

Torttuja Sörkasta

Vankilassa ruoka on ainainen valituksen ja haaveiden kohde. Nyt vangit kertovat, mitä ruokia siviilistä on ikävä ja mitä herkkuja he leipovat jouluksi.

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Kysymys on kieltämättä vaikea: ”Mitä ruoka sinulle merkitsee?”

Pave mietti. Hän hie-roo käsiään hermostuneesti. Sitten hän katsoo silmiin: ”Joskus tuntuu, että ruoka on muistutus siitä mitä olet tehnyt. Ei siis sillä, että ruoka olisi rangaistus, mutta kun sulta viedään vapaus valita mitä söisit, niin siihen tulee negatiivinen lataus.”

Pave on vanki ja tämä on Helsingin vankila. Punatillinen sokkeloinen rakennuksen yhdistelmä. On piikkilankaa, turvakameroita ja muuri. Metallinpaljastimia. Paljon lukkoja ja raskaita ovia, joissa on silmien korkeudella kurkistusaukko.

Vankila sijaitsee Hermannissa, mutta Sörkan kundeista täällä puhutaan, Sörnäisten vieressä kun ollaan. Kundeja eli vankeja on noin 250.

Täällä on aikaa ajatuksille. On yksi asia, joka pyörii vankien mielessä jopa enemmän kuin seksi.

Ruoka rytmittää päivän. Ravinto on perustarve, johon vangit eivät voi juuri vaikuttaa. Se on ainainen valituksen, toiveiden ja unelmoinnan kohde.

Kysyimme vangeilta heidän mietteitään vankilaruoasta. Kyselylomakkeen palautti 30 vankia. Esimerkiksi näin he vastasivat:

”Arvostan kunnan ravinteita vielä enemmän nyt kuin ennen koska täällä ei ole mahdollista saada sitä mitä haluaisi.”

”Kyllä se (suhde ruokaan) on aika paljon muuttunut, ei täällä pysty syömään kaikkia ruokia kun jotkut ruuat näyttää oksennukselta. Ajattelen päivisin kunnan ruokaa.”

”Todella iso merkitys, kun käyn punttisalilla.”

”Ruoka ei ole minulle pelkkä ravinnon lähde, siihen liittyy tunne sitä syödessä / valmistessa!”

”Ajattelen ruokaa todella paljon enemmän kuin ulkomaailmassa.”

”Ruokaa joutuu miettimään enemmän, koska täällä ei ole aina syötäväksi kelpaavia ruokia eikä kunnan iltapalaa.”

”Pystyn syömään mitä vain.”

Laki määrää, että vankien on saatava riittävästi terveellistä ja monipuolista ravintoa. Vielä vuoteen 1975 asti ravintoa voitiin käyttää vallankäytön välineenä. Huonosti käyttäytyvää vankia saatettiin rangaista nälällä.

Kaikki vangit eivät myöskään saaneet saman verran ruokaa. Vangit oli jaettu viiteen luokkaan, ja parhaiten käyttäytyvät ja raskasta työtä tekevät vangit saivat enemmän ruokaa ja herkkuja, kuten voinappeja.

Aiemmin vanki saattoi jopa selvitä lyhyemmällä vankeusajalla, jos suostui elämään pelkällä vedellä ja leivällä. Nykyään jokainen seisoo ruokapyramidin juurella samanarvoisena.

Henkilökunnan taukokuoneessa kerrotaan kasku: Euroopan neuvoston kidutuksen vastaisen komitea oli Sörkassa tarkastuskäynnillä, kaikki vaikutti olevan hyvin. Kunnes mentiin lounaalle: tarjolla oli silakkalaatikkoa.

Seuraa naurunyrskähdytys. Henkilökunta syö samaa ruokaa kuin vangit. Siksi sitä voi laskea leikkiä.

Kaikkien Suomen vankiloiden ruokalistat suunnittelee Rikosseuraamuslaitoksen tarkastuspäällikkö Riitta-Leena Salovaara yhteistyössä vankiloiden keittiömestareista koostuvan ruokalistaryhmän kanssa.

Ruokalistasuunnittelu on tarkkaa puuhaa. Pitää huomioida monta asiaa, kuten ravintotarpeet, hygienia, laiteturvallisuus ja määrärahat. Ja tietysti maku.

Vankiloiden ruokalistat noudattelevat valtion ravitsemusneuvottelukunnan suosituksia – siis lautasmallia. Päivittäinen kalorimäärä on 2 800–2 900.

