



Street food. A typical lunch – available as a snack – is all vegetables such as mushrooms, corn on the cob, okra and, in fact, meat or fish, which the visitor himself cooks in a hot pot of broth. The vegetables stay crisp.

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Bong Bong

Text by Vera Lossau & Lilla von Puttkamer

This little book is more than just a recipe book: it's a document of a research trip on the subject of identity, cooking, homeland, memories and stories about the recipes and dishes collected. It tells of encounters between artists, activists and wonderful women from Cambodia and Germany, with whom we were able to cook and talk together in March 2022. Given that the collected recipes with their stories and the artistic approaches shown here are connected with each other, this book is therefore also a portrait gallery. It closely relates the individual recipes to the authors' own stories. Often it is a recipe passed on by the mother or grandmother. In this respect, the story – one's own and the collective one – can be told a little further through this recipe book.

In a country like Cambodia, where – due to the Khmer Rouge terror regime in the late-1970s, in which the population was exposed to (auto) genocide that killed almost one quarter of Cambodians – today there is a very young population, continuity is an important issue. How does each individual deal with the historical breaches that they

have experienced or inherited and what can help with their processing and healing? This topic is also not alien to German artists and cultural people when they look at the stories of their families and strongly relates to collective experience. Against this background, an exchange – perhaps even combined with cooking and eating together – acquires a special beauty and meaning.

The coronavirus pandemic has had serious consequences for tourism, especially in Cambodia. The cultural work is reduced to a minimum and an international, even long-term exchange becomes more difficult, while simultaneously being increasingly important.

Despite our stay in the middle of the pandemic, we met people working in the cultural field in Phnom Penh, those who can only operate underground and do not wish



Lilla von Puttkamer, House altar, 2022, watercolour on paper, 30 cm x 40 cm



Vera Lossau, untitled, 2018-2023, analogue collage, 36 cm x 29 cm

to be named, as well as those who are very successful internationally in Southeast Asia and beyond.

Friendships, close connections and ideas for the continuation of the cooperation and foundation of the first German-Cambodian female artist network developed, which is also being further strengthened by Carola Rümper, artistic director of the mp43 project space in Berlin.

What else is there to say?

The incredible wealth of nature in Siam Reap impressed us. During our trip through the countryside and the markets in Phnom Penh, we discovered a great variety of foods such as lotus blossoms, bitter melons and the plant with the beautiful name, “Water Morning Glory,” which we had never tasted before. Water spinach is hidden behind “Water Morning Glory,” which swims in large quantities on the Mekong River across the city and is harvested by many people and used for cooking. Also the North Sea near Cuxhaven grows and thrives at a certain

point in time when a similarly pragmatically used plant, the caraway cabbage, and thus in this book some similarities come into play.

Many mysterious processes take place in grasping and ingesting food. Not only food but also thoughts are digested. Stories are shared around the campfire. When we cook and eat together, trust is assumed and there is an exchange, a storytelling, a connection. The latter forms the basis for human cooperation, solidarity with one another and can create a basis for peace. This connection reaches both from the past into the future and in the present across national borders.

With this book, we want to tell about art and community and create a network of pictures and stories. At the same time, we invite everyone holding this cookbook in their hands to try some culinary examples.



Lilla von Puttkamer, Vera Lossau and Carola Rümper in front of the Meta House, Goethe-Zentrum, Phnom Penh, 2022



Sketches Vera Lossau 2022



Sketches Lilla von Puttkamer 2022





Market vendor at the Kandal Market in Phnom Penh.



Sugarcane juice and plastic bags. The drink is healthy, although the name suggests otherwise. Sugarcane juice is high in vitamins, minerals and trace elements and has a refreshing, slightly sweet taste, especially when squeezed fresh from the cane by hawkers or on street corners. The plastic bag as packaging is systematically offered by traders in markets.

Vera's Story:

I love this soup. It's exquisite. We were pampering and comforting my parents with this as a dinner starter when my siblings had their own families and they would no longer come to them on Christmas Eve. I tried to spoil my friends or hopefully soon-to-become-friends with it. I cooked it in Phnom Penh earlier this year, carrying the vegetable and the saffron along in the plane. I cook this soup on any occasion possible. It's pure, with just the celery, very German, very ugly, from earth and a turnip with pulling roots, and the saffron, reflecting the magic memory of Persia. I have been there and I admired the spirit of all those young Iranian people – who are not stupid at all and have the internet – the ornamental design of the tiles, the scent of the roses, the taste of the mulberries and the saffron rice dishes. I fully support the women there in their longing for freedom. This recipe is taken from a book called *Home made* by Yvette van Boven. I bought it because I was jobbing in the art book shop in Düsseldorf, for future use. I cannot cook, but I can read recipes and I know that the quality of ingredients matter, and now I can cook a little bit. This dish is special because you can simultaneously enjoy those different worlds: the strangely sweet taste of celery, saffron with its

warmth, the yellow, the stories it embodies, the walnuts and the oil, the wine: drink a lot of white wine along with this soup, and sip it from your inherited wine glasses of crystal glass, grand-aunt Gertrud's glasses. It is the honesty but even more the inexplicable combination between the two worlds and the space between in this soup that remains magic. Between the celery and the saffron, something else unfolds. Yesterday, I watched a documentary with my son about dark energy and multiple universes. The big bang is still unfolding with accelerating speed due to the undefined dark energy pushing. One day, all of the stars will be so far away from one another that their light will no longer reach anything. This soup is pure, sattvic, and to know that it exists is comforting enough for now.

Vera Lossau is an international visual artist based in Düsseldorf. She studied at the Kunstakademie Düsseldorf and the Chelsea College of Art & Design in London and implements different media such as sculpture and collage in her work. Her art has been presented in various institutional spaces and museums and is part of several private and public collections.



Vera Lossau, untitled, 2018-2023, analogue collage, 42 cm x 29 cm



Vera Lossau, untitled, 2018–2023, analogue collages, 29 cm x 41,5 cm; 28 cm x 41 cm; 38,5 x 29,5 cm

Analogue collages that were created as part of a 2018 residency in Phnom Penh (Sa Sa Art Foundation) with materials collected in Cambodia and continued in 2023.



Vera Lossau, untitled, 2018-2023, analogue collages,
29 cm x 41,5 cm; 29 cm x 36 cm; 29 cm x 25 cm

សេលីរី សាហ្វ្រាន ស៊ុប

Celery Saffron Soup

INGREDIENTS:

- ≈ 1 onion
- ≈ 2 tablespoons of olive oil
- ≈ ½ celery (Knollensellerie)
- ≈ saffron – a spoonful or more
- ≈ a sip of white wine
- ≈ 1l vegetable broth
- ≈ 200g crème fraîche
- ≈ salt
- ≈ freshly ground pepper
- ≈ walnut oil



PREPARATION:

Peel the onion and cut in squares. Fry gently in olive oil in a saucepan with a thick base. Clean the celery and cut it in squares, add saffron and stir occasionally. Pour in the white wine and let reduce slightly. Let it simmer gently for 25 minutes until the celery is ready. Puree with a hand-held blender, add the crème fraîche and taste, maybe add salt and pepper. Cook for a short moment, then fill in beautiful porcelain and drizzle the walnut oil.



Vera Lossau, celery, 2023, polyester and pigment, 21 cm x 15 cm x 15 cm



The colorful street where Sreymao lives is full of shops (mini markets), a hair salon and other interesting places. This is the destination and contact point for the continuation of our transnational exhibition project in urban space for 2024. The feminist project is based on equality and sustainability.



Sreymao founded a collective with other artists. The project space titled TiSamjort serves as a platform for exchange. TiSamjort has already organized exhibition projects, workshops, performances and music events in the pedestrian zone in front of the project space. The neighbourhood of the project space has already participated in several art actions.

