

The Social Stomach

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Scenario Planning as Consciousness Raising

- George Gurdjieff
 - "Man lives his life in sleep, and in sleep he dies."
 - "wake-up" to "see" hidden order
- Pierre Wack's "scenario design" combines cold war planning and hippie mysticism as **corporate performance art**
- create mindshift amongst corporate managers to effect change
 - as practiced today by GBN and IFTF & IDEO



Alexander Salzmann's 1923 design for Institute programmes.

Design Fiction & Performative Prototypes

- scenario planning as genre of “critical design”
- sci-fi serves to defamiliarize and restructure our experience of our own present. (Jameson)
- understanding stakeholders perspectives in various alternate “compositions” of the future:
 - New Communitarianism
 - Life Hacking

Future Food Cults

- reflect upon identities and tools formed around extreme food practices
 - through design fiction scenario
- extrapolate trends re: changing geopolitical context, ideological wars & emerging technologies
 - through performative prototypes
- CONCEPT: we’re hungry for data

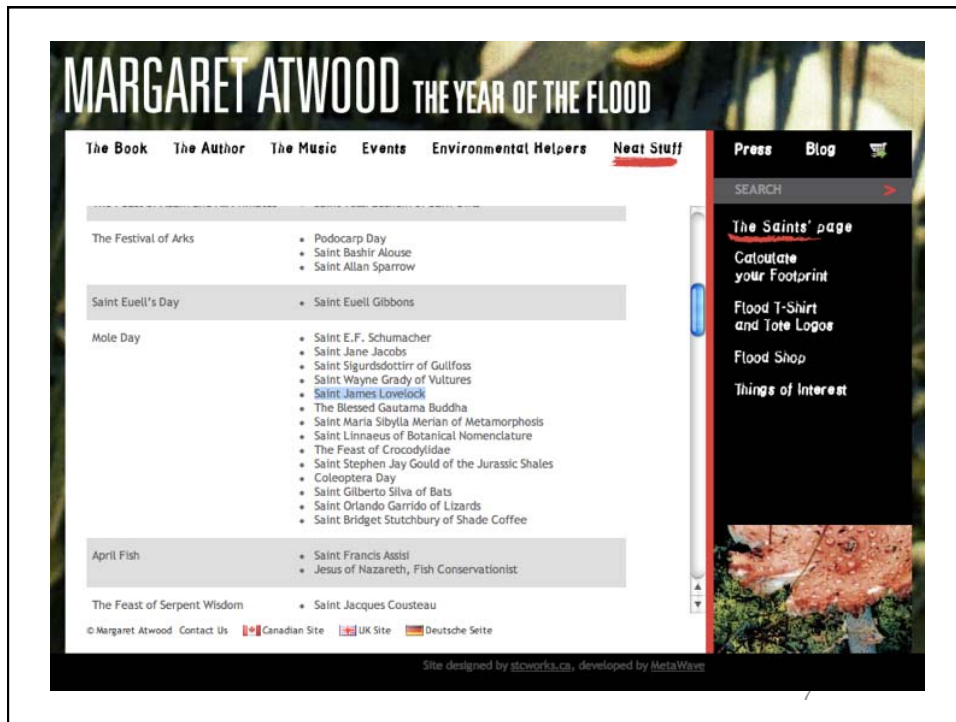


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Diet Tribes / Diatribes

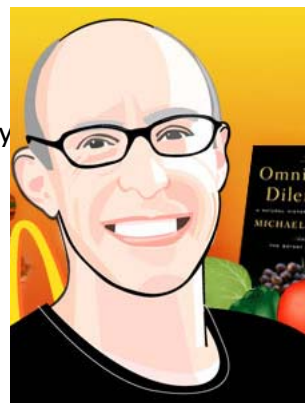
- From Farm to Fork to Phenotype
 - how can new media facilitate different assemblages of people and things?
- New Communitarians
 - post-materialists, concerned w/ autonomy & self expression
 - deconstruct food as commodity
 - minimize impact
- New Epicurians
 - post-humanists, concerned w/ optimizing interface to systems
 - quantification of self (as food, as genes, etc.)
 - maximize pleasure





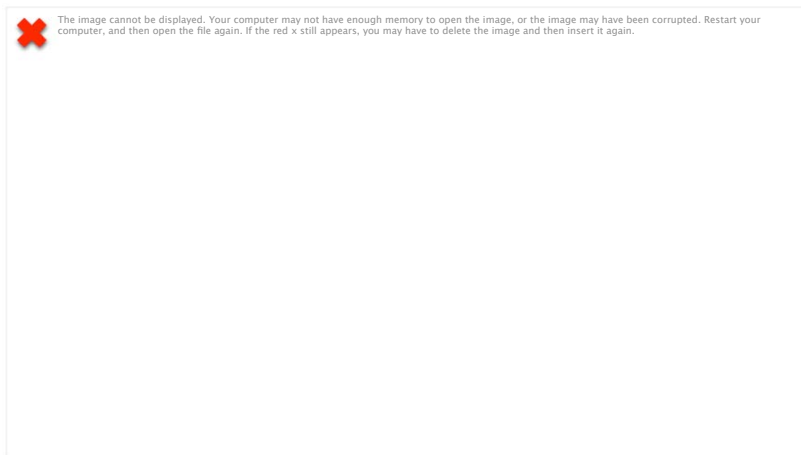
St. Pollan of the Garden

- Guru of the New Communitarians
 - Omnivore's Dilemma
 - Food Rules: An Eater's Manifesto
- Food defined in terms of human patrimony and "conversation".
- Quotes:
 - "Eating is an agricultural act"
 - "A lawn is nature under totalitarian rule."
- Exemplary Groups:
 - Guerilla Gardeners,
 - Local Food
 - Slow Food



