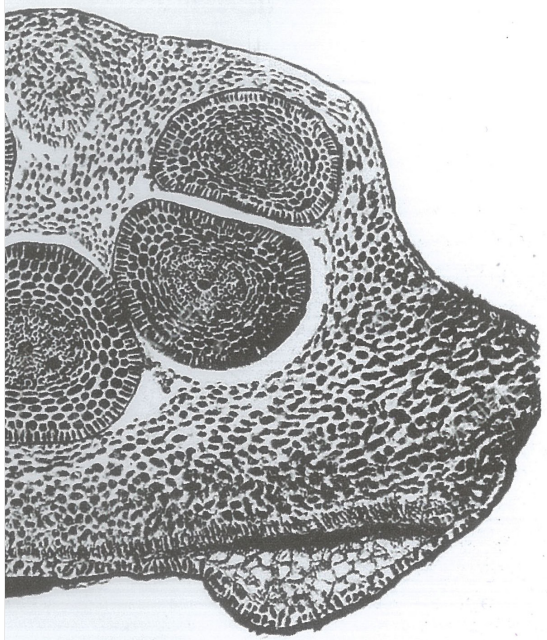
Companion Project

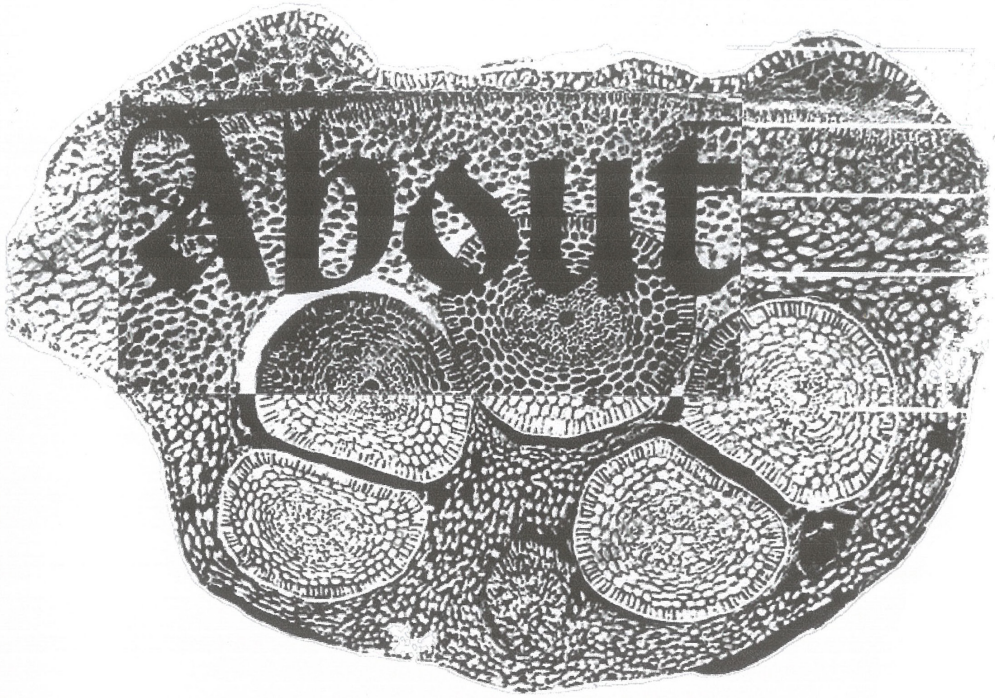


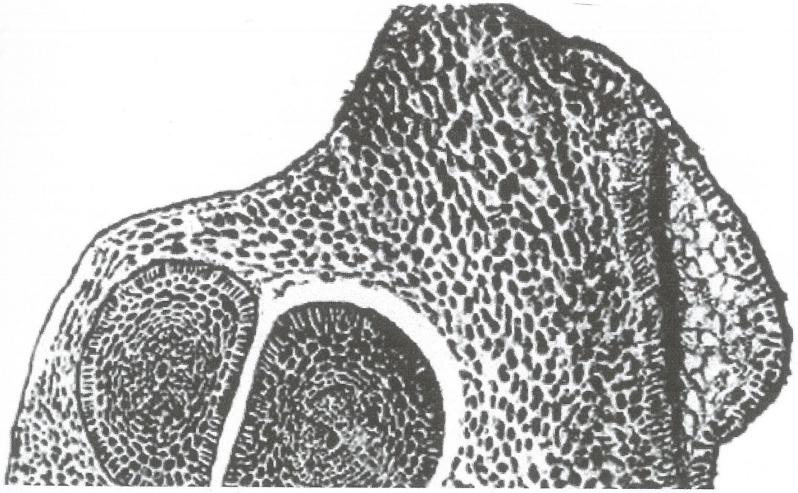
Archive



This project uses the medium of bread to look at the importance of sharing and exchange. It is an attempt to make an alternative archive that shares and collects recipes, methods, and thoughts around bread. Celebrating bread as a space and material in which we come together. The title of this project comes from the Latin translation of 'companion', meaning 'with bread' and 'those you share bread with'. This project aims to create a sense of companionship in a time that has become increasingly solitary.

As sharing is integral to the history of bread and the creation of an archive, both traditional and alternative methods of collecting and distributing information are also explored. This includes the creation of a website www.companionproject.net. Exploration of new ways to host and publish information including this book. Along with the open-sourcing and burying of material to be found and expanded.





Recipes and Methods



A Protective Bread

Made to comfort and protect in harsh weather.

200g Wholemeal Flour
100g Plain Flour
185ml Water
Wire

Mix flour and water together in a large bowl.
Place into a brick shaped tray, spreading dough as flat as possible.
Bake at 200C for 45 minutes.
Bake as many bricks as needed and combine with wire in preferred shape.