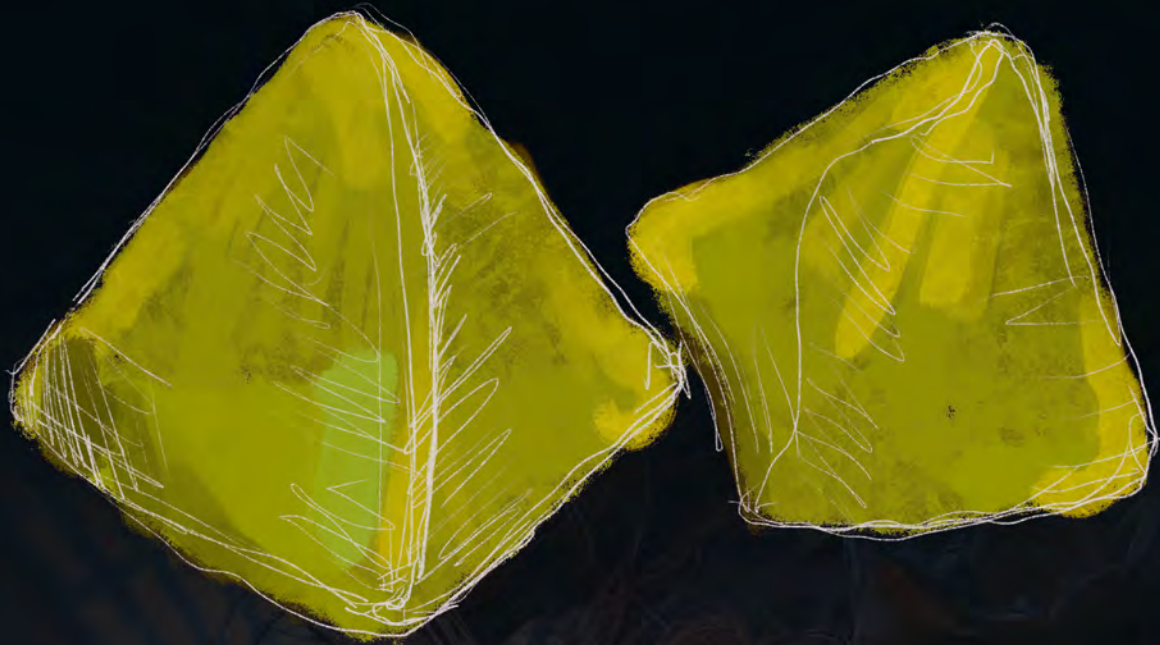


Sreymao is born 1986, Site 2 refugee camp, Thai border. graduated from Phare Ponleu Selpak's School of Visual and Applied Arts, Battambang province in 2006 and was a participant of Sa Sa Art Projects Contemporary Art Class in 2016. Her multidisciplinary practice includes painting, photography, digital drawing, sculpture and performance.



Sreymao's
~ RECIPE ~

នំ គូរ NOM KOU



Flour

- Banana leaf

- Sesame seeds

- Sugar

- Coconut young





After a queer beauty contest at the club night out with Sopheak, we were able to admire these three visitors as they disappeared in the dark on their mopeds to the next party location.



Phnom Penh from above looking towards Phsar Thmei (Central Market), one of Phnom Penh's Modernist/Art Deco buildings. There are a number of markets where, in addition to food, you can also buy clothing, jewelry and half-hatched chicken eggs as a sexual enhancer. If grilled insects, which are also available there, were established internationally as food, there would be far fewer famines.

Carola's Story

“Kümmelkohl” (caraway cabbage) is a specialty from Northern Germany. This type of cabbage grows on the North Sea coast, directly on the dike, although even here it is very rare to find. It can usually be pricked from the beginning to the end of April. When it is in flower, it is no longer suitable for eating, becoming inedible. The cabbage is cut with the root, which can be eaten. Its taste is influenced by the salt water of the North Sea. The salt content of the water and the air characterize its unmistakable aroma. Grown in the home garden, it cannot achieve its distinctive spicy flavor, but remains bland.

The name caraway cabbage refers to the type of seed, as the plant grows from the seed of caraway. Kümmelkohl is eaten with boiled potatoes and mustard.

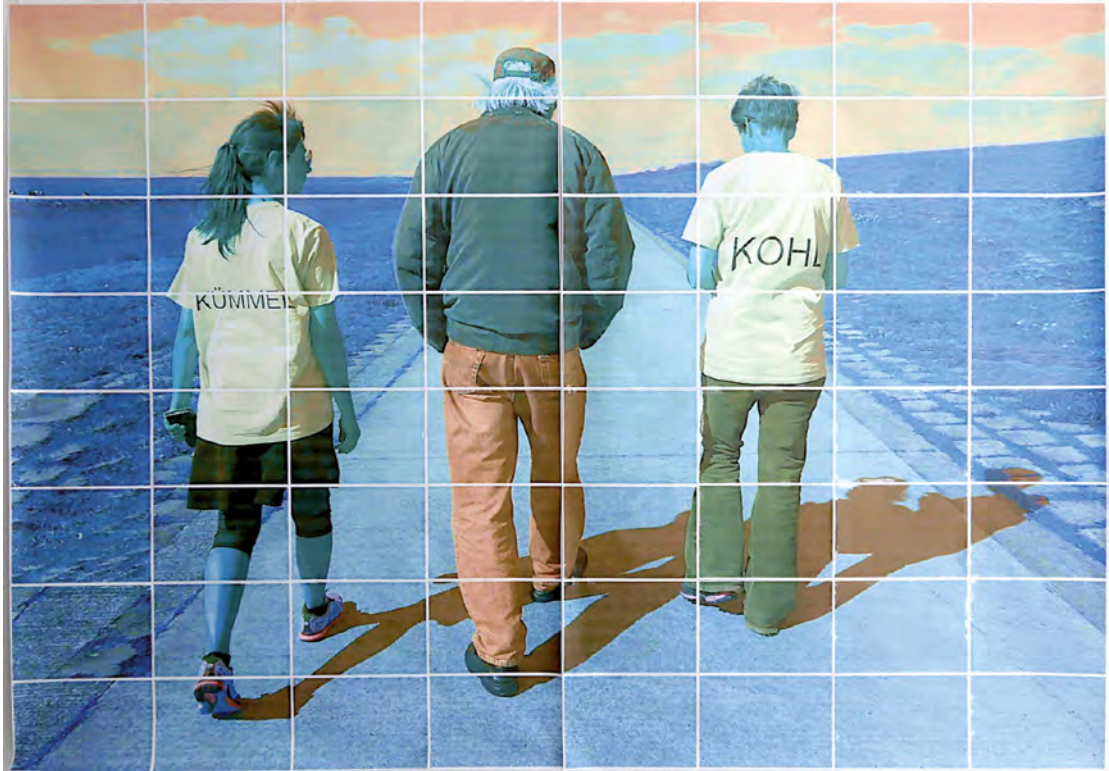
Only locals are allowed to sting Kümmelkohl for their own use. There has been only one exception on the Wurster North Sea coast. For the section from Paddingbüttel to Imsum, Hinni Hellberg received the license to stab.

The administration of the district of Land Wursten issued a highly regulated license, with Hinni Hellberg receiving permission to sting Kümmelkohl on a small commercial scale.

Hinni Hellberg took over the stabbing and sale of the Kümmelkohl. Only a small crop of the specialty is available each year: about 400 kilos. Therefore, Hinni Hellberg only sold smaller portions directly to locals. The quantity was always only 1-2 servings.



Photo of Hinni Hellberg in a historical stereoscope. The object enables 3D vision.



“Deichgang” (Dike Walk), edited photo taken in July 2023 for the project “Talk to Kümmelkohl” (talk to caraway cabbage)

The caraway cabbage was personally delivered by Hinni Hellberg directly to the consumer. Those who were supplied were usually in close contact with him. The date and quantity of the delivery were communicated in advance.

The places where the cabbage was stung by Hinni Hellberg were kept secret to prevent further ‘wild stings.’

Since Mr. Hellberg passed away a few years ago, the places are no longer known. It remains unclear whether people in the area have managed to locate these places to continue the tradition of caraway stabbing.

