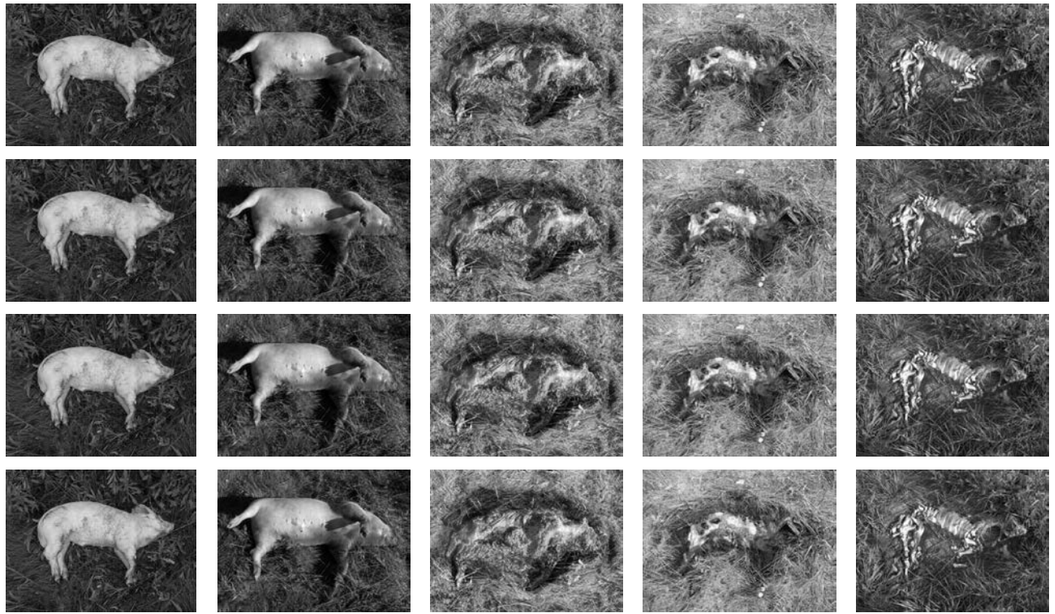
RECIPE BOOKLET

TO FLAVOUR OUR TEARS

THE CENTER FOR GENOMIC GASTRONOMY

RECIPE

FINAL FEAST



INGREDIENTS

- → Your corpse
- → Microbes
- → Chemicals

RECIPE NOTES

Ashes to ashes, dust to dust, recycling your body back into the environment has never been easier. In this simple recipe, microbes and chemical actions do all of the work.

Once you die, your body will begin the five stages of decomposition: fresh, bloat, active and advanced decay, and dry/remains. As soon as your heart stops beating, fluids and dissolved gases start to collect in the freshly dead body. Autolysis causes cells to rupture and the body goes livid. Next, putrefaction starts to take place from microbial action, and the gases produced cause your body to swell and rupture. During active decay, your body loses mass rapidly due to maggots and other lifeforms voraciously consuming the decaying matter. Decomposition fluids are also purged. Finally, your body's fleshly parts are digested, only the harder parts are left, such as the skeleton, connective tissue, and teeth. These can last for years beyond death.

RECIPE

LACHRYMATORY TEAR CATCHER

INGREDIENTS

→ Human tears produced while mourning a loved one

RECIPE NOTES

This recipe draws from a debunked, yet still popular, “age-old method” of tear collection. Marketed as a victorian era tradition, the folklore instructs mourners to hold a small “lachrymatory bottle” up to the corner of the eye as grief-induced tears trickle in. Stopper the bottle with a special cap, which allows the caught tears to evaporate slowly. Once the bottle is empty, the mourning period can end, and the bottle can remain as an object of remembrance.

Though sold on several online marketplaces as “Tear Bottles” experts say that most of the decorative antique bottles were used for perfume and never for tears. However, with a rise in popularity of victorian era trinkets and the vast production of replica “tear” (perfume) bottles, the story has out-sold the truth. These replicas are becoming their own historic artifacts, and more people than ever are managing their mourning process with the help of tiny glass bottles filled with tears.

