

# Edible Art Making Breakfast

By: Ellie Dlouha



I chose to make a film about food because I am passionate about cooking. I think the reason why I became so interested in cooking in the kitchen rather than calling delivery service, is because my family was really big on family dinners.

When I was in high school, I would spend 7 hours in class, and 4 hours at sports. I would spend the entire day away from my parents, only to go home and do more work. I realized the only time I was able to spend with my parents was when we had dinner together. So I decided to expand that time window with my parents and help out with dinner. This turned into them teaching me tips and hacks into cooking really good food.

I was also very keen on making a good breakfast in the morning before school. School started very early and there were times I had only 10 minutes to get out the door, but I prioritized breakfast because its the most important meal of the day.

So that is how I came across the idea to capture the priotized moment in my mornings: breakfast.

Cooking is art. The way everything has to be perfectly timed to make the perfect runny and crisp sunny side up egg. The way the toast has to be roasted the right amount, so it is not burnt nor soggy. The choice of seasoning completes the pallete of flavours.

From researching about other artists who used food as their meduim for their artwork, they all used food but in a completely different way.

“Works of edible art” Everyone makes these foods, and with social media now a days, captures the way it looks and then consumes it after they got a good angle. You see people in restaurants take out their phones automatically when food arrives. Now a days it is very accesible to further investigate your passion in food because the social media allows you to get recognized or create amazing works of art with videos. Technology now a days allows you to capture the art in making delicious food.



# The Avocado Egg Toast

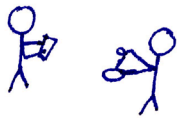
# Process

  
Breakfast

Figuring out how to  
record all footage ! ?



roommate  
helped film

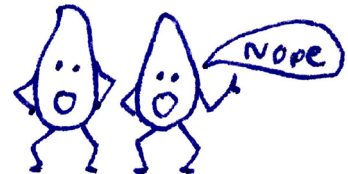


\* PROBLEM \*

avocado wasn't  
ready!



wait until ripens



imovie

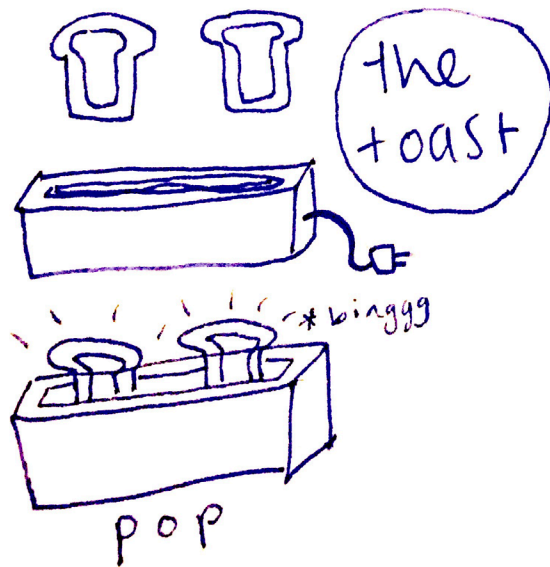
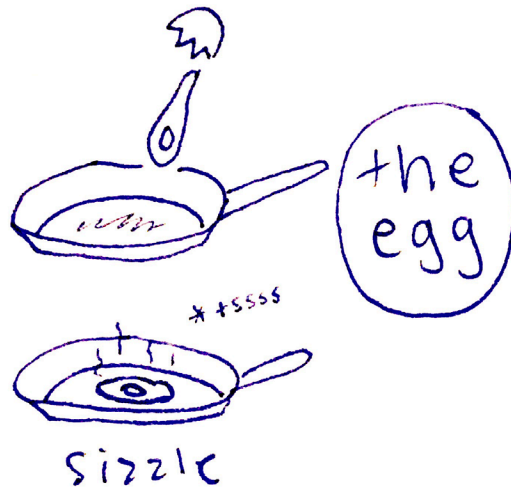
edit clips 

