

Heavenly nourishment

Conscious eating in 7 steps

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AKIA Publishing

DEDICATION

To my closest friends for their support and understanding.

To my students for believing in me.

To my patients for trusting me.

ACKNOWLEDGEMENT

Many thanks to friends and students for taking part in my survey and helping me write this book.

In place of the foreword

“I am that I am,
and this Am created me.”

(h)

Introduction

During one of my visits to Brazil, in 1996, I involved myself in the local healing tradition. Through my work I arrived to the Afro-Brazilian version of the Orixá shaman ritual system. I was fascinated by the knowledge of nature and human behaviour patterns these people approached life with. The most amazing was to see them happy basically all the time. Only in big cities, where materialism succeeded in brainwashing the inhabitants, I found unhappy faces.

Working and living together with nature created a healthy blend of energies that helped to balance the self and surroundings. In this purity food is approached with caution and the utmost respect.

The people of rural Brazil were my first subjects. I noticed that members of the same family favoured different flavours and developed different eating habits. On my return to Europe I continued the research. I was shocked to see that nature had very little to do with eating habits. From big cities to small farms and from sunny places to dark ones, the connection between earthlings and food narrowed down to the effects of the ruling planets.

Living in the Golden Era after The Galactic Quantum Leap in 2012, we are forced to take responsibility of our own energy intake. On the way to enlightenment, wholeness and happiness we learn to work with light in order to become light itself.

We are all Lightworkers.

The future belongs to the man of peace

(h)

The second step

You took the first step when you picked up this book.

Taking in energies

Eating has always been a major concern for earthlings. The aspect of concern varied throughout the ages, but the interest in eating has never faded into the background. Although quite many human beings proved otherwise, eating is still strongly considered to be vital for the survival of the human body.

After stepping over the *hunting for necessities* stage, eating became a status symbol. *What one eats, how one eats* and *where one eats* are proved excellent topics for conversations amongst the fortunate who have the time for chitchats and the pleasure of feeding on something fascinating. By the time the adequate goodbyes are said at the end of such conversation, a full picture of social pedigree may be drawn of all participants.

Similarly to the behaviour pattern and the way of thinking, everything and everybody around us influences our eating habits. A human life is a constant challenge of trying to withstand those influences, in better cases, to fit into the swirl of desires, wishes and commands.

To fit in totally is not only extremely hard for some but also impossible for all, since life is the interrelated events of constant changes. In this chain of action - reaction we are responsible not only for our survival but our actions, our thoughts and our behaviour pattern for they become the wishes, desires and commands of others. In one word we are responsible for everybody and everything in the Universe. The stronger the influences - like family, neighbourhood, national heritage, society we live in, other societies, The Moon, The Sun, The Solar system, The Galaxy, The Universe - the more difficult is the fitting in task.

These interrelated influences fall into two distinct categories: terrestrial and extra-terrestrial. Although they are interrelated and work for the same thing - to provide adequate living conditions for us - their approach to the subject differ in foundation. The terrestrial influences are short-sighted, narrow minded, stagnant and individualistic in a uniformed way, without permitting the recognition of individual extra-terrestrial influences while the extra-terrestrial ones embrace the whole, paying attention to the constant changes bearing in mind the well-

being of the universe.

Now that the wind of Uranus is bringing us patience, love and caring, the certainties we grew accustomed to during the mighty, self-centred and arrogant Pisces, are falling apart, making us doubtful, vulnerable and as the consequence, curious and more aware. Although life fastened up and became extremely entangled, nerve-racking messy, it started to produce breaks, forcing us to stop, look around and take stock of our work down here. Strange and new feelings stepped in, turning our head and thoughts, producing uncertainties and doubts.

The great majority of the questions that stubbornly pound our brain begging for answers, one way or another, are related to eating.

Nevertheless, the principles have changed. The *what we eat* is altered to *what should we eat*, the *where we eat* became *where should we eat* and *the how we eat* is broken down to individual behaviour patterns and eating habits giving more and more way to the extra-terrestrial influences.

Being a gourmet cook and a healer, who specializes in eating related illnesses, I found it interesting, that each member of the same family, with the same upbringing and social standards, would favour different type of alimentation and feel more comfortable with certain ways of eating than with another. To satisfy my curiosity I engaged myself in a research that I conducted at various parts of the globe. I had no doubt to find my answer in extra-terrestrial influences. The traditional zodiac of the 12 star signs seemed to be the natural first choice to consult.

It is very well, however, there are astronomical events that raise doubts about the effect of the animal stars. The most obvious is the appearance of the Aquarius Age. The basic meaning of this change is that the Sun rises in the court of the Aquarius constellation at the time of the Spring Equinox, meaning, on the full moon around the 21st of March for the next 2160 years. How can we look at the late March and early April time as Aries when pretty clearly it is Aquarius? The other important change is that our planet has slowed down therefore lost its place where the 12 star signs could affect it. One might start thinking: is it

the Age of Aquarius really? Well, I do not think so. I found that the 12 members zodiac slowly gave in to the 22 star formations that we call the *forgotten zodiac*.

While the lost effects of the 12 star formations belong to the very recent past, the ruling planets still have a very strong effect on us. These planets are all in our solar system. Apart from being responsible for mankind, they also take care and influence all organic and inorganic energies found on Earth. Organic energies are the entire living thing. Everything that grows and multiplies is considered organic. The rest is inorganic. The Sun, The Moon, Mercury, Saturn, Mars, Venus and Pluto rule organic energies - other, than human beings -, the inorganic ones are taken care of by Neptune and Uranus. I need to make it clear here that all energies were organic at the beginning. The hard work of humanity changed them into inorganic, to put it simply, dead.

The human body is a mass of organic energies. It grows, it multiplies and it lives. Living is a constant energy exchange. Releasing and taking in. Food supplies the good part of the energy intake. In order to fit into the human body food has to be organic.

Bearing all that and the simple fact – *likes attract* - in mind, I arrived at the conclusion that a human being ruled by a certain planet naturally would favour the alimentation ruled by the same planet. This vital observation provides a very firm ground to a surprise dinner. Just spice it up with the eating habits of your loved one and success is secured. Those who are born under the influence of Neptune and Uranus "borrow" their favourite dishes from neighbouring ruling planets, mostly from Saturn and Mars.

The recipes in this book have been created and selected according to planetary influence of each ingredient. Next to the planetary influence I also state the governing star signs.

The forgotten zodiac of the 22 star formations

For people, who are seriously interested in the connection of earthly and universal energies, the understanding of the forgotten zodiac is a must. It also helps in our target of knowing more about the energy intake of individual persons.

The task of understanding and foretelling should never be taken lightly. It carries great responsibility towards the universe and towards the people looking for either a way out or a way in. The 12 star formations zodiac does not really work by itself because it has never been adjusted to the changes in astronomy. Since the Sumerians laid down their fortune-telling system we had two shifts in energies. Aries gave up the reign to Pisces until the latter was taken over by Aquarius that is Uranus in reality.

The other great change came by the slowing motion of the globe. These events pushed us towards widening the angle on predicting and foretelling.

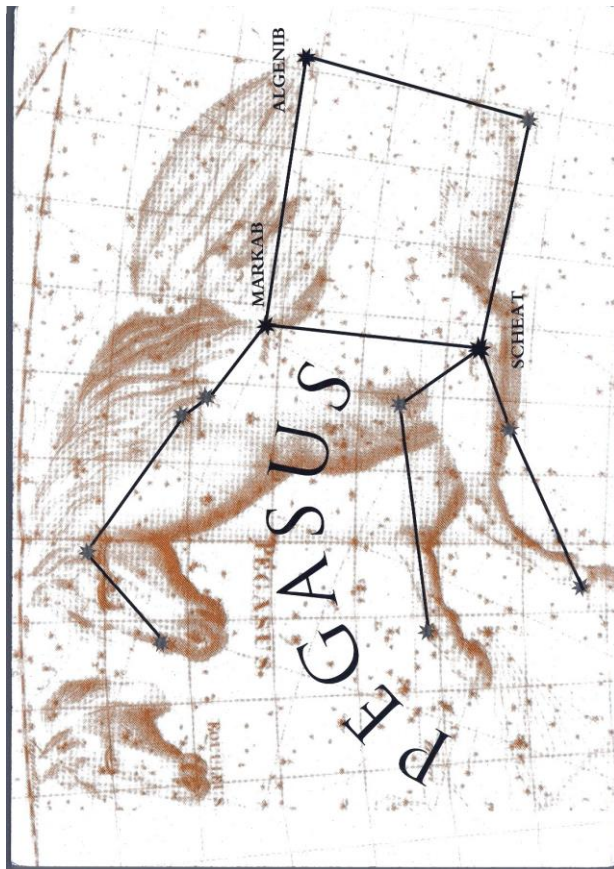
The number 22 – just like the 12 - carries an important meaning. Out of these we only mention the connection with the tarot's Major Arcanum for they play an essential role in modern fortune telling.

Each star formation corresponds with a card in the Major Arcanum. The effects put a signature on the person's behaviour those happened to be born under their influence.

Life for earthlings is not very easy nowadays. Uranus's high frequency energy turned everything upside down for it presented organic energies – amongst them earthlings - with choices that they need to make and reconsider on a daily basis.

The lazing is over now. Every aspect of life should be taken seriously. Consciousness is the key word. We need to be totally aware of the effects and counter-effects of our deeds, words, thoughts and our energy intake that we call food.

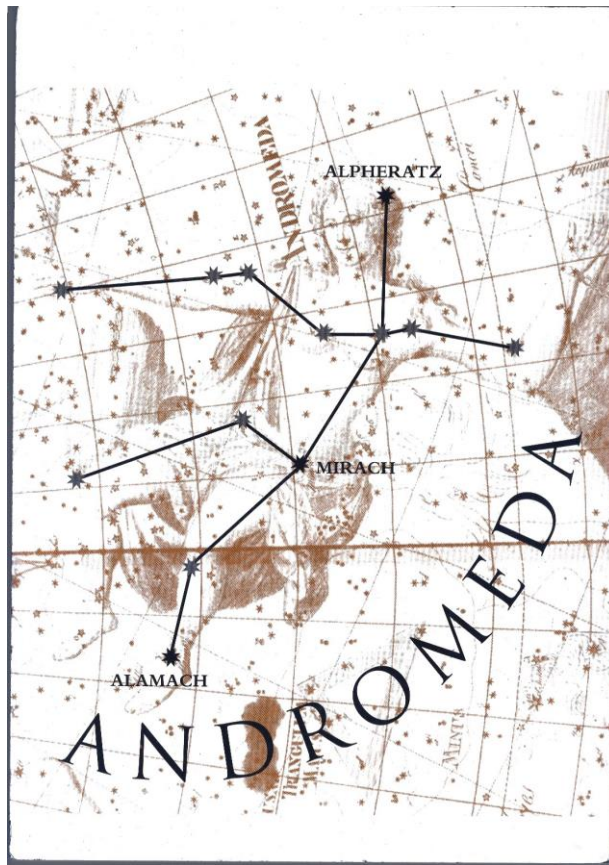
Let us look at the 22 constellations of the forgotten zodiac:



PEGASUS

The golden haired white winged horse of the godly forces appears on the sky of the Northern hemisphere on the Eastern August sky and disappears on the West in January. In October it shines just above our head.

Pegasus is very easy to find on the sky by the great square made up of the constellation's main stars. The saddle of the winged horse is the bluish-white Markab. The front of the animal is the enormous red star Scheat and the wing is Algenib. In ancient Babylon, people looked up on this constellation with high respect. They believed that it was the leader and helper of the blessed dead. In the New Age esoteric researches proved that souls, leaving the planet, stop there for a rest in their cosmic journey.



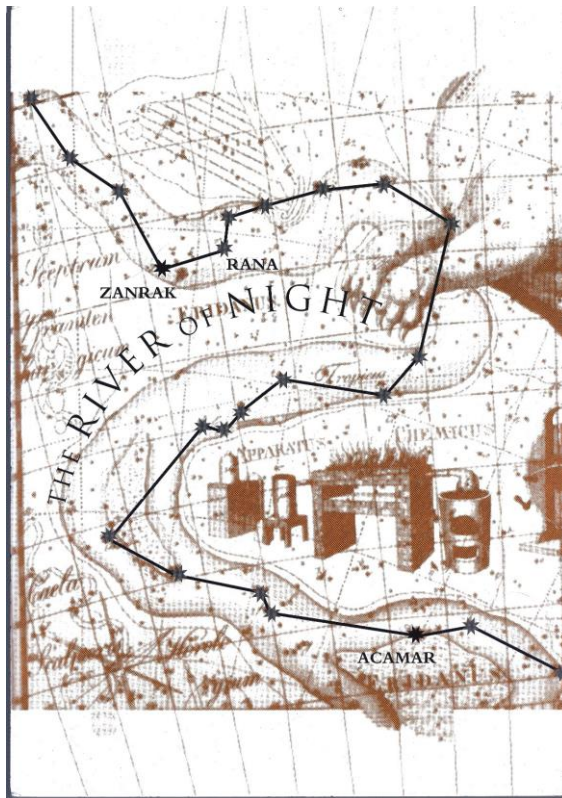
ANDROMEDA

She is the beautiful cosmic princess who is captured and chained by the Sea Monster. In her solitude she waits for the great and courageous Perseus to free her.

Andromeda appears on the Northern sky in autumn and winter.

Looking for the constellation find the V shaped and bright Cassiopeia first. She is near the North Pole, and to the South of the queen lies her daughter, Andromeda.

Under these two magnificent constellations is what the ancient Babylonians called the Sea. There is the Pisces constellation and Cetus, the Sea Monster who is waiting for the right moment to take the beautiful princess Andromeda, forever.



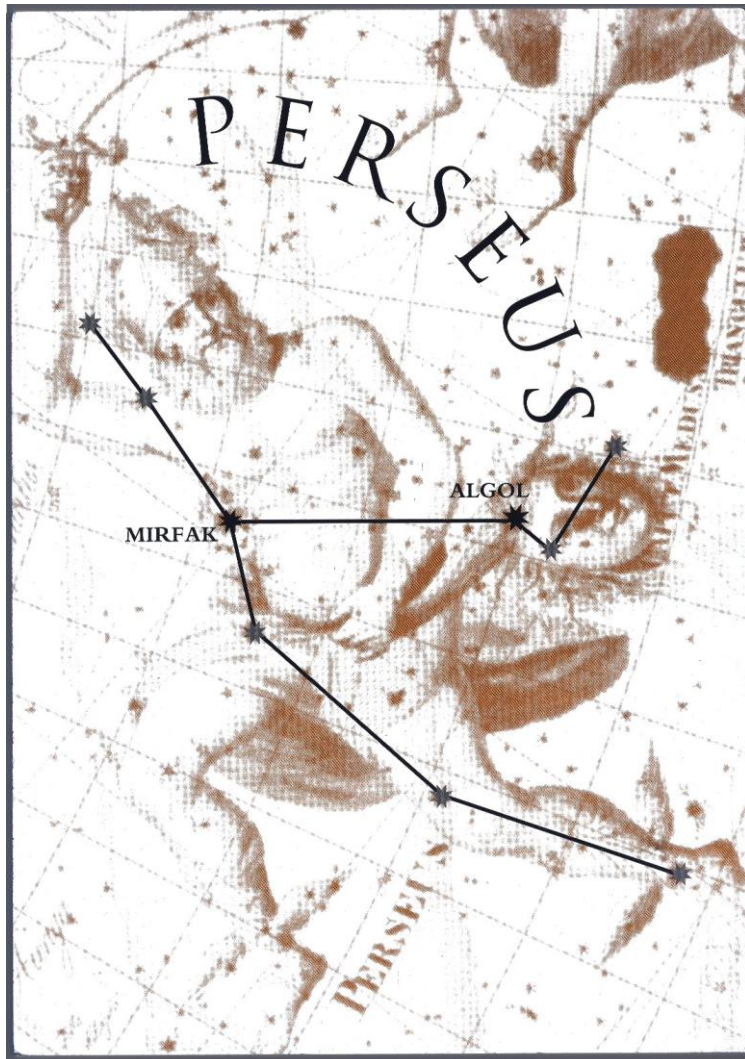
ERIDANUS, THE RIVER OF THE NIGHT

Babylonian astrologers named this constellation The River of the night. It is one of the longest star formations on the sky, stretching over the never-ending space.

The river starts up at the Orion and flows down to the Southern Pole, giving earthlings the real comfort and the feeling of immortality.

Achernar is the last and brightest star of the constellation. It is only visible from the Southern hemisphere from time to time. It was the reason why Babylonians considered Acamar for the last link of the heavenly river.

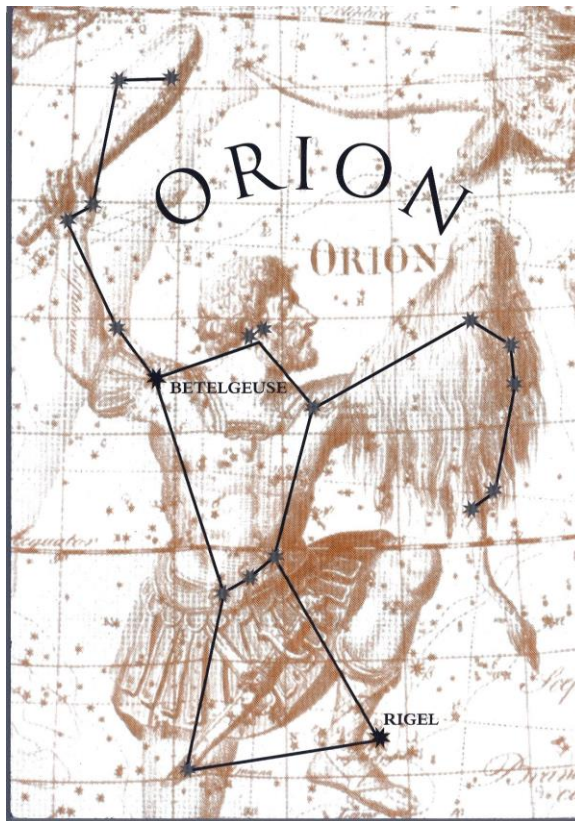
The easiest way to find the star formation is by the help of Orion. Look at the hunter's legs and to the West you will see this flowing star formation.



PERSEUS

The stars of Perseus are found near the North Pole just beside the V shaped Cassiopeia. The hero with the bright armours is getting ready to free his love, Andromeda.

Before Perseus appears on the sky, the scintillating falling-star flood, the Perseides announce the great man. Perseus is fully seen in December, when it is the highest and the brightest star formation on the Northern hemisphere. From November he watches earthlings on the Southern.

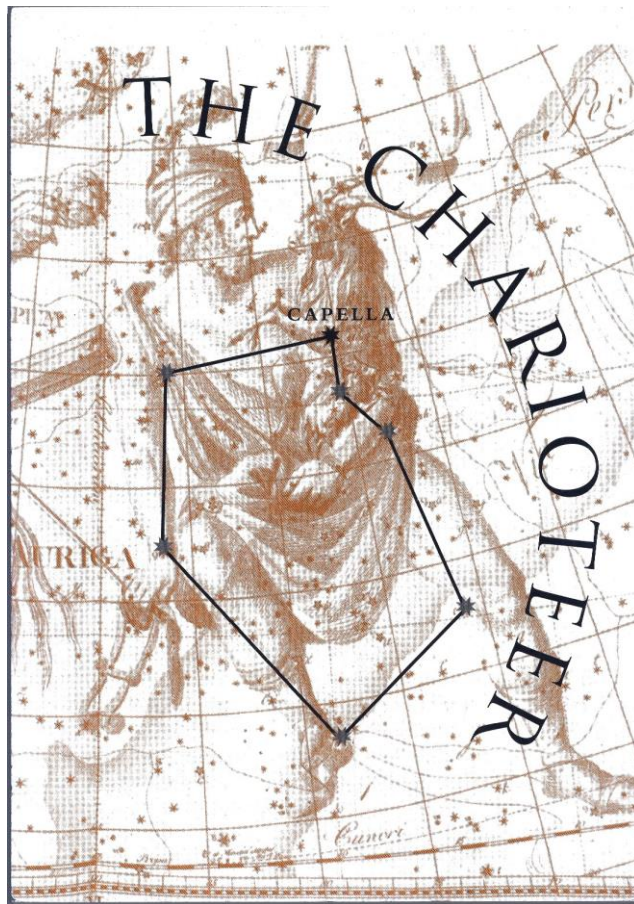


ORION

The Great Hunter is the most important star formation not only in our galaxy but also in the Universe. However, from the point of eating it does not carry much difference.

Apart from the Plough – that is the part of the Great Bear -, Orion is the easiest to spot on the sky. It is a very bright and grandiose constellation. It appears on the Northern hemisphere in October from the Southeast and leaves us in March on the Southwest.

As he slides through the sky with the Dogs at his feet, he proves over and over again, that he was announced to be the handsomest and the best built man of all times for apparent reasons.



AURIGA

This great fighter, on his amazing chariot lies to the North of Orion.

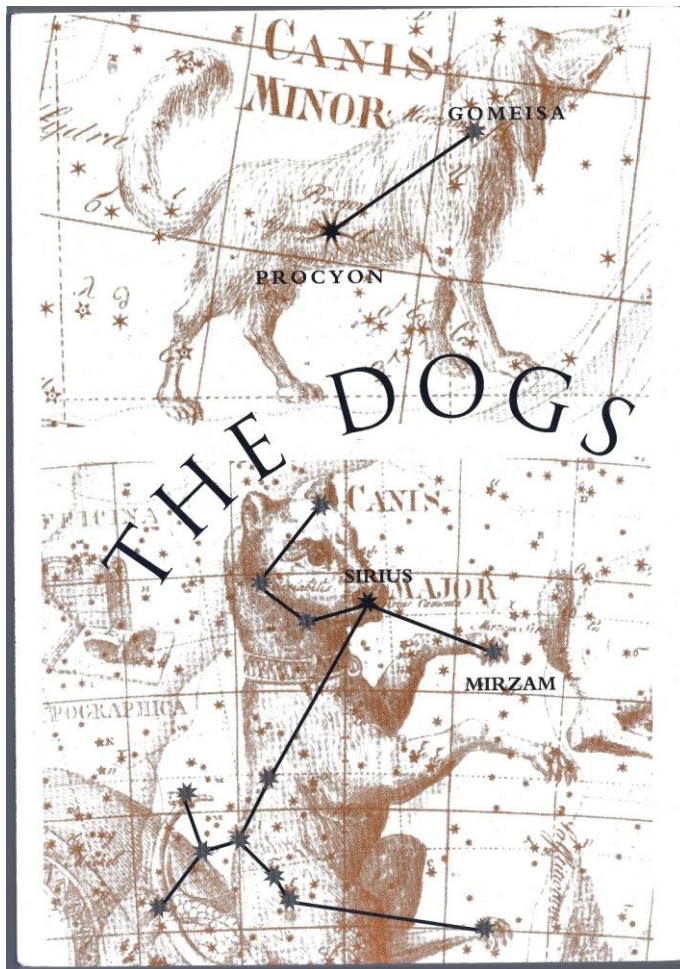
Capella, the goat star is the brightest of Auriga's star. It is also the nearest to the North Pole. Capella is the sixth brightest star on the sky.

Capella was the star that guarded the dreams and lives of the ancient Babylonians. The astronomers of the past believed, that this star brought them wealth, honour and the ability to be great public speakers or leaders.

They also thought that Capella, the star with the golden beam, awakened the thirst for discovering strange fields, and possessing strange knowledge.

In India, people thought that Capella was the heart of Brahma.

On the Northern hemisphere Auriga is the highest in January.

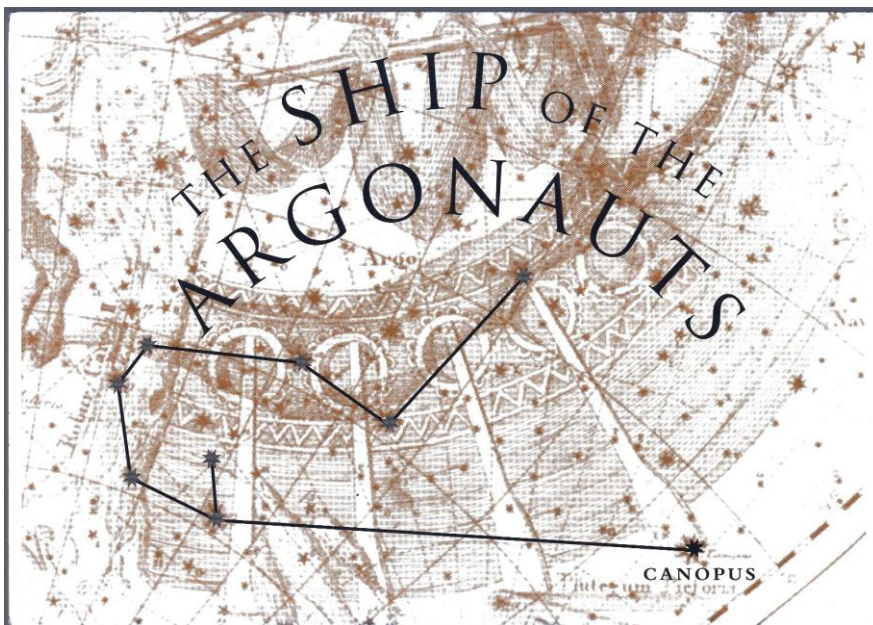


CANIS MAJOR & CANIS MINOR

Once again I need to talk about the magnificent Orion mostly because it is a prominent star formation, easy to find, and even easier to relate other star formations to it.

At the feet of the great hunter shines the Dog Star, Sirius. It is far the brightest spot on the sky. Sirius is the part of Canis Major. A bit higher up from the mentioned star formation you see Procyon, the member of Canis Minor.

On the Northern hemisphere, the winter sky is the host for these beautiful star formations.

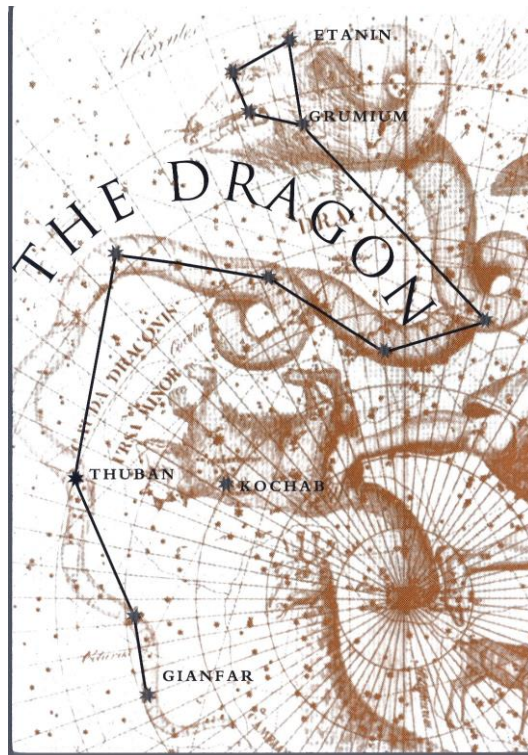


ARGO NAVIS

This constellation is far bigger than any other one on the sky. The floating ark was used by a bunch of people to accompany Jason on his trip to find the Golden Fleece. These people were named Argonauts after the Argo Navis they travelled on. The ship follows the path of the Milky Way.

The water vehicle has three parts: Carina, Veal and Puppis. Carina is the bottom of the ark. Its brightest star is Canopus. People of the desert believed that all the precious stones came from there. This star appears on the Northern hemisphere around February. The star carries the name of a Greek captain who conquered Troy. Travellers of the Arabian Deserts also respected Carina. They named the star Suhail. In association with the star they called everything shiny the same way. The inhabitants of the desert called handsome people Carina after the bright star.

The constellation takes over the Southern hemisphere from January till May.



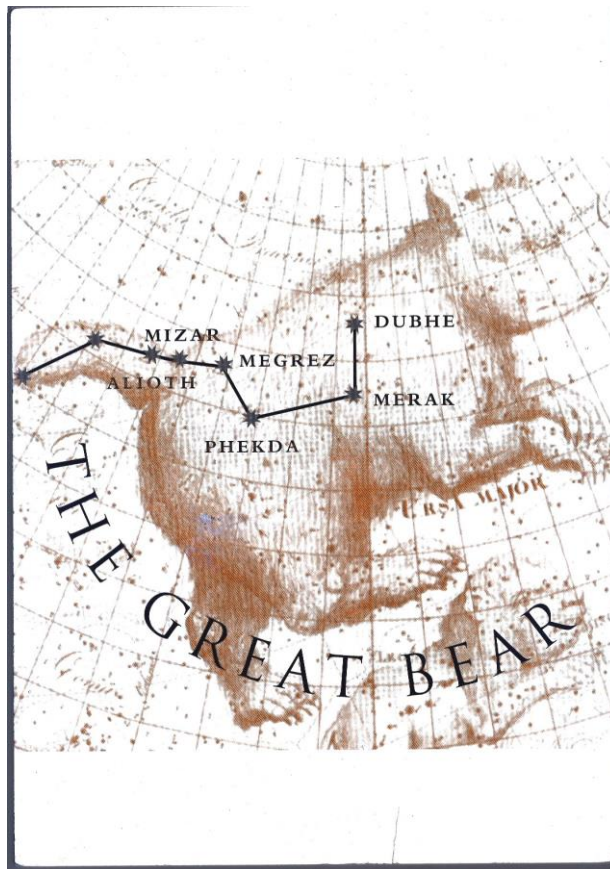
DRACO

The Draco star formation is the faithful keeper of the North Pole. It is to be found between Ursa Major, The Great Bear and Cygnus, the Swan. The dragon twists and turns around Ursa Minor.

Its most important star is Gianfar that represents the tail of the dragon. The other prominent star is Kochab that is known to be the part of Ursa Minor now, however, 3 000 years back it was the wing of the dragon. Grumium is the chin of the exotic animal while Etanin makes its ear.

The Draco, as many other star formation, played an important role in ancient Babylon. However, the Chinese astronomers put it on the well-deserved pedestal.

The Draco is still the favourite guest on the Chinese New Year, and other national celebrations.



URSA MAJOR

This constellation is far the best known and the easiest to find. Look for the Plough, the Ladle or the Saucepan as the prominent part of the star formation. The Great Bear shines on the Northern hemisphere around the Pole. The two stars, Dubhe and Merak make up the right side of the Saucepan, are pointing directly to the North Pole.

The constellation is the favourite sight on the sky from Babylon, through Greece and India, reaching even the North-American deserts.

The Greeks saw Callisto, the nymph of the mountainous Arkadia in the constellation.



HYDRA

This is the longest constellation in our galaxy. The Sea Serpent takes its place from Cancer to Libra, to the South from the 12 constellations zodiac. Behind it there are the Corvus and the Crater constellations.

Again, Orion shows the direction to the star formation. The leg of the hunter leads you to Alphard, the heart of the water snake. This star is the one that takes care of arts and music, guides all those shows interest in humanity at large. According to ancient beliefs Alphard awakens wisdom and feelings in people.

This constellation, as many others, was the discovery of ancient Babylon. It became the row model in the frightening, female centred society, representing the dangerous twisting and turning of the “weaker” sex. Since then, it has always been looked at as an untamed animal favouring mostly male victims. Opposite to the Babylonian mistrust, the Maya looked at the snake as a God and was deeply respected.

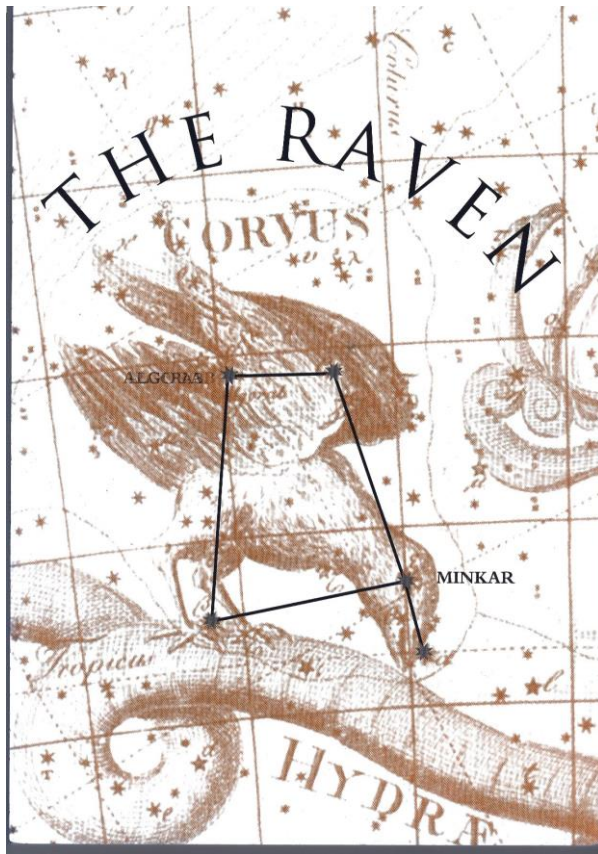


CRATER

The Crater or Cup constellation is connected to Dionysos, the Greek God of wine, enjoyment and sensuality. The untamed and young God showed the brighter and better side of living to the mortals. The cup became the essential belonging of Dionysos and his followers.

Despite of all that history and heritage, records show that Greece became a wine producing country long after Dionysos. For many years, they called the calming and soothing liquid “dark water” that takes away the reason and wisdom of human beings.

The constellation is found behind Hydra, the North of Corvus and to the South-West of Virgo. Its main star is Alkes that is on the base of the cup. It is spotted mostly on the Southern hemisphere.



CORVUS

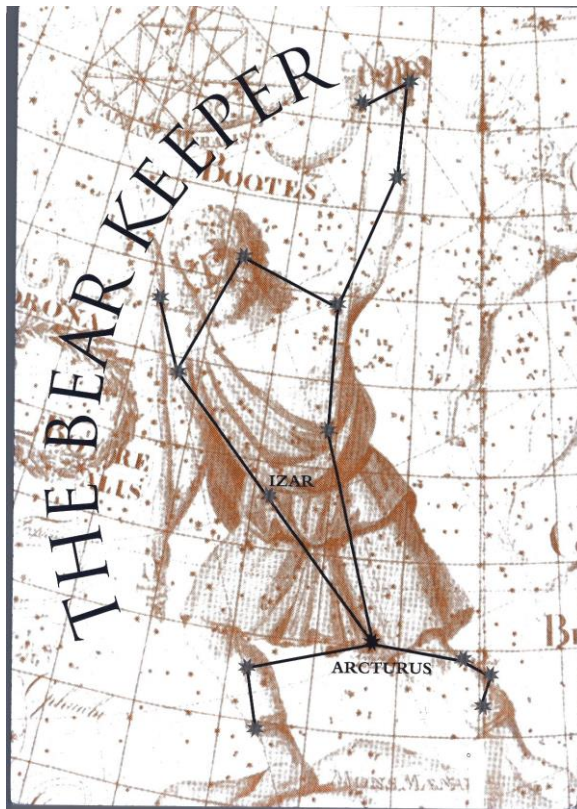
The Corvus – Raven – constellation travels the sky standing on the back of Hydra.

It appears a bit to the South of the heavenly equator and to the South-East of Virgo. To the West of the star formation is the Crater constellation.

Its four main stars make up the body of the bird.

Minkar is the eye of the bird and Algorab makes up the open wing.

The Corvus is seen only at spring on the Northern hemisphere. However, one can see it all year around on the Southern.