Viiden viikon kiertävä ruokalista vaihtuu kahdesti vuodessa. Se sisältää lihan, kalan, sisäelinten ja makkaran kaltaisia pääraaka-aineita. Energialisäkkeinä on perunaa, perunasosetta, riisiä tai makaronia. Tarjolla on usein myös jonkinlainen raaste ja joskus jälkiruoka.

Kahdesti viikossa vangeille tulee tarjota kasvis-, luomu- tai kausiruokaa. Tosin Helsingin vankilassa luomua ovat lähinnä puurohiutaleet.

Millaista ruokaa vankilassa pitäisi mielestäsi tarjota?

”Vähemmän Maizena -suurustetta. Enemmän / ylipäättänsä proteiinia: lihaa, kalaa, kanaa.”

”Oikeata kalaa oikein tehtynä eikä aina pakasteseitä vesihöyrytettyinä.”

”Parempaa. Ei jauhosta tehtyä ”riisipuroa” eikä sitä tärkkelyssontaa. Myös salaatti on kuin Rautatien torin roskiksesta pöllittyä skeidaa.”

”Vähemmän hiillareita.”

”Ravintorikkaita ruokia. Pitäisi olla mahdollisuus saada kanttiinista hedelmiä ja vihanneksia.”

”Enempi proteiinia.”

”Enemmän lihaa!”



Helsingin vankilassa rangaistustaan kärsivä Pave pitää ruoanlaitosta. Vuoden tärkeimpään

juhlaan hän leipoo joulutorttuja ja muna-riisipasteijoita. Vangit voivat ostaa voitaikinaa kanttiinista vain joulun alla.

”Monipuolista, värikästä, vaihtelevaa. Hedelmiä, jotka kuuluvat päivittäin ruusaina määrinä hyvään ruokavalioon. Ne antaisivat sitä väriä, makua, pehmeiden rasvojen kera.”

”Kaikki maistuu samalle! Proteiinipitoisempia eväitä! Nyt kaikki perustuu hulluuteen asti viedyllä hiilihydraattipitoisuudella ja keinotekoisilla kastikkeilla (esanssit/liivateet). Järjetöntä!”

”Mulle piisaa tää.”

Helsingin vankilassa lähes kaikki ruoka tehdään itse. Rantalan ja keittäjien apuna työskentelee myös muutama vanki. He lähinnä siivoavat ja tiskaavat. Joskus vangit saavat esikäsitellä vihanneksia.

Aiemmin vangit autoivat enemmän ruoanvalmistuksessa, mutta se kiellettiin. Turvallisuusuhka, perustelu kuului. No, ainakin pientä jäynää. Vanginvartijan anokseen saattoi vahingossa kaatua suola-purkki.

Vangit ruokailevat neljästi päivässä. Ensimmäinen lounasvuoro alkaa kello 10.45, päivällinen jo puoli neljältä. Päivällisen yhteydessä jaetaan myös iltapala, jonka saa mukaan selliinsä.

Iltapala lisättiin ruokalistalle vasta vuonna 2011, kun Euroopan neuvoston kidutuksen vastainen komitea katsoi, että

päivällisen ja aamupalan välinen aika oli liian pitkä.

Viikonloppuisin ja pyhäpäivisin on vain yksi lämmin ateria. Joulun ja muiden juhlapäivien ateriat suunnitellaan erikseen, silloin voidaan tarjota myös ylimääräinen iltapäiväkahvi ja kahvileipä. Yleensä kahvit pitää keittää omalla rahalla sellissä.

Ruokalan pitkät puiset pöydät ja penkit ovat siisteissä riveissä. Yhdellä seinustalla on noutopöytä-linjasto. Täällä ruokailevat avointen osastojen vangit, suljetuilla osastoilla ruoka jaetaan selliisiin.

Lounas on juuri päättynyt, ja vangit ovat lähteneet töihin. Keittiön puolella betonimyllyltä näyttävässä padassa pyörii jo päivällinen, janssoninkiusaus. Keittäjä ar-

velee, ettei se kelpaa. Maksaruuat kiinnostavat vielä vähemmän. Makaronilaatikko-päivänä kaikki ovat paikalla.

Keittiömestari Rantala ei voi paljoakaan vaikuttaa ruoan makuun, sillä reseptitkin tulevat Rikosseuraamuslaitoksesta ja niitä pitää noudattaa tarkasti.

