

EST. 1927

**"For what we are about to eat, may the Lord make us truly not vomit."  
- Gordon Ramsey**



# Food Edition

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# Food, or anything consumable

## Gluttons, come one and all

KIERAN PANUI & KALA BURGESS

**W**e've been waiting for this one. Dare to say food is life. Imagine life without food or life with food but it's bland and boring? No seasonings. Oh, we couldn't dream to think! Food is so enriching and flavourful, and the cultural cuisines and experiences you can have is beyond imagination. We both find food or cooking in general a deeply rewarding and fulfilling task. Whether it's going out for lunch or cooking at home and wowing yourself with what you have made, we always enjoy eating and the process of making food. Food enriches our lives in countless ways, offering not only sustenance but also joy, comfort, and connection. For many, we assume your mother's cooking brings comfort. A sense of nostalgia even. Could be something you love, something you miss and long for. It's the way you are brought up. The food you like/associate with

makes up some part of your identity. Of course, you also get to discover. Your whole life you get to keep discovering new foods. It doesn't get old.

As one traverses uni life, you may often find yourself short on time and money and food may not be your priority right now. But prioritising your health and well-being during university is essential for academic success and overall happiness!

And remember it's what fuels your body and what's keeping you alive and healthy. So don't neglect food. Instead, come up with ways you can adjust your way of living so your body gets a well-deserved meal.

In this edition, we've curated a diverse array of articles that celebrate the multifaceted nature of food. From personal anecdotes to cultural

explorations, each piece offers a unique perspective on the role that food plays in our lives. Food is not just about taste, it is also about the community. Like the one we have here. You guys and us. The sharing of this edition we hope will bond us and you together, just like when the joy of food is magnified when shared with others.

So we invite you to come to this food edition together, to indulge your senses and expand your palate of knowledge with us.

Separately to this editorial on food, we'd like to highlight the Crunchy Craccum Podcast, which this week discusses another hugely popular and demonstrably brilliant policy from the three stooges in government: taking food from the stomachs of tamariki!



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# Why You Should Pick Up Strength Training

Plus Decent Advice On Eating Healthy From The Experts.



ALAN WU & BLAZE WEBSTER



A nurse hailing from West Suffolk, England, would be representing Great Britain at the World Powerlifting Championships this year. An ICU nurse, Siobhan Taylor, has an interesting story, and it's not that she is a woman competing in a 'male-dominated' sport.

Siobhan is competing at 45 years old this year, when most professional athletes stop in their mid-30s. She had initially started powerlifting following a back injury. Most people would shy away from 'heavy' sports to protect their bodies from further damage. So, why has Siobhan thrown herself headfirst into what appears to be one the scariest sports most likely to cause damage?

She explained that powerlifting had brought many benefits to her life. The sport has helped her feel "empowered, resilient and gives [her] a sense of achievement." She notes that the sport itself is inclusive, something unusual when associated with powerlifting. If you can't slot in rugby at 11 pm, you can definitely hit legs. Weightlifting being dominated by a small population of male enthusiasts could not be further from the truth. A study of data from the USA Powerlifting (USAPL) Federation showed there was a ratio of roughly 10 women per 26 men who competed in their powerlifting meets. It also noted where meets were larger, the gender ratio decreased significantly to roughly two women for every three men. On top of this, participants have been recorded participating at ages

well above 70.

Of course, most people would still naturally be intimidated by the idea of participating in powerlifting, let alone starting a new sport. In order to break down these social barriers, Craccum decided to send our very own Māori Editor, Blaze Webster, to participate in one of Auckland University Strength Society's (AUSS) training nights. Students from AUSS were also present assisting the recent university powerlifting competition alongside AUSA. They were also present at the Auckland Powerlifting Association's Auckland Champs, where their members volunteered and competed in the three-day event.

Below is Blaze's experience participating in one of AUSS' Wednesday night trainings:

I was ecstatic when I was invited to join AUSS in one of their trainings. I agreed to attend one of the Wednesday night sessions and I thoroughly enjoyed it. While stepping into the gym, I noticed a bunch of AUSS members greeting everyone and entering everyone who wanted to participate into teams for a training competition. I was placed in a very supportive group surrounded by other teams cheering everyone else on as well. When the competition started, my team had to decide who was going to compete in which category (dumbbell squats, burpees, bench press and pullups). I had never trained in any of these categories, so my team supported me in my decision to do

dumbbell squats. I watched and cheered on my teammates with everyone else present. When it came to my turn, before, I asked one of the AUSS exec members how to do the exercise, and he enthusiastically demonstrated. There was a weight requirement for the competition (your body weight divided by 2.5 for women, divided by 2 for men), so we loaded up the squat rack with the weights I needed, and the squat competition started. Two people spotted my lift while everyone gathered around, encouraging me.

**"One more, one more!"**

That was all I heard from the crowd around me as I pushed through each squat. I dropped the weight, but my spotters caught me and helped me up while everyone cheered. Everyone made me feel appreciated and included and encouraged me to keep training. I joined the others in cheering on my teammates for the rest of the training. I learnt that although AUSS is a male-dominated club, it has an incredibly supportive and friendly culture, regardless of your fitness level.

It was such a welcoming, inviting environment and community that I would love to contribute more time to. From the moment I walked into the gym I felt like I belonged and was supported throughout the whole night.



# The best place to get started in the sport is with AUSS.

Craccum, or at least the News Team, encourages you to give weightlifting a try. As Sports Club of The Year 2023, AUSS' strong sense of community is its defining attribute. Using Social Media Officers Josh Lu and Lo Leger's words, despite the rather intimidating look from the outside, it's really "...the biggest guys [that] have the biggest hearts." The club is very much built from the bottom up, with everyone working towards the same shared goal of personal development and achievement. Lo adds that as a strength and gym-focused club, significant efforts have been made towards tearing back the overtly masculine culture that previously made the club uninviting. AUSS has been dedicated to creating a community and environment that is safe and inclusive, particularly towards women and beginners. Training nights tailored just for women and newbies help to shape a club that is encouraging to its members. AUSS encourages all students, especially women, who are hesitant about joining to come to any of their training nights and events!

## Training Big, Eating... Normal?

Everyone knows that once you get into the groove of training, it's as simple as being disciplined and keeping up the habit of showing up. However, nobody wants to talk about the mammoth of a beast

called diet and nutrition. Do we down six eggs and a shake for breakfast? Do we completely cut out foods and go on a specialised diet? We sought an expert's advice (or the closest we could get) on this issue.

*Sophie Leung is studying a BSc in Food Science and Nutrition (Nutrition). She is also Secretary of the Society of Food Associated Disciplines (SOFAD). SOFAD is a student community united with a passion for food science, nutrition and of course, food. They provide a variety of information and events dedicated to students on careers, education and socialising with peers and industry professionals.*

## What would you say is the most important thing to remember when eating?

"Protein is the keyword, but we forget energy intake; by that, I mean having enough carbohydrates throughout the week. Protein exists in all foods; if you eat normally in your diet, you will fulfil your daily needs. For people like bodybuilders, it's a different story, but for normal people who have just started working out like me, supplements are unnecessary. The goal is to try to ensure you're eating as much carbohydrates (particularly simple carbohydrates, like starch, lactose from milk, and glucose) as possible. In doing so, you meet your protein requirements anyway.

## Do not punish your food cravings!

Not eating enough when you have high activity levels defeats a lot of the goals you might have in mind, like building muscle.

What ends up happening is that your body will end up breaking down the proteins in your skeletal muscles if you are not eating properly for long periods of time. Whether you are an athlete or balancing school, you do not want to be caught tired and hungry throughout the day like this, for a small pressure towards weight loss."

## What's the biggest myth that's been busted for you in food?

"Before my degree, I thought a healthy lifestyle had to be organic (lots of fruit and vegetables and a balanced diet). After this degree, I learned that the human body is resilient; it thrives regardless of its environment. When it comes to healthy eating, I just work with not eating too much of something.

A few years ago, I saw a dietician rating instant noodle brands. The dietician explained that she regularly eats them, which shocked me. She then went on to explain, 'Yes, they're not healthy, but it's a fast way to fill your stomach. If you added some extra foods like tofu, salad, or an egg and made it a complete meal, it's actually not as horrible as you think.'"

## No food is bad food; too much of one food is bad.

Think of it this way, too much water can be bad! This can dilute your electrolyte levels in your bloodstream, and it can be life-threatening. It's never about the complete rejection of a food, but moderation."



# STUDENTS ARE STRIKING!

## UNREST: FAIR RENT STRUGGLE REACHES FRENZY



OLIVER COCKER

It is not often that information under embargo crosses the inbox of a student journalist. Even less often, it is of a nature that could lead to legal ramifications across the university. Nonetheless, today is the Eighteenth of April. You will no doubt be reading this sometime the week after. You will be privy to the fact that students in the Halls of Residence are going on strike from the first day of May.

You can join them on their website: [strike.sfr.org.nz](http://strike.sfr.org.nz).

In a Rent Strike, a group of tenants come together and agree to refuse to pay their rent en masse until the landlord meets a specific list of demands. This is not a new idea. I can find examples of it stretching back from land reform groups in nineteenth-century New York to a nationwide University strike in the United Kingdom in 2015.

