

Recipes from Iraq

Wir warteten auf das Brot der Morgendämmerung
und des Abendessens, und es traf heiß auf unseren Durst.

Abbas Khider

Khwa Bilhel

Coffee with Cardamon
2 portions

2 cups of water
2 teaspoons ground coffee
1-2 teaspoons sugar
fresh pounded cardamon seed

Heat water in small pot with coffee and sugar, stir well.
Wait until coffee rises, put aside and add cardamon.
Serve with a glass of water.

كهوة بالهيل

Zamoon

Iraqi diamond shaped breads, 6 pieces
4-5 portions

1 ½ tablespoons dry yeast, ½ tablespoon sugar, ¼ cup warm water, 4 cups white bread flour, ½ cup wheat bran, ½ tablespoon salt, 1 cup of water, ½ cup soy milk, 1/8 cup oil, 1 teaspoon black seed (if wanted) Glazing: 2 tablespoons soy milk whisked with 1 tablespoon water

Blend yeast and sugar and ¼ cup hand warm water, put aside 5 minutes. In a bowl blend flour, bran and salt. Make a hollow in the middle. Pour yeast mixture, water/soy milk and oil into the hollow, knead it for 8-9 minutes. Oil dough from both sides and set aside covered on a warm place, until appr. doubled in size. Preheat oven to 230° C. Add black seed, knead dough again, divide to 6 portions, let it rest for 10 minutes. Roll one piece quickly between the palms until it becomes 15-18 cm long. On a baking sheet lay it flat, broaden the middle part and make it look diamond shaped with slender ends. Do the same with rest of the portions. You need two baking sheets, three pieces fit on one sheet. Take a very sharp knife and make one long slash in the middle. Allow it to rise in a warm place covered with a towel for about 30 min. When rising done, glaze it and put in the oven. Brush the breads inside the oven with water, and quickly shut to avoid the moisture going out. Do the brushing twice during the first 5 min of baking. Bake 15-18 min, let cool down and serve.

صمون

Dibes Raashi

Sweet breakfast mousse
2 portions

4 tablespoons date syrup
1 tablespoon mild liquid tahina

Fill date syrup in a little bowl.
Pour tahina on top in the middle, stir only a few times from inside to outside, shaping a light and dark spiral.
Serve with Zamoon or other white bread.

دبس مع الراشي

Koshari

Peasant every day meal,
Koshari is also the national dish of Egypt
2 persons

500g chopped and skinned tomatoes, 1 cup basmati rice (prepair as described on page IX), 1 cup lentils, ½ teaspoon coriander seed, ½ teaspoon turmeric, vegan butter, 2 onions, 1 clove of garlic, 1 hand fresh dill, olive oil, salt, pepper

Cook rice and lentils separately, lentils should be cooked without salt. Blend rice and lentils carefully, adding salt and vegan butter, keep warm. For sauce, chop 1 onion in small cubes + fry. Add tomatoes and spices to the pan. Cook lidless for 8-10 min, until sauce gets creamier. Cut the second onion to rings, fry rings in a pan with olive oil. Press rice/lentils in a small bowl and overthrow to a flat plate, pour tomato sauce around, spread onion rings on top. Sprinkle with dill and serve.

كشري

Asche Mast

سبزي

Originally persian soup
2-3 portions

1 cup chick peas, ½ cup kidney beans, ½ cup red lentils, 1 large onion in cubes, 2 cloves of garlic, 1 teaspoon coriander seed, 1 teaspoon cumin, 1 teaspoon turmeric, 1 teaspoon bell pepper powder, 1,25 l vegetable broth, juice from 2 lemons, 1 hand dry ment leaves, 2 hands full of fresh spinach, olive oil

Soak chick peas and kidney beans in water one day before.

For preparation cook chick peas and kidney beans in water without salt, if water cooks, add 1 teaspoon of baking powder, this will accelerate softening of beans. Stir well to prevent overboiling, skimming foam inbetween/afterwards. Heat oil in a pot, fry onion, until it becomes golden, then add pressed garlic, broth, chick peas, beans, lentils, lemon juice and dry ment to the pot. Cook for appr. 25 min. add spinach in the last 10 minutes.

