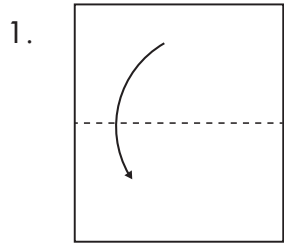
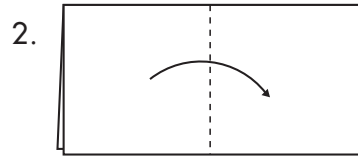


NAPKIN ORIGAMI

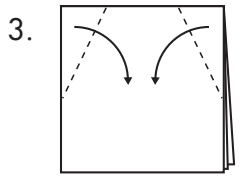
This requires a cloth napkin or dish towel. 21" x 23" is the ideal size but any rectangle-ish cloth will work.



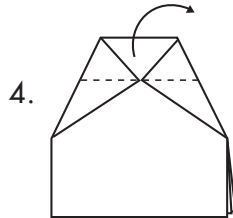
fold in half



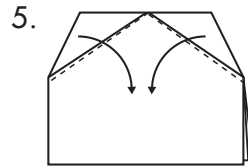
fold in half again



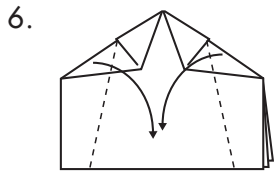
fold top corners down



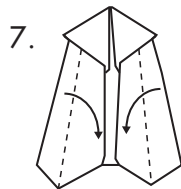
fold back segment at top



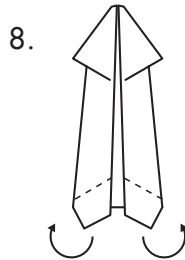
roll sides to center



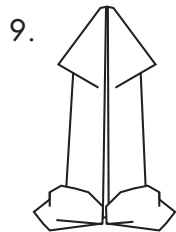
continue rolling sides into center tip will form



roll sides all the way in forming a shaft



puff the bottom out into balls



Finish

* Video reference can be found at: www.tamarashopsin.com/bookclub

BOOK CLUB ACTIVITY KIT

for **ARBITRARY STUPID GOAL**

by *Tamara Shopsin*

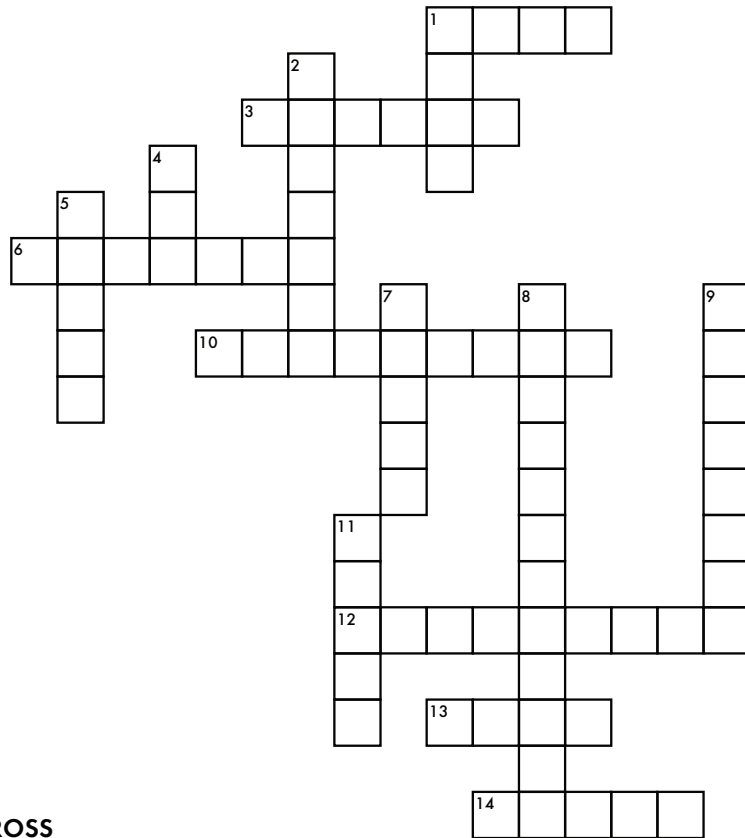


DISCUSSION QUESTIONS

1. What is a definition of success espoused by the book? Do you agree?
2. Is Kenny Shopsin an Artist, why /why not?
3. In what ways have you personally seen NYC (or the city where you live) change?
4. What are some of the major themes in the book, and how does the structure of the book relate to them?
5. Talk about any recipe that is, for you, related to philosophy or a story?
6. Create an Arbitrary Stupid Goal for yourself or other.

CROSSWORD

RECIPE



ACROSS

1. High profit margin beverage
3. Joseph Brodsky's favorite part of teaching
6. Creek below Greenwich Village
10. Theme Park in Pigeon Forge, Tennessee
12. Compliment from Betty of 38 Morton Street
13. Assault with intent to _____
14. Buckets of it are in a good Turkey Dinner

DOWN

1. Alternate use for a trash can lid
2. Collectible machine
4. Putter of gum in the armpit
5. Wonka or Nilly lead in
7. Bike shorts material
8. Mickey (the dog) alias
9. Game changer Farrar
11. Ingredient in Corn Chowder

Patsy's Cashew Chicken* *Serves 2 to 4*

Ingredients

Two 5- to 6-ounce boneless, skinless chicken breasts
 All-purpose flour for dredging
 2 tablespoons good olive oil
 1/2 cup roasted cashews
 4 scallions (white and green parts), cut into 1-inch pieces
 1/2 cup soy sauce
 1 lemon
 1/2 cup Chicken Stock , or more as needed, or any stock or broth
 Steamed white rice for serving

Instructions

Cut the chicken into strips the size of a baby's index finger. Pour the flour on a plate or in a small bowl. Dredge the chicken in the flour and shake off the excess flour.

Heat the olive oil in a large, heavy sauté pan over high heat until it is hot but not smoking. Gently drop the chicken in the pan, evenly distributing it around the pan. (Be careful. This can be dangerous because everything is really hot. If you carelessly drop the chicken in, it will splatter on your arms and face.) Let the chicken cook, sitting in one spot for 2 or 3 minutes. Check the underside of one piece. When it becomes medium brown, use the handle of the fry pan to toss the pan and flip the chicken pieces in the pan. It is really hard to flip every piece; just toss the pan a few times to get most of the chicken turned and then use tongs to turn the few remaining pieces so that all the brown faces up.

When all the chicken has cooked on both sides (after about 5 minutes), throw in the cashews and scallions. Add the soy sauce and squeeze the juice of the lemon into the pan. Agitate the pan to coat the chicken with the glaze. Pour in the chicken stock, adding more if necessary to cover, and cook for another 1 to 2 minutes. Pour the chicken and gravy over the rice (preferably in a stainless-steel Chinese dome set) and serve.

* from *Eat Me: The Food and Philosophy of Kenny Shopsin*

ACROSS: 1. Soda 3. Summer 6. Minetta 10. Dollywood 12. Communist 13. Bake 14. Gray
 DOWN: 1. Sted 2. Gumball 4. Eve 5. Willy 7. Lycra 8. Motherfucker 9. Margaret 11. Bacon