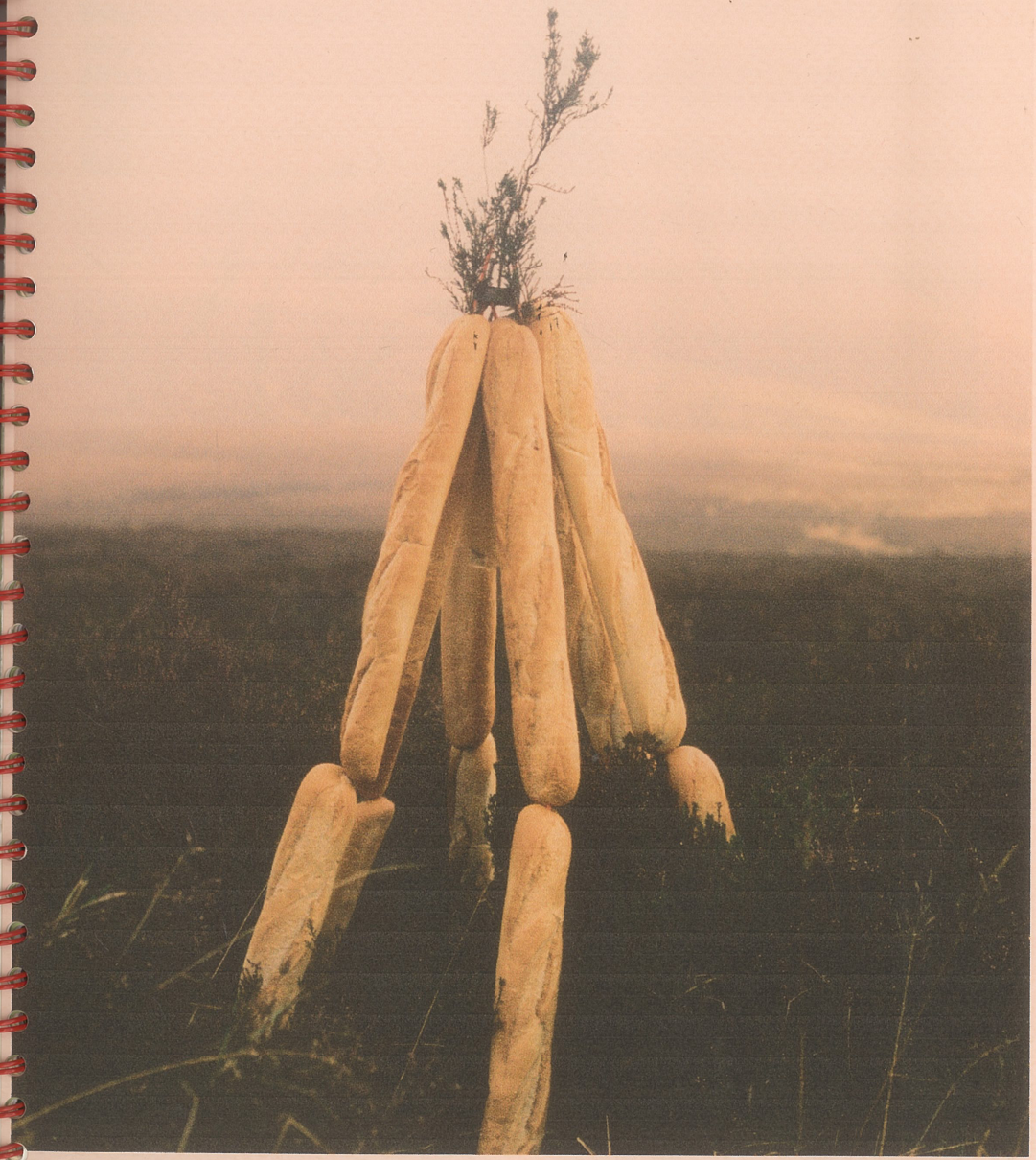


A Protective Bread

Made to comfort and protect in harsh weather.

12 Baguettes (that are out of date)
Metal Rods

Take 2 baguettes and place on top of each other.
Push a metal rod through the two leaving some metal exposed at the top and bottom.
Reapeat with the remaining baguettes.
Place in a circular structure and push into the ground.
Tie together at the top.





A Decorative Bread

Made to decorate the space that we are currently surrounded by in quarantine.

350g Plain Flour
50g Wholemeal Flour
10g Salt
150ml Water
50ml Oil
10g Cocoa powder
Egg

Combine flour and salt in a bowl.
Make a well and add oil and a little bit of water.
Continue to add water a small bit at a time until a ball of dough has formed.
Split dough in half.
Add cocoa powder to one half and knead for 2-3 minutes allow to rest under a towel.
Knead the other half for 2-3 minutes and leave to rest under a towel.
Continue to knead each dough for a few minutes allowing each to rest fin between.
Repeat kneading the doughs until they are flexible.
Cover in oil and leave to rest in separate bowls for 1 hour.
Roll out both doughs into a rectangle and spray with water.
Lay the doughs on top of each other and roll to combine.
Cut off a third of the combined dough and set aside.
Roll the rest into a swiss roll shape and cut into 3 pieces.
Take dough that was set aside and roll into a rectangle.
Place the swiss roll shapes on top of the rectangle of dough and use it to cover the rolls like wrapping paper.
Allow to sit for half an hour.
Roll out dough to about an inch thick.
Cut into strips and join in chosen shape using water as a glue.
Cover in egg wash and bake at 200C for 30 minutes.

From Bread on Earth

A Decorative Bread

Made to decorate the space that we are currently surrounded by in quarantine.

A Flat Piece of Bread
Marmite
Paint Brush

Take a flat slice of bread (type of bread is up to yourself).
Choose an image that you would like to display in your surroundings.
Take a spoon of marmite and place into a small dish.
Dip paint brush into marmite and use to recreate the image on your bread.
For darker shaded areas layers of marmite is recommended.
Hang or place in room when finished.





A Decorative Bread

Made to decorate the space that we are currently surrounded by in quarantine.

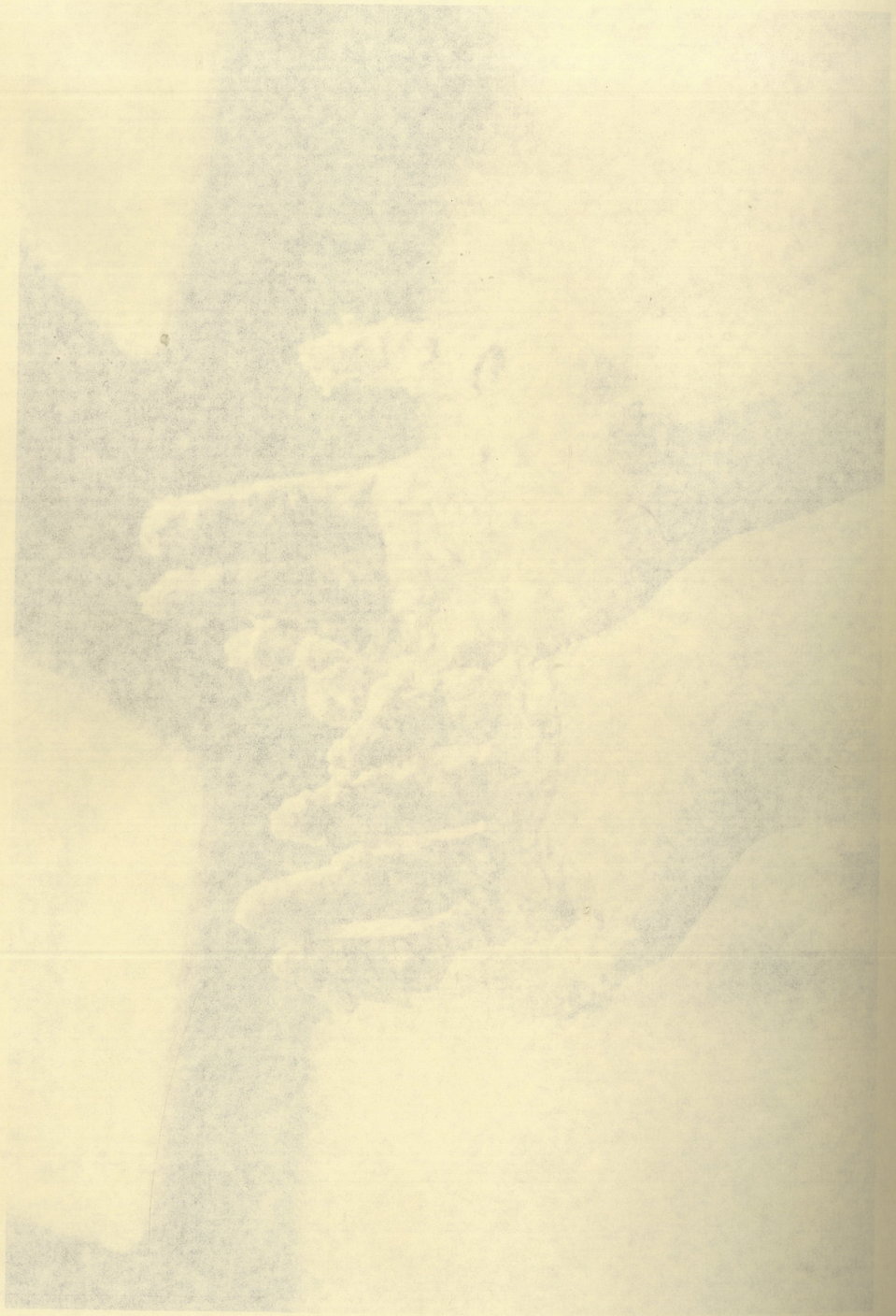
1kg Strong White Flour
3 tsp Sea Salt
1 tsp Sugar
2 tsp Instant Yeast
8 tbsp Rapeseed Oil
600ml Warm Water
Egg

