

PORTFOLIO 1

GRAPHIC DESIGN

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introduction

Throughout the work with this portfolio I have spent hours upon hours staring at my previous course assignments, both feeling defeated by the realization that a lot of it has not been quality work by my own standards but also feeling quite confident that I've grown a lot from the experience of these past months.

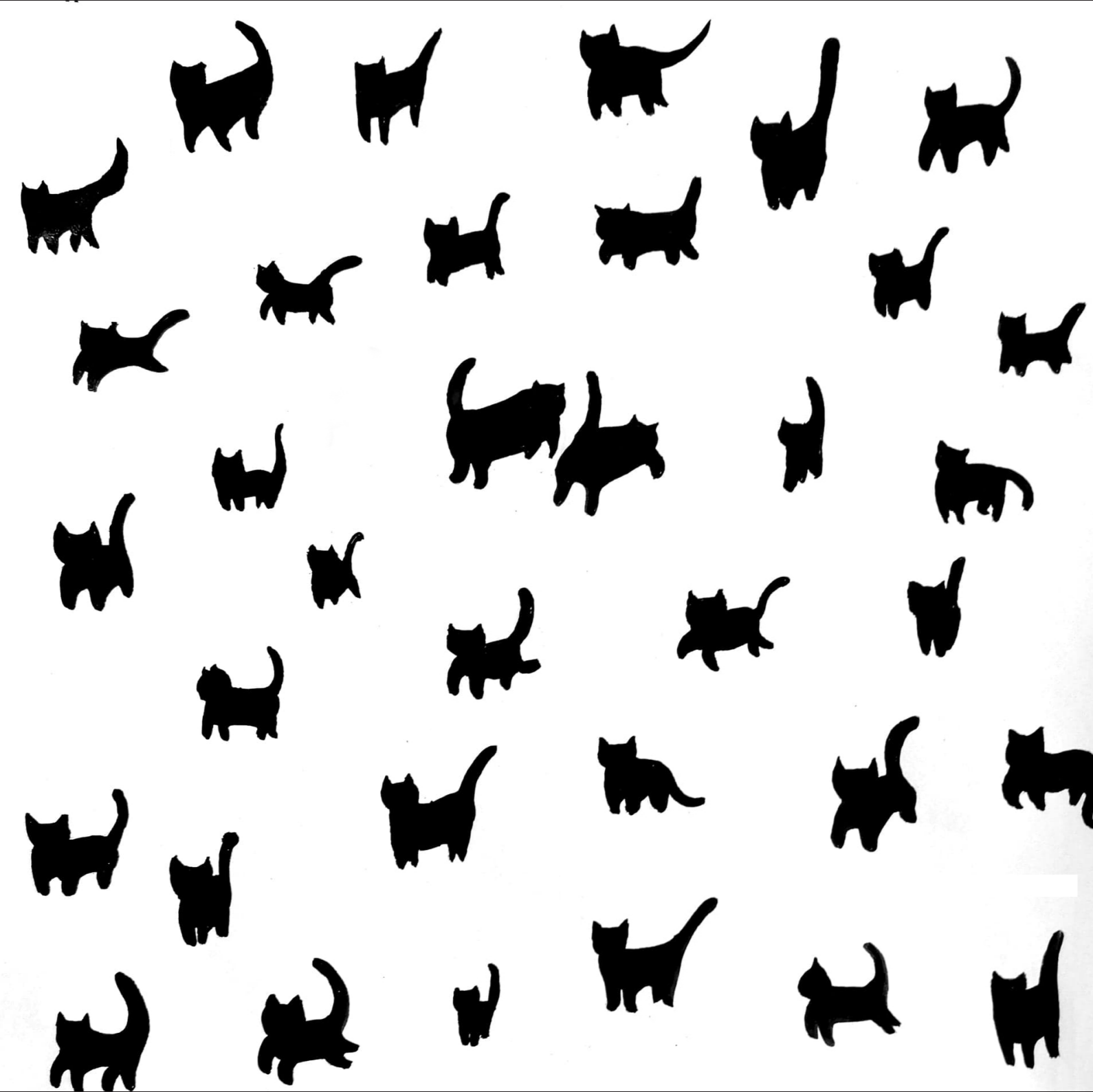
Before starting this course back in October I had done a good bit of traditional painting, drawing and other creative activities, but I'd never before worked digitally or tried to think creatively with a computer screen as my workspace. I'd never owned a DSLR or a laptop that could do much beyond processing Microsoft Word and loading the Netflix homepage, and I'd never had a reason to think "huh, I really need a home scanner". During the initial period I felt absolutely lost, realizing just how much I didn't know about this subject that I had decided to dedicate at least two years of my life to, and just how expensive starting out on this path would be. But of course, you say, that's the process, and bit by bit I've gathered together a decent set of basic equipment and - more importantly - come to a place where I at least don't feel lost all the time. Knowing the basics of things like photography, putting together designs in Illustrator, creating layouts in InDesign, the grounds of color theory - all of that has helped massively in getting to a place where everything does not feel so daunting anymore, and I'm feeling vastly more confident starting on a project now that I no longer see only problems and question marks but also solutions and possibilities.