Many previous recipients of the specialty no longer receive caraway cabbage.

Carola Rümper lives and works in Berlin. She studied at the AKI Enschede in the Netherlands and the University of Osnabrück in Germany. Carola has worked internationally as a conceptual artist and curator in the field of urban practice, art in context, and projects in urban space.



ស្បែក្កោប

Caraway Cabbage

PREPARATION:

Kümmelkohl (caraway cabbage) is cooked for about 1.5 hours after pricking and cleaning.

Traditionally it is eaten with potatoes, pancetta, Kassler, and cooked sausages. However, Kümmelkohl can also be served without the addition of meat. Some add mustard to the Kümmelkohl, which is spread directly on the cabbage.







Phina preparing “The Crab Dish” at her home. In Cambodia cooking is often done on the floor. Many of the elaborately prepared pastes, vegetables and the shrimp complement each other. When preparing the dish, attention is paid to many details and the process can take all day.



Phina's parents are also involved in the preparations.

Phina's Story

We were not farmers. We let farmers grow rice on our small piece of land, only a hectare large. Mum thought the split 50% harvest could secure our rice for the whole family without buying it from rice vendors, who are usually expensive.

So there was a time when the rice was ready to harvest. Our family went to the field to help the farmers harvest together. There were five of them. And my parents, my younger brother and youngest sister.

Mum had prepared a simple dish for lunch with the farmers because the field was far from town and there was no restaurant available nearby. Also it saved us time with a ready dish. The dish was fried cabbage and pork. A simple dish that was easy to cook.

So the harvest began. Then, my father realized that the dish that we brought might not be enough for five farmers and five of us. He left, and I didn't notice why. Myself and the other children just helped to take the rice to a place.

Once he returned, my mum stopped harvesting the rice and started preparing to install an artificial kitchen: three pieces of

rock, some dried wood she found nearby and a medium size pot. From dad, there were a few frogs and a couple of crabs. Mum asked me to pick up some tamarind leaves.

The frogs and crabs were almost everywhere. Dad used to find some holes, there were four to five frogs together. Crabs walk in the rice fields, and thus dad only spent around 15 minutes catching them for the soup.

Mum started to clean the frogs and crabs at the nearby stream. Then she pounded the crabs by using the pot. Once it was all mixed up and watery, she rubbed the crabs and kept only their water, while the rest was thrown away. Then she cut the frogs into pieces.

Once the water boiled, she put in some salt...

I was helping the farmers to carry the rice to a corner of the rice field so that it was easier to be collected later. Without realizing it, mum's soup was done.

It was lunch time.

We divided into two groups according to class: my family and the group of farmers. There were two dishes, of course. Fried pork with cabbage and freshly made crab soup. Each group had two dishes. Traditionally, the dishes were placed in the middle where we sat around the dishes. Then we began eating.

Half way through, my group ran out of the crab soup while the farmer group ran out of the fried cabbage with pork. So we exchanged the dishes. We gave them the pork dish and they returned the crab soup.

After more than 20 years, I still remember this event. I still remember the taste of the crab that my mum cooked on that day. I still remember that dad was the one who was looking for crabs and frogs for mum to cook. All were so fresh. So yummy. So hungry.

I left Pursat for Phnom Penh city for my education. My family still allows the farmers to grow rice on our fields but we don't harvest together like before anymore. So the farmers just sent us an agreeable amount of harvested rice. That's all. No more fresh dishes of frogs and crabs and the opportunity to eat at the rice field anymore. Life has changed. The weather too. Climate changes. The unregulated pesticide use.

Phina So is a writer, publisher, and literary translator. She founded the Khmer Literature Festival, whose fifth edition was successfully organized in 2022 in Pursat, her home province, and whose sixth edition was successfully organized in 2023 in Pursat. She also co-founded Kampu Mera Editions, a small press through which she and her peers have published eight titles since 2015.

ម្ហូបក្តោម

The Crab Dish

INGREDIENTS:

- ≈ fresh crabs (from rice fields rather than sea crab)
- ≈ fresh frogs
- ≈ tamarind leaves or young tamarind fruits
- ≈ bunch of holy basil leaves
- ≈ lemongrass
- ≈ galangal
- ≈ turmeric
- ≈ garlic
- ≈ salt, palm sugar, fish sauce
- ≈ fermented fish paste
- ≈ bergamot orange leaves





PREPARATION:

- ≈ Remove the crabs from their shell and clean them.
- ≈ Remove the yellowish fat from the shell, keep them aside and throw the shell away.
- ≈ Pound the crabs and add a little water.
- ≈ Wring the pounded crab and keep aside only its water.
- ≈ Clean the frogs.
- ≈ Chop lemongrass, turmeric, bergamot orange leaves and pound them well, then add garlic until it is all mixed.

COOKING PROCESS:

- ≈ Place the pounded ingredients into a pot, add the fermented fish paste, a little salt, palm sugar and the frogs on a mild fire.
- ≈ Stir it gently and add a little water. Stir it until the water is boiled.
- ≈ Add tamarind leaves.
- ≈ Pour the water you from pounding the crab and cover well. Don't take the cover away before it is boiled.
- ≈ When it is boiled, take off the cover, put the holy basil in.
- ≈ Taste and add salt based on preference.





Leftover peels after squeezing the sugarcane juice.

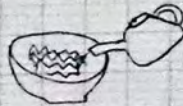
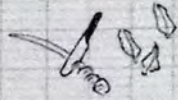
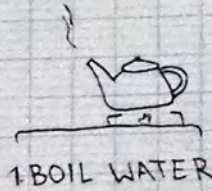
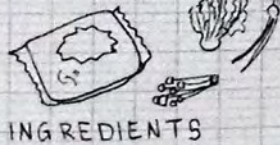


We were missing a piece of beef while shopping with Nary at the market. We got this from the butcher, where everything was recycled from the animals and lungs and other innards were on offer, among other things.

មីកញ្ចប់

Instant Noodles

HOW TO: INSTANT NOODLES





Merit, das erste Mal auf den Geschmack gekommen.

'22

Mara Marlow started studying in Germany after spending 1,5 years as a volunteer in Cambodia's capital city Phnom Penh. She joined the 2022 Graffiti Battle and connected with Cambodian contemporary artists like Koeng Rithy and Kmeng Lyna. She is working mostly with acrylic and oilpaints and is using old cardboard boxes as a canvas.



With Nary, we drove to the market in the “pass app” for some shopping. Even without a common language, we were able to communicate well.



Afterwards, we assisted her to cook at her house and got to know her whole family. We gained some insights into her story. Her father was the only one who survived the Khmer Rouge regime in his village. From there, he moved with his whole family to the two-room apartment in Phnom Penh.

Nary's Story

I'm Nary, I was born in 1981, two years after the Cambodian genocide (1975-79). Our family lived amongst the ongoing civil war until it all finally ended in 1997. Throughout my childhood, there was still fighting and bombs, sometimes there were bodies on the streets. For many years, there was a severe lack of food: at times our entire family would share a handful of rice, and if we were lucky we had some fish sauce to give it some flavor. We had little money to buy meat or vegetables, and most of the time they were not available due to the war.

In Cambodia, we love to celebrate significant days like Cambodian New Year and Pchum Ben (Ancestors Day). Family and food are central to the ceremony. Even during the war, my mother would somehow find some ingredients and cook a traditional dish for those occasions, called "Cha Mi Suor" (fried glass noodles). The ingredients were expensive, so this only happened a few times a year. We would have one big plate for the entire family. When possible, we would share it with the families around us. My mother died when I was sixteen due to health issues from the war. Whenever I cook this dish, I always think of her.

I recently traveled to Australia. I cannot speak English very well, but I found that I could connect with people by cooking my mother's special dish for them. It came from my heart: I thought of my mother and wished she could have seen me, sharing her special dish with friends on the other side of the world. I still miss my mother. I hope you enjoy her dish, it came from her heart too.

