

**EAT  
YOUR  
HEART  
OUT**

A  
DOCUMENTARY  
COOK BOOK

RECIPES FROM  
THE STARS OF  
11 TASTY FILMS

**Burma VJ • CITIZENFOUR •  
Give Up Tomorrow • Ida's Diary •  
One Mile Away • Ping Pong •  
The Interrupters • The Possibilities Are  
Endless • The Yes Men Are Revolting  
• Virunga • We Are Together**

## MENU

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**Thanks**





The amazing people you meet in documentaries stay with you always. Life goes on, but you never forget them.

We asked the stars of 10 of the films we've been lucky to be involved in over the past 10 years to share a favourite recipe. We ended up with 11 - a happy problem!

They have come to us from all over the world; from Burma, from Scotland and Norway. We have a Jamaican recipe from Birmingham, England, a Filipino recipe from a prison in Spain, an Asian recipe from Americans in Moscow.

Remember, the family that eats together stays together.

**Eat your heart out.**

*Team BRITDOC*

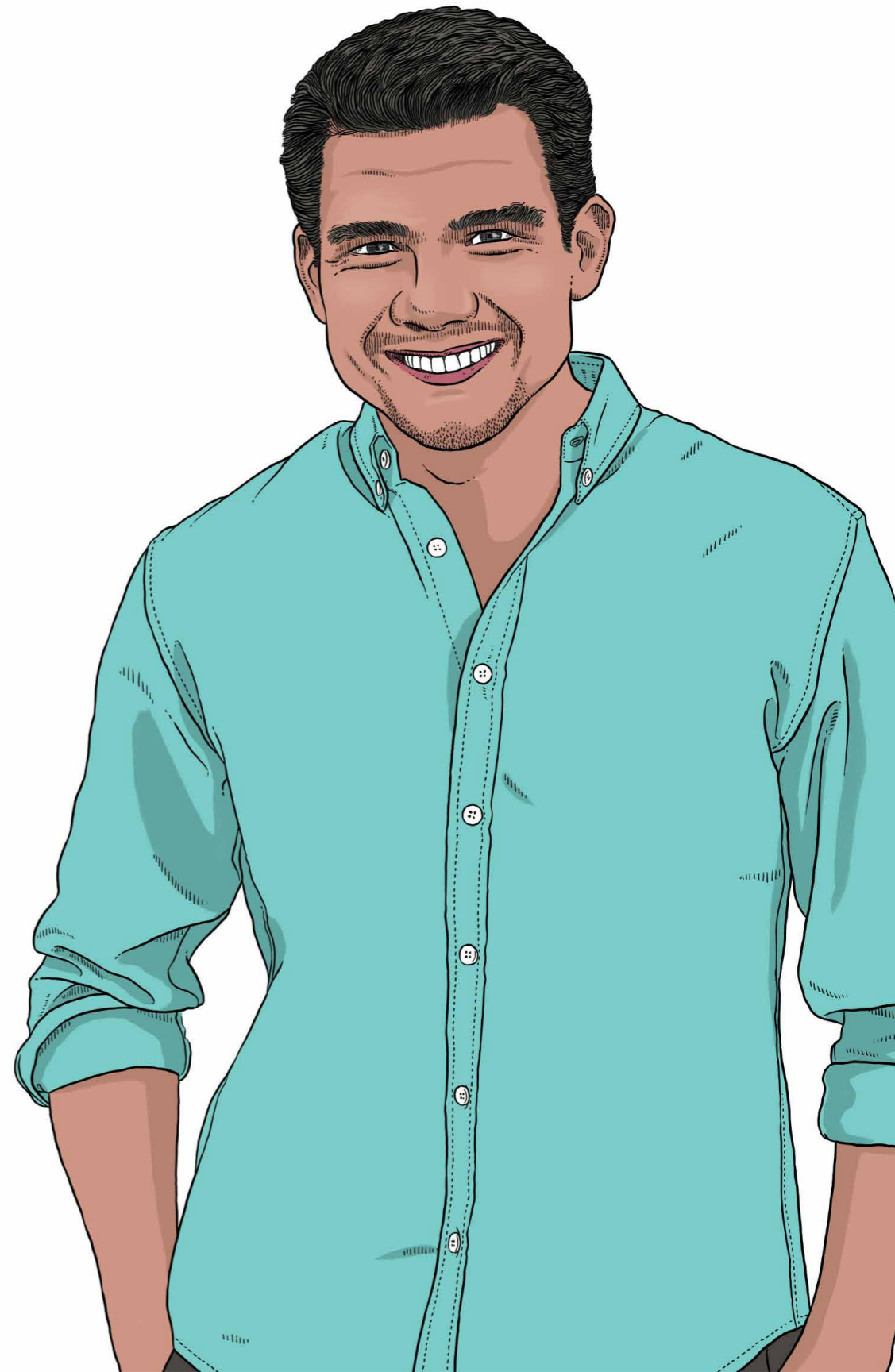


# Paco Larrañaga

## Basque Fried Fish

Cooking is about touch, smell, textures, flavors and most of all, memories. I chose a very clean and simple fish dish because I love working with seafood. I can't afford to cook with real Besugo, so I use any fatty whitefish. Preparing the fish reminds me of Cebu, where I was born and raised. It reminds me of the salty air playing in the beach with my brother and sister when I was young. When I brown garlic in olive oil, I think of my father cooking in the kitchen

on Sundays, usually singing. I picture my sister, sitting at the table, telling corny jokes. My brother Imanol and I would laugh, not because her jokes were funny but because if we didn't she'd accuse us of having no sense of humor, which in my family was as terrible as being accused of being a vegetarian. My mom's smile was always big and happy. Sometimes, my mom and my pops would dance the cha-cha-cha. When I cook this, I am home.



## Basque Fried Fish

### INGREDIENTS

Besugo or 4 pieces white fish fillets with skin  
2 cloves Garlic, sliced thinly  
1/4 cup vegetable oil  
olive oil  
salt  
1 guindilla chili or cayena  
2 tbsp. cider vinegar or lemon juice  
parsley, finely chopped

### METHOD

1. Prepare the fish: massage the fish with salt a little vegetable oil. Score the skin (2 or 3 slices) so it won't curl up when you fry it.
2. Preheat oven on 220F.
3. Heat the rest of vegetable oil in a frying pan on the stove top until really hot. Carefully put the fillet skin down on the hot oil. Do not move the fish, so as not to break the skin. Carefully check to see if skin is brown and not sticking by slowly lifting the edges. The fish is opaque and not cooked through at this point but it's important to get the skin brown and crisp.
4. Transfer fish to oven proof serving platter skin side up. Put the fish in the oven.
5. Prepare the Sofrito: Heat olive oil on your stovetop. Add chili (if you want it spicy, break the chili). Add the thinly sliced garlic.
6. When the garlic is brown, take the fish out of the oven. Pour all the hot

olive oil, garlic , chili over the fish.

7. Using the same pan you made the sofrito, pour cider vinegar or lemon juice on pan. Do this away from the fire but while pot is still hot. Make sure there's no hot oil left in pan or it will splatter. Pour this into the serving platter over the fish.

8. Making the emulsion: Away from fire. Pour out all the juices from the fish and oil from your serving platter into the sofrito pan. Shake the pan, as if you are making "pilpil". Pour the sauce back on the fish. Repeat this 3 times until the fat of the fish and olive oil thickens and emulsifies and pour on top of fish in the serving platter.

\* Do not shake the serving platter with the fish in it or it will crumble.

9. Sprinkle fish with finely chopped parsley and serve.

Enjoy!

Paco is the gentle hero of 'Give Up Tomorrow'. The film tells the story of his wrongful arrest for murder in the Philippines and the unfolding of an extraordinary miscarriage of justice. Paco has now been behind bars for 18 years, since the age of 19. Today he is still incarcerated in a Spanish prison. His case has been championed by the United Nations Human Rights Committee, Amnesty International, Fair Trials International, Reprieve, and bar associations throughout Spain. His strength of spirit and compassion for others leave us humbled.



**SPEND TIME WITH PACO**

Watch 'Give Up Tomorrow' on Vimeo.