RECIPE

MOTH SIPPING IN THE WILD

INGREDIENTS

- → Animal dung, bird droppings, sweat, or tears
- → A thirst for salt

RECIPE NOTES

Nectar as a staple creates a thirst for salt. Moths' and insects' typical diet of nectar, sap flowers, and rotting fruits can leave them deficient in the different salts needed to stay alive. This means they end up turning to unusual sources of nutrition, like animal dung and bird droppings. Some insects even turn to drinking the sweat of animals, and even more strangely they will steal tears in order to cope. Lobocraspis griseifusa, a moth from Southeast Asia, is known to land on the faces of water buffalo at twilight. From there, it irritates the eye orb, causing a flood of tears which they greedily consume before fluttering off into the night.

Note: Lobocraspis griseifusa isn't the only insect to indulge in this kind of behaviour. Mara elephantophila, for example, which drinks the tears of elephants, is among the smallest of such moths.

RECIPE

EYEPHONES

INGREDIENTS

- → Two vibration motors with switches and batteries
- → Two 30mm internal speakers with 1/8” jack
- → MP3 Player
- → Audio recording of written report of a lachryphagic moth encounter

RECIPE NOTES

This device is a low-tech VR headset designed to help you become comfortable with the feeling of moths drinking your tears. The object consists of two speakers and two electronic buzzers. Close your eyes and place the speakers on your eyelids and the buzzers near your tear ducts. Press play on the MP3 player and listen to the first-hand account from a scientist as moths began to drink his tears. When you feel comfortable, press the buzzer buttons which will simulate the feeling of moths feeding around your eyelids. Relax as you imagine them sipping and enjoying the salty flavour of your tears.

RECIPE

TEAR-O-EYES-ER

INGREDIENTS

- → 1 bike pump
- → 1 plastic test tube (we used a 15ml polypropylene conical centrifuge tube)
- → 1 Vicks inhaler nasal stick
- → A sharp box-cutter knife
- → A cutting board

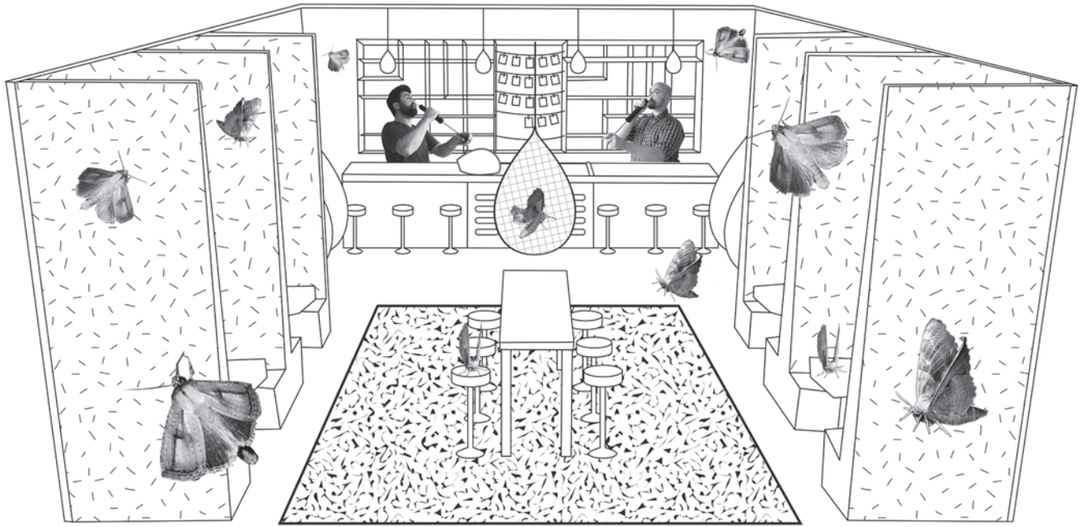
RECIPE NOTES

1. Remove the cap of the centrifuge tube, and place the tube on a cutting board. Using the sharp knife, cut off the tip of the tube (3mm), so that air can blow through it
2. Take the Vicks inhaler nasal stick, unscrew the cover, and remove the chemically-soaked piece of white fabric
3. Place this piece of fabric in the test tube
4. Affix the large-mouthed side of the test tube to the bike pump
5. Point the small end of the test tube towards your eye, and gently pump air through the test tube so your eye tears up from a menthol breeze

Note: If you are worried about the levels of levmetamfetamine (which may not be good for you in large amounts) feel free to create your own equivalent, by soaking a piece of material in a combination of jojoba oils and menthol. You are responsible for your own actions, and we take no responsibility for your health and safety.