Nary Pon lives in Phnom Penh in Cambodia. She was born two years after the Cambodian Genocide (1975-79). Her family lived among the ongoing civil war until it all finally ended in 1997. Her father was the only one who survived in his village and moved with his family to Phnom Penh.



Vera and Lilla spending one day with Nary, her sister, father and the children at their home learning how to cook fried glass noodles. She shared a dish the families would cook for special occasions.

6
portions

ឆាមីស្មួរ

Cha Mi Suor (Fried Glass Noodles)

INGREDIENTS

- ≈ 500g vermicelli noodles
- ≈ 500g ground pork
- ≈ 200g dried banana flower
- ≈ 200g dried cremini mushroom (Baby Bella)
- ≈ 100g cloud ear fungus (black fungus mushroom)
- ≈ 1 tablespoon chopped garlic
- ≈ 2 tablespoons fish sauce
- ≈ 2 tablespoons soy sauce
- ≈ 1 tablespoon sugar
- ≈ 3 tablespoons oil
- ≈ 1 tablespoon sweet soy sauce
- ≈ ½ cup chopped green onion
- ≈ ½ teaspoon black pepper

PREPARATION:

- ≈ Soak noodles in warm water for 10 minutes, rinse three times.
- ≈ Soak banana flower and mushrooms in warm water for 10 minutes, rinse three times. Use a wok at a high heat, add the oil and the garlic, cooking until brown. Add all of the remaining ingredients except for the onions and pork.
- ≈ Stir thoroughly to mix the ingredients.
- ≈ Add the pork, cook until brown.
- ≈ Add the noodles at a medium heat and cook for 5 minutes using two spoons, toss continuously.
- ≈ Turn off the flame, add the onion, toss until mixed thoroughly.
- ≈ Serve in individual bowls.
- ≈ Chop some chili into a bowl of fish sauce, add according to individual taste.
- ≈ Eat with chopsticks.





After buying dried mushrooms at the market, we soaked them and the dried banana flowers in water. It took a few hours to prepare everything. Finally we could enjoy together the favourite dish from Nary's mother. Her photo is placed on the house altar.



Grilled locusts, snails, roasted beetles and worms are offered as snacks on the go, seasoned with chili and garlic. They are high in protein, fat and minerals. Many believe that Cambodians only started eating insects because of the famines suffered by the Khmer Rouge in the 1970s. The street vendor claims they've always eaten it.



Sopheak accompanied us to a restaurant in Phnom Penh, where we were able to sample many mostly vegetarian Khmer dishes that are characteristic of rural Cambodia.

សាឡាត់សាច់គោ

Plea Sach Kou (Beef Salad)

This recipe is one of my memories of my sister. We liked to eat Plea Sach Kou (beef salad).

As one of many changes in my lifestyle, I have been busy, and I don't have much time with her like before, so when it was time to "stay home" I thought about how to transform our favorite dish that we ate at the restaurant to cook at my home, and this recipe appeared. After cooking this, I always sent photos to her, and we shared our laughs.

This recipe brings a way for me to share the connection with my sister, and imagine the memories of us when we were together. However how far apart we are, through food we are always filled with love.

Meta Moeng lives between Phnom Penh and Siem Reap in Cambodia. She is an independent curator for contemporary art in Cambodia, creating dialogue among young artists and architects engaging in archiving such as through Damfaul, which she founded in 2019, as an arts resource home focused on building the Cambodian Contemporary Art Archives.

INGREDIENTS:

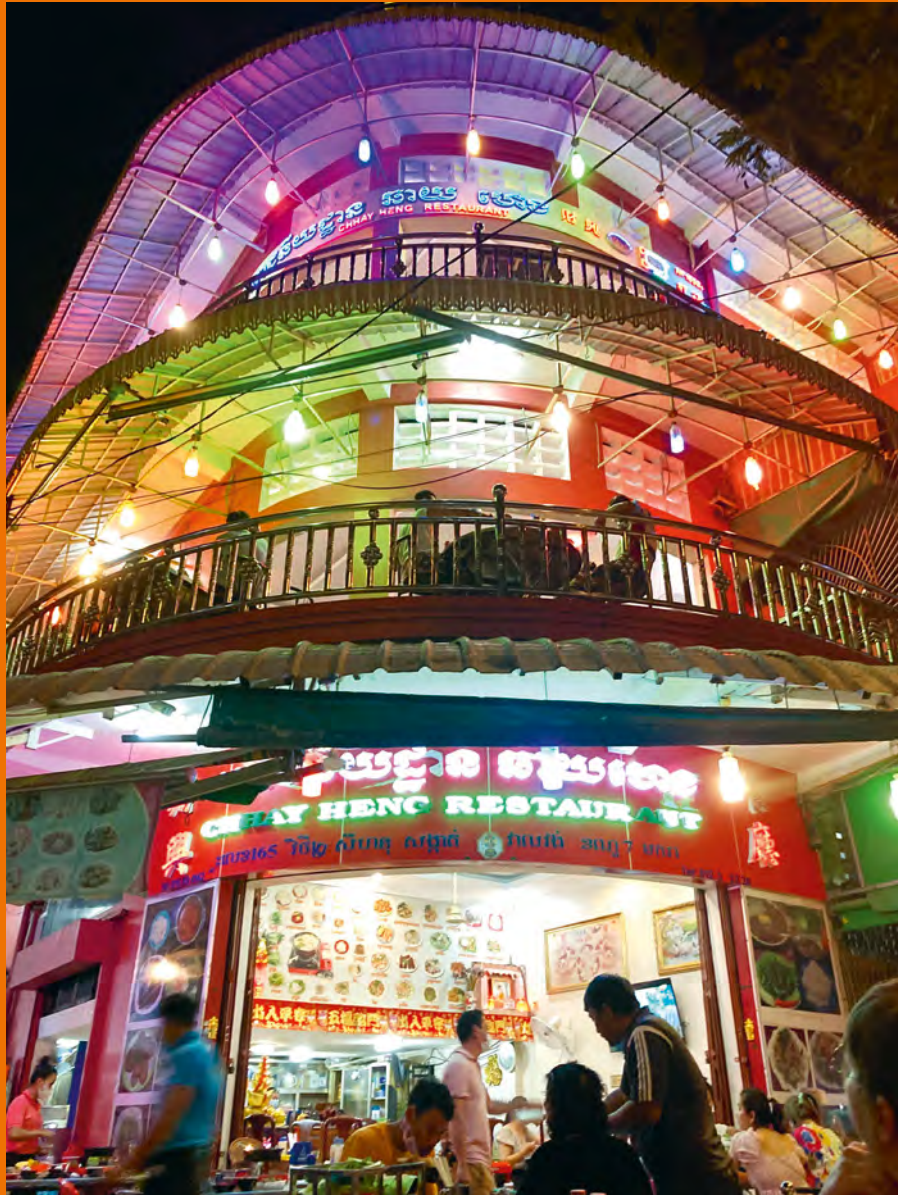
- ≈ beef
- ≈ 3 tablespoons fish sauce
- ≈ 3 teaspoons salt
- ≈ 1 teaspoon oil
- ≈ 1 teaspoon sugar
- ≈ 10 leaves Thai basil
- ≈ 2-5 chili peppers, chopped
- ≈ 3 teaspoons lime juice
- ≈ 5 cloves garlic, sliced
- ≈ Chinese kale
- ≈ anise basil, sawtooth coriander



Plea Sach Kou, drawing by Lilla von Puttkamer

PREPARATION:

- ≈ Clean the beef and slice it thin.
- ≈ Clean the Chinese kale, cut the leaf out and slice the branch thin.
- ≈ Boil the water, and pour in 1 teaspoon of salt and 1 teaspoon of oil. Boil the Chinese kale in for a few minutes and then take it out and put it inside the bowl of cold water.
- ≈ Mix all of the ingredients in the bowl: the chopped chili peppers, 3 tablespoons of fish sauce, 1 teaspoon of sugar, 2 teaspoons of lime juice, and 5 sliced cloves of garlic.
- ≈ Stir the beef into the bowl thoroughly and let it sit for a few minutes for the flavor to soak in.
- ≈ Prepare the plate, cut anise basil and sawtooth coriander. Serve it on the top of the beef, with your choice of rice, bread or both!