Shorba Mujadara Asfar

شوربة عدس

Yellow Lentil Soup
2-3 portions

1 cup yellow (or red) lentils, 1 onion chopped, 1 clove of garlic chopped, 1 cup tomato paste, 1 cup tomatoes chopped, 1 teaspoon turmeric, ¾ teaspoon coriander seed, 1 teaspoon ground kemoon, 1 tablespoon fresh minced ginger, 1 hand fresh parsley or coriander chopped, 2 tablespoons white vinegar, salt, oil, pepper, juice of ½ - 1 lemon

Wash 4-5 times and cook lentils without salt for about 20 minutes. In the meantime fry onions golden, add tomatoes, garlic, and the rest of ingredients, except the fresh herbs, and stir well for 5 minutes. Blend with lentils, season with lemon juice and fresh herbs and serve.

Dolma

دولمه

Stuffed vegetables
2-3 portions

1 large eggplant, 1 medium courgette, 2 tomatoes, 2 onions, 2 fruits of bell pepper, all scooped out, (alternatively use wine and white cabbage leaves), 5 cloves of garlic, 1 cup fine soy flakes, (minced meat substitute from health shop), soaked in warm water for five minutes. 2 carrots and 2 pieces of celery, cut in small pieces, ½ tea spoon rosemary, 1 cup red wine, 3 teaspoons aceto balsamico, green pepper, ½ cup fresh dill chopped, 3-4 tablespoons tomato paste, oil, 1 ½ teaspoons salt, 1 ½ teaspoons curry, 1 teaspoon black pepper, ½ teaspoon cinnamon, 1 hand pine nuts fried, 1 teaspoon bell pepper powder, salt, ½ hand vegan butter.

Broth: 1 hand raisins, ½ cup water, 6 teaspoons tamarhind syrup, 2 big lemons, 4 tablespoons oil (mix sunflower and olive), ½ tea spoon salt

Heat oil in a big pot. Fry onions, add the carved out meat from the vegetables and garlic, and rest of ingredients, stir well and let cool down. Fill prepared vegetables with the mix, or wrap to the wine and cabbage leaves. Set prepared rolls/vegetables tightly into a pot, to prevent that they turn around. Add mixture of tamarhind, water, lemon juice, salt and oil, its enough if the broth is 3 cm high in the pot. Cook for around 20 minutes at medium to low temperature with closed lid. Serve with rice or Timen/Burghul Shaaria.

Burghul Shaaria

برغل بالشعرية

Burghul with mini noodles
2 portions

1 cup burghul, washed, 1 hand mini noodles, 1 piece vegan butter, 1 hand blended raisins and almonds without skin, fried separately in vegan butter, 1/3 teaspoon turmeric, oil, salt

Poor oil in a pan, fry a hand full mini noodles slightly until brown, cover with 1 ½ cups of water, add 1 cup of burghul + salt. Stir well, move away from heat, cover with a lid and wait for 10-12 minutes. Add a piece of vegan butter and turmeric. Sprinkle with fried raisins and almonds. You can also use rice instead of burghul for this side dish (Timen Shaaria (تمن بالشعريه)).

Laham Beagheen

لحم بعجين

(Lahmacun) Vegan minced meat pita
originally from Turkey, 2 portions

½ teaspoon dry yeast, ¼ teaspoon sugar, 75 ml hand warm water,
175 g flour not too fine, ¼ teaspoon salt, olive oil, 2 carrots medium,
2 sticks of green celery (or 1 piece of celery root), 1 small oni-
on chopped, 2 cloves of garlic chopped, 1 cup soy minced meat „fine“
like for Bolognese, ½ teaspoon sugar, 1 teaspoon bell pepper powder,
½ teaspoon herbs de provence, 1 green chily, minced,
1 tablespoon aceto balsamico, ⅓ cup red wine, some peppermint
leaves chopped, 3 tablespoons of tomato paste, 1 small bunch of
parsley, salt, pepper, sumach from arabic shop (optional)