Kerran viikossa listalla on kuitenkin ”ruokaa talon tapaan”. Jossain vankilassa siitä on leikkisästi käytetty myös nimitystä ”ruokaa talon takaa”. Tällöin keittiömestari saa suunnitella ruoan itse. Rantala tekee yleensä Sörkan suosikkeja; broileriruokia, lihakastiketta tai jotain makkarasta.

Helsingin Sanomien kyselyssä moni vanki kaipasi ruokaan enemmän makuja, mutta Rantala puolustaa tiimimään topakasti. ”Täällä on hyvät keittäjät, ne osaa kyllä maustaa.”

Noin joka viidennellä vangilla on erityisruokavalio. Perusruokavaliosta poiketaan, mikäli se on perusteltua vangin terveyden tai vakaumuksen vuoksi. Halal-liaa tai kosher-ruokaa ei ole kuitenkaan tarjolla: muslimit ja juutalaiset saavat sianlihattoman vaihtoehdon.

Myös vankilassa voi olla vegetaristi tai veegaani. Tosin silloin ei välttämättä saa ravintoympyrän oppien mukaisesti proteiineja. Sörkassa on kolme vegaania.

Erityisruokavaliota pitää anoa vankilan apulaisjohtaja Jyrki Heinosenelta.

Luolamiesdieetin voi unohtaa. Mielymykset eivät ole peruste erityisruokavaliolle. Vankilaruoka on oikeastaan ihmis-oikeuskysymys.

Millaiseen ruokaan Heinosen mielestä vangilla on oikeus?

Ravinto-opillisesti oikein koottuun, maukkaaseen perusruokaan, Heinonen vastaa. Joskus saa herkutella.

”Tie miehen sydämeen käy vatsan kautta, myös vankilassa”, hän huomauttaa lempeästi.

Heinonen muistuttaa, että huono ruoka voi myös aiheuttaa järjestysthäiriöitä ja olla siten turvallisuusriski.

1960-luvun alussa Konnunsuon vankilassa vangit ryhtyivät ”makaronikapinaan” protestiksi liian yksipuoliselle ruoalle. Nimi tuli siitä, että perunaa oli muutaman kerran korvattu makaronilla.

Viikon ajan vangit söivät pelkkää näkkelileipää, sitten kapina hiipui ja lämmin ruo-

oikeuskysymys.

Millaiseen ruokaan Heinosen mielestä vangilla on oikeus?

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Pastries from Sörkka

In prison, food is an eternal source of complaints and dreams. Now the prisoners tell which foods they miss and what treats they will bake for Christmas.

It's a hard question: "What does food mean to you?"

Pave thinks. He rubs his hands a bit nervously. Then he looks me into my eyes: "Sometimes it feels that food is a reminder of what you have done. I don't mean that it's a punishment, but when the freedom of choosing what to eat is taken from you, food starts to feel negative."

Pave is a prisoner and this is the Helsinki prison. A big, labyrinthine combination of red brick buildings. Barb-wire, surveillance cameras and the wall. Metal detectors. Plenty of locks and heavy doors with small holes at eye level, peepholes.

The prison is located in Hermanni but here we talk about the guys of Sörkka, as we are located close to the Sörnäinen district. There are 250 of the guys.

Here you have time to think. And there's one thing that the guys think about even more than sex.

Food sets the rhythm of the day. Nutrition is a basic need to which the prisoners cannot do much about. It's an endless source of complaints, hopes and dreams. We asked the prisoners how they feel about jail food. Here's a few thoughts:

- *I value proper nutrients even more now than before, because here it is not possible to get what you want.*
- *Food means a lot to me because I do body building.*
- *Food is not just a source of nutrition to me, it involves a lot feelings, both cooking and eating it.*
- *I think about food here way more than I did outside.*
- *You have to think about food much more here, because here you don't get food that you could eat and no proper supper.*
- *I can eat anything.*

The law says that the prisoners must get enough healthy and versatile nutrition. Until year 1975 it was allowed to use food as a tool of power, as a punishment. All the prisoners didn't get the same amount of food. They were categorized in five different classes. The ones who behaved best and worked hardest, got

more food and treats like butter buttons. Earlier a prisoner could also shorten his sentence if he agreed to live on just bread and water. Nowadays all the prisoners stand equally before the nutrition pyramid.