A place to buy Cambodian and Chinese streetfood.



Market vendor at the Kandal Market in Phnom Penh.

Simona's Story

I am very strongly interested in the relations that connect us through our time. One of my artworks that deals with this is the animation "Echo" (animated photographs, 3 min/loop, 2005). For this work, I collected all photographs of my female ancestors, reaching back six generations (thirteen portraits).

In the animation, one face alternately emerges dominantly from the fused mass over time.

Why am I what I am? Where does my appearance come from? Where do my habits, my illnesses and preferences come from? We are heirs to a chain of ancestors that dates back to the beginning of life. Science can trace our ancestors in our genes and make far-reaching statements about their origins and their legacy, some of which is alive through us today.

With this photo animation, the last links in a chain of female ancestors are connected by means of the images that have been preserved of them. Just as the genes keep merging through reproduction to form new links, the portraits also merge with each other and become – in their entirety – a new portrait in their own right over the boundaries of time.



Film still "Echo", Simona Koch, 2005

Simona Koch is a German designer and artist in the field of artistic research. Her central interest lies in the investigation of networks of life and organisms. As a designer, her focus is on book design for artistic projects. Simona lives and works in Vienna and Bavaria.

Pruten Reizen Rezept von Fr. Monath

3 the gebrocht Leuchtweiss, sechs köpfe trinken 12 the köpfe stück
 ander fasten abends 12 1/2 the Leuchtweisse trinken müssen
 schenken Reizen pruten in die nach dem trinken. Alle Reizen
 fünf ungen, denn sind köpfe Reizen pruten mit 12 ungen
 gewicht mit 2 P. Min. in die mit ungen kochen. müssen
 köpfe gegessen werden. Mung gilt eingeweicht 12. P. Min. G.

mit Ammonia

handgeschrieben von
 ununterst Bene
Tredde

Simona

Rezept

Schokolade

14
pieces

ไส้กรอก

Silk dumplings recipe from Mrs. Monath

My great-grandmother Frieda was a gifted cook. She met my great-grandfather on an excursion with the schoolmates of the “Dumpling Academy” (the nickname of the school for housekeeping for young ladies) at a fair in Nuremberg, which must have been in the early-1920s. At that time, my great-grandfather was already a mature widower with two grown-up children who ran an inn in the south district of Nuremberg in Germany.

My grandmother was born in 1924. Since her mother was a cook in her husband’s inn, my grandmother Elfriede grew up in the countryside with her grandparents. Her grandfather was a teacher in the small town of Diethenhofen.

Great-grandmother Frieda and her mother Katharina still have many handwritten recipes, which their descendants loved and copied and passed on to friends. Thus, they continue to have an effect today, nourishing and shaping us.

One find from this collection of recipes is this silk dumpling recipe from my great-grandmother’s neighbor, Mrs. Monath. My grandmother often made these silk dumplings for us, for example with roast

goose or roast pork. Unlike the usual Franconian dumplings – which are often made with raw potatoes, or half and half – these ones are really as tender as silk!

This recipe that has been handed down is handwritten by my great-grandmother. While unfortunately I can’t read it myself, my grandmother Elfriede wrote on it: “for Simona.”

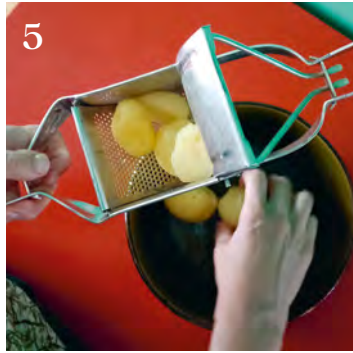
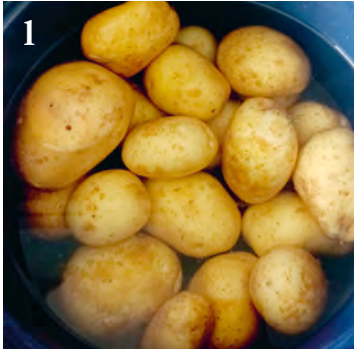
On July 9th 2022, I visited my almost blind 98-year-old grandmother and she deciphered the recipe for me with a magnifying glass and added to it from her memory, so that we can immortalize its contents here for posterity, so that it may also continue to wander through the stomachs in the future:

INGREDIENTS:

- ≈ 3 pounds of potatoes
- ≈ ½ pound of potato flour
- ≈ 2 eggs
- ≈ salt
- ≈ some milk
- ≈ bread cubes toasted with butter

PREPARATION:

- ≈ Peel 3 pounds of freshly cooked potatoes and mash them while hot.
- ≈ Add ½ pound of potato flour, two eggs and a little salt. Pour a little boiling milk over them.
- ≈ Form about nine dumplings and fill with toasted bread cubes.
- ≈ Bring to the boil once in salted water, then leave to stand for 20 minutes.



Preparation of the dumplings with artist Hilla Steinert at her visit in Vienna, summer 2023.



Cooking “Curry for the Western Taste” together under Sopheak’s guidance in the Berlin Bar she runs in the Goethe-Zentrum, Meta House in Phnom Penh.



“Curry for the Western Taste” ready to serve with pasta.

Sopheak's Story

I was born during the Cambodian genocide and civil war (1970-1997). During that time, Cambodia lost most of its well-educated upper and middle classes, along with their recipes and culinary traditions. However, there are still many Khmer (Cambodian) recipes and culinary secrets that remain with Cambodians living abroad. I lived in the United States from 1994-2000. My uncle owned a restaurant in San Francisco's Chinatown, where I worked in the kitchen.



TWO GIRLS AGAINST THE RAIN (11 minutes, 2012)
A captivatingly courageous and touching film about a lesbian couple in Cambodia. The two women have known and loved each other since the time of the Khmer Rouge. The deep bond existing between them and their strength have helped them overcome all different kinds of resistance, including that of their families.

That's where I refined my cooking skills, which I had originally learned from my mum back in Cambodia.

Traditionally, women in Cambodia have many responsibilities within the family and at home. They have to manage the domestic tasks and take care of family members. Because of their duties at home, and a lack of financial security, women are often not able to obtain jobs or attend school away from their home.

I chose a different path. After my return from the US, I began to study Business Administration while working part-time. On top of this, I took filmmaking classes and started being involved in the management of the Cultural Center Meta House Phnom Penh, together with my future husband. I rarely cooked at home because I was often too busy. My mum passed away in 2012. The Khmer Curry recipe that I'm presenting here will always remind me of her.

Sopheak Sao is a Cambodian filmmaker and Creative Director of Meta House "German-Cambodian Cultural Center" in Phnom Penh. She has produced and directed a number of documentary films. In February 2013, she was the first Cambodian filmmaker to be invited to the Berlin International Film Festival "Berlinale Panorama" in Germany.

Nothing could tear them apart

TWO GIRLS

AGAINST THE RAIN

DIRECTED BY SAO SOPHEAK



TWO GIRLS AGAINST THE RAIN, film poster, 2012. The documentary has been screened at numerous international festivals in Asia & Europe. It was awarded "Best Documentary Short" at KASHISH Mumbai International Queer Film Festival 2013 (India).

4
portions

សម្លរការីខ្មែរ គ្រឿងផ្សំម៉ែ



Mom's Khmer Curry

Cambodian curries are similar to Thai curries, both using coconut milk as a base, with a subtle sweetness. However, Khmer curries are not as spicy as Thai ones, containing less chili.



