

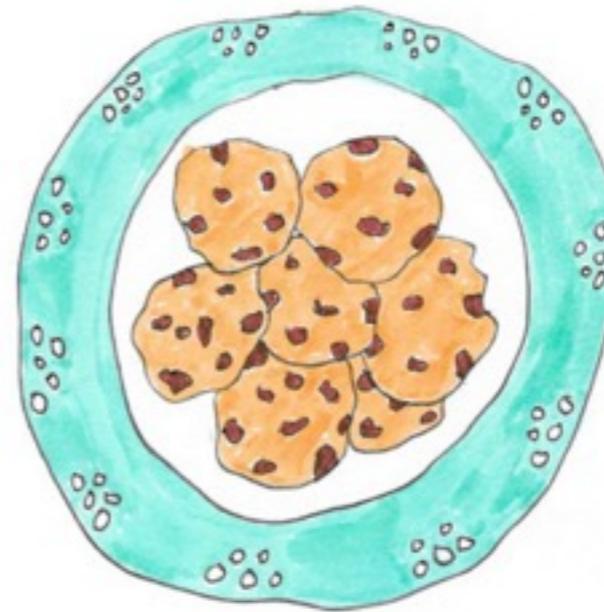
# SKETCHBOOK ADVENTURES

## Prompt 18: Good food – Commemorating significant dishes

Coming from a big Italian family, food has always been such an important part of our family and ethnicity. Every Christmas when I was a kid my grandmother would make a huge Italian feast for the whole family – meatballs, gnocchi, spaghetti, garlic bread, green beans with lemon and almond slivers. I'd sit in the kitchen with my grandmother when she cooked. While the marinara sauce simmered for what seemed like an eternity, but was actually only a few hours, my grandmother and I would play cards and every so often she'd let me dip a crusty piece of bread into the sauce to taste it. Nothing compared to her sauce and since she passed away all the women in my family have tried to replicate it. Even though they have her recipe, it just isn't the same. One thing that she made every holiday that I have been able to replicate (almost) is her holiday cookies. She'd spend days baking batch after batch of cookies for EVERYONE she knew. When I tasted those cookies, I was brought back to my childhood, to being in that kitchen playing cards and having our whole family together.

Most people have special recipes like this. For this prompt, find a recipe that holds meaning for you and create a sketchbook page based on it. You can write out the whole recipe like I did, or just create a piece about the dish. If there's a special family dish that you don't have the recipe for, this is a great opportunity to reach out to your loved ones and ask for it.

The first time I made my grandmother's cookies I ignored the part about sifting the flour three times (I thought, "I don't have time for that and would it really make a difference?"). It did. My cookies were not nearly as light and delicate as hers were. It reminded me to take my time and that skipping steps, whether in baking or in my sketchbook, produces less than ideal results. It's a good lesson not just for this prompt, but for anything you do in your sketchbook.



Sand  
tarts

\* the best cookies my  
grandmother ever made

\* preheat oven to 350°

combine and blend well....

one cup of softened butter + 1/2 teaspoon  
of vanilla + 1/3 teaspoon of salt

beat in gradually....

one cup of sugar + one egg

stir in....

two cups of cake flour (sifted 3x's)

add in...

six ounces of semi-sweet chocolate chips  
then...

drop by teaspoons on an ungreased cookie  
sheet and bake at 350° for 15 minutes