RECIPE

MOTH BAR



INGREDIENTS

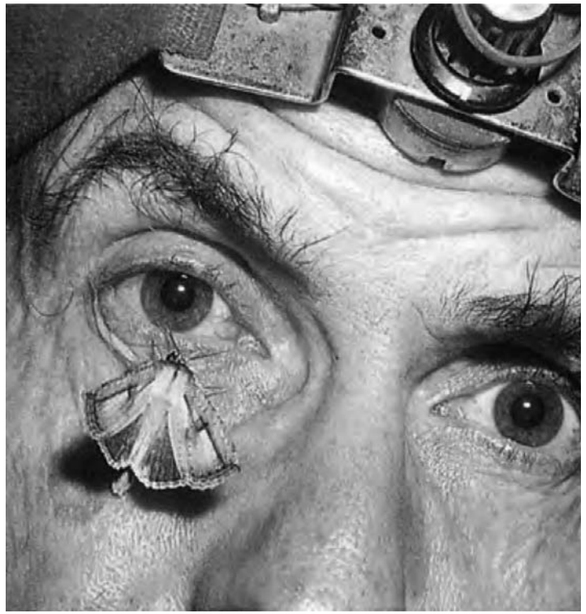
- → Bar or restaurant space
- → Lachryphagic moth cage
- → Tear collection party booths
- → Privacy tear chambers
- → Horizontal human holder (pillow & disposable bedsheets)

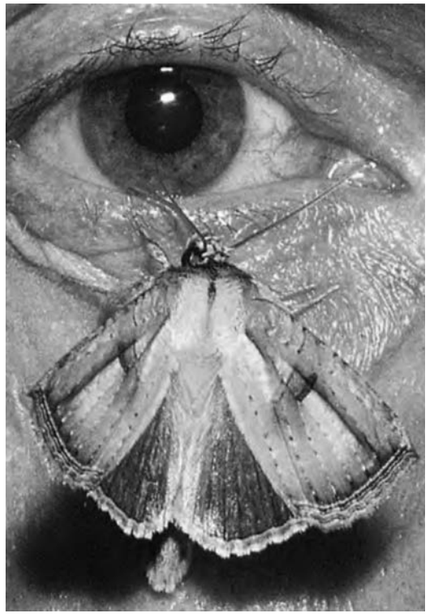
RECIPE NOTES

To Flavour Our Tears (TFOT) Moth Bar is an eatery designed for lachryphagic moths, or other insects that feed on mammal tears. The bar provides an assortment of tools to help humans flavour, induce, and capture their own tears for the enjoyment of thirsty insects. At the TFOT Moth Bar, the human body is what's for dinner. Moths wait patiently in an insect lounge while their meals are prepared. Humans are invited to make each other cry in the Party Booths, or escape to a Privacy Tear Chamber for some emotional time alone. Crying humans can climb atop the bar and lie, face up, while a table of moths is seated on their eyelids, ready to enjoy a round of drinks. If the human's in a hurry, he or she can donate a few drops to the lachrymatory bottles or other tear vessels. These tears can then be left to age into superior vintages or evaporated into fine salts for consumption at a later date.