INGREDIENTS:

- ≈ 500g chicken breast
- ≈ 200g unsalted peanuts (can also use cashew nuts)
- ≈ 2 carrots
- ≈ 3 potatoes
- ≈ 2 onions
- ≈ 4 dried chili peppers
- ≈ 2 lemongrass/fresh
- ≈ 4 kaffir lime leaves
- ≈ 1 garlic bulb
- ≈ 1 red onion
- ≈ 1 tablespoon of shrimp paste
- ≈ 2 cans of coconut milk
- ≈ 1 can of sweetened condensed milk
- ≈ 3 tablespoons of curry powder
- ≈ 1 large spoon of curry paste
- ≈ 1 galangal root
- ≈ salt, to taste
- ≈ palm sugar, to taste
- ≈ fish sauce, to taste

PREPARATION:

- ≈ In a large heavy bottomed pot, heat some oil over a medium flame.
- ≈ Add the garlic and red onion, fry until they are brown.
- ≈ Add shrimp paste, dried chili pepper and curry paste, stir continuously.
- ≈ Scorch a galanga root with a cooking torch, or over an open flame. When the skin is brown and it starts to crack, break up the root and add the pieces to the mixture.
- ≈ Add the sweetened condensed milk, one can of coconut milk, curry powder, lemongrass and kaffir lime leaf. Stir to combine. Cook for 2 minutes, allowing the flavors to develop.
- ≈ Add the chopped chicken breast, a spoonful of salt, a spoonful of brown sugar, stir it for around 2 minutes.
- ≈ Add the second can of coconut milk and 1-2 liters of water, depending on how thick you want the curry to be.
- ≈ Place the lid on the pot at a high heat, bringing to the boil. Add carrots, and when they start to soften add the potatoes. Once the potatoes soften, add the onion. Continue to boil, adding more water if necessary. Simmer until the chicken is cooked throughout and the vegetables are soft.
- ≈ Add peanuts or cashew nuts.
- ≈ Add salt, palm sugar and/or fish sauce to taste.
- ≈ Add a spoon of chili oil if you like it spicy.
- ≈ Serve with French bread or rice.





Ice seller at the Kandal Market in Phnom Penh.



Under a jackfruit tree, we met Barbara in her favorite café in Phnom Penh, where she told us her story about her recipe. A jackfruit tree produces fruits over the whole year. If you boil the fruit it tastes like potato. Young jackfruit is an important vegetable for a very famous Khmer soup called “Samlor Korko” (lemongrass mixed vegetable soup). This superfruit contains a little of almost every vital vitamin and mineral.

អាហារពិត របស់ព្រះ

The real food of the gods

My father, his six siblings and his parents lived in Pomerania before the end of the Second World War. Then they fled and only came back to visit. The Wollin peninsula now belongs to Poland.

Is this dessert still available there?

When my siblings and I were little, my grandmother moved into our neighborhood. I didn't particularly like them, but sometimes they had "the real food of the gods" (which certainly didn't wobble), which was great!

Barbara Thimm is a historian and was in 2022 head of the archive at the Tuol Sleng Genocide Museum (S-21). In addition, she has conducted seminars in communication, intercultural learning and dealing with conflicts.

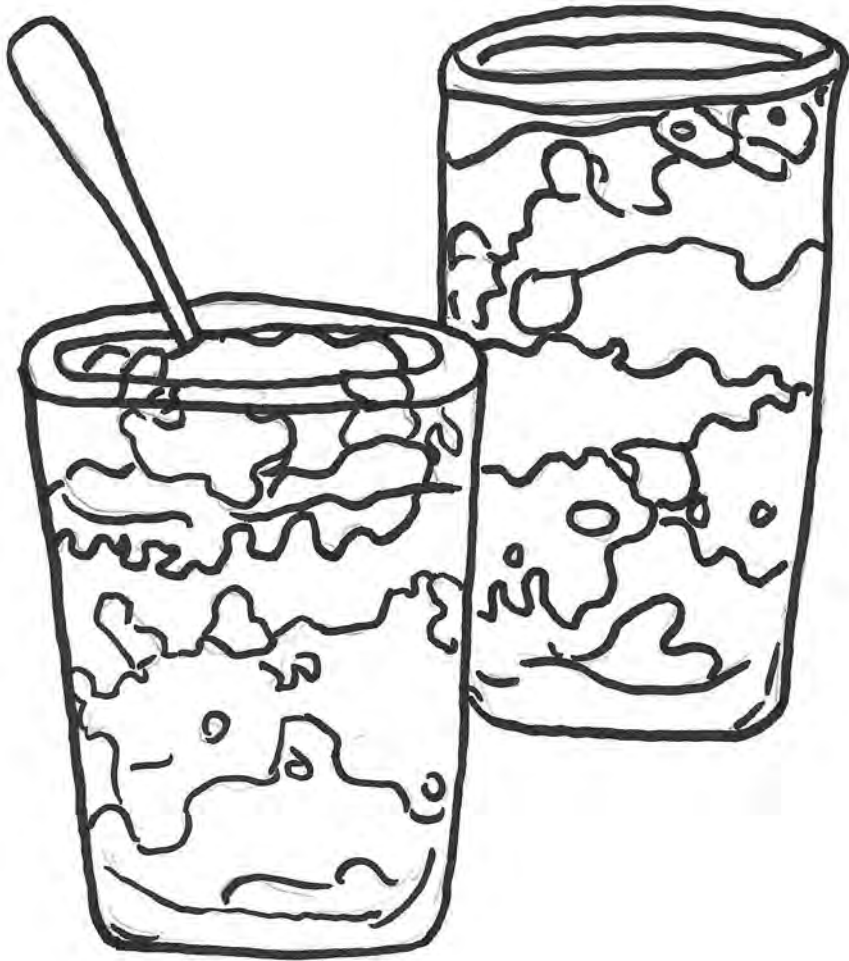


INGREDIENTS:

- ≈ pumpernickel
- ≈ dark chocolate
- ≈ canned cranberries or cherries
- ≈ cream (or quark)

PREPARATION:

Pomeranian jelly is actually made with layers of grated pumpernickel, whipped cream and cranberries. Pumpernickel is a long-lasting dark wholemeal bread made from rye, originally from Westphalia, and it is baked for many hours. Chocolate flakes are stirred into the "echte Götterspeise" and finally garnished with chocolate shavings, and the dish has to be cooled for a few hours.





Salty and fermented fishes can be used for Prahok, a fermented fish paste that adds depth to many dishes, soups and dipping sauces. Mixed with palm sugar and a little water or fish sauce, it can be served with papayas, mangoes or bananas. In the countryside and rural regions, it is often the only source of protein for villagers. The best Prahok comes from Siem Reap, a province in Northwestern Cambodia.



Small altars are not only found in the temples of Angkor Wat, but pop up everywhere in the streetscape, in personal homes, restaurants and other unexpected places in Phnom Penh. They are there to commemorate the ancestors and – despite poverty – testify to an abundance of food and personal wealth, since there is always something left for the gods. From these sculpturally interesting objects the idea for a fictiv “meditation carpet” emerged for the exhibition in Berlin.



Lilla's Story

A honey-sweetened cake was already known to the Egyptians and was used as a burial dish. The Romans smeared honey on a cake and baked it not only at Christmas but also at Easter and other occasions. The gingerbread was also eaten together with strong beer during Lent.

In the form that we know today, it was originally invented in the Belgian town of Dinant and only then adopted and transformed by the city of Aachen.

At that time, spices such as ginger and cardamom from distant countries were needed for its production. Therefore, primarily only cities with trade connections could afford it.

Since gingerbread has a very long shelf life, it was stored in monasteries in bad times and eaten by monks. As the history of gingerbread shows, the origin of a recipe is often not so easy to classify and modified forms of gingerbread are eaten in different countries.

Coming from Düsseldorf, I am familiar with art made from edible materials, a style in the visual arts of the 1970s that was founded by Daniel Spoerri. He wrote a book *Eating the Universe*, in which a direct return of art to the practice of life is called for.

The small honey gingerbread sculptures are a series of works by Albrecht and myself.

We produced them for the first time in 2018 for an exhibition at mp43. Since then, we have made them for various occasions such as traveling to Cambodia. New individual objects are created every time. This is a recipe for 30 small edible sculptures. You can decide when you want to eat them.

