



## PAOLO FRESU & OMAR SOSA

feat. Indwe, Andy Narell, Cristiano De André, Jaques Morelenbaum, Kokayi



**FOOD**





**Si svuotino gli arsenali, si colmino i granai.**

*- Sandro Pertini -*

**La cocina es un poco como la música:  
existe un pentagrama sobre el que se compone  
y a partir de ahí se hacen variaciones sobre un mismo tema.**

*- Nitza Villapol -*





## FOOD

01	FATHER YAMBÚ	5.23
02	VALERIANA WOK	3.01
03	NEW LOVE IN LOVE (*)	5.14
04	'A ÇIMMA <i>Fabrizio De André - Ivano Fossati - Mauro Pagani / Macu - Nuvole - Universal</i>	6.27
05	MESTICANZA	2.14
06	GREENS <i>Paolo Fresu - Omar Sosa - Karl Walker / Tük Music - Sosafunke Music Publishing - Pro<sup>13</sup> Myuzic, Sesac</i>	4.43
07	ESTANCIA	5.31
08	YUCA Y MAGNOCA	3.45
09	YANELA <i>Paolo Fresu - Omar Sosa - Nomawethu Dineo Pule / Tük Music - Sosafunke Music Publishing - Blue Crane Records - Sheer Publishing Africa</i>	4.45
10	VOL-AU-VENT	2.05
11	CHA CHA CHAI	4.08
12	DIDJO <i>Paolo Fresu - Omar Sosa - Nomawethu Dineo Pule / Tük Music - Sosafunke Music Publishing - Blue Crane Records - Sheer Publishing Africa</i>	7.53

(\*) To Juliette

*All songs written and composed by Omar Sosa and Paolo Fresu;  
published by Tük Music / Sosafunke Music Publishing except where indicated.*

**PAOLO FRESU** trumpet, flugelhorn, multi-effects, percussions

**OMAR SOSA** acoustic piano, Fender Rhodes, MicroKORG, Wurlitzer, Yamaha Montage 8, samplers, multi-effects, percussions, vocals and programming

feat.

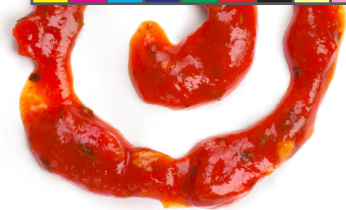
**INDWE** voice on tracks #1, #9 and #12

**ANDY NARELL** steel pan on track #3

**CRISTIANO DE ANDRÉ** voice on track #4

**JAQUES MORELENBAUM** cello on tracks #4, #7 and #9

**KOKAYI** voice on track #6





## -'A çimma

Ti t'adesciâe 'nsce l'éndegu du matin  
 Ch'á luxe a l'à 'n pé 'n tèra e l'àtrù i mà  
 Ti t'ammiâe a ou spégü de 'n tianin  
 Ou çé ou s'amniâ a ou spegu dâ ruzâ  
 Ti mettiâe ou brüggu réddenu'nte 'n cantùn  
 Che se d'â cappa a sgûggia 'n cuxin-a â stria  
 A xeûa de cuntà 'e págge che ghe sun  
 'A çimma a l'è za pinn-a a l'è za cûxia  
 Çé serén tèra scûa  
 Carne ténia nu fâte néigra  
 Nu turnâ dûa  
 Bell'oueggé strapunta de tûttu bun  
 Prima de battezálu 'ntou prebuggiun  
 Cun dui aguggiün dritu 'n púnta de pé  
 Da súrvia 'n zû fitu ti 'a punziggè  
 Àia de lûn-a végia de ciaêu de négia  
 Ch'ou cégu ou pèrde 'a testa l'âse ou senté  
 Oudú de mà miscióu de pèrsa légia  
 Cos'âtru fâ cos'âtru dàghe a ou çé  
 Çé serén tèra scûa  
 Carne ténia nu fâte néigra  
 Nu turnâ dûa  
 E 'nt'ou núme de Maria  
 Tûtti diai de sta pûgnatta  
 Anène via  
 Poi vegnan a pigiàtela i câmé  
 Te lascian tûttu ou fûmmu dou toêu mesté  
 Tucca a ou fantin à prima coutelâ

Mangè mangè nu séi chi ve mangià  
 Çé serén tèra scûa  
 Carne ténia nu fâte néigra  
 Nu turnâ dûa  
 E 'nt'ou núme de Maria  
 Tûtti diai de sta pûgnatta  
 Anène via.



