



A treba i jest, ne mo'š samo radit' ...

We should eat something, you can't only work ...

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Danas ne propovijedam, samo kuham. Dakle, dosta je salatica, pročitala sam tristo dvadeset i pet stotina kvadrilijuna recepata za razne salate. Daj nešto konkretno za ove pregrijane dane kasnog ljeta, da je fino i da ne nakuhavam cijelo jutro.

Pa evo, pizza bez tijesta:

Prvo šug, na brzinu. U dva deci pirea od rajčice ubacite dvije jušne žlice slatke crvene paprike i jednu žlicu maslinovog ulja pa to prokuhajte na štednjaku ili u mikrovalnoj. To je važno, sirova paprika nije baš ukusna. Sad dodajte još pirea i jednu konzervu pelata. Pa još oregana i bosiljka i majčine dušice i papra, i nešto soli, ne previše. I još maslinovog ulja. Sve dobro izmiješajte/isjeckajte štapnim mikserom. Onda, narežite šunku za pizzu na male komadiće, stavite u zdjelu za mješanje, dodajte grubo naribani sir, sve od oka, koliko mislite da Vam treba. Pa dva, tri jaja i šuga od paradajza da se da dobro promiješati.

Izlijte u kalup za torte. Ja na dno stavljam papir za pečenje da se cijela stvar ne zalijepi, teško je onda rezati. Za-

Today I'm not going to speak, I'm only cooking. So, I have salads enough, I have read three hundred and twenty and five hundred quadrillion of recipes for different salads. Let's have some specific for these extremely late summer hot days which will be delicious, avoiding cooking all morning.

So here it is, pizza with no pastry:

First prepare sauce, but very quickly. In two deciliter of tomato sauce add two soup spoons of red sweet ground pepper and one spoon of olive oil and after that boil that on a cooker or in a microwave oven. This is important, fresh pepper is not very delicious. Now add some more sauce and one can of peeled plum tomatoes. Some more oregano and basil and wild thyme as well as pepper, some salt, not too much. And some more olive oil. Mix all this very well/hack it with stick mixer. After that, slice pizza ham into small pieces, put it into a mixing bowl, then add some roughly grated cheese, all approximately, as much as





tim još barem 10 deka naribanog, malo tvrdog sira pospite po smjesi i na kraju nekoliko šnita pamplona kobasice ili neke slične, crvene, možda kulen.

Zvignite sve u već zagrijanu pećnicu (180 do 200°C) i pecite 25 do 30 minuta, dok sir ne dobije smeckastu koricu. Izvadite i ohladite jer se sir mora malo stisnuti. Obrežite sa nožem unutar kalupa, skinite gornji dio i narežite šnite. Jedite samo ili sa hladnim kiselim vrhnjem pomiješanim sa malo hrena i uz salatu od krastavaca.

Riblja varijanta:

Umjesto šunke, nasjeckajte file oslića (zamrznuti pa otopljen, a može i svježi) na male kockice, dodajte konzervu sardina (uzmite finije, u maslinovom ulju) i konzervu tune, također u maslinovom ulju. Sve ostalo isto, bez kule na kraju. Proporcionalno količini dodajte jaja jer ona vežu cijelu smjesu kako bi se dala rezati.

Fino, lagano, minimalni glikemički indeks (ne jedite kruh uz to), može se jesti hladno za večeru i ne brinete da li će se tijesto dignuti ili ne.

Sutradan za ručak skuhanje al dente neku šuplju tjesteninu, penne ili pipe rigate, dobro ju ocijedite i prelijte ostatkom šuga. Dobro promiješajte, ako je suho dodajte još maslinovog ulja i puno svježeg, fino nasjeckanog bosiljka. Jednostavno i super fino. Ne možeš prestati jesti.

A kad smo već kod tjestenine evo brzi recept za "aglio e olio". Skuhati tjesteninu, ja najviše volim špagete No. 1, i dobro ih ocijediti. Onda nauljiti s maslinovim uljem, malo posoliti i popapriti i dodati češnjak u prahu. Vrlo pažljivo i po malo jer ako pretjerate, previše grize i odurno je. Navodno je češnjak u prahu otrovan ili kancerozan pa ne konzumirati ovo često. Ali je vraški fino. I brzo za skuhati.

A evo još jedan, brzinski i turbo nezdravi recept za ostatke:

Dakle baš ste poslije posla, u frižideru ostaci faširanog, piletine, puretine, kobasice, hrenovke, pola šnicle, ili nešto slično. Ili kupite deset deka šunke.

Nasjeckajte na komadiće/šnitice i stavite na malo maslinovog ulja neka se lagano proprži. Smanjite vatru, dodajte paradajza iz tube ili pirea i promiješajte. Dodajte dva tri, pet jaja, koliko treba, začinite paprom, solju, može i sušeni peršin i preko svega pospite naribanog sira, opet prema želji i ukusu.

Pokrijte poklopcem i pecite 5 do 7 minuta na laganoj vatri. Pazite da ne zagori, ali ne skidajte poklopac prečesto. Gotovo je kada su žumanjci tvrdi. Utopite u to četvrt friškog kruha i kisele krastavce sa strane i sutra na vagi imate barem kilu više.

you think is necessary. Then add two or three eggs and tomato sauce and mix it very well.