The staff break room. A story: the Anti-Torture Committee of Europe was on an inspection visit in Sörkka. Everything seemed to be in order, until they had lunch: it was herring casserole.

An outburst of laughter. The staff eats the same food as the prisoners so they can joke about it.

All the menus for the prisons in Finland are made by a supervisor inspector of the Department of Criminal Sanctions, Riitta-Leena Salovaara, with the help of a few prison kitchen supervisors. The menu planning is a careful task, many things need to be considered: nutrition, hygiene, security and a limited budget. And yes, you need to think about the taste also.

The prison menus are based on the National Nutrition Council's Recommendations – the plate model. Daily calorie amount is 2800-2900.

The menu rotation is five weeks and the menu changes twice a year. The main ingredients are meat, fish, viscous or sausage. There's also an energy appendage, potatoes, mashed potato, rice or macaroni. Usually there's also grated vegetables, sometimes a dessert. Twice a week prisoners have vegetarian, organic or seasonal food. Only organic thing served currently in Helsinki prison are porridge flakes.

What kind of food do you think the prisoners should have?

- *Less Maizena-thickener. More / in general protein: meat, fish, chicken.*
- *Real fish and not the steamed coalfish from the freezer.*
- *Better. Not porridge made from flours and that starch shit. Also the salads are like crap taken from a garbage can at the railway station.*
- *Less carbs.*
- *Nutritionally richer foods. We should have a chance to buy fresh vegetables and fruits from the canteen.*
- *More protein.*
- *More meat!*
- *Everything tastes the same! More protein in our food! Now everything contains so much carbs that it is madness. Also the false sauces made from powders and gelatin are nonsense!*
- *This is enough for me.*

The kitchen supervisor, chef Jaana Rantala, starts her day at half six. The breakfast starts at seven. It contains porridge or gruel, a slice of bread, one appendage (cheese, ham or vegetable) and a glass of milk. No coffee is served.

In Helsinki prison, almost all the food is self-made. With Rantala, there are four cooks and a few prisoners working in the kitchen. The prisoners mainly clean and do the dishes, sometimes they help with preparing the vegetables. Earlier, the prisoners were allowed to help with cooking but now it is forbidden. For security reasons, they say. Yeah, some pranks were made. A salt jar might have accidentally fallen on the guards' plate.

The prisoners eat four times a day. First lunch shift starts at 10.45, dinner is served already at half past three. With dinner, the prisoners get a small supper snack to take with them to their cells. The supper snack was added to the menu not until year 2011, when the Anti-Torture Committee of Europe stated that the

time between dinner and breakfast was too long. On the weekends and holidays only one warm meal is served. Christmas and other holiday meals are planned separately, and on those occasions prisons are allowed to serve afternoon coffee and some pastries. Usually the prisoners make coffee in their own cells, with their own money.

Long wooden tables and benches are on a straight line in the eatery. On one wall, there is a long, steely buffet line, where the prisoners get their food. The lunch break has just ended and the prisoners are sent to work.

In the kitchen, there's a fish casserole rolling in a huge boiler that looks like a concrete mixer. The cook doubts that no-one will eat it. It's not a favorite. The least favorites are liver dishes. On a macaroni and cheese day, everyone is present.

Chef Rantala can't do much about the food, because the recipes come from the Department of Criminal Sanctions and you need to follow them strictly. Once a week you are allowed to make "*food à la maison*", which is called in some prisons "*food behind the maison*". Those days the chefs can plan the food themselves. Rantala makes usually the favourites of Sörkkä: chicken, meat sauce or something with sausages.

In their answers, many of the prisoners told they wanted more flavors in their food, but Rantala defends her cooks gutsy: "I have good cooks, they now how to season dishes."

Every fifth prisoner has a special diet. You are allowed to have it, if it's well-founded based on the prisoner's medical condition or a religious belief. Halal meat or kosher food the prisoners don't get: Jews and Muslims eat food that doesn't contain pork.

In prison you can be a vegetarian or a vegan, but then there's a chance you will not get enough proteins. There are three vegans in Sörkkä.

The special diets are plead from the deputy director of the prison, Jyrki Heinonen. You can forget about the Paleo diet. Mere preference doesn't qualify as a legitimate reason for a special diet.

Prison food is a human rights issue. So what does Heinonen think, what kind of food should the prisoners be entitled to? To nutritious, tasty, basic food, he says. And sometimes you are allowed to have treats. "The way to a man's heart leads through his stomach, also in prison", he says gently. He also reminds that bad food can cause disturbance and security risks.