Soak soy in warm water for 5 minutes and drain, if there is extra
water left on top of it after. Put aside. Cut carrot and celery in
very small pieces, fry carrots in a pan with oil for 2-3 minutes,
add celery. In the meantime cut onions in small pieces and add to
the vegetables. If onions look golden brown, add soy. Add all other
ingredients except parsley and stir well for 5-6 minutes at medium
temperature. Let cool down. Stir yeast, sugar and water, wait un-
til faom appears. In a bowl blend flour and salt. Make a dwell in the
middle, add yeast liquid and the rest of water, knead until it beco-
mes an elastic dough. Covered with a cloth store it on a warm place
for appr. 30 minutes until doubled in size. Preheat oven to 230° C,
put baking sheet inside for short time, to make it warm. If dough
has grown enough, flaten it with a rolling pin on a floured working
table. Oil a baking sheet, adjust dough to it. Brush dough with 2
table spoons of tomato sauce, add soy minced meat in the middle and
spread to the edge of the dough. Bake appr. 15 min. on middle rack.
Sprinkle with extra parsley, sumach and lemon juice and serve.

Manaisch Simsimi

مناقيش بالزعتروالسمسم

Mini pitas with dry herbs
makes 4 pieces, 2 portions

Prepare a dough as described for Laham Beagheen.
5 tablespoons zataar (spice mix with thyme and lemon, available in
arabic shops), 6 tablespoons olive oil, 1 tablespoon sesame seed
fried in oil and salt (optional)

Blend zataar and oil. Divide dough in 4 parts, flaten them with a
rolling pin. Set to an oiled baking sheet, spread the spice and oil
mix to it evenly. Roll edges up 1 cm to keep oil inside. Bake for
10-12 minutes, dough should be still soft. Sprinkle with extra sesame.

Maklouba

مقلويه

Maklouba means „Turn Around“
2 portions

½ cup rice pre-cooked for 10 minutes, 1-2 potatoes, 1 eggplant
medium 1 courgette medium, 1 large tomato, 1 onion, 3 cloves of gar-
lic, ½ teaspoon turmeric, 1 teaspoon makluba spice or garam masala,
2 teaspoons tomato paste, 2 tablespoons almonds hulled, 2 table-
spoons raisins, 4 tablespoons water, 2 tablespoons lemon juice,
salt, pepper

Cut eggplant, courgette, and onions in 1 cm slices and fry sepearate-
ly in oil with salt. Put aside. Cut raw potatoes in slices and cover
with this the bottom of a pot. Over the potatoes layer eggplant,
courgette, tomato in slices and onions. Blend all other dry ingre-
dients with the rice, fill rice on top of vegetables in the pot. Poor
liquids evenly to the rice. Cook for +- 20 minutes on a very small
flame. Turn pot around to a big plate. The dish will look like a
round cake now. You can cut it in 2 or 4 pieces with a sharp knife.
Enjoy with Salsat Naena and a raw side dish plate.

Salsat Naena

صلصة النعناع

Mint Sauce

1/3 cup soy milk, ¼ cup neutral oil, 1 tablespoon lemon juice,
1 tablespoon indian /british mint mousse

Blend milk and oil with a Zauberstab for 20 seconds, add lemon juice
and stir with a spoon. If cream becomes solid, mix with mint mousse.

Tabsi Badinjan

تبسي باذنجان

Eggplants Stew
2 portions

1 large eggplant, 2 onions medium size, 2 cloves of garlic chopped,
½ teaspoon turmeric, ½ teaspoon bell pepper, a pinch of cumin (opti-
onal), 1 small hot chily chopped, 2 hands fresh coriander chopped,
3 cups tomato sauce, 3 tablespoons of fresh lemon, oil, salt, pepper

Cut onions in quarters, eggplant to pieces appr. 4 x 3 cm, fry in
oil in a pot. Add tomato sauce and garlic, all dry spices and salt.
Cook 15-20 min at low heat, if eggplants are soft, season with lemon
juice, and fresh coriander. Serve with Samoon or Basmati rice.

Side dishes

Each dish can be accompanied or started by a plate of Raw Food, such as small radish, cucumber, tomatoes, bell pepper, fennugreek, carrot, mushrooms, slices of onion, leaves of fresh ment, parsley, dill, thai basil.