Join the FREE PACO NOW campaign:

[freepaconow.com](http://freepaconow.com)

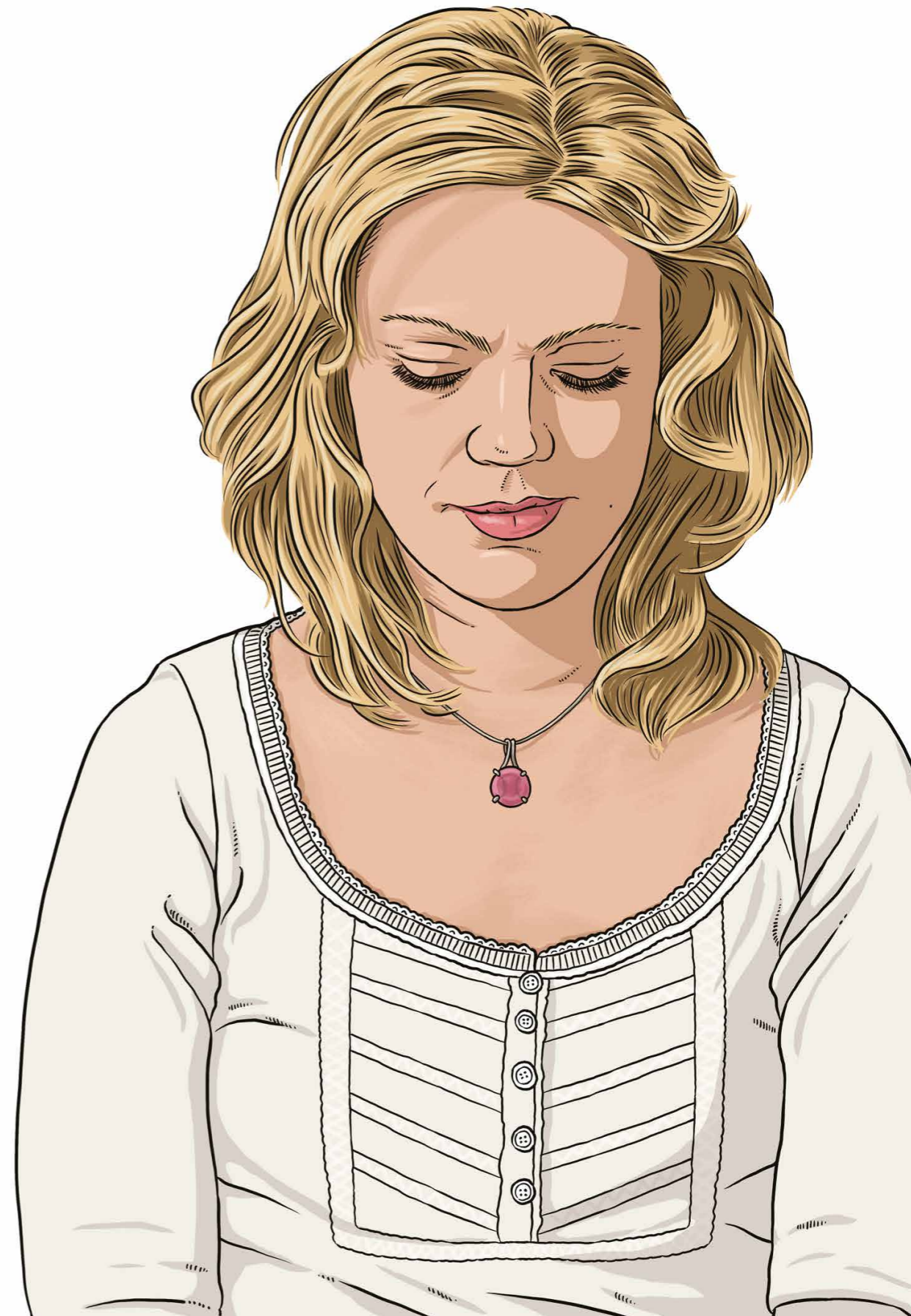


# Ida Storm

## Chocolate Chip Cookies

I chose this recipe because I associate these cookies with something good. Not just the taste, but also how I came to get hold of the recipe. A night shift worker at a psychiatric ward gave it to me. She used to make these cookies at night, and she had such a firm belief in me. The last night I was there she made a big box of cookies for me and gave me the recipe. I couldn't remember ever

having made any food on my own initiative. I was simply too sick to cook. When I saw and tasted the result of what I made, it was a strong empowering experience. As you can see in the film it was a complete high. Now I bake these for friends, family and sometimes for people I don't know. Making something for someone else to appreciate gives you a good feeling. To me that feeling is priceless.



## Chocolate Chip Cookies

### INGREDIENTS

400g Dark chocolate  
300g Margarine  
200g Brown sugar (the darker the better)  
200g White sugar  
2 Eggs  
2 t Vanilla essence  
400g Wheat flour  
1 t Natron  
1 t salt

[t = teaspoon]

### METHOD

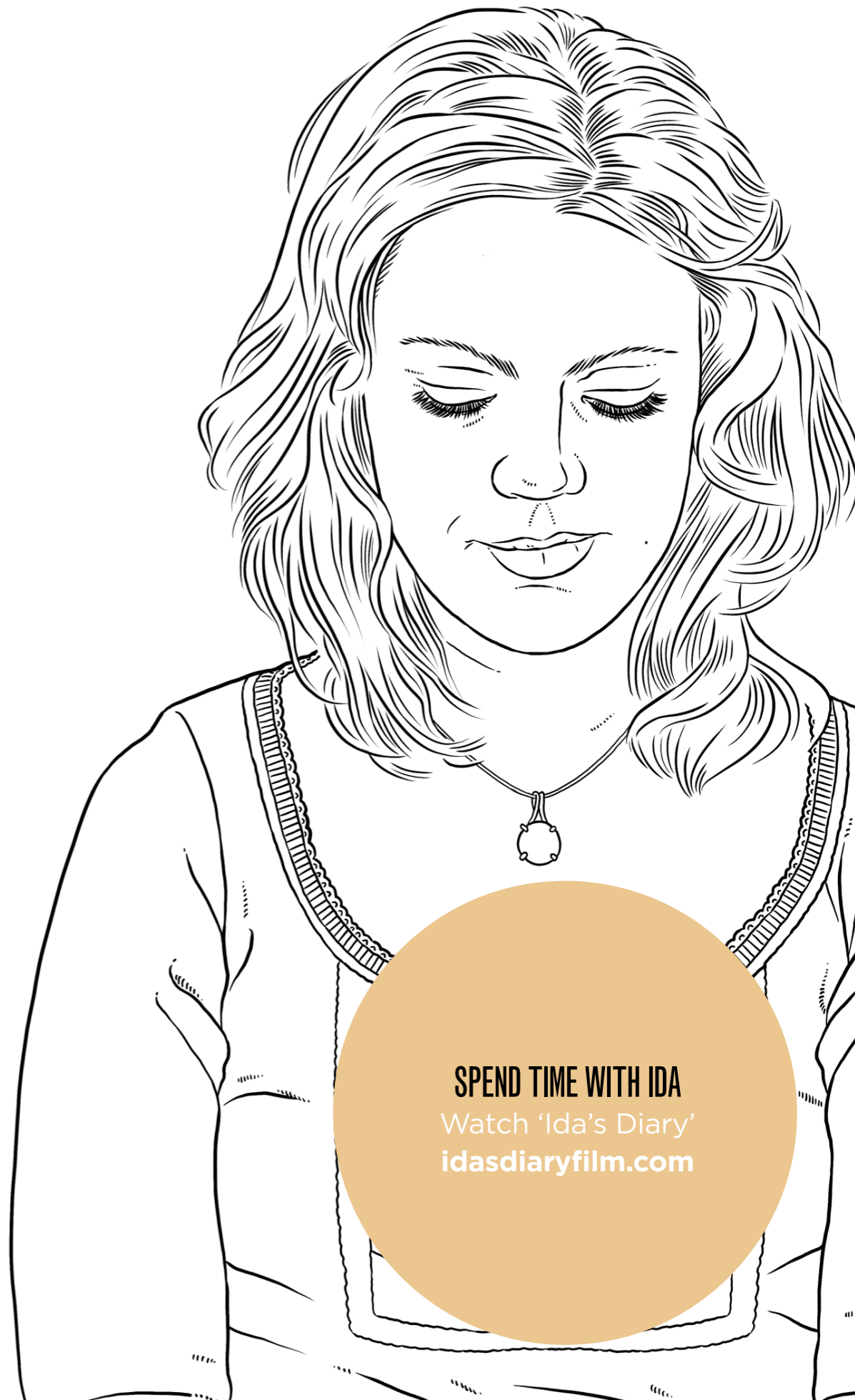
Mix sugar, softened margarine, eggs and vanilla essence. Mix the dry ingredients separately, and then mix everything into smooth dough. Chop the chocolate and add to the dough.

Place in a pre-heated oven (190C). Use parchment paper or a non-stick bakery tray. Form small dough balls with a teaspoon and place at intervals of about 5 cm on the tray. Bake in oven 8-12 minutes.

Let them cool down before you remove them from the tray as they might break otherwise.

Store in an airtight box. Separated the layers with wax paper.

Ida lives in Norway. For many years she kept a video diary to help ease her mind and structure her thoughts. It was her way to manage her borderline personality disorder and talk herself through episodes of self-harming. She chose a film team to create a feature documentary from her uniquely intimate videos and the result is a testament to her spirit and determination. As Ida says “it should be OK to tell it like it is”. As we say, “thumbs up Ida!”.



**SPEND TIME WITH IDA**  
Watch 'Ida's Diary'  
[idasdiaryfilm.com](http://idasdiaryfilm.com)



# Edward Snowden and Lindsay Mills

## Hot Leeks

Serve hot over rice or added to your favorite dish. We've also found it enjoyable in ramen or with favorable court opinions.