And last but not least. These have been strange times and while I didn't think it would affect me too much having to work exclusively from home, I've felt it very challenging at times not having the opportunity to study in cafés or libraries. After a while, seeing the same four walls for the majority of your day really gets to you. And I'm sure my boyfriend is pretty sick of being my only photography subject by now. But as time passes, we humans have a tendency to adapt ourselves to whatever circumstances there may be, and I'm glad to say that having this course to work on has definitely been an enrichment to my life throughout this period. The result, of course, is this portfolio, which I'm proud to now be able to show off.

CA01
DESIGN PRINCIPLES



SYMMETRY



COMMON FATE



CLOSURE

CA02

LOGO



food and malt

home away from home



food and malt

home away from home

CA03
LAYOUT



EGGS RECIPE BOOKLET

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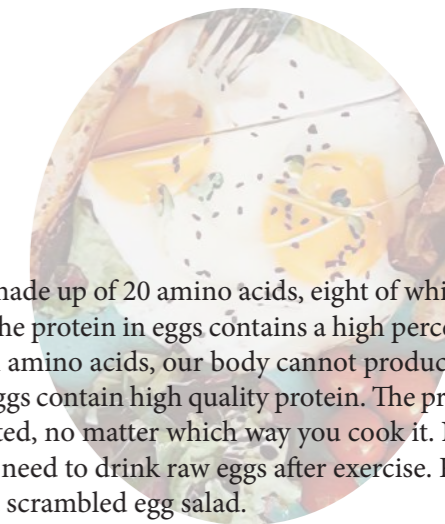
Preface

Eggs are a healthy food that most people enjoy. In a country with high food prices, eggs are a good and cheap source of protein, fat, vitamins and minerals. Eggs however also contain cholesterol, making some people reluctant to eat them every day. The myth about eggs and cholesterol are not as well believed today, as more and more studies show eggs improve many of the risk factors related to metabolic syndrome, diabetes and heart disease. Studies show that the extra cholesterol from eggs does not increase the risk of these diseases. Eggs can be used in a variety of ways: boiled, fried, scrambled, in an omelet, eggnog, egg custard, meringue etc. They can be eaten for breakfast, lunch and dinner. We eat on average about ½ an egg per day and the Norwegian consumption of eggs has remained stable for a long time.

The egg plays an important role in a balanced diet, as it contains many of the daily nutrients we need. National research has been conducted to see how much we eat in reference to the various food groups and how they contribute to the Norwegian diet.

Although eggs contribute only about 1% of our calorie intake, the egg is the second most important source of vitamin E, the third most important source of vitamin D and the fourth most important source of vitamin B12 in the Norwegian diet.

An omelet consisting of two eggs has a high content of protein and is rich in vitamin B2 (riboflavin), folic acid, vitamin B12, phosphorus, vitamin D, vitamin E and selenium, and also contains vitamin A and iron.



Protein is made up of 20 amino acids, eight of which are essential and vital. The protein in eggs contains a high percentage of various essential amino acids, our body cannot produce this itself and therefore eggs contain high quality protein. The protein in the egg is not affected, no matter which way you cook it. Needless to say, you do not need to drink raw eggs after exercise. Rather enjoy an omelet or a scrambled egg salad.