We hope you enjoy your production!

Lilla von Puttkamer is an international artist based in Berlin. She studied architecture at the Moholy-Nagy University in Budapest and Painting at the Academy for Fine Arts in Münster. She often uses her drawings and paintings as an installation in the room and expands them through performative elements in collaboration with other artists. With her partner Albrecht Fersch, they create public interventions together as "Geopoets."

Albrecht Fersch is a performance and installation artist from Berlin. His work ranges from object art, the invention of sound instruments and participatory works to poetry and the self developed logorealism. He has realized projects such as the Supertheater in Zwickau, "The Isle" in Berlin with 100t of sand, and the pluralistic solo tone orchestra in the Kunstverein Bochum.







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Gingerbread Sculptures

30
pieces



INGREDIENTS:

- ≈ 500g forest honey
- ≈ 140g frying oil
- ≈ 200g cane sugar
- ≈ 3 eggs
- ≈ 250g ground almonds
- ≈ 100g ground hazelnuts
- ≈ 710g spelt flour
- ≈ 1 baking powder
- ≈ 15g gingerbread spice
- ≈ 1.5 teaspoons ground cinnamon
- ≈ 1 teaspoon ground ginger
- ≈ 1 teaspoon ground coriander
- ≈ 0.5 teaspoon salt



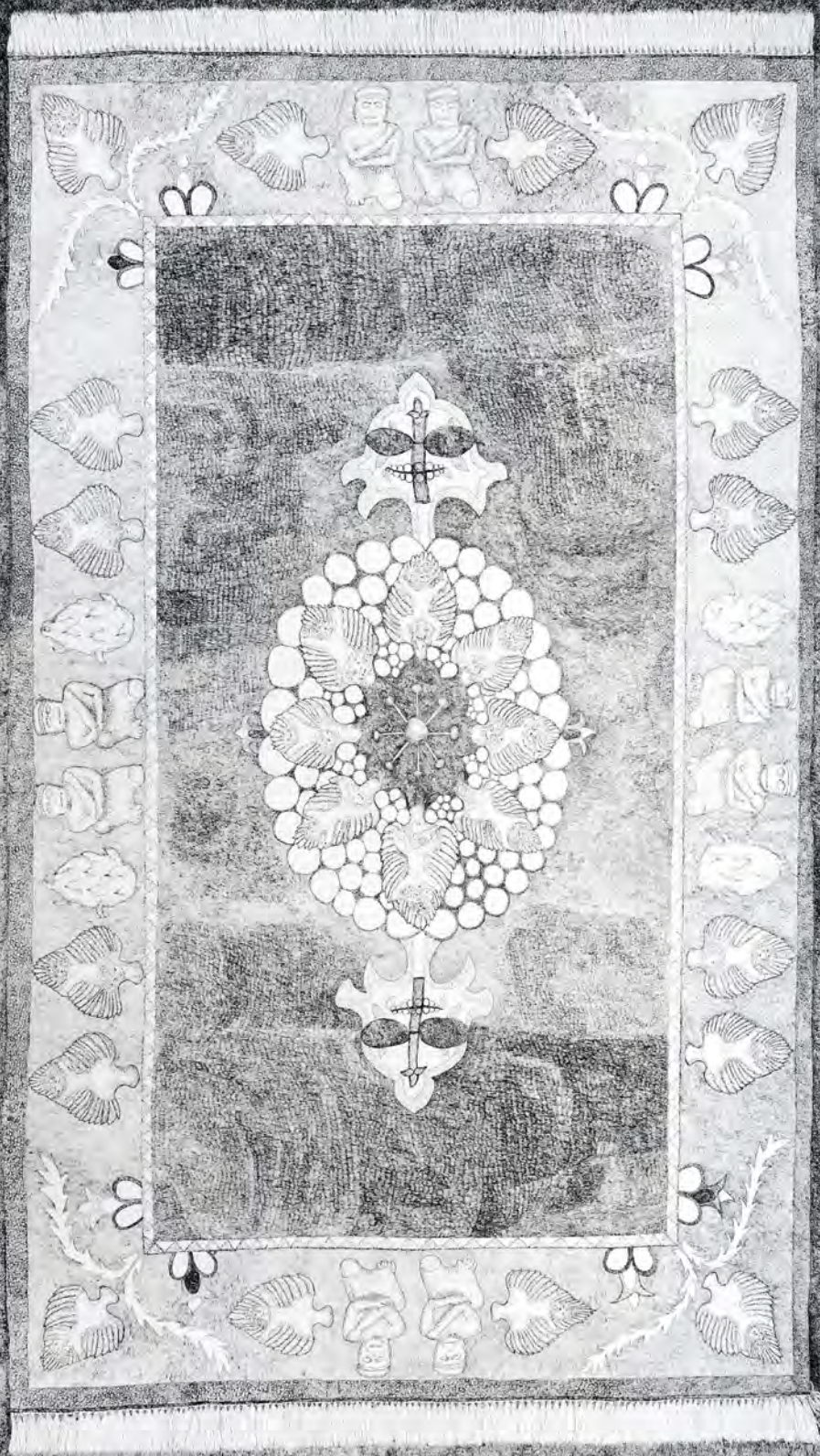
Lilla and Albrecht baking the Ginger Bread Sculptures.



PREPARATION:

- ≈ Heat honey a little with oil and sugar. Let the mixture cool down.
- ≈ Mix ground almonds and hazelnuts with flour, baking powder, spices, salt and eggs.
- ≈ Add the honey mixture and knead with a hand mixer for about 5 minutes.
- ≈ Add a little more flour, if necessary. Cover the dough and let it rest for 1 hour.
- ≈ Shape the ginger bread cookies freely and place them on the baking tray that has been brushed with oil. Preheat the oven to 200°. Decorate the small gingerbread sculptures with nuts, raisins and melted chocolate and bake for about 35 minutes until they are light brown.







Lilla von Puttkamer, Hungry Purse, 2023, ceramic, 19 cm x 19 cm x 3 cm



Travel Shoes, 2023, ceramic, 30 cm x 80 cm x 11 cm

The idea for the prayer rug came from the house altars. Motifs found in Phnom Penh and Angkor Wat, such as the naga snake, the monkey king Hanuman and the dragon fruit, are combined with floral motifs from a carpet found at home. Together they form a new tapestry of remembered impressions and merge into ornaments and comic-like drawings.

The drawing was created using a scientific, archaeological technique of documentation.

The three travel shoes are replicated from ceramic and show the path walked and experienced through Cambodia.

Left: Lilla von Puttkamer, Naga carpet, 2023, ink on paper, 150 cm x 250 cm



On the way to the famous temples in Angkor Wat, we met Sokkeary Bang, who has built an amazing hotel resort with her family (The Nature).



Bitter melon has a crunchy texture, is watery inside and has a very bitter flavor. That's why it is also known as bitter melon. There are several methods to reduce the bitterness. It can be soaked in salty water before eating it raw or when preparing soups it is good to simmer the vegetable for a long time.

ត្រីកូន

Water Morning Glory

The Mekong River is more than 4000 km long and travels through seven countries. From its source in the Tibetan Plateau it passes downstream through Laos, Cambodia and ends in the Delta in South Vietnam. It is also called „the mother river of all things“ and creates a lot of life around

it. Everywhere along it floods rice fields and water spinach swims in large quantities on it across the City of Phnom Penh.

The plant is called water convolvulus or water morning glory and grows easily in emerged water. The stems and the arrow both are edible. Water spinach is very popular in Khmer cuisine and known for its mild taste and crunchy texture. It can be consumed fresh in salads and cooked in soups and stir fries. It is rich in iron and people in Phnom Penh can harvest it for free.





Above: eating water spinach at a restaurant.

Left: water spinach on Mekong River in Phnom Penh.



She sold fresh coconut and sugarcane juice on a street in Phnom Penh. Coconut water is containing a lot of potassium.



