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# Artists' Books

## 2021 Digital Zine Swap

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Lazarus Acres  
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Ali Choudhry  
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Pam Swanborough  
Hongjia Wen  
Lala Zarei

Athena Day



**BBA Roast chicken & Veg**

**Ingredients.**

- \* 2.5kg whole chicken
- \* 1 medium bunch Thyme
- \* 1 large bunch Parsley
- \* 2 large lemons
- \* Olive oil
- \* 100gm butter
- \* 250gm red royal potatoes baby
- \* 8-10 large carrots
- \* half butternut pumpkin.

**Steps.**

1. In a blender, place garlic, thyme, parsley, juice of one lemon, blits until herbs are combined together & evenly chopped. Add softened butter and half a cup of oil. Butts until smooth.
2. Preheat oven to 200. Next grab your bird place one sheet pan or cutting board, using paper towel pat down the skin remaining any moisture
3. Once the bird is dry slice your remaining lemon into rounds, now carefully separate the chicken skin from the breast you will create a pocket between the meat & the skin, carefully spoon some herb mixture into the pocket as well as some lemon slices.

4. Next cover the entire bird with your herb mixture do not use it all save at least half for later steps.
5. Place the bird on a roasting rack & into the oven on 200 for about 90 minutes the lower the heat to 160 and cook until the internal temp is as desired share & size. In a large bowl toss the veg in some left over herb mix.
6. Next prepare your vegetables cut into 1/2 inch pieces, mix every 30 minutes.
7. Once cooked serve with beans, corn & gravy.

**Chocolate Chip Cookies**

- Ingredients**
- 125g butter
  - 1/2 cup sugar
  - 1/2 cup brown sugar, lightly packed
  - 1/2 tsp vanilla
  - 1 egg
  - 1 3/4 cup self-raising flour
  - 1/2 tsp salt
  - 125g chocolate chips

- Method**
- Cream together butter, sugar and vanilla.
  - Add lightly beaten egg gradually, beating well after each addition.
  - Mix in sifted flour and salt.
  - Add choc chips, mix well.
  - Shape mixture into balls, place on a lightly greased oven tray, allow room for spreading.
  - Bake in moderate oven (180°C) for 10-20 mins.



**The Recipes of**

**Alice Louisa Hume**

**Mary Elaine King**

**Judith Louise Liebmann**

**Amanda Kate Day**

**Finola Mary Day**

**&**

**Lydia Xanthea Day**



**Kristina George**

4 eggs butter.

4 " Castor sugar, 3 large eggs

4 " S.P. Flour, take out one tablespoon of the S.P. flour & put in 1 Table spoon of plain. Sift flour into a small basin. Add cream butter & sugar, & add eggs, then gradually add sifted flour. With 3 dozen spoons of flour. Beat for three minutes. Bake in a quick oven for half an hour, or maybe a little longer. Put it cool a little before turning out. Then split or fill with raspberries jam or other things on the top.



**Island Whole Orange Cake**

- 1 Bag Orange
- 185g luscious melted
- 3 eggs.
- 1 Cup Castor Sugar
- 1/2 Cup S. R. Flour.

Place whole oranges in food processor and process until pureed. Add other ingredients, process until well mixed. Fill into greased, lined 18cm tin, bake in a pre-heated mod. oven about 50 mins. Turn onto wire rack to cool.



**Shortcrust Pastry for a Quiche**

Rob 10g margarine into 40g s.r. flour and 40g plain flour with a pinch of salt, a splash of lemon juice and cold water. Mix to a stiff dough.

Quiche Lorraine

- 40g shortcrust pastry
- 6 rashers bacon
- 2 medium sized white onions
- 100g cheddar
- 20g cream
- 1/4 pint milk
- 1/2 salt & pepper
- 20g melted butter

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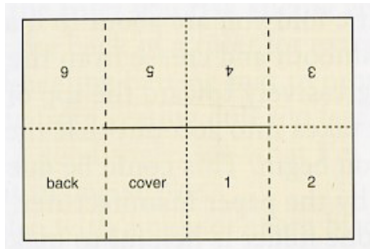
5. Place the bird on a roasting rack & into the oven on 200 for about 90 minutes the lower the heat to 160 and cook until the internal temp is as desired share & size. In a large bowl toss the veg in some left over herb mix.

6. Next prepare your vegetables cut into 1/2 inch pieces, mix every 30 minutes.

7. Once cooked serve with beans, corn & gravy.



## Recipe Book - Hidden Book Instructions



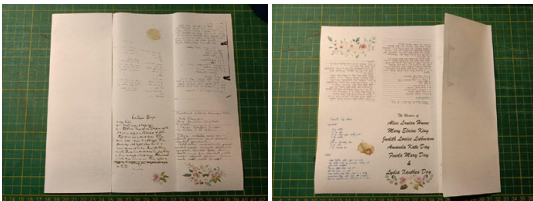
Place the paper down with the long edge facing you as above. Printed side up.



Fold in half horizontally then unfold.



Fold each half in half again towards the centre fold and unfold.



Fold in half vertically. Unfold. The fold pattern should look like the above diagram.