Eggs should be kept cool, preferably refrigerated. They are then fresh for weeks or even months. But, just like cheese, eggs should also be tempered before we use them, This brings all the good qualities out. Although eggs do well stored at room temperature for a few days before you use them, they can also be frozen, but they must be broken first. Yolk and whites can be frozen separately.

Most Norwegian eggs are checked before they go out in stores. The eggs are then screened, sorted and stamped at the packing plant. An expiry date is place on each egg carton. The eggs are sorted into weight classes: small, medium, large and extra large. Norwegian eggs are free from salmonella, and therefore we can safely eat raw eggs and use egg in eggnog, cakes and desserts.



About eggs

Raw eggs: In Norway you can eat eggs as soft as you like, even raw!

Poached eggs: Crack your cold eggs into boiling hot water (90-95 degrees) and let them draw. In approximately 4 minutes the egg white will be firm and the yolk soft.

Soft boiled eggs: Boil for 3-6 minutes, cool in cold water.

”Smiling” eggs: Boil for 6-8 minutes, cool in cold water. The smiling egg yolk should have slightly firm edges, but be soft in the middle

Hard boiled eggs: Cook for 8-10 minutes, cool in cold water.

Fried eggs: Crack the egg carefully in a frying pan with a little melted margarine. Fry on a low heat until the white is firm and the yolk is still soft.

Omelet: Pour the egg mixture into a hot pan with melted margarine. Once the omelet is firm, add the filling and fold over.

Scrambled eggs: Pour the egg mixture into a hot pan with melted margarine. Mix the egg continuously while it cooks to create a scramble.



Tortilla de patatas

We often eat tapas in a relaxed and informal setting. Tapas consists of a variety of appetizers that can be assembled to make a whole meal. Olives, ham, meatballs and omelets are usually included in a tapas menu.

Ingredients:

6 potatoes

1 onion

1 tablespoon olive oil for frying

5 eggs

1/2 teaspoon salt

1/4 teaspoon pepper

This is what you do:

- 1.** Peel the potatoes and onions and cut them into thin slices. Fry the potatoes in oil at a medium heat until tender. Fry in batches, add a little salt and pepper to the potatoes.
- 2.** Sauté the onion until it is translucent. Add the potato slices back into the pan and mix them together with the onion.
- 3.** Beat the eggs lightly adding salt and a little pepper. Pour the egg mixture over the potatoes and onions. Shake the pan so that the egg mixture covers the potato slices. Let the omelet solidify on medium heat, cover with a lid. Garnish with onion rings and herbs.



Scrambled eggs

Ingredients:

2 eggs
1 tablespoon butter
salt
freshly ground black pepper

This is what you do:

1. Gently whisk the eggs, salt and pepper together in a bowl. Use a regular fork to whisk so the yolk and white are mixed together.
2. Melt half the butter in a thick-bottomed pan, or in a pan with non-stick coating and high edges. Pour the eggs in, and set the pan over low heat.
3. Now add the remaining butter to the egg mixture, this should then solidify. For an alternative taste you can substitute butter with milk, cream or crème fraiche. Now you can add your condiments, such as chives, truffle oil or crab. Serve immediately.



Egg and tuna salad

A good salad can often be more enticing than a hot meal. Feel free to use your boiled potatoes from yesterday's dinner. Alternatively add pasta or bulgur wheat for the same great taste.

Ingredients:

4 eggs
1 tin canned tuna in brine
Lettuce
1/2 cucumber
1 red onion
1 cup cooked green lentils
Caesar dressing:
3 cloves of garlic
2 egg yolks
1/4 teaspoon salt
1/4 teaspoon ground pepper
1 teaspoon Dijon mustard
juice of 1 lime
1/2 dl olive oil
Salt and pepper

This is what you do:

1. Boil the eggs for 8-10 minutes and leave to cool in cold water. Peel the eggs and cut them in half.
2. Cut the rest of the ingredients for the salad into bite-sized pieces, add the lettuce and arrange neatly on a platter. Add egg halves on top.
3. Prepare the Caesar dressing and season with a little salt and pepper. Pour the dressing over the salad.



Bacon ice-cream

Want to try something new and interesting? Make this sweet and salty bacon dish. Yum!