BOÖTES

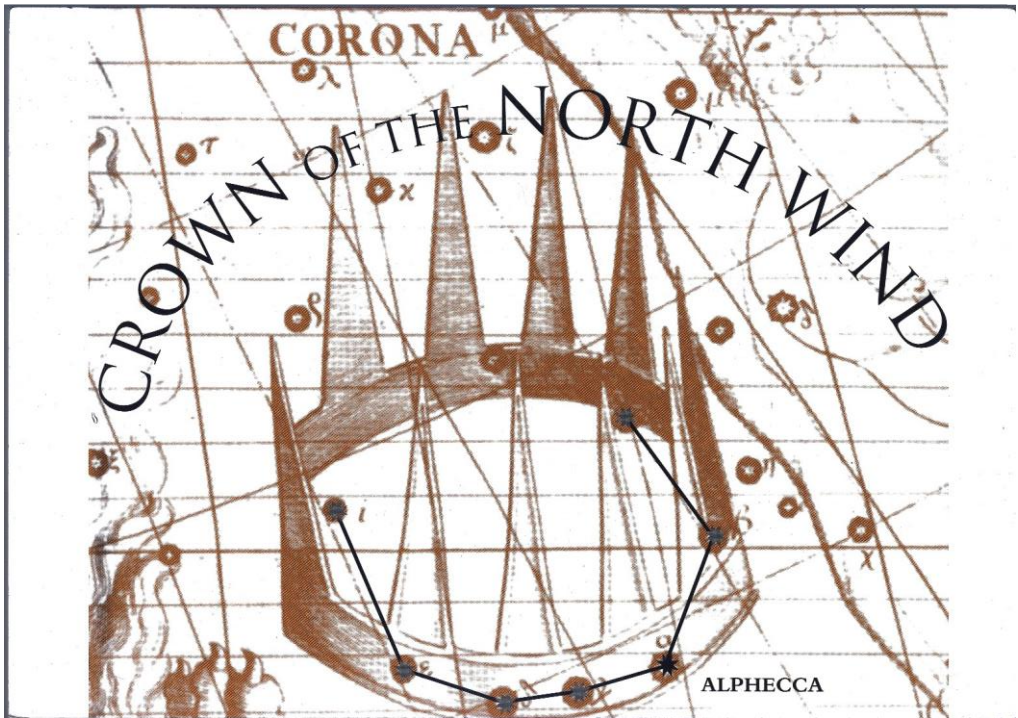
The Bear Keeper lies between two well-known constellations. To the North there is the Great Bear and to the South the Virgo.

Arcturus, Boötes' biggest star makes up the knee of the robust gentleman. The golden-yellow beam of this star goes very far.

The Boötes star formation is easy to find if you follow the tale of the Great Bear, downwards to the edge of the horizon.

The Bear Keeper was the symbol of the grape harvest in the ancient Rome. The sailors looked at it as the forecaster of storms and imminent danger.

Arcturus is 20 times bigger and 115 times brighter than the Sun. It appears in June on the North sky of the Southern hemisphere.



CORONA BOREALIS

The Crown of the North or the Crown of the Northern Wind lies upside down behind the back of the great hero, Hercules. The main star of the small, but brightly shining constellation is Alphecca, the brightest jewel on the reddish coloured crown. According to the mythology Ariadne wore it while she was the princess of Create.

The crown is a resting place for victorious souls leaving Earth. The constellation is to the East from the Lyra's Vega and to the West from the Bear Keeper's Arcturus. The star formation is clearly visible during the summer.



SERPENT

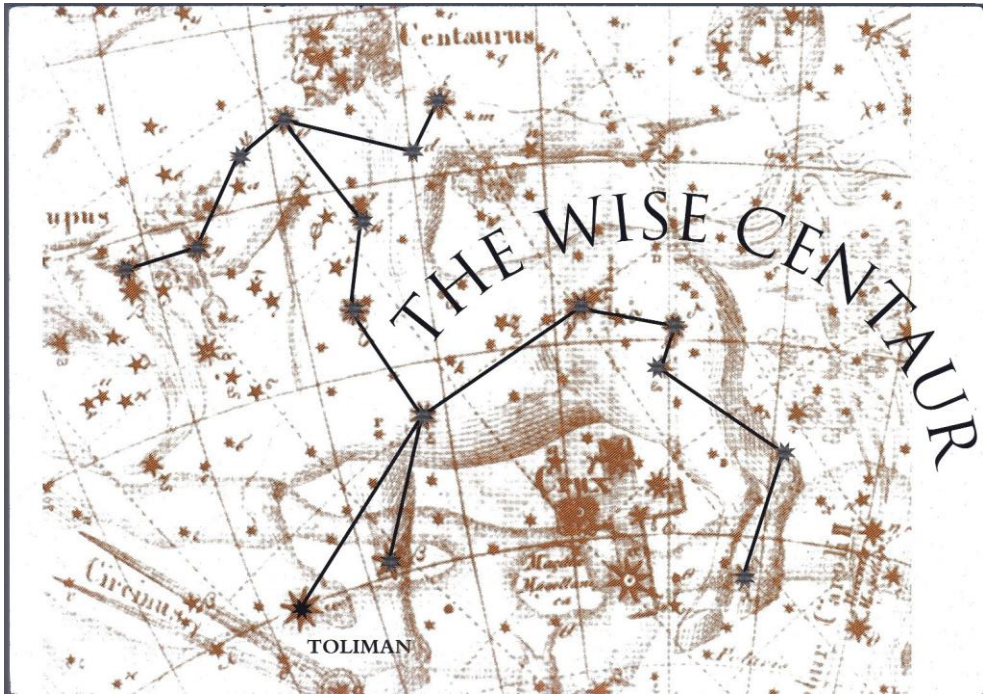
In our days the star formation is divided into two parts. One is the reptile's head and the other is the tail.

The serpent is the guardian of medicine and birth. On the Northern hemisphere it is visible during the summer months.

Ophiuchus, the Serpent Keeper looks after the constellation. The serpent's tail is to the East from Ophiucus. Going to the Southwest you see Altair, the shining star of Aquila constellation. The raven flies on the Milky Way.

Unuk Elhaia, an orange coloured star, is the heart of the serpent. This star is to the West from the Keeper and to the East from Arcturus.

It is mostly visible on the Southern hemisphere during the winter months.



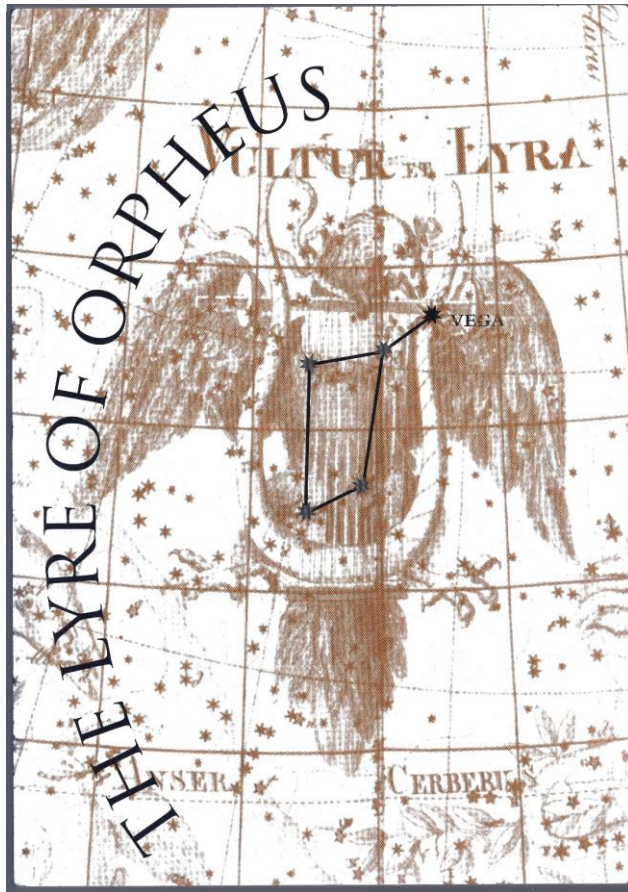
CENTAURUS

The Alpha Centauri or Toliman is the main star of this beautiful constellation. This star marks the leg of the Wise Centaur. Toliman lies nearest, only 4 light years away from our Sun.

The Centaurus is a Southern constellation therefore it is best seen on the Southern hemisphere.

Alpha Centauri played a very important role in the lives of people who worked on the river Nile. They worshipped it for its brightness and thought of it to have a hand in their lives' decision.

It is seen to the East of Virgo and very near to the Ship of the Argonauts. Toliman means "up to this point" and "after that". The astronomers of the ancient Babylon believed that it would bring honour, wholeness and great number of friends.



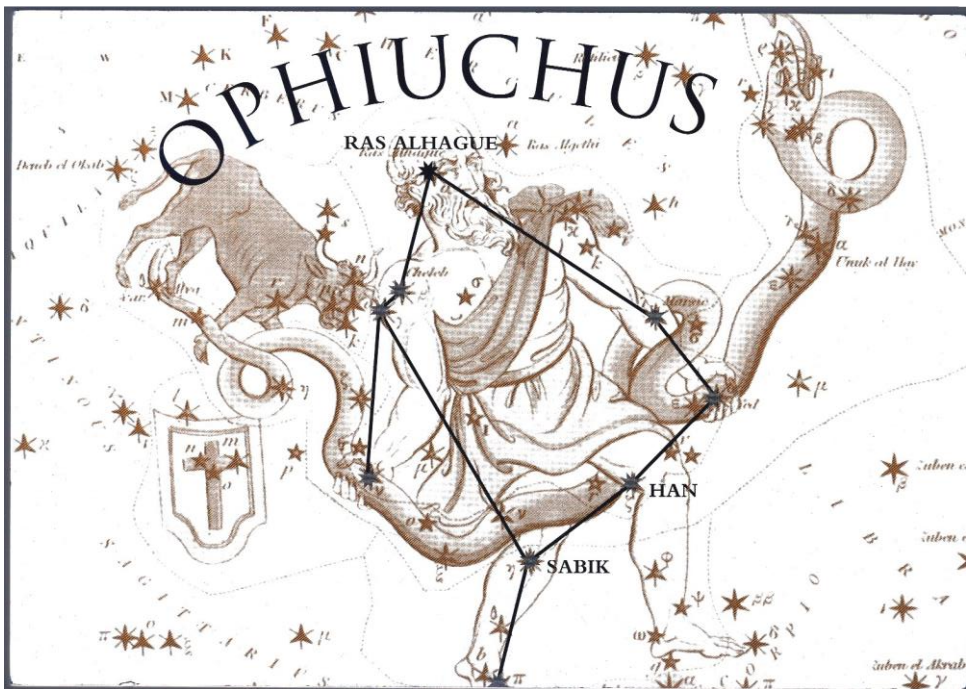
LYRA

Vega, amazingly bright main star of Lyra shines in pale sapphire colours on the sky. It is the fifth brightest star in the visible heavens.

This musical instrument belongs to Orpheus, the God of the Underworld. He played the lyre so beautifully that he enticed all the wonderful women to come down to him and say good-bye to the earthly existence.

Many years ago Vega was the star of the Northern Pole. It is still quite near the pole lying at the far Western end of the Milky Way galaxy.

Shows itself during the whole summer where together with Deneb of the Cygnus constellation, and Altair of the Aquila constellation make up the summer triangle.

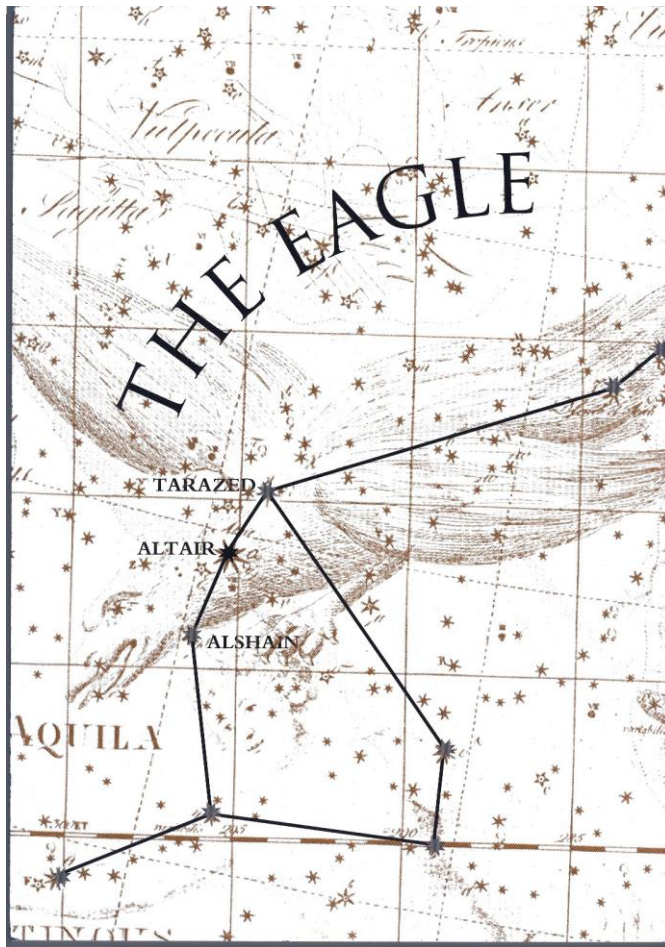


OPHIUCHUS

Part of the long constellation lies between Scorpio and Sagittarius. Ophiuchus, the God of Healing, who holds in his hands the tools of medicine and rebirth, was hit by a lightning and disappeared in the Underground World. Some times after he rose up to the sky and continued his eventful life as constellation. That is why the star formation disappears at autumn and reappears at spring.

The easiest to look for it is via Vega. When you spot the bright star up there, look south on the horizon and there you find Ras Alphague, the head of the Serpent Keeper.

Ophiucus helps to form the thinking of mankind. Astronomers in the ancient Babylon gave the power of honourable courage and dedication to Sabik.

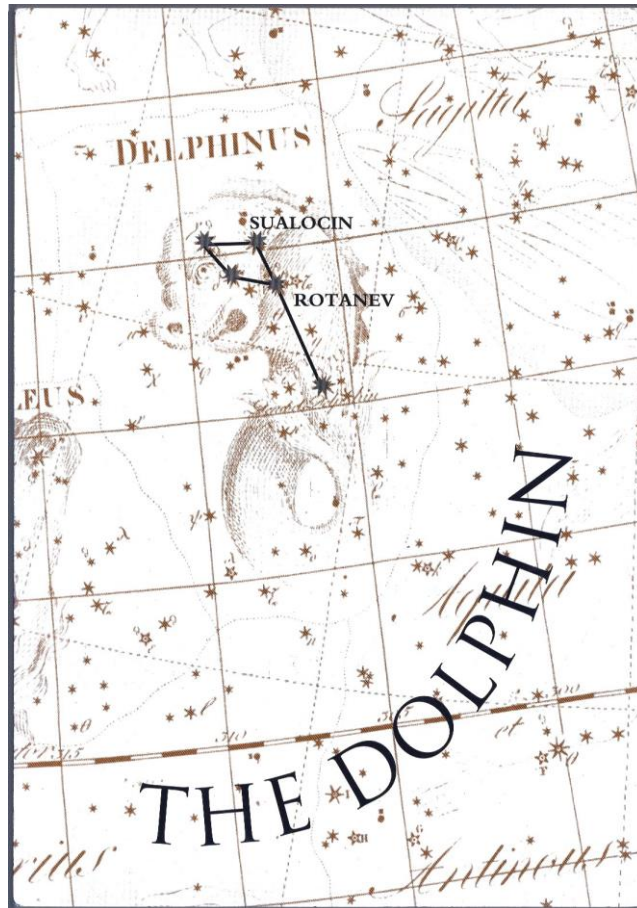


AQUILA

Aquila, the Eagle flies on the edge of the Milky Way galaxy. The bright star Altair marks the throat of the bird and with Deneb from Cygnus and Vega in Lyra they make up the bright Summer Triangle.

Looking for it on the sky you should spot Cygnus first. It is quite easy to find on the Milky Way as the open wings of the Swan makes up a cross, the pagan symbol of mankind and earthly existence. Finding that you are already at the triangle with its guarding stars Tarazed and Alshain. They are on one end of the Milky Way while Vega is on the other.

The Eagle is on the Western horizon from June till October.

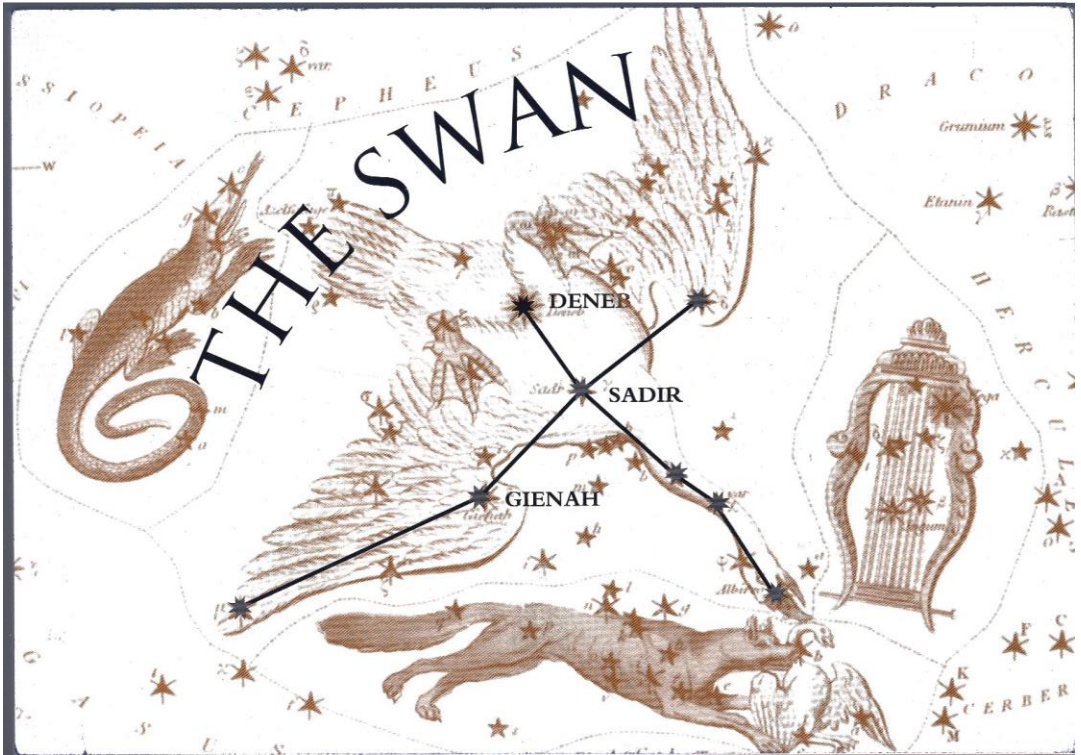


DELPHINUS

Once upon a time the stars of the tiny constellation was called the jewel of all stars. The best time to see it is summer on the Northern hemisphere. The star formation lies in the “Ocean of Heavens” as the ancient Babylonians called it. It is to the East of the mentioned Summer Triangle. The main stars of the diamond shaped constellation are the pale yellow Su-alocin, and the darker green Rotanev.

The heavenly counterpart of the friendly animal had a great effect on human beings, according to the wise Babylonians.

The Greeks believed it to be closely connected to Poseidon. The Maoris in New Zealand also respected it highly.



CYGNUS

The heavenly Swan is seen during the summer on the Northern hemisphere.

The constellation is quite easy to find for its brightest star Deneb is part of the famous Summer Triangle. This star makes the belly of the bird.

Because of its shape sometimes it is called the Cross of the North. Sadir, the dominant star is the guardian of smart and witty people.

According to the ancient Greeks, Cygnus is the friend and guardian of the Pantheon.

Meditate on the following:

I eat what I am

The night is not the end of a hard day
but a beginning of a better one.

(h)

The third step

Becomes poor the one
who uses idle hands.

(h)

Eating habits and behaviour pattern of earthlings born between

21st of March – 19th of April

The planet, that governs the lives of those born between 21st of March and 19th of April, is Mars.

Mars, the warrior, was born on the land of the Daks, to help protect them against intruders. Dacia, the birth land is in the present day Romania.

In the Greek mythology Mars is named Ares and he is the son of the Zeus and Hera. He is raging and bloodthirsty, always ready for a good fight.

Mars is the fourth planet from the Sun. It orbits the Great Fireball once in every 687 Earth Days at a distance of 225 million kilometres.

Ruling stars of the Mars people are:

Pegasus (21st of March – 1st of April)

Andromeda (2nd of April – 9th of April)

Eridanus (10th of April – 18th of April)

The Mars people are courageous and enthusiastic earthlings. Whatever they do it leads to result. For them action speaks better than words. Their lives are chains of fights and battles. If there is nothing to fight about or fight for, they create new situations and new goals. Although they are great discoverers, conquerors and revolutionaries, planning and caution are non-existent for Mars people. Tomorrow is just another day that does not need special attention.

They take their kitchen for a battlefield. Discover herbs and spices, conquer blocks of meat and vegetables, blend them together and wait for the result impatiently.

They eat little but very fast. Since they cannot bear being confined to the table for long, very often eat their food in a rush, standing up.

When you invite a Mars earthling, your best bet is to arrange everything ahead, keep the food near the table ready to serve and when the time comes put it on the table without further ado to present the possibility of self-service. They love to wash their coffee off with some strong liqueur and often finish dinner with fruits.

Penny for your thoughts:

The menu

STARTERS

artichokes
peppers and onions
leek and potato soup
elzekaria
fishy garlic sauce

MAIN COURSES

wonder chicken
spicy liver
stuffed pepper
bathed beef with thin noodles
chicken breast with 40 garlicks

DESSERTS

fruit salad with lavender vinegar
ginger biscuits
peppery strawberries
crazy rhubarbs
Sunday parsnip

recipes

STARTERS

artichokes

ingredients:

8 young artichokes *moon*

juice of 1 lemon *venus*

½ cup olive oil *sun*

1 pinch of salt *moon*

1 pinch of freshly ground black pepper *mars*

water *moon*

4 slices of rye bread *sun*

4 cloves of baked garlic *mars*

cooking instructions:

Clean artichokes.

Sprinkle with the lemon juice and put into a saucepan nicely, next to each other. Pour on oil and enough water to cover. Cook over medium heat until water evaporates and artichokes brown a bit. Place on a platter sprinkle with salt and pepper.

Serve with sliced rye bread spread with baked garlic.

useful hints:

Whenever I use my oven I put a big bulb of garlic - wrapped in foil - in the corner to bake. When occasion presents itself I spread a clove of baked garlic on

brown toast. If you are worried about the after effect, offer a stem of fresh parsley to chew with the dish. It takes away the fragrance considered unpleasant by many. It is also an excellent digestive.

Penny for your thoughts:

I adore cooking. Not only for the healing power of creation itself but for the extraordinary opening of senses. While dealing with herbs and spices my brain sharpens and a flood of new thoughts and ideas arrive. I used to keep pieces of papers and pen at hand to jot them down. Then one day, during one of my bright ideas cooking session the thought of keeping a notepad came to me. I treasure my notepad. It is full of keywords for everyday solutions.

peppers and onions

ingredients:

8 long sweet green peppers **saturn**

8 small onions **mars**

4 tablespoons olive oil **sun**

1 pinch of salt **moon**

1 pinch of freshly ground black pepper **mars**

1 lemon cut into wedges **venus**

cooking instructions:

Wash peppers and peel onions. Heat up oil and fry vegetables over high heat until brown. Arrange on small plates.

Serve with lemon wedges, sprinkled with salt and pepper.

useful hints:

Tequila - **mercury** proves to be the best company to this dish. Serve it on plenty of ice with lemon wedges in a tall glass with salted rim.

Penny for your thoughts:

Having empty spaces in this book gave me another idea. Why don't you use them for your thoughts coming to you while making one of these recipes for yourself or loved ones?

leek and potato soup

ingredients:

500 g potatoes *mercury*

1 leek *mercury*

2 tablespoons butter *sun*

4 spoons of natural yoghurt *venus*

1 pinch of salt *moon*

1 pinch of freshly ground black pepper *mars*

4 pinch of grated nutmeg *mercury*

1 pinch of dried marjoram *sun*

3 bay leaves *mercury*

cooking instructions:

Peel and dice potatoes. Wash leek thoroughly and chop.

Melt butter in a big saucepan, throw vegetables on it, and turn over few times.

Pour on 2 litres of water; add marjoram, bay leaves with salt and cook until soft. Mash in food processor add yoghurt and serve with nutmeg and black pepper to taste.

useful hints:

When you clean a leek, chop off the top leafy part. Cut a thin slice off the other end also. Slash open length wise to the middle and wash under running water opening up between the leaves.

elzekaria

ingredients:

1 cup dried butter beans ***mars***
1 small white cabbage ***saturn***
1 big onion ***mars***
2 cloves of garlic ***mars***
2 thin slices of smoked bacon ***jupiter***
1 tablespoon corn oil ***mars***
1 pinch of salt ***moon***
1 pinch of freshly ground black pepper ***mars***
100 g Greek yoghurt ***venus***

cooking instructions:

Soak beans overnight in 3 cups of water.

Next morning bring beans to boil with the water. Add more water if needed.

Remove from heat and let it stand for 1 hour. Drain and remove accessible skin from beans.

Slice bacon and fry on corn oil until brown in a big saucepan.

Clean and chop onion, crush garlic. Add to bacon.

Clean and slice white cabbage and add to the onion mixture with the beans.

Pour in 2 litres of water and cook over low heat, covered for 2 hours. Add salt and pepper and cook until soft. Add water if needed.

Serve warm with a tablespoon of yoghurt on each plate.

useful hints:

Bacon is optional.

Add salt at the given time. Beans cook easier and faster without salt.

fishy garlic sauce

ingredients:

4 smaller fish to roast *moon*

2 tablespoons plain brown flour *sun*

1 teaspoon paprika *mars*

for frying:

1 cup of corn oil *mars*

for the sauce:

8 cloves of garlic *mars*

1 egg *saturn*

2 tablespoons finely chopped parsley *saturn*

1 coffee spoon spicy mustard *pluto*

1 pinch of salt *moon*

1 pinch of freshly ground black pepper *mars*

5 tablespoons olive oil *sun*

juice of 1 lemon *venus*

for garnish:

1 bunch of fresh parsley *saturn*

cooking instructions:

Clean and chop garlic. Put into food processor with the egg, mustard, oil, salt and pepper. Mix well. Add lemon juice and mix again.

Clean fish. Turn it over in the mixture of flour and paprika and fry in oil. Pour sauce over fish and serve garnished with chopped parsley.

useful hints:

Use continental or flat parsley for it is tastier and softer.

Penny for your thoughts:

MAIN COURSES

wonder chicken

ingredients:

- 1 smaller chicken *venus*
- 4 small chicken legs *venus*
- 1 small twig of fresh rosemary *mars*
- 1 kg salt *moon*

for the stuffing:

- 300 g mushroom *jupiter*
- 1 onion *mars*
- 2 tablespoon corn oil *mars*
- 1 pinch of salt *moon*
- 1 pinch of freshly ground black pepper *mars*

on the side:

- 500 g potatoes *mercury*
- 1 pinch of salt *moon*
- 100 g soured cream *mercury*
- 1 bunch of fresh parsley *saturn*

cooking instructions:

Clean chicken and put the rosemary in the belly of the chicken. Sew 2 extra legs on each side of the chicken.

Pour salt onto a baking sheet big enough to take the chicken. Place the chicken on it and roast in preheated oven for about an hour. Peel and finely chop onion. Fry on the oil until transparent. Add cleaned and chopped mushroom with salt and pepper and cook for 10 minutes.

Peel potatoes, chop and cook in salted water. Drain. Mix with soured cream and finely chopped parsley. Stir.

Put on a plate with the chicken and mushrooms.

Penny for your thoughts:

spicy liver

ingredients:

1 kg liver – pig or chicken ***mars***
200 g smoked bacon ***jupiter***
½ litre of dry white wine ***sun***
6 carrots ***mercury***
1 onion ***mars***
2 cloves ***venus***
2 bay leaves ***mercury***
1 pinch of ground thyme ***moon***
1 bunch of fresh parsley ***saturn***
5 whole black pepper ***mars***
1 tablespoon butter ***sun***
1 pinch of salt ***moon***
1 pinch of freshly ground black pepper ***mars***

on the side:

500 g potatoes ***mercury***
100 g yoghurt ***venus***
1 pinch of grated nutmeg ***mercury***
1 pinch of salt ***moon***

cooking instructions:

Chop up 1 slice of bacon. Stab the liver and put a piece of bacon into each wound.

Turn the rest of the bacon over in some ground black pepper.

Find the biggest ovenproof dish your oven takes. Lay down 5-6 slices of bacon and place the liver on them.

Peel carrots, slice length wise and put on the liver. Peel and halve onion, stab with cloves and add to carrots.

Crush garlic and add to dish with the thyme, the bay leaves and pepper. Pour on wine and enough water to cover. Put few more slices of bacon on the top. Cover with foil and cook in preheated oven for 30 minutes over medium heat. While the liver is cooking, peel potatoes, dice and cook in salted water. When cooked mash, blend with the yoghurt and the nutmeg. Keep warm.

When the liver is ready put potato mash on a big plate, the liver on top.

Drain carrots but keep the water. Bring it to boil, blend in the butter and pour on the liver. Serve garnished with finely chopped parsley.

useful hints:

This dish is definitely for non-vegetarians.

Penny for your thoughts:

stuffed pepper

ingredients:

4 big green peppers **saturn**
1 cup of cooked sweet corn **sun**
1 teaspoon whole caraway seeds **mercury**
1 red pepper **mars**
2 tomatoes **sun**
2 eggs **saturn**
1 pinch of salt **moon**
1 pinch of freshly ground black pepper **mars**
4 tablespoon of grated Edam cheese **venus**
2 tablespoon chopped coriander **venus**

on the side:

1 ripe avocado **jupiter**
2 tomatoes **sun**
2 tablespoon chopped coriander **venus**
1 pinch of salt **moon**
1 pinch of freshly ground black pepper **mars**
juice of ½ lemon **venus**

cooking instructions:

Halve green peppers and remove seeds.

In a small, empty frying pan roast the caraway seed over high heat until smokes. Remove and grind coarsely. Pour corn into a bowl.

Chop red pepper and 2 tomatoes. Add to corn with the caraway seed, the eggs, a pinch of salt and pepper. Blend in 2 tablespoons of the coriander

leaves also. Mix thoroughly and stuff the green peppers with it. Place them on a baking sheet, sprinkle with grated cheese and bake in preheated oven for 20 minutes.

Peel avocados and mash.

Quarter the 2 tomatoes, scoop the seeds and liquid out and chop finely. Add to avocado with the 2 tablespoonful of coriander leaves and lemon juice.

Blend well. Serve on the side of the stuffed pepper.

useful hints:

This is a very filling dish. However, if you do not find it substantial enough I recommend fried aipim with it.

Aipim is called cassava or mandioca in some places. The peeling of aipim is a ritual. First cut the roots into 2 cm pieces and peel with a sharp, short bladed knife by slashing it first a bit deeper than the dark skin. This way a fine white layer will peel off together with the dark. Wash and boil in slightly salted water until start falling apart.

Drain well. Fry in hot corn oil until brown. Remove from oil and sprinkle with salt.

Offer caipirinha de pinga - **mercury** or caipiroshka - **venus** with it.

Penny for your thoughts:

bathed beef with thin noodles

ingredients:

1 kg lean beef ***mars***
1 and ½ cup of olive oil ***sun***
1 carrot ***mercury***
1 onion ***mars***
½ celeriac ***pluto***
1 glass of white wine ***sun***
2 tablespoon wine vinegar ***moon***
4 stem parsley ***saturn***
2 cloves of garlic ***mars***
1 teaspoon dried thyme ***moon***
2 bay leaves ***mercury***
1 teaspoon rosemary ***mars***
6 whole black pepper ***mars***
1 teaspoon salt ***moon***

for the pasta:

4 tablespoon corn oil ***mars***
3 cloves of garlic ***mars***
100 g smoked lean bacon ***jupiter***
4 carrots ***mercury***
100 g green olives ***sun***
100 g black olives ***sun***
4 tomatoes ***sun***
500 g dry thin noodles ***saturn***
1 tablespoon olive oil ***sun***
3 tablespoon grated cheddar ***venus***

1 pinch freshly ground black pepper ***mars***

cooking instructions:

Make the following bath for the meat: peel and chop carrots, onion and celeriac. Heat olive oil in a saucepan and brown vegetables on it. Pour in wine, vinegar. Add parsley, 2 cloves of garlic, thyme, bay leaves, rosemary, pepper and salt. Cook over low heat for 30 minutes. Leave it to cool and pour on the coarsely diced meat. Marinate for 24 hours.

Next day remove meat but keep the liquid mixture.

Heat the 4 tablespoon oil in a saucepan and brown meat. Place in a fireproof dish; sieve the bath over it with the 3 cloves of crushed garlic, the chopped bacon, olives and chopped carrot. If needed add more wine.

Cover with foil and bake for 3 hours in preheated oven over low heat.

Remove from oven. Spoon off excess grease, add 4 chopped tomatoes and put back to oven for further 10 minutes.

Meanwhile cook pasta in salted water and drain. Sprinkle with olive oil and grated cheese. Pour on a ladleful of the gravy.

Mix well and serve with the meat.

useful hints:

It seems a lot of work and I assure you, it is. Never mind. It is worth it.

Penny for your thoughts:

chicken breast with 40 cloves of garlic

ingredients:

2 chicken breasts **venus**
4 tablespoon corn oil **mars**
40 cloves of garlic **mars**
1 dl red wine **sun**
1 pinch of salt **moon**
1 pinch freshly ground black pepper **mars**

for the pasta:

500 g tagliatelle **saturn**
1 tablespoon salt **moon**
1 tablespoon corn oil **mars**
1 bunch of parsley **saturn**

cooking instructions:

Cut up meat to bite size pieces. Heat oil in a bigger saucepan with the 40 cloves of garlic with the skin on. Throw on meat, stir and brown. Add salt and pepper with the wine. Reduce heat and cook for 15 minutes over low heat. Remove excess garlic peel. Cook pasta in salted water and serve with the chicken. Garnish with chopped parsley.

useful hints:

Please do not be afraid to try this dish. The result is breath-taking.

DESSERTS

fruit salad with lavender vinegar

ingredients:

1 kg fresh fruit mix ***sun***

½ cup of lavender vinegar ***moon***

cooking instructions:

Peel and dice fruits. Pour vinegar on top.

Serve.

useful hints:

Soak a stalk of fresh lavender in white wine vinegar for 2 weeks. Use it on fruit salads and green salads.

Use fresh lime juice instead of the lavender vinegar if you wish.

Penny for your thoughts:

ginger biscuits

ingredients:

½ cups of water **moon**
2 tablespoon brown sugar **sun**
6 slices of fresh ginger **saturn**
4 ginger biscuits **saturn**
2 tablespoon brandy **pluto**
100 g whipped cream **mercury**
grated peel of 1 lemon **venus**

cooking instructions:

Boil water with the sugar and finely chopped ginger until reduces to half. Remove the ginger pieces and keep aside. Let the liquid cool. Add lemon peel and brandy to it. Stir in the whipped cream.
Put a biscuit on each plate and spoon mixture on the top.
Decorate with the ginger.

useful hints:

Good addition to simple ice cream.

Penny for your thoughts:

peppery strawberries

ingredients:

200 g soured cream *mercury*

20 strawberries *venus*

1 pinch freshly ground black pepper *mars*

cooking instructions:

Put 2 tablespoon of soured cream on each plate or ice cream glass.

Wash and halve the strawberries. Put on the soured cream. Sprinkle with freshly ground black pepper and serve.

useful hints:

Strawberries have never tasted better.

Penny for your thoughts:

crazy rhubarbs

ingredients:

2 cups chopped rhubarbs ***mars***

3 tablespoons brown sugar ***sun***

3 slices of fresh ginger ***saturn***

1 tablespoon butter ***sun***

200 g yoghurt ***venus***

water ***moon***

fresh mint leaves ***mercury***

cooking instructions:

Cook the rhubarbs with the sugar, ginger, butter and 1 tablespoon water.

Cool.

Pour in a food processor and mix with the yoghurt.

Pour into a glass bowl and decorate with fresh mint leaves.

useful hints:

Refreshes the body and the mind.

Penny for your thoughts:

Sunday parsnip

ingredients:

4 parsnips ***mercury***
2 tablespoon butter ***sun***
2 tablespoon Dijon mustard ***pluto***
1 tablespoon honey ***venus***
4 tablespoon good whiskey or brandy ***pluto***
1 pinch freshly ground black pepper ***mars***
2 tablespoon finely chopped parsley ***saturn***

cooking instructions:

Peel and chop parsnips.

Melt butter and brown parsnips on it. Add ½ cup of water and cook for 5 minutes. Add mustard, honey and whiskey and cook for further 3 minutes. Sprinkle with pepper and garnish with parsley.

useful hints:

It is the icing on the Sunday roast.

Penny for your thoughts:

Eating habits and behaviour pattern of Earthlings born between

20th of April – 20th of May

These people live their lives under the watchful eyes of Venus.

