



DEEP WATERS

BY MELANIE LOUISE

WINTER 2021

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“We are like islands in the sea, separate on the surface but connected in the deep.”

- *William James*

William James (1842-1910), was a philosopher and psychologist, who was inspired by evolutionary theory. James’ analytical perspective on psychology became known as functionalism, which sought causal relationships between internal states and external behaviours. From James’ quote the distinguished underlying meaning implies that we are individuals working together to protect the world; we are the islands, we must stay connected to ground the future.

Rest by the sounds of the ocean waves and let the calming reset of nature consume you. Relaxing to where your mind goes into the depth of thought and imagination; surrounded amongst the soft sand, rock exterior and salty air.

Explicit narrative connections implemented throughout the curated spaces are exemplified through the lifestyle editorial with white coral, fresh seafood and water. To endorse the narrative further, implicit styling decisions include the use of cool tones, reflective surfaces and textiles styled as rolling waves. The sensory ocean narrative is further embodied through the use of line, shape and form, emphasising the organic and bold characteristics of the crashing ocean waves, natural rock formations and rippled sand. A low key colour palette aids the focus on texture, tone and direction throughout the environments to depict the scenic motion of rolling waves. Let your eyes direct your vision and relax amongst the movement.







MUSSELS IN WHITE WINE SAUCE

BY KRISTEN STEVENS

PREP TIME: 15 MINUTES
COOK TIME: 5 MINUTES
TOTAL TIME: 20 MINUTES
SERVES 4 PEOPLE

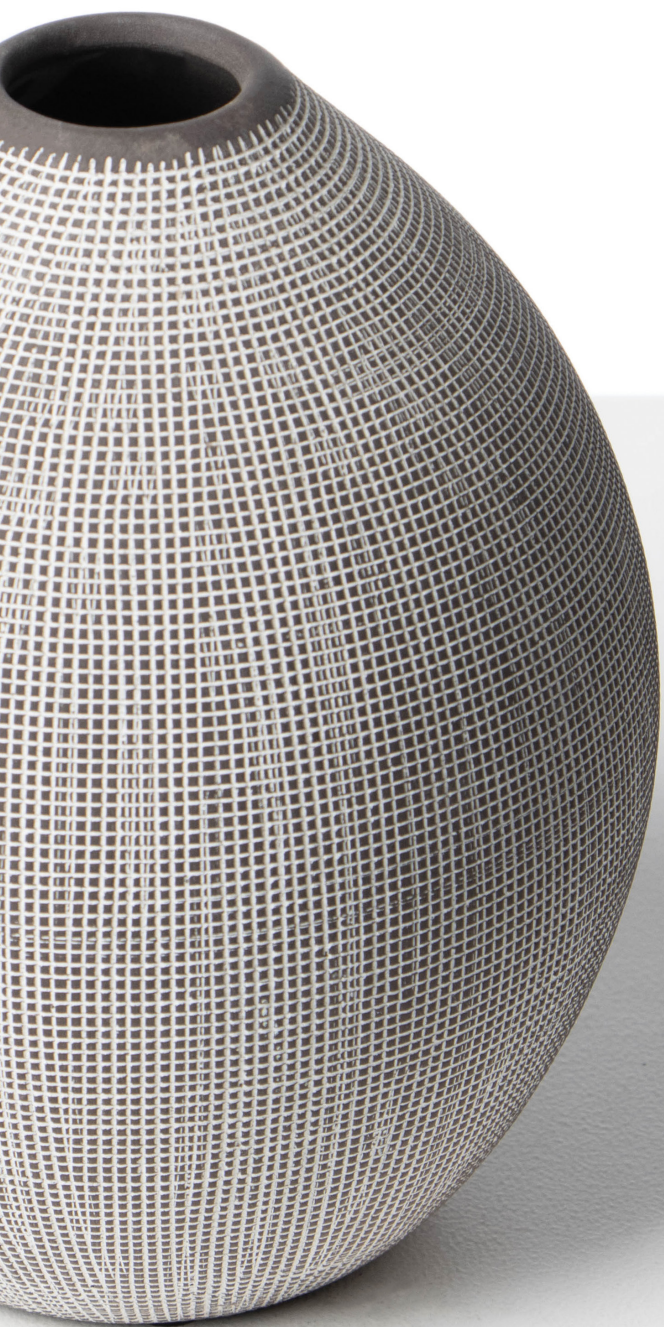
INGREDIENTS

- 2 tablespoons butter
- 1 small shallot, thinly sliced
- 3 garlic cloves, thinly sliced
- 2 bay leaves
- 1/2 teaspoon black pepper
- 1 cup dry white wine
- 2 kg mussels, cleaned
- Optional: 1/4 cup cream
- Juice from 1/2 lemon
- 2 tablespoons finely minced parsley

INSTRUCTIONS

1. Melt the butter in a large pot over medium-high heat. Add the shallot and garlic and cook for 3 minutes. Add the bay leaves, pepper, and wine to the pot and bring the wine to a boil.
2. Add the mussels and cover the pot. After three minutes, take the lid off and gently stir the mussels. Push any unopened shells to the bottom of the pot so they are closer to the heat. After 5 minutes remove the mussels from the heat.
3. Pour the cream and lemon juice into the sauce and gently mix. Sprinkle the parsley over the top and serve right away.





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