Ingredients:

150 g bacon slices
1 tablespoon butter for frying
5 dl milk
5 dl cream
10 egg yolks
200 g sugar

The charm:

150 g bacon slices
1 tablespoon butter for frying

This is what you do:

1. Sauté the bacon slices in a hot skillet with butter until crisp. Add the fried bacon onto a plate with a paper towel to drain off excess fat.
2. Place the fried bacon in a bowl. Pour milk and cream over it. Let the creamy milk extract the flavour from the bacon for a few hours, preferably overnight.
3. Strain the milk from the bacon. Pour the creamy milk into a saucepan and bring to a boil. Take the pan off of the heat.
4. Beat the egg yolks and sugar together until fluffy and stiff (6-8 minutes)
5. Pour the creamy milk gently in a thin stream over the egg mixture while constantly stirring.

6. Pour the mixture back into the pan and leave it on low heat until it starts to thicken. Stir constantly, and make sure it does not boil. Strain the mixture and place it in the fridge until cold
7. Run the chilled mixture in an ice-cream maker until it has a creamy and fine texture. If you do not have an ice-cream maker, pour the cooled mixture into a suitable container, such as a bread tin and place it in the freezer. Stir the mixture frequently (about every half hour) while it freezes, this will prevent ice crystals from forming. Leave it in the freezer until it is completely stiff (about 6 hours.)
8. Cut bacon into small cubes. Sauté on a hot skillet, add butter to crisp the bacon. Place the fried bacon onto a plate with a paper towel so that the fat drains off. Cut the cooked bacon into even smaller pieces. Serve the crunchy bacon bits on the ice-cream.

Tip:

The flavour you get may differ slightly depending on long you leave the milk and the bacon together. Taste and test the cream/milk as you go, and remember the flavour will be more obvious the colder the dish is.



Oat fritters with berries and yoghurt

Looking for something extra tasty in lunch box? Try these oats fritters with berries and vanilla yoghurt.

Ingredients:

1 egg
1/2 tablespoon honey
1/2 cup oatmeal
1 tablespoon canola oil
1/2 cup quark lean, 1%
1 dl extra fat milk
1 tablespoon liquid margarine for frying
1 tablespoon chopped walnut kernels
2 tablespoons raspberries
2 tablespoons blueberries
2 tablespoons vanilla yoghurt

This is what you do:

1. Mix together all the ingredients until the batter is smooth. Leave to rise for 30 min before baking
2. Bake several fritters in a pan with a little margarine. Coat the pan before frying.



Opplysningskontoret for egg og kjøtt
Lørenveien 40, P.b. 395
Økern, 0513 Oslo
23 18 30 00
post@matprat.no



