

INGREDIENT LISTING (A SAMPLING OF ESSENTIAL BODIES HARNESSSED)

00 First Atmospherics

pallet crates
cinder blocks
grill
charcoal
light
space heater

01 Unearthing Aromas, Sights, and Sounds

dirt
charcoal
spruce
rosemary
flour
smoke

02 The Form of Bread

dough
 flour
 water
 salt
 yeast culture from France
 heat
 smoke

03 A Glass of Water

04 Continuing Ingestion

carrot
carrot juice

rice wine vinegar
coriander
salt
sugar
jullienne

05 Limits of Ingestion

beans
leaves
pods
bouillon
carrot
onion
thyme
clams
steamed over river rocks
trimmed
olive oil
salt
lemon

06 Nature | Culture; moss digesting slate

dehydrated olive
 rehydrated with oil
ground chicory
ground coffee
hazelnut
 toast
 microplane
spinach purée
 blanch
 shock
 purée

strain
yarrow and bronze fennel tips
pick and shock in ice water
peppercorn

07 Prism, an initiation to White nasturtium water

pick and infuse in water, cold maceration
strain and carbonate intensely
skim foam
check for flavor, pepper and sulfur levels
steep fresh nasturtium if needed

08 White I

whole onion
steep in buttermilk
slice
queen anne's flowers
onion "milk"
slice, steam, evaporate white onions

09 White II

lardo
jicama
pepperseeds
marrow broth
roast marrow bones
vegetable broth
carrot
onion
fennel tops
star anise
peppercorn

bay
thyme
soy lecithin

10 Poison I, the poisoned body

cyanide

chicken

breast

thigh

gizzard

heart

liver

bones

black garlic

cream

milk

tellicherry

demi glace

forbidden rice

fleur de sel

rice wine vinegar

egg

shallot

carrot

onion

leek

gelatin

coriander

fennel seed

black lung - *Polyozellus multiplex*

11 Puddle, a coagulation and clogged flow rocks

burnt oil
mud of burnt eggplant
broth of the ground, fresh and decaying leaves
broccoli
 buds
 blossoms
 stems
 crispy leaves
 oil
 salt

12 Carcass
vulture-hatchling
tartare of lamb
its diet
chive
smoked paprika
salt
lemon
tarragon
bronze fennel
new yolk
pepper
---> followed by quenelle
 plums
 prunes
 lemon
 brown sugar

13 Decay I
baked ground
porcini
 thyme
 olive oil

- salt
- pepper
- bay
- garlic
- shallot
- dry aged maitake
- cauliflower
 - roasted
 - brown butter
 - pepper
 - salt
 - raw
- puree
 - oil
 - water
 - salt
- decaying leaves
- carrots
- new potatoes
- egg yolk vinaigrette
 - egg yolk
 - olive oil
 - fleur de sel
 - rice vinegar
- tellicherry pepper

14 A Stomach Slit Open

- fresh levain
- cud
 - herb stems
 - grasses
 - burnt meyer lemon purée
- honeycomb soaked in gizzard consommé

coriander
pink peppercorn
fennel seed
garlic
shallot
thyme
bay
chicken gizzard
fresh cheese (oozing whey)
whole cow milk
cream
rennet
split sauce
olive oil
herbes fines

15 Poison II

“rust”

beet
satsuma
minerals
scrap metal

16 Digesting Time

an apple in 100 frames over 100 minutes
brown butter
seeds
sauce of temporal-shifting chemicals
caffeine
red wine
sugar
baking spices

17 Decay II

fermented hibiscus in the style of Jamaican sorrel

18 Digestive I

a tea of herbs and roots

19 Folds and Wrinkles

mignardises of meringue

honeycomb brittle

something indigestible

20 Digestive II

a liqueur herbs and roots