

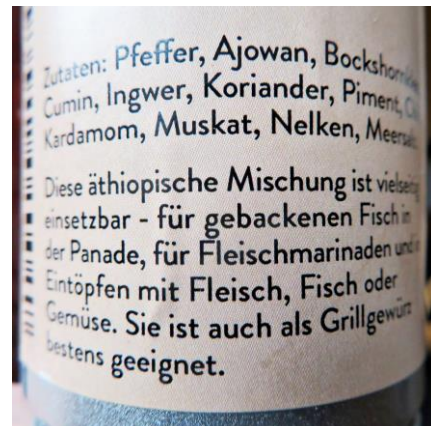
Aboriginal Tomato Vegetable Goulash

Matrix Code: **COOKBOOK.70** for StartOver.xyz game. (Revised 24 March 2020 by Clinton)

This is the 'Aboriginal' recipe, first introduced to the Possibility Management culture circle in the framework of Cornelius Butz' workshop *The Inner Critic* in February 2019 in Tettnang, then perfected by Uschi at the pre-Corona *Intimacy Journeyer Training* with Anne-Chloé and Clinton Callahan in early March 2020 in Haus Mandorla Bad Wurzach, Upper Swania.

Ingredients for 15 people:

1-2 bunches of spring onions
5 large onions
3-4 sticks of celery
4 large carrots
4 large potatoes
200 gr green beans
200 gr courgettes / Zucchini
120 gr butter
90 ml olive oil
2.8 liters of vegetable broth
200 gr chopped tomatoes
800 gr tomato pulp
1 large tin or 2 regular-sized tins of giant white beans (runner beans)
4 tablespoons tomato paste
1-2 bunches of freshly chopped basil
180 gr of parmesan rind!
salt and pepper
some sugar
2 tablespoons of Babette's *Bebere* Spice Mix (photos shown) Ingredients: black pepper, ajwain / ajowan (tastes like thyme), fenugreek / bockshornklee, cumin, ginger, coriander, chile pepper, cardamom, nutmeg, cloves, sea salt.



Serve with: freshly grated parmesan, brown rice, pesto.

Chop the spring onions, onions, celery, carrots, potatoes, green beans and zucchini. Heat butter and oil in a large pan and fry onions and spring onions for 2 minutes, then add celery, carrots and potatoes and fry for another 2 minutes. Add the beans to the pot and fry for 2 minutes. Stir in the zucchini and fry for 2 minutes. Put the lid on and cook the vegetables for 15 minutes, stirring occasionally. Add the stock, chopped tomatoes and tomato pulp and paste, white beans, basil and the rind of the Parmesan cheese and season to taste. Bring to the boil, reduce the temperature and simmer gently for 1 hour.

At the same time cook the brown rice in a separate pot. Remove the cheese rind and throw away.

Serve in large, preheated soup plates sprinkled with grated Parmesan cheese. Rice and pesto to taste. Before starting to eat, use loud words to express your gratitude, closeness and joy with all the sentient creatures and plants involved in that dish, and feel connected in your heart with your table companions.