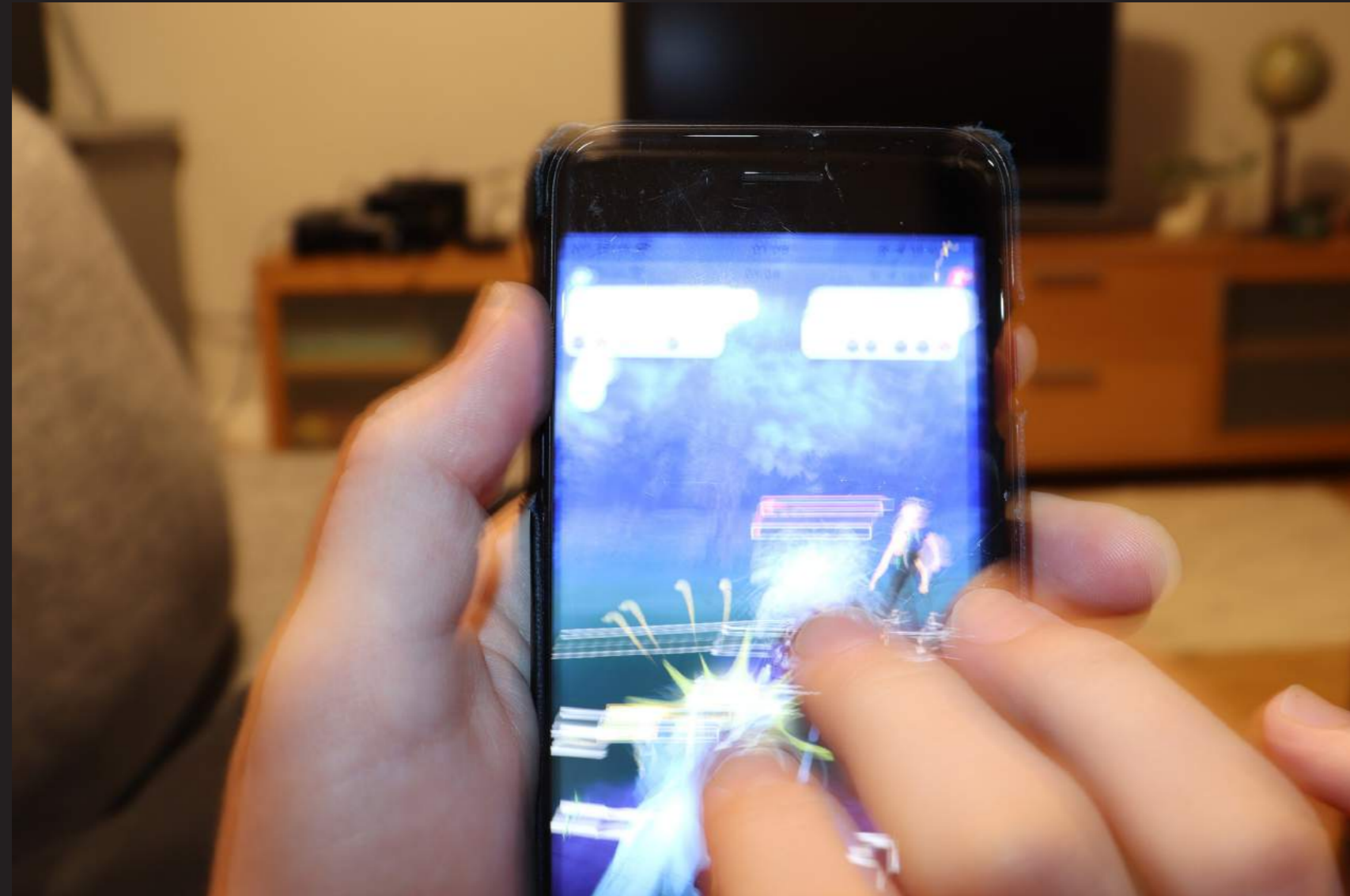
CA04
PHOTOGRAPHY

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REPORT

research and work process

Throughout the work with this portfolio I've ended up re-researching a lot of topics, such as how to make an outstanding logo, how to create a composition that's both easy on the eye and fits with the purpose of the design, photography techniques and examples of good layouts. I've perused the internet, talked to friends who are into photography and design, and have done a lot of self-reflection when it comes to my work process. I've realized that oftentimes when working on a project I get stuck on one idea or just go with the first thought that pops into my head, and if I eventually realize that I should have gone in another direction it feels like it's too late to start over. During the semester project I started working on changing my ways, and spent a lot of time thinking of different color, typography, layout and overall design options as well as doing proper research, finding tutorials to follow and sketching out different ideas both physically and digitally. I continued doing this throughout my work on the portfolio, and taking into account the feedback and critique I've gotten on the various course assignments I ended up re-doing most of my previous work.

creative/inspiration methods

While working with the photography assignment especially, I've really tried to think outside of the box and figure out my own style. I've taken inspiration from and used as subjects both people, places and objects that I have around me in my daily life. I have also found a lot of great inspiration in the artists and techniques mentioned in the Moodle lessons, which has helped me realize that the potential for a good picture exists mostly everywhere and at all times - you just need to stay focused and try to really see the world around you instead of just passively walking around in it. I've started carrying around my camera when taking walks as well as taking pictures around my apartment just for fun, and some of my spur-of-the-moment pictures have actually found their way into the photography course assignment. Other shots were more carefully planned, and it has been rewarding to see a shot turn out exactly the way I hoped it would and realizing that practice and knowledge about the way a camera works actually does wonders.

design

I chose to re-use the design choices from my semester project report, using the fonts Sunflower and Omnes, the colors black and white primarily and light blue as an accenting color, and a clean composition/layout, as it felt as a nice and subdued background that would allow my work to stand out and become the main focus.

<https://minaesdesign.wordpress.com>