According to legends, Venus – Aphrodite by her more commonly used Greek name -, the goddess is the daughter of Zeus and Dione. The legends continue stating that the lightening of Zeus touched an oyster impregnating it somehow, and the goddess was born. She travelled in the oyster's shell to the island of Kuthera later Kupros (Cyprus) where she settled and established her culture. Her beautiful gardens spread all over the island. Her husband, Hephaistos built gates and fences around the colourful creations.

Venus is the goddess of lust. Whatever or whoever she touches would crave for sex. She adores beauty and never misses the opportunity to enjoy it. She would not take no for an answer. Her persistence and pride takes her to forbidden fields and often brings unforeseen ends to highly enjoyed situations. She is also mentioned by names of: Dionaia, Anaduomene, Kuthereia and Kupris.

Pursuing lust, she left male earthlings craving and females outrageously jealous. When her work on Earth turned a bit awkward, Zeus decided to punish Venus by sending her up on the sky. She is there now, day and night, showing the light to earthlings. This event – in 3113 B.C.- was the beginning of the Fifth Sun Age.

Venus is the second planet from the Sun. It is the brightest spot on the sky due to the white cloud on the surface. The Evening and the Morning star in one, rotates clockwise once in every 243 Earth Days.

Many of the new souls (born after the 28th of February, 1972) came to us from this planet.

The ruling stars of the Venus Earthlings are:

Andromeda (19th of April – 8th of May)

Eridanus (9th of May – 15th of May)

Perseus (16th of May – 20th of May)

By nature they are generally peaceful and good people. Not fast the least in making decisions, however, when finally arrive to one, they stick to it, and with all their might work on the result. Count your lucky stars if you befriend a Spring Venus person. They take friendship seriously; let nothing and nobody ruin it.

Venus earthlings feel very uncomfortable with changes. With endless patience they cherish everything they grew accustomed to.

They are great friends of animals and don't miss spending time to get to know them, their behaviour patterns and lives.

The Spring Venus earthlings very rarely lose their calms.

Despite of not paying much attention to their wardrobe and small letters of the famous etiquette, they enjoy food in an ecstatic way.

They take cooking very seriously using their patience to fulfil their need to succeed. Spend hours with spices, choosing them carefully, grinding them freshly to achieve the required effect.

When a Spring Venus invites you, rest assured, there would be no surprises to spoil the event. The carefully made plans will be executed step by step. Success is the goal; the meal is the feast, so decoration is the must.

In their kitchen you find simple, easy to use, but good quality saucepans, frying pans and other utensils carefully selected by shapes and colours lending a homely feel to the place.

To cook for a Venus person is always a pleasure. You can be certain, that you receive the praises and the thanks one so much desires after a day of hard work. However, if you want total success, there are few points you need to pay attention to. Those are the following:

They do not like sweet liqueurs

They enjoy a good beer

Good rum

And the good Bordeaux

Over the age of 40 they exchange these goodies willingly for fruit juice or any good quality sparkling soft drink.

Apart from the nourishment of Venus they take pleasure in the sweet Sun, the spicy Mars and the strangely delicate Mercury food.

Penny for your thoughts:

The menu

STARTERS

nutty chicken pebbles
cauliflower soup
Persian yoghurt
grilled halloumi cheese with mango
orangy appetiser

MAIN COURSES

chicken North-African style
fruity spare ribs
chicken legs with almonds
cheesy marrow pasta
fainting aubergines

DESSERTS

fried rose petals
raspberries Sara's way
trifle
pancakes with apple
carrot cocktail

recipes

STARTERS

nutty chicken pebbles

ingredients:

- 1 minced chicken breast **venus**
- 1/3 cup of crushed nuts **jupiter**
- 2 tablespoon bread crumbs **saturn**
- 1 tablespoon lemon zest **venus**
- 1 pinch of coriander powder **pluto**
- 1 teaspoon fresh chopped mint **mercury**
- 1 egg - beaten **saturn**
- 1 pinch of salt **moon**
- 1 pinch of freshly ground black pepper **mars**

for frying:

- 4 tablespoons of olive oil **sun**
- 4 tablespoons of plain brown flour **sun**

for the dipping:

- 100 g yoghurt **venus**
- juice of ½ lemon **venus**
- 1 pinch of salt **moon**
- 1 tablespoon finely chopped fresh parsley **saturn**

cooking instructions:

Mix ingredients very well and form little pebble like balls out of the mixture.

The smaller you make the better they cook.

Turn them over in the flour and keep aside.

Heat olive oil until hot, but not smoking and fry the pebbles in it. While they are frying mix well all ingredients for the dipping.

Place chicken pebbles on a serving plate. Garnish with chopped parsley.

Divide the dripping into four and pour into small bowls. Use toothpicks or Chinese skewers to plunge pebbles into the dipping and enjoy.

If your guests are at age, sweet vermouth - **pluto** with few drops of fresh lemon - **venus**, cooled with ice cubes, served in a tall glass would prove excellent companion.

useful hints:

Coriander may be substituted by half the amount of cumin - **mars**.

Grind your spices freshly for their fragrance and power will be stronger.

If fresh mint is not available use the dry version of it that you soak in 2 table-spoon of hot water for half hour before using.

Whenever possible use olive oil for frying. Although it is more expensive than others, you need less of it, since it is heavier than others, therefore does not soak into the food, and also easier to digest.

Vegetarians may use tofu - **venus** with this dish. The result is excellent.

Penny for your thoughts:

cauliflower soup

ingredients:

1 smaller cauliflower **venus**
2-3 carrots **mercury**
2 parsnips **mercury**
¼ celery **saturn**
2 tablespoons of semolina **venus**
2 tablespoons of sunflower oil **sun**
5-6 whole black pepper **mars**
½ teaspoon of salt **moon**
1 small bunch of fresh parsley **saturn**

cooking instructions:

Clean and peel vegetables. Break cauliflower to segments and dice the rest. Heat oil in a big saucepan and throw vegetables on it to simmer for 10 minutes.

Sprinkle on semolina while stirring constantly. Pour on 2 litres of water with the salt and pepper and cook for 30 more minutes.

Serve garnished with parsley.

useful hints:

Use semolina for thickening instead of flour.

Parsley should be added to the food one minute before serving. This way it keeps the flavour fully, and helps digestion considerably.

Persian yoghurt

ingredients:

500 g yoghurt **venus**

1 cucumber **moon**

4 spring onions **mars**

2 tablespoon sultana **sun**

2 tablespoon crushed walnut **jupiter**

1 pinch of salt **moon**

1 pinch of ground white pepper **mars**

1 tablespoon finely chopped mint leaves **mercury**

cooking instructions:

Peel cucumber and halve lengthwise. Scoop out seeds. Quarter each piece lengthwise and slice finely. Put in a bowl.

Clean spring onion, slice finely and add to cucumber. Pour in yoghurt, sultanas, walnut and mint. Sprinkle with salt and pepper. Blend well and leave to stand in a cool place for an hour before eating.

Serve with warm pitta bread - **mars** or brown toasts - **sun**.

useful hints:

Many of us suffer from digestive problems when take pleasure from eating cucumber. The seeds cause this unpleasantness. Scooping them out will make cucumber enjoyable again.

Always use a bigger bowl rather than a smaller for mixing. Easier to work with, the ingredients blend better and your kitchen floor stays cleaner.

Do not be afraid of mixing strange flavours.

If it is at all possible use brown bread without yeast - **mars**. Lighter.

grilled halloumi cheese with mango

ingredients:

200 g halloumi cheese **venus**

1 big mango **venus**

2-3 fresh mint leaves **mercury**

cooking instruction:

Slice and peel mango. Cut finger thick slices from cheese and place under the grill. Brown on each side. Serve straight away on small plates with the fruit slices.

Decorate with chopped mint leaves.

useful hints:

Mango is a difficult fruit to deal with. That is why I suggest slicing it first and peel later. Choose one that is ripe but not soft. Use a sharp, straight blade. Chew the rest off the stone.

If you are considered to have green fingers, open up the stone with the knife and take the seed out. Put it into some soil. Water it from time to time and you will be the proud owner of a mango plant in two weeks.

If you do not have fresh mango available use fresh peach - **venus**. In the case of not having that either use the tinned version of any.

It is always very soothing, colourful and healthy to use fresh herbs.

orangy appetiser

ingredients:

4 oranges **sun**
2 red onions **mars**
juice of 1 lemon **venus**
1 teaspoon paprika **mars**
½ cup bread crumbs **saturn**
4 tablespoon olive oil **sun**
2 cloves garlic **mars**
1 pinch of salt **moon**
1 pinch freshly ground black pepper **mars**
1 handful of chopped lettuce leaves **venus**

cooking instructions:

Peel oranges and onion. Slice thinly. Place a layer of orange into a salad bowl then a layer of onion. Continue with orange and onion again until finished.

Crush garlic, mix with paprika, lemon juice, olive oil, salt and pepper. Pour on the salad. Sprinkle with breadcrumbs and garnish with the chopped lettuce leaves.

Keep in a cool place for an hour before serving. Serve in small bowls.

useful hints:

The peel of the orange contains a lot of vitamins and adds beautiful colour to any food.

Do not forget to wash the fruit before slicing if you intend to use the skin.

Serve your salads in a glass bowl to give ways to the healing power of colours.

Use a slice of stale brown bread for your bread crumbs. Remove crust and gently grind the slice between your palms.

Offer suze - **moon** on ice decorated with a slice of orange - **sun** to accompany the salad.

Penny for your thoughts:

MAIN COURSES

chicken North-African style

ingredients:

- 2 boneless chicken breast **venus**
- 4 spring onion **mars**
- 2 tablespoon of sunflower oil **sun**
- 2 tablespoon coriander powder **pluto**
- 2 tablespoon bread crumbs **saturn**
- 1 cup of crushed walnut **jupiter**
- 1 pinch of chilli pepper **mars**
- 3 cloves garlic **mars**
- 1 piece of fresh ginger, finely chopped **saturn**
- 1 teaspoon paprika **mars**
- 1 tablespoon olive oil **sun**
- ½ cup chopped fresh coriander leaves **venus**
- 1 cup coconut milk **mercury**
- 1 pinch of salt **moon**
- 1 pinch of freshly ground black pepper **mars**

for the rice:

- 2 cups long grain rice **moon**
- 1 tablespoon salt **moon**
- 5 cups of water **moon**

cooking instructions:

Halve chicken breasts to get four big, but thin slices.

Slice spring onion and garlic finely.

Work in two saucepans simultaneously. Heat one tablespoon oil in one and brown the chicken slices over high heat. Sprinkle meat with the pinch of salt and black pepper. When ready put aside and keep warm.

In the meantime heat the other tablespoon sunflower oil in the second saucepan and brown the onion, garlic and ginger. Add walnut, breadcrumbs, coriander powder and chilli pepper. Pour on coconut milk. Mix thoroughly and cook for 2 minutes over high heat. Pour sauce on chicken.

Mix olive oil and paprika and sprinkle on meat. Cook for 5 more minutes over slow heat to blend.

Boil rice with the five cups of water in a big saucepan. Add salt. Pour in rice. Maintain the heat and cook until cooked but not soggy. Drain.

Serve rice on a big plate with the chicken on the top.

Use washed leaves, flowers or colourful raw vegetables for decoration.

useful hints:

Meat is best when cooked suddenly over high heat.

Always start up with browning the meat on both sides. This way it will remain succulent and maintains its taste better, not to mention that this little trick reduces the cooking time considerably.

In the patio, on the window ledge or in a pot that you can keep in the corner of your kitchen grow coriander leaves, if it is not available in the area. This is one of the rear herbs you cannot buy in dried form, and its exotic taste and fragrance cannot be substituted by anything.

If coconut milk is not available try a tablespoonful of coconut flakes that you soaked in a cup of apple juice for an hour before using.

Meaty wild mushrooms - ***jupiter***, can substitute meat.

fruity spare ribs with beans

ingredients:

4 thin slices of meaty spare ribs *jupiter*
2 tablespoon sunflower oil *sun*
1 pinch of salt *moon*
2 peaches *venus*
1 banana *sun*
1 tablespoon butter *sun*
1 teaspoon brown cane sugar *sun*
juice of half lemon *venus*
1 tablespoon tequila or other white rum *mercury*
1 cup of cooked beans *mars*
3 finely chopped spring onion *mars*
1 tablespoon olive oil *sun*
½ cup finely chopped fresh parsley *saturn*

for the potato:

1 kg potato *mercury*
1 teaspoon salt *moon*
100 g yoghurt *venus*

cooking instructions:

Peel and slice banana and peaches.

Melt butter in a saucepan. Put in fruits to fry with the sugar over low heat.

When it becomes sticky add lemon juice and rum. Remove from fire, add beans and stir continuously to blend well. Put aside and keep warm.

Heat oil and brown meat over high heat in another saucepan. Cook for 2 minutes on each side. Sprinkle with salt while frying.

Pour fruit sauce on a serving plate and place the meat on the top.

Mix spring onion, parsley and olive oil. Pour on meat.

Cook potatoes in salted water. Drain. Stir in yoghurt and mash.

Serve with the spare ribs.

useful hints:

Steam the vegetables rather than cook. They keep the colour, the taste, and vitamins and there is less chance of you overcooking them.

Penny for your thoughts:

chicken legs with almonds

ingredients:

4 whole chicken legs **venus**
1 lemon **venus**
100 g crushed almonds **venus**
1 medium size onion **mars**
1 pinch of salt **moon**
2 tablespoon sunflower oil **sun**
1 cup apple juice **venus**

for the rice:

2 cups long grain rice **moon**
1 tablespoon salt **moon**
½ cup finely chopped fresh parsley **saturn**

cooking instructions:

Clean and chop onion finely.

Heat oil in a frying pan and sauté onion on it. Increase the heat and add the halved chicken legs. Brown, while stirring occasionally.

Wash lemon. Squeeze juice on chicken and throw in the skin also. Add the crushed almonds and apple juice. Sprinkle with the salt and cook over medium heat until ready.

Cook rice in a big saucepan of boiling salted water. Add parsley when half done. Stir. Drain when ready.

Serve chicken on rice.

Offer green salad - **venus** with the dish.

useful hints:

Be careful with the lemon skin. The longer you cook the bitterer the food become from it. Try to find the right timing to match your taste.

Meat could be substituted by courgette - ***moon***. Wash and halve 4 bigger or 8 small courgettes.

Cook as instructed for the chicken.

Do not overcook the rice.

Penny for your thoughts:

cheesy marrow pasta

ingredients:

1 bigger marrow **venus**
4 cloves garlic **mars**
1 tablespoon olive oil **sun**
1 tablespoon butter **sun**
100 g single cream **mercury**
½ cup crushed walnuts **jupiter**
200 g goat cheese **venus**
2 tablespoon grated Parmesan cheese **venus**
½ cup finely chopped fresh basil **mars**
1 pinch of salt **moon**
1 pinch of freshly ground white pepper **mars**

cooking instructions:

Halve marrow lengthwise. Remove seeds and peel. Halve across also.

Boil water in a big saucepan. Add salt and the marrow quarters. Cook for 15 minutes. Drain.

On a chopping board thinly slice marrow pieces lengthwise. Lay the slices down on the board and cut long pasta like stripes out of them. Keep aside.

Melt butter with the oil in a frying pan. Chop garlic finely and add to butter with the walnut. Brown them without burning. Pour it on the *pasta*.

Chop basil finely and sprinkle on the *pasta*.

Mix cheese with single cream thoroughly. Add salt if needed. Pour on *pasta* and shake together carefully.

Serve hot.

useful hints:

You may use other type of strong flavoured cheese.

The best is to start preparation with mixing the cheese and cream. Then while slicing the marrow you brown the garlic. This way they will keep warm until serving.

I like to use nature for decoration. This dish looks breathtakingly beautiful served on washed tree leaves.

Penny for your thoughts:

fainting aubergine

ingredients:

2 smaller or 1 big aubergine **venus**
2 red onion **mars**
2 green pepper **saturn**
500 g tomato **sun**
4 cloves garlic **mars**
3 tablespoon olive oil **sun**
1 cup finely chopped fresh parsley **saturn**
4 cardamom **mercury**
4 cloves **venus**
½ teaspoon ground cinnamon **venus**
½ nutmeg - grated **mercury**
1 teaspoon paprika **mars**
1 pinch of coriander powder **pluto**
½ teaspoon freshly ground black pepper **mars**
2 lemons **venus**
1 cup finely chopped fresh coriander leaves **venus**
1 cup of water **moon**
1 tablespoon salt **moon**
½ teaspoon salt **moon**

for the rice:

2 cups of long grain rice **moon**
8 cups of water **moon**
1 pinch of salt **moon**
4 tablespoon butter **sun**
1 tablespoon water **moon**

for garnish:

½ cup almonds - blanched **venus**

½ cup sultana **sun**

2 tablespoon olive oil **sun**

cooking instructions:

Wash aubergines, remove ends and slash open at one. Place in deep bowl with 1 tablespoon salt to soak for at least 2 hours. Remove from water, squeeze them out and wipe off excess water with a tea towel.

Mix cardamom, cinnamon, cloves, nutmeg, paprika, and coriander powder, black pepper and grind together.

Clean and chop onion, pepper, and tomato.

Peel and chop garlic. Throw it on hot olive oil and brown. Remove garlic pieces from oil and put aside.

Reheat oil and brown the aubergines on it. Remove from oil and put aside.

Lower the heat under oil, add onion, pepper, coriander, parsley, tomatoes with a pinch of salt. Cover and cook until soft. Stir in the spice mixture and leave to cool.

Line a big saucepan with half of the aubergine. Fill with the mixture and put on the other half. Sprinkle with the tablespoon water and the lemon juice. Cook over low heat for 1 hour.

Pour the 2 cups of rice into 8 cups of boiling water. Add 1 tablespoon salt and cook until outside is soft but inside is still hard. Drain.

In a separate saucepan heat 2 tablespoon butter. Scoop on 2 tablespoon rice and arrange on the bottom of the saucepan. Spoon the rest of the rice on the top. When all the rice is in the saucepan make a hole in the middle with the handle of a wooden spoon.

Melt the other 2 tablespoon butter in a small pot, mix with 1 tablespoon water and pour into the hole you created in the middle of the rice. Cover the pan with

a clean tea towel and put the lid on the top of it. Cook over low heat for 10 more minutes. Remove from heat and leave to stand for further 10 minutes still covered.

While the rice is cooking, heat 2 tablespoon olive oil in a small pan. Fry almond on it for 5 minutes. One minute before being ready add sultanas and fry together.

Place aubergines on a big plate carefully. Pour rice onto another and decorate with the almond and sultana mixture.

You may offer pitta bread - ***mars*** with it.

useful hints:

Always soak aubergine in plentiful of cold, salted water to absorb the salt.

Wipe aubergine dry before frying to make it crispier.

I like to use small aubergines.

The cinnamon, cloves, nutmeg, paprika, coriander, cardamom and black pepper make up the spice mixture called baharat.

Advisable grinding a bigger portion and keep in a tightly closed jar.

Penny for your thoughts:

DESSERTS

fried rose petals

ingredients:

- 1 cup of organic rose petals **venus**
- 1 tablespoon fine brown cane sugar **sun**
- ½ cup beer **venus**
- ½ cup brown flour **sun**
- 1 pinch of salt **moon**
- 1 cup of sunflower oil **sun**
- 1 tablespoon rose water **venus**

cooking instructions:

Wash rose petals carefully and let them dry. Sprinkle with sugar. Mix beer, flour and salt. Let it stand for 30 minutes. Heat the oil in a frying pan.

Dips rose petals into the batter one by one and fry in the hot oil until light brown. Place them on serviette.

Serve decorated with fresh rose petals and a sprinkle of rose water.

useful hints:

You may use the petals of any other kind of organic flower for this dish.

It makes a very impressive finale to a beautiful dinner.

Candlelight and burning incense are natural accessories.

Decorate the candlestick with flowers.

Raspberry Sara's way

ingredients:

500 g raspberries *venus*
500 g stale bread *sun*
4 tablespoon butter *sun*
500 g vanilla ice cream *moon*
100 g coconut flakes *mercury*

cooking instructions:

Put fruit through the food processor.

Cut bread into thin stripes and fry in hot butter.

Place the ice cream on the middle of a small bowl and stick in the bread stripes.

Pour the fruit syrup on the top and sprinkle with the coconut flakes.

Serve decorated with fresh fruit halves or slices.

useful hints:

Use any other fruit with sourly flavour. Good idea for using up stale bread.

Penny for your thoughts:

trifle

ingredients:

- 1 pack sponge cakes ***sun***
- 2 tablespoon fruit liquor ***sun***
- 3 tablespoon whipped cream ***mercury***
- 1 tablespoon crushed walnut ***jupiter***
- 3 tablespoon fruit jam ***sun***

cooking instructions:

Break sponges into bigger pieces. Sprinkle with the liquor.

Spread the jam on top.

In a small and dry frying pan roast walnuts. Let it cool.

Spread the whipped cream on the top of the sponge mixture.

Decorate with the roast walnut.

useful hints:

You may use unsalted peanuts - ***jupiter*** or almonds - ***venus*** instead of the walnut.

Penny for your thoughts:

pancakes with apples

ingredients:

2 eggs **saturn**

1 cup of plain brown flour **sun**

1 cup of beer **venus**

1 pinch of salt **moon**

1 pinch of brown cane sugar **sun**

1 sour and juicy apple **venus**

for frying:

4 tablespoon sunflower oil **sun**

for garnish:

2 tablespoon brown cane sugar and cinnamon mixture - **venus**

cooking instructions:

Make pancake batter from the mixture of flour, beer, sugar, salt and eggs.

Peel and slice apple. Add to the batter and blend.

Fry one ladleful at a time in hot oil in a small, shallow frying pan.

Sprinkle with the mixture of sugar and cinnamon.

useful hints:

To make a good pancake batter is a real art. The best way is to start up with the flour. Pour the flour into a big bowl. Add salt and sugar now for this is the best way of blending them in well. Stir flour thoroughly with a wooden spoon.

Break the eggs and add to the flour. Mix well. Pour in beer slowly stirring the batter constantly to keep it smooth. If you find it too thick you might add some more beer. However, do it very slowly, drop by drop, because you cannot thicken it up after. Well, nothing is impossible, but it is a very hard work. Pour some oil into a small bowl before frying and use a teaspoonful for each pancake.

Before frying each pancake heat the oil well to prevent sticking.

When you pour the ladleful batter in the pan turn it around slowly to spread the batter evenly in the pan.

If you are not very experienced use a non-stick frying pan.

Fry pancakes on both sides. Use a wide blade knife to turn the pancakes over.

Or just toss them up in the air with a pull of your hand to make them turn. Do not forget to catch them with the frying pan.

Penny for your thoughts:

carrot cocktail

ingredients:

500 g carrots *mercury*
1 tablespoon butter *sun*
3 tablespoon fruit liquor *sun*
1 tablespoon honey *venus*
juice of ½ lemon *venus*
½ cup of crushed walnut *jupiter*
2-3 thin slices of ginger *saturn*
2 tablespoon sunflower oil *sun*
½ lemon *venus*

cooking instructions:

In a frying pan roast walnut on oil.

Peel and thinly slice carrots lengthwise. Add to walnuts with the honey, the butter, the liquor and the finely chopped ginger. Stir well and cook over low heat until the carrots are soft.

Before serving squeeze the lemon on it. Offer in small bowls decorated with lemon slices.

useful hints:

If you like the flavour of ginger very much, try frying it with the walnut and then add the carrots.

Don't overcook the carrots for it loses the flavour and consistency.

Eating habits and behaviour patter of Earthlings born between

21st of May – 21st of June

Mercury rules the lives of these people.

According to legends Hermes is the son of Zeus and Maia. The planet Mercury received its name from the Roman counterpart, Mercurius. Apart from the renaming the Roman mythology did not do much for Hermes-Mercurius. He became famous through the Greek stories.

Hermes was the spokesman of gods of Acropolis. He is usually depicted with two snakes - the Caduceus, the symbol of great knowledge and healing - and a comfortable leather sandal to make his wanderings easier. He was the god of ability, intelligence, skilfulness, shrewdness and resourcefulness. Protector of merchants and thieves. Shows the way to the dead souls. He brought the science of writing to mankind. He lit the bonfires on Olympus and helped great speakers and philosophers. His thoughts were gathered and brought to us in forms of books by the name of Hermes Trismegistos. He loved mischief and couldn't stand boredom.

His children born from his numerous love affairs are: Autolukos, Polubos, Eurutos, Euandros, Eudoros, Eleusis, Daphnis, Abderos and Pan.

Mercury is the first planet from the Sun. A small rocky-like place. It rotates around the fireball anticlockwise once in every 58.57 Earth Days. In spite of its size Mercury is responsible for the Sun spot cycles.

The ruling stars of the Spring Mercury earthlings are:

Perseus (21st of May – 31st of May)

Orion (1st of June – 7th of June and 17th of June – 21st June)

Auriga (8th of June – 16th of June)

Earthlings under the jurisdiction of the Spring Mercury make friendships extremely easily. Sympathetic and great listeners. They love to talk, to exchange thoughts and views; draw their life energy from conversations. However these people, who are very understanding often misunderstood by others.

The soul of a Spring Mercury person is brighter than the Sun itself. They take care of important friendships and able to forget the non-important ones from one minute to another. They like to be the centre of attention, extremely proud of their knowledge and their good nature.

Make judgement easily over others. They are able and convincing speakers. Despite all beliefs they do not really like eating, however, they willing to put up with it for the sake of a good company.

The kitchen of a Spring Mercury person is a fascinating place. Full of beautiful containers, flowery boxes and colourful dishes he or she collected from all over the world.

They indulge in exotic dishes shared with exotic people. Adore everything forgotten, old, far-fetched; customs, herbs and spices from faraway lands. Appreciate old, full-bodied wine and good gin. Often use those as stimulants for great thoughts.

Penny for your thoughts:

The menu

STARTERS

onion soup with cheese
spicy chicken wings
king prawns with garlic
lentil soup with spinach
Greek salad

MAIN COURSES

chicken paprikash with cheese pasta
duckling with pomegranate
leg of lamb with rice and almonds
fish in breadcrumbs with mint potato
chicken with dried fruits and nuts

DESSERTS

pineapple and strawberry mix
French comedy
orange with chocolate
semolina cake
carrots with dill

recipes

STARTERS

onion soup with cheese

ingredients:

1 kg onion ***mars***
100 g smoked bacon ***jupiter***
1 chicken cube ***pluto***
1 tablespoon walnut oil ***mercury***
1 dl good brandy ***pluto***
4 tablespoon yoghurt ***venus***
200 g hard cheese ***venus***
1 pinch of salt ***moon***
1 pinch of freshly ground black pepper ***mars***

to garnish:

1 bunch of fresh parsley ***saturn***

cooking instructions:

Bring to boil 1 and ½ litres of water and throw in stock cube. Boil for a further minute.

Slice up bacon nicely. Put it in a frying pan with oil and fry until brown.

Peel onion and slice thinly. Add to bacon, stir and cook until onion becomes transparent.

Add mixture to water and cook for 25 minutes over low heat. Then add brandy and yoghurt.

Grate cheese and stir into mixture. Add salt if needed.

Serve very hot decorated with finely chopped fresh parsley.

Offer freshly ground black pepper with it.

useful hints:

Vegetable cube could be a substitute for chicken cube - ***mercury***.

If you do not want to use bacon add a pinch of smoked salt - ***mars*** instead..

However, taste food for salt after adding the cheese.

I recommend walnut oil for obvious reasons. If it is not available you may use sunflower oil - ***sun*** instead.

Add parsley at the very end. This way it remains bright green and crispy.

In most cases black pepper should be added to a dish at serving and be always freshly ground. It gives a wonderful aroma and brings out the flavour of the dish.

Penny for your thoughts:

spicy chicken wings

ingredients:

8 chicken wings **venus**
1 teaspoon black pepper **mars**
1 teaspoon salt **moon**
1 big onion **mars**
2 cloves of garlic **mars**
6 tablespoon olive oil **sun**
100 g smoked ham **jupiter**
100 g spicy sausage **jupiter**
2 green pepper **saturn**
1 tablespoon paprika powder **mars**
1 pinch of saffron **sun**
3 tomatoes **sun**
1 small chilli pepper **mars**

cooking instructions:

Wash meat well and sprinkle with the mixture of salt and pepper. Put aside.

Chop green pepper. Peel and dice onion. Chop garlic finely.

In a big saucepan heat olive oil, add garlic and fry until brown. Reduce heat and scoop out garlic pieces.

Add cleaned chicken wings to oil and brown on each side over high heat. Remove meat and keep aside. Reduce heat. Add onion, green and chilli pepper to oil and cook until soft over low heat.

Stir in paprika, saffron, the chopped sausage, the chopped ham and the chopped tomato.

Fold in meat with chilli pepper, cover and cook together for 15 minutes.

Serve with rye bread - **sun** stripes and sangria - **sun**.

useful hints:

One of my most favourite aromas in the kitchen is the fresh garlic fried on olive oil. I think it is absolutely exquisite. It gives a very healthy boost to many dishes.

Vegetarians may use courgette - moon instead of the meat. The sausage and the ham are optional.

Sangria is a very good way of getting rid of “few drops in a bottle spirits” like brandy, tequila, bacardi, and vodka. Add some vermouth with washed, peeled and diced fruits. Leave to stand for at least 24 hours. Serve with fresh orange or lemon slices and plenty of ice. If the weather is not appropriate serve it hot, dilute with water if you wish. The best legwarmer and curling up drink.

Be careful with the chilli pepper.

Penny for your thoughts:

king prawns with garlic

ingredients:

1 dozen of king prawns - preferably Mediterranean **saturn**

4 cloves garlic **mars**

6 tablespoon olive oil **sun**

2 avocadoes **jupiter**

1 pinch of salt **moon**

1 pinch of freshly ground black pepper **mars**

4 slices of rye bread - halved and buttered **sun**

cooking instructions:

Wash prawns well.

Peel garlic and chop finely. Throw it on hot olive oil and fry for a minute. Add prawns, sprinkle with salt and pepper and fry for 5 minutes stirring occasionally.

While prawn is frying halve, peel and slice avocadoes. Arrange one half on each plate like a fan, add a slice of buttered bread and put the hot fried prawns next to them.

Serve with demi sec champagne - **pluto** or champagne type wine like Cava.

useful hints:

Frozen prawns can be used instead of fresh ones. If peeled and half cooked they need only 2 minutes frying with constant stirring. If prawns are not available you may use cleaned and sliced eel - **moon**.

Cava is an excellent Spanish sparkling wine. You may dilute your drink with some freshly squeezed orange juice - **sun**.

lentil soup with spinach

ingredients:

- 1 and ½ cups of green lentil **moon**
- 1 handful of spinach leaves **mercury**
- 4 tablespoon olive oil **sun**
- 1 big onion **mars**
- 3 cloves of garlic **mars**
- 1 bunch of fresh coriander leaves **venus**
- juice of 1 lemon **venus**
- 1 lemon **venus**
- 1 pinch of salt **moon**
- 1 pinch of freshly ground black pepper **mars**

cooking instructions:

Wash lentil thoroughly under running water. Put in a saucepan with 6 cups of water and cook for an hour over medium heat. Meanwhile peel and chop onion and garlic. Fry in hot oil until transparent.

Wash spinach and coriander well, chop and add to onion. Fry for another minute and add to lentil. Season with salt, pepper and lemon juice. Stir and cook together until lentil is soft.

Serve with warm pitta bread. Offer lemon quarters for more bite if needed.

useful hints:

Coriander leaves need a very thorough wash under running water.

Use sea salt if possible with your cooking; it is always healthier.

Pitta bread is much better warm. Cut them half and warm in the toaster.

1 pinch of salt and 1 pinch of pepper always means enough to match up with your taste. I find easier to start up with a pinch and add more if needed at a later stage.

Penny for your thoughts:

Greek salad

ingredients:

1 Kos lettuce ***sun***
300 g feta cheese ***venus***
1 cucumber ***moon***
4 meat tomatoes ***sun***
1 big red or white onion ***mars***
100 g black olives ***mercury***
2 lemons ***venus***
4 tablespoonful olive oil ***sun***
1 pinch of salt ***moon***
1 pinch of freshly ground black pepper ***mars***
4 pitta bread ***mars***

cooking instructions:

Wash and cut up lettuce. Put a handful on each plate and arrange it nicely.

Peel cucumber, slice and arrange on the top of the lettuce.

Peel, slice onion and arrange on the top of the cucumber. Wash, slice tomato and arrange on the top of the onion.

Dice cheese and put on the top of the tomato.

Squeeze lemon. Add a pinch of salt, pepper to taste and the olive oil. Mix well and pour on salad.

Decorate with olives.

Serve with warm pitta or any other Greek type bread.

Offer a glass of ouzo - ***saturn*** on plenty of ice with it.

useful hints:

There are countries where Kos lettuce is called Roman lettuce. If it is not available by any of those names it may be substituted for any other crispy type.

Be careful with salt. Feta cheese is known for its salty flavour.

I buy feta cheese in big quantity. At home I dice it up, put in a jar with a top and cover it with olive oil. Tighten the top. It keeps for at least a year.

Whenever I make a salad I use the oil off the cheese.

After finishing with the cheese you may reuse the oil for more storing. Alternatively use it for salad dressings.

If you are not familiar with ouzo please pay attention. This drink is like Greece. The effect comes later and very strongly. If ouzo is not available you may use mastika - **sun**, arak - **jupiter**, raki - **moon** even pernot - **pluto**. Although they are not Greek the caution is valid.

Penny for your thoughts:

MAIN COURSES

chicken paprikash with cheese pasta

ingredients:

- 1 medium chicken **venus**
- 1 big onion **mars**
- 2 cloves garlic **mars**
- 1 tablespoon paprika **mars**
- 4 tablespoon walnut oil **mercury**
- 1 chilli pepper **mars**
- 1 pinch of salt **moon**

for the pasta:

- 500 g dried small square pasta **saturn**
- 500 g ricotta cheese **venus**
- 200 g smoked bacon **jupiter**
- 250 g yoghurt **venus**
- 1 teaspoon salt **moon**

cooking instruction:

Clean and cut up chicken.

Peel onion, chop finely and fry in a big saucepan on oil until light brown. Then pour in paprika and stir.

Throw in chicken pieces and fry on high heat for a minute stirring constantly.

Add a cup of water, the salt, the chilli pepper, and the garlic and cook until soft over medium heat, covered.

Cook pasta in plenty of salted water. Drain and fold into a saucepan.

Meanwhile chop bacon or ham and brown in an empty frying pan stirring from time to time. Keep aside.

Mix cheese, yoghurt and the fried bacon. Pour on the pasta and mix gently using 2 wooden spoons.

Serve on a big plate with the chicken poured on the top.

useful hints:

Follow the cooking directions given on the pasta bag very carefully. I cannot imagine more unpleasantness made to food than overcooked pasta. Try to keep it on the famous al dente level. Dente stands for tooth in Italian. According to the pasta masters is only good if you still need your teeth to cut it.

Vegetarians may use mushroom - ***jupiter*** instead of meat. You will not be disappointed.

Bacon and ham are optional.

Penny for your thoughts:

duckling with pomegranates

ingredients:

1 medium duckling **saturn**
1 pinch of salt **moon**
1 big onion **mars**
1 cup of grated walnut **jupiter**
1 cup of pomegranate juice **sun**
2 barks cinnamon **venus**
juice of ½ lemon **venus**
2 tablespoon butter **sun**

on the side:

2 cups of long grain rice **moon**
2 tablespoon walnut oil **mercury**
1 teaspoon salt **moon**

for garnish:

½ cup of crushed walnut **jupiter**
2 pomegranates **sun**

cooking instructions:

Clean duckling, take the fat out of the belly, wipe dry and sprinkle with salt.
Put a tablespoon butter into big saucepan and brown the duckling over medium heat on each side.

Remove from saucepan and keep aside. Add another tablespoon butter to the saucepan. Peel and chop onion finely, throw on the butter and fry until transparent over medium heat. Pour in pomegranate juice, the grated walnut and cinnamon. Bring to boil.

Place duckling into an ovenproof dish and pour on the sauce. Roast in a preheated oven for 2 and ½ hours over low heat bathing in the liquid occasionally.

In the meantime cook the rice in 5 cups of boiling salted water for 10 minutes. Drain.