Turshi Lahane

طرشي لهانه

White Cabbage in Vinegar

1 White Cabbage
1,5 l mixture of water and vinegar
1 teaspoon salt, 1 teaspoon turmeric

Pick leaves of white cabbage and blanche in salted water for 6-7 minutes. Let cool down and fill leaves to a vessel with a lid. Blend the rest of ingredients and pour to the leaves, they should be completely covered. You can add more vinegar if necessary. Let rest for some days, this side dish keeps fresh very long.

Rus Basmatee

رز بسمتي

Basmati Rice
soaking method
2 portions

As a side dish for 2 persons wash 1 cup of rice several times until water stays clear, and drain. Fry rice on medium heat in a pot with a piece of vegan butter for 2-3 minutes by stirring constantly, until first grains get golden and it starts to smell fine. Pour 1 cup of water to the pot, turn temperature down immediately as low as possible, stir rice again to remove sticking grains from the bottom of pot inside, cover pot and wait for 15-20 min, do not stir again.

Timen Dschisr

تمن جزر

Rice with cinnamon carrots, 2 portions

1 portion Rus Basmatee, 1 cup carrots cut in cubes of 1 cm, 1 onion cut in fine pieces, 1/2 teaspoon cinnamon, oil, salt
Fry onions in oil until golden in colour. Add carrot, cinnamon and salt. If carrots become soft, blend with rice and carefully heat again until ready to serve.

Kebab

كباب -

Fried & spicy boulettes
makes 14-16 pieces

400 g minced vegetables, like onions, potatoes, slightly precooked cauliflower, red bell pepper, ½ glass flour, 1 piece soaked white bread cut in cubes, salt, 1 teaspoon curry, parsley
Blend all ingredients and let rest for ½ hour, form burgers with wet hands, appr. 6 x 2,5 cm in size. Fry in oil from both sides. You can also use rests from other vegetables of the day before.

Fasulya

سلطة الفاصوليا البيضاء

White Bean Salad
2 portions

1 cup white beans, soaked over night or 1 ½ days and cooked.
In the end of cooking process you can add 1 teaspoon of baking powder. This helps to soften the beans quicker. Add 2 tomatoes chopped, 2 cloves of garlic chopped, juice of 1 lemon, 1 Hand minced parsley, 1 hand dried menthe leaves, crushed, 3-4 tablespoons olive oil, pepper, salt

Fits well with leek-potato-filled Cleechah on page XII.

Baba Ganoughe / Mtabbal

-بابا غنوج - إمتبل

Eggplant appetizer
2 portions

1 large eggplant in cubes without skin, 2 cloves of garlic, 2 table spoons of mild tahina, 2 tablespoons fresh lemon juice, salt

For topping: chopped parsley or fresh pomegranate

Fry eggplant in oil in a pan, stir well several times, in the meantime close pan with a lid and wait until it is nearly mashed. It should not lose too much liquid. If you want to make a higher amount of this recipe, you can bake it in the oven or put on a grill. When vegetable is ready, add other ingredients, blend well with a fork or a Zauberstab, sprinkle with 1 hand fresh chopped parsley or fruit of pomegranate and serve.

Hommos

صلصة الحمص

Chickpea mousse, 2-3 portions

1 cup chickpeas (soaked in water without salt over 1 ½ days),
2 tablespoons olive oil, 2 tablespoons fresh lemon juice, 2 cloves of
garlic, salt, 4 tablespoons pine nuts, sauted golden in vegan butter
with salt, a trace of ground cumin

Cook chickpeas in water without salt for appr. 25 minutes. If you add
1 teaspoon baking powder in half of the cooking time, chickpeas will
get soft quicker. Remove foam from the water with a spoon if it ap-
pears. If ready, wash chickpeas 1-2 times in clear water in a strai-
ner. Add now the oil, lemon juice, garlic and salt and stir well.
Sprinkle with cumin in the middle, pine nuts around and serve.