More relevant to the students of New Zealand, in the early pandemic, Victoria University of Wellington charged a holding fee of one hundred and fifty dollars each week a student could not return to university accommodation due to Alert Level 3. At the point when it was instated in April of the first lockdown, no one could return, and about one-third, or one thousand students, took part in the strike by refusing to pay the holding fee. The

University backed down three days after the announcement.

If I may speak directly to you for a moment. Avid Craccum readers will know that I have been in university accommodation for the last three years as I have written for the magazine. I have covered strange processes, terrible designs, obsolete utilities, and bigger strategies in the buildings. If I were to move back into O'Rorke just two years later, it would cost me sixty-five dollars more a week. That's closing in on five hundred dollars for the possibility of living in a room that is under eight square metres. The average price per square metre of buying apartments in central Auckland is a little over two thousand, so you could buy more than your room with the cost of rent in a year.

One week of a midsemester break, I worked sixty hours to ensure that I would be able to manage the cost of it all. No one should ever feel the need to do that. Today that would not even be enough.

And you know what the University will say. They hire ten residential advisors, two managers, and two receptionists, and they have a flametree catering lease to consider. Luckily for us, they have reduced the amount RAs earn from fifteen thousand to thirteen, adding that they charge them thirty-three per cent higher rent now,

meaning they took about fifty thousand dollars.

Inflation, right? The cost of the food and services they provide are through the roof. But Flametree bulk buys the same food for all the Halls of Residence except Waiparuru and appears to be furloughing staff to cut costs further. No known improvements have been made to the building. Mold is rife, and there is no air conditioning. But inflation is an easy scapegoat.

Oh, also, they make an extra one million dollars in rent from the students living there compared to when I was there two years ago. Outside of everything, outside of how much it costs overseas or in Wellington, one million dollars more from O'Rorke. More than that from the other, more populous halls. Why?

I have touched on this in the past. Overall, student numbers are down, international students, the rock upon which finances since the turn of the Millenia were built, have not recovered, the private sector is holding its funding, the government is holding back funding, and it is just not the University's fault. But they'll make it the student's problem.

While the sector is struggling, almost all Universities are posting a deficit, the University of Auckland is making money,



according to the Tertiary Education Commission. Taking in money owed, upcoming entitlements, and even losses on building values, the University of Auckland has the most money and continues to make money. But it doesn't make money from government funds, even though per student it receives less than Otago and Victoria and almost all comparable institutions.

And if I return to the matter at hand, Students for Fair Rent has been escalating the problem with our glorious overlords for coming up on a year since their inception in July of last year. A petition was circulated, a rally was held outside the clocktower that got my attention last year, and I have heard they sat down to little avail with University representatives.

On accommodation, Matthew Lee, the chair of Students for Fair Rent, says, "The University has continuously refused to acknowledge it as a serious problem and to engage with us in a good faith manner. The rent strike is a last resort method to stand up to them."

This has been canvased at length thrice in the last two years in Craccum articles, but a short version for a new reader is that the Residential Tenancies Act specifically excludes student accommodation. As such, disputes can not be resolved by the Tenancy Tribunal like when a renter has complaints about a landlord. Therefore, aside from a few requirements for regulations, all actions have to be taken between the landlord, the University, and the tenant, the student.

The strike is slated to continue until the University meets the demands laid out in their October Petition of last year, namely, reduce the accommodation rent and use certain metrics to calculate a fair rent.

Those are inflation, average local rent, and the amount of student loan living costs and allowance available.

Using Carlaw Park Stuart McCutcheon as an example, which has been renamed since I wrote about its opening last year as Carlaw Park Stanley, each five-person flat, per the floorplans, is one-hundred-and-six-point-four square metres. We can remove the cost of utilities that come included with rent in Halls of Accommodation and get an estimate of one-thousand-six-hundred-and-fifty dollars.

A comparable cost house in Epsom is four times larger and has an extra bathroom. In Mount Eden, you again get about four times the size, carparks that do not cost an extra fifty dollars a week, and a second kitchen. A five-bedroom with a similar bathroom set up and size to the Carlaw flats in the Auckland CBD across from O'Rorke at thirty-three Mount Street would cost one hundred and fifty dollars less a week for all five renters. And guess what? They are ex-University accommodation flats from AUT.

Presumably, inflation would be used to calculate rent increases, but all of that is done without considering living costs. Since the first of April benefit adjustments, it is sitting at three-hundred-and-sixteen dollars. For some reason, society expects students to work on top of their forty-hour expected study timetable, which is a problem in itself, so I doubt a case for having rent a certain amount lower than it would be effective.

But if we return to my Mount Street example, almost one hundred dollars of student living costs are available after rent is paid for food and everything else. Imagine how many more students could be enticed if it was affordable and you could manage on maybe one shorter shift a week

instead of scraping by on two.

And this is no longer a fantasy land. Students for Fair Rent wants you to strike with them, and students from across the Halls are standing with them. They're building a community. Sign up on their website. Stand with everyone, and if you're scared, hold onto the money you would use for rent. The University will bark, and you can just give them some to chew on if there is a need.

Because it is not about the money. At the heart of it, the strike is about sending a message to Aotearoa more than the University. The whole country needs to see what is going on before the pressure sets in for something to happen. Right now, it is bad, but people are just going to keep going on with it being how it is because they do not see another choice. If you do not strike, nothing changes. If you do, maybe these halls will become somewhere that is genuinely affordable to live in for your years of university.

While I may be writing this just before the deadline, tomorrow for me and last Friday for you, a town hall was held outside the university library. Union leaders and Chlöe Swarbrick, student groups, and media will have attended. The call will be out.

It is on you now. I know how many of these magazines get circulated in the Halls. It is where I first read Craccum and no doubt some of you did too. And maybe I was once a passive knowledge ingester, reading benign articles and occasionally thinking about something bizarre management had chosen to do. No longer is that possible. So, from writer to reader, it is time to choose.

Where do you stand?



# PREPARING POISON

## NO ONE NEEDS TO POISON YOUR FOOD WITH STANDARDS LIKE THESE



REEMA ARSILAN

I have never had food poisoning, but it's relatively common and affects most people at some point or another. If you are regularly afflicted, it may be time to do some self reflection. Frankly, the ways I have witnessed some of you out there dealing with food gives me second hand anxiety and a few of you could probably benefit from being violently humbled by a bout of diarrhoea.

Food poisoning is quite unpleasant (or so I've been told); symptoms include vomiting, diarrhoea, headache, stomach cramps, fever or chills. Food poisoning is caused by eating food contaminated with bacteria, viruses, the toxins produced by staphylococcal organisms, and less commonly, parasites. Contamination can occur in a variety of ways.

I am begging you. Please refrigerate leftovers. Especially rice. I am freaked out by the number of people I have seen leave food sitting out for days at a time and then still eaten. I'm surprised that you are alive and I am surprised that you find the life you are leading pleasant.

Sometimes reheating won't save you, such as in the case of chemical poisoning which can be caused by spoilage or toxins produced by bacteria.

microorganisms live their little lives. Food should be cooked and reheated to a safe internal temperature to kill the little microorganisms before they get you first.

Germers are everywhere. Wash your fucking hands. Cook on a clean countertop. Clean your dishes properly. Cleaning does not mean rinsing, or swiping at something haphazardly with a cloth, or licking visible food off of cutlery and putting it back in the drawer (no, really, I've seen it done). It means actually disinfecting thoroughly using something like soap. Cross contamination in kitchens is a really easy way to transfer grossness around unknowingly.

Some would call this common sense, some might call it food wastage, but throw out suspicious leftovers. It's heartbreaking but sometimes it simply must be done.

Maybe I'm slightly paranoid, but it seems to pay off. It's better to be safe than sorry. That being said, sometimes

food poisoning is unavoidable and purely luck based. Until my own time comes, I will continue to smugly judge everyone else's food preparation practices.



Reheating the same thing multiple times is also problematic, especially if it cools too slowly or is not heated to a safe temperature. That just lets all the little





# Study Snacks Are A Necessity

*A snapshot of some study snacks that work for me and hopefully can work for you*



IATUA FELAGAI TAITO

**D**o you know that feeling when you are overly stressed, and you start to want to eat a lot?

Or that feeling of not eating enough because you are feeling stressed that you are too busy to eat because you have a lot of work to do?

Well here are some useful tips (might not be useful as this is very subjective lol) in finding study snacks that help you study and destress.

I am a firm believer in having warm chicken soup that you can get from munchy mart, where you rip off the sachet and put it in a mug and then put boiling hot water on it, then stir and wait for it to cool down. Then as you study, sipping or dipping your spoon to get the soup out is so soothing.

Also having thin cut chips as they are light but also flavourful as you eat it to proof-read your essay is quite peaceful. And maybe having some chocolate if you're feeling frisky and you are falling asleep but you know you have to write that essay or report.

Chocolate may keep you awake and focussed, or it might overstimulate you and not want to study? Knowing yourself and your body and what snacks work for you is key.

However, for me having water and staying hydrated is so crucial when reading and writing. Sometimes I suggest the Pods chocolate might be a better

alternative if a block of chocolate is a bit too much and too sugary.

I love to indulge in having tim tams with a cup of milk whilst you study because it is quite a vibe for me when the milk and chocolate come together, it's bliss. Am I being a bit dramatic? No. No I am not, it really is bliss.