*'A ÇIMMA is a typical second course of Ligurian cuisine. Born as a dish for the poor, useful for recovering the ingredients left over from the week, it has become a dish for the rich, because of the many hours that its preparation requires. The difficulty of making the recipe and the extreme attention required of the cook transform the recipe into a real ritual.*

*From this aspect De André draws inspiration for the song, rigorously in dialect, in which he tells how to avoid evil influences during the preparation of the dish. Precautions such as "put the broom straight in a corner" or "let a bachelor cut the first piece" can protect against witches and bad luck.*



## - Greens

These  
last suppers  
one more copper  
feasting in tongues in the upper room  
some live where the hopes shattered  
it's grains and beans

foul to soothe  
to hold the bones steady to toil the land  
ready  
the earth births the nourishment first  
we scorched the planet and murder the dirt  
yank out the trees spoil the well to have more  
fossil fuels and jewels and bells and things the  
trees are griots holding the past in its rings  
dropping the fruit sharing the flowers bearing  
the root  
some odd offering ing up the truth to you

how you living in a city  
in the land of the plenty  
where perceptions seem pretty  
but the block stay dry

no amber waves of grain  
no fruited plains  
but shelves of hydrogented genetically  
manipulated supply  
red number 5  
and that's square miles  
it's gmo's ain't no eco for the people  
just over fished farmed soil  
toil hands are machines and lean strands  
inhale the methane gas  
exhale that ozone past  
we are what we consume  
mm food all caps DOOM  
ph is imbalanced as we sip from a cloned  
chalice micro plastics salad we all hungry  
that's the challenge free radicals careen these  
deep valleys while people stay in need of an  
engineered free harvest  
but here come the green lobby  
stuffing green in their long pockets  
mri's and more doctors  
no healing that's a long process  
grow you own that's a non starter  
buy organic  
have plenty the have not's  
have the knockoffs less nutrition  
more explicit more toxins to your the profits  
an ill business  
for real business  
you ill bidness surreal innit  
they remain ingant  
eat up  
why don't you just  
eat up.





### - Yanela

Zichuma, zibune

*They flourish; they wither*

Zivela zibhunghe bo

*They consult one another in secret council*

Indalo yinimba yoMdali uNina

*Creation has a protective Maternal instinct*

Imbewu ilinywa

*As a seed is planted*

Imvula isina

*As the rain falls*

Hlaziy'umhlaba

*Rejuvenating earth*

Fik'untlakohlaza

*Springtime will arrive*

Linda uzovuna

*Have patience, you will harvest.*

Yanela

*Have gratitude*

Mphefumlo wam, Moya wam

*My soul, my spirit*

Kholiseka

*Have much as to feel satisfied*

Ndolulele ngqiqo yam

*Wisdom, make me discerning*

Ungomiwa, Ngcathu

*Take your time to chew, Gracefully*

Mohlulele ongenanto, nawe uyinikiwe

*Share, it was given to you also*

Lomhlaba uyaphenduka uchume

*Earth turns and flourishes in abundance*

Iyawa imana ibuya imvula

*The rain falls and returns*

Isiphiwo sembewu sona sintshula kusasa

*The gift of a seed shoots in the morning*

Iinkomo zindumza

*The sound of cattle humming*

Emadlelwen'.

*On green pastures.*



## - Didjo (U-ku-tya)

Bantwana balilela ukutya ukutya ukutya

*The children are crying for food*

Nabantu bephangelel'ukutya ukutya ukutya

*And the people go to work for food*

Bona berhuq'inqwelo ezino kokutya ukutya

*See them dragging their wagons with food*

Izizwe ziyalwana ngenxa yokutya ukutya

*Nations fight because of food*

Abantwa balilela ukutya

*The children are crying for food*

Didjo Didjo Ukutya

Bon'izizwe zisilwa nje, zilwel'ukutya

*Watch why the nations fight, they're fighting for food*

**Didjo, Didjo jo**

*Food, Food*

Bon'izizwe ziyalima , zilim'ukutya

*Watch the nations cultivate, cultivating for food*

**Didjo, Didjo jo.**

*Food, Food.*









"La storia, la cultura e l'essenza stessa della musica  
è contaminazione, meticciano e condivisione.  
Lo stesso vale per il cibo.  
Una volta apprese capacità e la giusta sapienzialità,  
cuochi e musicisti operano nella composizione  
dei più variegati e colorati mosaici.  
Più autentiche e preziose saranno le tessere  
e più si arriva a toccare le corde dell'amore e dell'anima."