RECIPE

TEAR TASTE TEST





INGREDIENTS

- → Hungry insects
- → Wet orifices

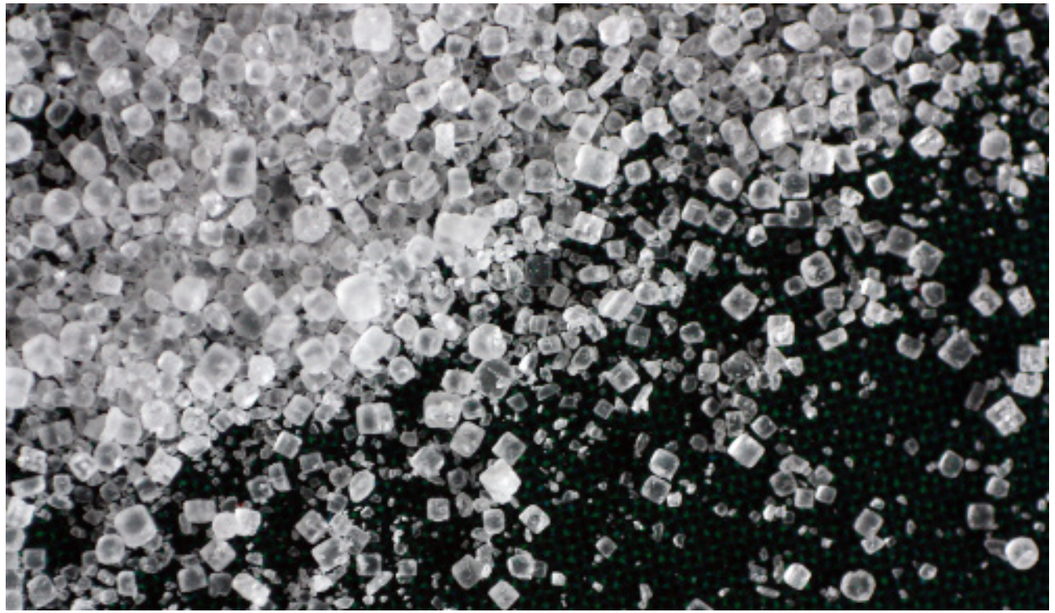
RECIPE NOTES

Insects that drink tears can be selective in their tastes, restricting their attentions to certain species of animal. But why do the tears from one mammal taste better than that from another?

The usual victims are the more solemn and generally herbivorous mammals, such as cattle. This preference for certain hosts is not yet fully understood, but it may reflect differences in the chemical composition of tears from different animals. Another factor could be the host's behaviour. The most frequent victims are the most placid and tolerant mammals – an important consideration for insects that habitually fumble around the eyes of large animals with intent to steal.

RECIPE

HUMAN TEAR SALT



INGREDIENTS

- → 160mls of tears
- → 1 large bottomed pan
- → Stove

RECIPE NOTES

The high salt content of mammal tears makes them desirable to lachryphagous (tear drinking) insects. With this recipe, you can cut to the chase, making salt crystals from concentrated human tears:

1. Work out how much salt you want to end up with. It takes approx 160mls of tears to make 1 g of salt.
2. Using appropriate stimulation (see the Tear-o-eyes-or recipe or your favourite sad movie), cry and collect tears.
3. Add the tears to a large, flat bottomed pan. Bring to a boil and then simmer slowly, allowing the water to evaporate.
5. As the water boils off, salt crystals will form as the solution supersaturates.
6. Scrape the salt into a container and store for future use.

RECIPE

SAPROPHYTIC SUPPER

INGREDIENTS

- → Food
- → Water
- → Oxygen

RECIPE NOTES

In and on the human body, we rely on microorganisms to decompose our dead cells. How often and what are we feeding them? There are between 50 and 75 trillion cells in the body and each type of cell has its own lifespan, from white blood cells that live as little as 10 hours, to bone cells that can live as long as 30 years. The body deals with dead cells in different ways, depending on where they are. Red and white blood cells are digested and recycled in the liver, while skin hair and nail cells are shed and broken down by a variety of microbes that live on and around us every day. Saprophytes are organisms that live on dead or decomposing matter. These microbes live in a strange space between symbiote and parasite, removing bodily tissues that we can't use anymore, breaking them down and releasing them into the ecosystem around us.

RECIPE

SKY BURIAL

INGREDIENTS

→ To be a follower of Vajrayana Buddhist tradition

→ A Buddhist lama or adept

→ Vultures, hawks, crows

RECIPE NOTES

Vajrayana Buddhism teaches the transmigration of spirits. There is no need to preserve the body, as it is now an empty vessel. Birds may eat it or nature may cause it to decompose. The function of the Sky Burial is to dispose of the remains as generously as possible. To participate in this ritual, on your final days of life you must make your way to one of the locations set out for this purpose, such as Drigung Monastery in Tibet. There you will make arrangements with a Lama. Once you die, your body will remain untouched for 3 days until it is finally washed and wrapped in cloth. Monks will then chant mantra and burn incense around your corpse. Your body will be disassembled by rogyapas (“body-breakers”), who cut the body into chunks and prepare your splintered bones to be consumed. The vultures will then go to work, devouring your body. Your crushed bones will be given to hawks and crows who have waited for the vultures to depart.