# Hot Leeks

## INGREDIENTS

4 large leeks  
2 tablespoons smashed garlic  
1 1/2 teaspoons chili  
Oil (or to taste)  
1 tablespoon minced ginger  
2 tablespoons brown sugar  
2 tablespoons soy sauce

## METHOD

1. Procure leeks. Wash, being careful to remove sediment, and cut into half moons.
2. Combined sugar and soy sauce in a small dish. Set aside.
3. In a wok or large pan, heat the garlic, ginger, and chili oil over high heat until fragrant. Add the leeks. Stir fry for 1-2 minutes. Continuously toss mixture to avoid charring.
4. When leeks soften, add the sugar and soy mixture. Stir the pot for an additional 1-2 minutes to desired texture.

Edward Snowden is bit of a technical whiz but anyone who has seen the film 'CITIZENFOUR' knows that he and his partner Lindsay also like to spend time in the kitchen. They offer this recipe copyright and encryption-free to you all - as Ed says "I used to work for the government. Now I work for the public".



**SPEND TIME WITH ED AND LINDSAY**  
Watch 'CITIZENFOUR'  
on iTunes  
Follow Ed on twitter  
**@Snowden**



# Grace Maxwell and Edwyn Collins

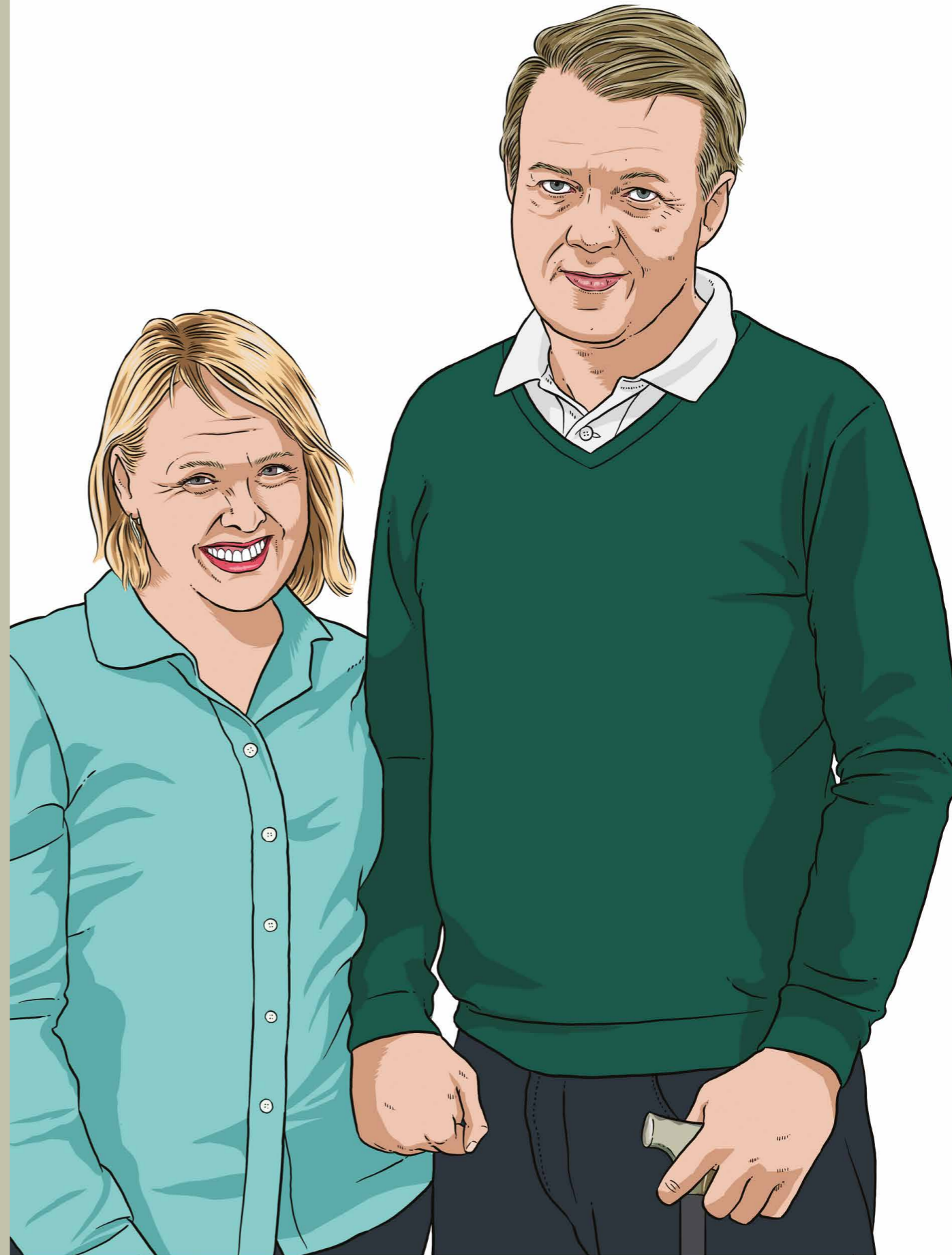
## Risotto with Pancetta and Asparagus.

### Grace says:

I'm not much of a cook, and for almost twenty years did very little of it. Edwyn was the chef. A natural; experimental, great flavours. He took over in despair after one of my spectacularly ridiculous meals. On presenting him with it he frowned and said, "Can you see anything wrong with this picture?"

I'd made a white dinner. White fish, in a white sauce with white potatoes and cauliflower. On a white plate.

Now I'm back cooking (not every day), principally because Edwyn's right arm doesn't work. I'm encouraging him to get back in the saddle, with me as chopping assistant. He hovers over all my efforts anyway, poking his nose in. Anyway, this recipe, or variations of it, is the one thing I can do that comes out consistently OK. Only after about thirty attempts, mind you.



## Risotto with Pancetta and Asparagus

### INGREDIENTS

1 medium onion  
3 sticks of celery  
2 or 3 cloves of garlic  
Pack of butter  
Olive oil (light)  
400g risotto rice (arborio or caroli)  
Pack of pancetta, or thinly sliced bacon of your choice  
About 12 stalks of asparagus if it's fairly fine, fewer if it's the thicker variety. 2 handfuls of grated parmesan.  
Two glasses of vermouth or white wine  
1 litre of vegetable or chicken stock

### METHOD

Heat a mixture of a good glug of olive oil and one eighth to one quarter of the pack of butter in a heavy bottomed deep frying pan.

Chop the onions and the celery really finely, especially the celery.

Add to the pan, and season with salt. Cook until translucent, careful not to burn.

Add the sliced or crushed garlic and mind it doesn't burn. I've done this, it tasted 'orrible. Pour in the rice and hopefully there will be enough oil and butter to give it a thorough coating. Stir around, careful with the temperature, until all the grains have absorbed the oil and butter.

Add a generous glass of vermouth. I don't know if it's my imagination but I think vermouth makes the final result taste better. But white wine is fine. It should sizzle as it hits the pan and the alcohol evaporates. The rice will absorb it really quickly. Stirring all the time.

Your stock should sit in a pan nearby, staying warm.

Start adding it, a ladleful at a time. When the rice absorbs one lot, add another. Don't let it dry out, keep it fairly moist. The stirring seems to do something scientific to the rice. I've read some people say there is no need for all the stirring. For what it's worth, I don't agree. Stirring is what gives the end product the creaminess. Anyway, in my estimation on my Rayburn on a consistent low bubble, it takes 23 minutes to absorb the stock and get just to the point of the rice being properly cooked. I hate it if it's too chewy. Have a little taste. I deliberately don't put in too much salt as the bacon and the cheese

salt it too. I've made the mistake of over-salting and ruining more than one risotto.

At this stage add another glass of vermouth. Stir it in thoroughly.