When I think of the idea around 'food bliss' I do think about Pacific Island food that is unhealthy, but extremely delicious. *Palusami* pie, *Suafa'i*, *Koko Alaisa*, *Sapasui*, *Talo ma le Pisupo*, *Keke Pua'a*, *Oka*, *Keke Saiga* and the list goes on.

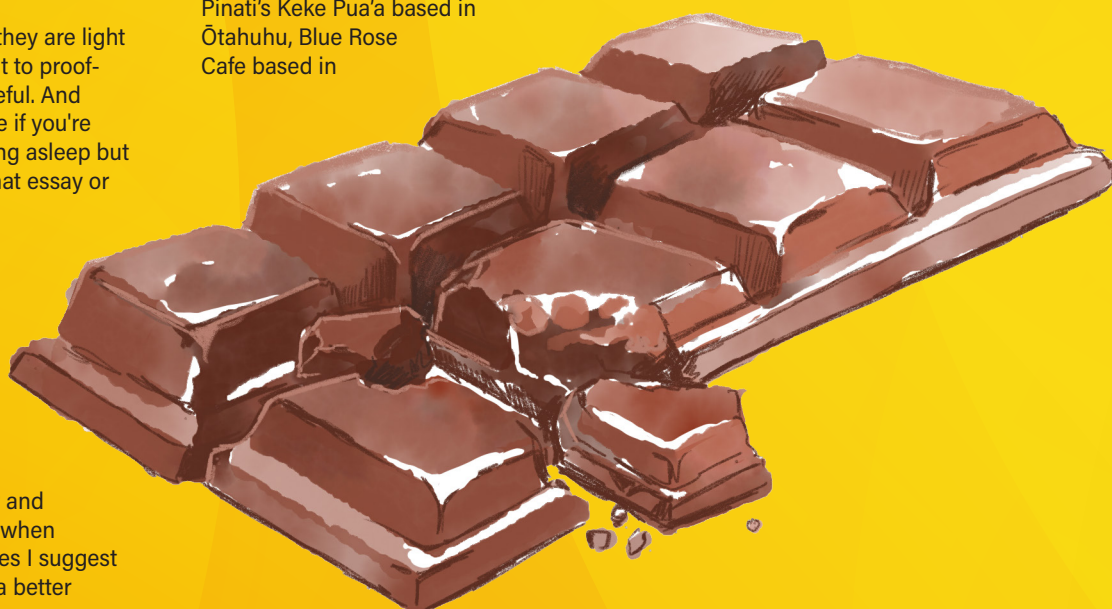
I'll post some shops that I know of that sells delicious Pacific Island food:

Taste of Samoa based in Henderson,  
Pinati's Keke Pua'a based in  
Ōtahuhu, Blue Rose  
Cafe based in

Sandringham and many more.

But some may argue: Are they study snacks though? And I answer, "Why can't it be?" It is delicious, and fills the stomach with all things *manaia*. Having a full stomach for me anyway allows me to continue studying and as a result makes me finish assignments etc. However, it also makes me want to fall asleep too after a great packed filled meal *haha* so as I stated prior knowing yourself is key.

There's no one size fits all when it comes to food, especially study snacks as what might work for me might not work for you. So investigate what works for you, and find your study snacks! And start doing your assignments!



# Finding Free Food

## The Student Guide to Urban Foraging



MIKE CROSS

“There’s no such thing as a free lunch” this will sound mighty familiar to folks like myself with absent minded parents that prefer allegory to actual parental lessons, but it mostly rings true, mostly.

While I balk at the price of fruit and vegetables of late, I’d much rather spend time rather than my herd earned (government provided) money, supplementing my high carb low nutrition diet with some free and locally sourced produce.

Many moons ago when I was 20, unemployed and on the dole I had just enough in my benefit for rent, power, internet, 5kg of rice, and some dried beans. Appetizing I know!

Luckily enough for me I had an old hippy living in the flat next to me that introduced me to the world of urban foraging, or rather as it were sneaking around well to do Cul-de-sac’s as night falls to pluck the overhanging limbs of fruit bearing trees in the dead of night away from the prying eyes of the H.O.A.

We harvested Plums for wine, pepper and rosemary for seasoning, and mushrooms for

As students, balancing a tight budget while trying to eat healthily can be a bloody headache. With grocery bills climbing, we all are looking for innovative

ways to save money.

Enter urban foraging: a practice as old as cities themselves, offering a free, nutritious way to supplement your diet while connecting with Auckland’s natural offerings.

Urban foraging involves searching for edible plants, fruits, and nuts in the city’s green spaces. Auckland, with its plentiful parks and public gardens, provides a surprisingly fertile ground for folks looking to forage. Beyond just being a student-friendly option which gets us away from our dingy study environments and out in the sun, foraging also enables students to eat locally, reducing their environmental footprint by bypassing the global food supply chain.





## What Can You Forage in Auckland?

In the heart of the city, foragers can find a variety of edible plants and trees. From the sharp kawakawa berries, which make a refreshing tea to lessen the nasty V.D. you picked up from your lovely suiter you met at shadows that one time, wild herbs like chickweed and fennel or the humble lawn weed Dandelion which are perfect for salads, the options are plentiful. Autumn brings a bounty of feijoa, walnuts, and chestnuts, while spring offers wild garlic and mustard greens. Each season brings its own flavors and challenges, which offer some interesting variety to an otherwise beige student diet (pasta, raman, potatoes, pasta again)

## Learning the Ropes

Foraging however comes with a learning curve. Identifying edible plants is the first skill aspiring urban foragers must hone. Misidentification can lead to unpleasant or even dangerous outcomes, take Hemlock for example, it can be easily misidentified as wild carrot and anybody who's read Romeo and Juliet could tell you what an awful time that will be, so joining local foraging groups or workshops can be incredibly beneficial. These groups often include experienced foragers who offer valuable insights into safely identifying and harvesting wild foods, whilst taking you for a stroll through some areas where good foods can be found. One such example is local food educator Riki Bennett who hosts many workshops on the subject (see the Q.R. codes provided for links on how to attend).

It's important to remember that urban foraging requires a respectful approach to nature and property (Legality wise as it turns out, while you may trim trees encroaching on your property, if that's a fruiting tree the fruit remains property of

the owner of the land the tree grows upon and you must return it, so please don't take fruit from overhanging limbs like I did). Sustainable practices such as taking only what you need, being mindful not to damage plants or their habitats, and avoiding overharvested areas. This ensures that the plants can continue to grow, and other foragers can also enjoy the bounty.

## Local Foraging Spots

Several spots around Auckland are ideal for foraging. The Domain and Cornwall Park are two popular locations where foragers can find a variety of fruits and herbs. Additionally, many community gardens encourage responsible foraging, which can be a great starting point for beginners, there's also a variety of "food maps" available online.

## The Practical Benefits

For us students, urban foraging offers more than just free food; it's a practical approach to living more sustainably and connecting with the environment. Integrating foraged foods into your diet reduces dependence on processed foods and introduces you to a range of natural, nutritious options right at your doorstep.

But what to do with foraged goods? Wild herbs can elevate a simple pasta dish or salad, while freshly picked berries are excellent in smoothies or as oatmeal toppings. For the more adventurous, foraged greens like dandelion can be turned into pesto, offering a fresh, local twist on a classic recipe, or simply added to salads to bulk out otherwise costly ingredients.

## Why Forage?

In today's fast-paced world, slowing down to forage can seem counterintuitive. Yet, foraging not only alleviates some of the financial burdens associated with student life; it also enriches our connection to the environment and our community forcing us out of the confines of halls and our homely flats. As urban dwellers, reconnecting with our food sources isn't just a nod to simpler, less intellectually demanding times, it's a forward-looking act of self-care and sustainability.

Urban foraging is more than just a way to save money, it's a lifestyle choice, one that promotes sustainability, wellness, and a deeper connection to the local environment. For students looking to stretch their budget and their culinary horizons, the city's green spaces offer a pantry of possibilities waiting to be explored, so the next time you have to take the dog for a walk, or decide to burn one down, why not check out a local food map and make your destination one that supplements the diet also.

## Food Map Links



MĀORI

# BAKING ON A BUDGET

## BAKING/RATING MĀORI AND AOTEAROA RECIPES



BLAZE WEBSTER



While I was cleaning out some of my books, I found an old cookbook. This cookbook was filled with vintage recipes and odd sounding kai with kīnaki that I had never baked with before. While skimming through, I found an old Paraoa parai recipe, and this inspired me to cook, and rate some of these Māori and Kiwi recipes that require little kīnaki and effort!



The first recipe I had recreated was **DAD'S MAORI BREAD**. First thing is first, damn, 4 cups of flour is a lot for a student that has a small apartment with small utensils. Therefore, I halved the recipe due to the lack of bowl space. This recipe requires 5 kīnaki:

- 4 cups white flour
- 5 teaspoons baking powder
- 1 teaspoon salt
- 1 cup milk
- 1 cup warm water

If you are on a budget and need bread, this is a great recipe. It makes a decent amount of bread and takes little time. It took me 5 minutes to make the dough, and took less than 30 minutes to bake. The rating for me is 6/10; this is for the ease of making it and time consumption, but due to its simplicity it tastes like a plain scone (or potentially a piece of wood, but hey, better than nothing?). This bread is perfect with jam and or butter, or you can make normal sandwiches you may enjoy. Half of the recipe is enough for 4-6 servings.