RECIPE

TIGER REPELLENT

INGREDIENTS

- → The potential for a skulking hungry tiger
- → Garlic, sugar, rice wine vinegar, soy sauce

RECIPE NOTES

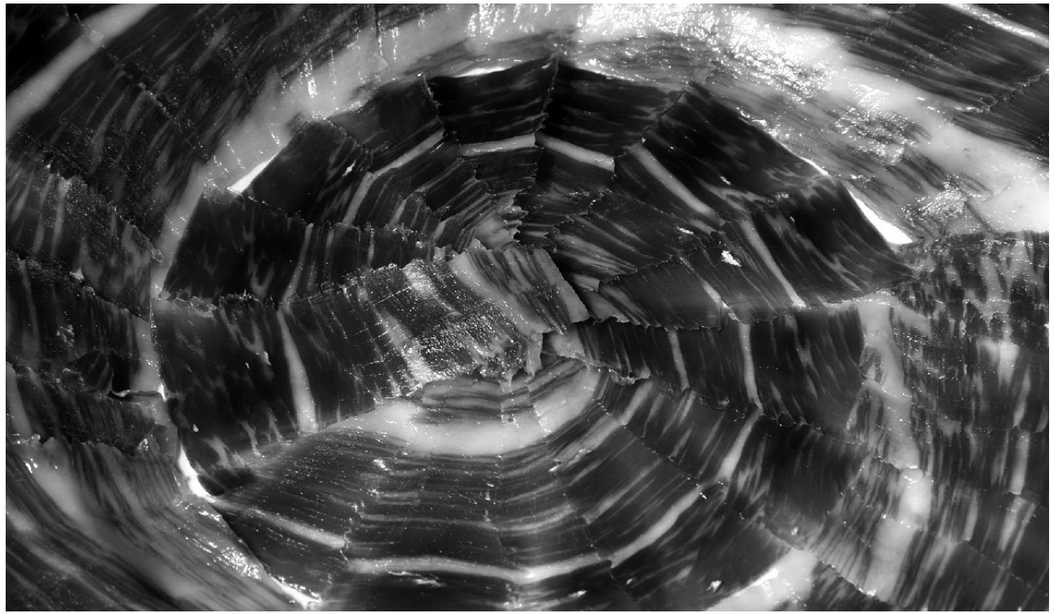
Garlic scent can linger on the skin, breath and urine for days, making you undesirable to hungry Tigers who are repulsed by the allicin found in garlic. This pickled garlic recipe will help protect you out in the wild:

1. Put garlic in a container, and fill with water until 2/3 of the cloves are covered. Pour out water and measure it, that's how much soy sauce you need.
2. Use 3 parts soy sauce to 1 part vinegar and 1 part sugar. Boil mixture for 10 mins.
3. When the mixture has cooled, pour it over the garlic. Leave it to rest for 3 weeks. Eat prior to tiger exposure. Sweating will help spread aroma.

Tip: Chewing on leaves that are high in chlorophyll like spinach can neutralise any unwanted lingering scent once you are out of tiger territory.

RECIPE

DELIVERING FLAVOURFUL FAT



INGREDIENTS

→ Fat-soluble volatile flavour compounds

RECIPE NOTES

What an animal eats has an effect on its fat: quantity, texture, location and tastes. But not all flavours eaten by animals are carried over into the flavour of the meat. Some compounds, like salts, are water-soluble, and others will be metabolized by the animal's organs before they ever make it to the tissue or fat. Luckily, fat-soluble volatile flavour compounds will survive mostly unscathed through the digestion process and make their way to fat cells in the animal's body.