Mix the flour, salt, sugar, and yeast in a large bowl.
Make a well in the centre and add the oil and a little water.
Mix well adding a small amount of water at a time until a ball of dough forms.
Transfer to a floured surface and knead for 12 minutes.
Place dough in an oiled bowl and leave in a warm place for 2 hours until doubled in size.
Then divide the dough in half, laving one half to the side.
Divide the other half into 5 equal pieces.
Roll 4 of these pieces out into large circles, each one smaller than the last.
Stack each circle on top of each other using cooking oil as a glue.
Roll the fifth piece of dough out into a circle large enough to cover the stack of dough.
Cover this stack of dough again using oil as an adhesive.
Cut out a circle in the middle big enough for a lightbulb to fit through.
Take the other half of the dough and cut out the shapes you have chosen for the design.
Attach with cooking oil.
Cover with a towel and leave to rise for 45 minutes.
Brush with egg wash and put into an oven at 220C.
Bake for 5 minutes then reduce heat to 200C.
Bake for a further 35 minutes until golden brown.
Once cooled feed lightbulb through and hang from the ceiling.

Clean Hands

Cover your hands in a small amount of oil to prevent dough from sticking to your hands.





3 cups Flour.
1 Cup Whole M.
Marg.
Salt.
Bread Soda.

From Bernie

Baking powder and fresh milk is used in the making of scons. Baking powder contains an acid and alkali. When mixed with fresh milk it forms Carbon dioxide. when placed in hot oven the " " escapes it saus[illegible] the scons to rise

Brown Soda Bread. 25-2-1946

6 ozs	Brown Flour Wheat meal
6 ozs	White "
1	tea spoon salt
1	" Bread soda.
1 oz	Magarine
1 oz	Sugar
½	pint Butter milk

~~Place the~~ Brown f

Method

1 Plact the Brown flour in the Bowl
2 Sieve the white ", Salt, Bread soda into a bowl
3 Rub in the marg. well
4 Add sugar and mix
5 Make a well
6 Add milk and mix to a dough
7 Put flour on Board ~~put~~
8 Put the mixture and form into circle
9 Greece a tin
10 Place the cake in the tin
Cook at 7 45min

From Tony

Maries Brown Soda Bread.
3 Cups Wholemeal FL.
1 Cup Plain White FL.
3ozs Butter.
2 Teapp Sugar.
1 Teasp Salt.
1 " Bread Soda.
Appox ½ pt Buttermilk or Sour Milk

Mix dry ing into a bowl
Rub in Butter until Mix Resembles
Fine Bread Crumbs.
Make a Centre well and add
Buttermilk.
Mix to form a soft dough: adding more
Buttermilk if Necessary.

Shape into Rounds
35/45 Mins in F/hot oven

From Marie

Nanas Brown Bread

3 mugs of flour
1½ mugs of wholemeal flour
1 teaspoon Breadsoda.
1 teaspoon Salt.
½ Pint of Buttermilk

Bake for about 45 mins
at 160 deg.
Remove from oven and
wrap in a damp teatowel
Stand it up against
the backsplash.

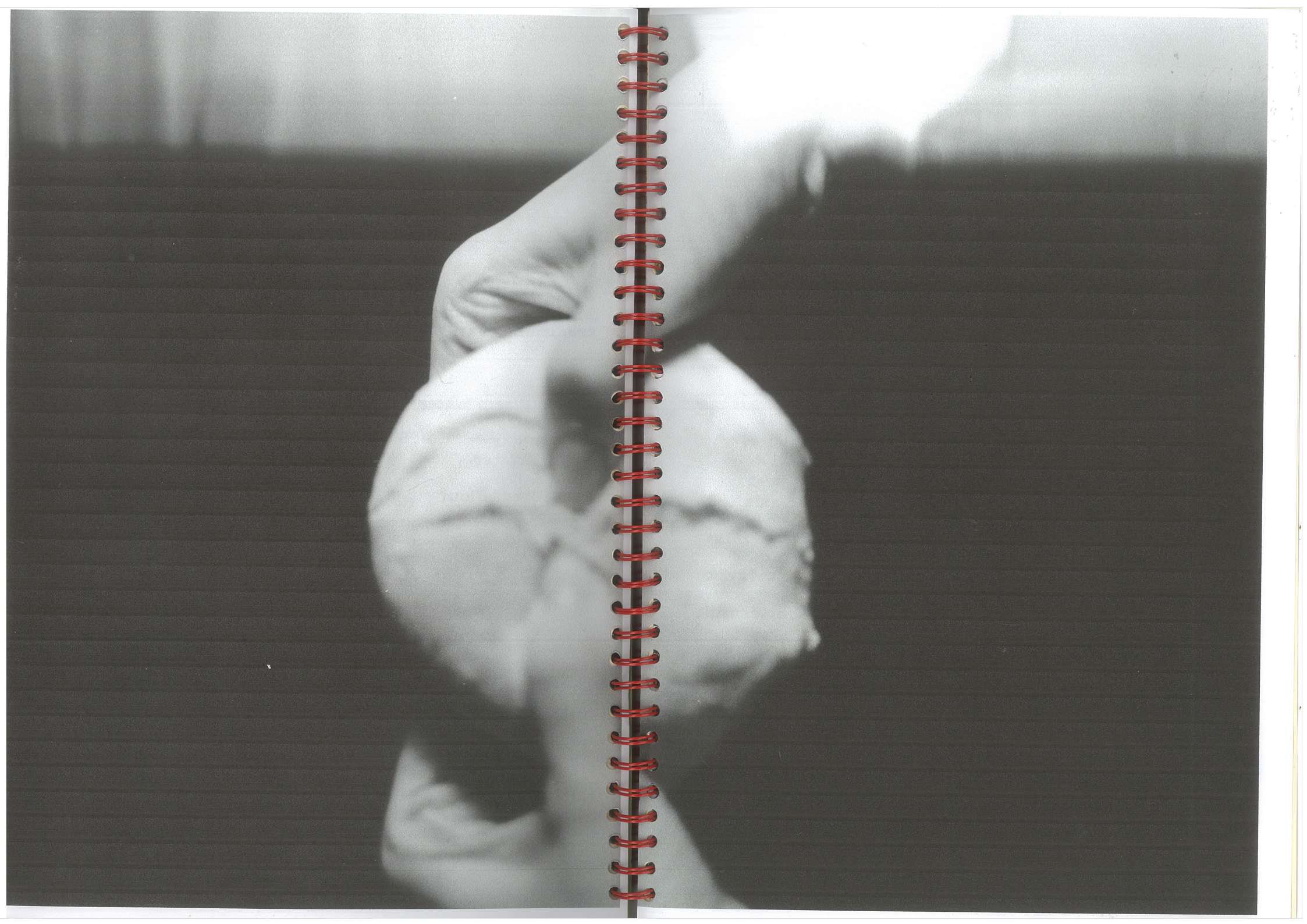
From Ann

A Traditional Bread

Made to share and protect
traditional ways of making bread.

140ml Warm Water
2 tsp Yeast
1 tsp Sugar
300ml Water
1 tsp Salt
780g Bread Flour
2 tbsp Olive Oil

Add the warm water, yeast and sugar to a bowl.
Combine and leave to sit for 5 minutes for the yeast to bubble.
Add the salt to the flour
Then add in the yeast mixture to the flour.
Combine until a rough ball of dough is formed.
Move to floured surface and knead for 5 more minutes.
Place in an oiled bowl and cover.
Leave in a warm place to rise for an hour.
Then knead the dough for a few minutes and allow to rise for 30 more minutes.
Cut into 12 rolls and shape each by hand.
Place 1 inch apart on a tray and cover with clingfilm.
Allow to rise for a further 45 minutes.
Dust with flour and bake for 25-35 minutes at 210C.