Heat 2 tablespoon oil in a large frying pan, warm it up and pour the rice on it. Stir well and cook for another 10 minutes over low heat, under a lid. Without taking the lid off remove from fire and leave to stand for another 10 minutes. When the duckling is ready spoon juice into a saucepan, bring to boil and pour over the bird.

Serve over rice decorated with crushed walnuts and pomegranate seeds.

useful hints:

Pomegranate is a versatile fruit, used a lot in cooking and eaten fresh. The easiest way to crack a pomegranate is to quarter it and turn the fruit pieces inside out. This way you will be able to collect those tasty and juicy seeds we use. Provide excellent decoration, also refreshing and sensual. Great aphrodisiac.

You may substitute pomegranate with tamarind - *pluto* of any other juicy fruit with a sour effect.

Penny for your thoughts:

leg of lamb with rice and almond

ingredients:

1 leg of lamb ***mars***
4 tablespoon walnut oil ***mercury***
juice of 2 lemon ***venus***
1 tablespoon baharat ***saturn***
1 teaspoon salt ***moon***
1 bunch of coriander leaves ***venus***
4 cloves of garlic ***mars***
2 onion ***mars***

for the rice:

2 cups of rice ***moon***
2 tablespoon walnut oil ***mercury***
1 teaspoon salt ***moon***

for garnish:

2 tablespoon olive oil ***sun***
1 cup of blanched almond ***venus***
1 cup of sultana ***sun***

cooking instructions:

Remove fat from meat. Heat 4 tablespoon oil in a deep frying pan and brown the leg on each side. Add the baharat, salt, lemon juice, the washed and finely chopped coriander leaves, the peeled quartered onion, the peeled garlic and cook over low heat for about 2 hours, until soft.

Cook rice in 8 cups of boiling water until half cooked. Drain. Heat 2 tablespoon oil in a saucepan, scoop in some rice, stir and pour on the rest. Cook over medium heat for 10 minutes, covered. Remove from fire and keep aside covered still.

Heat olive oil in a small frying pan. Add almonds and brown over high heat, stirring occasionally. When brown remove from oil and keep aside. Add sultanas to the oil and fry over medium heat.

Serve on a big plate with the rice spread, the meat on top and decorated with the almonds and sultanas. Pour the meat juice into a gravy jug and offer with the food.

useful hints:

Baharat is a Middle-Eastern spice mixture. The way of preparation is given in the fainting aubergine recipe.

Lemon is an essential ingredient to this dish, for the lamb tempts to have a strong aroma cooked without it. Lemon also makes meat tenderer.

Remove the grease produced by the meat during cooking.

Penny for your thoughts:

fish in breadcrumbs with mint potato

ingredients:

8 slices of sweet water fish - preferably carp *moon*

2 eggs *saturn*

1 cup of wheat flour *sun*

1 cup of bread crumbs *saturn*

for frying:

1 cup of walnut oil *mercury*

for the potato:

1 kg potato *mercury*

2 tablespoon butter *sun*

2 stem of fresh mint *mercury*

1 teaspoon salt *moon*

for the sauce:

200 g yoghurt *venus*

1 teaspoon mild French mustard *pluto*

for garnish:

1 lemon *venus*

cooking instructions:

Wash fish slices. Sprinkle with salt and put aside.

Peel potatoes, dice and cook with the mint in salted water.

While potato is cooking turn fish slices over in flour, then in the lightly beaten egg, then in breadcrumbs. Fry in hot oil on both sides.

Mix yoghurt and mustard. Slice lemon.

Drain potato. Heat butter in a pan pour on potato and cook over medium heat, stirring constantly until brown.

Serve with the fish accompanied by the sauce and decorate with lemon slices.

useful hints:

Use stale bread for the breadcrumbs. Either grind in food processor or use your fingers to do the job.

You may use any other herb instead of mint.

Penny for your thoughts:

chicken with dried fruits and nuts

ingredients:

- 1 medium size chicken **venus**
- 1 onion **mars**
- 2 cups of dried fruits **sun**
- 1 cup of crushed nuts **jupiter**
- juice of 1 lemon **venus**
- 1 teaspoon ground cinnamon **venus**
- 3 cloves **venus**
- 2 tablespoon walnut oil **mercury**
- 1 pinch of salt **moon**
- 1 pinch of freshly ground black pepper **mars**

for the rice:

- 2 cups of rice **moon**
- 2 tablespoon walnut oil **mercury**
- 1 teaspoon salt **moon**

cooking instructions:

Cut chicken to pieces and wash well.

Peel, dice onion and fry on hot oil until transparent. Add chicken pieces, fry for 5 more minutes stirring occasionally. Add the chopped mixed dried fruits and nuts. Sprinkle with cinnamon, salt and pepper. Add cloves and lemon juice.

Pour in a cup of water and cook until soft over medium heat, covered.

Prepare rice as it is in the previous recipe.

useful hints:

Always introduce meat to hot oil. This way it cooks faster and will have a better taste.

There are countries where chicken releases a lot of liquid during cooking. If it is the case with your bird, go easy on the additional water.

You might want to soak the dried fruit in lukewarm water to soften them before adding to the dish.

Penny for your thoughts:

DESSERTS

pineapple and strawberry mix

ingredients:

1 whole pineapple **saturn**
4 cups of strawberries **venus**
1 bunch of fresh basil **mars**
4 tablespoon good but not very sweet liqueur **sun**

cooking instructions:

Cut off the top of the pineapple and keep it aside. Peel the fruit lengthwise and dice up to bite size pieces. Wash strawberries with leaves on. Pick basil leaves off the stem and wash well. Take 8-12 Chinese wooden skewers. Put on 1 pineapple, then 1 strawberry then 1 basil leaf. Start from the beginning. Place pineapple top on a big plate and arrange the filled skewers around. Sprinkle with the liqueur.

useful hints:

Tinned pineapple may be used instead of the fresh. In this case use any green tree leaves that you washed well for decoration.

Use toothpick instead of Chinese skewers if you wish. This case you make bite size pieces.

Offer tropical fruit juice - sun with the dish. If you must indulge in alcohol I would suggest a drop of light, white rum - mercury in the juice.

French comedy

ingredients:

2 cups of plain wheat flour **sun**
1 and ½ cups of beer **venus**
2 eggs **saturn**
1 pinch of salt **moon**
1 pinch of sugar **sun**
4 portion vanilla ice-cream **moon**
8 tablespoon melted chocolate **venus**
4 tablespoon brandy or cognac **pluto**

for frying:

walnut oil **mercury**

cooking instructions:

Make pancake dough of the flour, beer, salt, sugar and eggs.

Fry 8 pancakes. Fill them up with very cold vanilla ice cream and fold them twice - once each way.

Sprinkle with hot melted chocolate. Warm the brandy in a small pan. Pour into a ladle and light it. Pour onto pancakes while still burning. Gives very decorative addition to the good food.

useful hints:

Start mixing the flour, salt, and sugar with a ½ cup of beer first. Stir until smooth. Then add the rest of the beer bit-by-bit stirring constantly to keep it smooth. It is very difficult to make the batter thicker when it needs more body.

orange with chocolate

ingredients:

4 oranges ***sun***

4 tablespoon chocolate shave ***venus***

for garnish:

4 fresh mint leaves ***mercury***

cooking instructions:

Peel oranges and break into segments. Place them on small plates and sprinkle with the chocolate.

Decorate with the mint leaves.

useful hints:

Serve in glass ice cream bowls.

Countreau - ***sun*** or other orange taste liqueur may be sprinkled on the fruit.

Penny for your thoughts:

semolina cake

ingredients:

2 cups of semolina **venus**
½ cup melted butter **sun**
¾ cup of brown sugar **sun**
2 eggs **saturn**
1 tablespoon vanilla essence **pluto**
1 teaspoon dried yeast **mars**
½ teaspoon bicarbonate of soda **saturn**
250 g yoghurt **venus**
1 cup blanched and halved almonds **venus**

to finish:

1 cup of brown sugar **sun**
½ cup of water **moon**
1 tablespoon lemon juice **venus**

cooking instructions:

Mix butter, sugar and vanilla essence until fluffy.

Add eggs one by one and continue mixing. Pour semolina into a big bowl, add yeast and bicarbonate of soda and shake well.

Add the butter mixture to the semolina mix and blend well.

Pour in yoghurt and mix again.

Pour it into a buttered baking dish, decorate with the halved almonds and bake in a preheated oven for 35 minutes over medium heat.

Melt the cup of sugar with the water, lemon juice and boil for 10 minutes over high heat. Remove from fire and cool as fast as possible.

When cake is baked cut into squares while hot and still in the baking dish.
Pour on the cold syrup and leave it to cool.

useful hints:

Do not use low fat yoghurt with this cake for it becomes soggy rather than fluffy.

Penny for your thoughts:

carrots with dill

ingredients:

500 g carrots *mercury*

1 tablespoon fresh dill *jupiter*

½ cup of beer *venus*

½ teaspoon butter *sun*

2 tablespoon brown sugar *sun*

cooking instructions:

Melt butter with sugar. When starts to become sticky add the finely chopped dill. Cook further. When it starts bubbling add the peeled and halved carrots. Turn them over in syrup. Pour on beer and cook for 10 minutes over low heat, covered.

Serve hot or cold.

useful hints:

If you let the sugar burn a little it will lend an interesting, bitter taste to the dish. I quite like it myself. However, do not leave it on the fire longer than the breaking point.

Choose not bigger than medium size carrots.

Penny for your thoughts:

Eating habits and behaviour pattern of Earthlings born between

22nd of June – 22nd of July

People of the mentioned time are governed by Moon.

The moon of Earth is Luna in Latin; in Greek she is called Selene. Daughter of Huperion and Theia, sister to Helios and Eos, the goddess of the moon. She had a love affair with Pan and Endumion. From the latter she has a son called Naxos. So tells the legend.

The ruling stars of the Moon earthlings are:

Orion (22nd of June – 27th of June)

Canis Major and Canis Minor (28th of June – 7th of July & 18th of July – 22nd of July)

Argo Navis (8th of July – 17th of July)

Their sharp mind and clear vision make them different from others. They hide their thoughts behind ambiguous words; they never say straight out what they mean.

Some of them avoid every contact with jobs, choose hobbies that require physical strength; others jump into travelling, experience gathering, living out-rageous and impatient lifestyle.

Since Moon people are very sensitive they have a disturbingly fine intuition. Their imagination does not have boundaries. However, they despise changes. They love to be and look different and they make every effort to achieve it.

They are very good builders and also excellent destroyers regardless the object. This confusion forces them to lead a double existence.

Generally they live their real life in seclusion, keeping their feeling and their thoughts solely to themselves.

Their sensitivity makes them very insecure. They love to please but do not dare, and love to be pleased but would not dare.

To invite a Moon person to dinner is a tricky task. The key words are confidence and generosity. Give your heart and should not expect anything in return. Make your guest feel appreciated, unique and important. When the comfort is established and maintained, your reward start coming in.

They highly appreciate the pride of the kitchen although they eat with their eyes more than the stomach. They adore sweets in every form: fruit, cake, food and drink.

Penny for your thoughts:

The menu

STARTERS

melon with ham
peas soup
pumpkin soup
sour cabbage soup
fried aubergine and courgette

MAIN COURSES

stew in pumpkin
vegetables with yoghurt
chicken breast in papaya
grilled fish with green beans and coconut
tipsy meat with vegetables

DESSERTS

rice pudding
melon bowl
pasta with poppy seed
fried bananas
drunk watermelon

recipes

STARTERS

melon with ham

ingredients:

1 honeydew melon **venus**

8 very thin slices of smoked ham **jupiter**

4 tablespoon light sweet liquor **sun**

cooking instructions:

Put 2 slices of ham on each plate nicely spread out.

Quarter the melon and remove the seeds. Cut in half every quarter and cut the slice out of the skin. Dice up each slice and arrange on ham.

Sprinkle with the liqueur and serve.

useful hints:

If you do not wish to serve ham I recommend some celery salt - **saturn** on the melon.

Penny for your thoughts:

peas soup

ingredients:

500 g peas *mercury*

2 carrots *mercury*

1 parsnip *mercury*

1 onion *mars*

1 bunch of parsley *saturn*

1 tablespoon rapeseed oil *moon*

1 pinch of salt *moon*

1 pinch of freshly ground black pepper *mars*

for the dumpling:

4 tablespoon semolina *venus*

1 tablespoon rapeseed oil *moon*

1 pinch of salt *moon*

1 pinch of freshly ground black pepper *mars*

1 egg *saturn*

water *moon*

cooking instructions:

Peel and chop carrots, parsnips, and clean peas.

Heat a tablespoon oil in a saucepan and pour on the vegetables. Cover with a lid; lower the heat and steam until soft stirring occasionally. Add 2 litres of water, salt and the peeled and quartered onion. When it starts boiling add the washed and finely chopped parsley.

Mix semolina with the rest of the oil, a pinch of salt, a pinch of pepper, egg. If it is too dry add a drop of water. Form dumpling shapes with a spoon and drop

into soup. Cook together for 10 more minutes over medium heat, uncovered. If the soup starts rising lower the heat and stir.
Serve hot with freshly ground black pepper to taste.

useful hints:

Patience takes you further.

Penny for your thoughts:

pumpkin soup

ingredients:

1 smaller pumpkin **saturn**
1 bunch of parsley **saturn**
1 pinch of salt **moon**
1 pinch of freshly ground black pepper **mars**
1 litre apple juice **venus**
4 slices of diced stale bread **sun**
2 tablespoon olive oil **sun**
100 g cleaned sunflower seed **sun**

cooking instructions:

Halve pumpkin and remove seeds. Dice up the rest and peel. Place into a big saucepan; add apple juice with some water to cover the pumpkin. Add salt and pepper and cook over medium heat until soft. Remove from heat and leave to cool a bit. Heat olive oil in a frying pan and brown bread pieces on it. Sieve pumpkin out of the soup. Put into food processor to mash. Add to soup and heat. Wash parsley and chop finely. Serve hot soup over some fried bread. Sprinkle with parsley and sunflower seed. Offer freshly ground black pepper to taste.

useful hints:

Pumpkin is a wonderful nourishment.

If you wish you can squeeze some fresh lemon juice - **venus** into each plateful of soup or add a spoonful of yoghurt - **venus** even single cream - **mercury**.

sour cabbage soup

ingredients:

500 g sauerkraut **jupiter**
100 g smoked bacon **jupiter**
1 tablespoon rapeseed oil **moon**
2 big potatoes **mercury**
1 onion **mars**
4 cloves garlic **mars**
10 juniper berry **pluto**
5 bay leaves **mercury**
100 g yoghurt **venus**
10 whole black pepper **mars**
1 pinch of salt **moon**
100 g smoked sausage **jupiter**

cooking instructions:

Remove sauerkraut from the jar or tin. If you prefer it moderately sour, run some water through it.

Peel and dice potato. Keep in a bowl covered with cold water. Slice bacon and fry on a tablespoon oil until brown. Peel and chop onion with garlic finely.

Remove bacon and add the onion and garlic to fat. Fry until brown over medium heat. When ready pour into a big saucepan, add the squeezed out sauerkraut, the potato and the sliced sausage. Stir well. Add bay leaves, juniper berry, black pepper, salt and 2 litres of water.

Cook over low heat for about 2 hours, covered.

Serve with a tablespoon yoghurt - **venus** in each soup bowl.

useful hints:

Taste sauerkraut before start cooking for it might be more salted than you wish.

Use tamarind - **pluto** instead of juniper berry if not available.

Penny for your thoughts:

fried aubergine and courgette

ingredients:

1 aubergine **venus**
1 tablespoon salt **moon**
4 courgettes **moon**
4 tomatoes **sun**
5 cloves of garlic **mars**
1 cup of olive oil **sun**
1 pinch of salt **moon**
1 pinch of freshly ground black pepper **mars**
4 slice toast **sun**

cooking instructions:

Wash aubergine, cut off ends and cut to 1 cm slices, with the skin on. Put into a big bowl, sprinkle with 1 tablespoon salt and cover with cold water to soak for at least 2 hours. Wash courgette, cut off ends and slice to the same size.

Wash tomatoes and slice to the same size. Peel and chop garlic.

Remove aubergine from water and squeeze out.

Take a big empty iron frying pan, heat well and brown aubergine slices on both sides. Remove and brown the courgette and the tomato.

Leave them to cool.

Put a layer of aubergine into a container with a lid, then a layer of courgette and a layer of tomato. Sprinkle with chopped garlic and start from the beginning until finished. Cover with olive oil and the lid. Keep in the fridge for 2 hours.

Serve with brown toast - **sun**. Offer salt and freshly ground black pepper to taste.

useful hints:

This is one of those dishes can be kept forever. Olive oil is a great preservative and reusable also.

I recommend some cynar - **venus** on ice with a twist of lemon - **venus** with the dish.

Cynar is vermouth like long drink made out of artichokes.

Penny for your thoughts:

MAIN DISHES

stew in a pumpkin

ingredients:

- 1 kg stewing beef ***mars***
- 1 bigger round pumpkin ***saturn***
- 1 big onion ***mars***
- 2 tablespoon rapeseed oil ***moon***
- 4 cloves garlic ***mars***
- 1 pinch of salt ***moon***
- 1 tablespoon paprika ***mars***
- 1 cup of water or apple juice ***venus***
- 1 pinch of ground caraway ***mercury***
- 1 bunch of parsley ***saturn***

cooking instructions:

Cut a deep and small circle around the stem on the top of the pumpkin. Take it off and keep aside. Remove seeds through the hole. Peel and chop onion finely. Heat oil in saucepan sauté onion on it. Add paprika, salt and diced meat. Stir well, cover and simmer over medium heat for 15 minutes.

Fill the pumpkin with the stew and put the circle lid on. Put into the preheated oven in a baking dish and bake for 1 hour or until soft over medium heat.

Before serving take the lid off and sprinkle with the caraway and the finely chopped parsley.

Serve in a big glass bowl with a big wooden spoon to scoop the pumpkin out without damaging the skin.

useful hints:

Wash seeds and put on a baking tray. Sprinkle with salt and bake with the pumpkin.

Provides good snack accompanied by a beer or aperitifs.

Meaty mushrooms may be a substitute for meat. In this case serve stew with a spoonful of yoghurt - **venus** on the plate.

Penny for your thoughts:

vegetables with yoghurt

ingredients:

2 carrots **mercury**
2 parsnips **mercury**
1 celery **saturn**
1 kohlrabi **moon**
200 g green beans **mars**
100 g peas **mercury**
3 tablespoon rapeseed oil **moon**
50 g grated coconut **mercury**
50 g poppy seed **moon**
2 cloves **venus**
1 pinch of cinnamon **venus**
1 pinch curry powder **pluto**
2 slices of fresh ginger **saturn**
1 pinch salt **moon**
1 and ½ litre drinking yoghurt **venus**

for the rice:

2 cups long grain rice **moon**
5 cups of water **moon**
1 teaspoon salt **moon**

cooking instructions:

Clean vegetables and cut to your liking. Chop ginger finely.

Heat oil in a saucepan and throw vegetables and ginger on it. Brown over high heat stirring often.

Reduce heat, add spices and yoghurt and cook for 10 more minutes over low heat. Add water if needed but do not make it watery.

Boil the 5 cups of water with the salt and pour in rice. Stir. Cook rice until almost soft.

Drain and serve with the vegetables.

useful hints:

Searing vegetables before cooking gives a certain crunchiness to the food.

Not to mention that it works as a pressure cooker so the food cooks within itself rather than in the water.

Penny for your thoughts:

chicken breasts in papaya

ingredients:

4 large papaya **jupiter**

2 whole chicken breast **venus**

1 onion **mars**

4 cloves garlic **mars**

1 tablespoon finely chopped coriander leaves **venus**

juice of 1 lemon **venus**

1 chilli pepper **mars**

for the pasta:

500 g taglatelle pasta **saturn**

papaya seeds **jupiter**

100 g ricotta cheese **venus**

100 g yoghurt **venus**

cooking instructions:

Halve papayas and scoop out the seed. Put in a mug for later use.

Remove bones from the breast or better still remove breast from the bones to have 2 pieces each. Place each piece of meat between cling films or grease-proof paper and flatten out by beating it.

Peel onion and garlic, chop them finely. Slice chilli pepper. Mix onion, garlic, and chilli with the lemon juice and coriander leaves. Divide it to four and spread it on the thin meat.

Roll the meat up and place one into each papaya half. Put on the other half.

Place on a baking dish bake the fruits for 30 minutes over medium heat.

In the meantime grind the papaya seeds, mix with the ricotta and the yoghurt.

Cook pasta in a saucepan of boiling salted water with a tablespoon oil in it.
Drain.
Fold into the cheesy mixture and blend carefully.
Serve on a big plate with the papayas arranged on the top of the pasta.

useful hints:

Papaya is one of those amazing creations of nature that can be used entirely. Keeps the meat very tender also. The seeds have an exciting, peppery taste. The skin rubbed on your body is an excellent beauty product. Eating the fruit is said to be the safest against unwanted pregnancy. People from the papaya growing countries understand the value of the fruit. It is full of sunshine, full of vitamins and full of life force, however it is all directed to the consuming body and does not support new lives. Therefore it is widely used as contraceptive and an after pill with great result. On the other hand it is a warning for pregnant people not to indulge.

Penny for your thoughts:

grilled fish with green beans and coconut

ingredients:

4 medium fresh water trout *moon*
4 teaspoon butter *sun*
2 clove garlic *mars*
500 g fresh green beans *mars*
50 g grated coconut *mercury*
4 tomatoes *sun*
1 kg potato *mercury*
4 slice fresh ginger *saturn*
4 tablespoon rapeseed oil *moon*
1 tablespoon olive oil *sun*
1 tablespoon sherry *moon*
1 bunch of parsley *saturn*
1 lemon *venus*
1 pinch of salt *moon*
1 pinch of freshly ground black pepper *mars*

cooking instructions:

Peel potato, dice and cook in boiling salted water until half cooked. Scoop potato out of water and drain. Keep water for further use.

Meanwhile clean fish. Leave head and tail on.

Mix butter with crushed garlic and a pinch of salt, divide into four and put one portion into the belly of each fish.

Line a large baking tray with foil and place the fish on it. Cook in preheated oven over medium heat for about 30 minutes turning over once.

Wash parsley and chop finely. Put aside. Chop ginger finely. Heat the 4 table-spoon oil in a large frying pan and fry ginger on it for 2 minutes. Add drained

potato and fry with the ginger stirring occasionally. Let it brown. Bring to boil the water you cooked the potato in and throw in the cleaned green beans for 4 minutes. Drain. Sprinkle with a pinch of salt, the coconut, some black pepper, olive oil and sherry. Sprinkle the potato with fresh chopped parsley. Arrange fish on a large serving plate with a quarter of a lemon on the top of each. Scoop the potato and the green beans around the fish. Decorate with sliced tomato.

useful hints:

I keep my fresh ginger in a jar of dry sherry - mercury. First I wash, chop into 2 cm pieces and place in a jar with lid. Cover with sherry and seal the jar. This way you always have fresh ginger in your house. Use the sherry for aperitifs on rainy days. It is very healthy.

Penny for your thoughts:

tipsy meat with vegetables

ingredients:

500 g diced leg of pork *jupiter*
1 aubergine *venus*
4 carrots *mercury*
2 onion *mars*
2 slice ginger *saturn*
1 teaspoon thyme *moon*
½ litre apple wine or cider *mars*
1 tablespoon rapeseed oil *moon*
1 pinch salt *moon*
1 pinch freshly ground black pepper *mars*

cooking instructions:

Chop meat into tiny pieces. Peel carrots and dice. Wash aubergine and dice with the skin on.

Peel and chop onion finely. Chop ginger and thyme.

Heat oil in a saucepan, add meat to it and brown over high heat for 5 minutes stirring constantly. Remove meat from oil and keep aside.

In the same saucepan brown the carrots then add aubergine, onion, ginger, salt, pepper and thyme. Mix well and fry for 3 minutes. Pour in cider, add meat and boil for further 3 minutes. Add more salt if needed.

Serve hot.

I recommend this dish to vegetarians without the meat. You may add other vegetables like broccoli and cauliflower.

useful hints:

Browning the meat is not only useful but also necessary in this dish. It reduces the cooking time that is naturally higher than of most vegetables. This way all ingredients will be cooked at the same time.

Penny for your thoughts:

DESSERTS

rice pudding

ingredients:

1 cup of short grain rice *moon*

500 g single cream *mercury*

1 cup brown sugar *sun*

2 tablespoon butter *sun*

zest of 1 lemon *venus*

1 teaspoon ground cinnamon *venus*

cooking instructions:

Mix all ingredients apart from the cinnamon.

Spread butter on the side and the bottom of a baking dish, pour in mixture and bake in a preheated oven for 60 minutes over medium heat.

Serve hot or cold, sprinkled with cinnamon.

useful hints:

This dish is very easy and fast to make.

Penny for your thoughts:

melon bowl

ingredients:

2 potatoes cooked in skin *mercury*
1 small melon *venus*
1 tablespoon sherry *moon*
1 tablespoon honey *venus*
1 tablespoon finely chopped fresh dill *jupiter*
100 g single cream *mercury*
12 strawberries *venus*
1 pinch of salt *moon*
1 pinch of freshly ground black pepper *mars*
2 stems fresh dill *jupiter*

cooking instructions:

Peel cooked potato and dice.

Half melon, remove seeds, slice, peel and dice. Put into food processor with the honey, chopped dill, single cream, sherry, salt, pepper and mash. Spoon diced potato into a glass bowl. Pour on mash and cool.

Serve decorated with strawberries and dill leaves.

useful hints:

The sherry you preserved you ginger in comes very useful with this dish.

Gives a bite to the blend.

pasta with poppy seed

ingredients:

500 g thread pasta **saturn**
1 teaspoon salt **moon**
100 g ground poppy seed **moon**
100 g fine brown sugar **sun**
4 half apricot **jupiter**

cooking instructions:

Grind poppy seed with sugar in a food processor or grinder.

Cook pasta in boiling salted water. Drain. Arrange on small plates, sprinkle with the mixture of poppy seed and sugar. Decorate with apricot.

Serve hot or cold.

useful hints:

Against all beliefs poppy seed is not a drug. It is very healthy for consumption.
Do not overcook the pasta.

Penny for your thoughts:

fried banana

ingredients:

2 bananas ***sun***

1 egg yoke ***saturn***

2 tablespoon flour ***sun***

2 tablespoon single cream ***mercury***

20 g coconut milk ***moon***

for frying:

½ cup of rapeseed oil ***moon***

cooking instructions:

Peel and halve bananas both ways.

Mix egg yolk with flour and single cream.

Heat oil in frying pan. Dip bananas into mixture and fry bananas over high heat.

Divide coconut milk into four and pour into small bowls.

Place bananas on the top and serve.

useful hints:

Use hard bananas to keep firm while cooking.

drunken watermelon

ingredients:

4 slice watermelon ***moon***

4 tablespoon brandy ***pluto***

4 teaspoon brown sugar ***sun***

4 tablespoon grated chocolate ***venus***

cooking instructions:

Dice watermelon. Put in a bowl, sprinkle with sugar and brandy.
Decorate with chocolate.

useful hints:

Another way to enjoy your watermelon.

Penny for your thoughts:

Eating habits and behaviour patter of Earthlings born between

23rd of July – 23rd of August

Those born between these dates are ruled by the glorious Sun.

Ra or Re is the sun god. Lying on the bosom of Nun, his name was Atum. His children are Su and Tefnut, grandchildren Geb and Nut. The five of them with Osiris, Isis, Seth and Neftis make up the nine members Godly council of Heliopolis.

In the morning, when he emerges from the water a baboon army greets him. The animals are dancing of joy when they catch sight of him. He created the animal and vegetation kingdom and his tears became men, women and bees.

When Earthling rose up against the Gods he started up the negotiation between them. He helped mankind in the fight, however, he lost faith in earthlings and decided to go up and look at them from above.

He travels the ocean of the sky. In the morning, as an adolescent, full of joy and happiness, gets into an ark and he listens to a name Heper; at noon he reaches the peak of his manhood, changes arks and listens to a name Ra; from late evening till dawn he is known as Amun and he travels through the underworld in his third ark. After the 12 hours journey he turns into a scarabeus and as Atum He wakes and as Heper starts the journey.

The ruling stars of the Sun people are:

Canis Major and Canis Minor (23rd of July – 25th of July)

Draco (26th of July – 7th of August)

Ursa Major (8th of August – 15th of August)

Hydra (16th of August – 23rd of August)

They are the children of the Sun, proud and noble souls. To prove their superiority they enjoy giving to the less fortunate and as far as they are concerned, one way or another, everybody else seem to belong to that category. They are masters of the house. Always ready to give good advice even if not needed. They are good materials for leadership but their ruling characteristic pushes them further and often become dictators.

They adore richly decorated over expensive dishes, simply for the lack of trust in the cheaper version. When comfort and desire are at stake money cannot stop them from having whatever they believe they are being entitled to. Their eyes are bigger than their appetite therefore do not despair if your loved ones leave half of the food they manage to end up with after a generous self-helping.

They value elaborated, over rated, fancily decorated and colourful dishes. Adore champagne, French wines and liqueurs; however, they cannot really stand alcohol very well.

These Earthlings are fond of formal events where they instantly become the centre of attention.

Penny for your thoughts:

the menu

STARTERS

chickpeas with onion
bean soup
stuffed ham
spicy meatballs
broccoli in breadcrumbs

MAIN COURSES

broccoli sauce with pasta
rice with leek and rose petals
tagliatelle with olives
chicken curry with saffron rice
fish in leaves with vegetables

DESSERTS

orange and cardamom cake
semolina halva
banana in honey
apple pie
apricot with cream

recipes

STARTERS

chickpeas with onion

ingredients:

- 1 and ½ cup chickpeas ***mars***
- 1 big onion ***mars***
- ¼ cup olive oil ***sun***
- 50 g tomato puree ***sun***
- 500 g fresh spinach ***mercury***
- 1 pinch of salt ***moon***
- 1 pinch freshly ground black pepper ***mars***

cooking instructions:

Wash chickpeas under running water. Put in a saucepan with 5 cups of water and leave to stand overnight.

Next day put over medium heat, cover and cook for 1 hour. Add more water if necessary.

Remove from heat and let it stand for 1 hour.

Wash spinach well and chop coarsely. Peel and chop onion finely. Heat oil in a frying pan and brown onion on it. When brown add tomato puree and burn it slightly. Add salt and pepper with the spinach, mix well and cook for 2 more minutes. Pour in the cooked chickpeas with 4 tablespoon of the cooking water. Serve with warm pitta bread - ***mars*** or brown toast - ***sun***.

useful hints:

Chickpeas take even longer to cook than beans. Overnight soaking is very advisable.

Again, add salt at the end. You may use pre-cooked chickpeas. In this case wash it thoroughly under running cold water before.

Penny for your thoughts:

bean soup

ingredients:

2 cups of dry white haricot beans ***mars***
8 cups water ***moon***
4 tomatoes ***sun***
2 medium onion ***mars***
2 bay leaves ***mercury***
3 cloves garlic ***mars***
4 carrots ***mercury***
2 parsnips ***mercury***
4 tablespoon olive oil ***sun***
1 pinch of salt ***moon***
1 pinch of freshly ground black pepper ***mars***

to finish:

1 lemon ***venus***
4 pitta bread ***mars***

cooking instructions:

Wash beans under running water until clean. Put in a big saucepan with the water and bring to boil. Let it boil for 2 minutes. Remove from heat and leave to stand, covered for at least 1 hour.

Peel and dice carrots, parsnips, chop tomato and onion. Add to beans with bay leaves, peeled garlic and olive oil.

Cook over low heat, covered, for about 1 hour. Then add salt to taste and cook until beans soft.

Serve with warm pitta or brown toast and a quarter lemon to squeeze into the soup.

useful hints:

When I have a sudden urge to prepare bean soup there is no time for overnight soaking. I just bring beans to boil and leave it to stand for an hour. It does the job.

Salt removes the liquid from the food. That is why it is advisable to add salt at the last stage of cooking.

Penny for your thoughts:

stuffed ham

ingredients:

8 thin slice smoked ham *jupiter*
8 eggs *saturn*
1 pinch of dry sage *moon*
1 tablespoon grated horseradish *pluto*
1 pinch of salt *moon*
1 baguette *sun*
few stem fresh parsley *saturn*
2 tomatoes *sun*

cooking instructions:

Hard boil eggs, clean and crush with a fork. Add salt, horseradish and sage. Place 1 quarter of the mixture in the middle of each ham, roll it up and place on a small plates.

Garnish with parsley and sliced tomato.

Serve with fresh baguette.

useful hints:

Soak sage in warm water for 1 hour before using. You may use ready-made horseradish cream. In this case choose a spicy one.

Use tinned sardines in oil - moon instead of ham if you wish. Mix well and roll into a lettuce leaf.

Offer crispy white whine - *sun* or a glass of light beer - *venus* with this dish.

spicy meatballs

ingredients:

500 g leg of pork *jupiter*
100 g spicy sausage *jupiter*
1 pinch of salt *moon*
1 clove garlic *mars*
1 pinch grated nutmeg *mercury*
1 egg *saturn*
1 tablespoon finely chopped parsley *saturn*
4 stem parsley *saturn*
2 tablespoon brandy *pluto*
2 tablespoon flour *sun*
4 tablespoon olive oil *sun*

cooking instructions:

Mince meat with sausage and garlic. Add salt, nutmeg, the chopped parsley, brandy and the beaten egg. Make tiny balls, turn over in flour and fry in hot oil until brown.

Decorate with the parsley.

Offer toothpicks instead of knife and fork.

Serve with diced rye bread - *sun*.

useful hints:

The best meat for this dish is pork, however, you may use lamb.

Tofu - *venus* or minced mushroom - *jupiter* is excellent substitute for meat.

broccoli in breadcrumbs

ingredients:

2 bunch of broccoli **venus**

3 egg **saturn**

1 cup flour **sun**

1 cup bread crumbs **saturn**

1 pinch salt **moon**

for frying:

1 cup of sunflower oil **sun**

for garnish:

200 g yoghurt **venus**

1 teaspoon curry powder **pluto**

1 pinch of salt

cooking instructions:

Wash the broccoli. Cut off ends and slice the stem and cut the top into pieces.

Drop into boiling salted water and cook for 10 minutes.

Drain well. Turn into flour, then the beaten eggs and finally the breadcrumbs.

Heat oil in a medium frying pan and fry the broccoli in it until brown over medium heat.

Arrange them on small plates. Mix yoghurt, salt with curry powder and spoon on the broccoli.

Serve as it is.

useful hints:

Use stale bread for breadcrumbs. Process in food processor or grind bread between your palms.

Penny for your thoughts:

MAIN COURSES

broccoli sauce with pasta

ingredients:

2 bunch broccoli **venus**

½ cup olive oil **sun**

juice of a lemon **venus**

1 pinch ground caraway seed **mercury**

1 tablespoon tomato puree **sun**

1 tablespoon finely chopped fresh basil **mars**

2 tablespoon yoghurt **venus**

1 pinch of salt **moon**

1 pinch of freshly ground black pepper **mars**

500 g pasta **saturn**

1 tablespoon salt **moon**

1 teaspoon sunflower oil **sun**

cooking instructions:

Clean and chop up broccoli. Bring enough water to boil to cover the broccoli.

Add 1 teaspoon of salt and boil the broccoli in it for 10 minutes.

Put in a food processor and mash it with the rest of the ingredients.

In a big saucepan boil water. Add a tablespoon salt and a drop of oil. Cook pasta in it until al dente. Drain. Serve with the sauce.

useful hints:

Wait for the water to boil before putting the pasta in it. Do not overcook.

rice with leek and rose petals

ingredients:

3 cups of cooked rice **moon**
2 leeks **mercury**
2 tablespoon crushed walnut **jupiter**
1 teaspoon curry powder **pluto**
1 pinch ground cinnamon **venus**
3 tablespoon sunflower oil **sun**
2 tablespoon finely chopped fresh parsley **saturn**
1 pinch ground clove **venus**
1 pinch of salt **moon**
1 pinch of freshly ground black pepper **mars**
petals of 2 organic roses **venus**

cooking instructions:

Wash rose petals in cold running water. Put in a sieve to dry.

Wash leek well and slice.

Heat oil in a frying pan and fry leek on it for 10 minutes, stirring occasionally.

Add the rest of the ingredients to it, apart from the rose and mix well.