FridgeMatch

- Technology enabled “freeganism”
- Collaborative consumption of leftovers, via Facebook App.
- Focussed on sustainability, community & thrift



St. Ferris of the Cave

- Guru of New Epicureans
 - 4 hour work week
 - 4 hour body
- Life defined in terms of **hackable** system, w/ limits set by evolutionary biology
- Quote:
 - “Just as modern man consumes both too many calories and calories of no nutritional value, information workers eat data both in excess and from the wrong sources.”
- Exemplary group:
 - Quantified Self movement
 - nutrigenomics
 - Paleodieters



Sous-vide

From Wikipedia, the free encyclopedia

Sous-vide (pronounced /suːˈviːdi/), French for "under vacuum"^[1] is a method of **cooking** food sealed in airtight **plastic bags** in a water bath^[2] for a long time—72 hours is not unusual—at an accurately determined temperature much lower than normally used for cooking, typically around 60 °C or 140 °F. The intention is to maintain the integrity of ingredients.

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Paleolithic Diet

The **Paleolithic Diet** ("Paleo" is a common abbreviation) is based on eating foods that our Paleolithic ancestors ate. The "Paleolithic" refers to the *Paleolithic Age*, which is a formal time on Geologic and Archaeologic Time Charts from about 2,600,000 years ago to about 10,000 years ago. Although they are technically misnomers, the time is also sometimes informally referred to as the *Paleolithic Period* or *Paleolithic Era*. The term derives from, and is best translated as, "The Old Stone Age". This is in conjunction with the Mesolithic Age (Middle Stone Age), and the Neolithic Age (New Stone Age).

History

The premise is that during the Paleolithic, we evolved a specific genome that has only changed approximately 0.01 per cent in these last 10,000 years. However, during this recent time span mass agriculture, grains/grain products, sugars/sugar products, dairy/dairy products, and a plethora of processed foods have all been introduced as a regular part of the human diet. We are not eating the foods we are genetically and physiologically adapted to eat (*99.9% of our genetic profile is still Paleolithic*); and the discordance is an underlying cause for much of the "diseases of civilization", "syndrome X", obesity, and "diseases of old age" that are so epidemic in our society today.

As Dr. Cordain and others' scientific research reveal - the evolutionary, genetic, and clinical evidence point to a natural (i.e., unprocessed foods), omnivorous diet as the healthiest way to eat. Dr. Cordain's research shows that 70% of the average caloric intake of Americans is from foods that did not even exist for our Paleolithic ancestors. This discordance is having



Sous-vide cooking

HackerspaceSG

need 30L water container for sous vide Options

3 messages - Collapse all - Report discussion as spam

Meng Weng Wong View profile More options Dec 9, 2:57 pm

from next week thursday onwards, i'm going to be cooking approximately 30 bags of oxtail at once, sous vide, using this magical device:

<http://www.cuisinetechnology.com/sousvide.php>

question: does anyone happen to have a 30L never-used fish tank or other food-safe water container suitable for sous vide use? any size from 25L upwards should be fine.

<http://www.williams-sonoma.com/products/camwear-professional-container/> would be ideal.

The container might spend some time squatting in the corner of the scullery, so it needs to be not too large in the horizontal plane, please, though tall is fine.

If nobody has anything, i'll go to Lau Choy Seng on Temple Street and pick up a Lexan for about \$85.

Reply Reply to author Forward Report spam Rate this post: ☆☆☆☆☆

Isaac View profile More options Dec 9, 3:37 pm

SINGAPOREAN HACKERSPACE





Paleo Guru Meng Weng Wong





Secret Cooks Club

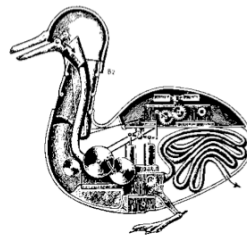
Florian Cornu to Wong Meng Weng Sir, you have insulted the honour of my grandmother and meat cooking. I hereby challenge you to a cooking duel. I will see you as dawn breaks across this land in someone's kitchen. Set a date for a blind taste-off in which traditional roasted duck will compete with your sous vide duck! I threw down the virtual gauntlet and demand satisfaction!

17 March at 19:54 · View post

Welcome to our Dinner that is dedicated to Jacques de Vaucanson's automaton "Digesting Duck" (Canard Digérateur) built in 1737, the world's first true robot that could flap its wings, drink water, digest, and even defecate!

The Digesting Duck inspired all future ideas of artificial life, and with this dinner we hope to test again the balance between machines & ducks and discuss the state of humanity in terms of old & new technique of cooking to which we will submit this controversial animal.

Yours,
Secret Cooks Club
www.secretcooks.org



*God made food; the devil the cooks.
James Joyce*

23andme dinner: You Are What You Eat & You Eat What You Are



First ever personalized DNA dinner for people that have 23andme profile. Help us test a near future scenario on dining in the age of personalized genomics. How will people use and interact over their DNA data in the future restaurants? How will the complimentary and detrimental associations between foods and various genetic traits affect restaurant menus and the experience of dining?
Your menu will be personalized based on your SNP data from 23andme and you can expect some fun activities involving food & genes while enjoying food in a company of friends.
Design probe into the future of dining!