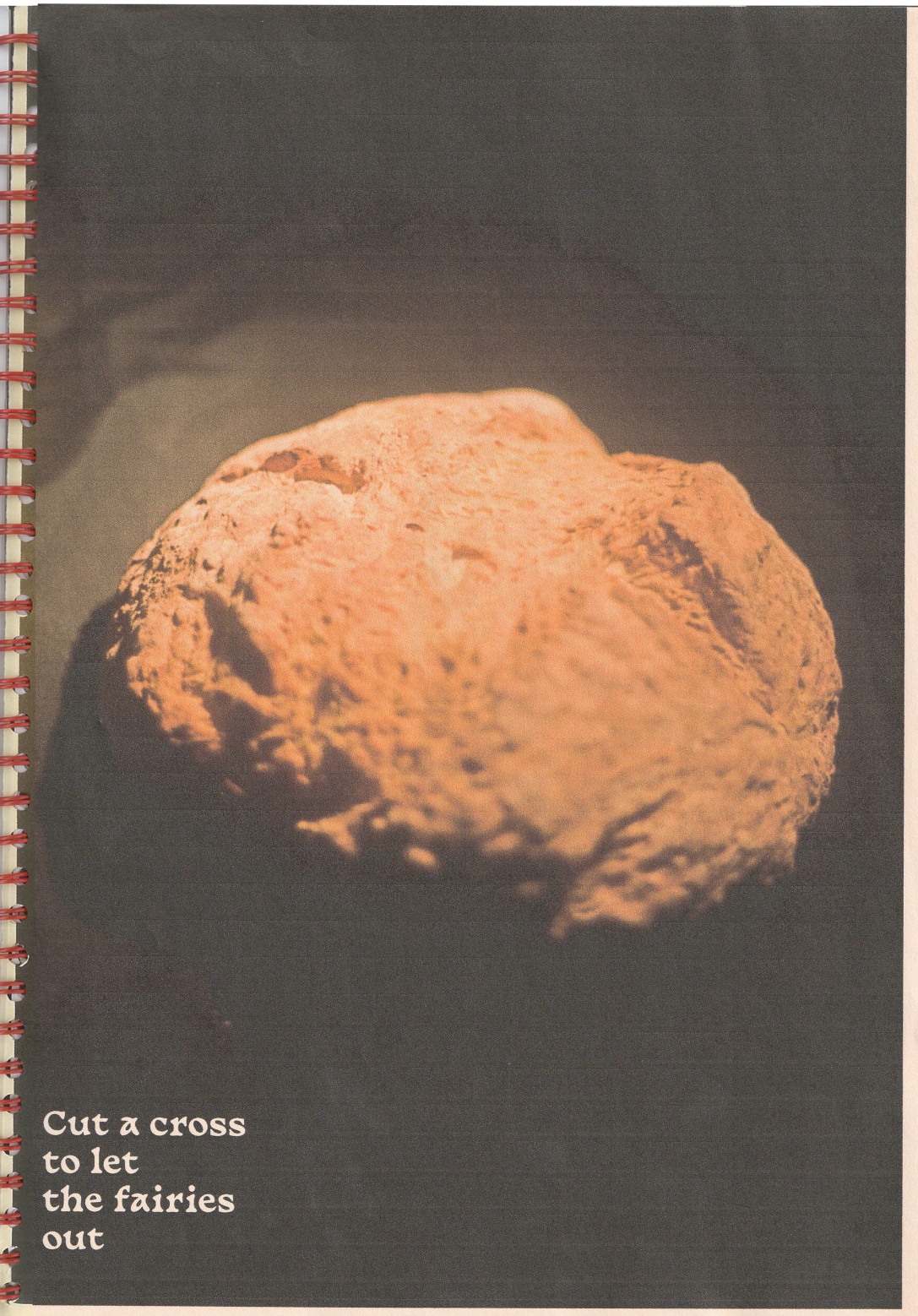


A Traditional Bread

Made to share and protect
traditional ways of making bread.

450g Plain Flour
1/2 tsp Sea Salt
3/4 tsp Baking Soda
730ml Buttermilk

First combine flour, salt and baking soda in a large bowl.
Pour in buttermilk and mix with hands.
The dough should be soft not sticky.
Add more flour or buttermilk if needed.
When you are happy with the dough place it onto a floured surface and knead for a few seconds.
Shape as you would like and place onto a lined baking sheet.
Cut a large cross along the top to let the fairies out.
Bake in an oven at 220C for 15 minutes.
Reduce oven to 200C and bake for a further 30 minutes.



Decorative Focaccia

500g plain flour. 7g dried fast action yeast. 2 tsp fine sea salt. 5 tbsp olive oil

The fun part is gathering whatever veg, herbs you have around the house and designing the focaccia. My go to is a bouquet of flowers or forest.



From Sofia

Cooking Time:
40 minutes round tin;
45 minutes loaf tin

Ingredients

250g wholemeal flour
100g plain flour
50g porridge oats
1 level teaspoon salt
1 heaped teaspoon bread soda
3 rounded teaspoons sugar
50g butter
350ml buttermilk
1 egg
Margarine or white fat and kitchen paper for greasing
Topping: 2 teaspoons pinhead oatmeal or flaked oats

Equipment

round sandwich tin (18cm-20cm) or 1kg/2lb loaf tin, pastry brush, mixing bowl, sieve, spatula, wooden spoon, measuring jug, teaspoon, knife, wire tray, pot stand, serving plate.

Steps — Method

Preheat oven to 210°C/Fan 200°C/Gas Mark 7.

Gather equipment, collect/weigh ingredients, set table.

1 Grease tin. Whisk egg into milk.
2 Put wholemeal flour, oats and sugar into bowl. Sieve in white flour, salt and bread soda and mix well. Lightly rub in the butter.
3 Pour in all the milk and mix to a soft, sticky consistency.
4 Turn into tin and scrape bowl with spatula, keeping the top of the tin clean. Flatten the top and wet well with the back of your knuckles.
5 Sprinkle the top with pinhead oatmeal or flaked oats.
6 Bake for 40-45 minutes until nicely browned. Cover for last 20 minutes if getting too brown.
7 Remove from tin using oven mitts. Test by tapping the bottom of loaf. It will sound hollow if it is cooked. See page 157.
8 Cool on a wire tray. It is best to cut it when cold.

Serve for breakfast, with soup or salads or for a snack.

No buttermilk!	(a) Use 250ml fresh milk and acidify it with 1 x 125ml pot of plain yoghurt, or (b) use 350ml fresh milk and add 1 tablespoon white vinegar or lemon juice, or (c) use 350ml fresh milk and add 1 heaped teaspoon cream of tartar to the flour.
Milk allergy!	Omit milk, use water or soya milk and acidify it as in (b) or (c) above.
Lower fat!	Use skimmed milk or water. Add vinegar, lemon juice or cream of tartar. Omit butter.
Lower salt!	The salt is used for flavour, just leave it out or use a low-salt alternative.
High fibre!	To make a higher fibre health loaf, at Step 3 add any combination of the following: (a) 1-2 tablespoons bran and/or (b) 1-2 tablespoons oatbran to the basic ingredients.
Diabetic!	The sugar can be omitted altogether or use fructose or an artificial sweetener or 50g raisins if allowed by the diet.
Wheat allergy!	Replace all wheat flour with 'spelt' flour – it works just as well.

Practise the basic recipe first and then modify it to suit your needs. Do not change the proportions of flour and raising agent in the basic recipe. The bread soda (ALKALI) and some form of ACID, (buttermilk, vinegar, lemon juice or cream of tartar) must be added se the dough.