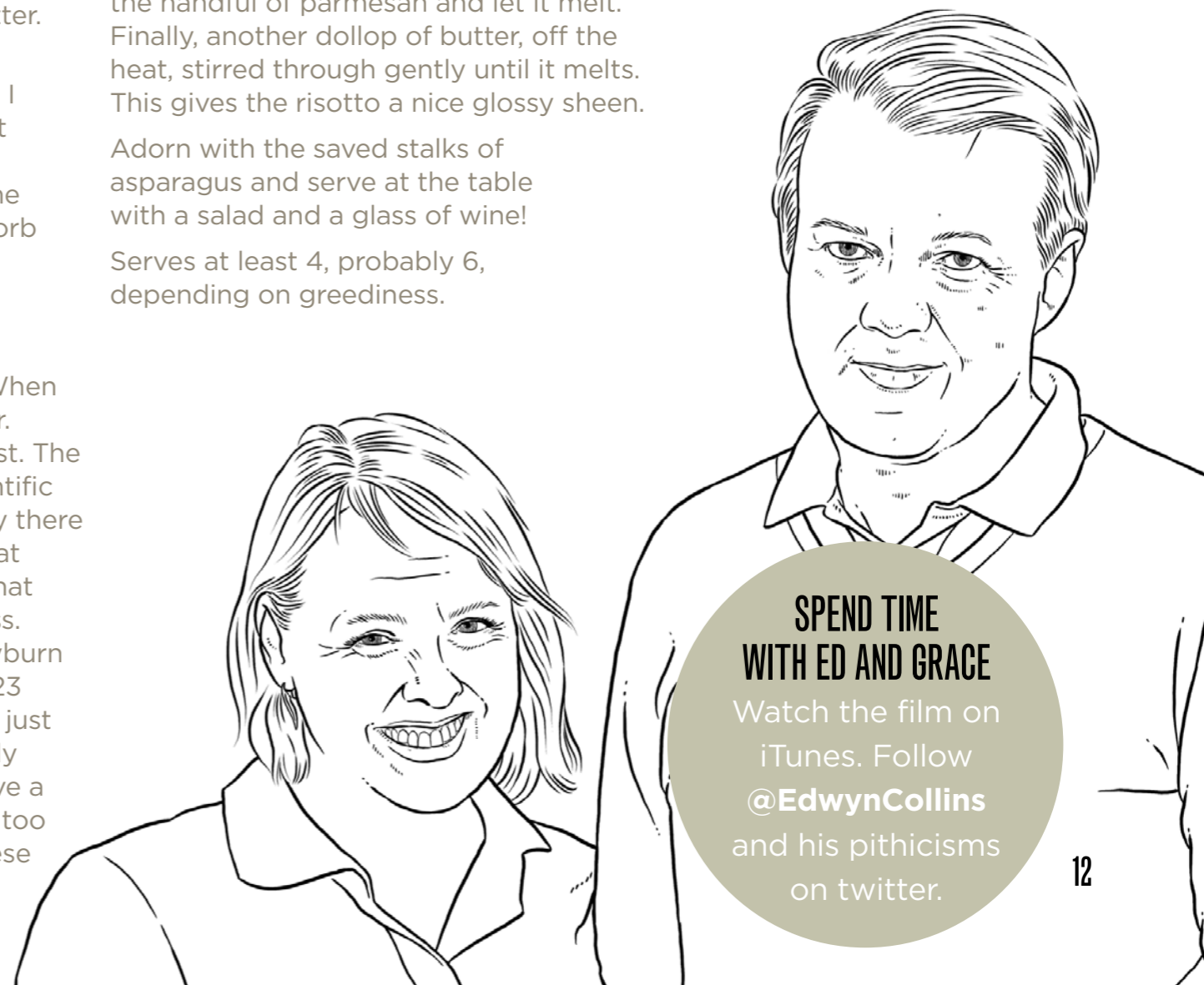
The asparagus I toss in yet more butter in a pan with a little salt until lightly charred and then I fry on the pancetta or ham in small pieces. I've used parma ham for this too, a bit decadent, but lovely. You can do this as the rice is cooking if you're quick on the draw (don't neglect your stirring) or pre-do before you start the rice process.

Stir the asparagus, (chopped into little lengths, keep a few long for decoration!) and the pancetta through. Then in goes the handful of parmesan and let it melt. Finally, another dollop of butter, off the heat, stirred through gently until it melts. This gives the risotto a nice glossy sheen.

Adorn with the saved stalks of asparagus and serve at the table with a salad and a glass of wine!

Serves at least 4, probably 6, depending on greediness.

Grace is not just Edwyn's manager, she's also his wife. Edwyn is a legendary Scottish musician - the lead singer of Orange Juice - but in 2005 a stroke left him unable to speak beyond a few words, and unable to hold a guitar. After an epic journey back to life and the studio - Edwyn released a new album in 2010. 'The Possibilities Are Endless' is the story of this wonderful couple, a testament to the healing power of love (and risotto).



### SPEND TIME WITH ED AND GRACE

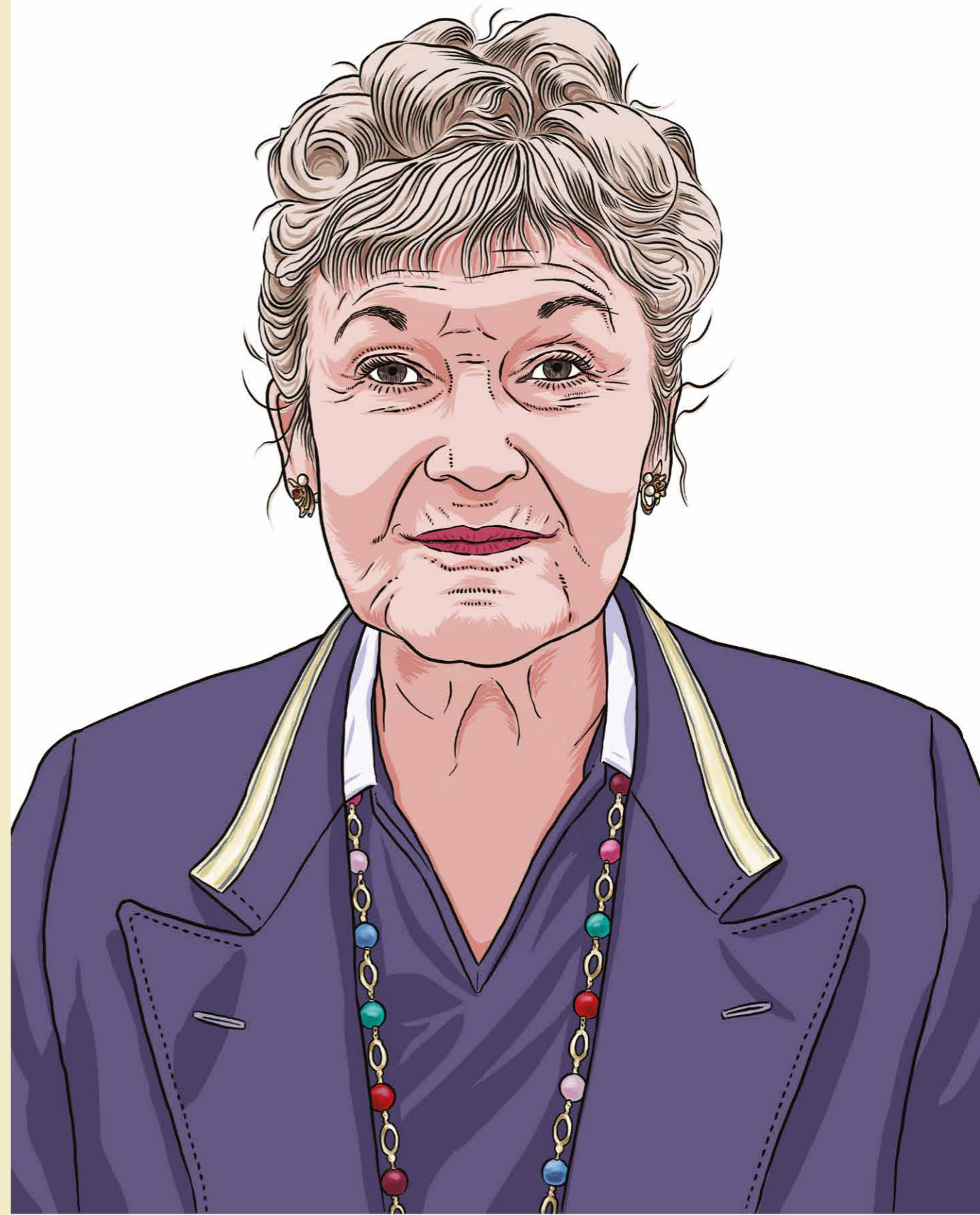
Watch the film on iTunes. Follow @EdwynCollins and his pithicisms on twitter.



Lisa Modlich

## Salmon in a Hurry!

Yes, my friends, this is a healthy and good tasting meal; and it can be done from scratch in about half an hour! My husband and I are not into elaborate recipes and most of our dishes are ready within half an hour. This leaves more time for other things including table tennis.



## Salmon in a Hurry!

### INGREDIENTS

1 kilo (more or less) of Salmon fillet (preferably unfrozen)  
1/2 kilo of Mini Peppers (the more colors the better)  
1 large Onion  
4 - 6 Cherry Tomatoes  
1 bottle of Beer (12 oz. Stout does very well)

### METHOD

Cut salmon in chunks from skin, put in bowl and spice with lemon, pepper and garlic ; chop onions and mini peppers (lengthwise, leave pulp in there).

Take a skillet (I like grapeseed oil) and sear onions, peppers and cherry tomatoes; add occasionally some beer to keep it from burning.

Empty skillet; add a little bit more oil and the chunks of salmon; use a spatula to flip the salmon pieces often and add the rest of the beer in small doses. This should take only a few minutes depending how

pink (raw) you want the salmon. Do not put a lid on the skillet, you do not want the salmon steamed!

Serve immediately; surround the salmon pieces with the peppers, tomatoes and onions. When you are ready to eat squeeze lemon or lime on the fish or sprinkle some tabasco sauce for additional flavor.

Serve with a slice of toast or similar.