Vera Lossau and Lilla von Puttkamer sketching in the street in Phnom Penh.

បងប្អូន

**Documentation of the exhibition “Bong Bong”
at Kunstpunkt – Space for Current Art Berlin
14.10. – 11.11.2023**

The exhibition BONG BONG – Cambodian-German Entanglements is part of an interdisciplinary research and exchange project in the field of visual arts. The objective is to build up a long-term network between Cambodian and German artists. Projects and exhibitions are realized alternately in Cambodia and Germany. The exhibition BONG BONG is the second joint exhibition. In 2022, the collaboration between the artists began on the topics of identity,

cooking and homeland. The exhibited works refer to these complex themes. Artistic works from the fields of film, sculpture, painting, and digital drawing will be presented.

Participating artists:

Sao Sopheak, Sao Sreymao, Lilla von Puttkamer, Vera Lossau und Carola Rümper











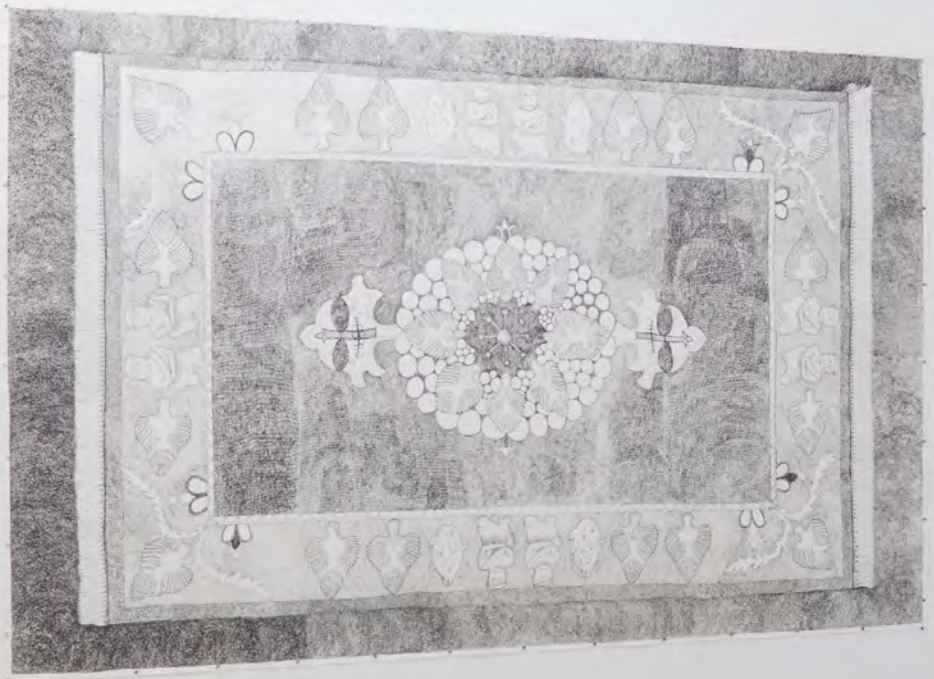
Above: Sreymao Sao, *Transparency*, 2023 wire mesh, 117 cm x 130 cm x 70 cm
Left: Vera Lossau, o.T., 2023, resin cast, varnished, 30 cm x 14 cm x 15 cm



Carola Rümper presents the project 'Talk to Kümmelkohl'. The art project was carried out in May 2023 on the North Sea in the area 'Land Wursten'. In public and private conversations, stories about the wild plant caraway cabbage were collected. The performative interventions invited a discursive examination of the topic of identity in rural areas. The question of home and identity is tied to the wild plant caraway cabbage. In addition to the objects 'Caraway Cabbage' and 'Pink Shirt', the exhibition also shows the works on paper 'Dike Walk' and 'Placement'.



Deichgang (Dike Walk), 2023, paperwork, 170 cm x 240 cm
 Platzierung (placement), 2023, paperwork, 120 cm x 120 cm
 Kümmelkohl (caraway cabbage), 2023, object, 30 cm x 30 cm x 2 cm
 Shirt, 2023, object, 60 cm x 50 cm x 1 cm





In her installation, Lilla von Puttkamer mixes everyday objects with motifs found in Phnom Penh. The choice of material (ceramic) gives seemingly familiar things a fragility.

Naga Carpet, 2023, mixed media/ Carpet, ink on paper, 300 cm x 250 cm
Travel Shoes, 2023, ceramics, 30 cm x 80 cm x 11 cm

BONG BONG
Kunstpunkt Berlin





Sreymao Sao presents at the exhibition BONG BONG her recent work 'Breathing Threads' that illustrates some vivid aspects of the work and life of Cambodian garment workers. This series shows digital sketches on photographs and one wire mesh sculpture depicting the 'women workers' journey and experience.

BONG BONG
Kunstpunkt Berlin





Vera Lossau is showing a series of analogue collages created during a residency in Phnom Penh in 2018. In doing so, she used print media found locally. A sculpture made of polyurethane in a glossy orange chrome look, a cast of a balaclava, complements her contribution to Kunstpunkt.

Left: untitled, 2018-2023, analogue collage, 29,3 cm x 42,5 cm

Right: untitled, 2018-2023, analogue collage, 42 cm x 29 cm

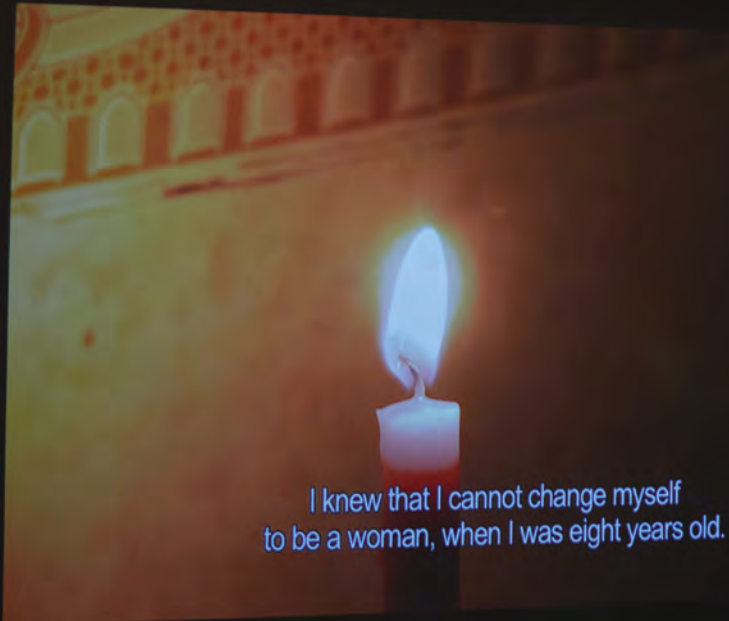


Sopheak Sao is showing the short films 'TWO GIRLS AGAINST THE RAIN' (10:40 min.) and 'STRENGTH' (15:16 min.).

The artist portrays the women Soth Yun and Sem Eang in the short film 'TWO GIRLS AGAINST THE RAIN: Women find love in the wake of the Khmer Rouge'. The women met in the mid-1970s in one of the notorious forced labor camps of the Khmer Rouge regime. Despite their families' disapproval, they have lived together as a couple in Takeo Province since that time. As Cambodia moves closer to accepting LGBT people, Yun and Eang, now in their mid-sixties, want to get married.

The short film 'STRENGTH' addresses the unequal pay of women and men in the Cambodian construction industry.

Cambodia's construction industry is booming, and high-rises are being built across the capital of Phnom Penh. With the city's population doubling over the last years, it has begun its transformation into a sprawling metropolis. The industry employs a large number of migrant workers who flock to the capital in search of work. Around a third of these workers are women. Cambodian filmmaker Sao Sopheak portrays one of them.



I knew that I cannot change myself
to be a woman, when I was eight years old.



My daughter is a girl but she works
just as hard and just as long as the men

Colophon

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Lilla von Puttkamer

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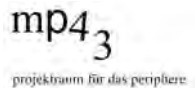
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