Serve decorated with rose petals.

useful hints:

It is a nice way of using up your leftover rice.

To clean leek properly you need to chop off ends, separate leaves and wash them one by one.

tagliatelle with olives

ingredients:

500 g tagliatelle pasta **saturn**
3 tablespoon finely chopped fresh parsley **saturn**
3 cloves of garlic **mars**
3 tablespoon olive oil **sun**
1 pinch of freshly ground black pepper **mars**
1 pinch crushed dry chilli **mars**
1 cup black olives **mercury**
juice of ½ lemon **venus**
1 cup grated cheese **venus**
1 pinch of salt **moon**

cooking instruction:

Cook pasta in boiling salted water. Drain.

Remove pits from olives, chop and mix with the crushed garlic, the lemon juice, cheese, salt, pepper, chilli pepper, oil and a tablespoon water.

Shake together with the pasta and serve decorated with parsley.

useful hints:

Try not to overcook the pasta.

chicken curry with saffron rice

ingredients:

1 medium size chicken **venus**
1 big onion **mars**
4 cloves garlic **mars**
1 teaspoon turmeric **pluto**
1 teaspoon ground cumin **mars**
2 teaspoon ground coriander **pluto**
1 small piece fresh ginger **saturn**
1 teaspoon hot paprika **mars**
2 teaspoon poppy seed **moon**
1 teaspoon paprika **mars**
2 bay leaves **mercury**
200 g yoghurt **venus**
1 teaspoon garam masala **mercury**
4 tablespoon sunflower oil **sun**
1 pinch of salt **moon**

for rice:

2 cups of long grain rice **moon**
1 teaspoon salt **moon**
2 tablespoon sunflower oil **sun**
1 teaspoon saffron **sun**

cooking instructions:

Peel and chop onion finely. Heat oil in a big saucepan. Add onion and brown. Remove from heat and keep aside.

Clean a cut up chicken.

Grind garlic, turmeric, cumin, coriander, chopped ginger, paprika, poppy seed with the help of a tablespoon water. Blend well; add to onion and return to fire. Cook over medium heat for 3 minutes stirring constantly. Add chicken pieces and stir again. Increase heat and cook for 3 minutes, stirring constantly. Pour in yoghurt. Add bay leaves and salt. Reduce heat and cover. Cook until soft adding some water at a time if necessary.

Add garam masala 1 minute before the end.

Meantime wash rice. Bring to boil 5 cups of water with a teaspoon salt. Add rice and saffron. Cook over high heat until almost ready. Drain.

Heat 2 tablespoon oil in another saucepan, pour rice on it and mix well. Cover and cook for 10 minutes over low heat. Do not lift lid or stir while cooking. Remove from fire and leave to stand for further 10 minutes.

Serve with the chicken.

useful hints:

Substitute chicken with a vegetable mix if you wish.

I recommend very cold and very light lager - **venus** with this dish.

Penny for your thoughts:

fish in leaves with vegetables

ingredients:

4 medium size fresh water fish **moon**
4 banana leaves or banana peel **sun**
4 teaspoon butter **sun**
1 pinch of salt **moon**
4 small broccoli **venus**
500 g frozen sweet corn **sun**
200 g yoghurt **venus**
1 teaspoon mild mustard **pluto**

cooking instructions:

Clean fish well. Sprinkle the belly with salt and put a teaspoon butter into each. Wrap them into banana leaves separately, tie and place on a baking sheet. Bake in preheated oven for 45 minutes over medium heat.

In the meantime steam cleaned broccoli and sweet corn over boiling salted water.

Separate corn and broccoli. Put corn into food processor with the mustard, pinch of salt, yoghurt and mash. Keep broccoli warm until serving.

Remove fish from wrapping, serve on big plates accompanied with the broccoli and garnished with corn sauce.

useful hints:

Not everybody has a banana tree in the back garden. If you are one of those unfortunate people you may use any other fruit tree leaves available to you. Alternatively grape leaves are available in most Middle Eastern shops or lotus leaves in most Far Eastern.

DESSERTS

orange and cardamom cake

ingredients:

2 oranges *sun*
1 cup brown wheat flour *sun*
1 sachet of dry yeast *mars*
½ cup brown sugar *sun*
6 tablespoon olive oil *sun*
2 eggs *saturn*
1 teaspoon ground cardamom *mercury*
1 tablespoon butter *sun*

cooking instructions:

Squeeze oranges and grate zest.

Pour yeast into 4 tablespoon warm water and let it stand to 20 minutes.

Mix flour with sugar, the beaten eggs, cardamom, olive oil, yeast and orange.

Butter a small baking dish, pour in mixture and bake in preheated oven for 45 minutes over medium heat.

When cooled, cut to required shapes and sprinkle with sugar if you wish.

useful hints:

I like to sprinkle this cake with some rose water just before ready. It brings a summer garden into your kitchen.

semolina halva

ingredients:

½ cup semolina **venus**
1 and ½ tablespoon butter **sun**
1 cup water **moon**
½ cup ground nuts **jupiter**
4 tablespoon brown sugar **sun**
6 green cardamom **mercury**

cooking instructions:

Melt butter in a small saucepan. Add semolina and fry until light brown stirring constantly. Pour in water; add nuts and sugar still stirring. Remove from fire and sprinkle in the peeled cardamom seed.

Serve hot or cold in any shape.

useful hints:

If you wish to shape halva you may do it when still warm. Butter the shapes lightly, pour in halva and let it cool.

Penny for your thoughts:

banana in honey

ingredients:

4 bananas ***sun***

2 tablespoon honey ***venus***

2 tablespoon butter ***sun***

cooking instructions:

Peel bananas and half both ways.

Heat butter with the honey in a frying pan. Turn bananas over in it and fry until brown over high heat.

Serve warm.

useful hints:

Fast, good and popular.

Penny for your thoughts:

apple pie

ingredients:

1 pack frozen puff pastry **saturn**
3 juicy, sour apple **venus**
1 cup sugar **sun**
1 tablespoon ground cinnamon **venus**
2 tablespoon jam **sun**
1 cup ground walnuts **jupiter**
1 tablespoon butter **sun**

cooking instructions:

Leave pastry to stand in room temperature for 2-3 hours to thaw. Divide into 3 and roll out to the size of a small baking dish. Butter the dish and line with pastry.

Peel apple, core and grate. Mix with sugar and cinnamon and spread on the pastry. Put on the next layer. Spread on the jam and sprinkle with the walnuts. Cover with the last layer of pastry. Place into a preheated oven and bake for 40-45 minutes over medium heat.

Serve sliced.

useful hints:

If you do not have walnuts at hand just put apple instead.

apricot with cream

ingredients:

4 apricots *jupiter*

200 g single cream *mercury*

4 tablespoon grated chocolate *venus*

cooking instructions:

Halve apricot and remove stone.

Put into an ovenproof dish and bake for 20 minutes over high heat.

Mix cream with chocolate. Place apricots on small plates and pour the mixture over them.

useful hints:

Tinned apricot can be used also. Follow the same cooking direction.

Penny for your thoughts:

Eating habits and behaviour pattern of earthlings born between

24th of August - 23rd of September

As the late spring people enjoy the strong and colourful reign of the gracious Mercury, the late summer people have the advantage and disadvantage of it also.

According to the legends Mercurius – better known by the Greek name Hermes – is the son of Zeus and Maia.

Hermes was the spokesman of gods, with two snakes to help and a comfortable leather sandal to make his wanderings easier. He was the god of ability, of intelligence, of skilfulness, shrewdness and resourcefulness. The protector of merchants and thieves and the guide of dead souls, and brought the science of writing to mankind. He lit the bonfires on Olympus and helped great speakers and philosophers. He loved mischief and could not stand to be bored.

His children born from his numerous love affairs are: Autolukos, Polubos, Eurutos, Euandros, Eudoros, Eleusis, Daphnis, Abderos and Pan.

The ruling stars of the late Summer Mercury people:

Ursa Major (24th of August – 10th of September)

Crater (11th of September – 21st of September)

Argo Navis (22nd of September – 23rd of September)

The rocky Mercury is the first planet from the Sun. Rotates anticlockwise once in every 58.57 Earth Days.

The late Summer Mercury people do not let us forget where do they come from and as such they very much differ from the late Spring earthling ruled by the same planet.

They adore rules, regulations, laws and commands that they follow wholeheartedly. Their naive intelligence pairs up with curiosity and impatience. Put a lot of effort into details, make judgement over others very easily even for deeds they habitually commit themselves. They are cautious but not pessimists. The motto money is better kept than spent was created by Autumn Mercury people for Autumn Mercury people.

It comes logically from the above that they love food that doesn't cost much money.

Absolutely adore leftovers and make a good feast of it. Decoration and presentation are not important to these type of Mercurians. They have knowledge of good wine but they only choose the cheapest not bothered by its colour. Enjoy home-made liqueurs, their favourite is the ones that taste orange.

To invite one of them to dinner would not make you work off your feet. This is one of those days when you can freely prepare your favourite dish and invite a late summer friend to keep you company.

You will not be disappointed. Plan a light, enjoyable evening with all the necessary praise, appreciation and laughter.

Penny for your thoughts:

The menu

STARTERS

coriander salad with cheese
vegetable soup with cheese
macaroni pudding
chickpeas and kohlrabi soup
cold carrot and mango soup

MAIN COURSES

roast pork with carrots
chicken breast with vegetables
pork Korean style
spaghetti cake
drunk chicken with divorced egg

DESSERTS

grilled carrots
gooseberry and pear pudding
puff sticks
pancakes with nuts and jam
date balls

recipes

STARTERS

coriander salad with cheese

ingredients:

- 1 bunch of coriander **venus**
- 2 oranges **sun**
- 4 tablespoon cleaned walnut **jupiter**
- 4 tablespoon olive oil **sun**
- 2 tablespoon walnut oil **mercury**
- 4 slices of brie cheese **venus**
- 1 pinch of salt **moon**
- 1 pinch of freshly ground black pepper **mars**

cooking instructions:

Remove coriander leaves from the stem and wash well under running water.

Peel oranges and slice thinly.

Heat the 2 tablespoon oil and brown walnut on it. Scoop out walnut and keep oil aside.

Put coriander leaves on each small plate, arrange the orange slices on it and top it up with the browned walnut.

Mix the olive oil you browned the walnut in with salt and pepper and pour it on the salad. Serve with the slice of cheese on the side.

If very much needed offer brown bread stripes - **sun** with it.

useful hints:

This dish gives the well-deserved credit to orange.

Penny for your thoughts:

vegetable soup with cheese

ingredients:

4 carrots ***mercury***
4 parsnips ***mercury***
1 green pepper ***saturn***
1 onion ***mars***
1 clove garlic ***mars***
4 potatoes ***mercury***
2 tomatoes ***sun***
2 litre water ***moon***
1 pinch of salt ***moon***
1 pinch of freshly ground black pepper ***mars***
1 cup strongly favoured grated cheese ***venus***

cooking instructions:

Clean and chop all vegetables but tomato.

Heat oil in a saucepan, add vegetables to it and sauté for 15 minutes covered, over medium heat.

Add tomato and water with the salt and pepper. Cook until soft over medium heat.

Serve hot with grated cheese.

useful hints:

I like a drop of freshly squeezed lemon - ***venus*** in this soup. A small chilli pepper – ***mars*** intensifies the situation further.

macaroni pudding

ingredients:

2 cups, ready cooked chopped macaroni **saturn**

2 cups cooked, chopped potato **mercury**

2 egg whites **saturn**

200 g single cream **mercury**

100 g yoghurt **venus**

2 tablespoon grated Parmesan **venus**

2 tablespoon butter **sun**

1 pinch of salt **moon**

1 pinch of freshly ground black pepper **mars**

cooking instructions:

Mix macaroni with potato in a bowl.

Beat egg whites with the single cream and yoghurt, stir in salt and pepper with the cheese and pour on the macaroni. Mix well.

Butter an ovenproof dish, pour in the mixture and bake until light brown in pre-heated oven over medium heat.

Serve hot and straight away.

useful hints:

This is one of those rare dishes when you can overcook your pasta. I usually prepare this dish when I have some pasta left over from the previous day.

Any other type of hard cheese would do.

chickpeas and kohlrabi soup

ingredients:

2 cups chickpeas ***mars***
2 tablespoon olive oil ***sun***
2 cloves garlic ***mars***
1 onion ***mars***
2 kohlrabies ***sun***
2 stem celery ***saturn***
2 litres water ***moon***
1 bunch of fresh parsley ***saturn***
1 pinch of salt ***moon***
1 pinch freshly ground black pepper ***mars***
1 cup grated cheese ***venus***

cooking instructions:

Soak chickpeas overnight in 3 cups of water.

Next morning pour into a saucepan and cook for 1 hour over low heat.

Clean and dice vegetables.

Heat oil in a big saucepan, pour vegetables on it and sauté for 10 minutes over high heat, covered, stirring occasionally. Add chickpeas with the liquid and pour in water. Cook until soft over low heat. When almost ready add salt and pepper.

Serve sprinkled with finely chopped fresh parsley and grated cheese.

useful hints:

You may use tinned chickpeas if you wish. Make sure that you remove all the liquid and wash chickpeas thoroughly under running water.

cold carrot and mango soup

ingredients:

3 carrots **mercury**
1 tablespoon butter **sun**
1 tablespoon walnut oil **mercury**
1 teaspoon whole caraway seed **mercury**
1 onion **mars**
1 stem celery **saturn**
1 potato **mercury**
1 teaspoon cardamom **mercury**
2 cup of water **moon**
1 mango **venus**
1 bunch of fresh coriander leaves **venus**
1 pinch salt **moon**
1 pinch of freshly ground black pepper **mars**

cooking instructions:

Peel cardamom, potato, carrots and onion. Wash celery. Grate potato and carrots. Chop onion and celery finely. Peel mango and slice. Heat oil and butter in a saucepan and brown caraway and cardamom seeds on it. Add chopped onion and celery, the grated potato and carrot, stir and brown. Pour in water, add salt and pepper and cook until soft. Leave it to cool. Pour into food processor with the mango and mash. Keep in the fridge for an hour. Serve in small bowl decorated with finely chopped coriander. You may offer yoghurt - **venus** with it.

useful hints:

Cardamom is available in every Far and Middle Eastern grocery shop. If possible choose the green type. To peel cardamom you need to crack it with a knife handle and use those little black seeds.

A very refreshing soup for summer days.

Penny for your thoughts:

roast pork with carrots

ingredients:

4 pork chops *jupiter*

4 carrots *mercury*

1 kg potato *mercury*

2 big onion *mars*

4 pinch salt *moon*

4 tablespoon walnut oil *mercury*

cooking instructions:

Peel and slice onion, carrots and potatoes. Lay onion slices down in the bottom of an ovenproof dish. Arrange meat slices on the top. Put a layer of carrots on the top of the meat. Sprinkle with salt. Continue with a layer of potatoes. Sprinkle with salt. Pour oil on the top. Add enough water to cover and cook over medium heat in the oven for an hour covered with foil.

Remove the foil and cook until ready. By that time the water should evaporate. Serve with tomato - *sun* salad if you wish.

useful hints:

Use marrow - *venus* or pumpkin - *saturn* steaks instead of the meat if you wish. In this case be careful with the water for the vegetables release a lot of liquid. Half the amount of water would do sufficiently. In this case I would forget about the tomato salad.

chicken breast with vegetables

ingredients:

4 boneless chicken breasts **venus**
2 eggs **saturn**
2 tablespoon grated cheese **venus**
1 cup brown wheat flour **sun**
1 cup bread crumbs **saturn**
1 pinch of salt **moon**

for frying:

1 cup of walnut oil **mercury**

for garnish:

500 g potatoes **mercury**
2 big parsnip **mercury**
2 tablespoon finely chopped fresh ginger **saturn**
2 tablespoon olive oil **sun**

cooking instructions:

Peel and dice potatoes and parsnips. Cook them in boiling salted water for 10 minutes. Drain. Chop ginger finely.

Beat eggs with a pinch of salt. Flatten meat by beating. Turn meat over in flour, then in egg, the grated cheese and breadcrumbs. Fry in hot oil over medium heat until brown both sides.

In the meantime heat olive oil in a saucepan. Fry ginger on it until brown. Add the half cooked vegetables, stir and cook for 10 minutes over low heat, stirring occasionally. Serve warm with the chicken.

useful hints:

Substitute meat for emmenthal type cheese steaks. This way you can forget about the grated cheese.

Penny for your thoughts:

pork Korean style

ingredients:

500 g leg of pork *jupiter*
1 carrot *mercury*
1 big onion *mars*
3 cloves garlic *mars*
2 tablespoon walnut oil *mercury*
2 tablespoon finely chopped fresh ginger *saturn*
1 red pepper *saturn*
1 small chilli pepper *mars*
1 pinch of salt *moon*
1 pinch of freshly ground black pepper *mars*

for the rice:

2 cups of rice *moon*
2 tablespoon walnut oil *mercury*
1 teaspoon salt *moon*

cooking instructions:

Peel and chop onion finely. Wash red pepper and cut into fine stripes. Chop ginger finely, dice meat, peel and cut carrots into fine stripes. Peel garlic. Heat oil in a saucepan and throw on meat with the carrots. Fry over high heat until brown. Mix in chopped onion and fry for further 2 minutes. Add garlic, ginger, chilli pepper and red pepper and fry for further 2 minutes. Put rice into 5 cups of boiling salty water. Cook until half ready. Drain. Heat oil in a saucepan pour on rice, stir, cover and cook for 10 minutes over low heat. Remove from heat and leave to stand for 10 minutes. Serve with meat on top.

useful hints:

Use aubergine - **venus**, courgette - **moon** or mushroom - **jupiter** instead of meat.

Chopping onion can be a nuisance. Try halving the onion, cutting off the stem end and fold back the top 2 layers without cutting them off. Use a long blade, sharp knife. Cut is onion length wise almost to the end. Then slice onion crosswise. To prevent crying over it hold knife under running, cold water for few seconds before start chopping. Lit candle on the worktop does the trick also. If you are cooking for a special person try the famous Como aqua para chocolate method: place an onion on the top of your head while chopping the other one. When none of those work with your personality, keep the tissue box next to you. Before peeling a clove of garlic crack it with a metal knife handle by pressing on it.

Penny for your thoughts:

spaghetti cake

ingredients:

300 g spaghetti ***saturn***

3 eggs ***saturn***

4 tablespoon walnut oil ***mercury***

1 pinch of grated nutmeg ***mercury***

1 cup grated cheese ***venus***

1 pinch of salt ***moon***

1 pinch of freshly ground black pepper ***mars***

for the topping:

700 g minced pork ***jupiter***

1 big onion ***mars***

1 clove garlic ***mars***

2 tablespoon butter ***sun***

1 small tin tomato puree ***sun***

1 cup finely chopped fresh parsley ***saturn***

1 cup red wine ***sun***

1 pinch of salt ***moon***

1 pinch of freshly ground black pepper ***mars***

for the white sauce:

4 tablespoon butter ***sun***

500 g yoghurt ***venus***

200 g single cream ***mercury***

½ cup brown wheat flour ***sun***

1 egg ***saturn***

1 pinch of grated nutmeg **mercury**
1 pinch of salt **moon**
1 pinch of freshly ground black pepper **mars**

cooking instructions:

Cook pasta in boiling salted water. Drain and return to saucepan. Sprinkle with melted butter and the half of the grated cheese, the nutmeg, salt and pepper and stir well. Leave it to stand. When cool add the beaten eggs and stir.

Peel and chop onion finely. Melt the 2 tablespoon butter, add onion with garlic and fry over low heat for 5 minutes. Add tomato puree and fry over high heat for 2 minutes stirring constantly. Add meat and brown still stirring. Pour in wine, chopped parsley, salt and pepper and cook over medium heat for 20 minutes.

Melt butter in a saucepan, sprinkle in flour and cook for 2 minutes over low heat, stirring occasionally. Add yoghurt and cream, bring to boil and cook for 1 minutes stirring constantly. Add nutmeg, salt and pepper. Leave to cool and pour in the beaten egg. Stir.

Add half a cupful of sauce to meat.

Butter an ovenproof dish and arrange the half of the pasta on the bottom. Pour in meat and cover with the other half of the pasta. Top it with the sauce. Sprinkle with the remaining cheese. Put into a preheated oven and bake for 50 minutes over medium heat.

Serve cut like a cake.

useful hints:

You may use aubergine - **venus**, green beans - **mars** or mange tout - **moon** instead of the meat.

I substitute milk every possible way in cooking. That is why I use yoghurt and cream for béchamel sauce. Processed milk products are easier to digest.

drunken chicken with divorced egg

ingredients:

4 chicken legs **venus**
1 cup red wine **sun**
2 big onions **mars**
2 tablespoon walnut oil **mercury**
1 pinch of salt **moon**

on the side:

4 big potatoes **mercury**
4 carrots **mercury**
2 tablespoon finely chopped parsley **saturn**
1 teaspoon finely chopped fresh dill **jupiter**
1 tablespoon butter **sun**

for garnish:

2 hard boiled eggs **saturn**
1 pinch of salt **moon**
1 pinch of freshly ground black pepper **mars**

cooking instructions:

Cut chicken legs. Peel and quarter onions. Heat oil and add meat and onions with a pinch of salt. Fry over high heat for 2 minutes stirring constantly. Pour in wine and cook until soft over medium heat, covered. If needed, add water. When soft, brown over high heat stirring occasionally.

Peel potato and carrots. Cook until soft in salted water. Drain and mash separately. Add salt and pepper to the potato with butter and parsley. Mix well and arrange on one half of a serving plate in the shape of a mountain. Add dill, salt and pepper to carrots and arrange next to the potato in the same shape. Separate the white and yellow of the boiled eggs and chop. Sprinkle the potato with the yellow and carrots with the white. Serve with the chicken.

useful hints:

As we know colours have healing power. The importance of this dish is colours. The white potato, the orange carrot, the greens represent purity, the Sun and peace.

Penny for your thoughts:

DESSERTS

grilled carrots

ingredients:

8 medium size carrots *mercury*
1 tablespoon walnut oil *mercury*
1 tablespoon brown sugar *sun*
juice of ½ orange *sun*
2-3 red cabbage leaves *saturn*
4 tablespoon ricotta *venus*
1 teaspoon sesame seed *jupiter*
1 pinch of freshly ground black pepper *mars*

cooking instructions:

Peel and cut thin stripes out of the carrots. This method is called julienne.

Wash cabbage leaves.

Heat butter in a saucepan, stir in carrots and add sugar with orange juice.

Cook over low heat until mix well.

Line a bowl with the cabbage leaves, spoon in the crumbled ricotta, and sprinkle with black pepper and pour the carrots on the top of it.

Sprinkle with sesame seeds.

useful hints:

This is a dish where you can truly show that you are an open-minded person.

On the top of all it is also very delicious.

gooseberry and pear pudding

ingredients:

½ cup of gooseberry ***mars***
½ cup of spicy brandy ***pluto***
3 tablespoon sultanas ***sun***
4 pears ***venus***
5 tablespoon brown sugar ***sun***
juice of 1 lemon ***venus***
1 and ½ cups of bread crumbs ***saturn***
1 pinch of ground cinnamon ***venus***
2 cups of whipped cream ***mercury***

cooking instructions:

Heat oven. Wash gooseberries and cut off ends. Peel pears and slice thinly. Put fruits into a saucepan with the brandy, 3 tablespoon sugar, sultanas and lemon juice over low heat until pears become soft. Pour into a baking dish. Mix the remaining sugar with the breadcrumbs, cinnamon, and butter and sprinkle the fruit with it. Put into oven and bake for 20 minutes over medium heat.
Serve with whipped cream.

useful hints:

It is possible to use other kinds of fruit with this recipe.

puff sticks

ingredients:

1 pack of frozen puff pastry **saturn**

1 cup of red currant **sun**

2 tablespoon sugar **sun**

cooking instructions:

Thaw puff pastry. Roll it out and cut to finger wide and long pieces.

Place on a baking sheet and bake in preheated oven for 8 minutes over medium heat.

Serve on small plates decorated with currants and sprinkled with sugar.

useful hints:

I cannot remember any.

Penny for your thoughts:

pancakes with nuts and jam

ingredients:

8 pancakes ***saturn***

8 tablespoon fruit jam ***sun***

8 tablespoon ground walnut ***jupiter***

8 tablespoon fruit brandy ***sun***

cooking instructions:

Spread fruit jam on each pancake. Sprinkle with walnuts, roll them up, arrange on small plates and pour some brandy on the top.

Serve.

useful hints:

The jam is necessary to hold the nuts in the pancake.

For the art and ingredients of pancake making please refer to the French comedy recipe.

Penny for your thoughts:

date balls

ingredients:

1 cup stoned dates ***moon***

¼ cup cleaned sunflower seed ***sun***

1 pinch of ground cinnamon ***venus***

2 tablespoon honey ***venus***

8 tablespoon yoghurt ***venus***

cooking instructions:

Steam dates until soft over boiling water.

Put into food processor with the sunflower seed and honey and mash. Make little balls out of it and roll them over in cinnamon.

Serve with 2 tablespoon yoghurt on each plate.

useful hints:

This dish is full of Eastern delight. Offer only if you have comfortable arm-chairs.

Penny for your thoughts:

Eating habits and behaviour pattern of earthlings born between

24th of September - 23rd of October

These people, like their spring counterpart, live their lives under the watchful eyes of Venus.

According to the legends Venus – Aphrodite by her more commonly used Greek name -the goddess, is the daughter of Zeus and Dione, others think that her father is Uranus. The legend says that the lightening of Zeus touched an oyster and the goddess merged from it. She travelled in the oyster's shell to the island of Kuthera then Kupros (Cyprus) where she settled and established her culture. Her beautiful gardens spread all over the island. Her husband, Hephaistos built gates and fences around the colourful creations. Venus was the goddess of lust. Whatever or whoever she touched would crave for sex. She adored beauty and had never missed the opportunity to enjoy it. She would not take no for an answer. Her persistence and pride took her to forbidden fields and often brought unforeseen ends to highly enjoyed situations.

She is also mentioned by names of: Dionaia, Anaduomene, Kuthereia and Kupris.

When her deeds on Earth turned a bit awkward, Zeus decided to punish Venus by sending her up on the sky. She is there, day and night, showing the light to Earthlings. This event – in 3113 B.C.- was the beginning of the Fifth Sun Age.

The ruling stars of the Autumn Venus earthlings:

Argo Navis (24th of September – 28th of September)

Corvus (29th of September – 11th of October)

Boötes (12th of October – 23rd of October)

Venus is the second planet from the Sun and the brightest of them all. Rotates clockwise once in every 243 Earth Days.

Balance, justice, equality is the slogan of the October Venus people. It takes a big effort to move them out of this balance. They are interested in arts but don't overdo it. Love and understand others and humanity at large. They carry themselves in a majestic way and their taste matches up to that. If a big event suddenly knocks them out of their equilibrium they turn their back on the world and get lost in the petty problems of life.

Strictly fresh products would do for the earthlings born during this period of the year. They use spices but with moderation and blend them meticulously to serve their digestive system. Enjoy white and rose wines.

You should not serve them cocktails or sweetish liqueurs with their coffee. When you invite an Autumn Venus person to dinner make sure you buy fresh products, prepare a dish with balance, neither very simple nor extravagant. Simple decoration and some digestive liquor would make the evening perfect.

Penny for your thoughts:

The menu

STARTERS

chicken breast with lavender
cauliflower in bread crumbs
cucumber with yoghurt
spinach salad
pink lentil soup

MAIN COURSES

baked trout with basil potato
grilled salmon with peach
spinach pancakes
chicken with orange
chicken wings in honey

DESSERTS

apple crumble
rose crepes
peach with watercress
garlic, almond and sultanas
boursin

recipes

STARTERS

chicken breast with lavender

ingredients:

- 2 whole chicken breasts *venus*
- 1 spoonful of fresh chopped lavender *moon*
- 1 cup of crumbled ricotta cheese *venus*
- 1 pinch of salt *moon*
- 4 savoy cabbage leaves *saturn*

cooking instructions:

Remove meat from bones and cut into 1 inch stripes. Beat meat to flatten.

Mix ricotta with the chopped lavender and a pinch of salt.

Put some mixture on the middle of the flattened meat stripes, roll up and fasten with a toothpick.

Line a steamer with cabbage leaves. Place rolls into the steamer cook until ready over boiling water.

useful hints:

Place meat stripes between transparent foils before flattening. That way the meat stays together. Use a wooden beater if possible.

cauliflower in bread crumbs

ingredients:

1 cauliflower **venus**
1 teaspoon salt **moon**
2 eggs **saturn**
1 cup wheat flour **sun**
1 cup bread crumbs **saturn**

for frying:

1 cup of palm oil **venus**

for the sauce:

100 g yoghurt **venus**
1 tablespoon mustard **pluto**
1 pinch of salt **moon**
4 lettuce leaves **venus**

cooking instructions:

Clean cauliflower and take to pieces. Bring to boil a saucepan of salted water and cook cauliflower for 5 minutes. Drain. Pour flour into a small bowl. Beat eggs. Pour breadcrumbs into a small bowl. Turn over cauliflower in flour, then in egg and finally in breadcrumbs. Fry in hot oil over medium heat until brown. Put on kitchen towel tissues to dry. Serve on small plates lined with lettuce leaves.

Mix the yoghurt with the mustard and the pinch of salt.

useful hints:

Fry cauliflower at the last minute possible. Keep warm until serving.

Penny for your thoughts:

cucumber with yoghurt

ingredients:

500 g of yoghurt **venus**
1 cucumber **moon**
1 pinch of salt **moon**
4 cloves of garlic **mars**
4 tablespoon olive oil **sun**
1 pinch of paprika **mars**
4 pitta bread **mars**

cooking instructions:

Peel cucumber and dice finely. Crush garlic and mix with yoghurt and a pinch of salt. Add cucumber to it and mix well.

Serve in small bowls sprinkled with olive oil and paprika. Offer warm pitta bread with it.

useful hints:

This is a very healthy appetiser. Serve chilled dry white wine - **sun** with it and if garlic bothers you, few stems of fresh continental or flat parsley - **saturn**.

Penny for your thoughts:

spinach salad

ingredients:

200 gr. Fresh spinach *mercury*

2 oranges *sun*

100 gr. Feta cheese *venus*

½ cupful of cleaned walnuts *jupiter*

4 tablespoon of olive oil *sun*

1 pinch of salt and black pepper *mars*

1 tablespoon of fresh chopped dill *jupiter*

cooking instructions:

Wash spinach and let it dry. Chop up to thin stripes. Peel oranges and dice.

Crumble cheese and dice. Heat up oil in a saucepan and brown walnuts in it.

When ready pour into a bowl with the oil, add orange and spinach. Blend gently with two wooden spoons and great some black pepper on the top.

Sprinkle with fresh dill.

useful hints:

Very tasty, very healthy and very beautiful.

Penny for your thoughts:

pink lentil soup

ingredients:

1 cup of pink lentil **mercury**
1 onion **mars**
2 stem celery **saturn**
2 carrots **mercury**
2 tablespoon palm oil **venus**
1 pinch of salt **moon**
1 pinch of freshly ground black pepper **mars**
1 lemon **venus**

cooking instructions:

Peel and slice carrots. Wash celery and slice. Wash lentil under running water. Peel and chop onion finely.

Heat oil in a big saucepan. Throw vegetables on it and sauté over medium heat until start browning. Pour on lentil, 3 cups of water, salt, pepper and cook until soft.

Just before serving squeeze in some lemon juice.

useful hints:

Offer freshly ground black pepper - **mars** and tiny dried chilli pepper pieces - **mars** with the dish.

baked trout with basil potato

ingredients:

4 small fresh water trout *moon*
1 cup blanched and halved almonds *venus*
4 tablespoon olive oil *sun*
1 pinch of salt *moon*

for the potato:

500 g potato *mercury*
1 slice of fresh ginger *saturn*
100 g single cream *mercury*
1 stem of fresh basil *mars*
1 pinch of salt *moon*
1 pinch freshly ground black pepper *mars*

cooking instructions:

Cook potatoes in skin. Clean fish. Rub salt into the belly. Rap them up individually into kitchen foil and bake in preheated oven, over medium heat for 20 minutes. In the meantime heat olive oil in a small frying pan and fry almond in it until brown. Drain, peel and mash potato. Pour the single cream into a small saucepan with the grated ginger and cook over low heat for 2 minutes. Add the finely chopped basil, salt, pepper and cook for further 2 minutes. Pour on potato and mix well. Serve fish on a big plate accompanied with the potato.

useful hint:

You may use other good quality fish instead of trout.

grilled salmon with peach

ingredients:

4 salmon stakes **moon**

2 tablespoon butter **sun**

4 ripe peach **venus**

8 lettuce leaves **venus**

½ cup halved, blanched almond **venus**

2 tablespoon olive oil **sun**

1 pinch of salt **moon**

1 pinch of freshly ground black pepper **mars**

juice of 1 lemon **venus**

cooking instructions:

Wash and shred lettuce leaves. Peel peaches and halve.

Place salmon steaks under the grill on a kitchen foil. Sprinkle some salt and pepper on them. Grill under medium heat for 8 minutes on each side.

Heat olive oil in a frying pan and fry almonds in it until brown.

Arrange lettuce on a big plate. Put the grilled salmon stakes on lettuce; arrange the peach halves around them. Sprinkle with lemon juice.

Serve decorated with almonds.

useful hints:

I find this dish adequate to be a main course. The blend of the strong flavour of the fish and the intriguing flavour of the fruit is beautiful together. However, if you wish to accompany it with something more, I suggest steamed green beans - mars with a teaspoonful of melted butter.

spinach pancakes

ingredients:

500 g fresh spinach *mercury*

3 eggs *saturn*

2 tablespoon butter *sun*

4 tablespoon flour *sun*

1 and ¼ cup milk *jupiter*

½ cup grated cheese *venus*

for frying:

4 tablespoon palm oil *venus*

for the filling:

1 big can of pink salmon *moon*

3 tablespoon mayonnaise *moon*

1 teaspoon curry powder *pluto*

cooking instructions:

Melt butter in a saucepan. Stir in flour and cook for 1 minute over high heat stirring constantly and vigorously. Slowly add milk and cook until thickens. Remove from heat.

Wash spinach and chop. Stir into the mixture with the cheese and beaten eggs. Mix well and make thin pancakes out of the mixture.

Heat a drop of oil in a small non-stick frying pan, turn around to cover the side of the pan with the oil. Pour a ladleful of the mixture on the oil, turning constantly to spread the mixture evenly in the pan. Fry over medium heat on each side. Then heat a drop of oil for the next pancake and continue frying.

Mix salmon, mayonnaise and curry powder and spread on the pancakes.

Layer them in a serving dish and serve.

useful hints:

Wait until pancake hardens before turning over. You either flap it in the air or just use a flat wide blade knife with a round end to do the job.

Penny for your thoughts:

chicken with orange

ingredients:

2 chicken breasts **venus**
1 teaspoon ground cloves **venus**
1 pinch of cinnamon **venus**
5 cloves of unpeeled garlic **mars**
1 pinch of salt **moon**
1 pinch of freshly ground black pepper **mars**
4 tablespoon olive oil **sun**
1 onion **mars**
3 tablespoon blanched almonds **venus**
¼ cup raisin **sun**
juice of 6 oranges **sun**
½ cup sherry **mercury**

for the rice:

2 cups of long grain rice **moon**
1 teaspoon saffron **sun**
1 tablespoon butter **sun**
1 tablespoon salt **moon**

cooking instructions:

Halve chicken breasts.

Sprinkle with cinnamon, cloves, salt and pepper. Heat oil and fry chicken over high heat until brown.

Peel and chop onion and add to the chicken with the unpeeled garlic and almonds. Stir well.

Add raisins, orange juice and sherry.

Continue cooking over high heat for 8 minutes.

Bring to boil 8 cups of water. Pour in rice with the saffron and salt.

Cook over high heat for 10 minutes. Drain.

Heat butter in a saucepan, add rice, stir well and cook over low heat, covered for 15 minutes.

Remove from heat and leave to stand for another 10 minutes still covered.

Serve rice and chicken in a separate dish.

useful hints:

I use quince - **pluto** instead of the meat. If quince were not in season cooking apple – **venus** would do.