Lisa was born into an aristocratic family in Vienna. Lisa joined the French Resistance and helped smuggle Jews out of Austria, for which she received the Croix de Guerre. She is now married to Joachim (25 years her junior) and lives in Houston, Texas. Competition is second nature to Lisa. She became a world champion table tennis player at the age of 86 - as documented in the film 'Ping Pong'.



**SPEND TIME WITH LISA**  
Watch 'Ping Pong'  
[pingpongfilm.co.uk](http://pingpongfilm.co.uk)



# Joshua Min Htut

## Shan Noodle

This is the good one, because my mother prepared it for me. My favourite food, Shan noodle.

Shan noodle is one of the most famous Burmese foods. It is very delicious. Most of the Burmese like it and I also like it. It is derived from Shan State which is east part of Myanmar. We can eat it as lunch or dinner or just snack.



# Shan Noodle

## INGREDIENTS

Dried shan noodle  
Chicken or Pork  
Onion, chilli, garlic, ginger  
Oil, chicken powder, salt, fish sauce, light soya bean sauce  
Peanut, sesame, onion tops

## METHOD

1. Before starting cooking it, we need to put the dried shan noodle into water in appropriate pot for around 12 hours in order to have better taste in noodle.
2. First, meat (chicken or pork) must be boiled with ginger, some salt and chicken powder for 30 minutes. Then, boiled chicken should be removed from fires in order to make cold. After it, that chicken is needed to cut into suitable size (small size). Then, we need to cook these small pieces of chicken with onion, oil, and garlic. Suitable amount of salt, fish sauce, chicken powder should be poured.
3. You need to pound peanut and sesame separately. Onion tops also should be cut down.

These above three steps are preparing for doing Shan noodle which look like salad.

## How to salad?

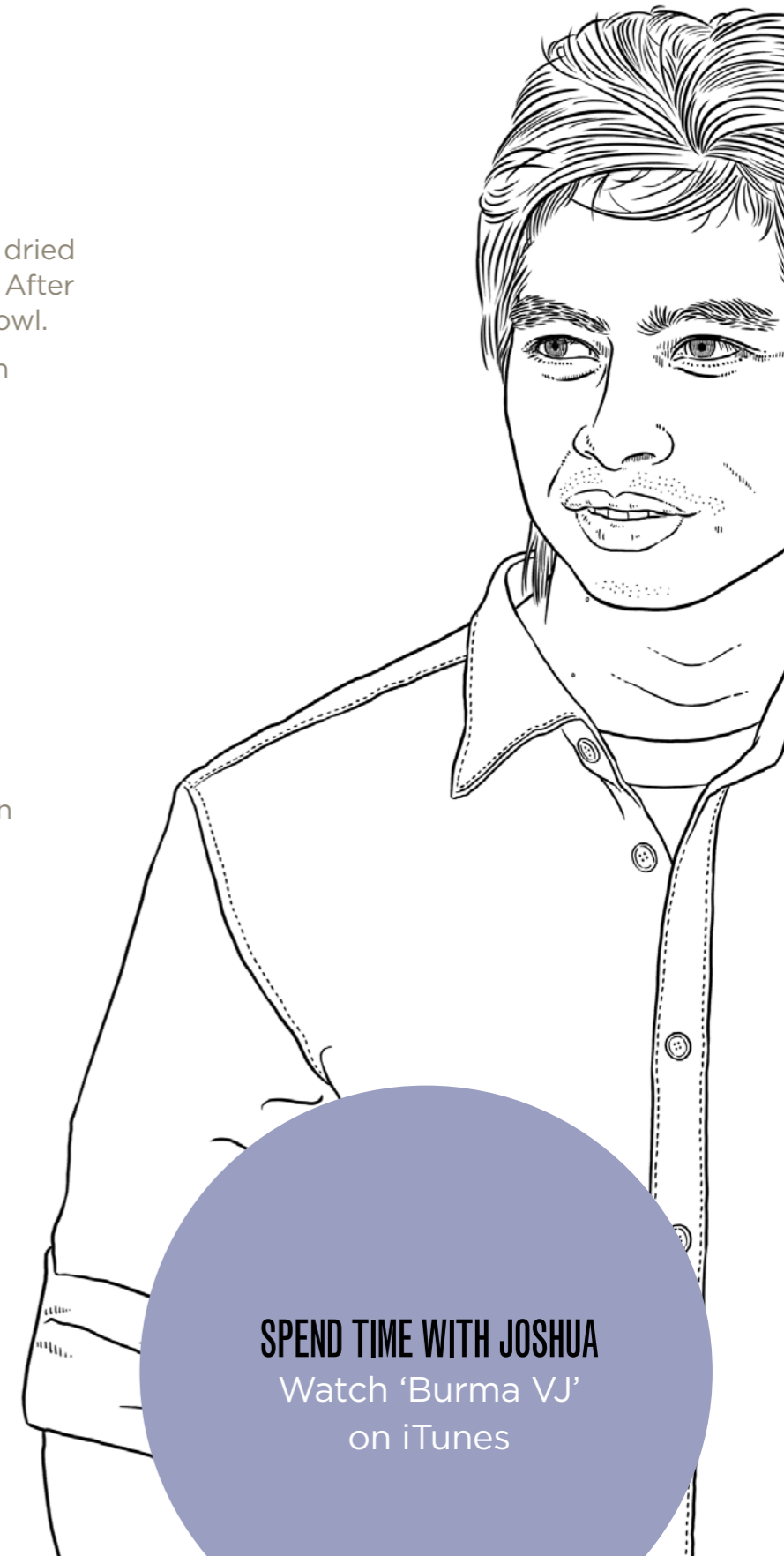
1. First, boil some water and put dried noodle into it for just 3 minutes. After that, take noodle and put it in bowl.
2. Then, you can pour one spoon of chicken curry, light soya bean sauce, pounded peanut and sesame, cut onion tops.
3. Mix all.

If you need in taste, you can add some salt or fish sauce and chicken powder.

Now, you can eat your shan noodle eagerly and can eat more than one plate/bowl.

Note: Some ate it mixing chicken soup. If you want it, you can just pour chicken soup into your salad (shan noodle).

Joshua is the eponymous star of the film 'Burma VJ' which told his story as one of the video journalists who brought images of the saffron revolution in Burma out to the international media.



**SPEND TIME WITH JOSHUA**  
Watch 'Burma VJ'  
on iTunes



**Slindile Moya**

## **Boerewors with Shatini and Phutu**

Shatini and Phutu is one of the best South African dishes and my eldest sister, Nonku, taught me how to make it. I love cooking it for people and I think of her whenever I'm making it. I cook it once or twice a week for my family. I'm so proud of Nonku for being such a wonderful teacher.



## Boerewors with Shatini and Phutu

### INGREDIENTS

Shatini

3x tablespoons of cooking oil

4x large tomatoes

1x onion

1/2 a teaspoon of  
curry powder

1x teaspoon of salt

Phutu

4x cups of boiled water

6x cups of maize meal

2x teaspoons of salt

### METHOD

#### Shatini

Chop the onion finely and put aside. Chop tomatoes coarsely. Heat oil in a frying pan. Add onions and cook until it turns a bit gold. Add the curry powder and stir. Add tomatoes and cook for ten minutes. Then add salt and pepper for taste.