Another Māori Bread is **PARAOA PARAI**, but this recipe requires 6 kīnaki:

- 3 cups high grade flour

- 2 tsp instant yeast
- ½ tsp sugar
- 1 tsp salt
- 1 ¼ - 1 ½ cups warm water
- Vegetable oil, canola oil or rice bran oil, for frying

When I was younger, I remember my Whaea from my old primary school would make Paraoa parai with students in her class; this recipe tastes exactly like the same, and brought me back to when I was 5-years-old! I ended up making my own little deep-fryer with a saucepan, oil, and a whole lot of hope. The oil needs to be a certain temperature to ensure the bread does not burn (I found that out the hard way). I would give this a 8/10; the taste is nostalgic, however I accidentally made the oil a bit too hot and burnt the outside. Also, when the dough doubles in size, the smell of beer erupts due to all the yeast, so your alcoholic friends may get a rise out of the stench! The process of deep-frying is also a bit tricky, but, with enough time and bread, you'll get the hang of it.



A kiwi classic recipe is **HOKEY POKEY**, a sweet treat that can be used in deserts or eaten on its own. It only requires 3 kīnaki:

- 10 Tablespoons White Sugar
- 4 Tablespoons Golden Syrup
- 2 teaspoons Baking Soda

Most kiwi kids make hokey pokey to learn about the fast chemical reaction that baking soda creates when mixed into boiling hot sugar. However, no one really cared about the chemical reaction (it was pretty cool though); they cared about getting their hands on edible diabetes. Hokey pokey requires little kīnaki and time, but a lot of attention. The sugar burns very quickly, and I found issues with mixing the baking soda in time before the reaction occurs. I give hokey pokey a 4.5/10; a great treat, but overpowering, with cleaning up the aftermath taking a lifetime.

The last recipe I found is **FEIJOA CRUNCH MUFFINS**. This recipe is a bit more on the expensive side with 10 kīnaki needed:

- 1 1/2 Cups White Sugar
- 1 Cup Oil (or can use 225g Butter, Melted)



- 2 Eggs
- 1 Tablespoon Vanilla
- 3 Cups Flour
- 1 Teaspoon Salt
- 1 Teaspoon Baking Soda
- 1 Teaspoon Cinnamon
- 3 Cups Feijoa flesh (scooped out of overripe feijoas, I used 20 small ones)
- (And 1/2 Cup Brown Sugar for topping)

Now you may be saying "muffins... there are no muffins in the photo" and you are correct. I made two feijoa crunch cakes instead. Two were needed because this recipe is supposed to make 15-20 muffins. The instructions are straightforward, if you read them... Unfortunately, I did not have my glasses on, and made the batter backwards, forgetting to add some kīnaki until the last minute. This caused the cake to be less fluffy than it could have been. However, it still tasted great. This cake is a 7.5/10; taking not much time to make the dough, and, once in the oven, it's just a matter of checking it every now and then. The taste can be unexpectedly good, and you can add your own kīnaki; I highly recommend adding chocolate chips.

Overall, these are some special and relatively cheap recipes that can save you some money or your sanity in a cost of living crisis. What is your favourite recipe? What will you try to bake better than me?

## GLOSSARY

Paraoa parai = Māori Fried-Bread

Whaea = Female teacher (Miss/Mis/Mrs)  
- Direct Translation: Mother, Aunt.

Kai = Food

Kīnaki = Ingredients



2022









# "WHEN LIFE GIVES US LEMONS, WE MAKE SHORT FILMS"

## AN INTERVIEW WITH WITH ZOE AND PROMISE OF LEMON TIME STUDIOS

TWO AMBITIOUS STUDENT FILMMAKERS AT UOA



LEWIS MATHESON CREED

**Z**oe & Promise have been friends for nearly a decade. Neither study film at uni but this year they decided to finally realise their life-long dream by founding a film studio: Lemon Time. They have already made two short films and are currently working on a third. They're providing opportunities for fellow creatives to get exposure on the big screen as well as creating competitions for high school students to get a leg-up into the industry. Their story is still

unfolding yet is already inspiring. Over the mid-semester break I sat down with them to check in on their progress.

### HOW WOULD YOU DESCRIBE LEMON TIME STUDIOS IN ONE WORD?

**ZOE:** Fun.

**PROMISE:** Resourceful.

### WHAT COLOURS ARE YOU TWO FEELING TODAY?

**PROMISE:** I feel a bit like magenta or chartreuse. Something like the colour in Coraline when the Mother changes the buttons. Or a deep purple, orangey magenta. Something bright but grounded.

**ZOE:** Sage, a nice sage green, a calm and collected colour.

### WHAT WAS THE LAST ALBUM YOU BOTH LISTENED TO?

**ZOE:** Unreal Unearth by Hozier because I just got tickets to his upcoming show!

**PROMISE:** I've been listening to this chill Japanese band called Lamp. I've also been listening to some Bossa Nova by João Gilberto.

### FAVOURITE RESTAURANTS?

**PROMISE:** I'm not much of a restaurant goer, I prefer cheap lunch places, but if I had to pick one, I would say Nolbune (Nol Bu Ne), I go there with my Engineering/Science friends. A Korean hot pot place, with soup, fried chicken, and vegetables.

**ZOE:** I would say Safran in Newmarket. They do Mediterranean food and I go there a lot. I know the owner who's friendly and it just has a cosy good atmosphere. Great for dates and group hangs. All rounded.

### AND NOW FOR THE MANDATORY UNI ICE BREAKER QUESTION: WHAT ARE YOU BOTH STUDYING?

**ZOE:** I'm studying a Law/Arts conjoint, majoring in English and Philosophy. We're both in our 4th year.

**PROMISE:** I'm studying a Engineering Honours Bachelor but I was doing a Bio Science conjoint. Neither of us study film, but we have always had creativity in our souls!

### WHAT INSPIRED THE NAME FOR YOUR FILM COMPANY LEMON TIME STUDIOS?

**ZOE:** Basically, it came from the first movie we made together. We did it as a challenge to make it in a day. It was very silly, made with friends and family. We've never released it but the main character's name was Lemmy and Lemmy became Lemon. Plus there's our slogan, "when life gives you lemons, we make short films".

**PROMISE:** Yea, we just kept coming up with fun ideas, and we liked the concept of 'Lemon Time' for a studio introduction video.





## HOW DID YOU TWO MEET? HOW LONG HAVE YOU BEEN COOKING MOVIES TOGETHER?

**PROMISE:** We met back in high school and were friends for the whole five years. I think our friendship came from our shared love of this french TV show on Netflix [laughs]. We did random projects in media studies and school projects too and would always do extra scenes and videos whenever we got the chance.

**ZOE:** Yea, we always talked about doing films together, and finally decided to commit to it this year.

## DO YOU HAVE ANY ADVICE FOR OTHER CREATIVES WHO WANT TO TAKE THAT LEAP OF FAITH TO REALISE A PASSION PROJECT OF THEIRS?

**ZOE:** My advice would be, don't underestimate the amount of help available. We heard blockbuster films have million dollar budgets which put us off from attempting our own movies for years, but there are so many people who are very friendly and willing to help, and you don't need big budgets to get started.

**PROMISE:** Connections are so important. Don't feel alone, talk to a friend and reach out to random people. The hardest step was creating the poster and casting call for our short films. To our surprise we got over 50 applicants! Another tip is once you get rolling, everything falls into place, and you feel obliged to go through with it which is motivational [laughs]. I messaged so many different people, like different executive committees at uni like the Engineering Revue and FilmSoc for promotional help. We contacted like seven people on TradeMe asking to use this specific car in one of our films. Only a handful responded, but one was able to help out. He ended up being a professional film prop person and gave us heaps of free props like katanas and everything. It can feel like you're being annoying and it's intimidating to ask. Our advice: be annoying :)

## WHAT ROLES DO YOU TWO SPECIALISE IN AS A DUO?

**ZOE:** We kinda have been doing everything equally in terms of making our short films. Although Promise is better at the organisational stuff. Creatively we have our own concepts and we do the script writing individually, and then come together and refine each other's ideas.

**PROMISE:** Yeah, we complete each other's ideas in a safe creative space. It's nice we are studying different degrees and specialisations. For example, Zoe is very good with legalities, copyright issues, request and release forms, which is very useful.

## WHAT ARE SOME OF YOUR INSPIRATIONS? PERHAPS SOME FILMMAKERS OR MOVIES?

**ZOE:** I have some favourite directors, for example I like Kubrick's films but I feel

sacrilegious for saying it's an inspiration as I don't think we're that good! [laughs]. Also John Carpenter is an inspiration for me, I'm a big fan of 80s horror movies. Although we might be inspired by aesthetic and colour grading from a director, themes of our stories are all us and very specific.

**PROMISE:** The way that I am with all media is, especially music, I don't get obsessed with any particular creative. Although I admire Wes Anderson's colour grading and his dialogue's vibe. But generally I am aiming for making movies that make me feel something, which comes from when as a young kid watching movies. I want to replicate that deep emotion, for example, one movie which comes to mind is 'Girl, Interrupted' which I watched at my school library as a year 10. But I love random fun silly movies like Wreck-It Ralph and Big Hero Six too. I also like following smaller directors who inspire me, like Kent Lamm, who recently got a film into Sundance after trying for like 20 years.