Penny for your thoughts:

chicken wings in honey

ingredients:

1 dozen chicken wings **venus**

4 tablespoon honey **venus**

2 tablespoon butter **sun**

1 teaspoon salt **moon**

on the side:

1 small marrow **venus**

1 bunch fresh dill **jupiter**

1 tablespoon salt **moon**

200 g yoghurt **venus**

cooking instructions:

Halve marrow. Remove seeds and peel. Slice thinly lengthwise. Put in a bowl, sprinkle with salt mix and let it stand for 2 hours. Half cook chicken wings in salted water. Drain. Squeeze out marrow. Wash dill and chop finely. Put into a saucepan with the marrow and the yoghurt. Bring to boil and cook over high heat for 2 minutes stirring occasionally.

Heat butter in a frying pan with the honey. Add chicken and fry over medium heat until brown on each side. Stir often.

Serve chicken with the marrow on the side.

useful hint:

The salt removes the liquid from the marrow and makes it firmer.

Use full fat real butter with this dish. Otherwise meat becomes soggy.

apple crumble

ingredients:

4 cooking apples **venus**
1 cup of bread crumbs **saturn**
 $\frac{3}{4}$ cup brown sugar **sun**
1 tablespoon butter **sun**
juice of 1 lemon **venus**
1 tablespoon butter **sun**

for topping:

100 g yoghurt **venus**
100 g whipping cream **mercury**

cooking instructions:

Peel, core and slice apples. Mix lemon juice with equal quantity water and sprinkle on apple slices not to brown. Mix breadcrumbs with half the sugar and the tablespoon butter. Arrange apple slices in the bottom of a greased baking dish. Sprinkle with the half of the remaining sugar. Cover with the bread-crumbs and sprinkle with the rest of the sugar. Bake in preheated oven over medium heat for 30 minutes.

Mix the yoghurt and the whipping cream and beat.

Serve with the crumble.

useful hints:

Use stale bread for the crumbs. It is healthier, crunchier and more wholesome.

rose crepes

ingredients:

2 cups of wheat flour **sun**

3 cups of beer **venus**

3 eggs **saturn**

1 pinch of salt **moon**

1 pinch of sugar **sun**

for frying

palm oil **venus**

for stuffing:

1 cup washed, cleaned and sliced strawberries **venus**

2 cups of organic rose petals **venus**

4 tablespoon rose water **venus**

2 tablespoon fine brown sugar **sun**

cooking instructions:

Mix flour, eggs, salt and sugar with 1 cup of beer thoroughly. Gradually add more beer stirring constantly to keep it smooth. Use as much beer as you need to get a nice, smooth, running but thick mixture.

Heat a teaspoonful of oil in a non-stick frying pan. Add a small ladleful of the mix, turn around to cover the bottom of the frying pan evenly. Fry on both sides.

Mix strawberries with rose petals. Put some mixture in the middle of each pancake, sprinkle with rose water and roll up. Sprinkle with some sugar if needed.

useful hints:

I think I said everything to know about crepes or pancakes.

Penny for your thoughts:

peach with watercress

ingredients:

4 ripe peaches **venus**

juice of 1 lemon **venus**

1 bunch of watercress **moon**

cooking instructions:

Halve and remove seed from peaches. Peel. Arrange them on small plates, sprinkle with lemon juice and decorate with the washed watercress.

useful hints:

Easy to make, beautiful and refreshing.

Penny for your thoughts:

garlic, almonds and sultanas

ingredients:

2 big garlic ***mars***

1 cup of sultanas ***sun***

1 cup of blanched almonds ***venus***

3 tablespoon olive oil ***sun***

cooking instructions:

Take garlic into segments and peel. Heat oil in a small frying pan. Fry almonds over high heat until brown. Remove from pan and keep aside. Add sultanas to oil and fry for 3 minutes. Remove from pan and keep aside. Heat oil well and add garlic. Fry over high heat until brown, stirring occasionally.

Serve separately in small bowls. Cocktails or long martinis are the best company.

useful hints:

Do not be afraid of garlic. When you brown it in olive oil loses the after taste and become sweetish.

Penny for your thoughts:

boursin

ingredients:

200 g of fromage frais **venus**

100 g single cream **mercury**

100 g Danish blue or Stilton cheese **venus**

3 cloves of garlic **mars**

3 tablespoon freshly ground black pepper **mars**

cooking instructions:

Peel and crush garlic. Mix with the single cream, the fromage frais and the crumbled Danish. Mix until smooth. Make small balls out of the mix, turn them over in the freshly ground black pepper. Keep in a cool place until serving nicely arranged on a plate.

Serve crackers or biscuits with it.

Dry white wine, sherry or champagne is the best choices for drinks.

useful hints:

Use different types of cheese. The rule is that at least one of them has to be strongly flavoured.

Penny for your thoughts:

Eating habits and behaviour pattern of earthling born between

24th of October - 23rd of November

Pluto guides earthling born during this period of the year.

Pluto is the Roman name of Hades. He is the son of Kronos and Rhea, the God of the dead and the ruler of the underworld. His name means “Invisible”. After conquering the Titans, Hades, Zeus and Poseidon divided the world: Zeus received the sky, Poseidon the ocean and Hades the underworld. His followers are: Kharon, Thanatos and Hupnos; next to his throne are the two judges: Minos and Rhadamantus. His empire is far down under the ground. He wears a cap that makes him invisible; sometimes he lends this cap to others.

His favourite and sacred tree is the cypress. Hades is a very strict leader, although he makes allowances: let Semele move up to the Olympos and Euridike to leave the underworld.

His most notable earthly deed is to make love to the first woman, Lilith, who followed him into the underworld leaving Adam behind. That is how Eve stepped into the picture.

Pluto is the farthest planet from the Sun. Rotates anticlockwise and orbits the Sun once in every 248 Earth Years.

The ruling stars of the Pluto earthlings:

Boötes (24th of October – 26th of October)

Corona Borealis (27th of October – 10th of November)

Serpens (11th of November – 19th of November)

Centaurus (20th of November – 23rd of November)

These earthlings are great inventors with a very curious mind. No secrets are safe from them. They always have to know everything.

Very often take on solving big mysteries so they are excellent detectives. Generally good-looking people with body envied by most. Their love life is fast and overheated. They remain always calm and collected whatever life brings to them. The mentioned behaviour patterns make them a bit devilish.

Have great force for life with limitless energy. The inner picture is a bit different though. Their short, ironic sentences are full of bitterness and never miss an opportunity to emphasise their imagined superiority. It is very difficult to get into argument with any of them simply because they are very self-assured.

They adore the popular dishes of other countries especially from the region of the Mediterranean, recipes with a pinch of black pepper.

Meat is the most important element of their diet and it should be prepared with great care. Never overcooked!

Offer them heavy, full-bodied wine. Don't offer them champagne and mint type liqueurs.

Penny for your thoughts:

The menu

STARTERS

avocado with prawns
potato salad Peruvian style
fish with ginger
tomatada
chicken wings with sage

MAIN COURSES

beef with ginger and orange zest
chicken breast with mandarin
spicy mushroom with lemon rice
pork with leeks
leftover chicken

DESSERTS

banana ice cream
fruit salad in pineapple
rum and lime ice cream
apple cake
chestnut cake with chocolate

recipes

STARTERS

avocado with prawn

ingredients:

2 avocados *jupiter*

4 handful of cooked and cleaned prawn *saturn*

for the sauce:

100 g yoghurt *venus*

100 g single cream *mercury*

4 tablespoon ketchup *mars*

4 lettuce leaves *venus*

cooking instructions:

Halve avocados and take seed out. Put a handful of prawns in each half.

Mix ketchup with yoghurt and single cream. Pour on the prawns.

Serve on small plates lined with lettuce leaves.

useful hints:

Use large green avocados. Not too ripe not too hard. Slice across with a sharp knife, all around the seed. Separate the two halves. Take the seed out by hitting it with the sharp edge of the knife.

Wash the seed and push 3 toothpicks into it half way a bit above the middle while the thinner end is facing the sky. Place into a glass of water so the toothpicks can hold it on the top of the glass. Keep in a warm place. Few weeks later you will have a brand new avocado plant. When roots start to come out plant it into soil to keep the very top showing.

Penny for your thoughts:

potato salad Peruvian style

ingredients:

4 big potato *mercury*

4 eggs *saturn*

2 tomatoes *sun*

1 cucumber *moon*

1 pinch of salt *moon*

for the sauce:

1 cup ricotta *venus*

100 g yoghurt *venus*

½ cup crushed walnut *jupiter*

1 tablespoon horseradish *pluto*

1 teaspoon coriander powder *pluto*

1 lemon *venus*

cooking instructions:

Cook potato in skin. Drain, peel and dice. Wash and slice tomatoes and cucumber. Hard boil eggs, clean and dice. Put into a bowl with the tomato, potato, cucumber and the pinch of salt. Mix crumbled ricotta, yoghurt, walnut, coriander powder and add to potato. Serve decorated with thin lemon slices.

useful hints:

Use hard, white potatoes for this dish.

fish with ginger

ingredients:

4 slices of ginger **saturn**
4 fish filet **moon**
4 tablespoon butter **sun**
1 bunch asparagus **pluto**
1 pinch of salt **moon**
½ cup wheat flour **sun**

cooking instructions:

Melt butter in a saucepan. Add the finely chopped ginger and roast for 2 minutes over low heat.

Turn fish over in flour, add to ginger and fry over medium heat until brown on both sides.

Wash asparagus, cut off hard ends and add to the fish in the frying pan.

Turn over from time to time.

useful hints:

It is important to observe the cooking time, for overcooking dries ingredients out.

Penny for your thoughts:

tomatada

ingredients:

500 g new potatoes *mercury*

2 tablespoon corn oil *mars*

1 teaspoon tomato paste *sun*

1 onion *mars*

3 cloves of garlic *mars*

½ cup of dry white wine *sun*

1 pinch of salt *moon*

1 pinch of freshly ground black pepper *mars*

1 bunch of fresh parsley *saturn*

cooking instructions:

Cook potatoes in boiling salted water with the skin on. Drain and let it dry.

Peel and chop onion and garlic finely. Wash parsley and chop.

Slice potatoes with the skin on. Heat oil in a frying pan and fry tomato paste for 2 minutes over high heat stirring constantly. Add onion and garlic. Fry for further 5 minutes over high heat. Add sliced potato and cook further 5 minutes. Pour in wine and cook for 2 more minutes.

Serve decorated with parsley.

useful hints:

Fry tomato paste over high heat before stirring into food. This way it loses the sweetness and acidity that troubles many of us when we eat food containing tomato paste.

chicken wings with sage

ingredients:

4 chicken wings **venus**
1 tablespoon butter **sun**
1 tablespoon corn oil **mars**
4 slices of smoked bacon **jupiter**
1 cup dry white wine **sun**
2 tablespoon finely chopped fresh sage **moon**
1 pinch of salt **moon**
1 pinch of freshly ground black pepper **mars**

on the side:

1 cup barley **venus**
juice of 1 lemon **venus**
1 pinch of salt **moon**

cooking instructions:

Cook barley in boiling salted water with the lemon juice. Drain.
Heat butter and oil mix in a saucepan; add the chopped bacon and fry over high heat for 2 minutes. Add chicken wings and brown on both sides keeping the high heat still. Reduce heat, spice with salt and pepper. Pour on the wine and add sage. Cook for 10-15 minutes more over medium heat, covered.
Serve with the lemon scented barley.

useful hints:

If you do not wish to use bacon add a small finely chopped onion instead.

MAIN COURSES

beef with ginger and orange zest

ingredients:

4 thin slices of stake like beef ***mars***
2 thick slice of fresh ginger ***saturn***
1 tablespoon soy sauce ***saturn***
1 tablespoon corn flour ***sun***
2 tablespoon corn oil ***mars***
1 small chilli pepper ***mars***
2 cloves of garlic ***mars***
1 cup of cherry tomato ***sun***
zest of 1 orange ***sun***
1 pinch of salt ***moon***
1 pinch of freshly ground black pepper ***mars***

for the potato:

4 big potato ***mercury***
1 teaspoon salt ***moon***
1 bunch of fresh coriander leaves ***venus***

cooking instructions:

Mix corn flour with a tablespoon oil and a pinch of black pepper in a big bowl. Cut each stake into three, put into the mixture and leave to stand for an hour or so. Peel garlic and chop finely with the ginger. Heat the other tablespoon oil

in a big saucepan; add the ginger with the garlic and fry for 2 minutes over high heat.

Remove meat from the marinade and add to ginger. Add the chopped orange zest, chilli pepper and tomatoes.

Cook for 7 minutes over high heat stirring constantly.

Wash coriander thoroughly and chop. Peel and dice potato. Cook with the coriander in boiling salted water until soft. Drain and serve with the meat.

useful hints:

Fresh tuna steaks - ***mercury*** may be used instead of meat.

Penny for your thoughts:

chicken breast with mandarin

ingredients:

2 whole chicken breasts **venus**

2 mandarins **sun**

1 small onion **mars**

1 tablespoon corn oil **mars**

1 pinch of salt **moon**

1 pinch of freshly ground black pepper **mars**

on the side:

500 g Brussels sprout **mars**

1 pinch of salt **moon**

1 tablespoon butter **sun**

cooking instructions:

Cook Brussels sprouts in boiling salted water for 5 minutes. Drain.

Remove bones from meat and cut into thin stripes.

Wash mandarins, peel, take into segments. Chop the peel finely.

Heat oil in a big frying pan and fry meat over high heat for 1 minute. Add mandarin peel, salt, pepper; mix and brown. Throw in the mandarin segments.

Peel and chop onion finely. Add to food. Cook for further 5 minutes.

Heat the tablespoon butter in a saucepan. Add the cooked Brussels sprouts and shake. Serve with the meat.

useful hints:

If mandarin is not available use nectarine or satsuma both **sun**.

spicy mushroom with lemon rice

ingredients:

500 g meaty mushroom *jupiter*

1 big onion *mars*

1 pinch of salt *moon*

1 pinch of freshly ground black pepper *mars*

2 tablespoon corn oil *mars*

200 g yoghurt *venus*

1 teaspoon dried tarragon *pluto*

for the rice:

2 cups of long grain rice *moon*

2 tablespoon corn oil *mars*

1 lemon *venus*

1 teaspoon salt *moon*

cooking instructions:

Cook rice in 5 cup of boiling salted water over high heat for 10 minutes with the juice and the zest of the lemon. Drain.

Heat butter in the same saucepan, pour rice back into it, and stir well. Reduce heat and cover rice.

Cook for 5 more minutes over low heat. Remove from heat and leave to stand for 10 minutes still covered.

Wash and slice mushrooms.

Peel and chop onion finely. Heat oil in a frying pan; add onion and fry until light brown. Add mushroom, salt, pepper, tarragon and yoghurt. Cook for 10 minutes over medium heat. Serve with the rice.

useful hints:

I recommend wild mushroom - ***mars*** for this dish.

Penny for your thoughts:

pork with leek

ingredients:

500 g leg of pork *jupiter*
2 tablespoon flour *sun*
1 pinch of salt *moon*
1 pinch of freshly ground black pepper *mars*
1 tablespoon olive oil *sun*
1 tablespoon butter *sun*
1 onion *mars*
2 leeks *mercury*
4 cloves of garlic *mars*
1 cup of dry white wine *sun*
½ cup of diced mushroom *jupiter*
1 teaspoon Dijon mustard *pluto*
1 teaspoon finely chopped fresh lavender *moon*
1 teaspoon finely chopped fresh tarragon *pluto*
100 g yoghurt *venus*

for serving:

1 rye bread *sun*

ingredients:

Mix salt and pepper with the flour. Dice meat and turn over in the mixture. Heat oil in a big frying pan and throw in meat. Brown over high heat, stirring occasionally. Remove from heat and keep in pan. Peel and chop onion finely. Peel and slice garlic. Wash leeks thoroughly. Slice.

Melt butter in another pan. Add onion, garlic and leek. Mix well and fry for 1 minute over high heat. Pour on meat.

Add wine with a cup of water, salt, pepper, mustard, tarragon and lavender. Cook for further 5 minutes. Throw in mushroom, stir in yoghurt and boil for 1 minute.

Serve with sliced rye bread.

useful hints:

Medium size peeled carrots - ***mercury*** can be a pleasant substitute for meat.

Penny for your thoughts:

leftover chicken

ingredients:

2 cup of shredded leftover roast chicken **venus**

2 stem celery **saturn**

4 spring onion **mars**

100 g yoghurt **venus**

50 g single cream **mercury**

1 teaspoon mustard **pluto**

juice of ½ lemon **venus**

1 cup of grated cheese **venus**

1 pinch of salt **moon**

1 pinch of freshly ground black pepper **mars**

1 pinch of paprika **mars**

1 small pack of plain crisps **mars**

cooking instructions:

Wash celery and spring onions then dice. Mix all ingredients but the cheese, the paprika and crisps. Put into an ovenproof bowl. Mix cheese, crisps and paprika. Cover the meat with it. Heat in a hot oven for about 15 minutes and serve.

useful hints:

Cucumber chunks - **moon** sprinkled with salt would be the best side dish accompanied with chilled medium white wine - **sun**.

banana ice-cream

ingredients:

4 banana ***sun***

100 g single cream ***mercury***

1 teaspoon lemon juice ***venus***

2 tablespoon grated chocolate ***venus***

cooking instructions:

The day before serving' peel and chop bananas. Leave in the freezer overnight.

The following day remove from freezer, mix with the single cream and lemon juice and blend in a food processor. If you serve the dish to grown-ups, add some rum to it.

Serve in ice cream glasses, decorated with the grated chocolate.

useful hints:

Mango - ***venus***, peach - ***venus*** or apricot - ***jupiter*** would have the same effect.

Penny for your thoughts:

fruit salad in pineapple

ingredients:

1 big pineapple **saturn**
1 cup berries **mars**
100 g yoghurt **venus**
2 stem fresh mint **mercury**

cooking instructions:

Halve pineapple lengthwise. Scoop meat out and keep aside. Wash berries, mix with the pineapple meat and put back into shells.
Sprinkle with yoghurt and decorated with mint leaves.

useful hints:

It is a very decorative end to a nice dinner. I recommend tropical fruit juice - sun with it. If you must, spice it with some malibu - **mercury** or other kind of light white rum.

Penny for your thoughts:

rum and lime ice cream

ingredients:

2 tablespoon lemon jam ***sun***

1 teaspoon of grated lime zest ***moon***

2 tablespoon rum ***mercury***

4 portion vanilla ice cream ***moon***

cooking instructions:

Heat the mixture of jam, lime zest and rum. Sprinkle on ice cream.

Serve straight away.

useful hints:

Have a wonderful dinner.

Penny for your thoughts:

apple cake

ingredients:

1 kg juicy sour apple **venus**
1 small pack of frozen puff pastry **saturn**
250 g brown sugar **sun**
1 cup apple peel **venus**
2 tablespoon brown sugar **sun**
grated peel of 1 lemon **venus**
2 tablespoon calvados **sun**
1 teaspoon butter **sun**

cooking instructions:

Leave the pastry on room temperature for few hours to thaw.

Peel and core apples. Slice thinly.

Butter a round baking dish and line with the pastry. Put a row of apple slices on, sprinkle with sugar, then another layer of apple and sugar until finish.

Bake in a preheated oven for 30 minutes over medium heat. In the meantime mix chopped apple peel with calvados and the 2 tablespoon sugar. Cook over medium heat for 20 minutes.

Pour on the cooled apple cake. Leave to stand for 10 minutes before serving.

useful hints:

You might want to add some cinnamon - **venus** to the sugar or use cinnamon instead of the sugar. The latter version is the healthiest.

chestnut cake with chocolate

ingredients:

500 g pureed cooked chestnut **pluto**

200 g cooking chocolate **venus**

200 g brown sugar **sun**

2 tablespoon butter **sun**

8 tablespoon whipped cream **mercury**

cooking instructions:

Prepare this sweet a day before serving.

Melt chocolate with a tablespoon water, the butter and sugar. Let it cool.

When almost cold mix in chestnut puree. Oil a round baking dish very thinly and pour in the mixture.

Keep in the fridge overnight.

Serve sliced decorated with whipped cream.

useful hints:

Frozen version of chestnut puree is available in continental shops or may use walnut - **jupiter** instead. Grind cleaned walnut of the same quantity, add the sugar and cook over low heat for about 10 minutes stirring constantly. Leave to cool and keep in the fridge overnight.

Continue instructions from second day adding the rest without the sugar.

Eating habits and behaviour pattern of Earthlings born between

24th of November – 21st of December

These earthlings are the children of Jupiter.

The Roman Jupiter is the very popular Greek Zeus. He is the youngest son of Kronos and Rheia; the God and protector of the Universe, The King of all Gods. He is the one who makes sure that faith reaches the right person.

When Kronos had a prediction that one of his children would sweep him off the throne he got really angry and swallowed all of them. That is why Rheia gave birth to Zeus in the utmost secrecy on the island of Crete and left the baby there with Amaltheia to feed and to take care of. Back home Rheia gave Kronos a swathing covered stone to swallow.

Later Kronos received some medicine from Metis that released his children from his stomach. The brothers helped Zeus to conquer Kronos. After the victory they divided the world between themselves, so Zeus received the sky. After Metis and Themis, Hera, his third wife, was an equal partner to him and against all the quarrelling they had – caused by outside love affairs – they lived in mutual respect.

Zeus fathered many children to numerous godly and earthly women. Jupiter is the fifth planet from the Sun; the largest planet of the Solar System. Spins around its axel in every 10 hours and orbits the Sun every 29 ½ years. Jupiter's moons Callisto, Ganumedes, Io and Europa

The ruling stars of the Jupiter earthlings are:

Centaurus (23rd of November – 5th of December)

The Serpent Bearer (6th of December – 16th of December)

Draco (17th of December – 21st of December)

Although their favourite subject is science, they feel passionate about arts. They accumulate knowledge and wisdom.

They take to spiritualism naturally. Love little corners where they can hide away and spend their free time with their philosophical thoughts.

They throw themselves into the pleasure of life wholeheartedly. At the same time they are timid and shy people. They value justice. Take everything very seriously so usually they get what they want.

With food they are very impatient. By the time the food is served they usually lose interest in it. They do not care about neither the look nor the quality or the quantity. They eat fast and without great enjoyment. We eat because we have to, they say.

Well, if the choice of your heart is a Jupiter, and your desire is to keep the loved one happy, do not be disappointed if you do not seem to reach the goal. Need is a big master so just give the darling some food without taking the event very seriously.

However, if you are very desperate and need to win the battle, the best bet is pique-nique in a nice quiet place, accompanied by some light wine or very old beer.

Or just prepare one of the following recipes.

Penny for your thoughts:

The menu

STARTERS

Asian chicken salad
fruity lentil soup
salad Mexican style
raw root salad
stuffed eggs

MAIN COURSES

Autumn warmer
roast salmon with wilted spinach
lamb with yoghurt and rice
stuffed chicken Persian style
korma Afghan style

DESSERTS

cornbread with walnut
strawberry cake
melon parade
Emily's chocolate cake
baked apples

recipes

STARTERS

Asian chicken salad

ingredients:

2 chicken breast *venus*

1 big onion *mars*

1 bunch of asparagus *pluto*

2 potatoes *mercury*

2 tablespoon sesame seed *jupiter*

2 tablespoon olive oil *sun*

4 spring onion *mars*

2 tablespoon soy sauce *saturn*

2 tablespoon sesame oil *jupiter*

juice of 1 lemon *venus*

cooking instructions:

Peel, dice potato and cook in boiling salted water. Remove from water and keep aside.

Cut meat into thin stripes and put into the hot water that was used for the potato and keep in it for 15 minutes.

Remove meat and put the water back on the heat. Clean asparagus and cut off hard ends. Add to the water with the peeled and sliced onion. Cook for 3 minutes. Drain.

Heat olive oil in a big frying pan and add potato with the chicken. Fry over high heat until brown stirring constantly. Add asparagus, onion and the sliced spring onion. Mix and fry for one more minute. Pour in the soy sauce, sesame oil and lemon juice. Shake well.

Toast sesame seed in an empty frying pan.

Serve salad decorated with sesame seed.

useful hints:

Use more asparagus instead of the meat if you wish.

Penny for your thoughts:

fruity lentil soup

ingredients:

½ cup green lentil **moon**
50 g smoked sausage **jupiter**
1 onion **mars**
2 carrots **mercury**
2 stem celery **saturn**
1 cloves of garlic **mars**
1 pinch of salt **moon**
2 big potatoes **mercury**
1 cup of dried fruits **sun**
2 tablespoon walnut **jupiter**
1 tablespoon butter **sun**
1 tablespoon rape seed oil **moon**
1 bunch of fresh coriander leaves **venus**
1 pinch of freshly ground black pepper **mars**

cooking instructions:

Soak lentil overnight. Peel and quarter carrots and onion, wash and chop celery. Put them into a saucepan with 2 cups of water.

Drain lentil and add to the vegetables with the garlic and salt. Bring it to boil.

Reduce heat, add chopped sausage, cover and cook for 25 minutes. Heat butter with the oil in another saucepan.

Peel and dice potato and add to the mixture with a pinch of freshly ground black pepper and fry until cooked. Add to soup.

Dice dried fruits and add to the soup with the walnuts. Cook for 10 minutes over low heat. If needed, pour in more water.

Serve with finely chopped fresh coriander leaves.

useful hints:

I like to squeeze some lemon juice into this soup. Gives me the feeling of spring.

Penny for your thoughts:

salad Mexican style

ingredients:

2 beetroots ***mars***
1 big potato ***mercury***
2 oranges ***sun***
4 slices of pineapple ***saturn***
1 apple ***venus***
1 banana ***sun***
juice of a lemon ***venus***
½ cup cleaned walnut ***jupiter***
2 tablespoon cleaned sunflower seed ***sun***

for dressing:

1 clove garlic ***mars***
1 tablespoon honey ***venus***
1 tablespoon vinegar ***moon***
2 tablespoon olive oil ***sun***
1 pinch of salt ***moon***

for garnish:

4 lettuce leaves ***venus***

cooking instructions:

Cook the potato in skin with the beetroot in salted water. Peel and slice thinly.
Quarter pineapple rings. Peel orange, apple and banana then slice thinly.
Toast walnut with the sunflower seed in an empty frying pan.

Line a big bowl with the lettuce leaves. Fold in apple, banana, orange, potato, beetroot and sprinkle with the lemon juice.

Prepare the dressing. Crush garlic. Mix with the honey, vinegar and oil. Pour on the salad and shake well.

Decorate with the walnut and sunflower seed.

useful hints:

Start with squeezing the lemon so you can sprinkle on the apple straight away when they are cut. It prevents the apple from browning.

Penny for your thoughts:

raw root salad

ingredients:

2 parsnips *mercury*

2 carrots *mercury*

1 beetroot *mars*

1 kohlrabi *moon*

1 lettuce *venus*

for the dressing:

1 tablespoon rice vinegar *moon*

3 tablespoon olive oil *sun*

for decoration:

½ cup toasted peanuts *jupiter*

cooking instructions:

Peel all vegetables and slice. Cut the slices into thin stripes. Wash lettuce and shred leaves.

Mix oil and vinegar. Pour on the salad and decorate with toasted peanuts.

useful hints:

Did you know that those roots are far healthier when raw?

stuffed eggs

ingredients:

8 eggs **saturn**
100 g mushroom **jupiter**
1 onion **mars**
2 tablespoon rape seed oil **moon**
1 small chilli pepper **mars**
1 tablespoon capers **mercury**
100 g yoghurt **venus**
1 pinch of salt **moon**
1 pinch of freshly ground black pepper **mars**
1 bunch of parsley **saturn**

cooking instructions:

Hard boil eggs. Halve and scoop the yolk out and mush.

Peel and chop onion finely. Wash and slice mushroom. Slice chilli pepper finely.

Heat oil in a big frying pan, add onion and fry until transparent. Pour in mushroom with salt and fry for 10 minutes over medium heat. Remove from heat and leave to cool.

Mix chilli pepper with egg yolk. Add the cold mushroom, capers and yoghurt. Sprinkle with freshly ground black pepper and blend well. Stuff eggs' halves with the mixture.

Arrange on a big plate. Decorate with finely chopped parsley.

useful hints:

This is a very filling starter and a major aphrodisiac breakfast.

MAIN COURSES

autumn warmer

ingredients:

2 onions ***mars***
2 parsnips ***mercury***
2 green pepper ***saturn***
4 tomatoes ***sun***
4 cloves of garlic ***mars***
1 cup of fresh or frozen sweet corn ***sun***
1 cup diced pumpkin ***saturn***
1 broccoli ***venus***
1 cup cauliflower segments ***venus***
2 tablespoon finely chopped fresh dill ***jupiter***
1 teaspoon finely chopped fresh thyme ***moon***
1 pinch of salt ***moon***
1 pinch of freshly ground black pepper ***mars***
1 cup of cider ***mars***

for the bread:

50 g fresh yeast ***mars***
100 g yoghurt ***venus***
½ cup warm water ***moon***
1 pinch of salt ***moon***
1 egg ***saturn***
1 litre milk ***jupiter***
2 tablespoon rape seed oil ***moon***

750 g corn flour ***sun***

1 tablespoon butter ***sun***

cooking instructions:

Melt yeast in the warm water with a pinch of salt. Pour corn flour into a big bowl, mix with the yeast and add yoghurt, egg with oil. Mix very well. Leave to stand for 1 hour in a warm place.

Butter a bread dish and put the dough in. Leave to stand further ½ hour in a warm place.

Bake in preheated oven over medium heat for 1 and ½ hours.

Peel and dice all vegetables. Chop onion finely. Heat oil in a saucepan and brown onion.

Add the other vegetables with salt and pepper and thyme. Pour in cider and cook for ½ hour over medium heat. Decorate with dill.

Serve with the cornbread.

useful hints:

It is not advisable to use your expensive bread maker with this dish.

Penny for your thoughts:

roast salmon with wilted spinach

ingredients:

4 salmon filets *moon*

1 lime *moon*

2 tablespoon olive oil *sun*

2 tablespoon soy sauce *saturn*

1 tablespoon sesame oil *jupiter*

2 tablespoon sesame seed *jupiter*

1 kg fresh spinach *mercury*

cooking instruction:

Mix oil with sauce and lime juice. Put the fish filets in it to soak for 2 hour. Remove from marinate and roast in a preheated oven for 8 minutes on each side over medium heat.

In the meantime toast sesame seed in an empty frying pan. Wash spinach and stem over salted boiling water for 3 minutes.

Arrange on a plate, place the fish fillets on the top and decorate with sesame seed.

useful hints:

This dish has to be served straight away and warm.

lamb with yoghurt and rice

ingredients:

1 kg leg of lamb ***mars***
2 and ½ cups of yoghurt ***venus***
1 pinch of salt ***moon***
1 pinch of freshly ground black pepper ***mars***
1 teaspoon turmeric ***pluto***
3 cup long grain rice ***moon***
4 tablespoon butter ***sun***
2 egg whites ***saturn***
1 tablespoon hot water ***moon***
2 stem fresh mint ***mercury***

cooking instructions:

Start to prepare the dish the day before. First of all wash and dice meat. Mix 2 cups of yoghurt and turmeric. Put into a bowl with the meat with a pinch of salt and pepper. Mix well and keep in the fridge overnight, covered.

Wash rice well. Bring 8 cups of water to boil with 2 tablespoon salt. Add rice. Cook over high heat for 5 minutes. Drain. Beat eggs' whites; add the rest of the yoghurt with 1 ½ cups of half cooked rice.

Mix butter with the hot water and pour into a cake form. Cover the sides with the mixture. Arrange the yoghurt - rice mixture in it. Pour in half of the meat with half of the marinade and arrange evenly. Cover with the half of the remaining rice. Pour in the remaining meat with the marinade. Cover with the rest of the rice. Cover and bake in preheated oven over medium heat for 1½ hours.

When ready turn the dish upside down on a big plate and try to keep the food in a form of a cake. Decorate with fresh mint leaves.

useful hints:

This dish is not only decorative but also very delicious.

Penny for your thoughts:

stuffed chicken Persian style

ingredients:

1 medium size chicken **venus**
1 medium size onion **mars**
4 tablespoon butter **sun**
½ cup dried plums **saturn**
3 tablespoon sultanas **sun**
½ cup dried apricot **jupiter**
3 tablespoon water **moon**
1 apple **venus**
1 teaspoon ground cinnamon **venus**
1 pinch of salt **moon**
1 pinch of freshly ground black pepper **mars**
½ lemon **venus**

for the rice:

2 cups of long grain rice **moon**
8 cups of water **moon**
2 tablespoon salt **moon**
4 tablespoon rape seed oil **moon**
4 tablespoon water **moon**

cooking instructions:

Peel and chop onion finely. Heat butter and brown onion on it. Dice dried fruits and add to onion. Fry for 2 minutes over high heat. Reduce heat, pour on water and cook for 10 minutes, covered. Stir in cinnamon and the peeled diced apple. Spice with salt and pepper.

Clean chicken. Rub the inside with salt and pepper and stuff in fruits. Place into a baking dish.

Sprinkle with the remaining butter. Bake in preheated oven for 2 hours over medium heat. Turn over from time to time.

In the meantime prepare rice. In a colander wash over running water until water runs clean. Boil 8 cups of water in a big saucepan. Add 2 tablespoon salt and rice. Stir often until water starts boiling. Boil for 5 minutes. Drain. In a small saucepan melt butter with the 4 tablespoon water and pour half of it into the saucepan you cooked the rice in. Turn the saucepan to cover with the mixture all over. Pour in half of the rice, arrange nicely then add the rest. Make a hole in the middle with a wooden spoon and pour in the remaining butter.

Cover the saucepan with a clean tea towel and a lid. Cook over medium heat for 10 minutes. Reduce heat and cook for further 35 minutes.

Before serving take the stuffing out of the chicken and decorate the rice with it. Serve on a big plate with chicken placed on the top.

useful hints:

Do not be afraid of mixing fruit, meat, nuts and all the goodies of nature.

Penny for your thoughts:

korma Afghan style

ingredients:

750 g lean stewing beef ***mars***
½ cup rape seed oil ***moon***
1 big onion ***mars***
2 cloves of garlic ***mars***
1 and ½ cups of water ***moon***
1 pinch of salt ***moon***
1 pinch of freshly ground black pepper ***mars***
1 pinch of hot paprika ***mars***
4 tablespoon yellow peas ***mercury***
1 teaspoon whole caraway seed ***mercury***
3 tablespoon finely chopped fresh coriander ***venus***
500 g potato ***mercury***
1 cup apple juice ***venus***

cooking instructions:

Wash and dice meat first. Peel and chop onion. Heat oil in a big saucepan. Add onion and brown over high heat. Add the peeled and crushed garlic, fry for a minute longer. Add meat and brown stirring constantly. Pour in water, spice with salt and pepper and the hot paprika. Stir. Add caraway and yellow peas. Reduce heat, cover and cook over low heat for 1 hour. Pour in 1 cup of apple juice. Peel and dice potato and add to meat. Cook for ½ hour longer. Serve with finely chopped coriander.

useful hints:

Yellow peas give thickness to food.

DESSERTS

cornbread with walnuts

1 litre yoghurt **venus**
500 g corn flour **sun**
3 eggs **saturn**
1 pinch of salt **moon**
1 pinch of sugar **sun**
1 tablespoon butter **sun**
200 g sour cream **mercury**
1 cup cleaned walnut **jupiter**
1 tablespoon rape seed oil **moon**
2 apples **venus**
1 cup of fresh morillo cherry **mars**

cooking instructions:

Pour flour, yoghurt, eggs with the pinch of salt and the pinch sugar into a bowl. Mix well until fluffy. Butter a baking dish and pour the mixture in it. Remove stones from the morillo cherry and arrange on the top of the pastry. Bake in preheated oven over medium heat until reddish brown. Remove from oven and leave to cool. Dice coarsely.

Serve on small plates accompanied with a tablespoon sour cream. Toast walnut on oil and sprinkle the bread with it. Decorate with sliced apple.

useful hints:

Keep apple slices in cold water with a drop of lemon juice until serving. Will not brown.

strawberry cake

ingredients:

1 small pack of frozen puff pastry **saturn**

2 cups of strawberry **venus**

juice of ½ lemon **venus**

1 tablespoon brown sugar **sun**

1 egg **saturn**

2 tablespoon fruit jam **sun**

8 tablespoon whipped cream **mercury**

cooking instructions:

Leave the pastry to thaw on room temperature. Roll it out to the size of a smaller baking dish. Prickle with a fork. Wash and slice strawberries. Cover the pastry with it.