*"The story and culture of music, as well as its own essence,  
is contamination, miscegenation and sharing.*

*Same is for food.*

*After they have learnt skills and enough knowledge,  
cooks and musicians create the most diverse and colourful mosaics.*

*The most real and the most precious pieces are,  
the closest you get to touch the chords of love and soul."*

**(Carlo Petrini)**





Giovanni, Marco Bergamaschi and Ambra Padovan (Ristorante ArteGusto); Cristina, Sandra Zamarian and Ida Del Forno (Trattoria Alla Vedova); Famiglia Vistarini and Eugenio Barbieri (Cantina Mezzacane); Jean, Paul, Simon and Regine Flouret (Le Pescet); Cristiano De André, Fondazione De André and Dori Ghezzi; Robert P. Madison and Juliette; Antonio Achenza and Comitato Chiesa di Santa Caterina of Berchidda;

### THANKS TO

Michele Pinna and everyone at Time in Jazz; Pregoneros de Centro Havana and Elizabeth Griñan Medina; Vic Albani and Stefania Conte (Pannonica Music); Scott Price (Otá Records); Luca and Marta Devito; Marco Melchior; Marco De Piccoli; Matteo and Francesco Aloe, Samantha Cavicchi (Berberè); Carlo Petrini (Slow Food); Eugenio Caria and Suvitas Studio; Tore Manca and Mater-ia; Laurent and Suzanne Bowen Pasquon (Eymet Festival).



[www.tukmusic.com](http://www.tukmusic.com)  
[www.omarsosa.com](http://www.omarsosa.com)  
[www.paolofresu.it](http://www.paolofresu.it)

[www.pannonica.it](http://www.pannonica.it)  
[www.melodia.com](http://www.melodia.com)



## **Recording**

Paolo Fresu and Omar Sosa

ArteSuono Studio - Cavalicco (UD) - ITALY  
by Stefano Amerio, 10-12 Mai 2022

Indwe

Blue Crane Studios - East London (Eastern Cape)  
SOUTH AFRICA by Thapelo Karl Madikila  
K Kool Studios - Johannesburg (Gauten) - SOUTH  
AFRICA by Adekunle Odtayo, September 2022

Andy Narell

Kitchen Crew, Les Lilas - FRANCE  
by Andy Narell, July 2022

Cristiano De André

Suvitas Studio - Castelsardo (SS) - Sardinia - ITALY  
by Eugenio Caria, June 2022

Jaques Morelenbaum

Estúdio Mola - Rio de Janeiro - BRASIL  
by Alexandre Moreira, September-October 2022

Kokayi

Mon Maison Studios, Washington D.C. - USA  
by Kokayi, June 2022

## **Sampled voices**

by Robert P. Madison and Giovanni Bergamaschi  
(track #1), Pregoneros de Centro Havana (track #3)  
and Antonio Achenza (track #7)

## **Samples from kitchens and wine cellars recorded at**

Trattoria Alla Vedova / Udine (UD),  
ArteGusto - Viacava/ Gazuolo (MN),  
Cantina Mezzacane / Rivanazzano (PV) Italy  
and Le Pescet / Dordogne, France by Marco Melchior  
[www.allavedova.it](http://www.allavedova.it)  
[www.artegustosanpietro.it](http://www.artegustosanpietro.it)  
[www.cantinamezzacane.it](http://www.cantinamezzacane.it)

## **Editing, programming, overdubbing and mixing**

Plushspace - Paris - FRANCE  
by Steve Argüelles, July-October 2022

## **Mastering**

Studio 4ohm - Berlin - GERMANY  
by Klaus Scheuermann, November 2022  
[www.4ohm.de](http://www.4ohm.de)

## **Cover image**

"Italia" by Diego Cusano, 2019  
Ink, pen and pencil on paper with spaghetti  
45 cm x 45 cm  
[www.diegocusano.com](http://www.diegocusano.com)

## **Photo**

Roberto Cifarelli  
[www.robertocifarelli.com](http://www.robertocifarelli.com)

## **Artistic Production**

Omar Sosa and Paolo Fresu

## **Executive Production**

Paolo Fresu, Omar Sosa and Tük Music

## **Production Coordinator**

Luca Devito

## **Graphic Design**

Oscar Diodoro  
[www.odd-house.com](http://www.odd-house.com)

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