The black Iberian pig gorges itself on acorns. This makes the fat very soft and perfect for unheated preparations. It also creates high levels of omega 3 fatty acids and oleic acid, for a delicious taste. The challenge with flavouring meat is that many of the strongest flavours come from the ingestion of micronutrients. It's difficult for these micronutrients to make up the majority of an animal's diet, and in large quantities, they might even be harmful to the animal.

RECIPE

TO FLAVOUR OUR SKIN

INGREDIENTS

- → 1 Kit of Sensibly Scentless StaphTM

  - or -

- → Genetically modified bacterial “seed” culture
- → Growth media
- → Incubator
- → Vials
- → Wipes

RECIPE NOTES

Mosquitoes are notorious vectors of disease as well as being really annoying, itchy irritants. They generally hunt by scent, paying attention to things like carbon dioxide from your breath, and the smell of antigens from your blood in your sweat. Most recently, we’ve found that they pay attention to the smells of bacteria “talking” to each other using quorum sensing volatile molecules. This recipe allows you to grow some silent and scentless staphylococus, a bacterium which will make you invisible to mosquitoes:

Using our Sensibly Scentless StaphTM kit, simply grow up some of our genetically modified staph in the culture vials provided. Submerge the wipes included in the pack in the culture media. These “Bacterial wipes” will supplant your natural fauna for a short period of time, making you invisible to mosquitoes.

RECIPE

FAT(HC)




INGREDIENTS

- → A habit of having eaten lots of edibles (brownies or cookies made with cannabis)
- → A bottle of water
- → A treadmill
- → A workout playlist

RECIPE NOTES

Tetrahydrocannabinol (THC), the main psychoactive constituent of cannabis, accumulates in adipose tissue (body fat) where it is reserved for long periods of time. Conditions that promote lipolysis (like vigorous exercise) can liberate THC from adipocytes to yield increased blood levels of THC. With this recipe, you can store your high for a later, while your friends watch in jealousy from the bench:

1. Get high everyday for many years, to store THC in your body fat
2. Watch as a worldwide blight destroys cannabis crops
3. Access your hidden supply by hitting the gym or going for a run
4. Exercise complements the naturally occurring cannabinoids and endorphins in your body, giving you a dreamlike and relaxed state post exercise.

RECIPE

ANTHROAQUAPONICS

INGREDIENTS

- → Pedicure chairs
- → Foot bath fish tanks
- → A standard aquaponics system
- → Garra rufa fish (doctor fish)

RECIPE NOTES

AnthroAquaponics is a new symbiotic system that brings together aquatic animals, plants, and humans to feed and support each other. A standard aquaponics system uses aquatic animal excretion in water to feed plants growing in that water. In turn, the plants clean the water, making it more suitable for the aquatic animals. AnthroAquaponics introduces human skin cells into the system. Humans dip their feet into the fish tanks, Garra rufa fish feed on the dead skin cells from the feet, and their excretions provide nutrients for plants growing above. The plants filter the water for the fish and also provide food for the humans as they sit with their feet in the tank.

RECIPE

ALTERGASTRONOMY VR

INGREDIENTS

- → VR headsets
- → Human sized muzzles or other costuming or restraints
- → Secure room

RECIPE NOTES

AlterGastronomy VR is virtual reality for experiencing the human body as food for other organisms. Choose between wolf, vulture, maggot or micro-organism mode, and take on their point of view. Identify, chase, and consume a human from the perspective of another species. Enter the VR room and grab a set of goggles and a muzzle. Soon you'll be running through the woods at high speeds searching for some fresh meat or partaking in the five stage of decomposition: fresh, bloat, active and advanced decay, and remains. It can be hard to see your own body as an input for another, but AlterGastronomy VR can ease you into that way of seeing.

RECIPE

IMAGE CREDITS

RECIPE CARD	SOURCE
Final Feast	Author Vitaliy Arutjunov, Wikimedia Commons
Moth Sipping In the Wild	The Nonist, Romancing the Lachryphage
Tear Taste Test	Hans Banziger, Remarkable New Cases
Human Tear Salts	Author Edal Anton Lefterov, Wikimedia Commons
Sky Burial	Lyle Vincent, Flickr
Tiger Repellent	Library at Birkbeck, University of London
Delivering Flavourful Fat	Author Evaglesias, Wikimedia Commons
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