From Anne Marie

"Fougasse" bread (for 1: 6-8 people)

NEEDED : 50g of Rye flour, 350g of T45/all purpose flour, 5-7g of dried yeast, dried or fresh herbs (Italian or mixed), 3 tablespoons of olive oil, 1 teaspoon of salt, 22cl of lukewarm water.

Pour the flours, yeast, olive oil and 1 small tablespoon of herbs into a bowl. Add warm water and salt, mix 1 min then knead 5 min on the work surface. Cover with a damp cloth and let it raise for 1 hour. Spread the dough, cut it, divide the rest of the herbs, cover and let grow 30 min on an oven tray. Preheat the oven to 220 degrees Celsius and bake for 15 min.

Can be made plain, and the herbs can be replaced by chopped onions, garlic or olives. 🥖😎🥖

From Celia

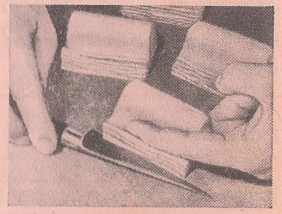
Important Baking Hints

EGGS

These should always be broken into a cup to see they are fresh, and added one at a time. For a "rubbed-in" mixture, beat the eggs slightly and mix with the milk before adding to the flour and other ingredients. For a "creamed" mixture, add one egg at a time without previous beating, and beat in thoroughly. (Add a little of the sieved flour if the mixture seems inclined to curdle, and beat in with each of the eggs.) Each egg must be beaten in until no trace can be seen, before the next one is added.

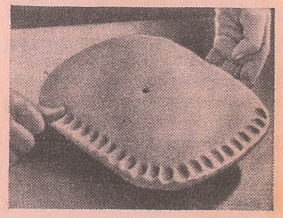
FLAKING

This means gently marking with the back of a knife along the edges of the pastry (for pies, tarts, sausage rolls, etc.).



FLUTING

Means to decorate pastry by pressing down with the thumbs, as illustrated, along the top outer edge after flaking.



FOLDING IN

To "fold in" flour or other dry ingredients means to add them in such a way that the air in the mixture is not lost. Cut through and through the mixture very gently with a metal spoon, turning or "folding" it over the added ingredients, until thoroughly mixed.

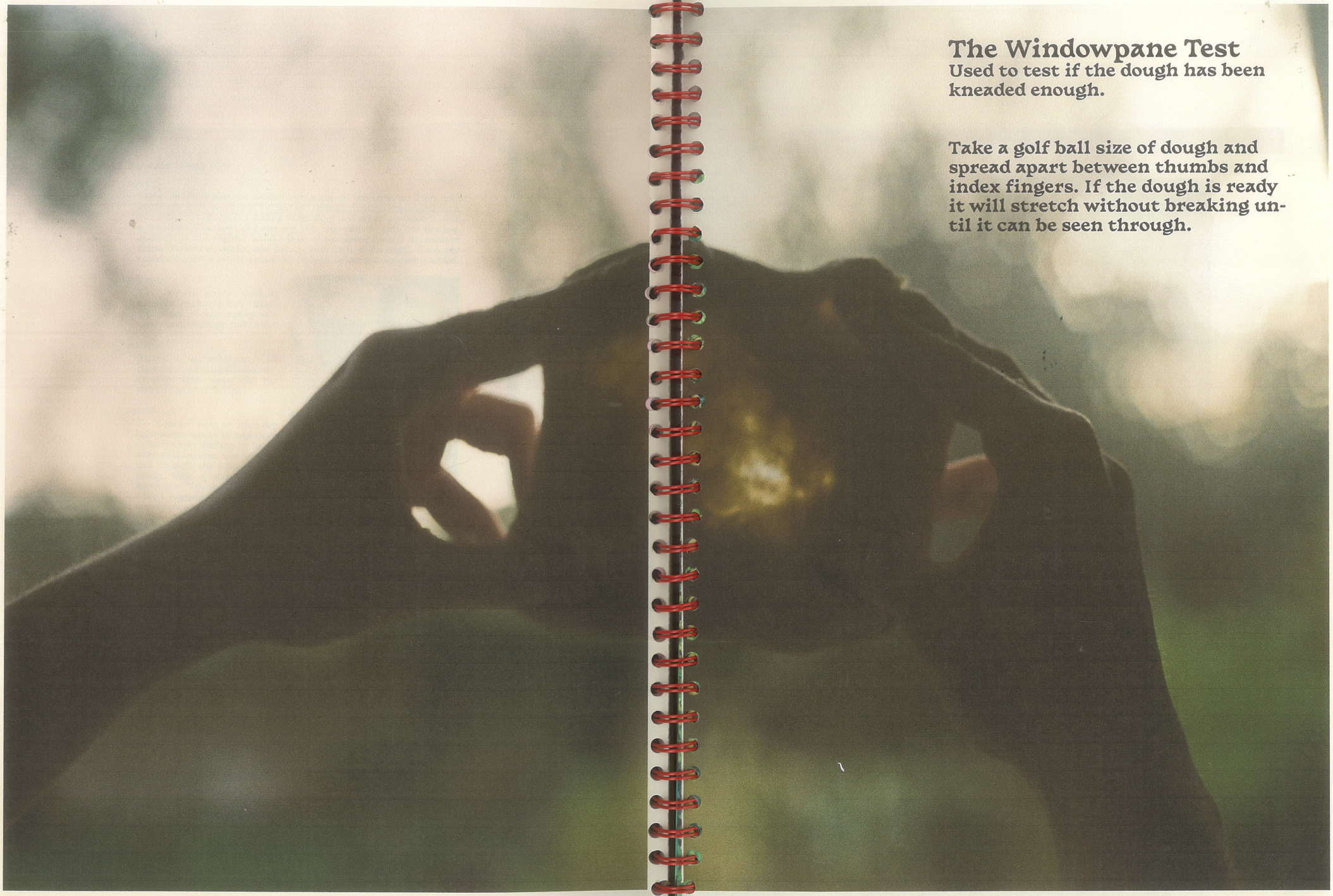
FRUIT (Dried)

Dried fruit should be washed and then *completely* dried before use, either over the top of the cooker or by rubbing in a cloth. Any stems remaining should be removed. If convenient, it is a good idea to clean the fruit when first bought, so that it is always ready for use, but it must be quite dry before storing.

KNEADING

This means to "work" the dough with the knuckles or fingers, bringing it from the outside into the centre, and doing this over and over again until the dough is completely smooth and silky. Scone and bread or bun mixtures, *without* yeast, need only light, quick kneading with the fingertips. Bread and bun doughs *with* yeast require very vigorous kneading. Flaky pastry dough must be thoroughly kneaded for 5–7 minutes until it is really smooth and silky. Shortbread needs just enough kneading to make a smooth ball of paste that will not crack when rolled out.