Sprinkle with lemon juice and the sugar. Brush the edge of the pastry with the beaten egg and bake in preheated oven for 20 minutes over medium heat.

Leave to cool. Heat the fruit jam and pour on the top of the cold cake. Slice and serve with whipped cream.

useful hints:

The difference in temperature is very important when pouring the jam on.

Penny for your thoughts:

melon parade

ingredients:

2 different types of melon **venus**

4 ripe peaches **venus**

juice of 2 lemons **venus**

4 tablespoon rose water **venus**

4 stem fresh mint **mercury**

ice cubes **moon**

cooking instructions:

Halve melons and remove seed. Scoop meat out with a small spoon. Put into a big bowl.

Peel peaches and slice. Sprinkle with lemon juice all over. Mix with the melon and sprinkle with rose water.

Serve with fresh mint leaves and crushed ice cubes.

useful hints:

The mint, the lemon juice and the rose water give an unusual taste to the fruits.

Penny for your thoughts:

Emily's chocolate cake

ingredients:

16 sponge fingers ***sun***
100 g butter ***sun***
150 g sugar ***sun***
1 egg ***saturn***
250 g cooking chocolate ***venus***
1 dl milk ***jupiter***
2 tablespoon rum ***mercury***

cooking instructions:

Mix butter and sugar well. Boil milk and leave to cool. Melt chocolate with a tablespoon water. Mix with milk and sugar blend. Cook over low heat until smooth stirring constantly. Arrange 8 sponge fingers in a glass bowl. Pour on the chocolate cream and cover with the other 8 sponge fingers. Leave it to cool and serve.

useful hints:

You might want to decorate the cake with washed and halved berries.

Penny for your thoughts:

baked apples

ingredients:

4 big baking apple **venus**

12 cloves **venus**

4 tablespoon ground cinnamon **venus**

4 tablespoon brown sugar **sun**

cooking instructions:

Place apples on a baking sheet. Prickle with cloves and bake over medium heat until soft.

Arrange apples on small plates and sprinkle with cinnamon and sugar.

Serve hot.

useful hints:

Leave the apple skin intact. It keeps the fruit juicy.

Penny for your thoughts:

Eating habits and behaviour pattern of Earthlings born between

22nd of December – 20th of January

These people live under the jurisdiction of Saturn.

The Greek equivalent of Saturn is Kronos. The son of Uranos and Gaia, he is the king of the second godly generations on Earth. He is also the youngest of the Titans.

His most famous children by his sister Rheia are: Hestia, Demeter, Hera, Hades, Poseidon and Zeus.

For his mother's instigation he mutilated his father, Uranos with a sickle and became the governor of the sky. Later his son, Zeus led his army against Kronos and grabbed the authority from his father.

Apart from being a very prominent leader and soldier, he taught people the science of agriculture.

Saturn is the sixth planet from the Sun. Spins round its axel in every 10 hours and orbits the Sun every 29 ½ years. The planet's moon is Titan.

The ruling stars of the Saturn earthlings are:

Draco (22nd of December – 23rd of December)

Serpents (24th of December – 28th of December)

Lyra (29th of December – 13th of January)

Aquila (14th of January – 22nd of January)

People, who are ruled by Saturn, keep themselves under control till the very end. Their extremely cautious and suspicious nature would make them distrust everybody and everything, and do not rest until this suspicion is proved.

Their defence mechanism is always ready and alert even if there is no sign of a battle.

They observe the life of others paying attention to every detail, draw the consequences that they turn to their own advantage. They never stop learning.

Their born-with intelligence takes them through every obstacle coming to them. Always love to look more and better than others.

They choose their menu with utmost care. Value the vitamins and minerals. Pay attention to their body, especially the organs. Do not like to suffer from digestive problems, therefore they choose food that can be digested easily.

They are very faithful to their favourite dishes. Do not like to experiment. Only try new food if they have substantial information on the dish from a respectable source.

Believe in the healing power of herbs.

Do not drink heavy wine and sweet liqueurs.

Penny for your thoughts:

The menu

STARTERS

egg in nest
broccoli and orange salad
smooth operator
spaghetti fritatta
lips of venus

MAIN COURSES

roast duckling with ginger and red cabbage
spicy savoy cabbage
tasty ladies's finger
dilly-willy-nelly
stuffed cabbage

DESSERTS

rice caramel
pumpkin cake
sweet semolina
angel's lullaby
rice cake

recipes

STARTERS

eggs in nest

ingredients:

4 slices of rye bread *sun*

4 eggs *saturn*

4 smaller tomatoes *sun*

8 asparagus *pluto*

4 tablespoon olive oil *saturn*

1 pinch of salt *moon*

1 pinch of freshly ground black pepper *mars*

1 pinch of paprika *mars*

cooking instructions:

Clean asparagus and steam over boiling water for 5 minutes.

In the meantime make a whole on each bread slice using a wine glass.

Heat oil and fry bread on one side.

Turn over gently and break an egg into each whole. Sprinkle with salt, pepper and paprika. Fry for 2 minutes and serve with asparagus on the side.

useful hints:

Work fast with hot oil.

broccoli and orange salad

ingredients:

4 broccoli heads *venus*

2 oranges *sun*

for the dressing:

4 tablespoon olive oil *sun*

1 pinch of salt *moon*

1 tablespoon mustard *pluto*

1 tablespoon brown sugar *sun*

2 tablespoon vinegar *moon*

to finish:

1 bunch of fresh basil *mars*

cooking instructions:

Clean and dice broccoli. Steam for ten minutes over boiling water.

Peel and dice oranges.

Cool broccoli and blend with orange.

Mix sugar, salt, vinegar, mustard with oil and pour on salad.

Decorate with chopped basil.

useful hints:

Prepare a jarful of dressing at a time and keep it in room temperature.

smooth operator

1 middle size aubergine **venus**
juice of 2 lemons **venus**
3 tablespoon tahini **mars**
2 cloves of garlic **mars**
1 pinch of salt **moon**
1 tablespoon olive oil **sun**
3 tablespoon finely chopped parsley **saturn**
4 pitta bread or any other flat bread **mars**

cooking instructions:

Put aubergine into preheated oven and bake until soft. Remove from oven and hold it under running cold water to separate skin from the pulp. While still warm, peel, chop off ends and mash with a fork. Add lemon juice, tahini, the crushed garlic and salt.

Add oil and blend until very smooth. Serve garnished with finely chopped parsley and warm pitta bread.

useful hints:

The aubergine tastes the best when baked on charcoal.

Penny for your thoughts:

spaghetti fritatta

2 cups of cooked spaghetti **saturn**
2 tablespoon olive oil **sun**
1 onion **mars**
2 cloves of garlic **mars**
2 eggs **saturn**
2 egg white **saturn**
½ cup of milk **jupiter**
4 tablespoon grated cheese **venus**
1 bunch of parsley **saturn**
1 bunch of fresh basil **mars**
1 pinch of salt **moon**
1 pinch of freshly ground black pepper **mars**
8 lettuce leaves **venus**

cooking instructions:

Heat up a spoonful of oil in a frying pan and brown the finely chopped onion and garlic on it.

Beat eggs and egg whites in a bowl, add milk, stir, then add the cooked spaghetti, the rest of the oil, cheese and the finely chopped greens.

Sprinkle with salt and freshly ground black pepper.

Mix thoroughly and pour on the onion.

Stir and brown on both sides.

Serve on lettuce leaves.

useful hints:

Onion needs browning to lose the sweetness in it. However, browning is not burning.

lips of Venus

- 1 cup of dry white haricot beans ***mars***
- 1 cup of dry chickpeas ***mars***
- 1 middle size onion ***mars***
- 2 cloves of garlic ***mars***
- ½ cup of finely chopped fresh parsley ***saturn***
- 1 pinch of chilli powder ***mars***
- 1 teaspoon coriander powder ***pluto***
- 1 pinch of ground caraway seed ***mercury***
- 1 teaspoon bicarbonate of soda ***saturn***
- 1 pinch of salt ***moon***
- 1 pinch of freshly ground black pepper ***mars***

for frying:

- 1 cup of groundnut oil ***saturn***

for garnish:

- 1 lemon ***venus***

cooking instructions:

Put the beans and chickpeas in separate bowls with 3 cups of water each and soak for 2 days changing the water twice daily. Sieve them. Remove access skin from chickpeas.

Peel and coarsely cut up onion and garlic. Put into food processor with the beans.

Put puree in a bowl. Add the chopped parsley and spices. Knead them together well and leave to stand for 30 minutes.

With a tablespoon make lip shapes out of the dough and let it stand further for 30 minutes. Deep fry in oil until brown. Put on kitchen towels to get rid of the excess oil.

Serve on a big flat plate garnished with thin slices of lemon.

useful hints:

If you do not have 2 days soaking time, the following trick will do the job.

Wash chickpeas and beans under running water. Put in a big saucepan with 5 cups of water and bring to boil. Maintain the heat and boil for 10 minutes.

Remove from heat and leave to stand for 1 hour. Drain. Remove excess skin and continue as given above.

Penny for your thoughts:

MAIN COURSES

roast duckling with ginger red cabbage

ingredients:

- 1 small duckling *saturn*
- 1 pinch of salt *moon*
- 1 pinch of freshly ground black pepper *mars*
- 1 small red cabbage *saturn*
- 2 cm of fresh ginger *saturn*
- 1 small red onion *mars*
- 1 cup of red wine *sun*
- 1 tablespoon olive oil *sun*
- 1 tablespoon butter *sun*
- 2 tablespoon brown sugar *sun*
- 2 tablespoon rosemary vinegar *mars*
- 1 pinch of salt *moon*
- 1 pinch of freshly ground black pepper *mars*
- 10 medium size potatoes *mercury*
- 1 teaspoon salt *moon*

cooking instructions:

Clean the duckling and brush with the blend of salt and pepper in and out.
Bake on medium heat with preheated oven for 1 and ½ hours basting regularly.

In the meantime slice up cabbage, onion and ginger thinly.

Mix oil and butter in a large frying pan and brown onion with the ginger. Add cabbage and cook for 5 minutes. Pour in wine, stir and cook for further 5

minutes. Blend in sugar, salt and pepper and simmer for 2 more minutes.

Blend in vinegar, stir and keep warm.

Peel potatoes, dice and cook in salted water. Drain.

Serve on a big plate with the duckling on the middle, boiled potatoes and the red cabbage on the side.

useful hints:

The particular smell of the duckling comes from the fat. It can be reduced considerably by baking the bird on a baking sheet covered with 1 kg fine cooking salt. The salt absorbs the fat and makes the meat crispy. Try not to break the skin for it protects the meat from drying out.

Penny for your thoughts:

spicy savoy cabbage

ingredients:

- 1 small chicken **venus**
- 1 onion **mars**
- 1 tablespoon paprika powder **mars**
- 1 savoy cabbage **jupiter**
- 2 cloves of garlic **mars**
- 2 tablespoon corn oil **mars**
- ½ teaspoon ground caraway seed **mercury**
- 100 g yoghurt **venus**
- 1 bunch of parsley **saturn**
- 1 pinch of salt **moon**
- 1 pinch of freshly ground black pepper **mars**
- 500 g potatoes **mercury**

cooking instructions:

Clean the chicken and cut to pieces.

Peel onion and chop finely.

Crush garlic and place into a large saucepan with oil and the chopped onion.

Brown it. Sprinkle with paprika and stir.

Throw in chicken pieces, salt and pepper, ½ cup of water and cook on slow heat for 10 minutes.

Clean and slice savoy cabbage thinly. Add to chicken with the yoghurt and caraway. Cook for 10 more minutes.

Stir in the finely chopped parsley and cook until meat become soft.

Peel potatoes and dice. Put in a saucepan of salted water and cook. Drain.

Serve in a big bowl with the chicken on the top.

useful hints:

You might want to substitute other potato like roots like sweet potato - **saturn**, cassava - **pluto**, plantin - **saturn** or green banana - **sun** for potato. Very effective.

Penny for your thoughts:

tasty ladies' fingers

500 g stewing beef or lamb **mars**
500 g okra **venus**
2 tablespoon corn oil **mars**
1 big onion **mars**
2 cloves of garlic **mars**
1 cup of fresh, chopped tomatoes **sun**
1 coffee spoon of ground caraway seed **mercury**
1 coffee spoon ground coriander **pluto**
1 small tin of tomato puree **sun**
½ cup of water **moon**
1 pinch of salt **moon**
1 pinch of freshly ground black pepper **mars**

cooking instructions:

Clean okra, cut off ends, and put into a pan, covered with water. Bring to boil.

Drain. Do it once again with fresh water and drain again. Put aside.

Heat oil, really well, in a deep pan and throw on the diced meat. Stirring regularly fry until browned.

Remove meat to a plate and put aside. Chop onion and garlic finely and put into the pan using the oil you fried the meat on. Using high heat brown them stirring constantly.

Add tomato puree and burn it a bit with the onion. Lower the heat. Add tomato, coriander, caraway and fry for 5 minutes still stirring constantly.

Return meat to pan with salt and pepper. Lower heat further and cook for 20 minutes.

Add okra to meat with half a cup of water and cook until soft on low heat under lid. Serve with rice - moon or warm pitta bread - mars if you wish.

useful hints:

Substitute aubergine for meat - **venus** in this dish.

Okra needs the boiling and changing water ritual to get rid of the sticky substance in the vegetable.

Tomato puree must be burnt slightly otherwise it will remain sweet and acidly.

Penny for your thoughts:

dilly-willy-nelly

ingredients:

1 big marrow *venus*

500 g tomatoes *sun*

½ litre milk *juniper*

1 tablespoon salt *moon*

1 cup of wheat flour *sun*

for frying:

1 cup groundnut oil *saturn*

for garnish:

200 g Edam cheese *venus*

1 tablespoon butter *sun*

1 bunch of fresh dill *jupiter*

1 pinch of salt *moon*

1 pinch of freshly ground black pepper *mars*

cooking instructions:

Halve marrow lengthways, scrape out seeds and peel. Cut into 1 cm wide slices. Pour milk into a bowl. Add a tablespoon salt and the sliced marrow. Let it stand for 2 hours.

Remove from milk and let it dry a bit. Turn the vegetable pieces over in flour, deep fry in oil and remove to a paper towel.

Wash tomatoes, slice up and remove juicy middle.

Wash and finely chop the dill.

Put a row of marrow into an ovenproof dish. Sprinkle with the chopped dill; add a row sliced tomato, a tablespoon butter, pinch of salt and pepper and cover with grated cheese. If you still have ingredients remaining start up a new row but finish with grated cheese. Brown it in preheated oven. Serve decorated with fresh dill.

useful hints:

Salt removes the water from vegetables. It is especially important before frying to get a crispy finish.

Penny for your thoughts:

stuffed cabbage

ingredients:

1 medium sweet cabbage **saturn**
1 tablespoon salt **moon**
500 g minced leg of pork **jupiter**
1 cup of short grain rice **moon**
1 pinch of salt **moon**
1 pinch of freshly ground black pepper **mars**
1 onion **mars**
2 cloves garlic **mars**
2 tablespoon groundnut oil **saturn**
juice of 2 lemon **venus**
1 tablespoon finely chopped fresh mint **mercury**

cooking instructions:

Remove the outer leaves from the cabbage. Cut out the middle nicely so the leaves could be pulled apart easily. To ease the job further put cabbage in boiling water and cook for 10 minutes. Take leaves apart. Cut off thick and hard veins. Chop onion and garlic finely and fry on oil until transparent. In a bowl mix onion with the mincemeat, rice salt and pepper and if needed, add 2 spoonful of water. Mix thoroughly and form small balls out the mixture and stuff the cabbage leaves. Place in a big saucepan, sprinkle with the mint and the lemon juice. Cover with water and cook for 1 hour on low heat. Serve warm or cold.

useful hints:

Substitute finely chopped mushroom - **jupiter** of the same weight for meat.

DESSERTS

rice caramel

ingredients:

2 cups of cooked rice ***moon***

2 tablespoon brown sugar ***sun***

2 tablespoon water ***moon***

for garnish:

2 tablespoon sultana ***sun***

100 g whipped cream ***mercury***

cooking instructions:

Put rice in a bowl. Over low heat dissolve sugar in the water and cook further until starts browning. Add to rice and let it cool.

Serve in ice cream cups garnished with sultanas and whipped cream.

useful hints:

Soak sultanas in hot water to soften before serving.

Penny for your thoughts:

pumpkin cake

ingredients:

1 small pack of frozen short crust pastry *saturn*

500 g pumpkin *saturn*

2 tablespoon sugar *sun*

200 g whipping cream *mercury*

2 tablespoon butter *sun*

15-20 dried plums *saturn*

cooking instructions:

Halve the pastry and thaw.

Soak plums in lukewarm water for 2 hours. Drain and remove stones.

Dice pumpkin, put in a saucepan with the butter cook until soft. Add plums, whipping cream and sugar. Blend well.

Roll out the pastry to the size of a medium baking dish.

Butter the dish and place one half of the pastry on the bottom.

Pour the pumpkin mixture on it, arrange nicely and cover with the other half.

Bake in preheated oven for 45 minutes over medium heat.

useful hints:

I think pumpkin deserve far more credit than it is given.

A very healthy nourishment.

sweet semolina

ingredients:

500 g semolina **venus**

2 cups of milk **jupiter**

1 cup of sugar **sun**

2 tablespoon ground cinnamon **venus**

2 tablespoon cocoa powder **venus**

cooking instructions:

Warm up milk in a saucepan.

Pour in semolina and cook until thickens, stirring constantly. Remove from the heat.

Stir in sugar and place in an ovenproof dish. Bake in a preheated oven until brown.

Serve warm, sprinkled with the mixture of cinnamon and cocoa powder.

useful hints:

This dish is a winner with the younger generation and matured people would not say no to it either.

angel's lullaby

ingredients:

5 tablespoon rice powder *moon*

3 cups of milk *jupiter*

1 pinch of salt *moon*

5 tablespoon sugar *sun*

½ cup of grated almonds *venus*

1 drop of rose oil *venus*

1 pomegranate *sun*

cooking instructions:

Quarter the pomegranate and gently take the seeds out of the shell. Keep them aside.

Mix rice with 5 tablespoon milk in a saucepan.

Boil the rest of the milk in another saucepan.

Stirring constantly pour milk on the rice mixture adding the salt and sugar.

Cook for 5 minutes still stirring constantly. Blend in almond and rose oil. Remove from heat and let it cool. Serve in small dishes garnished with pomegranate seeds.

useful hints:

I like the texture of this dish. The soft, smooth whitish puree with the crunchy, juicy red pomegranate makes a refreshing sight. Wonderful!

rice cake

ingredients:

1 cup of short grain rice ***moon***

½ litre of milk ***jupiter***

1 rod of vanilla ***pluto***

4 tablespoon whipping cream ***mercury***

6 tablespoon sugar ***sun***

juice of an orange and some finely chopped skin ***sun***

cooking instructions:

Pour milk into a small dish with the rice, vanilla and 4 tablespoon sugar. Put it over a bigger pan full of boiling water. Cook rice mix for 1 and ½ hours over steam. When ready put into a bowl. Stir in juice, the peel and whipping cream. Let it cool. Sprinkle with the rest of the sugar. Put under a hot grill to brown. Cool it again.

Serve decorated with orange zest.

useful hints:

Very filling dessert. Offer some digestive liqueur with it.

Penny for your thoughts:

Eating habits and behaviour pattern of people born between

21st of January - 19th of February

Uranos is ruling these earthlings.

He is the son of Aither and Hemera and the husband of Gaia. Their children are the Hecatonkheires, Kuklopeses, Titans, Titanises.

Uranos was very much afraid of his sons, therefore he imprisoned them under the ground. Gaia's motherly love did not bear to see the sufferings and one night she let the children free. Being bitter about the situation, the sons – apart from Okeanos - turned against the father, who was finally mutilated by Kronos, the youngest of the titans.

Uranus, the planet is 2.8 billion kilometres away from the Sun and the seventh in the row. Spins anticlockwise, and orbits the Sun once in every 165 Earth Years.

The ruling stars of the Uranus earthlings are:

Aquila (21st of January – 28th of January)

Delphinus (29th of January – 8th of February)

Cygnus (9th of February – 19th of February)

People that belong to this period of time by birth not just dislike but cannot stay in one place for long. For them life is constant proceeding, building, rebuilding and forwarding. They are very sharp, fast and able to arrange anything without sweat. Very often take over from their leader.

Free souls with good intuition.

Although their thoughts have no boundaries, the pride, the urge to fit in and to satisfy stop them from committing to anything, others would consider

shameful or undesirable. This is a responsibility, never towards solely one person, but groups of people and society.

In the kitchen they are inventive, like to try out new flavours, mix up unusual tastes, exotic food and they take great pleasure in eating those new creations. They are strangely drawn to all kind of raw food like sushi, steak tartar, salted or smoked fish.

A meal cannot be complete without green salad and fruits. They adore the heavy, full-bodied Greek wine with a fruity flavour.

Their favourite liquors like ouzo, arak, mastika come from the same region. In addition to the mentioned they indulge in elaborately distilled bourbons.

Apart from these earthlings, Uranus rules only inorganic energies. These are synthetics without any kind of biological life form. Since the human body is only capable of digesting organic intake, they need to “borrow” their nutrition from the neighbouring planets. Their preference is Sun and Moon blended with Venus.

The facts, I mentioned above, makes these Earthlings quite versatile in eating habits.

Penny for your thoughts:

The menu

STARTERS

orangy chick
tabba-tabba
polenta quattro formaggio
aubergine omelette
parsnip puree

MAIN COURSES

green pasta
chicken with apricot
meaty leeky pudding
risotto champion
stuffed apple

DESSERTS

chocolate mousse
baked bananas with cheese and nuts
dates with yoghurt
tarti-marti
bread and plum

recipes

STARTERS

orangy chick

ingredients:

juice and grated peel of 2 oranges *sun*
4 tablespoon olive oil *sun*
2 medium size chicken breasts *venus*
1 onion *mars*
2 cups of rice *moon*
½ cup of blanched, halved almonds *venus*
1 pinch of salt *moon*
1 pinch freshly ground black pepper *mars*
1 pinch of saffron *sun*
2 tablespoon hot water *moon*

cooking instructions:

Heat a tablespoonful of oil and brow almonds on it.

Soak the saffron in the hot water.

Dice chicken breast and fry on the rest of the oil. Remove from oil and spice with salt and pepper.

Slice onion nicely and brown on the oil you fried the chicken in. Add a cup of water to onion with the chicken and cook for 10 minutes. Bring 8 cups of water to boil with a tablespoon salt and cook rice almost ready. Drain and pour into a bowl. Add orange juice, peel and stir. Put half of the rice into an ovenproof

dish, top it with the chicken, sprinkle with almonds and cover with the other half of the rice. Pour on the saffron with the water. Bake in a preheated oven for 40 minutes at low heat. Serve warm.

useful hints:

Barley - **venus** is a good substitute for rice, and courgette - **moon** is for meat.

Penny for your thoughts:

tabba-tabba

ingredients:

1 cup of crushed wheat (bhurgul) **sun**
4 tomatoes **sun**
1 bunch of spring onion **mars**
1 bunch of parsley **saturn**
2 stem fresh mint **mercury**
juice of 2 lemons **venus**
5 tablespoon olive oil **sun**
1 pinch of salt **moon**
1 pinch freshly ground black pepper **mars**
1 lettuce **venus**
4 pitta bread **mars**

cooking instructions:

Soak the crushed wheat in 3 cups of cold water for at least an hour.
Drain and roll into a clean tea towel and squeeze water out. Place crushed wheat into a big bowl. Wash and dice tomatoes and add to wheat.
Chop parsley and mint finely and add to wheat. Clean and slice spring onion then add to wheat. Mix salt with pepper lemon juice and olive oil. Add to the wheat and blend it gently with a salad spoon. Line a salad bowl with lettuce leaves. Pour on the mixture. Serve with warm pitta bread.

useful hints:

Burghul or sometimes it is called pourgouri, is available from Middle and Far Eastern shops.

Use continental parsley. You might call it flat-leave parsley.

polenta quattro formaggio

ingredients:

1 tablespoon butter ***sun***
1 tablespoon flour ***sun***
½ cup of milk ***jupiter***
2 tablespoon grated Edam cheese ***venus***
2 tablespoon grated Gouda cheese ***venus***
2 tablespoon diced Brie cheese ***venus***
2 tablespoon grated Parmesan ***venus***
2 cups of polenta ***mars***

cooking instructions:

Warm up butter and stir in flour. Spice with salt and pepper and then very slowly with constant stirring pour in milk.

Add cheeses and blend well until smooth. Add polenta and stir.

Place into a baking dish and bake for 20 minutes in a preheated oven at medium heat. Serve sliced.

useful hints:

Polenta is coarsely ground corn flour. It is available in Italian or health food stores.

aubergine omelette

ingredients:

1 medium aubergine **venus**
4 tablespoon olive oil **sun**
2 spring onions **mars**
6 eggs **saturn**
1 coffee spoon salt **moon**
1 pinch freshly ground black pepper **mars**
1 tablespoon sunflower oil **sun**
200 g yoghurt **venus**
4 pitta breads **mars**

cooking instructions:

Peel aubergine and dice.

Heat up 4 tablespoon olive oil and brown aubergine. Pour into a bowl and mash.

Slice onion, add to aubergine and let it cool.

Beat up eggs with salt and pepper and add to aubergine.

Put the tablespoon oil into an ovenproof dish and turn around. Pour in egg mixture and bake for 40 minutes at slow heat, covered.

Serve sliced garnished with a spoonful of yoghurt and warm pitta bread.

useful hints:

Use a very sharp knife to peel aubergine. The best is to put under the grill and burn all over and remove the skin after.

parsnip puree

Ingredients:

4 big parsnips *mercury*
2 kohlrabies *sun*
50 g whipping cream *mercury*
2 cloves of garlic *mars*
4 tablespoon crushed nuts *jupiter*
2 tablespoon olive oil *sun*
1 bunch of parsley *saturn*
1 pinch of salt *moon*
1 pinch of freshly ground black pepper *mars*

cooking instructions:

Peel and dice parsnips and kohlrabies.

Cook in salted water.

Drain and mash with a fork. Add whipping cream, salt and pepper.

Heat oil and brown the finely chopped garlic, nuts and parsley.

Pour on the puree and serve.

useful hints:

I do not really like to waste the water that I cook vegetables in. I usually recycle it for soup or stock.

MAIN COURSES

green pasta

ingredients:

½ cup of finely chopped parsley **saturn**
2 tablespoon chopped mint leaves **mercury**
1 clove of garlic **mars**
4 tablespoon crushed walnut **jupiter**
2 tablespoon capers **mercury**
2 anchovies **saturn**
juice of ½ lemon **venus**
4 tablespoon olive oil **sun**
1 hard boiled egg **saturn**
1 pinch of salt **moon**
1 pinch freshly ground black pepper **mars**
500 g spaghetti **saturn**

cooking instructions:

Cook pasta in boiling salted water to the point of al dente.
Grind the rest of the ingredients in a food processor and serve with the pasta.

useful hints:

This dish is not very pleasant when heated the second time. Eat hot and straight away.

You may change the ingredients according to your liking.

I prefer brown, wholemeal spaghetti or any other type of pasta.

chicken with apricot

ingredients:

2 chicken breasts **venus**
2 tablespoon apricot jam **sun**
2 tablespoon soy sauce **saturn**
2 tablespoon Dijon mustard **pluto**
2 tablespoon butter **sun**
2 tablespoon honey **venus**
4 carrots **mercury**
4 parsnips **mercury**

cooking instructions:

Clean vegetables, cut into long stripes and steam over salted water for 10 minutes. Keep warm.

Halve chicken breasts, remove bones and beat with a wooden hammer to spread them out.

Mix rest of the ingredients and brush on the meat. Keep the juice for later.

Roll up the breasts with the filling, wrap into foil individually and bake in pre-heated oven for 10 minutes.

Remove from foil and slice the meat rolls thinly.

Place steamed vegetables on a big serving plate. Top it up with the meat stripes and sprinkle with the leftover juice.

Serve warm.

useful hints:

Alternatively place meat under the grill.

In this dish meat can be substituted by meaty, wild mushrooms - **jupiter**, zucchini - **moon** or aubergine - **venus**. In these cases wash the vegetables, halve them and fill with the mixture. Wrap into foil and continue cooking as instructed.

Penny for your thoughts:

meaty-leeky pudding

ingredients:

for the dough:

2 cups of plain wholemeal flour **sun**

1 pinch of salt **moon**

1 cup of water **moon**

for the filling:

1 leek **mercury**

1 pinch of salt **moon**

1 pinch of chilli powder **mars**

1 tablespoon sunflower oil **sun**

for the meat:

½ cup sunflower oil **sun**

1 big onion **mars**

500 g minced beef **mars**

1 small tin tomato puree **sun**

1 cup of water **moon**

1 pinch of salt **moon**

1 pinch freshly ground black pepper **mars**

for the sauce:

500 g yoghurt **venus**

3-4 cloves of garlic **mars**

1 pinch of salt *moon*

to finish:

8 cups of water *moon*

1 pinch of salt *moon*

1 tablespoon sunflower oil *sun*

for garnish:

1 tablespoon dried mint *mercury*

cooking instructions:

Mix flour, salt and water and knead mixture for 5 minutes to get hard dough.

Add more flour if needed.

Halve and roll out thinly on a board sprinkled with flour.

Cut them up to 5 cm squares.

Clean and wash leek thoroughly then dry and slice up thinly.

Mix it with salt, chilli and oil in a bowl. Put a tablespoonful of the mixture on each square, wet the corners and stick them together.

Lay the stuffed pasta on a clean tea towel that you also sprinkled with flour and cover up with another tea towel.

Clean onion and chop up finely. Heat the ½ cup of oil in a frying pan and brown onion.

Increase the heat and add meat. Mix and brown stirring constantly. Lower the heat; add tomato puree, salt, pepper and a cup of water. Cover and cook for 20 minutes. Then remove the lid and cook until dries.

Keep warm.

In the meantime mix yoghurt with the crushed garlic and salt.

Boil the 8 cups of water in a big saucepan; add some salt and a tablespoon of oil. Cook the stuffed pasta in the water for 10 minutes. Keep the cooked ones warm at all times.

Pour the half of the yoghurt into a big bowl, pour on the cooked pasta and cover with the rest of the yoghurt.

Sprinkle with some dried mint and place the meat on the top.

Serve warm and straight away.

useful hints:

Use a big saucepan for the pasta and keep the water boiling all the time.

Lower the heat and stir when wants to run over. Remove the cooked pastas from the water straight away.

The cooked ones come up and stay on the surface.

Soak the dried mint in 2 tablespoonful of hot water for an hour before use.

Use minced chicken - **venus** instead of the beef if you prefer.

Alternatively omit meat altogether or use diced aubergine - **venus**, tofu - **venus**, bamboo shoots - **moon** or Brussels sprouts – **venus** instead.

Penny for your thoughts:

risotto champion

ingredients:

2 cups of short grain rice **moon**
250 g mushroom **jupiter**
8 tablespoons of butter **sun**
2 tablespoons of olive oil **sun**
1 onion **mars**
½ cup of dry white wine **sun**
1 litre apple juice **venus**
1 pinch of saffron **sun**
½ cup grated Parmesan cheese **venus**

cooking instructions:

Pour 4 tablespoon apple juice into a small pan. Heat and soak saffron in it for 10 minutes. Clean and chop onion finely.

Warm half of the butter and the olive oil in a frying pan.

Add onion to butter and fry until transparent. Pour in wine, bring it to boil then reduce heat. Add rice, and the rest of the apple juice stirring constantly.

Clean and dice mushroom.

In another pan warm up the rest of the butter and fry mushroom on it for 3 minutes. Add mushroom and the apple juice with saffron to rice.

Stir well and cook until ready. Stir in cheese just before serving.

useful hints:

I recommend tomato salad - **sun** and some crispy white wine - **sun** with this dish.

stuffed apple

ingredients:

8 medium cooking apples **venus**
1 onion **mars**
4 tablespoons sunflower oil **sun**
1 cup of short grain rice **moon**
1 coffee spoon of ground cinnamon **venus**
1 pinch of salt **moon**
1 pinch freshly ground black pepper **mars**
1 cup of water **moon**
juice of 2 lemons **venus**
4 tablespoons of brown sugar **sun**

cooking instructions:

Clean onion and chop up finely. Warm 2 tablespoon of oil in a bigger frying pan and fry onion until transparent. Stir in rice, cinnamon, 4 tablespoon water, add salt pepper, stir well and remove from heat. Wash apples and cut off the top. Keep aside. Scrape the seeds out and as much flash as possible. Keep the flash aside. Fill apples with the mixture and put the top back. Pour a cup of water into a big ovenproof dish and place apples into it.

Mix the leftover rice with the apple flash and put between the apples. Cover with foil and bake in preheated oven for 30 minutes at moderate heat.

Mix sugar and lemon juice, sprinkle on the top and continue baking until soft.

Serve hot.

useful hints:

Choose big, juicy apples. I recommend mineral water with this dish.

DESSERTS

chocolate mousse

ingredients:

4 eggs ***saturn***

4 tablespoon grated chocolate ***venus***

cooking instructions:

Melt chocolate with 1 tablespoon water over low heat.

Separate eggs' whites from yolks.

Beat yolks and mix with the chocolate. Beat the whites until hard and stir into the chocolate very gently. Pour into a nice bowl and cool.

Serve cold.

useful hints:

There are many ways to crack an egg and separate the white from the yolk.

This is my method: I hold the egg in my palm and crack it with a short sharp knife just to open the shell. Then using both my hands I pull the egg open. By this time you need to have 2 cups ready to hold the whites and yolks. Concentrating on the yolk I let the white drop off.

Penny for your thoughts:

baked bananas with cheese and nuts

ingredients:

3 bananas *sun*
1 tablespoon of butter *sun*
2 tablespoon of brown sugar *sun*
1 pinch of salt *moon*
½ cup of crushed nuts *jupiter*
4 tablespoon of grated edam cheese *venus*
2 eggs *saturn*
1 teaspoon of ground cinnamon *venus*
1 pinch of grated nutmeg *mercury*
½ cup of whipping cream *mercury*
1 coffee spoon of red paprika powder *mars*

cooking instructions:

Peel bananas and halve them both ways.

Melt butter in a pan and lay down bananas.

Mix sugar with salt, nuts and half of the cheese. Sprinkle on the fruit.

Beat eggs with the whipping cream, cinnamon and nutmeg. Pour on bananas.

Mix the remaining cheese with paprika and sprinkle on. Cook over low heat, covered, for 12 minutes.

Serve straight away or keep warm.

useful hints:

Time to use up those soft, brown bananas nobody fancies anymore.

dates with yoghurt

ingredients:

1 box of good date ***moon***

200 g yoghurt ***venus***

cooking instructions:

Scoop yoghurt on the middle of small plates. Arrange dates around it.

Serve.

Eat dates dipped into yoghurt.

useful hints:

I used to dislike dates until I discovered this dish.

Penny for your thoughts:

tarti-marti

ingredients:

500 g apple **venus**
1 tablespoon of sugar **sun**
2 tablespoon of brandy **pluto**
juice of 1 lemon **venus**
1 cup of plain flour **sun**
2 eggs **saturn**
1 pinch of salt **moon**
3 tablespoon of brown sugar **sun**
1 cup of milk **jupiter**

cooking instructions:

Peel apples. Remove seeds and slice. Put in a bowl. Sprinkle with the table-spoon of sugar, brandy and lemon juice.

Mix flour with eggs, salt, milk and the remaining sugar.

Fold the two mixtures together.

Butter a baking dish and pour in mixture. Bake for 45 minutes in preheated oven at moderate heat.

Serve warm or cold.

useful hints:

Warm or cold, it is nice to have some vanilla ice cream with the meal.

bread and plum

ingredients:

4 slices of brown bread **sun**

20 ripe juicy plums **saturn**

4 tablespoon butter **sun**

1 pinch of sugar **sun**

cooking instructions:

Cut up bread to 2 cm stripes. Leave the crust on. Butter the stripes on one side.

Wash, stone and halve plums. Put a little butter and sugar in the middle of each half. Place them on the top of the bread stripes.