Felafel Achzar

فلافل خضراء

Green Felafel, appr. 14 pieces

1 cup chickpeas (soaked in water without salt over 1 ½ days), 1 oni-
on, 2 cloves of garlic, 2 cups chopped parsley, 4 tablespoons flower,
2 slices white bread in cubes, ½ teaspoon coriander seed, ½ teaspoon
bell pepper, ½ teaspoon kemoon, 2 tablespoons sesame, oil, pepper, salt

Cook chickpeas as described in Hommos recipe.
Also fill all other ingredients in a Zauberstab vessel or food proces-
sor and blend. It should be a solid green dough. Make little balls
with appr. 4 cm average and fry in oil. Fits well with tahina sauce.

Salsat Tahenia

صلصة طحينيه

Sesame Sauce

1/3 cup soy milk, ¼ cup neutral oil, 1 tablesooon lemon juice,
2 tablespoons tahina, 1/4 teaspoon salt, 2 tablespoons lemon juice,
2 cloves of garlic, minced

Blend milk and oil with a Zauberstab for 20 seconds, add 1 table
spoon lemon juice and stir with a spoon. If cream becomes solid,
mix with tahina, salt, garlic and the rest of lemon juice.

Taboula

تبوله

Parsley salad, 2-3 portions

125 g Couscous, 1/2 big salad cucumber, 125 g tomatoes, 3 lemons
1 large onion, 1 bunch ment & 1 bunch parsley both without stems,
olive oil, pepper, salt

Prepare couscous as described on package, let cool down.
Cut cucumber, tomatoes, onions in small pieces, peel 2 lemons
and cut in pieces as well. Squeeze one lemon and whisk with oil and
spices, poor to the salad and serve.

Cleechah

كليجه

Sweet bags filled with nut and date
one baking sheet, ½ day job

3/4 cup oil, 2 cups extra fine white flour, ½ cup corn starch,
¾ cup warm water, 2 teaspoons yeast, 4 teaspoons baking powder
5 capsules of heel (cardamom), 1 teaspoon black seed

filling 1: ½ cup chopped walnut, 3 capsules cardamom, 4 tablespoons
sugar, filling 2: ½ cup minced dates, cinnamon, filling 3 (salty,
enough for 8-10 pieces): 1 stick leek, shopped very fine and sauted
in oil, 1 large potato cooked and mashed, ½ teaspoon coriander seed,
1 teaspoon lemon juice, ½ teaspoon bell-pepper, salt, pepper.
If you prepair only filling 1 and 2, it will be enough for 1 baking
sheet, and for normal amount of dough. Makes appr. 20 pieces.

Dissolve yeast in warm water, wait for 5 minutes, screen and blend
flour and baking powder. Add cardamom and black seed, and the yeast
when it starts to make bubbles. Pour oil to the mixture, blend with
hands and add warm water little by little. Let rest on a warm place
for 30 minutes. For fillings blend chopped walnuts, sugar and carda-
mom with a Zauberstab, put aside. Soften dates with a little oil in
a pan at low heat, add cinnamon and stir, let cool down. For salty
filling, pre-fry ingredients in pan. Some seconds blend salty in-
gredients with a Zauberstab as well. Preheat oven to 220° C. Dough
should be little elastic now. Cut out circles with a glass, flaten
them to long ovals with a rolling pin, ca 12 cm long. Form half
moons by putting some filling in the middle and shut, like italian
Ravioli. If you brush the edge of the oval with soy milk, it will
stick together well. Sweet and spicy-salty cleecha should be baked
seperately. Baking time 20 minutes one rail lower than the middle.

Tamoor Cake

كيك التمر

Date Bread
6 portions / tres facile

Preheat oven to 200° C. Cut 1 cup dates (200g) in small pieces,
poor hot water over it and wait until cold. Add 2/3 cup of sugar,
1 tablespoon liquid vegan butter, 1,5 teaspoon baking powder, a
pinch of salt, a package vanilla sugar, 1 ¾ cup of flour and ½ cup
chopped walnuts. Stir dough well, fill in an oiled and floured box
baking dish, bake at 200° C for 1 hour, at one rail lower than the
middle. Spread slices with vegan butter or vegan salted butter...
Keeps fresh for more than 1 week.