From Nora

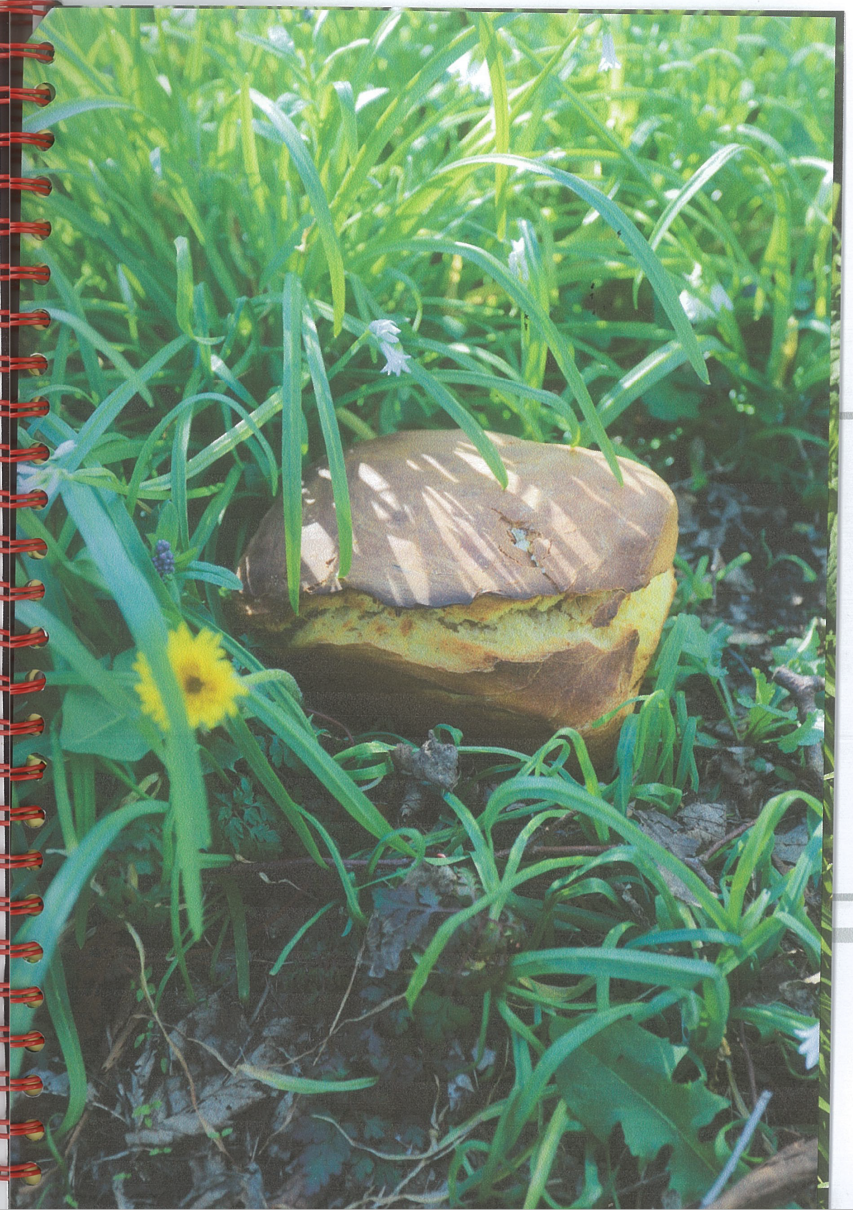


The Windowpane Test

Used to test if the dough has been kneaded enough.

Take a golf ball size of dough and spread apart between thumbs and index fingers. If the dough is ready it will stretch without breaking until it can be seen through.







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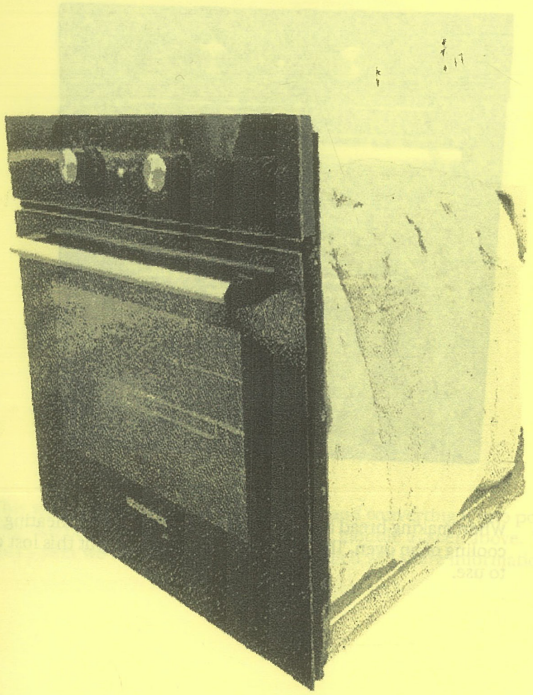
Connector Oven



A Guide To Website Hosting With An Oven

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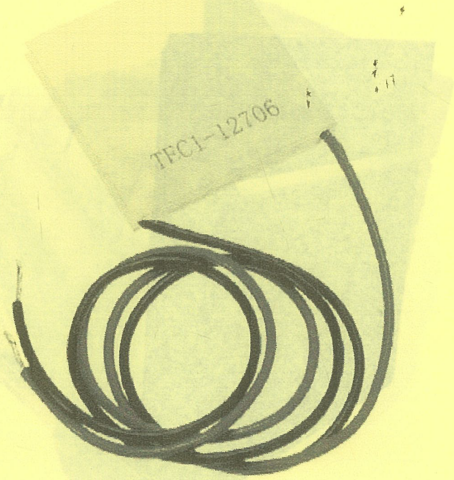
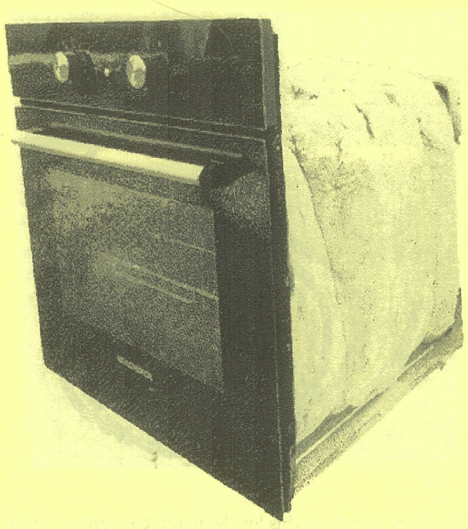
When making bread a lot of energy is lost during the heating and cooling of an oven. This project is an attempt to put this lost energy to use.



This will be done by taking this lost heat and converting it into power. This can be done with the use of a peltier module as seen above. With this power we can then host a website which will share information.



To begin, the casing is removed from the oven exposing the internal structure. With this the greatest amount of heat can be accessed.



Sections of insulation are then removed to allow the peltier modules to sit on the metal of the oven. This is done with great caution.

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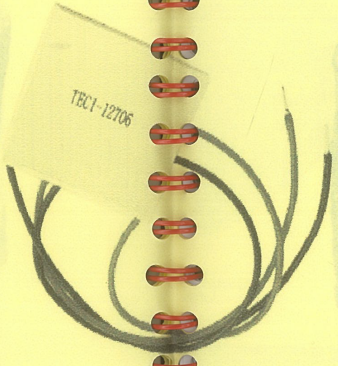
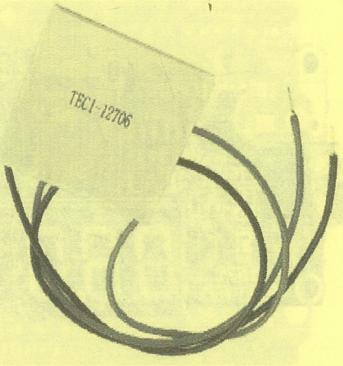
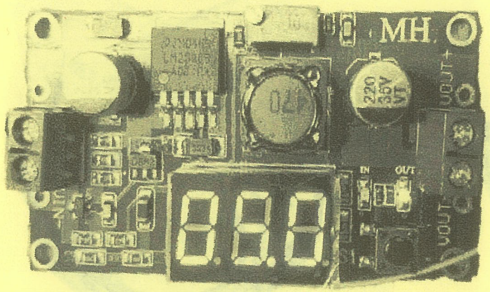
Multiple peltier modules are then connected together to generate more power. Each peltier module makes around a half a volt.