Pour it into a cake mould. I put a baking paper on the bottom as to prevent sticking of the mixture to the bottom, as it is hard to cut it afterwards. After that, add at least 10 decagrams of grated, a little hard cheese, sprinkle it over the mixture and finally add several slices of sausages or some similar red sausage, such as kulen sausage.

Put it all in a previously heated oven (180 - 200°C) and bake it for approximately 25 to 30 minutes as long as the cheese gets brownish crust. Take it out and cool it, since the cheese needs to get harder. Take it out of the mould, take off the upper part and slice it. Eat it the way it is prepared or with cold sour cream mixed with a little horse radish and cucumber salad.

Fish variant:

Instead of ham, cut hake fillet (frozen then melted or a fresh one) into small pieces, add a can of sardines (take more delicious ones, in olive oil) and a can of tuna, in olive oil as well. Everything else is the same, with no kulen sausage in the end. Proportionally to the quantity, add eggs as they bind the whole mixture enabling cutting thereafter.

It is delicious, light, minimum glycemic index (don't eat bread with this dish). You may eat it cold for dinner and don't worry whether dough will rise or not.

Tomorrow prepare some pasta for lunch, cook some hollow pasta al dente, penne or pipe rigate, strain it very well and pour it with the remaining sauce. Mix it well, if it is dry, add some more olive oil and a lot of fresh, nicely cut basil. It is simple and very delicious. You can't stop eating it.

When pasta is concerned, here it is one quick recipe for "aglio e olio". Boil pasta, I prefer spaghetti No. 1 and strain it very well. Then oil them with olive oil, salt it a little and put pepper on it and add powder garlic. Be very careful and add it very little as if you add it too much, it is extremely hot and it is disgusting. The powder garlic is allegedly poisonous and causes cancer, so don't consume this very frequently. But it is very delicious. It may be prepared very quickly as well.

And here it is another quick and very unhealthy recipe for the remaining parts:

Well, you have just returned home from work, there are leftovers of minced meat, chicken, turkey, sausages, frankfurter or half of steak or something similar in the fridge. Or you may buy ten decagrams of ham.

Cut it in pieces/small slices and put some olive oil to be fried a little. Lower the temperature, add some tomato sauce and stir it. Add two, three or five eggs, as many as you need, flavor it with salt, pepper, dried parsley maybe and sprinkle it with grated cheese, again the way you wish and according to your taste.



Znate poslovicu: Sve što u životu vrijedi je nemoralno ili zabranjeno ili deblja. Dobar tek!

Ne, ne, čekajte, pa desert, zaboga!

Skuhajte stvarno gusti kakao od pravog kakao praha, pet velikih žlica koje prvo pomiješajte sa malo mlijeka kako bi dobili finu pastu bez grudica, a onda dodajte još toliko mlijeka da se da miješati. Pa sve skuhaite na vatri ili u mikrovalnoj. Dobro promiješajte, procijedite i ohladite. Pola litre slatkog vrhnja i to onog bez dodanog šećera istucite u šlag. Za većinu slatkih vrhnja to je nemoguća misija i zato dodajte dvije-tri žličice praha iz vrećice "light" šlaga koji se radi sa vodom i nema dodanog šećera. Dobićete savršeno tvrd i dugotrajan šlag.

Trećinu odvojite, a u ostatak umiješajte kakao i, po želji, mljevene orahe ili bademe i tekući zaslađivač. Promiješanu smjesu razdijelite u čaše, dodajte šlag i ohladite u hladnjaku. Prilično kalorija, ali niski glikemički indeks. Pa dobro, jedanput tjedno, neće Vas ubiti.

Jedite polako, isključite televizore i kompjutere, okupite obitelj, sažvačite svaki zalogaj i uživajte u jelu i u društvu.

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Cover it with a lid and bake 5 to 7 minutes on a low temperature. Watch it to prevent burning, but do not take off the lid too frequently. It is finished when the yolks are hard. Dip a quarter of fresh bread and sour cucumbers in it and tomorrow you will at least weigh one kg more.

You may be familiar with the proverb: Everything that is worth in life is immoral or prohibited or makes you fat. Good appetite!

No, no, wait, what about a dessert, for God's sake!

Prepare a really thick cocoa from real cocoa powder, five soup spoons that you first mix with a little milk as to get a fine mixture with no small lumps, and then add double more milk so that you can mix it. Cook it all on a cooker or a microwave. Stir it well up, strain and cool it. Whip a half a liter of whipped cream with no added sugar as to get cream. As regards the most types of whipped cream, it is an impossible mission, so add two or three spoons of powder "light" cream that is prepared with water and contains no added sugar. You get a perfectly hard and long-term cream.

Separate one third of it and mix cocoa in the remaining part of the mixture and as you wish, add some minced walnuts or almonds and liquid sweetener. Stir up the mixture, put it into glasses, add some cream and cool it in a fridge. There is a considerable amount of calories, but a low glycemic index. Okay, such a thing won't kill you if you take it once a week.

Eat slowly, switch off TV sets and computers, get your family together, chew every bite and enjoy the food and your company.