In the early 1960's in a prison in Konnunsuo, the prisoners started a "macaron rebellion" to protest against the poor food. The name stem from a period where potato was replaced with macaron a few times. For a week the prisoners ate just crisp bread. Then the rebellion weakened and they went back to the warm food again. From those days the food has improved, though. But it cannot be too good, if you ask from "the people".

Earlier this year *Ilta-Sanomat* published pictures of lunch served in the prisons. Many people got upset, as they felt that the prisoners ate too well – for free. And better than seniors in institutional care.

It probably depends on an institution, but one thing is for sure: no money is being wasted. For the daily meals of one prisoner (no labor costs included), the price tag is 3,10 euros. For all the four meals. And many of the prisoners are big men who love iron.

In the middle of the yard, there's a small exercise area. A lot of iron. The weightlifting area is surrounded by barb-wire and surveillance cameras. Two men are jogging around the tiny field.

On the other side of the field there's a small building in which it smells like bananas. The canteen is an important place for the prisoners. Here they can get a little change to their daily diet, some options. But of course, from a very limited selection.

The canteen is no cafeteria, no lattes here. It looks like a warehouse. In the middle of the shelves three prisoners are lifting boxes. They have clearly spent some time in the weightlifting area and eaten quark, the most popular product in the canteen. They work here and are packing the products for others.

The prisoners are allowed to visit the canteen once a week. You choose the products from a shopping list at least a day before and take the list to the canteen. On the shopping day you go and sit in a waiting room. Then you are called by your last name to enter the canteen. You are given the products in a box. You check out and leave immediately. No time for dreaming in front of the candy shelf.

A prisoner who has a job gets approximately 135 euros per month. A prisoner who doesn't have job, gets 45 euros. Besides this, you are allowed to use money received from outside the prison, but no more than 140 euros a month. Except in December they double the amount. Because of Christmas.

Elina Timlin is the head of the canteen. She has been working for the Helsinki prison for 20 years. She knows that the selection of canteen is a constant cause of complaints. "But I just have to deal with it. And remember that it's not personal. I can't do anything about it", she says.

The Department of Criminal Sanctions is in charge of the selection. And it indeed is not wide: there is edam-cheese, two kinds of ham. Sour cream chips, banana and berry flavored yoghurt, low-fat mayonnaise, cooked kebab meat, canned food and flours. Chicken and beef flavored noodles, pre-baked baguettes, coffee, a few kinds of chocolate, three kinds of licorice and one kind of a fruit candy. Some spices and milk, but not much more.

The protein hype is here as well. Besides quark, tuna fish and energy bars are popular.

Some products are limited; for example you can't buy eggs more than five cartons, sausage is limited to two packages and quark you can buy 14 containers at time. Limitations are needed because of the limited number of refrigerators.

What do you cook yourself in jail?

- *Tunanoodle*
- *Tuna + rice / chili, salt, garlic.*
- *Noodle and baguette. It's not much but the best thing you can make out of the canteen selection is maybe kebab baguette.*
- *Maybe risotto or sauce with kebab meat. You can even put it inside of a baguette.*
- *Dishes with plenty of protein, just right amount of carbs and unsaturated fat. My favorite is scrambled eggs and quark.*
- *Spaghetti + tuna + garlic + jalapeno + olives*
- *Delicious omelet.*
- *Kebab meat with bread.*

Many of the prisoners miss fresh vegetables and fruits. Only fresh things in the canteen are apples and bananas. In the freezer you can find a pea-maize-pepper-mix. The canteen used to have tomatoes and cucumber but they were left in the shelves.

“For 16 years the prisoners have asked for minced meat. But that is a big health risk, if they can’t store it right. All the prisoners don’t have access to fridge. And to me all the prisoners are equal, so everybody must have the same possibilities to use the products from the canteen. The selection has to serve those who don’t have much money and those who don’t have a fridge”, Timlin says.

Prisoners with low income are important to her. That's why during Christmas there will also be cheap Christmas candies on sale. There will also be ham, gingerbread, pickled herring, puff pastry and plum jam – for traditional Finnish Christmas plum puffs.

“So they can bake and create a bit of Christmas feeling in their sections”, knows Timlin.

Next to the household classroom, there is a room where usually an AA-group, a bible club or a father-son-group meets. But now there are buns on the table; chocolate buns, a braised long bun and rolled buns.