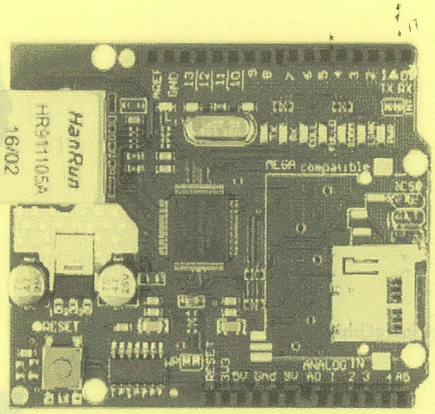
This power is created by the heating of one side of the module and cooling of the other. The module is heated by the oven and cooled by water.



The power from each peltier can then be combined. This can then be supplied to the arduino which will host the website.



When the oven is on and beginning to heat up more electricity than is needed is created. The amount of energy supplied to the arduino can be controlled by the voltage regulator as seen above.



With this, 5 volts can constantly be supplied to the arduino. The use of an ethernet shield allows this arduino to connect to the internet and broadcast the website.

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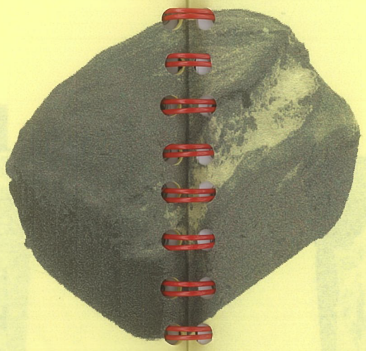
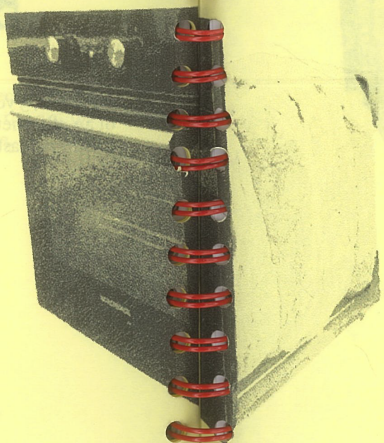


A baked loaf of bread

Generated power

A hosted website



And minimal [illegible] of energy



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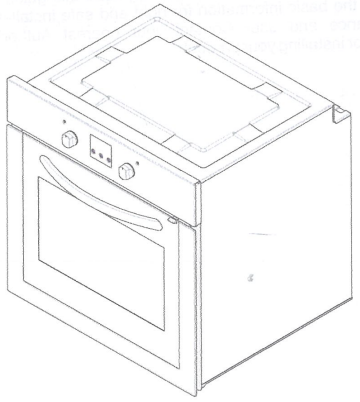
OPERATING AND INSTALLATION INSTRUCTIONS OF BUILT-IN OVEN



Dear Customer,
We take offering quality products that more than meet your expectations as our goal, offering you products produced in modern factories that have been carefully and extensively tested for quality.

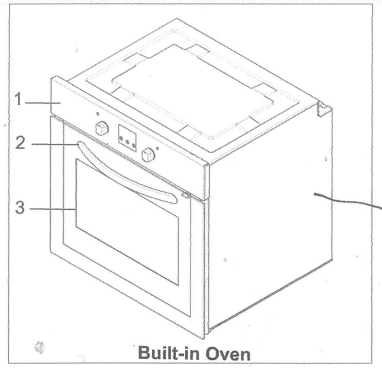
Your manual is prepared in order to help you to use your appliance that is manufactured by the most recent technology, with confidence and maximum efficiency.

Before use of your appliance, carefully read this guide that includes the basic information for right and safe installation, maintenance and use. Contact your nearest Authorized Service for installing your product.

Contents

1- Presentation and size of product
2- Warnings
3- Preparation for installation and use
4- Using the oven
5- Cleaning and maintenance of your product
6- Service and Transport

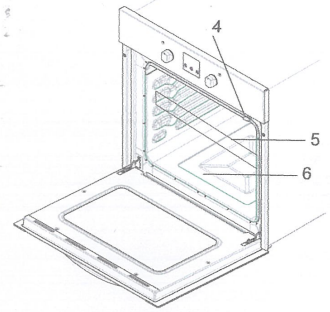
PART 1: PRESENTATION AND SIZE OF PRODUCT

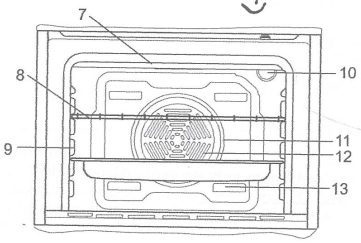


Built-in Oven

Take off

Most Heat.





LIST OF COMPONENTS :

1- Control panel
2- Handle
3- Oven Door
4- Child Lock
5- Tray
6- Lower Heating Element (behind the plate)
7- Upper Heating Element (behind the plate)
8- Wire Grill
9- Racks
10- Oven Light
11- Turbo Heating Element(behind the plate)
12- Fan (behind the plate)
13- Air Outlet Shutters

PART 2 SAFETY WARNINGS

READ THESE INSTRUCTIONS CAREFULLY AND COMPLETELY BEFORE USING YOUR APPLIANCE, AND KEEP IT IN A CONVENIENT PLACE FOR REFERENCE WHEN NECESSARY.

THIS MANUAL IS PREPARED FOR MORE THAN ONE MODEL IN COMMON. YOUR APPLIANCE *MAY NOT HAVE SOME OF THE FEATURES THAT ARE EXPLAINED IN THIS MANUAL. PAY* ATTENTION TO THE EXPRESSIONS THAT HAVE FIGURES, WHILE YOU ARE READING THE OPERATING MANUAL.

General Safety Warnings

- This appliance can be used by children aged from 8 years and above and persons with reduced physical, sensory or mental capabilities or lack of experience and knowledge if they have been given supervision or instruction concerning use of the appliance in a safe way and understand the hazards involved. Children shall not play with the appliance. Cleaning and user maintenance shall not be made by children without supervision.
- WARNING: The appliance and its accessible parts become hot during use. Care should be taken to avoid touching heating elements. Children less than 8 years of age shall be kept away unless continuously supervised.
- WARNING: Danger of fire: do not store items on the cooking surfaces.
- WARNING: If the surface is cracked, switch off the appliance to avoid the possibility of electric shock.
- The appliance is not intended to be operated by means of an external timer or separate remote-control system.

- During use, the appliance becomes hot. Care should be taken to avoid touching heating elements inside the oven.
- During use, handles held for short periods in normal use can get hot.
- Do not use harsh abrasive cleaners or sharp metal scrapers to clean the oven door glass and other surface since they can scratch the surface, which may result in shattering of the glass or damage to the surface.
- Do not use steam cleaners for cleaning the appliance.
- WARNING: Ensure that the appliance is switched off before replacing the lamp to avoid the possibility of electric shock.
- CAUTION: Accessible parts may be hot when the cooking or grilling is in use. Young children should be kept away.

- Your appliance is produced in accordance with all applicable local and international standards and regulations.
- Maintenance and repair work must be made only by authorized service technicians. Installation and repair work that is carried out by unauthorized technicians may endanger you. It is dangerous to alter or modify the specifications of the appliance in any way.
- Prior to installation, ensure that the local distribution conditions (nature of the gas and gas pressure or electricity voltage and frequency) and the requirements of the appliance are compatible. The requirements for this appliance are stated on the label.
- CAUTION: This appliance is designed only for cooking food and is intended for indoor domestic household use only and should not be used for any other purpose or in any other application, such as for non-domestic use or in a commercial environment or room heating.
- Do not try to lift or move the appliance by pulling the door handle.
- All possible security measures have been taken to ensure your safety. Since the glass may break, you should be careful while cleaning to avoid scratching. Avoid hitting or knocking on the glass with accessories.