The Enlightenment must (...) be fully thought out, brought to its identity, also on the animals' terms, because the true thought insists on this. And it is therefore duty in the fight for animal rights and liberation to remember the ideas of the Enlightenment and to demand these for peaceable human-animal relations; concretely that means to demand freedom for animals (as the absence of violence and annihilation through humans as well as of unreasonable restrictions of freedom) and solidarity with animals (as active partiality and assistance, especially in defending their lives and their freedom in the sense of solidarity). With the negation of animal exploitation, the goal of animal liberation, as a demand critical of domination, must be brought on the way to a complete upheaval of the existing bad whole in order to achieve the promise of a rational society, as is promised in nature. That this promise does not apply to animals is an axiomatic aberration of affirmative theory against animals, which, as already stated, mostly holds dear the reciprocity postulate (animals don't recognise the rights of humans either), or constructs lifeboat cases: the boat is too small and one has to get out - „human“ or „animal“? These scenarios, which always drift past reality - humans do not die or become ill when there are no more slaughterhouses or animal research laboratories - have become general knowledge: „Should testing be done on humans (or even children) then?“ Lifeboat cases hardly ever exist in the reality of human-animal relationships - there is no human adversity that requires a sacrificial animal for its alleviation. These are not, as the image of the lifeboat might suggest, decisions of particular, hopeless situations, which demand either/or decisions. Hence they cannot be generalised or boiled down to plain recipe knowledge. The boat is always too small for the humans, whose innermost - their wishes, needs, feelings, and imagination - has been narrowed by society; and the construed Strangers, human or animal, get thrown overboard. Because human individuals have the potential to build larger, or a larger number, of boats, or ones that don't sink as easily, also more beautiful boats, the hopelessness of escape from the Enlightenment's dialectic is all the more incomprehensible and unacceptable. (...)

Melanie Bujok

صمت الحيوانات ...

هناك العديد من التصورات تفسر عدم استجابة الحيوان عندما يواجه إليه سؤال ما. أحدها، هي النظرية الفئوية "المتطرفة"، والتي تدعي بأن صمت الحيوان يعني التأمل. التأمل هنا عميق جدا إلى الحد الذي لا يمكن التخلص منه حتى عند حدوث الموت المفاجئ والعنيف. أن الإدراك العالي هو الذي يعني السكون، وحالة غياب الوعي تعني الضجيج الذي يساء فهمه على أنه تصرف غير مهذب، و يملأ الأجواء المحيطة بالحيوان وأعدائه.

الاحتمال الآخر هو أن الحيوان في الواقع بإمكانه الحديث، ولكن ببطء، أعوام قد تمضي قبل أن يستطيع الحيوان النطق بجملة ... "رجاء لا تقتلني"، في مقطع صوتي ممتد ولا منتهي! وكأنما أحدهم يكتب اسمه على سطح القمر، إزاء هذه الخصوصية فأن هذا الأمر قد يستغرق مئات الآلاف من السنين.

Das Schweigen der Tiere

Es sind verschiedene Gründe denkbar, warum ein Tier nicht antwortet, wenn ihm eine Frage gestellt wird. Zum einen gibt es die etwas esoterisch anmutende Theorie, derzufolge das Tier schweigt, weil es meditiert. Diese Meditation wäre demnach so tief, dass sie auch dann unaufhebbar ist, wenn das Tier eines gewaltsamen Todes stirbt. Sein Bewusstsein schweigt, während sein Unterbewusstsein Laute von sich gibt, die als „nicht artikuliert“ missverstanden werden und den Raum füllen, der das Tier und seine Widersacher umgibt.

Die andere Möglichkeit wäre, dass das Tier tatsächlich sprechen kann, allerdings nur sehr langsam. Bis ein Tier den Satz ausgesprochen hat „Bitte, töte mich nicht !“ , vergehen Zeitalter, in einer fast unendlichen Ausdehnung von Silben. Als ob jemand seinen Namen auf die Oberfläche des Mondes schriebe. Entsprechend der jeweiligen Art kann dies hunderttausende Jahre andauern.

Recipes from Iraq
Lin May

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Sandra Hetzl, Lesung anlässlich des Poesiefestival Berlin
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page XIII: „Zur Verteidigung des tierlichen und
menschlichen Individuums - Das Widerstandsrecht als legitimer
und vernünftiger Vorbehalt des Individuums gegenüber dem Sozialen“
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