

TEST KITCHEN



Welcome to the Test Kitchen, where you bring the juice and together we make the sauce.

Note: Italicized language is for the facilitator to read to themselves, the rest is meant to be spoken aloud at their discretion.*

*Note***: This recipe is meant to be adapted and tweaked to suit each group's tastes. You are encouraged to remove or replace any steps that don't feel authentic.*

Preparation

Arrival

- Chop it up
 - Let's have 5 mins to chat as folks arrive and settle.
- Grounding Practice

It's easiest to cook in a clean kitchen, so let's take a moment to slow down, tune in, and tidy up.

 - Feel your spine and sit, stand, or lay in a way that supports it. If it feels comfortable, close down your eyes and take a few deep breaths.
 - As you arrive in this space become aware of anything cluttering your mind or clinging to your heart; the weight and worries of the day/week before you arrived here. All of it and all of you is welcome here. Feeling all of this, take some deep breaths and allow them to wash your slate clean of anything preventing you from being present right now.
 - Continue to breathe deeply and when you feel ready, open your eyes and come back into this container.
 - Let's all take a breath to arrive together.
 - Welcome fellow cooks

Introductions

Since some of us may not be familiar with one another, let's take a moment for introductions.

- Please share your name, pronouns, and where you call home



Container

Now that we've cleaned the kitchen and know who we're cooking with, let's go over some housekeeping items.

- Each participant gets a designated amount of time to share*; we can choose someone to be the timekeeper, or agree to do our best without one. *(Time is adaptable to the size of the group and time period)
- Pick an order in which participants share (Ex: Oldest to youngest, in order of Birth Day/Month, hair length...)
- It's encouraged that participants refrain from having side conversations as it can distract from people's ability to listen deeply.
- Please allow each person to complete their share before you respond or comment.
- If tension arises or someone shares something that feels uncomfortable, there will be time to address and clean it up at the end.
- Please take care of your body. You are encouraged to get up and stretch, use the bathroom, get water etc.
- It is our intention to create an environment together that is safe to express.
 - To support that intention, the following agreements are offered.

Agreements

- **Source Locally** - Speak from personal experience. Ex: "I love tomatoes", rather than "everyone loves tomatoes."
- **Source Organically** - Be authentic and honest in your communication. You're encouraged to express yourself the best way you know how. All of you is welcome.
- **Source What's in Season** - Be spontaneous, share whatever's ripe and present. Try not to plan out what you will say before your turn (we know it's hard) because it hinders your ability to listen.
- **Come Hungry and Keep an Open Palette** - Reserve the capacity to listen to others and stay curious about new flavors.
- **Messiness is Welcome** - Both cooking and life are messy; this space is meant to hold it all. Your shares don't need to be fully thought out or eloquent, just let them spill out.



The Cooking Process

Time Keeping Suggestions:

Timing is dependent on group size and container length! Below are some proposals for timing:

- 60 mins w/ three cooks
 - Juice (1 min/per cook), Substance (2 mins/per cook), Sauce (8 mins/per cook), Taste Test (2 mins/per cook)
- 90 mins w/ four cooks
 - Juice (1 min/per cook), Substance (2.5 mins/per cook), Sauce (10.5 mins/per cook), Taste Test (2.5 mins/per cook)
- 120 mins w/ six cooks
 - Juice (1 min/per cook), Substance (2.5 mins/per cook), Sauce (10 mins/per cook), Taste Test (2.5 mins/per cook)

Note: These suggestions reserve 20 mins for the Preparation (10 mins) and Clean Up (10 mins) portions.

Kitchen Inventory:

Note: Kitchen inventory is optional if you feel participants have capacity to answer spontaneously and/or the group is short on time

Take a few minutes (1-5) to check in with yourself. We've set the container and now it's time to fill it.

Here are some Primer Questions for reflection:

- What's your Juice Cup level? (How are you feeling in this moment)?
- Take notice of what ingredients you're bringing to the kitchen today. What's ripe? What feels present? (What ideas, concepts, or real life scenarios do you want to experiment with today?)

Note: At Facilitator's discretion, written below is a possible assist in reflection (after 30 sec-1 min):

- These ingredients may grow from relationships to family, friends, society, technology, education, nature, work, health, etc.



Recipe:

Note: Each numbered section is ONE share per person. Please allow everyone in the kitchen to share before you move on to the next number.*

Preface: It's okay to be slow to respond; remember some sauces need time to simmer.

1. Juice

- What's your Juice Cup Level (How are you feeling in this moment)?

2. Substance

Note: There's space to get into detail in the sauce portion. This is a space to share quick, stream of consciousness elements that are present with you.

- What ingredient(s) are you bringing to the container? (What ideas, concepts, or real life scenarios do you want to experiment with today?)
- Of the ones you've named, what is the *one* you'll be cooking with today?

3. Sauce

- Is there any additional context you'd like to share regarding that ingredient?
 - What are you hungry to create with this ingredient? (How do you want it to taste?)
 - Do you feel there are any ingredients missing?
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- Are you interested in other cooks adding ingredients to your sauce?
 - ~ If yes, we'll open space for other participants to share.
 - ~ If no, that's completely okay and we'll move on to the next question.
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- As you wrap up the cooking process in this kitchen, how has the flavor changed (if at all)?
 - Do you have any finishing touches or garnishes to add?

Note: After this question move onto the next person in the order and start from the first question of #3.



Bon Appetit!

1. Taste Test

- Is there an ingredient someone shared that you're still digesting or an insight that got your creative juices flowing while others were sharing?

Clean Up

1. Dish it out

- Is there a mess that we need to clean?

Note: Leave ample time (20-30 secs) for folks to work up the courage if they should want to share. If there's nothing to clean up, feel free to move on and add that extra time to Closing Time.

2. Closing Time

- If today's meal was a flavor, what would it be? (Could be a literal flavor, a word, a phrase, a feeling, a gesture, an ingredient etc.... Get creative!)