- Ensure that the supply cord is not wedged during the installation. If the supply cord is damaged, it must be replaced by the manufacturer, its service agent or similarly qualified persons in order to prevent a hazard.
- While the oven door is open, do not let children climb on the door or sit on it.

Installation Warnings

- Do not operate the appliance before it is fully installed.
- The appliance must be installed by an authorized technician and put into use. The producer is not responsible for any damage that might be caused by defective placement and installation by unauthorized people.
- When you unpack the appliance, make sure that it is not damaged during transportation. In case of any defect; do not use the appliance and contact a qualified service agent immediately. As the materials used for packaging (nylon, staplers, styrofoam...etc) may cause harmful effects to children, they should be collected and removed immediately.
- Protect your appliance against atmospheric effects. Do not expose it to effects such as sun, rain, snow etc.
- The surrounding materials of the appliance (cabinet) must be able to withstand a temperature of min 100°C.

During usage

- When you first run your oven a certain smell will emanate from the insulation materials and *the heater elements. For this reason, before using your oven, run it empty at maximum* temperature for 45 minutes. At the same time you need to properly ventilate the environment in which the product is installed.
- During usage, the outer and inner surfaces of the oven get hot. While opening the oven door, step back to avoid the hot steam coming out of the oven. There may be a risk of burns.
- Do not put flammable or combustible materials, in or near the appliance when it is operating.
- Always use oven gloves to remove and replace food in the oven.
- Do not leave the cooker while cooking with solid or liquid oils. They may catch fire on condition of extreme heating. Never pour water on to flames that are caused by oil. Cover the saucepan or frypan with its cover in order to choke the flame that has occurred in this case and turn the cooker off.
- If you will not use the appliance for a long time, plug it off. Keep the main control switch off. Also when you do not use the appliance, keep the gas valve off.
- Make sure the appliance control knobs are always in the "0" (stop) position when it is not used.
- The trays incline when pulled out. Be careful not to let hot liquid spill over.
- When the door or drawer of the oven is open, do not leave anything on it. You may unbalance your appliance or break the cover.
- Do not put heavy things or flammable or ignitable goods (nylon, plastic bag, paper, cloth...etc) into the drawer. This includes cookware with plastic accessories (e.g. handles).
- Do not hang towels, dishcloths or clothes from the appliance or its handles.

During cleaning and maintenance

- Always turn the appliance off before operations such as cleaning or maintenance. You can *do it after plugging the appliance off or turning the main switches off.*
- Do not remove the control knobs to clean the control panel.

TO MAINTAIN THE EFFICIENCY AND SAFETY OF YOUR APPLIANCE, WE RECOMMEND YOU ALWAYS USE ORIGINAL SPARE PARTS AND TO CALL ONLY OUR AUTHORIZED SERVICE AGENTS IN CASE OF NEED.

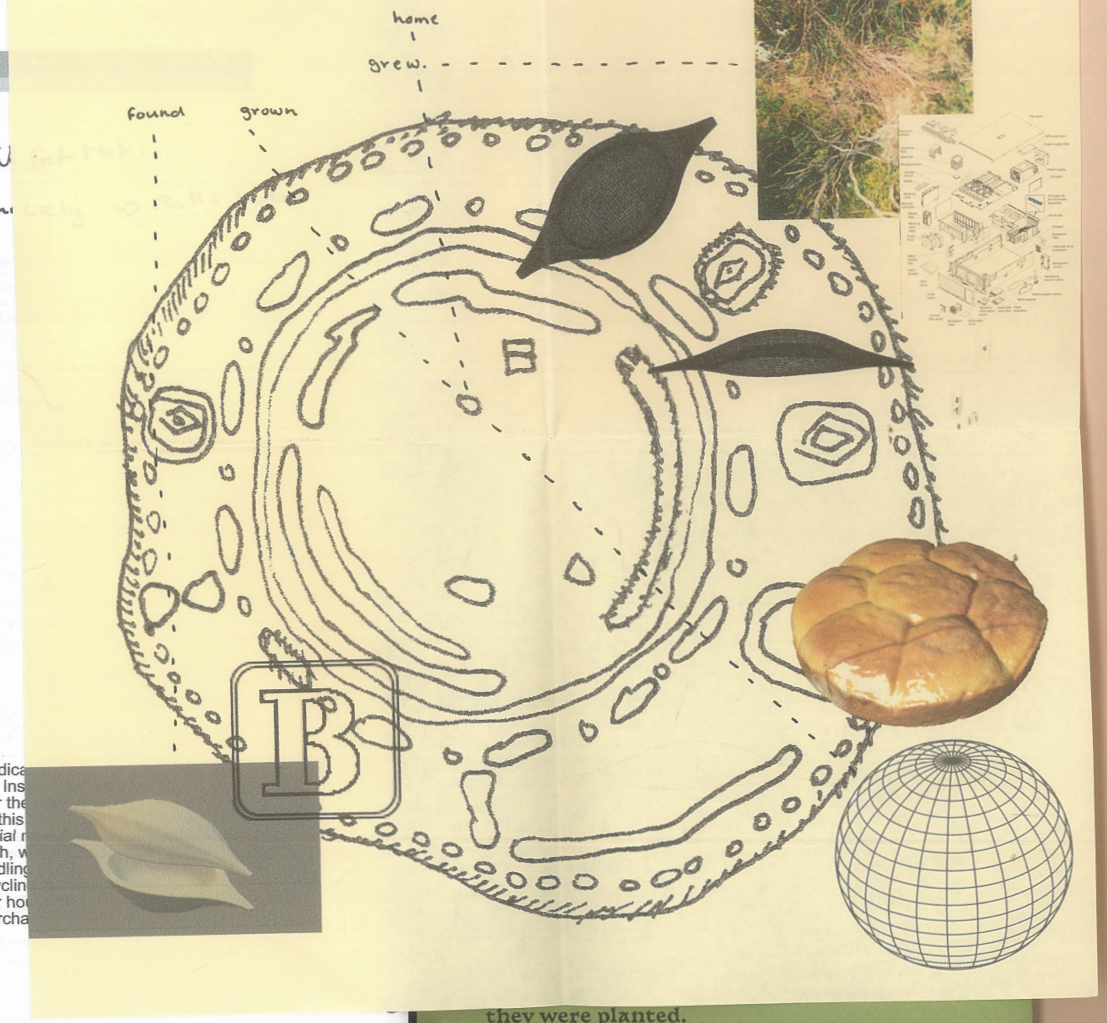
- Large Enough Air Gap --> Outside Doesn't Get Hot.
- Attach Aluminium To absorb Heat quickly -> Pulls Heat Away Reducing Hot Spots.



The symbol on the product or on its packaging indicates that this product may not be treated as household waste. Instead it shall be handed over to the applicable collection point for the recycling of electrical and electronic equipment. By ensuring this product is disposed of correctly, you will help prevent potential negative consequences for the environment and human health, which could otherwise be caused by inappropriate waste handling of this product. For more detailed information about recycling of this product, please contact your local city office, your household waste disposal service or the shop where you purchased the product.

The ownership and privatisation of seeds is a growing issue for the agricultural industry. With the control of these seeds they are not able to naturally change and grow. I have created 'seeds of knowledge' from this project which contain all of the data for this work to be found, altered, grown and expanded upon. I have tried to follow the natural dispersal of seeds beginning by planting some at home where the project started. Then leaving some naturally where the project grew. - Finally leaving others in places where they can be found and grown The finder of these banks of data can do what they wish with the work, they can use it in their own work, read it and pass it on for others or even delete it. Naturally allowing these seeds to change and grow in the environments which they were planted.

- Large Enough Air Gap -> Outside Doesn't
- Attach Aluminium To absorb Heat and
  Away Reducing Hot Spots.



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product, please contact your local city office, your ho
waste disposal service or the shop where you purcha
product.

they were planted.