“Those are actually a bit cheating”, says Pave.

He means that normally the prisoners are not allowed to use yeast when they bake. Now he had a special permit.

Yeast is forbidden because you could make alcohol with it. For the same reason oranges are not sold in the canteen, explains Pave, rolling his eyes. The prisoners can't even buy baking powder. They need to ask it separately from a guard and the guard has to see that the powder goes into a dough.

Pave has been here for seven years. He likes cooking.

In his section, there is a small kitchenette. The equipment are very limited: an oven, a whisk, a rolling pin and some bowls. There's one knife, attached to the kitchen desk with a chain. Also baking paper needs to be bought from the canteen.

The prisoners form little food groups, where everybody pays for the ingredients and the ones with best culinary skills do the cooking. This a way to get a bit zest to their ordinary prison life. Especially baking is very popular.

“Hey take one, taste, take that, it’s prettier!” says Pave and gestures enthusiastically for the buns. The chocolate buns are a bit burned but the long bun is beautiful and carefully braised.

It's time to celebrate a bit, with these special permission buns.

Cell Food & Pastries from Sörkka – timeless recipes from the inside –recipe booklet has been published yesterday. By the prison's own book press. Pave shows the booklet modestly, even he could be proud. He's mainly in charge of the recipes, other prisoner helped with the baking recipes. The only things that limit the cooking and baking in prisons are the canteen's selection and your own imagination.

In prison the recipes go from mouth to mouth. This booklet presents 18 of them. For example, the minced meat is replaced with chopped canned meat. From tuna you can make patties and pasta. Mashed potato mixture can be used for making bread and quark is good for a donut dough as well.

In the prologue the guys tell about the challenges of living on prison food. Even good institution food will – after a few years – become boring.

“Most of us don’t have culinary skills, and many of us, who have done cooking as a child or even baked ourselves, have forgotten the skills and at least the recipes. This is why we want to help our prison brothers to create as tasteful meals and pastries from the selection of canteen as possible.

We wish for the guys a quick release – and while waiting – tasteful moments!”

Many of the guys learn to cook in prison. There are workshops to help the prisoners to take care of themselves, when the day comes. Not so many grown-up men can bake a layer cake or a Swiss roll, but those are not a problem for many of the guys in Sörkka.

Pave knew how to cook before he was sent in. He is a child of the generation the members of which usually do. He used to cook for his own family as well.

“For me, especially Indian food was a big thing. So it was a full shock when I got here and all the flavors were taken away. Food became stuff. It was a big hit, the pleasure of food was taken.”

Recently Pave got to visit outside for the first time and he went to eat in a Thai restaurant:

“Goddamn, it nearly knocked me out! Don’t get me wrong, it was good, but as I hadn’t tasted such strong flavors in years, I was sweating my shirt off”, memorizes Pave.

Do you miss some dishes from outside, civilian life?

- *Well fuck yes!*
- *From Dudii (located in Kallio district) I miss chicken with peanut sauce and rice, from Foda dei Sol (located in Itäkeskus) I miss medium plus steak + rice and garlic butter, and I miss all the Polish dishes that my mother-in-law makes.*
- *Yeah, I really do. Salads, chicken dishes and of course tenderloin steaks.*
- *Meat and salads.*
- *Everything, all nutritionally rich foods.*
- *Cutlets, nuggets, French fries, wieners, meatballs, hash-browns.*
- *Vegetables, berries, chicken and fish.*
- *Meat, fruits, vegetables.*
- *Sure! Variety, different flavors, real salads, enough with the poor grated veggies! Diversity and imagination in cooking, everything tastes the same!*
- *I miss the freedom of choosing myself what to eat. That no-one decides for me.*
- *I miss many dishes from outside, but it’s not a reality, so you shouldn’t think too much about it.*

And what about Pave? What else than Indian food?

He's surprised of his cravings even himself: “I’ve been wanting avocado for years! And broccoli. Think! Even they are so mild in taste.”

He quiets for a moment and then continues:

“But maybe it’s more that you remember the moments when you used to eat them.”

Christmas, a family holiday, is tough time for many of the prisoners. Even agonizing.

Pave is not getting a Christmas leave.

But to get a bit festive feeling, he will bake. Now, as a seasonal treat, puff pastry has finally been added to the canteen's selection.

Pave is going to make some Christmas pastries; plum puffs and meat pies. He will share them with the guys.