# LEMON TIME — STUDIOS —

## GIVE US AN ELEVATOR PITCH FOR YOUR THREE SHORT FILMS?

Our first film focuses on a protagonist who has been kicked out of his home for reasons the audience can infer but cannot confirm. He wanders around town until he reaches the backside of a rundown restaurant where he rests for a bit. There, he has a poignant conversation with an older man who is stuck in the past, trying to relive better days. Together they chat, laugh, and pretend like things will be okay...

Our second film navigates the complexities of an abusive relationship through a boyfriend who is jealous of his girlfriend's pet bunny. His deepening insecurity leads to increasingly

strange and controlling behaviour, blending comedy with psychological tension. The narrative escalates to a shocking climax where, in a burst of rage, he does the unthinkable...

Our third film focuses on someone who has just graduated from university and is applying to Film School. After her interview doesn't go to plan she is desperate for another shot at a "big break". The film follows a series of thought-provoking chats and iconic film throwbacks, as the protagonist tries to convince her roommate to make a short film with her. The two discuss purpose, the slow and sad death of dreams, ennui, and more...

## WHAT DID YOU BOTH FIND HARDER ABOUT MAKING THESE SHORT FILMS THAN YOU EXPECTED? WHAT WAS SOMETHING YOU FOUND EASIER?

**ZOE & PROMISE:** Something we found harder was working around an actual filming schedule as timing was hard. Our first film was on a very tight schedule and went over time. Auckland weather can be very hard to work around and weather reports could be lying to you. Something which was a lot easier was getting people involved. It turns out there's a lot of people like us trying to break into the acting and film industry who were eager to join us. It's a small, tight-knit and interrelated world.

## WHAT'S ONE THING YOU ARE BOTH LOOKING FORWARD TO IN THE FUTURE, BEYOND THE RELEASE OF THE FILMS OF COURSE?

**PROMISE:** I am really excited to stick with films. I feel it could be something, perhaps not a big Hollywood thing, but I think we could create an on-going long lasting community. It's soul-filling for me. One day we'd like to make a feature film too.

**ZOE:** The same thing for me, I'm very excited about being a professional script writer in the future as I'm a freelance writer now. I'd like to meet more people and keep it going.

## LASTLY, IS THERE ANYTHING YOU WANT TO PLUG OR SHOUT OUT TO OUR READERS? HOW CAN WE SUPPORT YOUR WORK?

**ZOE & PROMISE:** Our films will be premiering on November 16th at Capitol cinemas, tickets will be available closer to the date so follow our Instagram and TikTok @lemontimestudios for more information and even casting opportunities. And don't be afraid to get in touch with us if you're passionate about anything :)

Our funding also comes from our own pockets, but we've just launched a Boosted crowd-funding campaign, so if you'd like to support our work financially, we would both be very grateful for any donations!



# ‘Jeff Mills: Tomorrow Comes the Harvest’

## Beats at Auckland Arts Festival



LEWIS MATHESON CREED & FANIA KAPAO

I had my lovely girlfriend, Fania, join me for this concert. Since she is a multi-instrumental singer-songwriter, I sought her rating. She gave the show 7 stars out of 3. The show started on 'Island Time' despite the Auckland Town Hall intercom furiously beeping, demanding the audience get to their seat. The crowd consisted of what Fania called "Wellingtonian Artsy Types"; initially, it looked like the concert didn't sell well. Still, it slowly started filling up to about 4/5ths of capacity. To the side of the stage was an ornate gong, which chimed to sound the start of the show.

If you don't know who Jeff "The Wizard" Mills is, he is a multi-talented DJ, composer, producer, artist, filmmaker (and more). A techno legend who's released more than one album per year in his career, founded multiple record labels, and has now been

touring his latest show globally with Jean-Phi Dary on keys and Prabhu Edouard on percussion and vocals. The music created at the show (*as, yes, everything is improvised live*) has been described as "futuristic Afrofunk-electro-jazz". To me, the closest thing I had heard sonically beforehand was playing *Tetris Effect*. The deep rhythms, a beautiful blend of the acoustic and digital, created by the trio, and the visuals were mesmerising. I looked around about 20 minutes into the concert. The audience was either leaning in intently, bopping their head in their seats, or grooving down the aisle. The crowd burst into some of the most enthusiastic applause I have ever seen at a concert and praised the Jeff Mills' trio with two standing ovations after successfully begging for an encore.

The three were arranged in a triangle on

stage, using just eye contact to coordinate the movements of the music they were developing. They were unbelievably synchronised and would stop and start in perfect harmony. After the first song, Jeff came out to speak to the audience, explaining that the show's title: 'Tomorrow Comes the Harvest,' is inspired by the *Seed to Harvest* series by African-American science fiction author Octavia E. Butler. The show's philosophy is to spread the idea that investing in today will reap rewards in the future. The stage was fittingly backed by a massive print of Chris Ofili's painting, *Harvester* (2021), a world-renowned diaspora artist. The whole experience was coherent and awe-inspiring. Another fantastic show from the Auckland Arts Festival!



# CLUBS

**CHECK OUT THESE THREE COOL CLUBS ON CAMPUS, COME BACK FOR NEW CLUBS EACH ISSUE.**



## **JAM+ (JAPANESE AUCKLAND MEETUP)**

JAM+ is a social-cultural club open to everyone, holding weekly meetups and events. Come to our meetups for a chat over English+Japanese games and snacks. Make friends while enjoying Japanese culture at events such as our summer festival, sports day, and Ghibli night! Follow @jamplus.uoa on Instagram for updates.



## **COMMERCE 'O PASIFIKA**

CoP is the Pasifika association for students studying Commerce and Property at UOA. Our role is to enhance the academic, cultural, social and economic welfare of Pacific Island commerce students. We host events from social events to networking events and academic events that help students network and connect.



## **PACIFIC ISLAND LAW STUDENTS' ASSOCIATION**

The Pacific Island Law Students' Association (PILSA) provides for the academic, spiritual, cultural, and social needs of our Pasifika law students. We aim to facilitate multiple events throughout the year that support our students within the University and enhance them within the legal community.

## *This Week on the Craccum Podcast*

**BENN WEST & BEN LAI**

**W**e've all got to eat, but we here on the Crunchy Craccum podcast team just be eating in a better, sexier and more mysterious way than the rest. That makes us better than you. The CCP lets you gorge yourself on content this week with the release of an editorial podcast and an interview with Craccums News Editor Alan Wu.

Ben Lai and Benn West return with an Editorial episode this week where we discuss celebrity chefs, child labour, cheap eats and films with cannibal themes. We are going to be playing food critic and raving about food from Studio Ghibli films, why they look so good and we

can't replicate it at home. Also, specially requested by the Editor Kieran is a small discussion on the latest government policy of mass-job slashes and defunding to Ka Ora, Ka Ako (the Healthy School Lunch Programme). As we know most students nowadays are broke but still wanting a slice of that 'going-out-to-eat' pie, so do not fret, we will also be providing delicious recommendations of where to eat but not break the bank.

For our interview this week, we have the esteemed Craccum news editor Alan Wu joining us. From discussing his most recent article to journey with physical fitness and how he handles gym nutrition whilst ensuring



it tastes good. Alan shares his advice for meal planning and prep while still on an average student's budget. Alan might be the first "good" gym-bro, you can listen to the podcast and find out more about our hard working news editor Alan Wu.

Listeners and hungus homies gather round as the Ben-Benn tag team serve up another episode of the CCP.

### **FAQ: How Do I Listen To The Podcast?:**

You can access the podcast through the linktree on our Instagram page @Craccum or on the Website at [craccum.co.nz/podcasts/](http://craccum.co.nz/podcasts/)



# Don't Skip Breakfast

## That time when I collapsed on Rangitoto Island during the Mid-Sem Break



LEWIS MATHESON CREED

When I left primary school, I prayed that I would never have to write another recount. Yet here we are:

The establishing shot shows the Motu Manawa/Pollen Island marine reserve adjoining the Rosebank Peninsula. Jump cut to my girlfriend's room; I've just woken up after an 'After an Hours'-esk night in the town following getting high on free doughnuts at the UOA Taumata awards, reciting David Sylvian's biography and getting locked out of my house at 2 am. I'm still in a full suit, dressed and ready to go. But big problemo. It's 8:15 am, and I must get to Britomart in less than an hour to catch a ferry with my friend. Y'see, the Taumata awards night took place at the tail end of a week-long trip where I met The Guy In The South Island. Who's that? My friend of six years, who I'd never met in person before. We have 98% similar music tastes, according to Spotify. I had been giving him a tour around Auckland, and the final stop on our itinerary was Rangitoto, which I'd never been to before.

After checking my dead phone, I was running up that hill (Station Hill in Avondale) to my house, ringing the doorbell and surreally being let into my own home by my friend who was a stranger a week prior. After frantically getting changed, we rolled out the garage door and tumbled into an Uber with The Breeze as BGM. We pulled into the Ferry Building a minute before the boat took off. I purchased a black coffee as I needed my daily wake-up juice and crashed on a Fullers360 seat. At first, the walk was fine; my friend and I were cracking our usual jokes about obscure music references or video games. *The JoJoLands* was a particularly ripe

topic as the manga involves volcanic rocks like those found all over Rangitoto. Everything was great; nothing was out of place.