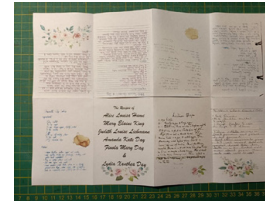


Fold the page back in half horizontally.

Make a cut along the fold line from the closed edge of the paper to the centre.



Unfold the page. The opened page should look as above, the solid line being the cut section.

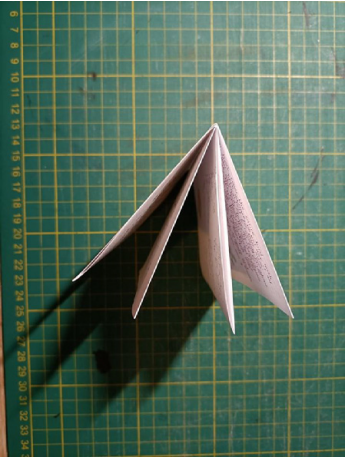
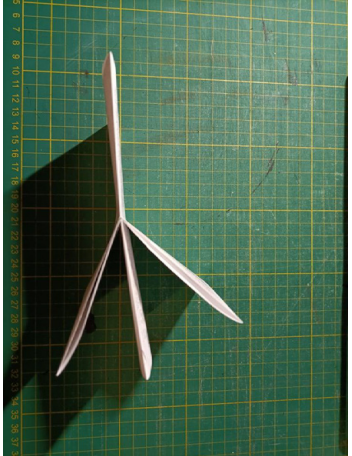
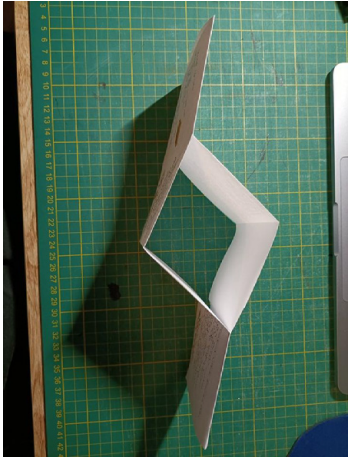


Fold in half vertically again.

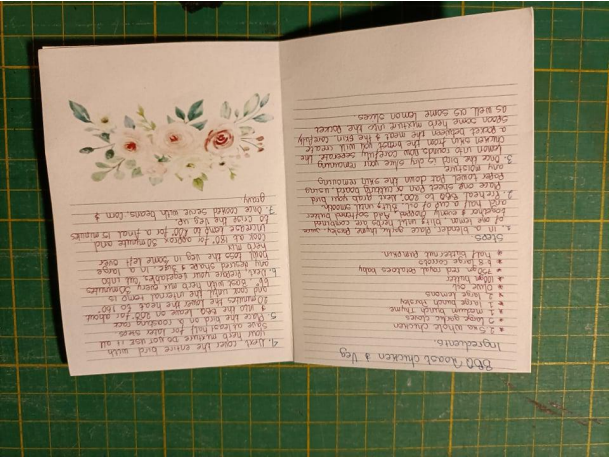
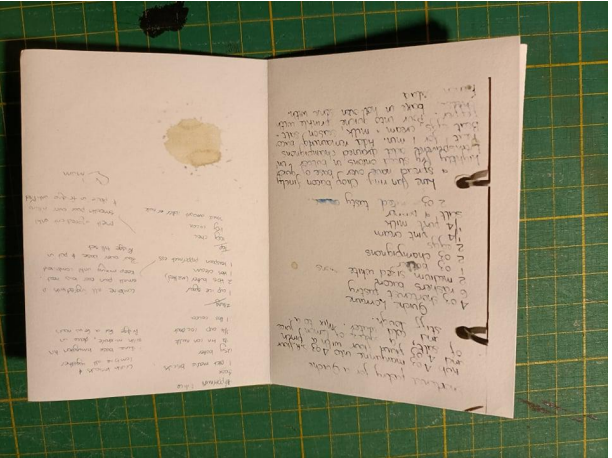
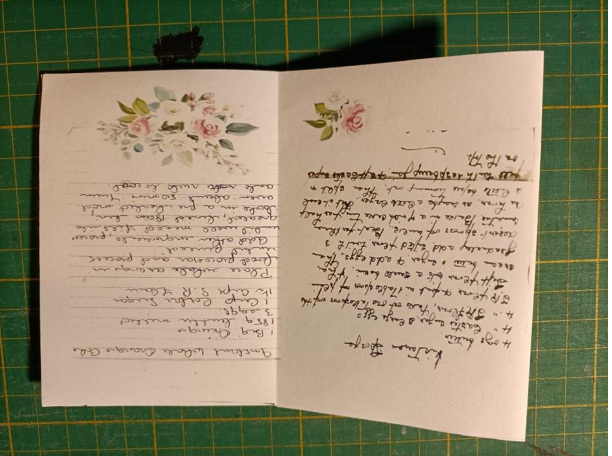
Holding the ends of the paper, push the centre of the page out, opening the cut. This may need some assistance.

Fold the sections onto one side so that the cover and back page wrap around the rest of the book.





Final Product



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RMIT School of Art  
Printmaking  
Artists' Books

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