#### Phutu

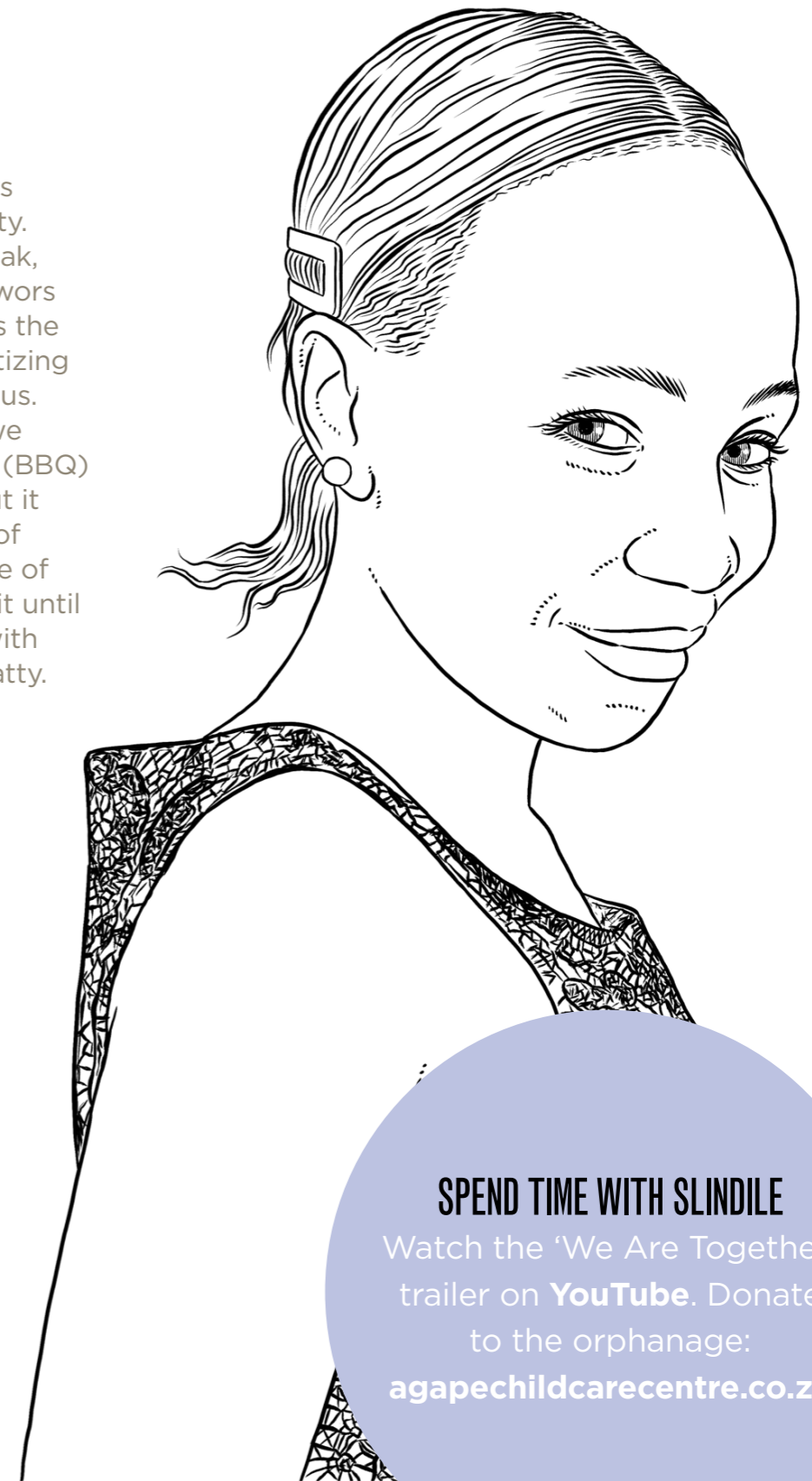
Boil water in a pot. Add maize meal and salt. Put a lid on. Let it boil on a high heat for five minutes, then turn the heat down. Allow it to steam with frequent stirring until it is cooked properly. If it's sticky, give it another five minutes on a middle heat. Keep stirring until it becomes a bit dry but still soft when chewing it.

### Boerewors

Shatini and Phutu always go with something meaty. Either chicken livers, steak, chicken wings or Boerewors (Beef sausage). It makes the plate look full and appetizing and it also tastes delicious. Usually at home when we cook this meal we braai (BBQ) boerewors or we just put it in a pan with a little bit of water and then put spice of our own choice and fry it until tender. We don't fry it with oil because it'll be too fatty.

Slindile has a beautiful singing voice. As a child, she was part of the choir at the Agape orphanage, a home for children whose parents had died of AIDS in South Africa. 'We Are Together' followed Slindile and the choir to New York where they performed with Alicia Keys to raise money for Agape. That was many years ago, and Slindile is now a young woman of 24 living in Durban and a trained chef!

Hear the choir, search 'We Are Together Soundtrack' on iTunes.



### SPEND TIME WITH SLINDILE

Watch the 'We Are Together' trailer on **YouTube**. Donate to the orphanage: [agapechildcarecentre.co.za](http://agapechildcarecentre.co.za)



# André Bauma

## Gorilla breakfast

I'm so happy to tell you a little bit about the breakfast for our children at the Senkwekwe Center in Virunga.

In July 2007, we had gorilla massacre in Virunga National Park which is located in Democratic Republic of Congo. After that unhappy event, we were able to rescue

two baby gorilla orphans whose mothers were killed, and two other orphans confiscated from poachers.

Now I usually get up at 6am to prepare a good breakfast for those orphans who are my second family in my life.





## Gorilla breakfast

### INGREDIENTS

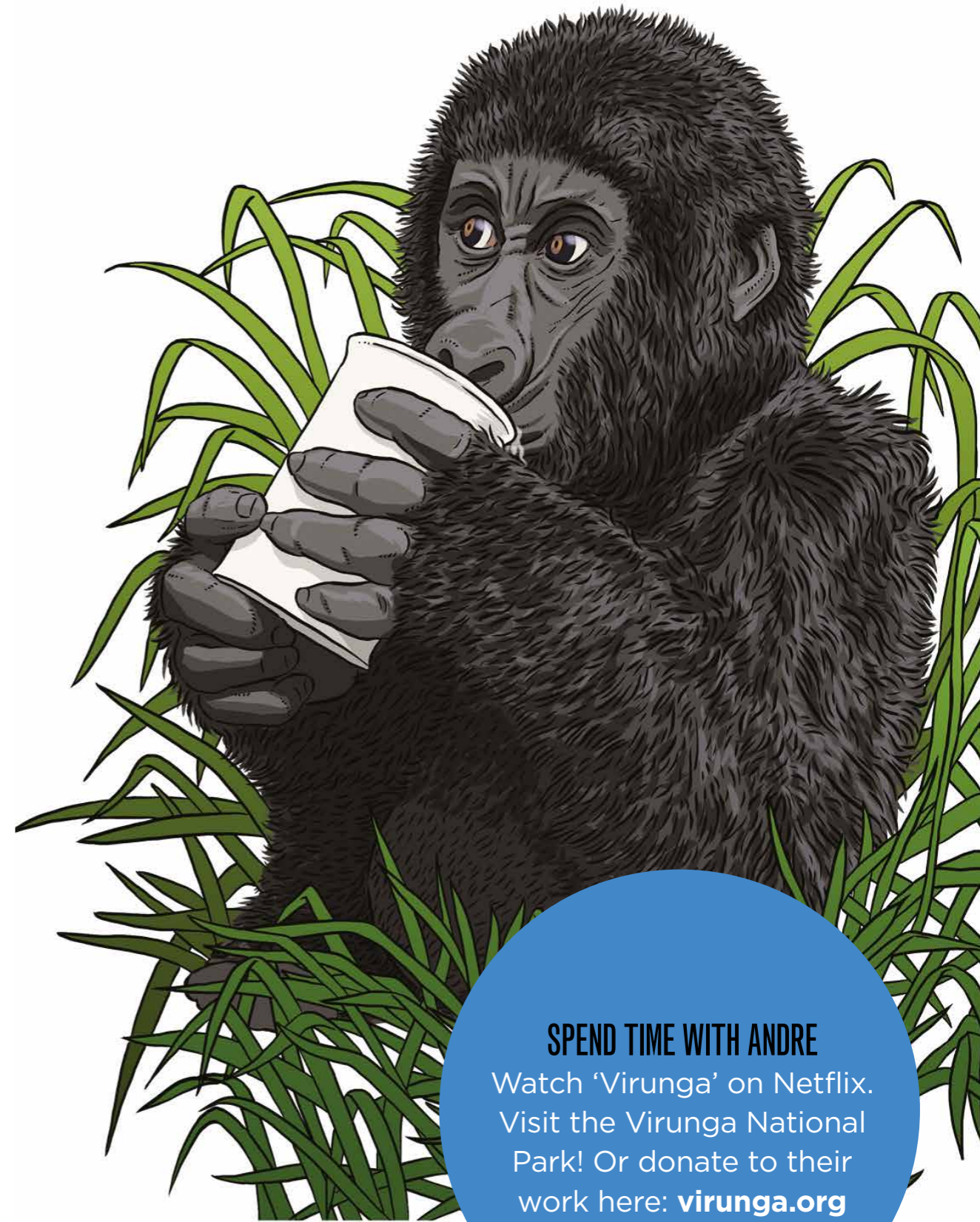
Flour from sorghum  
Soya  
Wheat  
Maize  
Milk

### METHOD

The breakfast is made from cereal, we mix flour from sorghum, soya, wheat and maize. That mixture will be poured in hot water and I keep mixing it until I get a boiled baby cereal, then I add milk.

When this baby cereal mixed with milk is ready; it will be given to the orphans after to get evaporate. It's really a very good breakfast for them because it gives them much energy and allows them to grow up properly even though they are orphans and don't live in their natural habitat.

Andre might just have the best job in the world - raising orphaned baby mountain gorillas at the oldest national park in DRC. The film 'Virunga' follows his work and that of other rangers protecting the last wild mountain gorillas from poachers and oil companies. As Andre says "I'm not just a father, I'm a mother too".



### SPEND TIME WITH ANDRE

Watch 'Virunga' on Netflix.  
Visit the Virunga National  
Park! Or donate to their  
work here: [virunga.org](http://virunga.org)



## Simeon 'Zimbo' Moore

### Stew Peas & Rice with Lamb or Salted Beef and Plantain

My favorite meal of all time has to be Stew Peas and Rice with Lamb or Salted Beef and Plantain. Although I don't have this meal that often now, I chose it because as a child it was my Nans specialty. It was a meal I use to beg her to cook for me

before she died which was when I was around 16. Since she passed away this dish has always been in my fondest of memories. It is a traditional Jamaican dish and I am so happy to share it with you all. Cook with love and enjoy.



# Stew Peas & Rice with Lamb or Salted Beef and Plantain

## INGREDIENTS

### For the Stew

Chopped Lamb or Salted Beef  
Red Kidney Beans  
Scallions  
Sweet pepper  
Black Pepper  
Paprika  
All Purpose Seasoning  
Fresh Garlic  
Coconut milk  
Plantain  
Rice

### For the Spinners (Dumplings)

Plain flour  
Cornmeal powder

## METHOD

### Day 1

Put Red Kidney Beans in a pot of cold water to soak over night.

Rinse off meat with cold water also removing any fatty pieces or bone

Season the meat with all purpose, black pepper, paprika and fresh garlic and small pieces of sweet peppers also to be left overnight

### Day 2

Boil pot of kidney beans in water

Once the kidney beans rise to the top of the water add a cup of cold water to the pot and turn down to a low heat to cook slowly

If using Lamb wait until kidney beans are half cooked then add the seasoned meat with all its seasonings which were left overnight to the pot

Add coconut milk when kidney beans are half cooked

Add small pieces of Scallion

If you choose to use salted beef then you will need to add the seasoned meat with seasonings as you put the beans on a low heat to cook slowly because the beef takes longer to cook

Add Rice

This will be left to cook until the kidney beans and meat are soft and tender

Rinse rice in a pot with water, drain water and add more to rinse again until the water becomes clear

When Zimbo first heard that rival members of the Burger and Johnson gangs in Birmingham were trying to negotiate an end to escalating violence, he was sceptical. But he ended up being the greatest supporter of the peace process which was captured in the film 'One Mile Away'. Zimbo has become a big believer in changing mentality. He believes that gangs are merely a symptom of a bigger problem and that we should tackle the bigger issue of mental wellbeing amongst disadvantaged young people. Zimbo now runs a social enterprise working for change in his community.

Once the water is mostly clear at the least then put enough water in the pot so it's just above the rice

Boil rice until water is almost gone and is bubbling then put rice on a low heat to cook

### Spinners (Long Dumplings)

Mix plain flour with cornmeal powder

Add water until mixture becomes a dough like texture. Then roll into small long spinners

Add spinners once meat and kidney beans are almost cooked and leave to simmer until the stew thickens and spinners are cooked

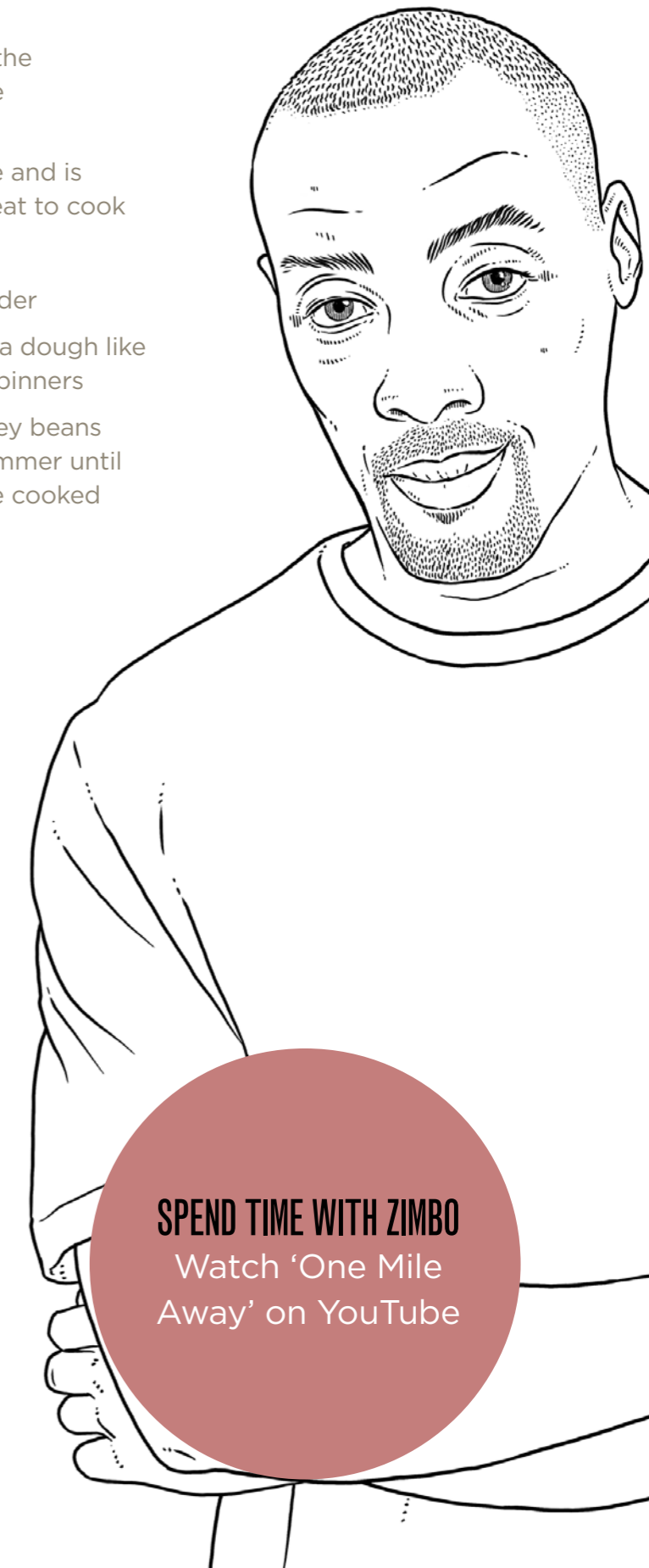
Remove any large pieces of scallion or sweet peppers

### Plantain

Cut plantain into strips

Heat a frying pan with oil or margarine

When margarine is heated, fry plantain until its is a nice golden brown colour





**Ameena Matthews**

**Salmon and Kool-Aid**



## Salmon and Kool-Aid

### INGREDIENTS

Salmon Steak  
Blue Cheese  
Olive Oil  
Lemon  
Pepper  
Garlic salt  
Bread  
Butter  
Salad  
Grape Kool-Aid

### METHOD

Pre heat the oven to 325°

Get some Salmon Steaks

Cover the pan with Olive Oil

Lay the Salmon on the pan.

Season fish with Lemon, Pepper and a dash of garlic salt.

Bake for 25 mins

As it's baking make a salad and bread with butter.

Get a 1 gallon Jar of Grape Kool-Aid with 5 cups of sugar.

Serve the Salmon with Blue Cheese Chumbles, Salad w/ any dressing of your choice With a Tall Glass of iced Grape Kool-Aid.

Enjoy

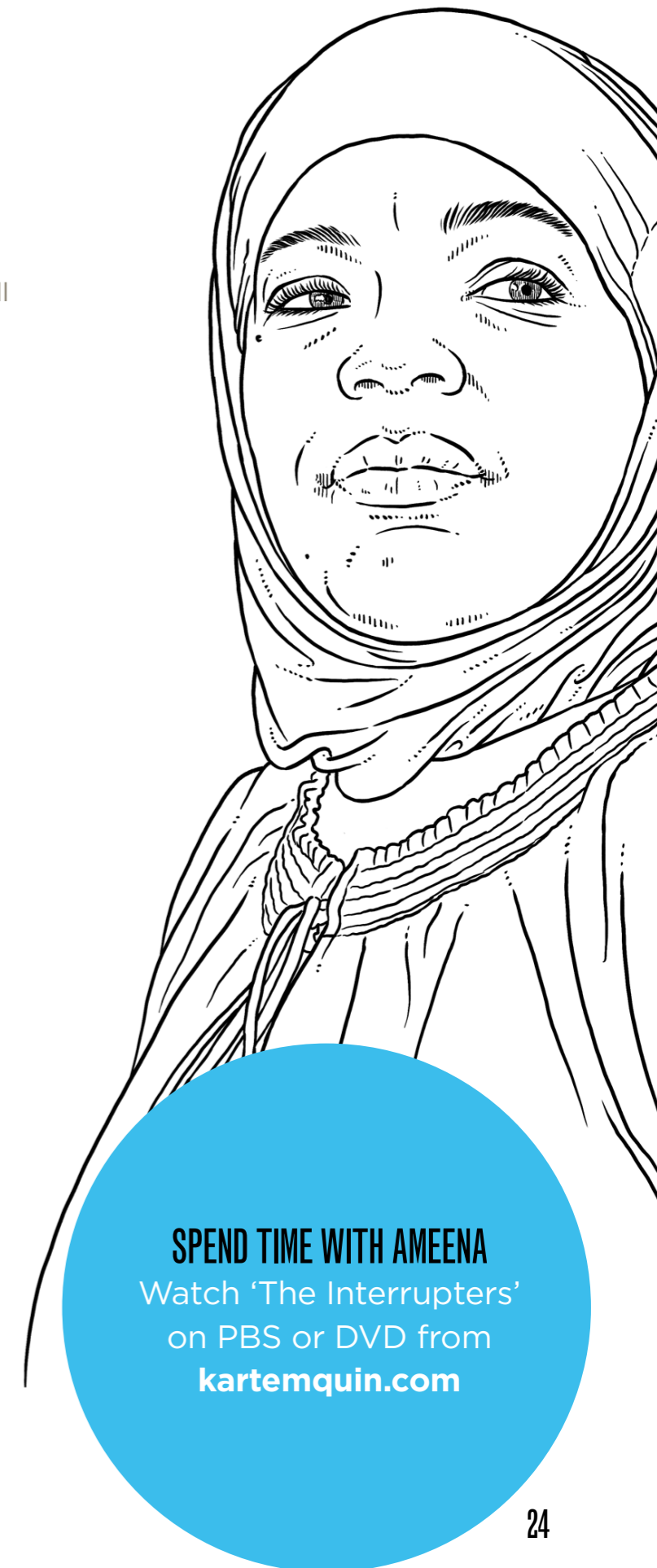
your sista

Ameena Matthews

Ameena Matthews is one of the incredible community activists working to prevent violence on the streets of Chicago who director Steve James followed in the multi-award winning 'The Interrupters'. She is a great example of a film subject who, once seen, is never forgotten. Our team go weak at the knees when she calls us her "BRITDOC Sistas". Ameena has been involved in a new challenge these past few years, this time fighting off cancer (bad luck cancer, you picked the wrong lady to mess with).

Ameena has no health insurance and the EAT YOUR HEART OUT project proudly donated a portion of your Kickstarter money to helping Ameena meet the costs of her live-saving treatment.

Ameena, we're big fans of you.



**SPEND TIME WITH AMEENA**  
Watch 'The Interrupters'  
on PBS or DVD from  
**kartemquin.com**

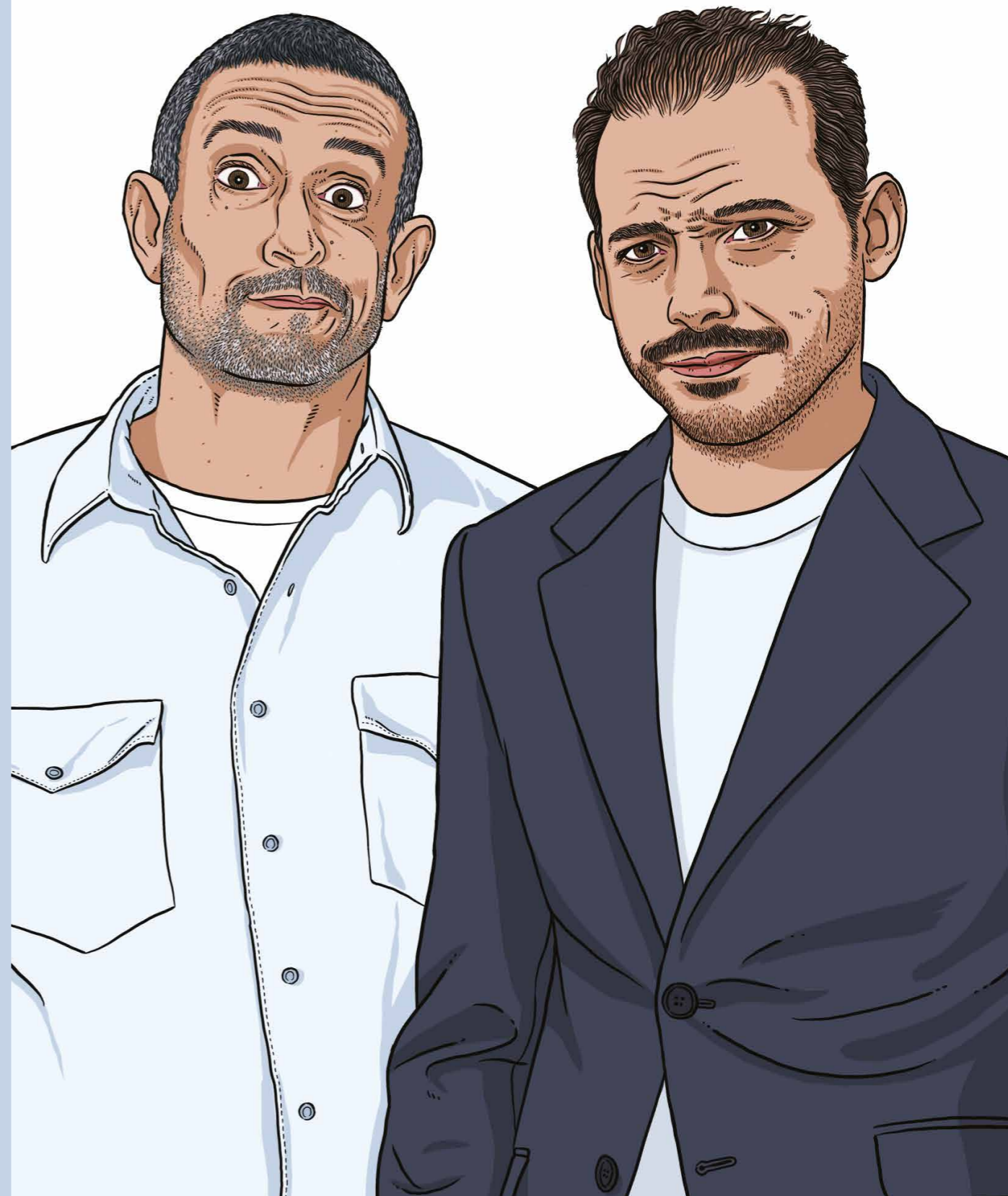


# Mike and Andy The Yes Men Chicken Tagine

**Andy says:** Here's my recipe for a chicken tagine - it's somewhere between Moroccan and French. These are my notes to myself, and the problem is, it's in French!

**Mike says:** I've eaten and cooked that Tagine with Andy in the olden days back in Paris...

...since submitting the recipe we both decided to become vegetarian.



# Chicken Tagine

## INGREDIENTS

l'huile d'olive  
poulet  
carottes (ou aubergines)  
oignons  
peau de citron  
confit sans pulpe  
d'estragon frais

## METHOD

dorer dans de l'huile d'olive poulet fermier rempli (ail si pas carottes &) peau de citron confit sans pulpe pas coupe, & un peu d'estragon frais (ou autre herbe fraiche). saler un peu le cote super, retourner.

baisser feu, ajouter oignons finement coupes, puis carottes (ou aubergines). puis plus d'estragon (ou autre).

si aubergines: laisser desc puis ajouter gingembre (ou autres epices)--faut que ça descende d'abord, pour pouvoir melanger...

si carottes: quelques minutes avant fin, ajouter olives.

vin blanc, vers la fin

The Yes Men are two very mischievous activists. Mike and Andy are friends who have been dreaming up ludicrous ways to unmask the hideous true intentions of irresponsible corporations for years. This often involves dressing up in elaborate costumes, making preposterous props and recruiting armies of local, like-minded activists. The Yes Men, we salute you and all who sail in you.



### SPEND TIME WITH THE YES MEN

Watch 'The Yes Men Fix the World' on iTunes and YouTube (and soon - 'The Yes Men Are Revolting').

Join The Yes Men here:

**[theyesmen.org](http://theyesmen.org)**



## About BRITDOC

We are a London and New York based non-profit organisation dedicated to getting great documentaries made and seen. We have had the privilege of working with hundreds of amazing filmmakers and meeting hundreds of extraordinary film subjects since 2005. We help fund films, run the Good Pitch events around the world, recommend docs to watch every week, have a free schools programme. Check us out here: [britdoc.org](http://britdoc.org)

## We'd like to thank

Ben Lamb for his illustrations

All of the fantastic filmmakers and individuals from the films.

Big Love to our Kickstarter backers to the right - each and every one.

## Team BRITDOC

Ayan, Beadie, Elise, Isabel, James, Jess, Jo, Karen, Luke, Maxyne, Nicole, Oliver, Sandra, Shuet-Ki, Steph and Stu

## Kickstarter champs:

Aaron Brookner	Eric Rockey	Kieran Masterton	Proud Mother Pictures
Andrew Catauro	Erin Sorenson	Kirsty Blake	Rabab Haj Yahya
Adella Ladjevardi	Esther Robinson	Kristian Mosvold	Rachel Lears and
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Constance Sutherland	John L Morrison	Mimi Larranaga	Strings
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Cristina Ljungberg	Jonathan Frost	Nadia Albina	Tabitha Jackson
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Doc Epstein	Julian Cautherley	Nicole Tsien	Wendy Levy
Dominic Search	Julie Parker Benello	Nora Hoeiback	Willhameena Power
Eirin Gjørsv	Kat Mansoor	Orlando von Einsiedel	William Lowe
Elisa Paloschi	Kate Hodges	Pamela Yates	(and last but not least!)
Eliza Licht	Katia Maguire	Patricia Finneran	Yancey Strickler
Elsbeth Revere	Katie Bryer	Paul W Taylor	
Emma Norton	Katrine Kiilgaard	Paula Vaccaro	
Enid Valu	Kevin Keenoy	Peter Engel	