

SHEELA-NA-GIG BISCUIT

a potent fertility symbol (ancient stone versions of this can be found in parts of Ireland, England Scotland and France).

1 lb flour

1 egg

soy milk

canola oil

sugar

Mix, knead, roll out on a blessed flagstone.

Break off some to use for detailing. Make eyes, lips, fingers, etc.

Bake in oven at 325 degrees for 20 mins.

Install result as a plaque in a nearby community wall.

Watch as the local fauna nibble the tender parts and immaculately conceive!



This is a baked biscuit modeled on pre-Christian stone carvings known as Sheela-na-Gigs. It is generally assumed the carvings functioned as fertility fetish objects. They were installed above the lintel of a house to bring life within. 'Sheela' means whore and at least one interpretation of 'Gig' is scatological. It's like the name-callers, rudely born in bright sunlight, their first word a plea for mercy and breast, perfectly forgot where they came from. This biscuit is designed to symbolically restore dignity to the figure the pleasures to both participants equally. Imagine what the biscuit tastes like (see recipe above) and consider what it must be like for the biscuit, honey brown, firm and sweet, to be nibbled on by you.

This mental exercise can be your tribute to all the brave tarts of the world, the ones who have to and the ones who want to.

Notice the invagination is a perfect receptacle for jam, or cream, or small pieces of fruit.