \_ 1 Can Tomato Paste
- \_ Lots of White Pepper
- \_ A decent amount of Dried Oregano
- \_ A small amount of Fennel Seeds
- \_ Dash of Ground Clove
- \_ Dash of Ground Cumin
- \_ A decent amount of Hot Paprika
- \_ 1/8 - 1/4 cup Apple Cider Vinegar
- \_ 1.5 Tablespoon of Brown Sugar
- \_ 1 cup Fresh Chopped Parsley
- \_ 16 Oz Ricotta Cheese
- \_ 2 Small Eggs or 1 Large Egg
- \_ 1 Package of Shredded Aged Cheeses (asiago, Parmesan, Pecorino, Whatever else can work that melts)



# Five Day Eggplant Lasagna

by Tommy Nguyen and Doug Fitch in Brooklyn, New York, USA



## Instructions:

- \_ Go back in time 5 days and slice eggplant lengthwise into 1/4 inch slices, salted and slathered with Olive Oil. Refrigerate for a few days.
- \_ Go back in time 4 days and grill red peppers and poblano peppers and cover and let sit in the fridge for a few days.
- \_ Go back in time 3 days and brown onions, garlic, hamburger, and Italian sausage until caramelized.
- \_ You deserve a drink. Take the liquid from the grilled peppers aka "lazy seat juice" or "pepper syrup" and mix with ice cold Vodka. Drink with a slice of Vidalia onion and stalk of cilantro.
- \_ Add red wine and a can of crushed tomatoes and tomato paste to the browned meat, onion, and garlic mixture and let simmer a moment
- \_ Add dried spices, brown sugar, 1.5 teaspoon of salt, 30 grinds of black pepper from a pepper mill
- \_ Add vinegar, 1/2 cup fresh chopped parsley, and the preserved lemon and let simmer on low for 45 minutes.
- \_ Gaze into your partner's eyes.

# Five Day Eggplant Lasagna

by Tommy Nguyen and Doug Fitch in Brooklyn, New York, USA



## Instructions Continued:

- \_ Preheat Oven to 375 Degrees Fahrenheit
- \_ Whip egg(s) with the ricotta cheese and 1/2 cup fresh chopped parsley
- \_ In a large casserole pan, first layer the meat sauce on the bottom
- \_ Add a layer of the roasted eggplant
- \_ Add a layer of all the roasted sweet red peppers
- \_ Add a layer of ricotta / egg mixture.
- \_ Add a layer a decent amount of the grated cheese
  
- \_ Add another layer of the meat sauce.
- \_ Add another layer of the roasted eggplant
- \_ Add a layer of the roasted poblano peppers this time
- \_ Add another layer of the ricotta mixture
- \_ Add another layer of the grated cheese
  
- \_ Cover with tin foil and bake at 375 degrees for 25 minutes
- \_ Remote foil and continue baking for another 20 minutes or until the cheese is perfectly brown and marvelously telling you the cheese is done on top.
  
- \_ WAIT 15 MINUTES BEFORE YOU EAT, otherwise you will burn each surface of your mouth.
  
- \_ Eat after waiting 15 minutes, and enjoy!

# Episode 3

## Interviewee Information



### **Sarah Dahlinger:**

[www.sarahdahlinger.net](http://www.sarahdahlinger.net)

[www.springboard-collective.com](http://www.springboard-collective.com)

### **Matthias Hvass Borello:**

[www.matthiasborello.com](http://www.matthiasborello.com)

[www.vega.dk/om-vega/vega-arts/](http://www.vega.dk/om-vega/vega-arts/)

### **Tommy Nguyen:**

[www.tommynguyen.info](http://www.tommynguyen.info)

### **Doug Fitch:**

[douglasfitch.com](http://douglasfitch.com)

# Thank Yous & Credits

Firstly, DEEPEST thank you to all my friends, colleagues, family, peers, and dear ones that answered the phones!!!

## **In Order of Appearance:**

Arnar Ómarsson  
Amaryah Armstrong  
Heather Kapplow  
Suze B.  
Margaux Guillemard  
Sarah Dahlinger  
Matthias Borello  
Tommy Nguyen  
Doug Fitch

## **Special Thanks To:**

Grey Johnson, label head at Sufficient Records and ExcitingDrink.Com Maven for putting this radio show together and pulling pals back together and keeping us connected and giving us some direction during this time.

Corey Bell, Kim Cordray, Jake Fields, Seth Flsher, Ross Fraser, Seth Horton, Joe Norkus, and all the other DJs at ExcitingDrink.com and the Fi-Fever crew.

Matus Ferguson for letting me crash last minute at his pad during a pandemic.

## **Thanks to the Folks Who Encouraged the Process:**

Chris Owen, Erin Owen, Amy Jicha, Sarah Faith Gottesdiener, all the Flux Factory artists new and old, and...

YOU for listening and reading this far! THANK YOU!