But I started feeling light-headed after visiting the lava caves and reaching the summit. The way that I would describe the feeling was uncomfortable stillness. So still that the silence is eerie. I told my friend I wanted to get back to ground level. The stunning views across Auckland from the crater were giving me flashbacks to two days prior when I had a panic attack during the SkyWalk, which

begging this elderly French tourist to help me and telling him to tell my girlfriend and my mother I love them and to give my friend all my records if I died. It seems stupid now, and I laugh at it, but at the moment, I genuinely thought I was gonners as I was fading fast.

My friend was on the phone with the ambulance and was about to dispatch a WestPac helicopter if it wasn't for Tee, a legend walking past, who had First Aid training and immediately recognised what was happening to me as a Diabetic/Low-Blood Sugar Shock and asked some onlookers if they had any sweets. One family had some Fruit Bursts. As soon as they were put into my mouth, the relief was instant and immeasurable, like a magic potion or antidote. The more Fruit Bursts I put into my mouth, the more I could feel my body return to life. I was still shaking all over from the shock of what just happened: I can safely say it was the scariest thing that has ever happened to me, and I've bailed an E-Scooter at 37 km/hr with no helmet near a main road.

After the situation was deemed non-life threatening by the ambulance, I was advised to make my own way to the hospital. So I began the 50-minute walk to the wharf, holding my friend's hand for stability as I was still dizzy and shaking and wrapped in a tin foil blanket for warmth. We went to the

Emergency Room at Auckland Hospital

via an Uber (how dystopian). I spent the next 8 hours there getting tested, scanned and x-rayed by the nurses and doctors to try and find what was wrong with me. They couldn't find anything, so they told me to rest, manage my stress, and wait for it, never skip breakfast again. So there you go, don't skip breakfast, kiddos, or you'll end up like me in the ER after collapsing on Rangitoto.

didn't help. I tried to steady my breathing by focusing on counting step by step. However, I started shaking about 200 metres off the summit, and my vision started tunnelling. I was fearing for my life as I couldn't feel my pulse. I collapsed to the ground and started going numb all over. As the numbness crept over me, I slowly lost the ability to move my limbs and fingers. I was





# FIVE NIGHTS WITHOUT A BITE

## A REVIEW OF THE OFFICIAL FIVE NIGHTS AT FREDDY'S COOKBOOK



LEWIS MATHESON CREED

**H**ave you ever had a present inadvertently spoiled for you? I was camping with my cousin Sean last December when I opened the boot to get my stuff out of the car when I noticed something very curious: a cookbook themed around the *Five Nights at Freddy's* video game. I was immediately taken by it, drawing my cousin's attention and saying it was fascinating. I thought it was his, but it turned out to be mine on X-Mas.

I am an ex-FNAF-fanatic. When I was 12, I used to impress my friends on the bus as I had perfected the game's infamous 20/20/20/20 mode, but it had been years since I had followed the franchise. But the book couldn't have fallen into my life at a better time; I'd meant to diversify my culinary capabilities from 2-Minute Noodles, Spaghetti and Pizza.

The book will set you back \$25 at the Warehouse and contains 49 recipes. 22 of

them are vegetarian, but don't let that fool you, as only 3 are mains, the rest being drinks, sides or desserts. So, if you're vegan or vegetarian, you won't get far with this book. I'm flexitarian, so I bit the bullet and made some of the meals using animal flesh as a core ingredient.

So far, I have made 8 meals from the book. Generally speaking, the food is incredibly yummy, albeit relatively expensive to source all the ingredients, like Mozzarella Balls and Sauerkraut. My family's favourite has been Bonnie's Ultimate Burger, which takes over an hour to make. Still, it is the best burger my mum or my girlfriend has ever had. Although their dessert recipes are utter rubbish so far, the ratios for the mixtures are out of whack, so you end up with runny churros and enough muffin mix to bake a cake. Overall, it's an exciting and intuitive crossover between a fictional restaurant (Freddy's Pizzeria) into our reality.



**HOWEVER, I WONDER IF IT IS HYPOCRITICAL OF ME TO BE WORRIED ABOUT THE APPEAL OF THIS HORROR SERIES TO YOUNG CHILDREN, AS IT IS INCREASINGLY MARKETING TOWARDS THEM.**







# A FOUR-HOUR FILM ABOUT A FRENCH RESTAURANT

FINDING HARMONY THROUGH PROCESS  
IN FREDERICK WISEMAN'S *MENUS-PLAISIRS - LES TROISGROS*



TREVOR PRONOSO

**Y**es, you're seeing that runtime correctly. This is not a miniseries but rather a very detail-oriented cinéma-vérité inspection of a Michelin three-star restaurant in the outskirts of the French countryside that is meant to be experienced within a singular sitting, as a singular 240-minute

wave of fine dining. *Menus-Plaisirs - Les Troisgros* is not for beginners or for those who only find satisfaction within the smugness of faux bourgeois price-tagged pleasures consequent to such "exotic" and "rare" gastronomic expertise and exclusivity upper-class clientele typically ascribe them as. Instagram foodie reviewers be damned.

This is for those who want to know how the chicken nuggets are made or—within the realm of haute cuisine—how the *Crayfish nage à la manoa* a la carte paired with a Puligny-Montrachet chardonnay is sourced from and is meticulously prepared.

*Menus-Plaisirs - Les Troisgros* is a 2023



documentary film directed by perennial American filmmaker Frederick Wiseman. The film follows the Troigros family, a family with a long lineage of chefs who have been running their gourmet restaurant since 1930. Michel Troigros, the patriarch of the family, is the head chef and mastermind of the upscale dishes offered by their establishment. As Michel admits, these dishes are influenced by his traditional familial recipes alongside more Japanese-inspired flavours and presentation. With the help of his two sons in the kitchen, César & Léo, as well as his wife Marie-Pierre in handling the administrative side, we are given an extensive front-row exhibition of the day-to-day errands, planning, staff meetings, food experimentation, purchasing and allocation of food ingredients, cultivation of local produce, occasional micro-management in the kitchen, demanding customers, and anything and everything in between that makes the Troigros restaurant the way it is today.

All of this may sound insufferably mundane and "uncinematic", but these are the elements that Frederick Wiseman deliberately lays bare and unexplained, refusing to rely on coddling voice-overs or talking heads that puts us in the comfortable and passive position of being told information and how to view its modus operandi. Instead, Wiseman decides to drop us head-first into the culinary world with no prior or additional context, trusting our ability to situate ourselves within his "filmic view" of the Troigros as a fly-in-the-wall observers visually literate enough to know what we're being presented with and the relationships between certain scenes as the film goes on.

If there is one trademark of Wiseman's style, it would be his stubborn, unflinching insistence, patience, and dedication in recording the often ignored minutiae of labour, of critically observing the processes, series of actions, and day-to-day decision-making individuals undergo whilst fulfilling the work that they are usually paid to do. This is the reality of all Wiseman movies, the realities of his subjects, subjects which are microcosms of much larger, more invisible socio-cultural and economic forces that impact them but don't clearly cohere when viewing each subject individually. With Wiseman, there will always be a systemic underpinning informing people's conditions and choices within their environments. People of varying levels of agency, power and knowledge become points of influence, inflexion, and reflection and subsequently interact with other people with their own variations of agency, power and knowledge.

Everyone and every 'thing'—however animate, inanimate, or abstract—is in a constantly fluctuating and ever-emergent state of 'becoming' and given immense attention and precedence. *Menus-Plaisirs* is merely a singular cloth cut from reality, which Wiseman then proceeds to map out the entire universe the Troigros family inhabits.

"This is an 'art wine'... It's a progression, a writing, something that builds."

It's a boldly poetic comment delivered by a waiter trying to entertain the customers' sophisticated appreciation for wine. Yet, in this line's inclusion, I see a deliberately apt shorthand for the case being made about said waiter's deeper understanding of the objectives and the spiritual *je ne sais quoi* of his occupational field. Every single food ingredient in frame Wiseman shoots over the shoulders of the chefs who slowly but skillfully prepare each component step-by-step, from the fillet cut to the blanching of artichokes, to the precise placement of garnish on the plate, to the delivery of the dish and salient explanation of its components by the waiters to the customers, to the wine experts offering a 2002 sauvignon to complement the menu's theme, don't just follow the strict chain of command instructed by the head chef, but instead represent each individual's involvement in the production of the final dish, their own unique expressions in delivering a sublime experience.

And maybe that's why gourmet food often presents the same conflicting emotions and implications when viewed as an art form: To become a chef is to live or die by the customer's demands. If the patron is dissatisfied with the food or customer service, the entire artistic experience becomes compromised. The economic forces affect gastronomy on a fundamental level: gourmet food does not exist in a vacuum. Therefore, one's ability to generate and maintain the forces of production (culinary skill, labour force, ingredients and tools) as well as any existing capital that can further aid the production (family restaurant infrastructure, existing connections with previous clients) does and will affect the final outcome of the dish.

At the end of the day, Wiseman sees the existence of the Troigros establishment, the existence of fine dining as a whole, as worth the humanistic toil. Despite its inescapable scarcity, These luxuries are beautiful and should be worth

fighting for. One has to gaze up at the ceiling of the Sistine Chapel just once to understand and become overwhelmed by the indescribable grandeur made possible through mortal hands because it will always remain there. However, one can't say the same about *Almond soufflé with panna cotta and rhubarb*: it can only be made one kind at a time, it cannot be fully replicated with the same ingredients, and its placement on the plate is different every single time. Every hand that helps mould the dish is always new, constantly changing depending on whether there was too much almond or rhubarb overpowering the flavour. Maybe 'scarcity' isn't the right word; 'ephemeral' is much better and more accurate in approaching the immaterial within the day-to-day.