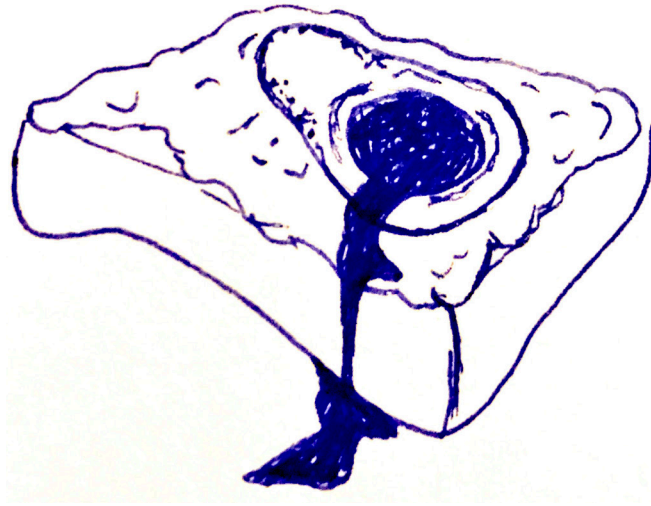
into cohesive  
film

+ enhance sounds



# Capture





Expectation

vs

Reality



# Capture



egg yolk

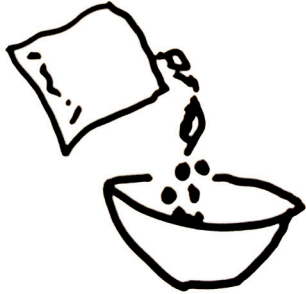


A top-down view of a light blue ceramic bowl filled with oatmeal. The oatmeal is topped with several slices of banana, a dollop of peanut butter, and a dusting of brown powder, likely cinnamon. A silver spoon is visible in the bottom right corner of the bowl. The bowl sits on a light-colored wooden surface.

**Peanut butter,  
Banana  
& Cinnamon  
Oatmeal**



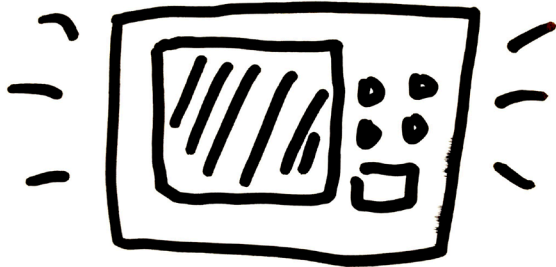
# Capture



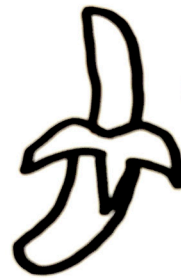
Oatmeal pour



Water mix



Microwave  
\*ding\*



Banana



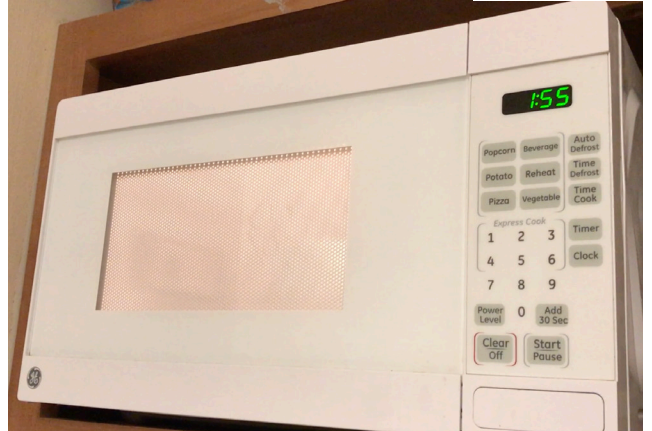
& Cinnamon



1.



2.



3.



4.



5.

## Why Not Food?

I researched a famous artist who plays with the concept of food, named Jason Mecier. His work varies throughout the different food groups, and does not constrict himself to using one food per piece.

Some of his peices are portraits of famous people created out of food. Snoop Dog out of weed, Kevin Bacon out of bacon etc.

I researched how he started this obsession with food as his medium for art. What I found fascinating is that he mentions art should not be restrictive. You can do art out of anything and anywhere you want.

The simplist box of maccoroni art he made when he was young, sparked this fascination that there are no rules in art.

Why create art with traditional matrials?

I think food is important. What you put in your body is what fuels your whole system.

Don't you think food should be something to focus on?

Why is it overlooked?

I haven't made a sculpture of banana slices in the form of someone's face. But I have provided a video, representing of protein-filled, energy boosting and nutritious foods that are healthy to one's body.

To me, my body is a work of art, and I want to sculpt it and fuel it properly.

# The Breakfast club

Served by:

