



Salt. Rice. Dhall. Repeat.

R 26.80



Salt. Rice. Dhall. Repeat. is a contemporary acrylic painting by South African artist Shana Ellappa, reflecting on the constrained and repetitive realities of sustenance within histories of indentured labour. The work draws attention to the rationed diets provided to labourers, where survival was reduced to a minimal cycle of basic provisions.

Through its rhythmic title, the work mirrors the monotony of lived experience, where food was not

abundance or cultural expression, but survival structured through repetition and limitation. Salt, rice, and dhall become both literal sustenance and symbolic markers of control, discipline, and endurance.

Within the broader context of postcolonial history, diaspora, and memory work, Ellappa's painting reclaims attention to the everyday conditions that shaped entire generations. It considers how systems of labour extend beyond the physical act of work into the intimate spaces of the body, food, nourishment, and ritual, reshaping how life is sustained and experienced.

Frame	Black wooden frame
Medium	Acrylic on 300 gsm (Cold Press) Strato Watercolour Paper
Location	Cape Town, South Africa
Height	99.00 cm
Width	74.00 cm
Artist	Shana Ellappa
Year	2026