**YOU MAY NOT FEEL  
OR TASTE IT FOR  
A LONG TIME, BUT  
THE SENSATION  
ELEVATES ITSELF  
FROM THE REST. A  
HEAVEN ON EARTH,  
ONLY FOR A BRIEF  
MOMENT. A HEAVEN  
OF COLLABORATIVE  
EFFORT.**

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# MATCHA

## Your sign to start drinking Matcha



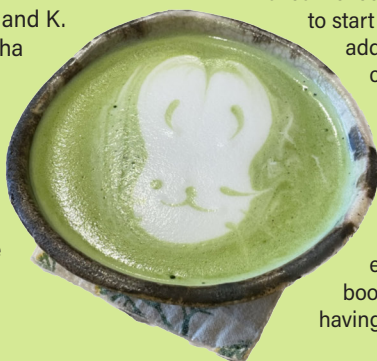
KALA TAKEBE BURGESS

**H**ere is all about matcha, coming from someone Japanese (who lived in Kyoto) and works at a matcha cafe.

You might ask, "What is the difference between matcha and green tea?" The difference between them is how they are grown. Matcha and green tea both come from the same plant, *Camellia sinensis*. The ones used for green tea are grown in the sun, and the ones for matcha are grown in the shade to increase chlorophyll production and boost the amino acid content. This results in the darker green colour you may notice in your matcha powder (If your matcha powder is not a strong green colour, but rather a light green or a brownish green, it means that it is not good quality matcha!). When buying matcha, make sure to buy ceremonial for the best quality you can get.

### The benefits

Besides being the aesthetic cute drink in cafes, matcha has multiple benefits. Matcha is rich in antioxidants and vitamins ranging from A, B, C, E, and K. Especially the Vitamin C in matcha can contribute to producing more collagens in your skin, attributing to your skin looking healthier and clearer (study by a nutrition magazine "Nutrient" in 2017). Try matcha for a week instead of your coffee in the morning, and see what that does to your skin!



### Matcha instead of coffee

Matcha is a great energy source, so ditch the coffee and energy drinks you know are not good for you. Matcha is a healthy alternative whilst still gaining that energy boost you need to get through the day. You may have noticed feeling jittery after your cup of coffee, but you won't feel like that after your cup of matcha. This is because matcha contains L-theanine, which is an amino acid that promotes relaxation without the side effects of feeling jittery and overstimulated with the spike of energy. Matcha does take longer to boost your energy, but it will last you longer throughout the day. Which I much rather prefer than the short burst of caffeine from coffee.



### Ways of having Matcha

There are so many different creative ways to incorporate matcha into your life. I personally tend to add it to every baking dish I make, from matcha cookies and matcha brownies to matcha tiramisu. Knowing that just adding that tablespoon of matcha is boosting my health makes me feel better. If you want to start easy, I recommend adding matcha to your chia pudding or overnight oats! Just do everything you usually do, and add a teaspoon of matcha. By doing so, you are able to incorporate that extra flavour and energy boost in the morning without having to make a whole latte.

If you like making yourself a cutesy beverage every morning or pick me up in the afternoon, I recommend trying different combinations of matcha drinks. My recommendations are: strawberry matcha, mango matcha, blueberry matcha and soybean matcha.

And I know I said you should substitute coffee for matcha, but I can't help but recommend dirty matcha, which is a mixture of coffee and matcha.

So, if you are contemplating trying matcha, definitely do so; I promise it doesn't taste like grass!!!





# CRACCUM TEAM'S LAST MEAL?



KALA BURGESS

In your last moments, what are the choices of food you want to indulge in? The Craccum team all had to think hard and come up with their perfect meal for their last ever.

(Rated by Kala)

## BLAZE WEBSTER

Steak and egg-fried bread burger combo, with Olivier salad, borscht, and an iced mocha.

3/5

## TIM EVANS

Any of my dad's home-cooked meals and a side of your mum's ass.

3/5

## KALA BURGESS

Ramen (from Kiramiki no Tori), Sundubu-jjigae, an iced Matcha latte, and Japanese Mochi.

5/5

## TREVOR PRONOSO

Bread and water. (Please don't prolong my suffering.)

4/5

## KIERAN PANUI

Irish coffee, cigarette, and peach.

0/5

## BENN WEST

Chicken parmigiana on mashed potatoes, Ribena, and a crepe with lemon juice and white sugar.

4/5

## IATUA TAITO

Chicken burger, a banana milkshake, and a churro with dark chocolate sauce.

2/5

## REEMA ARSILAN

Dolma, a mango, and lemon-lime & bitters.

4/5

## BEN LAI

A basket of xiao long bao with vinegar and lao gan ma chilli oil.

5/5

## MIKE CROSS

Single shot of espresso, and a colt .45.

0/5

## LEWIS CREED

Never-ending buffet so I can finish the meal and live forever.

5/5

## SOPHIA IBBETSON

5 kg of red wine and garlic biltong.

0/5

## ARIANNA RAMOS

Crème Brûlée, Turkish apple tea, Agedashi tofu, Baklava, Churros, Oreo ice cream, Melona Honeydew ice block.

5/5

## ALAN WU

One serving of Japanese curry with rice, a 20-nibbles pack from Sensational Chicken with fewer chips, a large strawberry shake, a slice of Durian, and a Yakult ice block.

3/5

## KAAVYA GHOSHAL

Indo-Chinese chilli chicken with egg-fried rice, espresso martini, and a lotus Biscoff cheesecake.

4/5



# THE AIR FRYER THAT SAVED MY LIFE

## RECIPES FROM A LAZY COOK



KAAVYA GHOSHAL

When I told my friend that the best gift I'd ever received was an Air Fryer, she called me a grandma. Six months later, when she had to move out of her home and had to cook for the first time, she called me deliriously happy, like she'd just won the lottery. Close enough, really—she'd gotten her first Air Fryer.

If you're a university student, or even just someone who doesn't have enough time to cook intricate dishes, the Air Fryer is worth the investment. Even if you want to Gordan Ramsay it up, you can prepare the most delicious base for your meal using this magical tool. When I moved here, I did not know how to cook. Now? I can easily fend for myself, and I owe it all to the Air Fryer (and my mother).

### MACCAs, HOME EDITION

18-20 Minutes

#### INGREDIENTS:

Burger Patty  
Burger Buns  
Lettuce  
Onions  
Tomato  
Potatoes  
Sriracha/Mayo/Mustard

Instead of spending your hard earned money on Uber Eats, make your burgers and fries at home instead. Simply pop your patty in the air fryer, and let it do its magic for 8-12 minutes. Add in your slice of cheese, and cook for another minute. Then, add the patty to your burger bun, with lettuce, tomatoes, onions and your choice of sauce (I use sriracha). If you're craving fries, just chop up a potato, season it with salt, and pop it in the air fryer for 10 minutes. Not only is it delicious, it's also way healthier than deep, fried oil (and cheaper!).

### EGGS, EGGS AND MORE EGGS

10-15 minutes

#### INGREDIENTS:

Eggs

Your choice of seasoning

Optional: Cheese and Veggies

By just changing the time on the air fryer, you can have three different kinds of eggs. Place your eggs in the air fryer—10 minutes for a soft boil, 12 minutes for a medium boil, and 14-15 minutes for hard boiled eggs. To create the perfect *no flip* omelette, crack your eggs directly into the air fryer sheet. Add cheese and your choice of toppings, and air fry for 12-13 minutes. Add in a bagel, toss on some salt and pepper and you've got yourself the easiest (and least messy) breakfast. This has been the game changer for me, and I promise, will be for you too.

### SWEET CHILLI SALMON + VEGGIES

18-22 Minutes

#### INGREDIENTS:

Chilli Oil  
Light Soy Sauce  
Chilli Flakes  
Salmon filet  
Olive Oil  
Garlic powder  
Your choice of chopped Veggies

I could eat Salmon for pretty much every meal, and this recipe is the reason why. Mix two tablespoons of chili oil and 2 tablespoons of light soy sauce. Chop up your filet, and add your sweet chili mix to it. Pop it into the air fryer for 8-10 minutes, and you're done! Next, season your veggies with garlic powder and olive oil, and air fry it for 10-12 minutes. The best part about this recipe, you have *half* the amount of dishes to clean—what could be better than that?

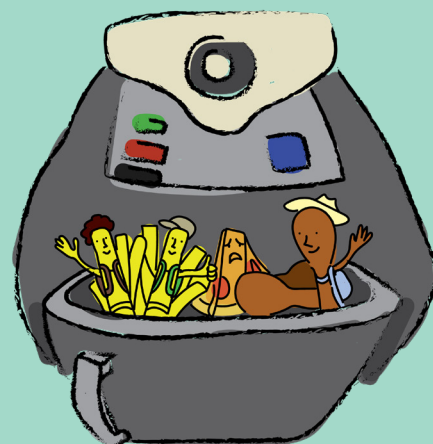
### NO OVEN BROWNIES 15-20 mins

#### INGREDIENTS:

½ cup flour  
Cocoa powder  
¾ cup sugar  
¼ cup melted unsalted butter  
2 eggs  
½ teaspoon vanilla extract  
¼ teaspoon salt  
¼ teaspoon baking powder

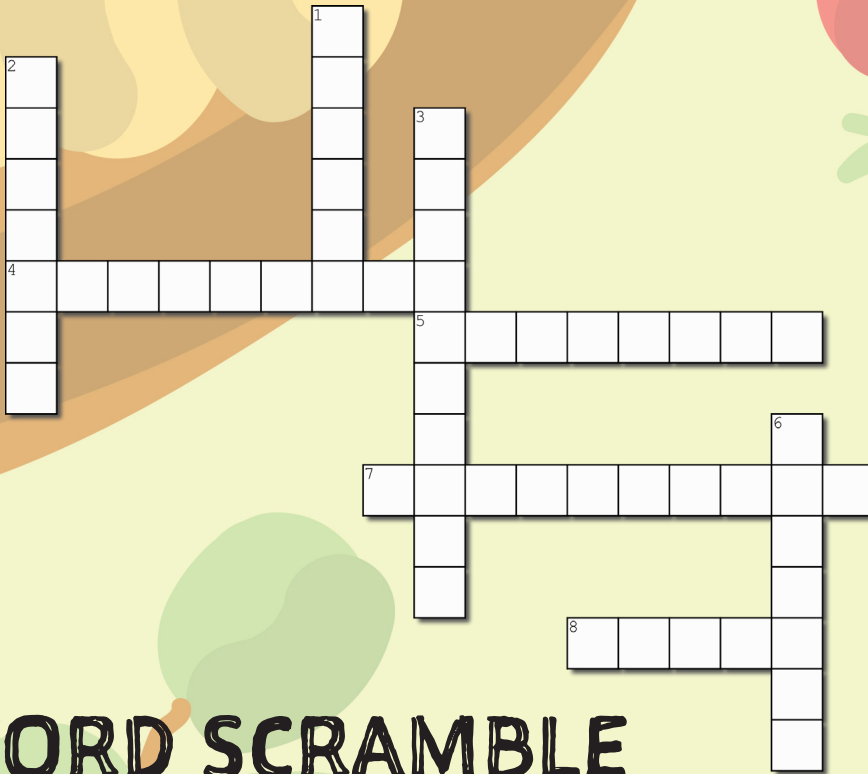
If you thought the air fryer was only good for savory meals, you are deeply mistaken. As someone who's dorm room does not have an oven, I'm here to tell you that you don't need one! Preheat your air fryer to 330 degrees Fahrenheit for about 5 minutes. Add your dry ingredients (cocoa powder, flour, salt and baking powder) to a bowl and mix it well. Then, add your wet ingredients (eggs, butter, vanilla) and mix well until the batter is thick. Add the batter to a greased pan, and pop it in the air fryer for 15 minutes... and that all! Who needs an oven when you have an air fryer?

There you have it; breakfast, lunch, dinner and dessert, all made through one tiny machine. These are just four of the thousands of recipes and meals you can make with this magic machine. Give it a shot; you won't regret it!





# CROSSWORD



## Across

4. Dip made from mashed avocados
5. Blended fruits
7. Sweet syrup made from a tree sap
8. Japanese dish made from seasoned rice and seafood

## Down

1. Similar to ice cream, but with more milk and less cream
2. Italian dish with layers of pasta
3. Dessert made with cream cheese and a graham cracker crust
6. Mexican dish consisting of a rolled tortilla

# WORD SCRAMBLE

1. NPLPPEAIE
2. AECKEEHCES
3. ILUDGSMNP
4. SERGNOA
5. LBDSRCAME GSEG
6. IEDRF NKCEICH

# WORD SEARCH

X Y D Y G  
 P T J K O O L E G  
 Z S F G L O Q A U F Q  
 M O T G S E F H C Y Q H T  
 C E N D E G S X F V N K M V C  
 O R I P E A W E P U H C T E K K V  
 S J S J Q X C P A N Z V O O E R Y K  
 T T P V O B Y K K O I B X I F  
 P L Q V R M T O O W S  
 I I A Z E Y B N  
 J D S C M H  
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 J B C O F F E E B C G Z F  
 W P M Y K X A S B D V R F  
 K C U A G E L T T E K O X  
 C B X T S T Q I O T V  
 E C A M C W K V C H L  
 G N C M H H Z C T C S  
 T L A U N A S K A  
 S Z W M I C D M G  
 A W A M M E H J G  
 C J U O J K F  
 Q C S A G F H  
 N E V O C K O  
 C O C T L  
 B E Z T X  
 A X F P K  
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 G I E  
 A C M  
 I

AVOCADO  
 MATCHA  
 EGGS  
 KETCHUP  
 HUMMUS  
 FOOD  
 OVEN  
 KETTLE  
 COFFEE

# SUDOKU

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					6			
	8	5	2	1				
		6				2	9	5
	9			6	2	1		
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				5				2



# HOROSCOPES



CLARICE DE TOLEDO

**A**round this week, we will be moving away from the intensity of eclipse season and mercury retrograde, as we enter Taurus season and mercury goes direct on the 25th. With the sun being in Taurus, we might perceive things moving at a slower pace, and we will be asked to commit to whatever we have started in the past month. With such an intense Aries season, I'm so glad we're moving towards a more grounded energy, which is Taurus, where we will have the time to digest the impacts and come back to a slower, more integrated pace.

As well as the eclipses and mercury retrograde that put everything up in the air, on Saturday, the 20th of April, we had a huge astrological transit between major social planets, Jupiter and Uranus, something that only happens every 14 years, marking the beginning of a time of human advancement on technology, currency and food, where we will possibly only see the full results on 2031.

Please read your sun and rising sign xox

## ARIES

Your financial life could be a focus, there could be an unexpected, new way that you find to make money, or you're just looking to amplify your talents, maybe starting a new side hustle or a business that you've always wanted. This is the time to do it. There could be a new found hope, or realisation when it comes to your financial resources.

## TAURUS

There could be a lot of unexpected events happening in your life in general. You could change the way you think about yourself and how you're perceived. Or experimenting with a new style, and showing more of your personality to others. There could be opportunities for travel, education, writing or teaching, and finally let go of limitations you could've placed on yourself.

## GEMINI

If you've been feeling more sensitive up to this week, you could be having a-ha moments about certain situations and choosing to have a different mindset. You could be having a renewed interest in spirituality, and want to learn more about it and be connected to your intuitive abilities. The energy is exiting hermit mode, with a new set of realisations and feeling more connected to the world.

## CANCER

You may notice that your social life is picking up, or that you're wanting to find a community of like-minded people. You could be feeling more supported by other people, and people may be offering to connect you with new opportunities. On the other hand, you could also be feeling more aligned with your hopes and dreams, and feeling very optimistic about the future.

## LEO

You could feel like breaking free of limiting mindsets when it comes to your work and your career. Or craving more independence and freedom at work. There will be a big focus on your skills and knowledge, and you could be feeling a new-found confidence when it comes to putting yourself out there and believing in your potential. You could also be prepared to launch a project that you've been developing for a while.

## VIRGO

You may be feeling like you're coming out of this heaviness of exploring your emotional depths, and you could be excited to travel, try out new experiences, or read, write, and educate yourself on a niche subject. If there's a lot of focus on your inner healing this month, you could break out of your usual routine and visit a different country or learn a different language. There could also be breakthroughs when it comes to your learning and you may feel like information is coming at you more easily.

## LIBRA

You may be experiencing changes to your financial situation. Someone may help you financially, or you're seeing more money coming in from a side hustle. You could also be developing a greater interest in esoteric subjects like astrology or tarot, and awakening to your natural intuitive abilities. You could also be gathering more insights from something like therapy or even self-help books!

## SCORPIO

You could be having a lot of relationship activity going on. If you're single it could be feeling more open-minded to dating, or you could be meeting someone special unexpectedly. Maybe you're going for someone who is not usually your type or

saying yes to a date you usually wouldn't. It could also be you're inviting a new close friendship into your life, or reaching a new chapter with your partner, if you're in a relationship.

## SAGITTARIUS

You could be wanting more flexibility and freedom when it comes to your routine and work. Feeling like you wanna break free and experience more things. You could also be making bigger changes when it comes to your daily health practices, or a time of experimenting with different exercises and eating healthier. It may even be that you're getting approached about new job opportunities, or leaving a job to start a new one.

## CAPRICORN

You could be feeling more creatively inspired, and looking into different ways of expressing yourself. It's the perfect time to start some type of passion project or start a new hobby. You could be feeling more playful and light, wanting to let go of limitations you could've placed on yourself or maybe getting over a fear of how other people might perceive you.

## AQUARIUS

You could be experiencing changes happening at home or in your family. This could be like moving somewhere new, or feeling inspired to redecorate your space. There could also be a shift within family dynamics that are for the better. And you could be making more effort to stay in touch more, or spending more time together. It could also be that one of your family members is going through some big changes themselves.

## PISCES

You could be feeling more inspired about bringing people together, and forming new friendships. You could also move energy into a communication based project, like social media, a newsletter or a podcast. And those are new ways that you find to express yourself. There could also be that some unexpected travel plans come up, or you're feeling more inclined to explore different areas of the city, or even your commute to university.



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SPECIALS

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INDIE TUNES

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DJ

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9PM - 11PM

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