Butter an ovenproof dish. Place the stripes into it and bake for 30 minutes in a preheated oven at medium heat.

useful hints:

Use up your stale brown bread with this dish.

The substitution for plum is apricot - **jupiter** or peach - **venus**.

Penny for your thoughts:

Eating habits and behaviour pattern of Earthlings born between

20th of February – 20th of March

Neptune is the master over these earthlings.

Neptunus is the Roman equivalent of Poseidon.

The son of Kronos and Rheia; the brother of Demeter, Hestia, Hera, Hades and Zeus; is the god of the sea. With his three-pronged harpoon whips up or quiets down the waves to make shipping smooth or dangerous. He is also the ruler of rivers and lakes.

He lives under the sea in golden palaces and uses horse carriages for transportation.

Once he turned against Zeus who punished him to live as a semi-mortal being for a while. Poseidon showed his anger by moving waters against his opponent, meaning against the sky.

His wife is Amphitrite, however had numerous love affairs and uncountable number of children.

Neptune is the eighth in the row in our Solar System.. It is 4.5 billion kilometres away from the Sun. Rotates anticlockwise and orbits the Sun once in every 165 Earth Years. The planet's moon is Triton.

The ruling stars of the Neptune earthlings are:

Cygnus (20th of February – 29th of February)

Eridanus (1st of March – 12th of March)

Pegasus (13th of March – 20th of March)

Quiet, peace loving people.

They only believe in what they see. That is why their highly sensitive intuition is wasted. They speak softly and nicely, giving a smile to everything and everybody.

Make friendships easily and put a lot of effort into keeping them. From time to time they become depressed, when they look for the company of their friends.

They love to eat. In their food they prefer light dishes with sweetish flavour. Adore spices and herbs that are not very domineering.

Medium sweet wines and liqueurs are the best bet to serve with their dinner. Especially the one made out of orange peel.

Neptune is the other planet that rules inorganic energies apart from the human beings born during the mentioned period of time. Our intake has to be organic since it is the only nutrition our body is capable of digesting. This little mishap leaves them to look for food elsewhere, and makes my work and your cooking pretty exciting.

Penny for your thoughts:

The menu

STARTERS

toast salad
dried fruit soup
egg and beans
tomato and ginger soup
cold cucumber and watermelon soup

MAIN COURSES

rice with saffron
peachy chicken
stuffed fish
potato mice
cous cous

DESSERTS

orange and carrot salad
applesauce with parsnip
rhubarb with ginger
chocolate pizza
savoy pit

recipes

STARTERS

toast salad

ingredients:

2 pitta breads ***mars***
4 leaves of roman lettuce ***sun***
6 leaves Chinese cabbage ***mars***
1 cucumber ***moon***
2 tomatoes ***sun***
1 bunch of spring onion ***mars***
1 bunch of parsley ***saturn***
2 stem of fresh mint ***mercury***
1 green pepper ***saturn***
1 bunch of radish ***pluto***

for dressing:

1 clove of garlic ***mars***
1 pinch of salt ***moon***
1 pinch of freshly ground black pepper ***mars***
juice of 2 lemons ***venus***
5 tablespoon olive oil ***sun***

cooking instructions:

Halve pitta breads and burn them slightly in a toaster. Break them to pieces and throw into a bowl.

Wash lettuce, shred and throw on bread. Cut in cucumber twice length ways and slices.

Add to salad. Wash tomatoes with radish and slice. Add to salad. Chop parsley and mint finely. Add to salad. Mix well.

In a cup mix the crushed garlic with salt, pepper, lemon juice and olive oil. Beat with a fork for a minute and pour on salad.

useful hints:

Warm the bread under the grill if it is more convenient. Crackers - ***mars*** are good substitute for pitta.

Penny for your thoughts:

dried fruit soup

ingredients:

1 kg any kind of soup bones *jupiter*
1 litre water *moon*
1 pinch of salt *moon*
1 pinch of freshly ground black pepper *mars*
2 tablespoon groundnut oil *saturn*
1 big onion *mars*
1 tablespoon turmeric *pluto*
1 cup of dried plums *saturn*
½ cup of dried apricot *jupiter*
½ cup of dried apple *venus*
juice of 1 lemon *venus*
1 tablespoon of brown sugar *sun*

cooking instructions:

Wash lemon well. Squeeze juice into a glass. Cut up skin and throw in a big saucepan. Add bones, water and bring to boil. Remove froth if needed. Spice with salt and pepper and cook for 1 and ½ hours over slow heat covered. Remove the bones and lemon peel.

Put oil into a small frying pan. Clean and chop onion finely. Brown on the oil with the turmeric added to it. Add to soup with all the fruits and cook for 30 minutes. Add water if needed. Pour in sugar and lemon juice. Serve hot.

useful hints:

Soak plums in hot water to soften them. The stones are easy to remove this way.

eggs and beans

ingredients:

1 cup of kidney beans ***mars***

½ cups green lentil ***moon***

6 cups of water ***moon***

for dressing:

2 cloves of garlic ***mars***

juice of 2 lemons ***venus***

5 tablespoon of olive oil ***sun***

1 pinch of salt ***moon***

1 pinch of freshly ground black pepper ***mars***

for garnish:

4 eggs ***saturn***

1 bunch of fresh parsley ***saturn***

rye bread ***sun***

cooking instructions:

Wash beans and soak in 3 cups of water overnight. Put to cook with 6 cups of water and the lentil, covered over low heat. Add water if needed. Hard boil eggs and slice. When beans are cooked, drain and mash. Crush the garlic with a pinch of salt, pepper, lemon juice and oil. Blend well. Dish on a big plate decorated with the sliced hard-boiled eggs. Garnish with finely chopped parsley. Eat with sliced rye bread.

useful hints:

This is a very useful dish to keep in the fridge for emergencies.

Instead of rye any other sort of flat - **mars** or brown bread - **sun** would do.

Penny for your thoughts:

tomato and gin soup

ingredients:

1 litre tomato juice *sun*
1 tablespoon butter *sun*
1 onion *mars*
1 orange *sun*
4 tablespoon gin *jupiter*
1 pinch of salt *moon*
1 pinch of freshly ground black pepper *mars*

for garnish:

4 fresh mint leaves *mercury*

cooking instructions:

Peel and chop onion finely. Melt butter in a saucepan, add onion and fry until transparent. Pour on tomato juice, spice with salt and pepper. Wash orange. Squeeze juice out and add to the soup with the skin. Stir well. Put the lid on and simmer for 10 minutes over low heat. Add gin. Bring to boil and remove from heat.

Serve hot or cold garnished with mint leaves.

useful hints:

1 stem of celery - *saturn* could be a good addition to the food.

cold cucumber and watermelon soup

ingredients:

4 cups of diced and seedless watermelon ***moon***

1 cucumber ***moon***

200 g yoghurt ***venus***

1 pinch of salt ***moon***

1 pinch of freshly ground black pepper ***mars***

cooking instructions:

Peel and dice cucumber. Put to a grinder with the melon, yoghurt, salt and pepper.

Cool and serve.

Decorate with cucumber peels.

useful hints:

Honestly, there is nothing more to say.

Penny for your thoughts:

MAIN COURSES

rice with saffron

ingredients:

2 cups of long grain rice **moon**
1 teaspoon saffron **sun**
2 tablespoon of rose water **venus**
5 tablespoon groundnut oil **saturn**
4 tablespoon blanched, halved almonds **venus**
1 onion **mars**
500 g minced beef **mars**
1 pinch of baharat **saturn**
1 pinch of salt **moon**
4 tablespoon sultana **sun**
3 cups of water **moon**

cooking instructions:

Wash the rice under running water. Put in a saucepan covered with water and let it stand for 30 minutes. Pour rose water into a small bowl and soak saffron in it. Heat the oil and fry almonds on it. Take almonds out of the oil and keep aside. Chop onion finely and brown on the same oil. Turn up heat and brown meat while stirring constantly. Add sultanas and the baharat and fry for 1 minute longer. Remove from fire and cover.

Bring to boil 3 cups of water with the half of the rose water.

Drain rice and add to the boiling liquid. Add salt to taste and bring it to boil again while stirring constantly. Lower heat and cook for 30 minutes under lid.

Blend in the meat mixture, fold a clean tea towel, put the lid back and cool for 5 more minutes. Serve sprinkled with roasted almonds.

useful hints:

Rose water and saffron are just little additions to a very colourful and healthy dinner.

Penny for your thoughts:

peachy chicken

ingredients:

1 small chicken **venus**
1 pinch of salt **moon**
1 pinch of freshly ground black pepper **mars**
4 tablespoon groundnut oil **saturn**
1 medium onion **mars**
1 teaspoon of turmeric **pluto**
1 small piece of cinnamon bark **venus**
1 cup of water **moon**
3 peaches **venus**
juice of a lemon **venus**
1 tablespoon brown sugar **sun**

for the side:

2 cups of barley **venus**
8 cups of water **moon**
2 tablespoon salt **moon**
4 tablespoon butter **sun**
2 tablespoon water **moon**

cooking instructions:

Cut up the chicken, wash and dry with a clean tea towel. Sprinkle with salt and pepper. Heat 2 tablespoon oil and brown meat on it. Remove from oil and keep aside. Chop onion finely and fry on the same oil until transparent. Add turmeric and brown.

Pour on a cup of water, stir, put the meat back and add the cinnamon. Cook for 45 minutes with the lid on over low heat.

Peel peaches. Remove stones and slice. Put in a small pan with the 2 table-spoon oil and fry until light brown. Place peach slices on the top of the chicken, sprinkle with lemon juice and brown sugar. Cover it again and cook for further 25 minutes over low heat.

Bring to boil the 8 cups of water with 2 tablespoon of salt. Pour in barley. Boil for 15 minutes, drain and pour back into the saucepan.

Melt butter with 2 tablespoon water. Pour on barley. Stir, cover and simmer for 15 minutes over low heat.

When ready put on a big plate. Serve chicken on the top.

useful hints:

Use broad beans - ***mars*** instead of meat if you so wish.

Penny for your thoughts:

stuffed fish

ingredients:

1 big sweet-water fish *moon*

1 tablespoon salt *moon*

for stuffing:

1 big onion *mars*

2 cloves of garlic *mars*

2 tablespoon butter *sun*

1 teaspoon baharat *saturn*

1 teaspoon grated lemon peel *venus*

for rubbing:

1 pinch turmeric *pluto*

1 pinch of salt *moon*

on the side:

½ kg sweet potatoes *sun*

4 carrots *mercury*

1 broccoli *venus*

1 piece of ginger *saturn*

2 tablespoon butter *sun*

for garnish:

1 bunch of parsley *saturn*

cooking instructions:

Clean fish in and out. Rub salt into the belly and let it stand for 2 hours.

Clean and dice vegetables. Drop them into boiling water and cook for 10 minutes. Drain.

Melt butter in a bigger saucepan. Slice ginger and put on the butter with the vegetables. Simmer vegetables stirring occasionally.

Wash salt off the fish in and out. Dry.

Chop onion and garlic finely and brown on 2 tablespoon butter. Blend in the baharat, lemon peel and a pinch of salt. Take off the fire.

Stuff fish with the onion mixture and seal with toothpicks. Blend turmeric with salt and rub on the fish. Put aside for 15 minutes.

Wrap fish into foil and bake for 40 minutes in preheated oven over medium heat.

Serve on a big plate with the vegetables.

useful hints:

Use the shiny side of the foil inside.

potato mice

ingredients:

6 medium potatoes *mercury*
1 and ½ cups of burghul *sun*
2 onion *mars*
½ cup finely chopped parsley *saturn*
1 teaspoon of dried mint *mercury*
1 pinch of ground cinnamon *venus*
1 teaspoon salt *moon*
1 pinch of freshly ground black pepper *mars*
½ cup of plain flour *sun*
½ cup of olive oil *sun*

cooking instructions:

Cook potatoes with skin in salted water. Peel and mash with a fork.

Put a clean tea towel in a strainer and pour the burghul on it. Wash it well under running water. Hold the corners of the towel together and twist hard to squeeze the water out of the burghul. Pour into a bowl and let it stand for 15 minutes.

Clean and grate 1 onion and add to burghul. Chop parsley finely and add to burghul with mint, cinnamon, pinch of salt, pepper. Fold in potato, mix with your hands thoroughly and knead together. If the mix becomes too dry add a drop of water. If becomes too wet add a pinch of flour.

Clean and slice the other onion and lay down in a medium size baking dish.

Scoop a spoonful of mixture on the top of each onion ring and then spread on the rest evenly.

Dip knife into oil and cut squares into the dough.

Pour on the leftover oil.

Bake in preheated oven for 40 minutes over high heat.

Let it cool and serve.

useful hints:

Burghul is full of sun, full of light and full of energy.

I recommend green and black olives and green salad with this dish.

The dressing should be simply olive oil, lemon juice and salt.

Cold light beer is the best company.

Penny for your thoughts:

COUS COUS

ingredients:

1 cup of cous cous **pluto**
1 small chicken **venus**
3 carrots **mercury**
1 big onion **mars**
200 g broad beans **mars**
½ celery **saturn**
2 parsnips **mercury**
2 courgette **saturn**
1 pinch of salt **moon**
1 pinch of freshly ground black pepper **mars**
1 teaspoon baharat **saturn**
4 tablespoon groundnut oil **saturn**
water **moon**

cooking instructions:

Cut up chicken and wash.

Peel and dice vegetables, slice the onion. Heat oil in a big saucepan. Throw onion on it, fry for 1 minute and add all other vegetables. Stir, lower heat and cook for 10 minutes, covered. Add chicken, stir and cook for 10 more minutes. Add 2 cups of water, salt and pepper, baharat and cook until soft.

While the food is cooking, pour cous cous on a bigger plate or a big tea towel.

Merge your hands in cold water and shake on the cous cous. Mix it with your fingers. Merge your hand again and shake. Mix. It is a bit like a ceremony.

You need to do it to get every cous cous grain wet but not watery. Let it stand.

Repeat the ceremony every 10 minutes 4 more times. Pour cous cous in a steamer over the stew to cook. Use a wooden spoon to stir gently from time to

time. There is a saucepan specially designed for cous cous cooking called the couscousier. Even if you do not become a cous cous eater this saucepan is a very useful addition to your household being the cheapest and the most effective steamer.

Although it is totally against my beliefs to cut ceremonies out of cooking, sometimes I feel it necessary. As long as the result is near the original I think it is worth simplifying the cooking procedures for the sake of introducing the dish to others.

The cous cous that we buy in shops is already prepared to a certain degree to save us time. It is a simple mixture of semolina and water. No eggs. That is what you need to keep in mind and treat the food accordingly. So, if you do not own a couscousier or a steamer, do not despair. After going through the moisturising procedure pour the cous cous into a big saucepan. Sprinkle with a tablespoonful of oil and mix with your fingers until every cous cous is coated in oil. Then put a lid on and cook over very low heat.

Sprinkle with water if it dries out before being cooked.

Serve on a big plate with the meat and vegetables on the top. Offer the juice separately.

useful hints:

You may use a mixture of meat or vegetables. Cous cous is very tasty without meat also. In this case add more vegetable.

DESSERTS

orange and carrot salad

ingredients:

- 4 oranges *sun*
- 3 carrots *mercury*
- 1 teaspoon of ground cinnamon *venus*
- 1 teaspoon of honey *venus*
- 1 tablespoon fresh mint leaves *mercury*
- 1 pinch of salt *moon*
- 1 pinch of freshly ground black pepper *mars*
- 2 tablespoon olive oil *sun*

cooking instructions:

Wash and halve oranges. Put one half aside, peel the rest and break into pieces. Put in a bowl. Grate off the peel of the half you put aside and squeeze out juice. Peel carrots and grate. Add to oranges. Sprinkle with the mixture of oil, cinnamon and honey, 1 pinch of salt and 1 pinch of freshly ground black pepper. Blend together carefully.

Decorate with mint leaves.

Before serving cool for 2 hours.

useful hints:

You need to be very persistent to make your guests try this dish. However, I assure you, they will be very pleasantly surprised.

applesauce with parsnips

3 cooking apples **venus**

3 parsnips **mercury**

½ cup of apple juice **venus**

3 tablespoon brown sugar **sun**

grated peel of 1 orange **sun**

2 tablespoon calvados **pluto**

cooking instructions:

Clean and chop parsnips. In a small pan bring water to boil and pour in parsnips to cook for 5 minutes. Drain and put parsnips back to pan.

Peel apples and slice. Add to parsnips. Sprinkle with sugar, pour in apple juice and cook for 10 minutes over high heat. Mash with a fork. Blend in orange peel and brandy. Serve with ice cream or by itself.

useful hints:

Good heart warmer for the rainy days.

Penny for your thoughts:

rhubarb with ginger

ingredients:

5-6 stalks of rhubarb ***mars***

2 tablespoon butter ***sun***

1 tablespoon brown sugar ***sun***

1 small piece of fresh ginger ***saturn***

juice of ½ lemon ***venus***

1 stem of fresh mint ***mercury***

cooking instructions:

Clean the rhubarbs, chop off leaves and cut into bite size. Grate ginger. Melt butter in a pan. Blend in ginger and sugar. Add rhubarb and lemon juice. Stir and cook for 5 minutes over medium heat with the lid on.

Serve decorated with fresh mint leaves.

useful hints:

Keep your ginger in a jar covered with dry sherry. It will stay fresh forever.

Grow your fresh mint on the window ledge in a small pot.

Penny for your thoughts:

chocolate pizza

ingredients:

250 g chocolate ***venus***

1 teaspoon butter ***sun***

200 g whipped cream ***mercury***

1 cups strawberries ***venus***

1 cup of gooseberry ***mars***

cooking instruction:

Melt chocolate with the butter over boiling water. Spread on the bottom of a small, round baking dish and put into freezer. When hard, remove from dish, put on a plate and garnish with the washed and sliced fruits and whipping cream.

Serve as a pizza.

useful hints:

Very good way of getting rid of all the Christmas and Easter chocolates.

Penny for your thoughts:

savoy pit

ingredients:

1 savoy cabbage *jupiter*
3 tablespoon plain flour *sun*
2 eggs *saturn*
100 g whipping cream *mercury*
2 tablespoon sugar *sun*
1 pinch of salt *moon*
1 pinch of ground cinnamon *venus*
1 cooking apple *venus*

cooking instructions:

Slice savoy cabbage and throw into boiling water to soften. Drain and line a round baking dish with it tightly. Mix flour, 1 egg and whipping cream with 1 spoonful of sugar, salt and cinnamon. Add sliced apples. Stir and pour on cabbage leaves. Sprinkle with the other spoonful of sugar and bake in a pre-heated oven over medium heat for 20 minutes.

Serve warm or hot.

useful hints:

The dish shows the very peaceful co-existence of fruits and vegetables.

The years, the months are
like running water
and a moment makes you
an ancient man.

(h)

The fourth step

What was, is the same that is going to be
and what happened, is the same that is going
to happen
There is nothing new under the Sun.

(h)

EARTHLINGS

When astrology managed to prove beyond doubt that our lives are greatly influenced by the astronomical movements, it became a science. However, do we take this newly found information seriously? Do we really understand how important this influence is? I do not think so. Otherwise we would take full advantage of the discovery.

Believing it or not, does not make much difference to the fact, that we are not in control of either the body or the mind.

The mind is a filing cabinet that stores absolutely everything that has ever happened to its owner. The owner, in our case the human being, consists of 3 bodies: the physical, the spiritual and the astral. The physical body is doing the work on planet Earth, the astral body travels in the Universe and the spiritual body keeps the link between the two. Since we only use food for feeding the physical body, let us forget about the others for now.

The energy structure of the physical body

Before getting into the subject deeper, we need to define the meaning of the word energies as I use it in this book. Forget about physical and emotional energies, ambitions, determination and ability here. Energy is used on the terms of Physics, according to which everything and everybody has energies. I take it a bit further by saying that everything and everybody is energy and as such usually has a domineering charge either positive or negative. Since the usage of these adjectives would create misunderstandings I prefer to replace them with the terms slow and fast frequency energies.

Following the rule likes attract - as in Physics - the physical body welcomes the energy charged similarly to it. However welcoming doesn't mean needing. The momentary energy needs of the physical body depend on the requirements of the planetary movements and the existing energy level of the body. Being part of the Universe we have to blend in. We need to learn how to go

with the flow. Naturally I am speaking about energy flow here. Without blending in we damage the physical body, and through it, we damage the Universe. At the present time there are two major astronomical events forcing us to reconsider our way of living. One is the end of the Sun Age in 2012, the other is the influence of Uranus, as you might call the Aquarius constellation. From the point of our eating habits the latter is the more important.

Uranus brings a calm, loving, patient and understanding era for it produces fast frequency energies against the selfish, arrogant, impatient and slow energy making Neptune. Although our society still projects the behaviour patterns human beings grew accustomed to throughout the ages, it is our responsibility to raise the energy level of the physical body.

The transport of energies in and out of the physical body is done by the chakras. They are vortex-like energy centres created by the multiple crossing of energy lines. A human physical body has 7 major, 21 minor and many minuscule chakras. To our subject only the 7 major chakras are relevant.

Penny for your thoughts:

It is foggy today.
Perhaps the Gods are bored...

(h)

The fifth step

To understand the self
One needs to comprehend the Universe.

(h)

THE SEVEN MAJOR CHAKRAS

Chakras are multiple function energy centres. Everybody and everything has chakras. The human life form has 7 major, 21 minor and many micro chakras.

BASE or ROOT chakra

is behind the caudal vertebra at the base of the spine.

Its function is to Hold the Spine and Take Care of the Kidneys and Feelings related to Permanence.

SEX or SACRAL chakra

is situated at the navel.

It looks after the Reproductive Organs and Sex related Feelings.

SOLAR PLEXUS

is now two palm widths above the navel just under the ribs.

It is to Keep the Body in Balance and to Look after the Stomach, the Gall bladder, the Liver and the Nervous System.

HEART chakra is

a palm width above the Solar plexus.

It is Responsible for the Heart, Blood, Circulatory System and the Vagus Nerve. The latter is situated around the throat. That is why all heart related feelings come to the throat as in "my heart is in my throat".

THROAT chakra

is now in the mouth.

Its job is to Take care of the Bronchial and Vocal System, the Lungs and the Alimentary Canal. Problems related to Willpower and Communication show at this chakra also.

HEAD, FOREHEAD and in cases the THIRD EYE chakra is at the hairline.

Looks after the Nervous System, Left Eye, Lower Brain, Nose and Ears. Apart from all that is the chakra through which - when the third eye is open - we Receive the Spiritual Education and are Able to See Things not permitted to the eye.

CROWN chakra

is located about 10 cm above the top of the head.

Looks after the Upper Brain and the Right Eye.

This is the chakra through which the cosmic energy is taken.

Each of those chakras has a counterpart on the back. The only difference is the CROWN chakra. Its counterpart is the BASE chakra moving along the spine in a straight line. Naturally it is true vice versa. Apart from that the FOREHEAD and the THROAT chakra are sharing their counterpart that is situated at the back of the neck.

We are all born with the third eye open, however due to terrestrial influences it closes itself at a tender age.

Later we try very hard to open it up again through meditation, studies and reading books like this one.

A good deed that
you walk away from,
becomes your sin.

(h)

The sixth step

The material wealth you have is only a loan.
When you leave you cannot take it with you.

(h)

MAINTENANCE OF THE PHYSICAL BODY

Exercising is still a good way of "keeping fit". However, not in the way we know. Chakras, as energy gates, need good muscles to open and close. When the chakra is unable to function, the residue that is produced by slow energy thought forms and indigestible food consumed by the body, jams the gateway and forces the chakra to malfunction. Due to this event the unwanted slow energy residue builds up around the chakra in the form of fat. The rule of likes attract furthers the problem by taking only the slow energy from the surroundings.

Going to the gym unwillingly, jumping up and down is not the solution. You might lose weight but as you'll probably notice, it comes back very easily. The best chakra cleansing exercise is hope-chi. This is the name I created for the spiritual exercise I use during my workshops and seminars. Hope-chi is a string of slow movements working with the joints mainly, backed up with meditation like, balancing and attitude changing mental exercise.

I am not suggesting that you need to come to my seminars to do hope-chi. Your house is as good a place as any other and by following my instructions you will be able to create the essential exercise by yourself.

HOPE-CHI

Sit down in a comfortable position. Straighten your back and keep your legs parallel. Close your eyes. Slow down your breathing and bring it to a steady rhythm. If you have difficulties, try counting. Let us say count three while inhaling and three while exhaling.

With steady breathing think about your problems one by one and imagine the very best outcome possible for each. Do not forget, that everything is possible. Limitation is a slow energy and as such, a problem. Solving a problem with another one is not the brightest way of getting ahead. With those bright images in your heart start moving your hands and your arms, turning at the

joints, the neck, the shoulders and the back. Stand up and continue with the hips, turning them round and round. Bend your knees and straighten them. Do it at least ten times. Turn your feet and toes. In the meantime hold the bright image you created earlier. Keep on moving slowly as long as you feel comfortable doing it. When you had enough, do not stop suddenly. Bring yourself back from the images, to the place where your body is, gradually and gently. Open your eyes. By that time your mood is changed, your thoughts are different and the world is a much nicer place to live in.

You might want to use coloured pictures or drawings to serve as meditation bases. Look at one that you feel the closest to at the particular moment you are in need of meditation. Concentrate on the colours and let your mind disappear. Slow down your breathing and bring it to a steady rhythm as you learnt in the previous exercise. Close your eyes and visualize the picture. Imagine, that it is a gate to a place where you find your answers by meeting the people you have some unfinished business with and have the opportunity to ask them. Listen to the answers. When you want to leave, say goodbye to everyone and walk through the picture gate. Then come back to the place where your body is. Feel the surroundings, the furniture, the light, and open your eyes.

It is always very rewarding to take long, early morning walks. It is especially so around trees. Trees are the lungs of the planet. A healthy tree filters 25 cubic meters of air every day. Most of nature's work is done during the night that is why the benefit for the physical body is greater in the morning.

With this thought we arrived to a delicate subject in body maintenance, called sleeping. That's something we seemingly cannot get enough of. Sleeping is a defence mechanism. When the physical body gets tired of the abuse the human being puts it through, it sends out warnings that it would prefer some peace and quiet for a change. If the human being listens to the warning he may rectify the situation by getting rid of some of the slow energies the body is holding. If not, sleeping is almost inevitable even necessary from time to time. The general sleeping time of the physical body is 6 to 8 hours a day

but not more than that. After a longer sleeping period the body needs time to recover and to switch over to being awake. I recommend 5 hours sleep during the night and a 15 minutes nap early afternoon. When you become good in meditating, you will find, that a five minutes meditation goes very far.

WEIGHT AND THE PHYSICAL BODY

Being fat usually comes from some sort of unhappiness. Sometimes, when a chakra is "hurt" by being jammed, it gathers more slow energy to "cushion" itself up as a defence mechanism. The same method is used when the chakra is too open and unable to close when necessary. However, the key to the problem is love. You cannot lose weight healthily without loving yourself truly. As a thought form love produces fast energy that is important to combat the slow ones causing the problem.

To arrive to this love, you need to look at yourself unconditionally. Try to see the achievements rather than the failures. Or better still, just love and appreciate. Be grateful. Find every opportunity possible to enjoy, not to suffer. After that the rest is easy. Happiness produces fast energy and eats up more and more of the fat from your belly, around the waist and hips and wherever you have them.

Being overweight is not always the result of the slow energies. Sometimes it is due to genetic inheritance. As far as I know modern medicine doesn't have the cure for genetic disorders, but there are healers who can deal with genetic related discomfort or illness.

There are people who "suffer" from being skinny. If the body is healthy physically than do not worry about it much. The same exercise applies as to the overweight "sufferers".

WATER AND THE PHYSICAL BODY

Another excellent way of getting rid of residue and slow energy is water. It is the only substance that washes out residue and slow energy without producing any in the process. Apart from the cleansing, water has another mission. Since a big portion of our body is made of water, it needs a refill. If your body cannot get the right amount of water from you, it will remove the fluids from the waste products of the body. Needless to say that waste products contain the slowest energy possible and they are very often poisonous. The lack of fluid in the waste products would lead to a very common and painful disorder called constipation and the equally disliked and unpleasant varicose veins.

When the body is dried out beyond quick repair, it becomes very difficult to drink water. You might feel nauseated and sick. It is because your body gets used to the poisonous slow energy that draws from the waste products and loses the capability to digest the fast energy you are introducing. In this case careful planning and patience is needed.

Water should be introduced slowly in growing doses. Drink fizzy water if you must, but try to keep off soft drinks such as coca cola, pepsi cola, orangy stuffs and others. They are addictive and full of residue. Even if the label says: "no chemicals, no added sugar". Since everything in the Universe is a mass of chemical compounds I do not understand how can anything not have chemicals. So how do they make all those products if not out of chemicals?

I suggest you arrive to the 2 litres of water a day stage that you keep for at least 2 weeks. After that your body would be able to tell you how much water is needed to keep it reasonably clean. Plain, still, mineral or filtered water is the very best for this exercise.

Now that we are getting ready to embrace the Uranus age we need to exclude certain ingredients from our diet. On the top of this list are the three whites, the greatest enemies of a healthy or a "healthy to be" body. Those are: white flour, white sugar and animal milk. First of all they are difficult, almost impossible to digest for grown-ups. Furthermore the slow energy substance

attract other slow energies such as digestive waste products and block up the energy centres causing discomfort and illness.

EATING AND THE PHYSICAL BODY

There are people on Earth who managed to reduce their food intake to very near none, however, generally eating is considered a necessity to existence.

Food is the easiest resource of energies. That's why we need to pay special attention to it. Buying your food is a very important part of the "healthy to be procedure". You definitely don't want to buy your food in a store, supermarket, shop where miserable people are looking back at you. Unhappy people mean bad management and because everything is energy, even thought-forms, with the food you take home the part of their misery. That is something one cannot afford to do.

The next step you need to watch out for is the origin of the food or drink. By living in a country knowingly or unknowingly you agree to it. You agree to its politics, its social standard, its treatment of people and its educational system. Well, if you don't agree but still live there, that is even worse. To fight against the general energy surrounding you is a very serious combat for your body. So it is better to blend in or leave. It explains why people should eat the product of their own country first of all. And for better or for worse, we generally do just that. Not always for the right reasons though. But, since we cannot live without explanations, we grab whatever is available.

The major astronomical movements I mentioned earlier are pushing the human beings to find their true home. It might not be, and very often is not, the country you were born or the one you are currently living in. That is why some people like food from far away countries with a totally different weather and eating habits. If you belong to this category, I suggest, that you look into your life.

There are numerous food products available from more than one country. As the product carries the general energy of the land try to choose accordingly.

Suffering, corruption, bad deeds, bullying home and foreign policies put their stamp on the imported products.

VEGETARIAN OR NOT?

It is getting more and more fashionable to be a vegetarian. But is it good for us? Does it make any difference to our existence?

The vegetation is the most advanced form of life on Earth, holistically. With their roots they feed on the slow but warm, healing energy of the soil while taking the much faster, white energy of the heavens. Unless been poisoned or maltreated usually by human beings, the vegetation carries the most suitable nutrition for the body of the Homo sapiens to fit into the energy concept of the Solar System. So becoming a vegetarian is a very essential part of the physical and spiritual enlightenment of a New Age person. I'd like to emphasize "becoming" here. It is a gradual development rather than a fast switch. There is no use force-feeding us with greens while dreaming about a juicy steak. The body has to arrive to the stage mentally and physically where it can open up to the light without pain. Free of misconceptions and vanity.

In my healing practice I meet a lot of people who are having physical problems because they stopped eating meat without being physically ready for it. Sending them back to meat eating could do the trick, but it doesn't feel right. Instead I teach them ways of cleansing they are able to practice at home without me. This way the physical body gradually loses the residues and opens up the doorways necessary to welcome new eating habits.

Penny for your thoughts:

Crazy is the servant who
sweeps the neighbour's garden.

(h)

The seventh step

Man has to remake himself
in the eternity of his physical existence.

(h)

THE FULL MOON INVOCATION

The stories about the power of the moon have been haunting human beings within living memory.

Apart from causing so called natural disasters, waking the werewolves and vampires, erupting infatuation between lovers who stare at it longer than supposed to, the Moon has another notable influence.

During the full moon period the stronger energy vibration opens up the relevant star gateways and welcomes the beam of fast energy sent by the God force to help our quest.

We use the open star gateways to send our thoughts, our wishes, and our prayers out and as a communication channel between souls, guides, gods, angels, other extra-terrestrial and us. This is the time when our help is most needed and produces the biggest impact on our lives.

The words of the invocation have special fast energy structure. By releasing them into the atmosphere this power multiplies and raises the energy level of the globe. The full Moon strengthens this power further and conveys our good will to the Macrocosm.

The personal effect of the invocation is also notable. By the time you have completed the 13 months program your spiritual awareness raises, your mind becomes sharper, your thoughts clearer and your heart far more understanding. In one word you will be ready to embrace the New Era of Uranus. To start up the cycle needs a lot of courage and education. To complete it requires strong discipline.

The invocation program needs to be started 2 days before the next full moon period and go on for 5 consecutive days each month. Each day's work consists of 13 invocations.

I would like to come back to the meaning of the word "choices" here for it could be easily misinterpreted. How does one know what is a choice and when should one start calling it duty? It is really up to the individual sense of responsibility.

By arriving to the last pages of this book shows that you are a caring person who understands that we only exist as part of the whole and the whole exist as part of us.

AKIA INVOCATION

Great Creator, who created the Universe,
with me in it,
to look after and further your magnificent work,
that I accepted in good faith,
but could not always deliver,
because through my self-centredness I chose not to see only look,
not to listen only hear, not to feel only think.

Without understanding nature's harmonious cycle,
I stepped out of it, not suspecting,
that I would not be protected and
I would become an instrument of outside forces.

Please, give me the strength to forgive myself
for every bad deed I committed against anybody and anything,
including myself,
wisdom to others to forgive me.

Show me the way back to nature's cycle
where I can live in peace and dignity,
without indulging in suffering, in a place,
where love is unconditional.

(h)

THE AKIA PHILOSOPHY®

AKIA carries the total understanding of the interrelation between the micro - and macrocosm, looks upon everything as an essential part of the whole and upon the whole as an essential part of everything for all organic and inorganic energies enjoys the same level of importance. This belief makes up the strong foundation of **AKIA** philosophy.

AKIA is the philosophy of the unseen soul and the cosmic knowledge. It is the philosophy that sets you free.

AKIA looks at you as the part of the whole rather than an individual being. Taking you out of the boundary of Earth helps you release your fear and gives you the opportunity to look at yourself from above, bearing a better understanding of the Universe. It is the only way to understand and able to live satisfactorily.

In the life of an Earthling fear is the only enemy. It is the fear of the unknown. By understanding the interrelation of energies would bring you near to happy existence.

According to **AKIA** philosophy everything and everybody is energy. Energy in the sense of physics. These energies are either organic - meaning living - or non-organic - meaning not capable of multiplying or any other form of reproduction. These energies have every feature of the energy known from physics. They have speed, frequency, sound, smell, taste, consistency, colour and polarity. Very obviously these energies are interrelated. This interrelation is the motion of life.

The spirituality of mankind started to vanish when the word 'individuality' appeared in our life. By ignoring the interrelation of energies we were faced with a mass of new and frustratingly unsolvable questions that made our lives very insecure and doubtful. The mad search for understanding and knowing was launched. According to **AKIA** one cannot and need not understand everything. That is the profound understanding of this philosophy.

Through the milestones, **AKIA** proves, that one is the whole and whole is the one, meaning that everything leads back to one source, the God source, the Creator. The Creator - let it be a stone, a cloud or a tree - is the first knowledge that was able to multiply by division. Following this sense, a soul is a knowledge that is able to multiply by division.

AKIA says that one can only understand oneself through the Universe. Also says that everything is always in motion and constant changing. This interrelation of energies warns us that we are responsible not only for ourselves, but everybody and everything, for everybody and everything affect us, our state of mind, way of thinking, our health and behaviour pattern.

In teachings we go through the stages gnosis being remembered from Toreos - nowadays we call it Atlantis - to the Carpathian basin.

AKIA PHILOSOPHY® has been created and founded by Zsa Zsa Tudos author, educator, healer, life coach and international clairvoyant.

AKIA PHILOSOPHY® is the registered trademark of our teachings.

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Penny for your thoughts: