

549\$





Quesadilla

BUTTERNUT QUESADILLAS

- ① roast butternut squash
with olive oil, salt & pepper
(1 inch peeled cubes, about 30 min at 400°)

- ② mash squash
& spread on tortilla

- ③ sprinkle with
fresh thyme &
grated cheese

- ④ top with another
tortilla + heat in
a skillet until cheese melts

slice into wedges & serve warm!

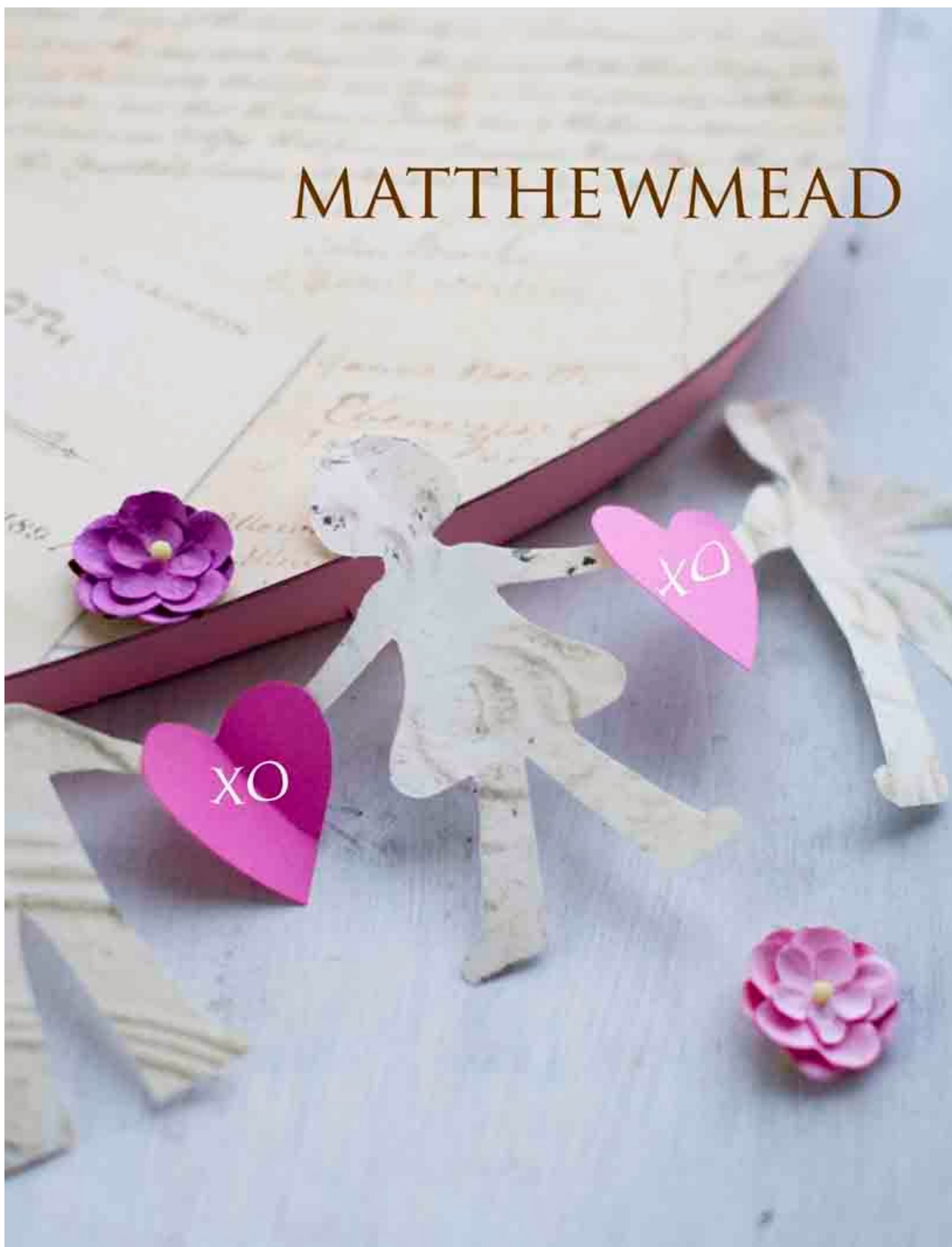








MATTHEWMEAD





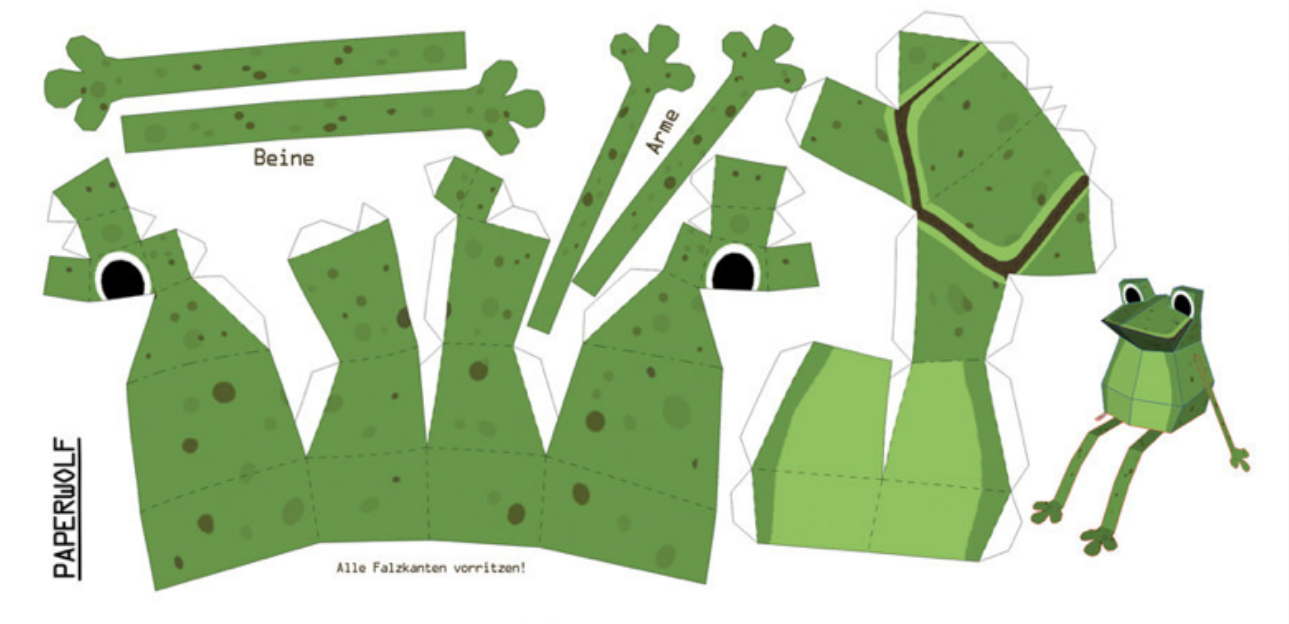
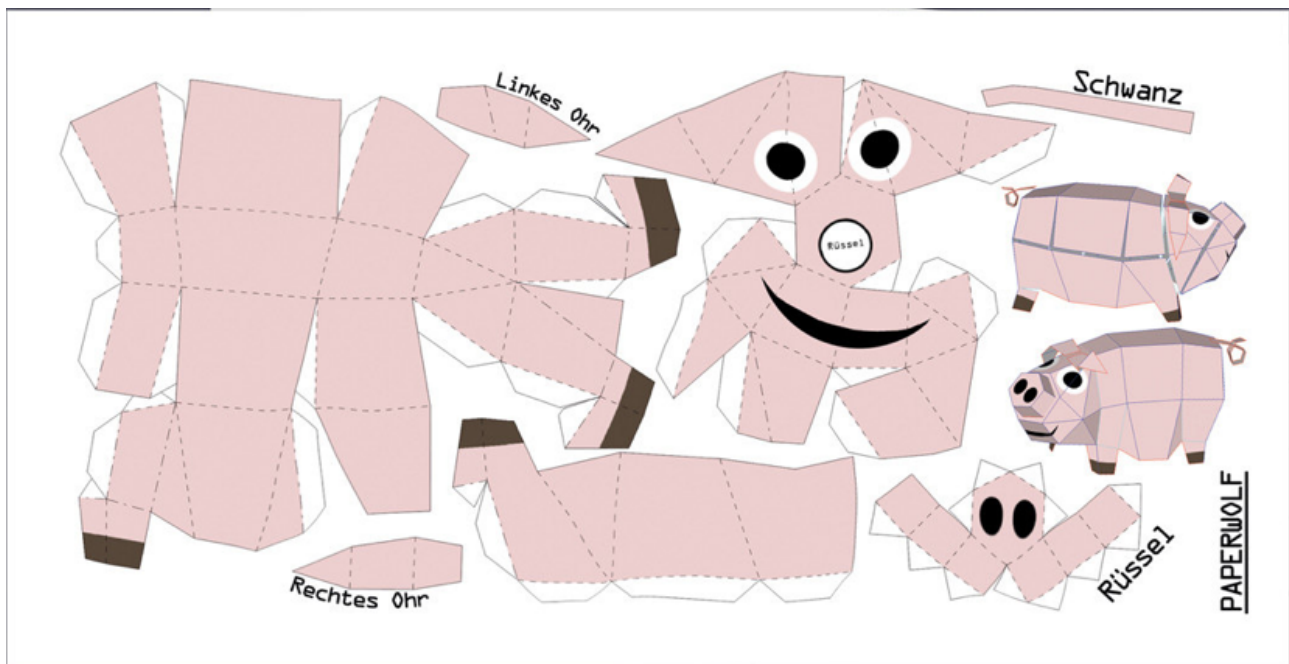


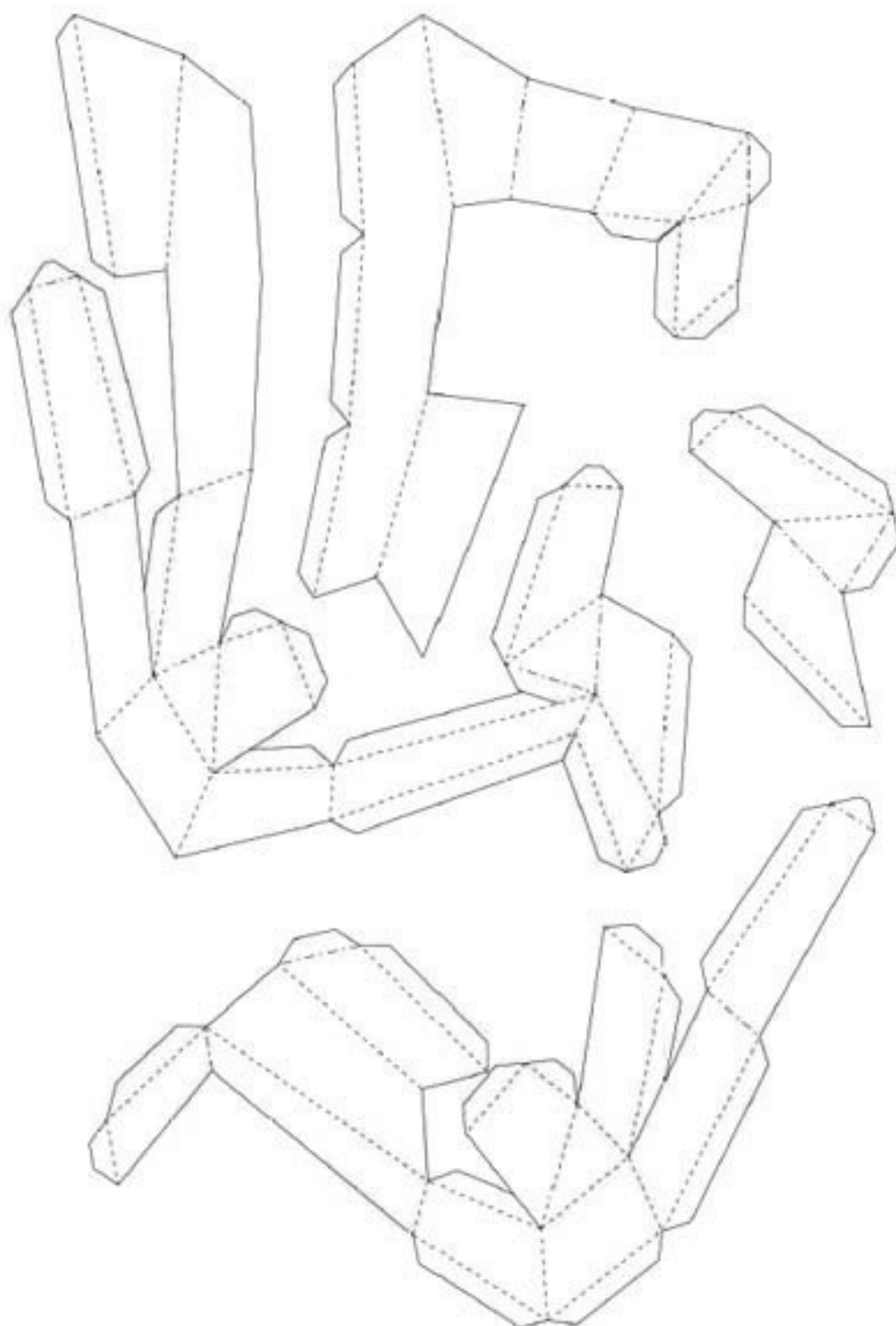






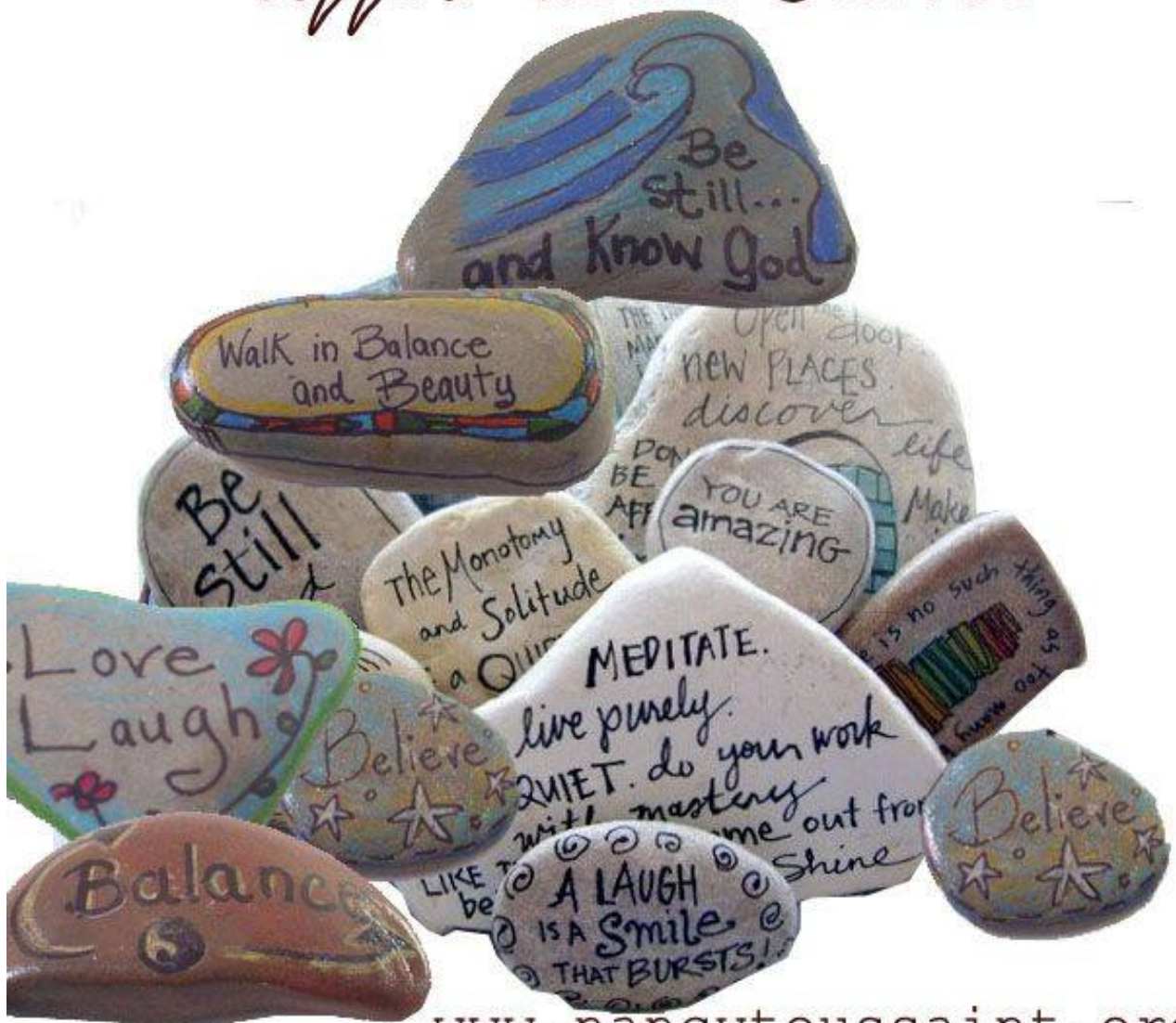








Affirmation Stones



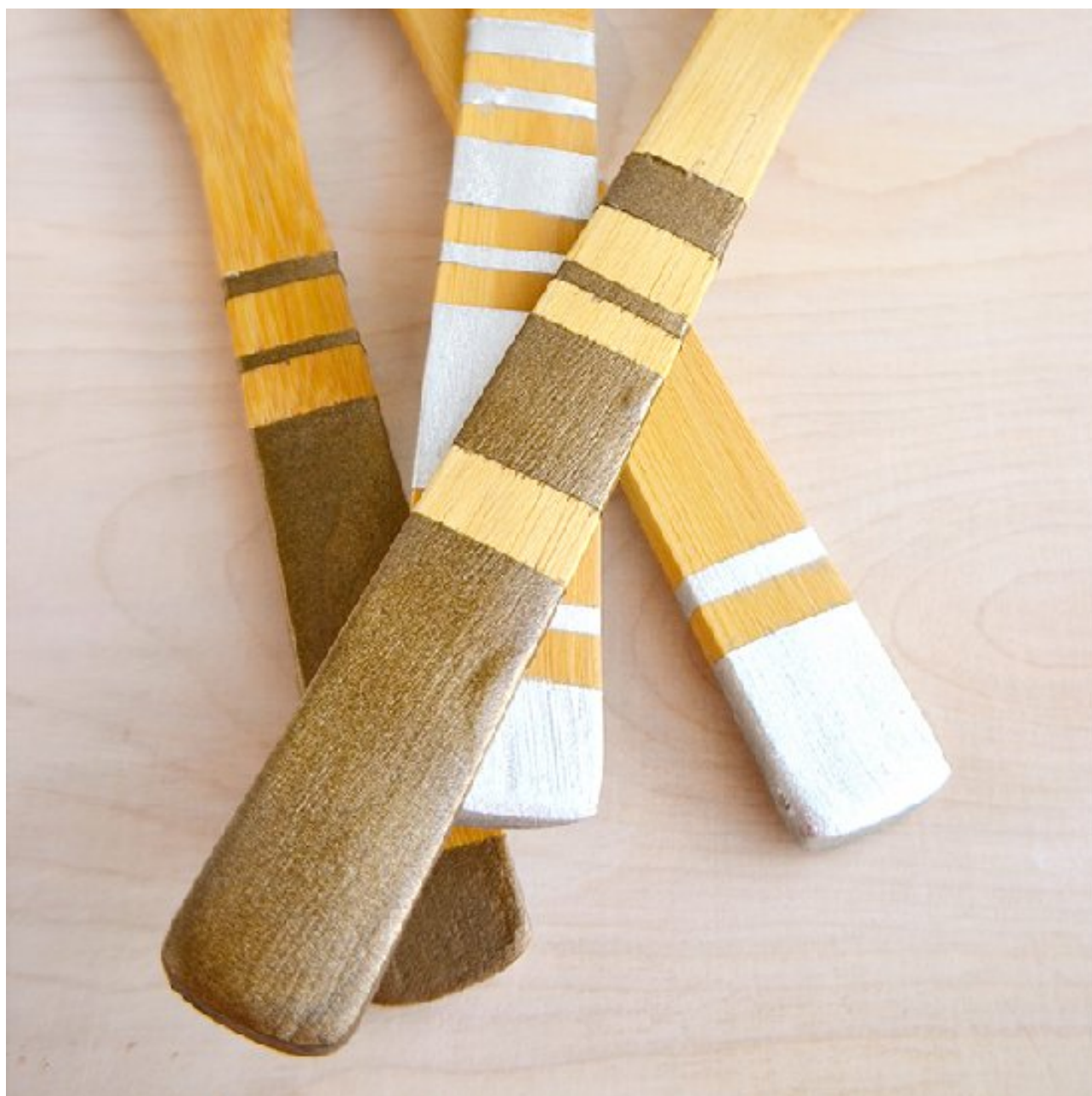
www.nancytoussaint.org











pennette di kamut con rucola, erbette e ricotta.



Kcal totali a porzione: 375

Tempo di preparazione: 15 minuti

Ingredienti per 2 persone:

170 g di penne di kamut

100 g di ricottina

un mazzetto di rucola

un mazzetto di erbette

mezza cipolla

1 cucchiaio di olio extravergine

4 pomodori secchi sott'olio

1 cucchiaio di pinoli

sale e pepe q.b.

Lessare la pasta in acqua salata.

Nel frattempo lavare le erbette e la rucola, affettare la cipolla e rosolarla in un cucchiaio di olio; unire le verdure, i pomodori secchi tagliuzzati e coprire con un coperchio. Dopo 2 minuti unire la ricotta e due cucchiai di acqua di cottura della pasta poi regolare di sale e pepe e togliere dal fuoco. Tostare i pinoli in un piccolo padellino antiaderente per 30 secondi per lato. Scolare la pasta leggermente al dente e farla saltare in padella con la salsa alla ricotta e rucola, unire i pinoli e servire. Volendo potete aggiungere un paio di cucchiai di parmigiano grattugiato.

Patate mètrodotèl.



Ingredienti:

1 chilo di patate
1 cipolla media
quattro o cinque fette di salame (facoltativo)
50 grammi di parmigiano
sale marino integrale
pepe nero in grani
noce moscata
circa tre quarti di litro tra latte intero fresco e acqua
20 grammi di burro
2 foglie di alloro

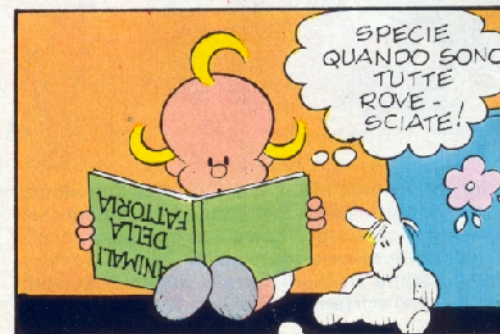
Per prima cosa tagliate le patate a tocchetti e la cipolla a fettine molto sottili. Prendete una casseruola larga e bassa, con il fondo pesante, aggiungete una presa di sale, qualche grano intero di pepe, una grattata di noce moscata, e il burro tagliato a tocchetti e mescolate bene con le mani per amalgamare tutto.

Aggiungete l'alloro e coprite con l'acqua e il latte (zac ha usato circa mezzo litro di latte e poi ha allungato con acqua fino a coprire la superficie delle patate (come dice Benedetta *"bisogna creare un simpatico vedo non vedo"*).

Coprite e lasciate cuocere a fuoco molto basso fino a quando parte delle patate si scioglieranno nel latte creando una crema deliziosa. Non dovrebbero mai essere mescolate, e zac infatti non lo ha fatto (ma l'ho fatto io mentre non guardava eheheh, solo un paio di volte giuro — non ce la facevo proprio a non interferire).

Intanto che le patate cuociono tagliate il salame e il parmigiano a dadini molto piccoli. Appena le patate sono cotte toglietele dal fuoco, aggiungeteli nella pentola e mescolate. Servite immediatamente (devono essere ustionanti), magari con una macinata di pepe. Stivate tranquillamente gli avanzi, perché scaldati rimangono strepitose se non di più.

LETTURA E FANTASIA





Apple Flognarde

Serves 4

- 4 free-range eggs
- 5 tbsp flour
- 4 tbsp sugar
- 2/3 cup milk, use grass-fed whole milk if possible
- zest from 2-3 meyer lemons
- 3 apples, peeled and cut into wedges
- 4 tbsp butter, cubed, plus more to grease the pan
- confectioners sugar, for dusting

Note: You may substitute sliced pears for the apples, or include a scatter of raisins or grapes if you want to experiment with variations on the flognarde.

1. Grease a medium enameled cast iron skillet. Preheat oven to 400° F.
2. Mix together the flour, sugar, zest, and milk. Add the eggs and beat vigorously. Continue beating while pouring mixture into the pan.
3. Fan the apple wedges and lay out in a pleasing fashion. It's okay if they slide around a little as you place them.
4. Dot with butter and bake until the custard rises and has turned golden brown at the edges, about 30 minutes. Dust with confectioners sugar and serve hot or cold.

Arm Knitting for Beginners

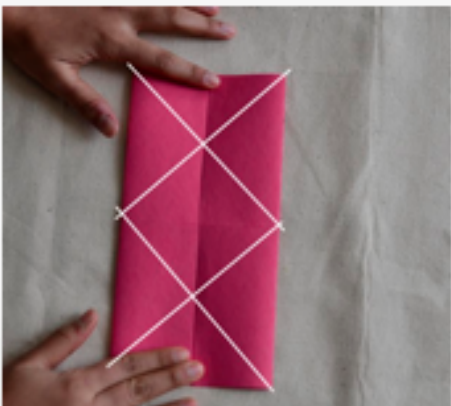
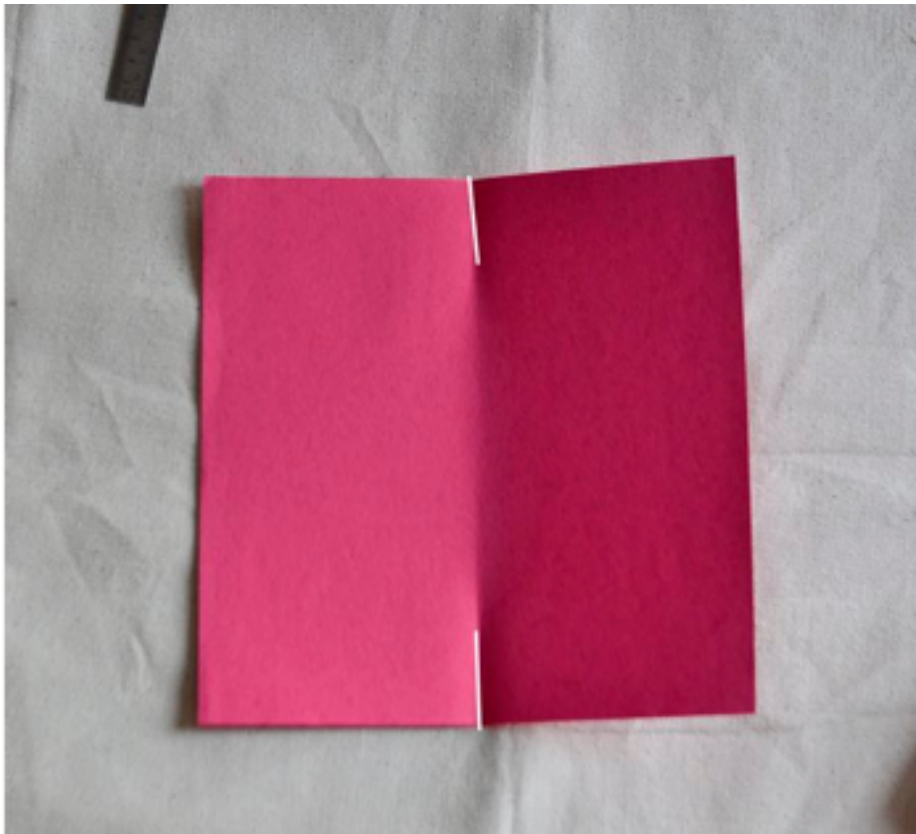


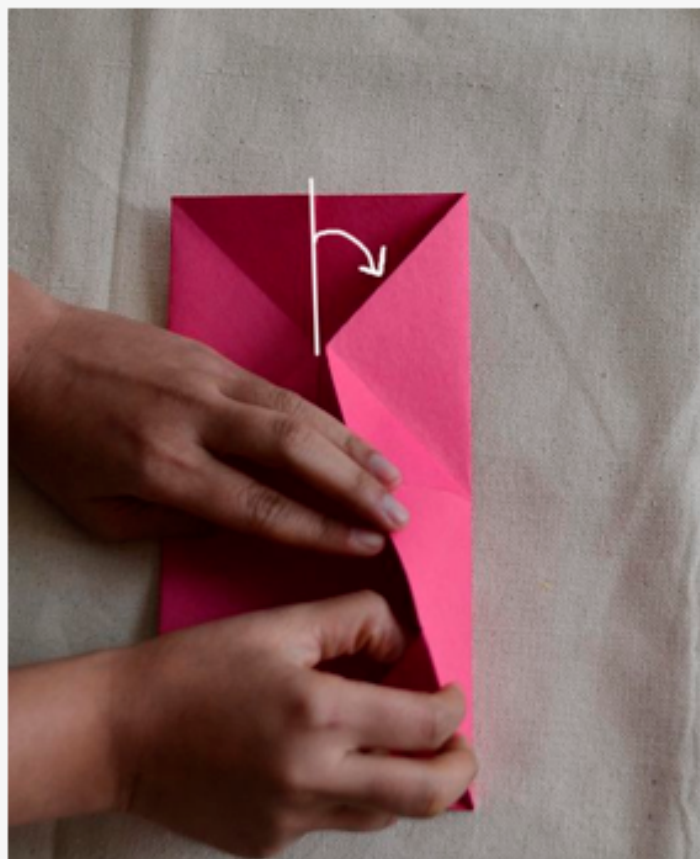
Repeat a stitch, then bring first loop up and over the second loop and tighten.



<https://www.youtube.com/watch?v=lBlzVCaX7HU#t=98>



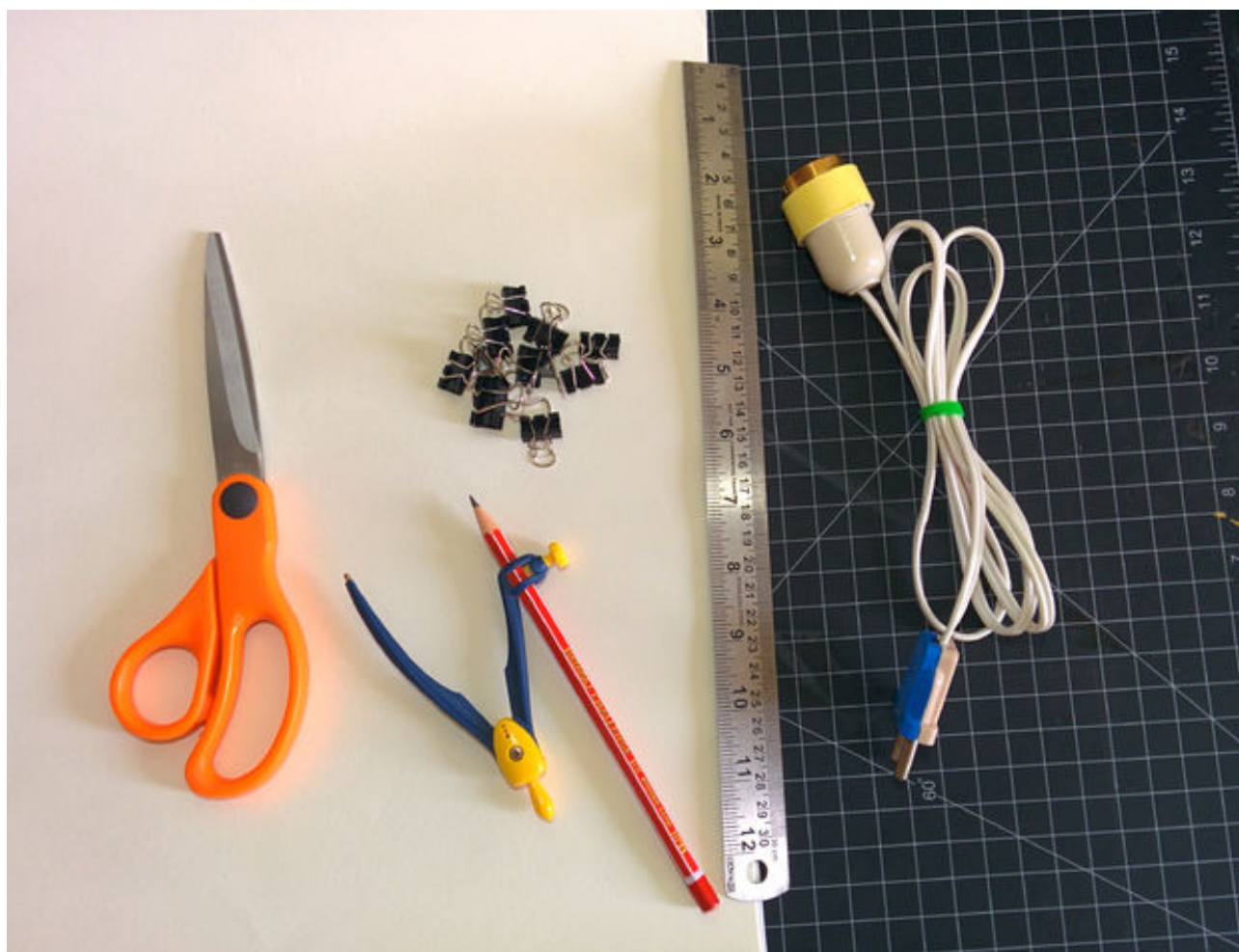


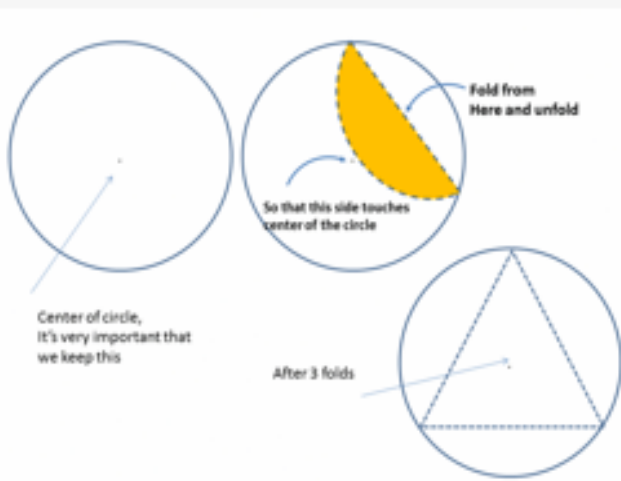
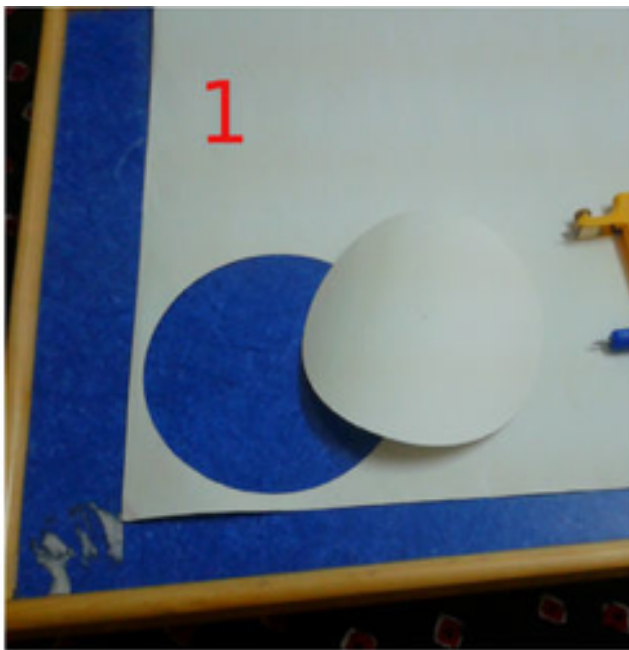


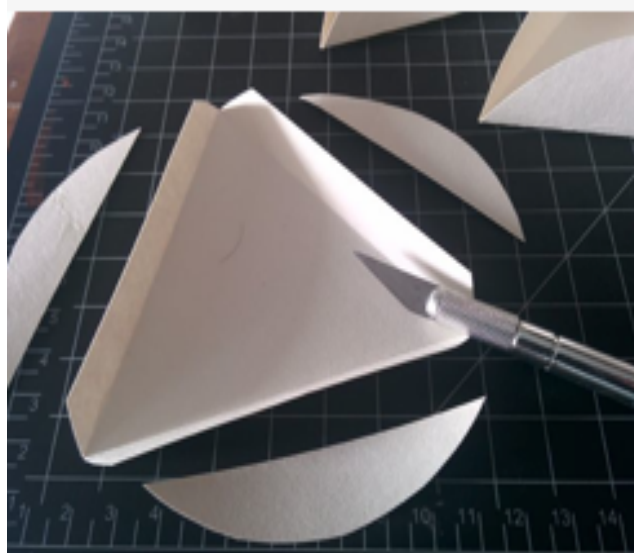


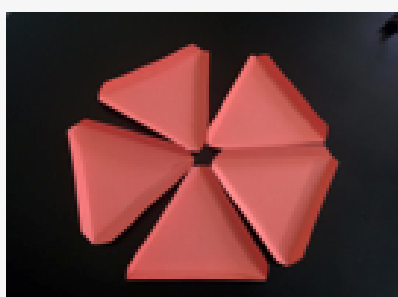
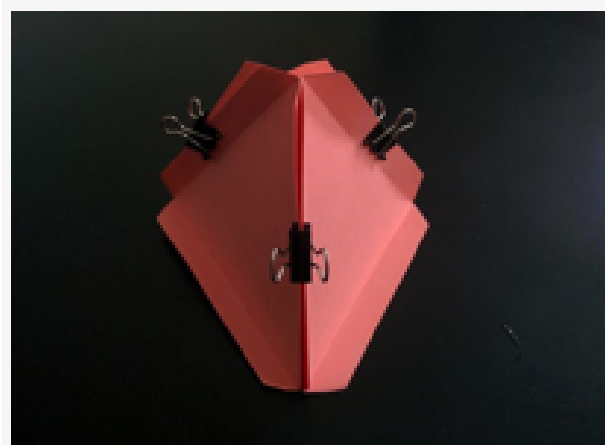
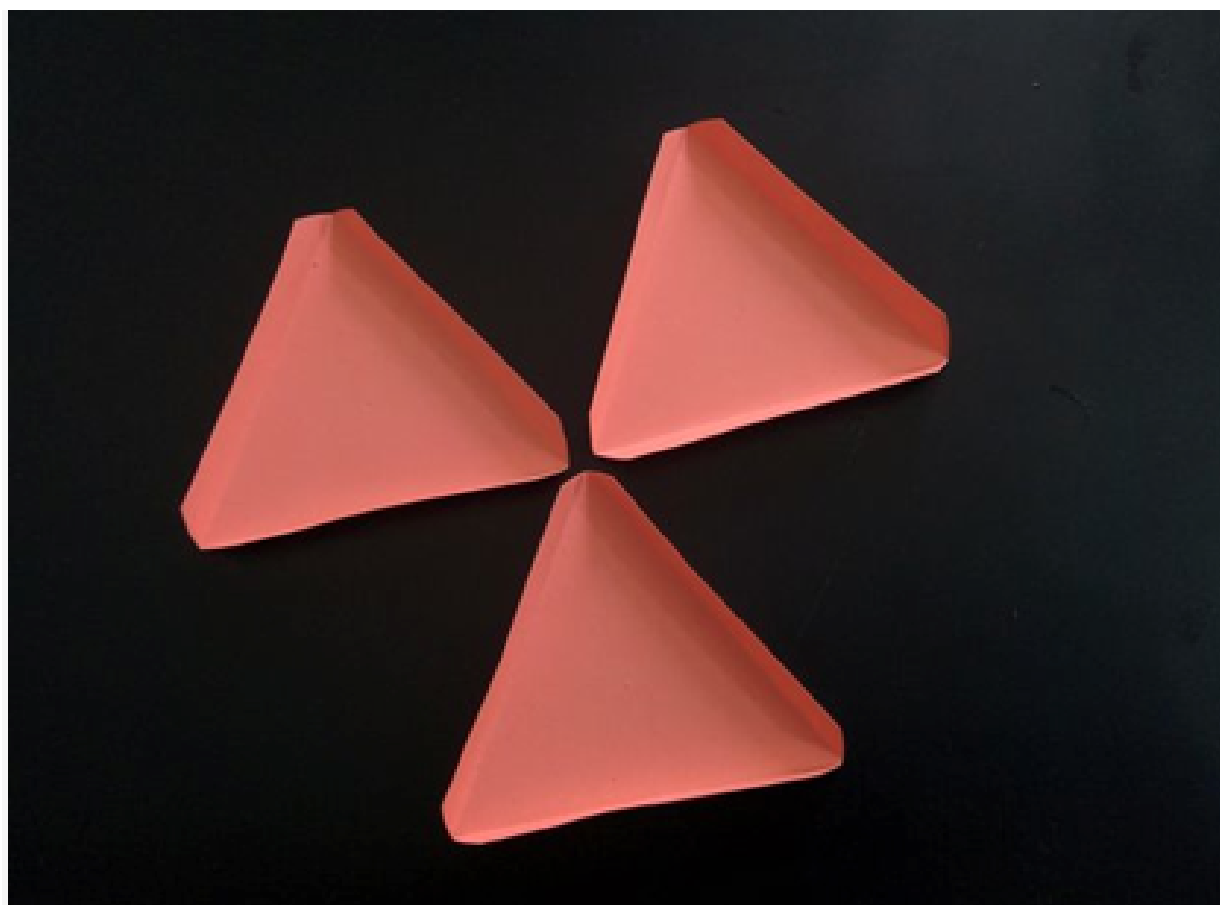
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Paper Zen / Cecelia Louie

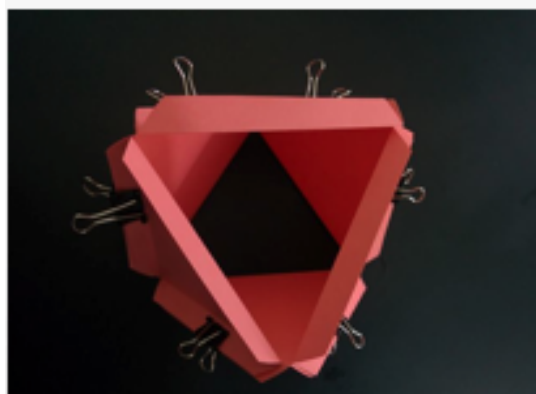












You will see now how the binder clips came in handy :). I used them for demonstration.

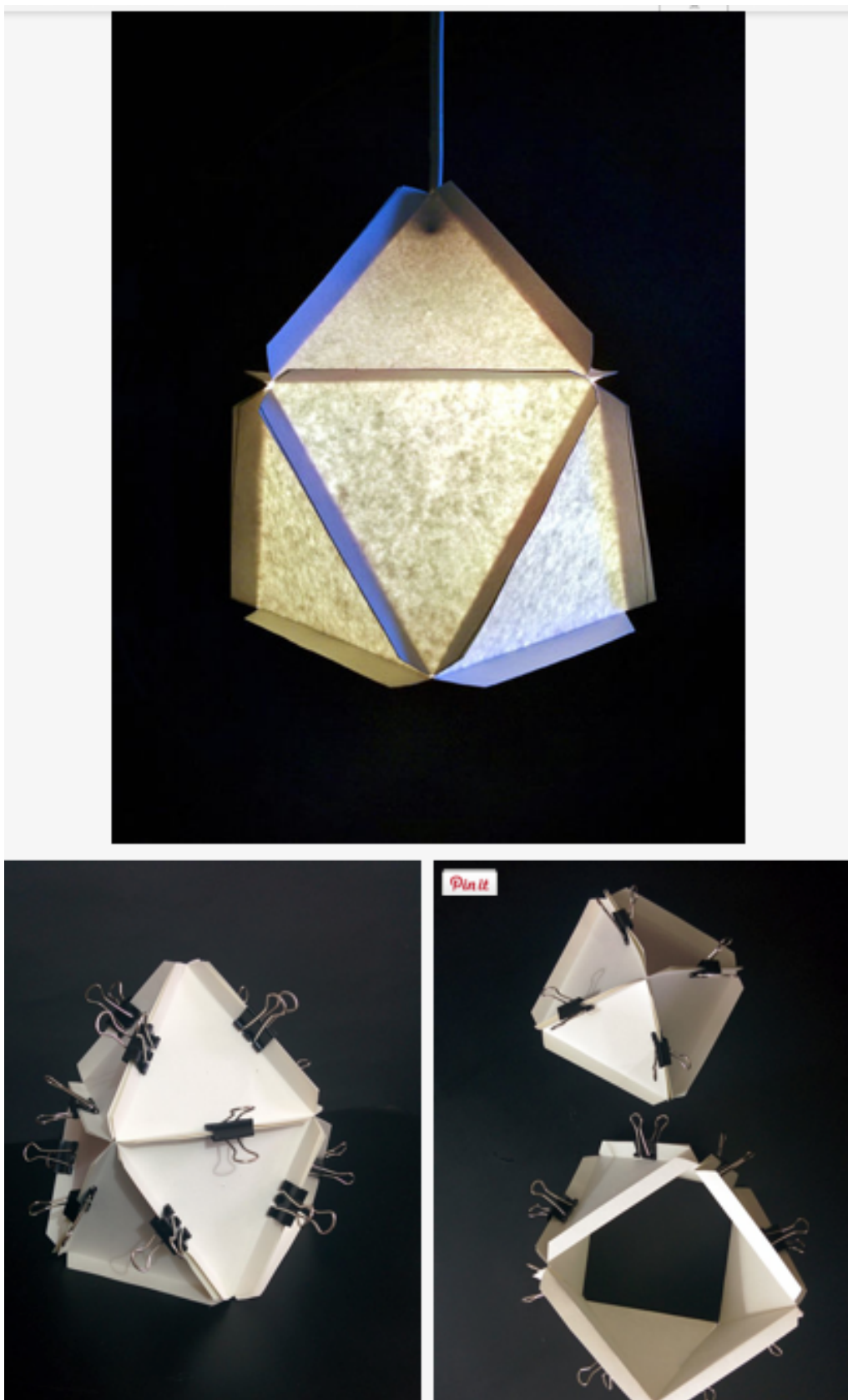
Well, there may be some geometry involved here but I like to call the basic shapes in non mathematical language. I figured out that at some point of time while making the lamps, you will have at least 1 or more of these shapes involved. Therefore I thought it would be good to add a separate step for a quick reference.

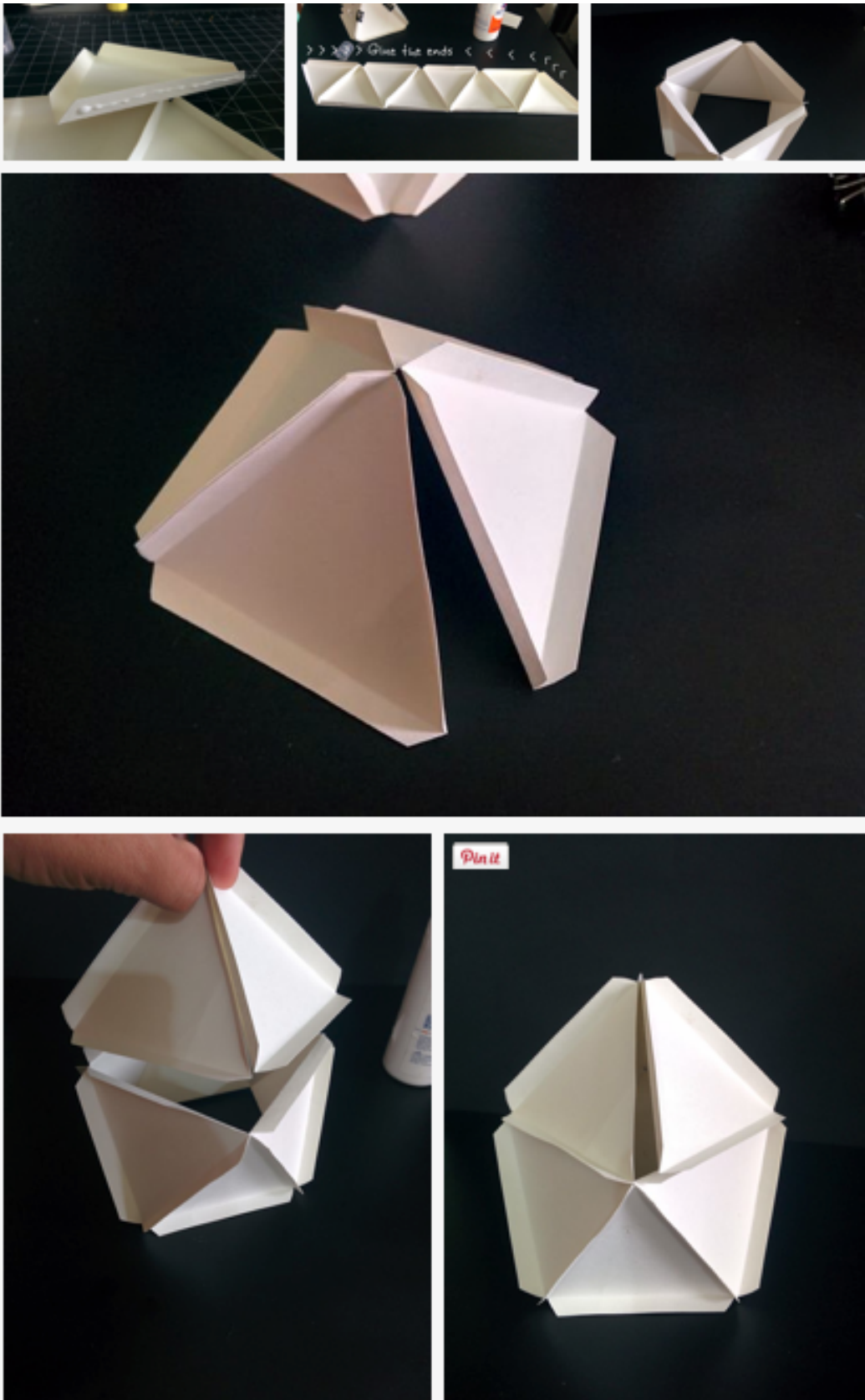
The shapes are either a cone like structure or a hollow box. See images above and follow

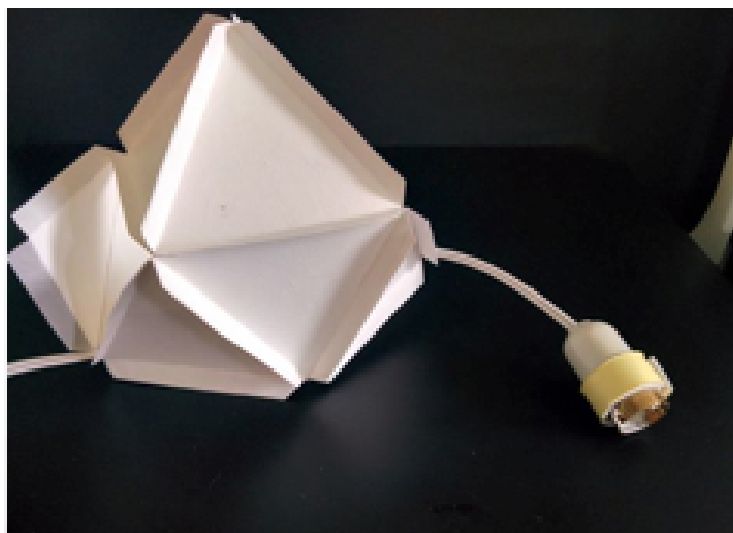
1. 3 modules with their sides joined will form a prominent cone or pyramid.
2. 4 modules with their sides joined will form a little less prominent (in terms of height) cone or pyramid.
3. 5 modules with their sides joined will form a dome like structure.
4. 6 modules with their sides joined will form a flower shape.
5. When joining one module with another having alternating modules as inverted and then joining the ends will result in boxes. For example join 8 such module to form a box that has a triangular opening.

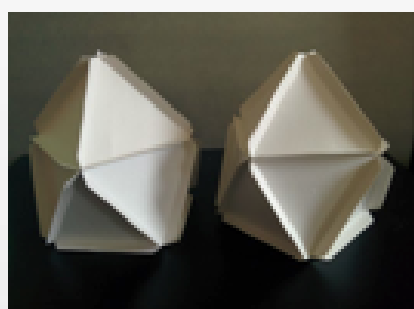
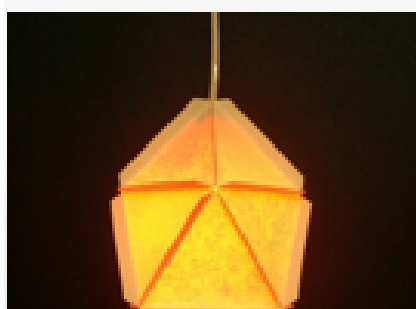
Few tricks:

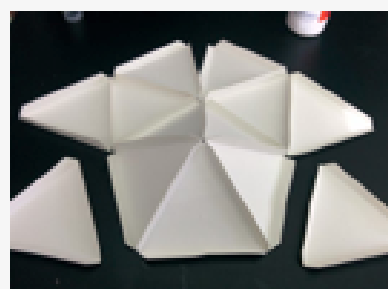
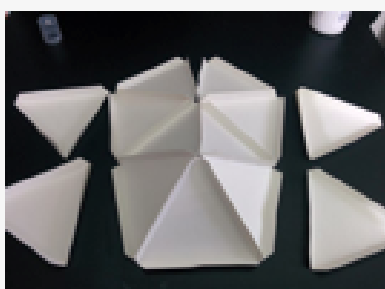
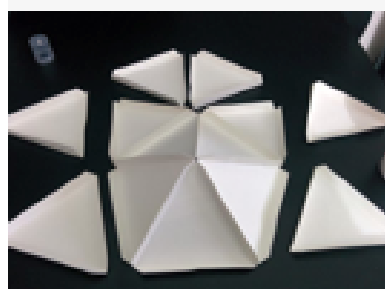
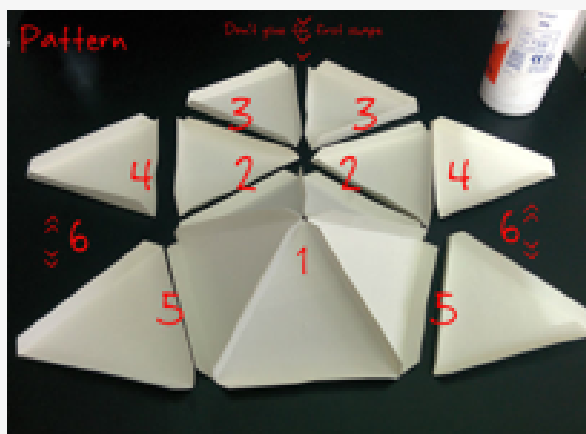
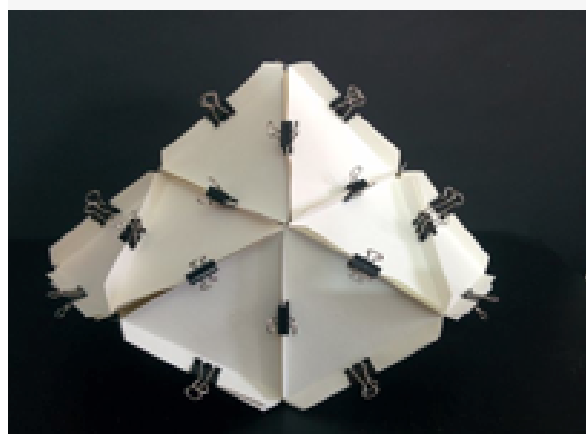
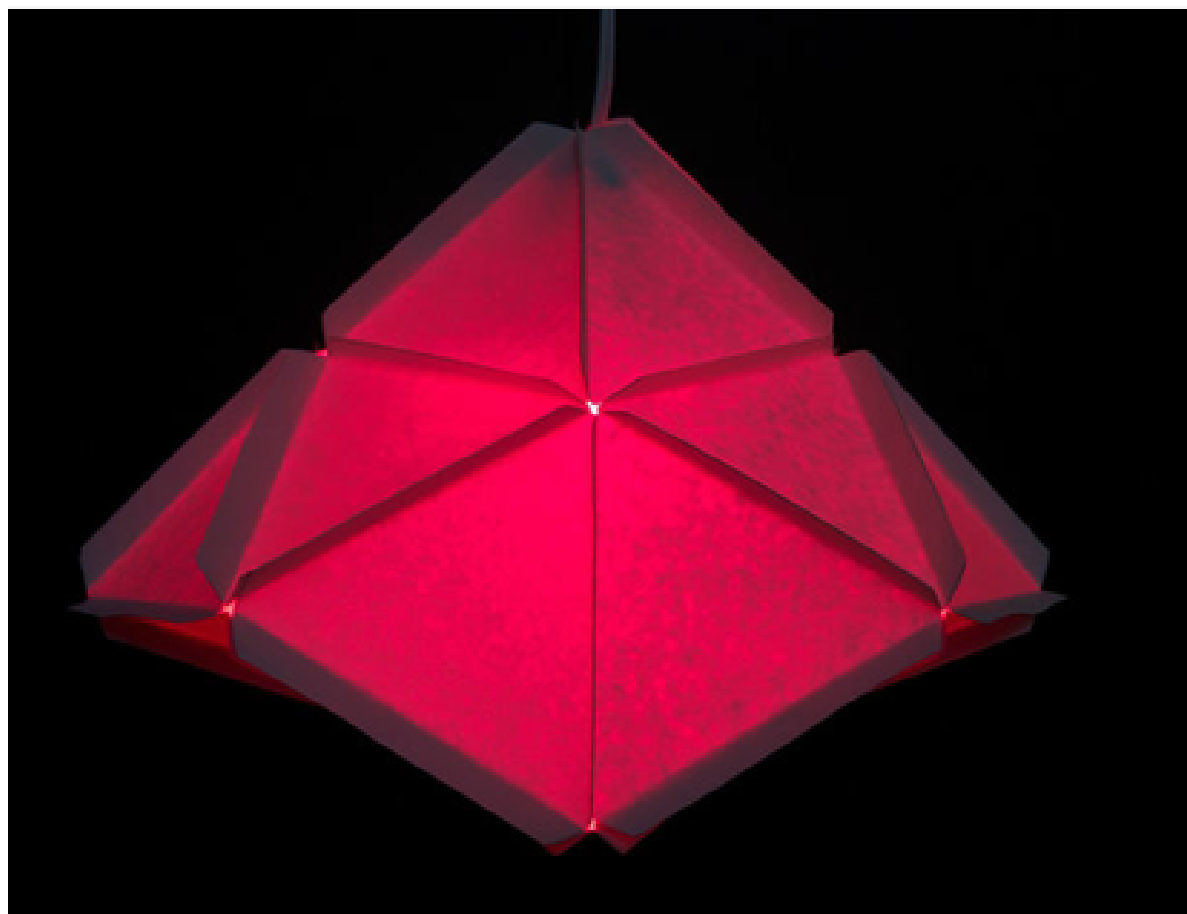
1. When gluing the sides, make sure you always glue the piece that you are about to attach unless you are joining two structures together. This makes it easy.
2. The more closely you glue each petal with each other, the less gap will be visible between joins thus making the lamp look more neat.
3. when you are trying to make a shape for the first time, use binder clips to join them. It is easy to experiment like that without wasting any module.

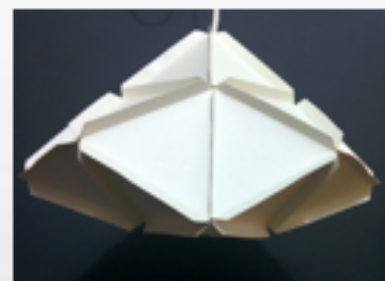
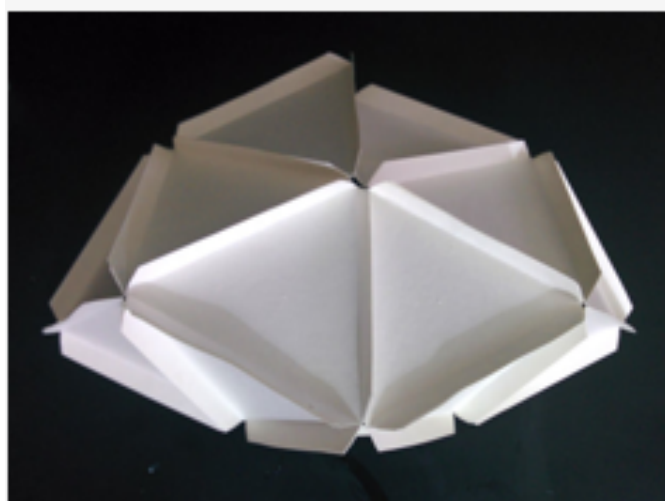
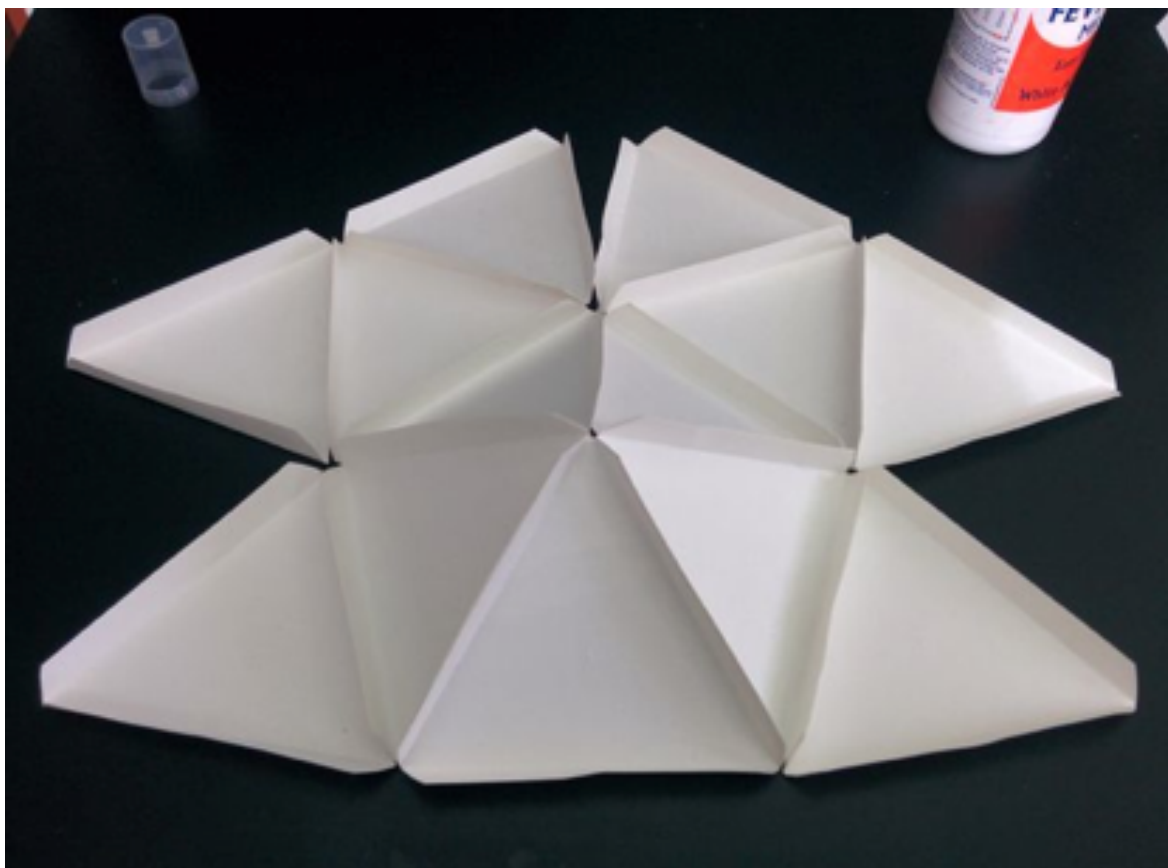


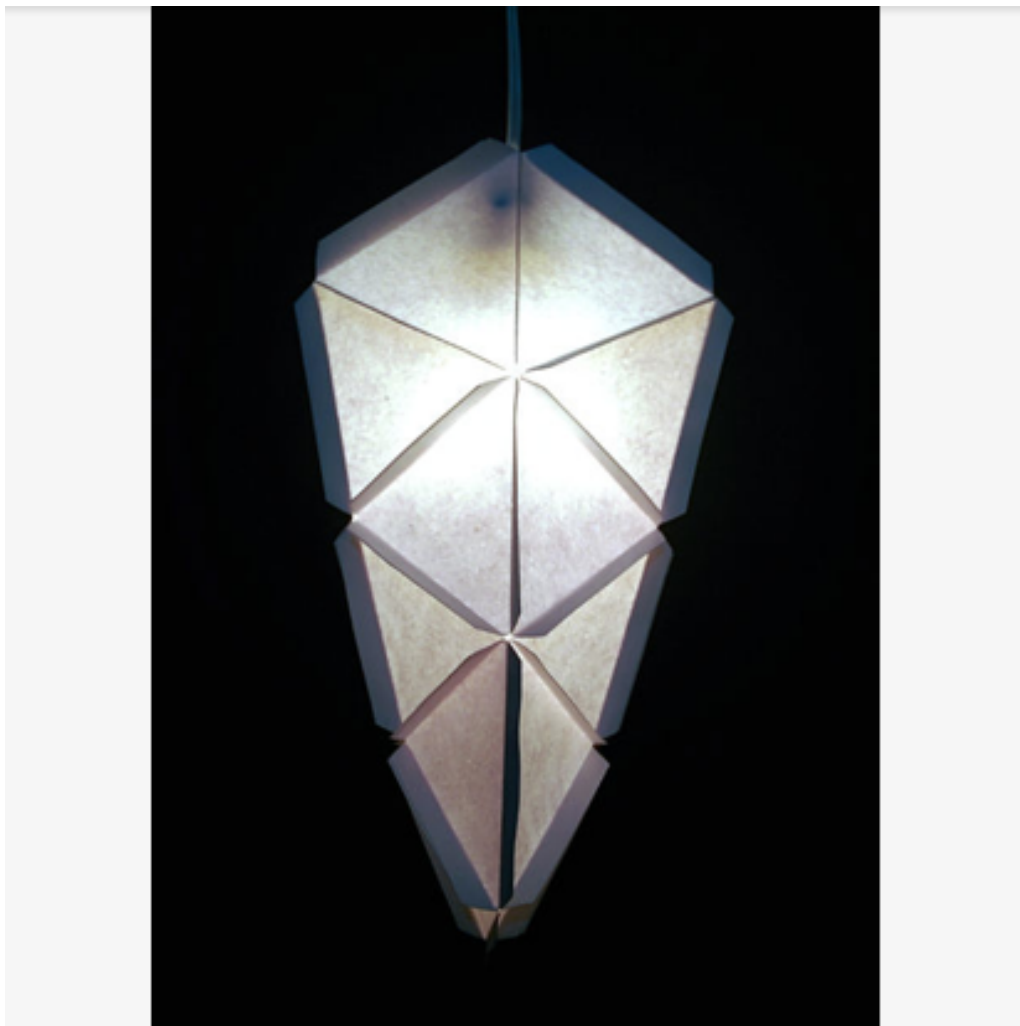


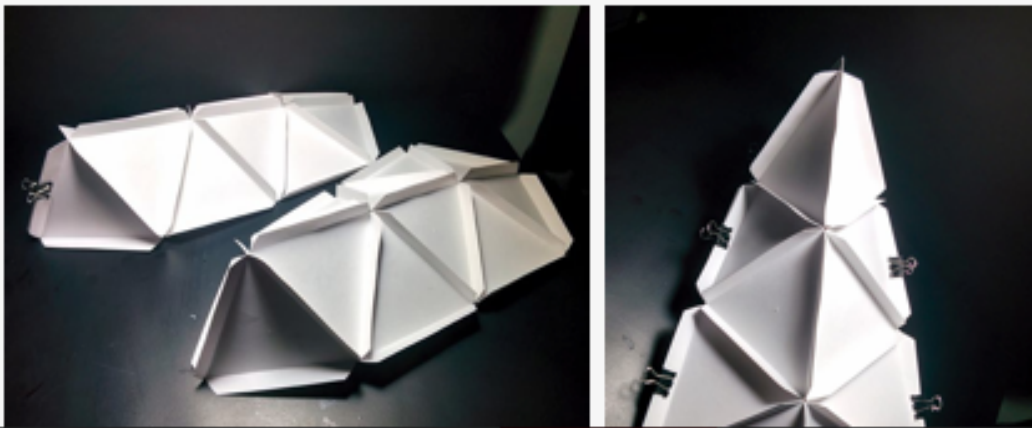
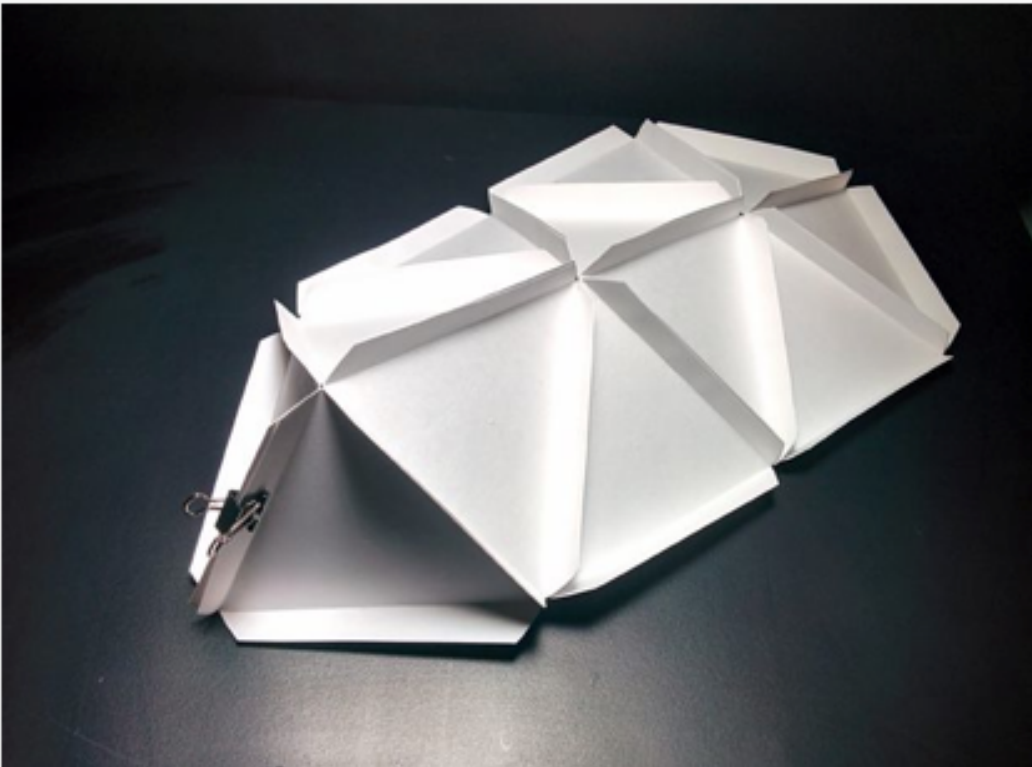
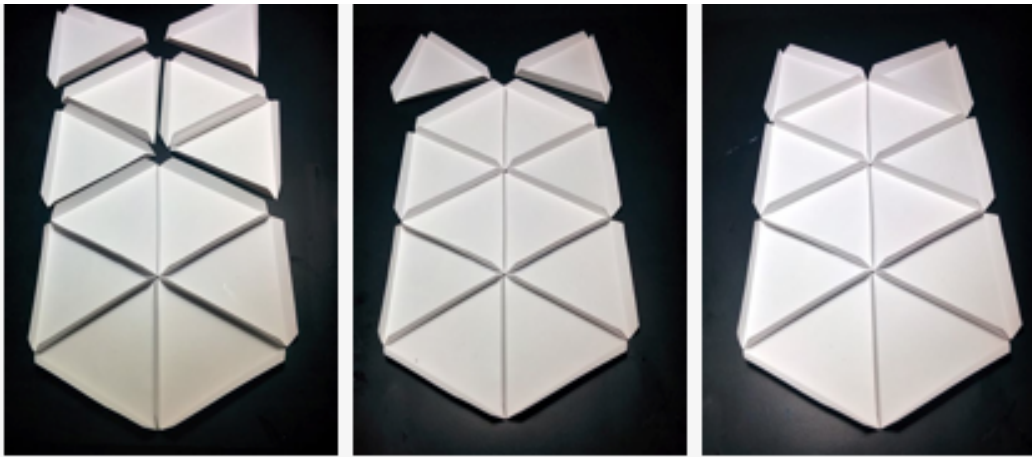


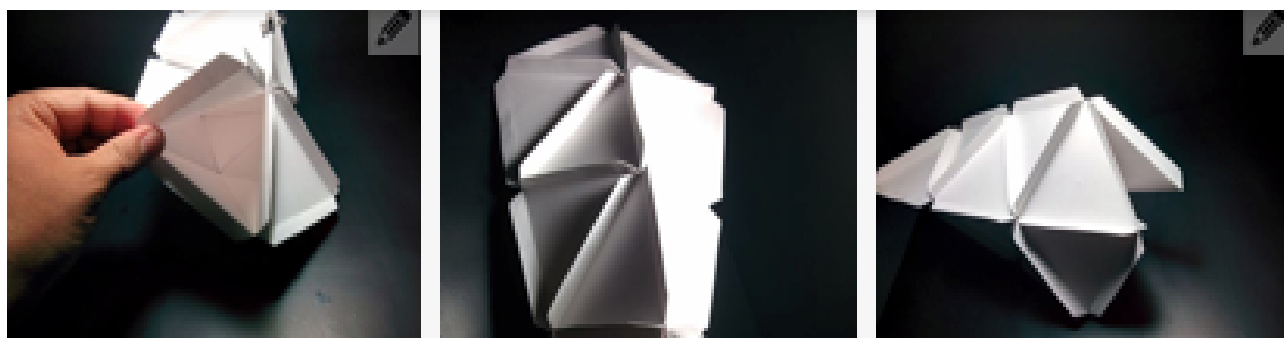






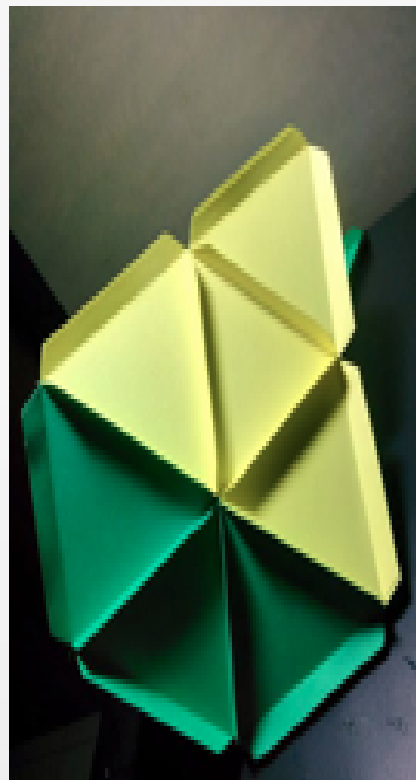
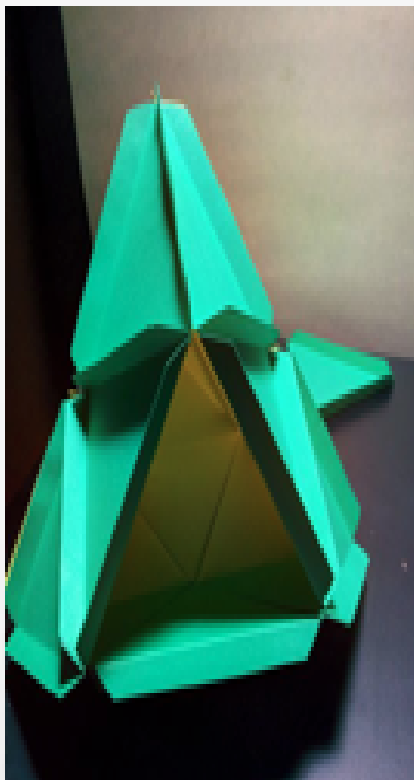
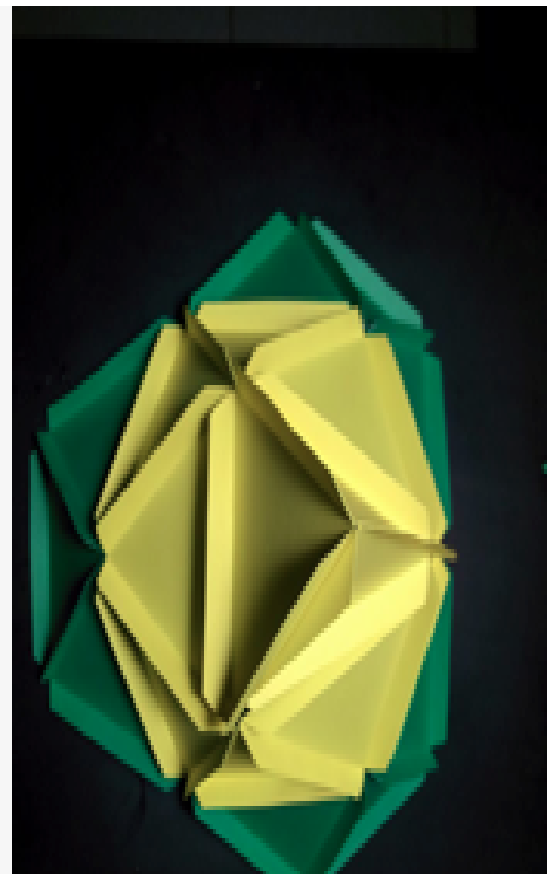
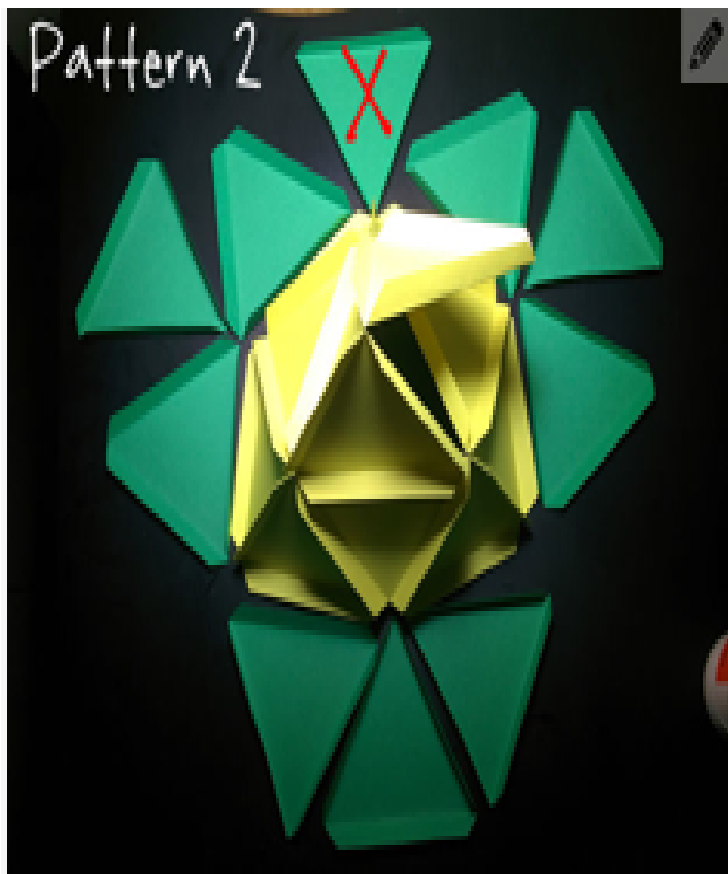












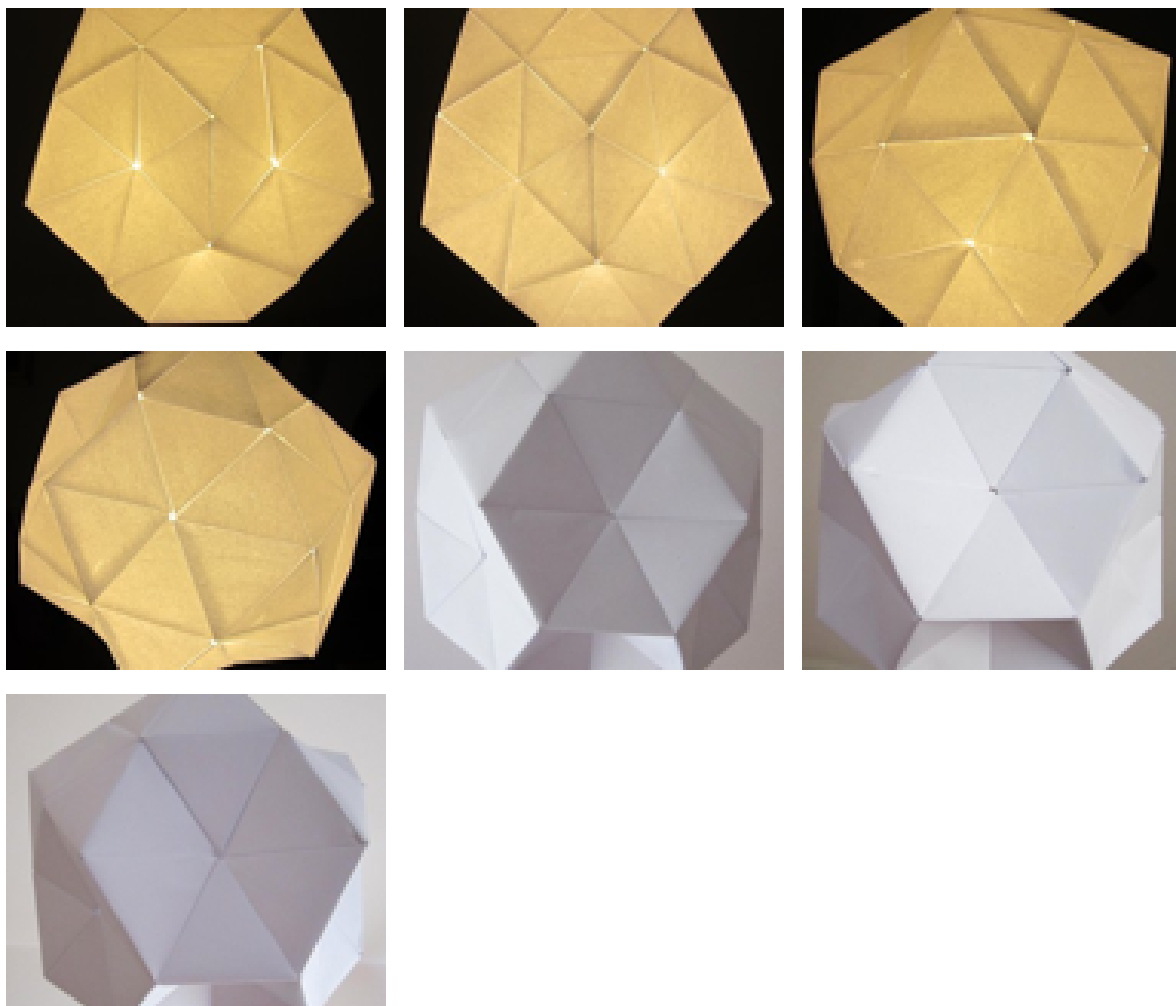
Great project! Thanks for the method and the ideas. I made my own version with inverted paper triangles, as I wanted to avoid dust deposits as much as possible. I didn't have a compass, so I used a cup and pencil to draw out the circles. Then I had a bit of a difficulty establishing the center, but after making the first one, I then just placed the punctured circle over each of the others and punched a whole through with a needle and this way I got all paper circles "centered".

Also, I had no clips to hold the pieces in place, so I just used superglue directly. It didn't come out perfectly, but I'm more than satisfied with the result.


The end result viewed from certain angles looks a bit skewed (as can be seen in some of the images) and that's because I used 5 paper triangles at the top and 5 at the bottom. By the time I figured out how it's gonna look it was already too late to add a sixth one. With six triangles it would look symmetrical from all angles.

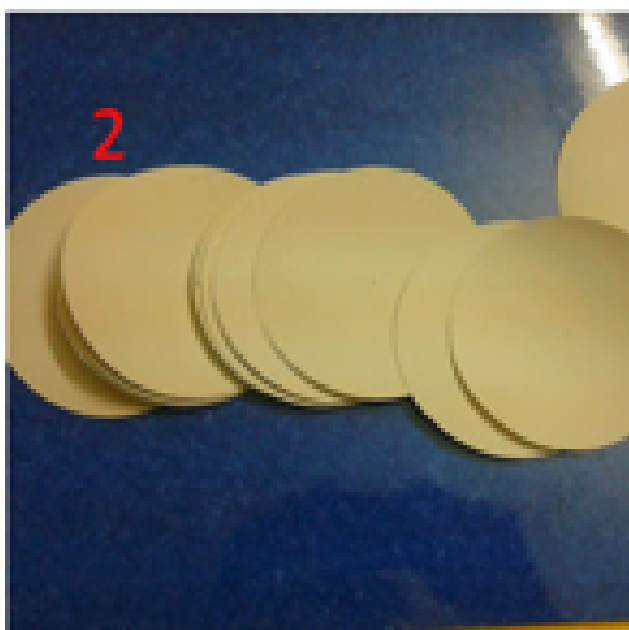
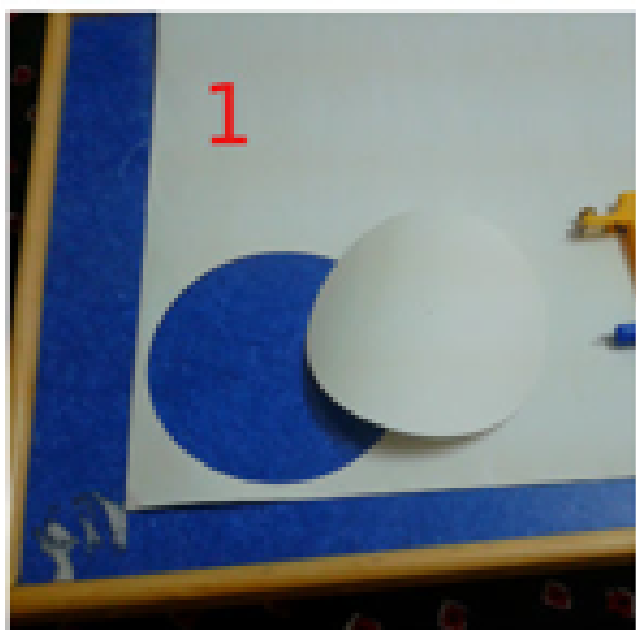
Again, thanks for the ideas!

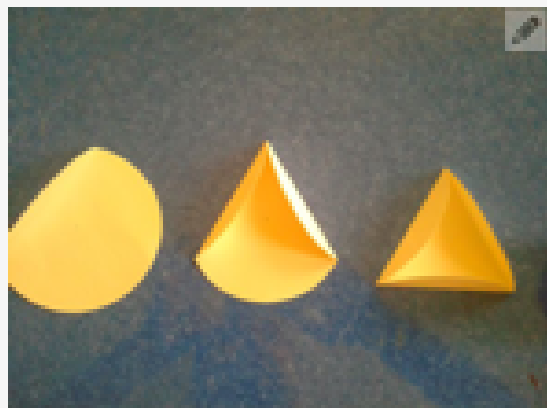
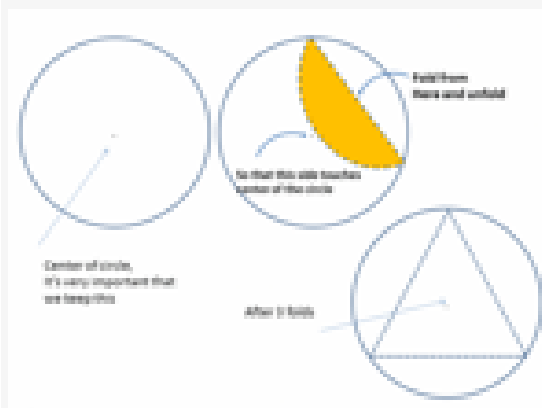
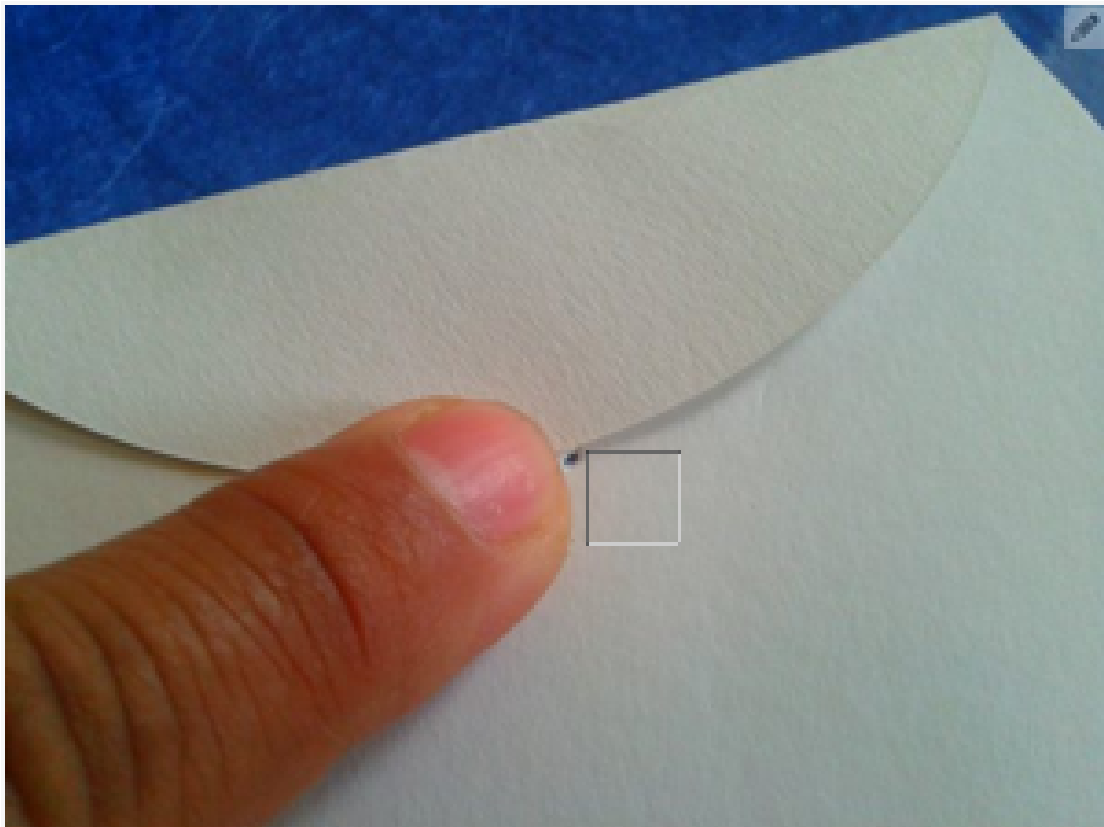
Raz

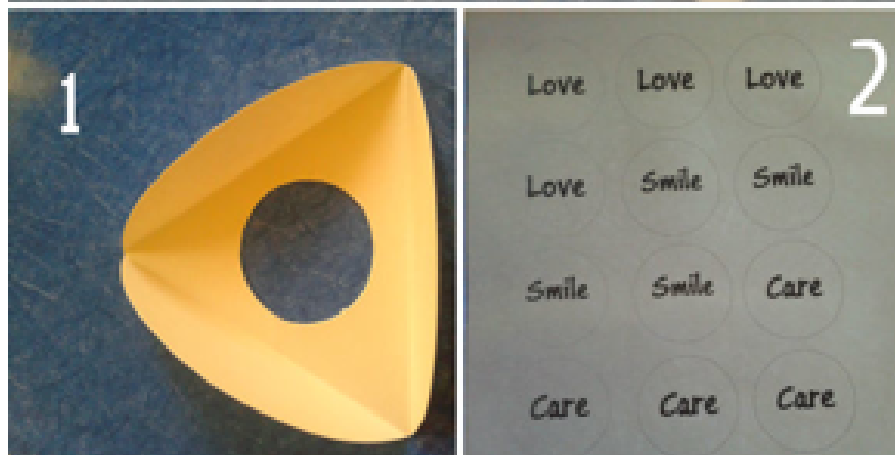


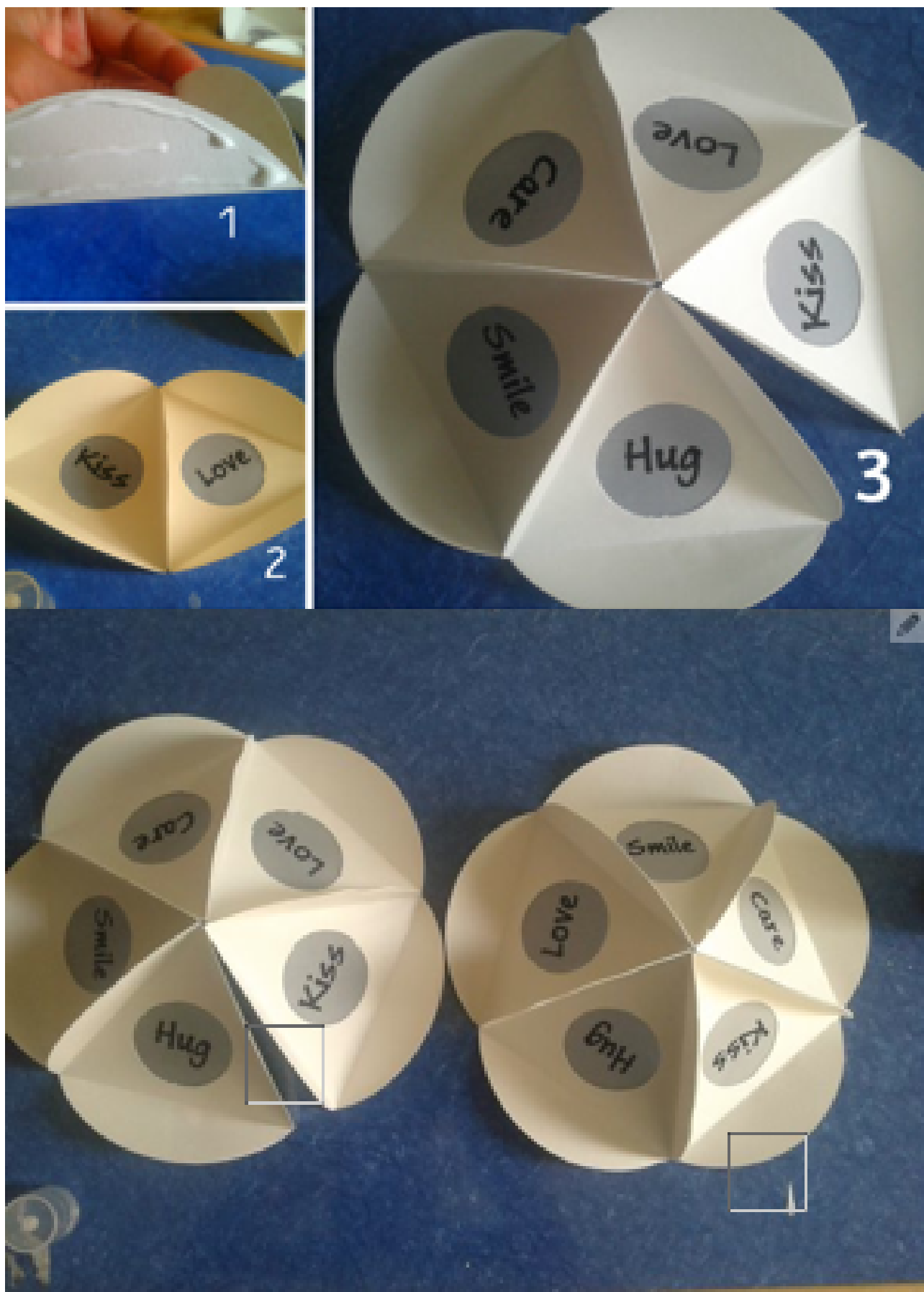
Modular Geometric

 <http://www.instructables.com/id/Modular-Goemetric-Paper-Lamps-5-designs/>

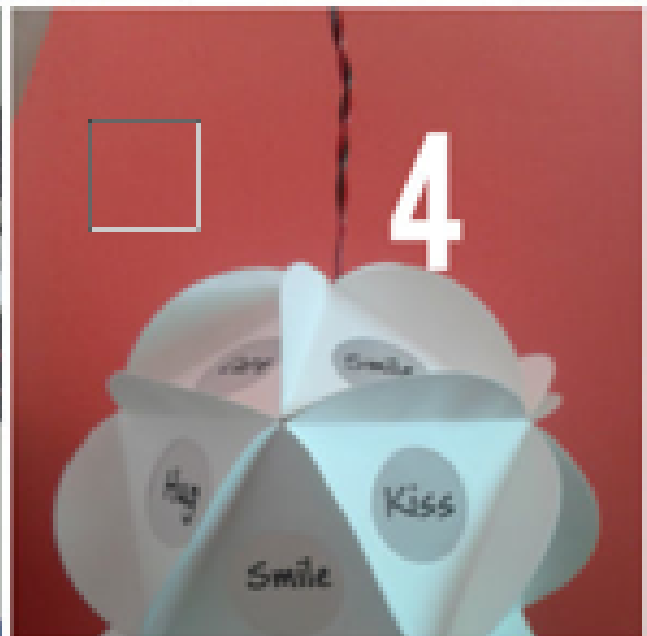










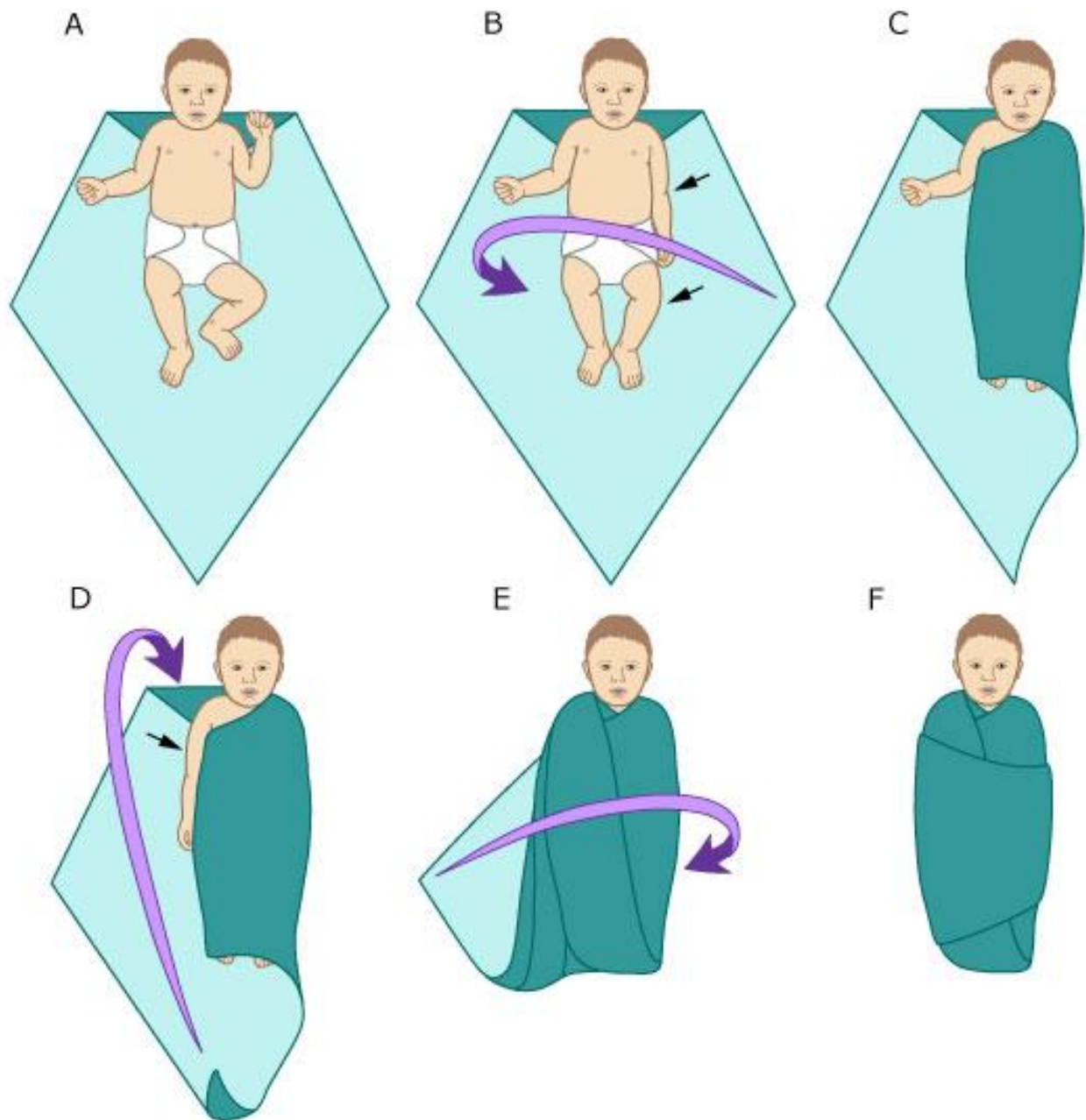


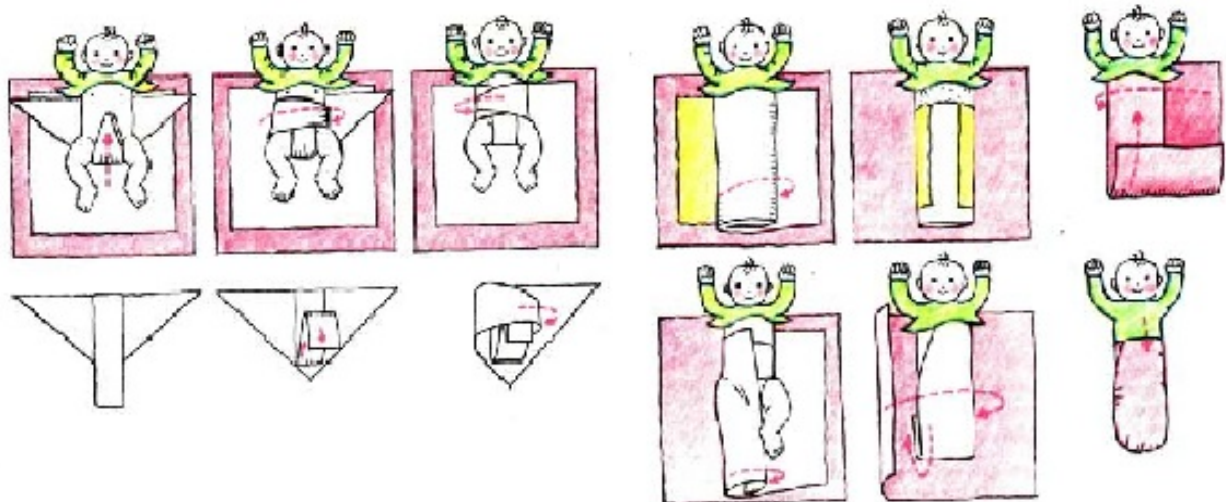
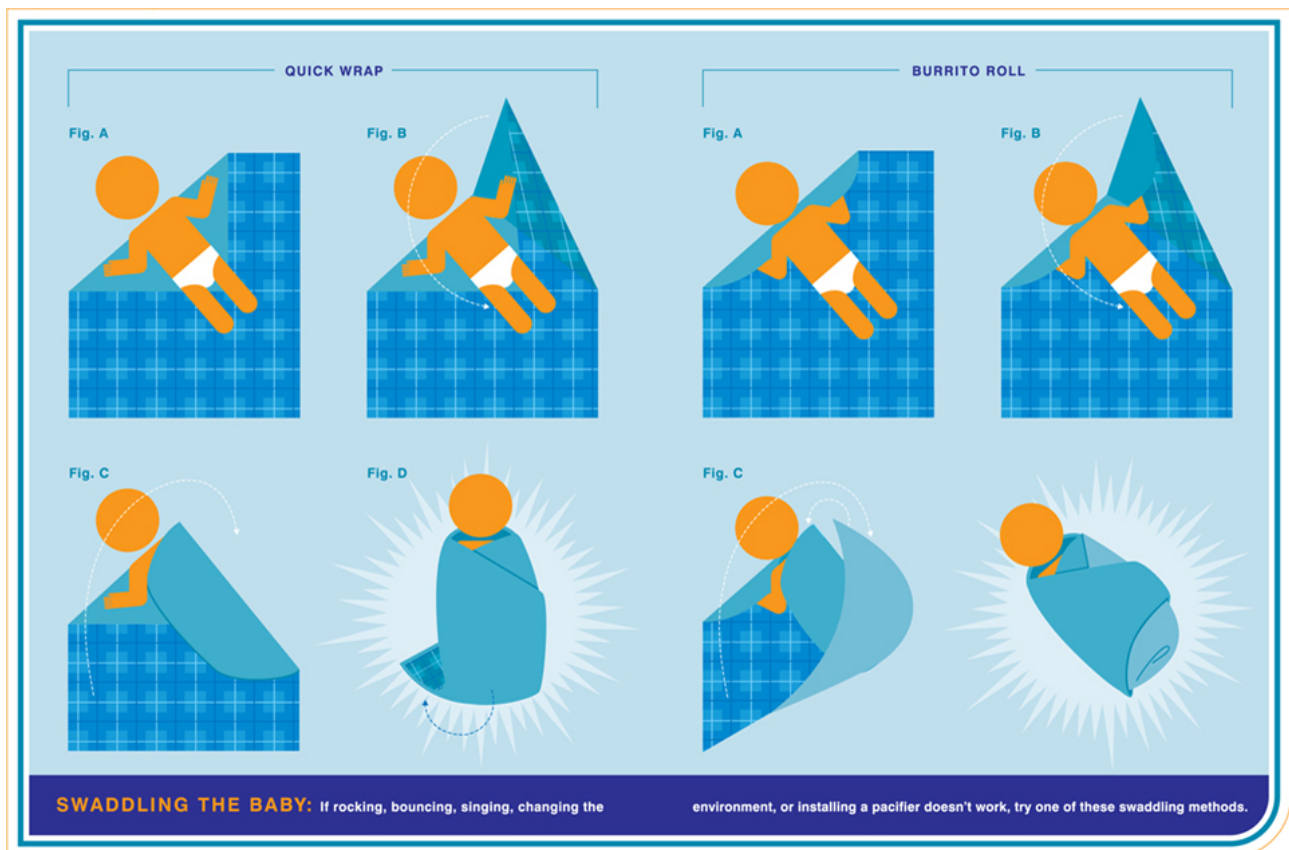


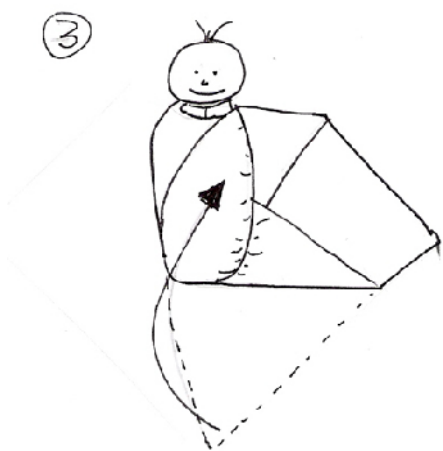
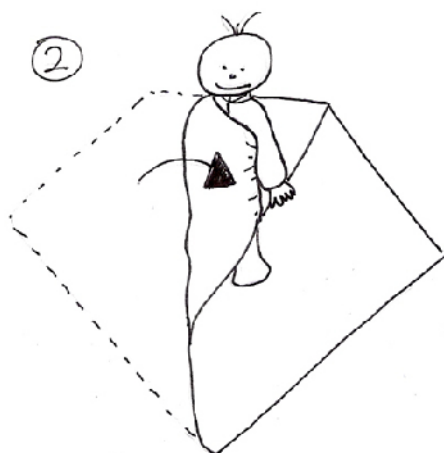
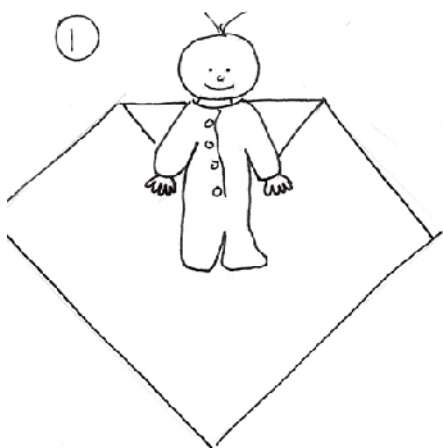




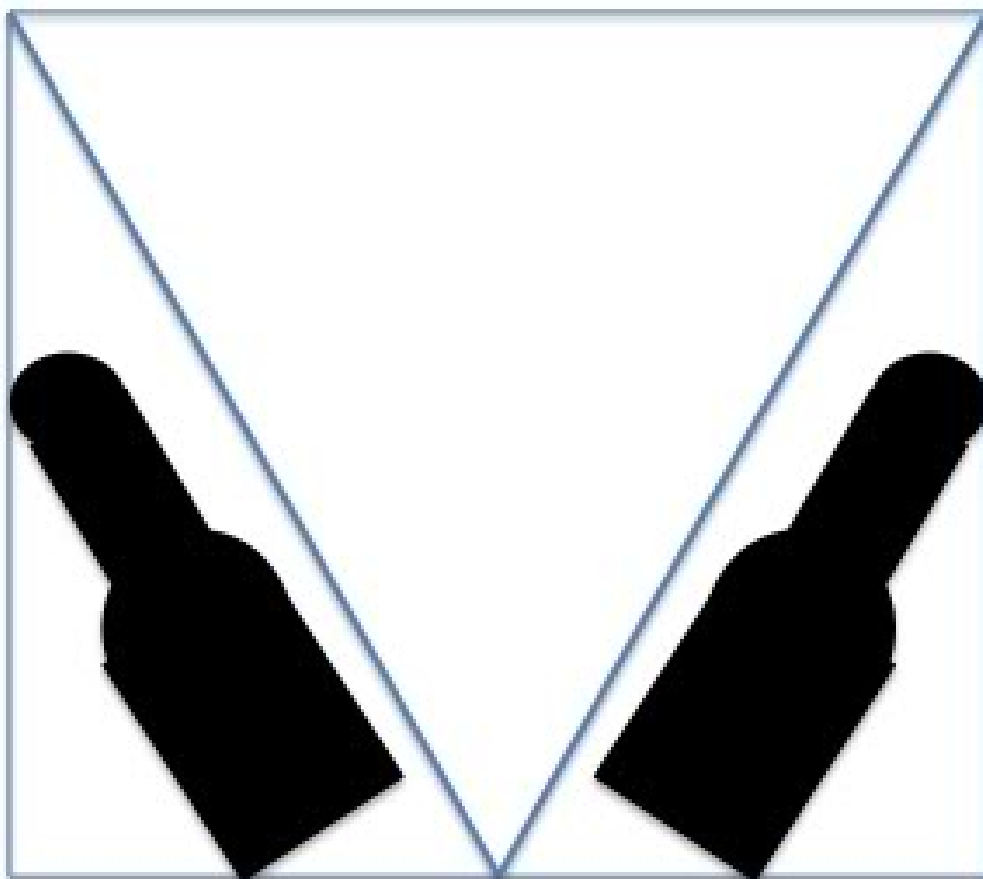












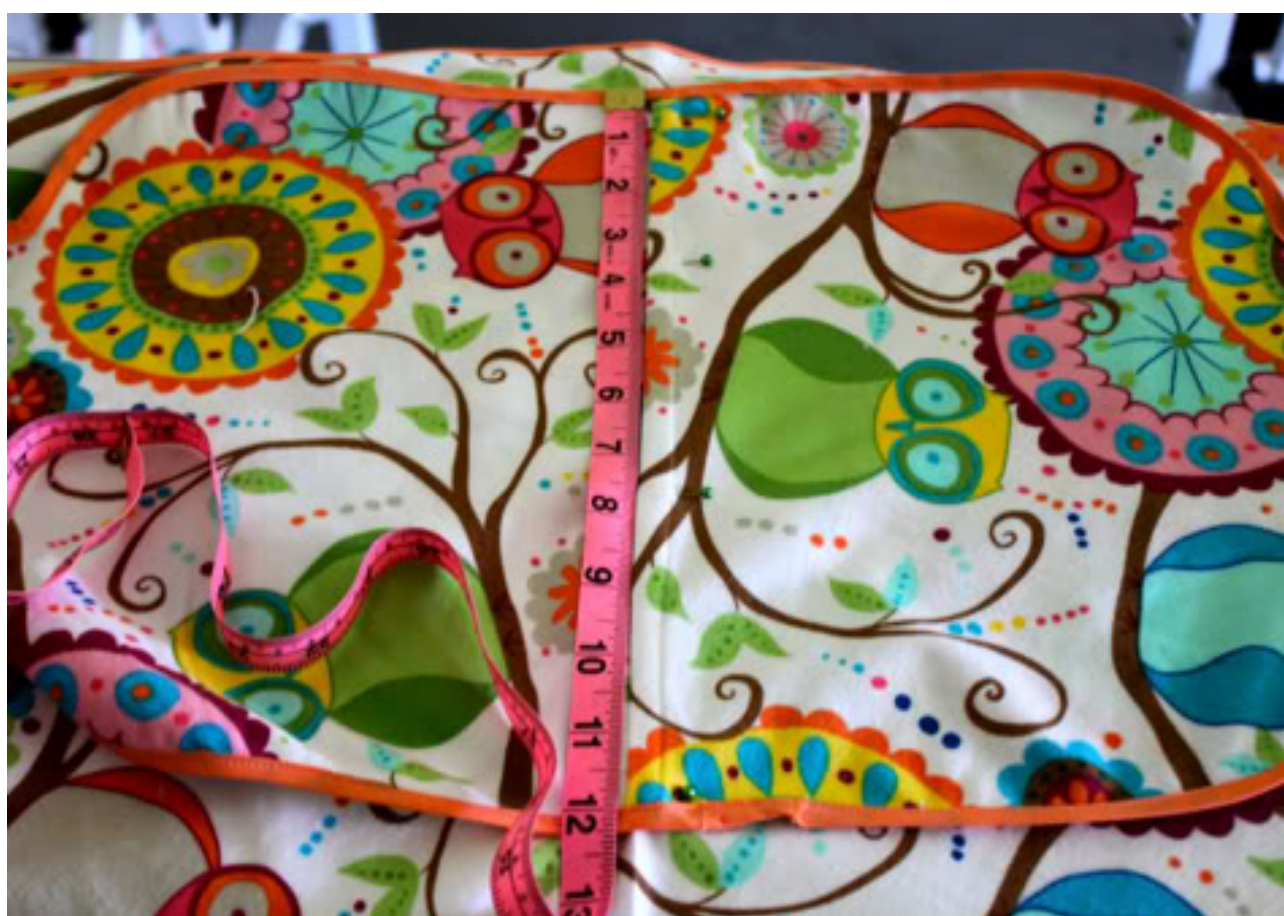
















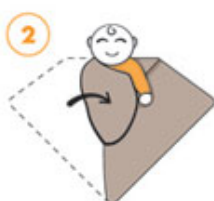








1
Spread the blanket on a flat surface in a diamond shape. Fold top corner down. Lay your baby gently on the folded side of the blanket. Baby's head should be above the blanket.



2
Hold your baby's right hand straight against his/her body and pull the right corner of the fold across your baby's chest and tuck the corner underneath her/his body, leaving the left hand out.



3
Pull up the bottom corner of the blanket over your baby's feet and tuck it behind his/her left shoulder.



4
Hold your baby's left hand straight against his/her body and wrap the remaining corner around your baby's body. Now tuck it in the fold on the front of his/her left shoulder.

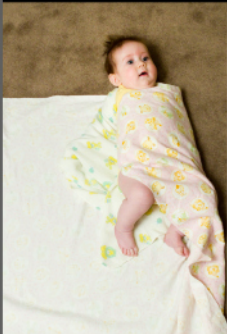


Instructions for Swaddling

swad•dle ('swädl) v. to wrap (someone, *especially a baby*) in garments or cloth.



Did you know? Swaddling is a basis for soothing. Start with the swaddle and then layer on additional soothing techniques. Immobilizing their arms actually helps them to develop better motor skill organization. Swaddling alone seems to result in a 28% reduction in crying! Your baby will sleep better and sleep longer if you put them to sleep while swaddled.



TheTouchOfLife.com



Step 1



Step 2

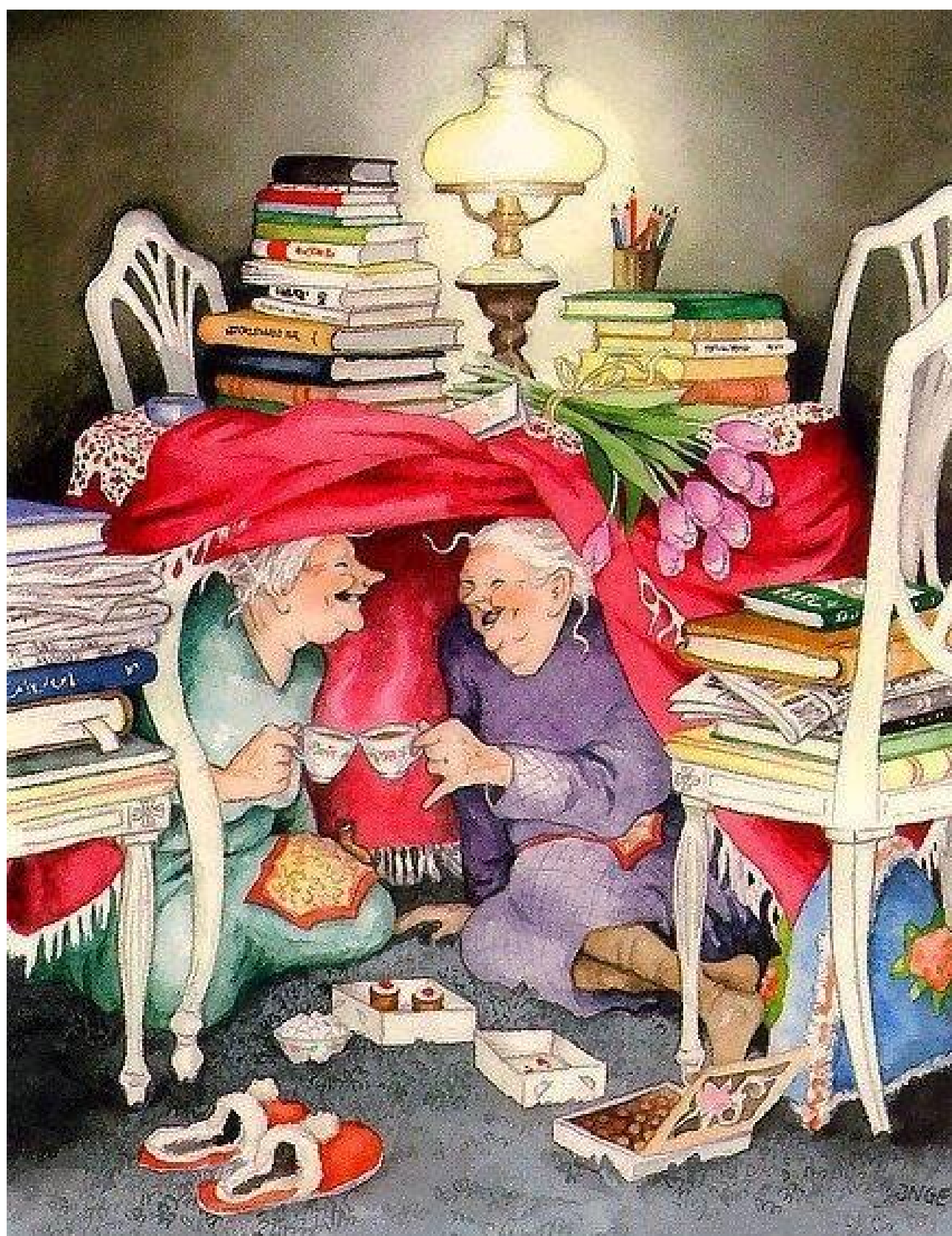


Step 3



ENJOY YOUR SLEEP





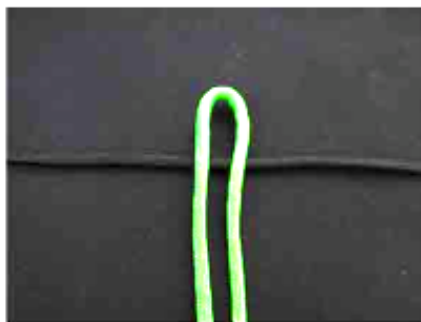


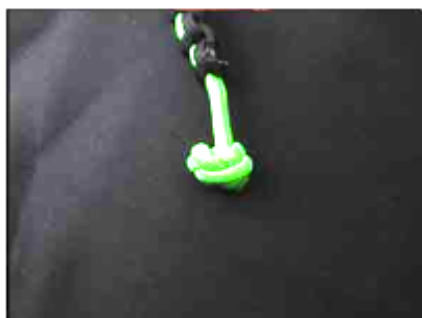
Sulla schiena o sopra il cuore: quello è il posto dell'amore!
Lì c'è pace, sicurezza e una grande morbidezza... (E. Balsamo)

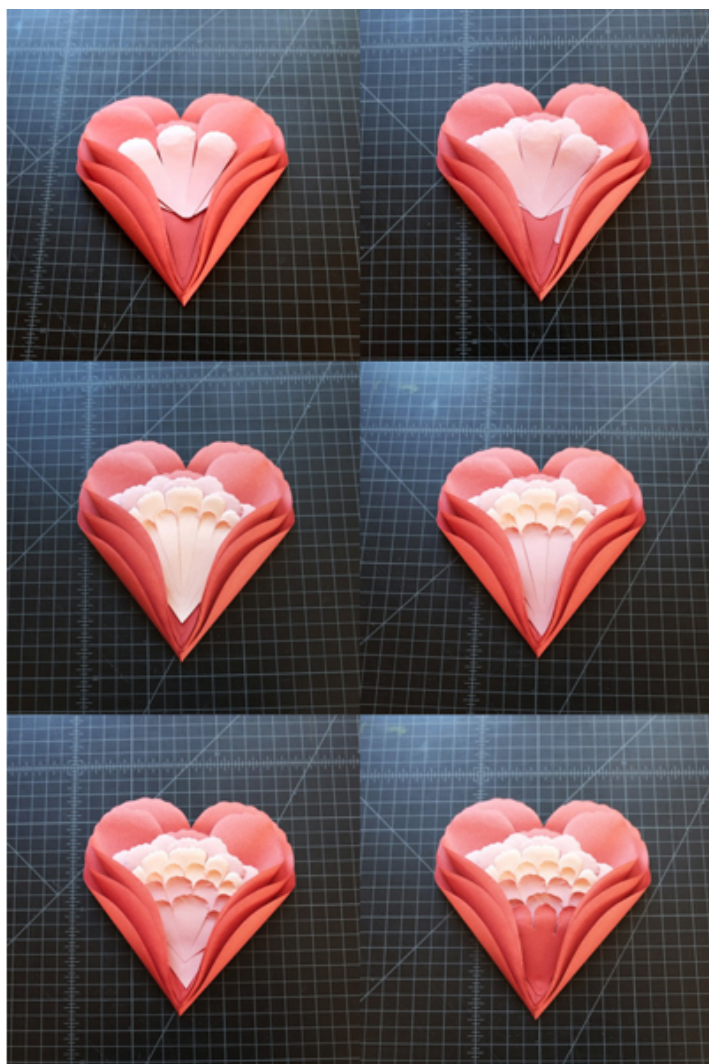


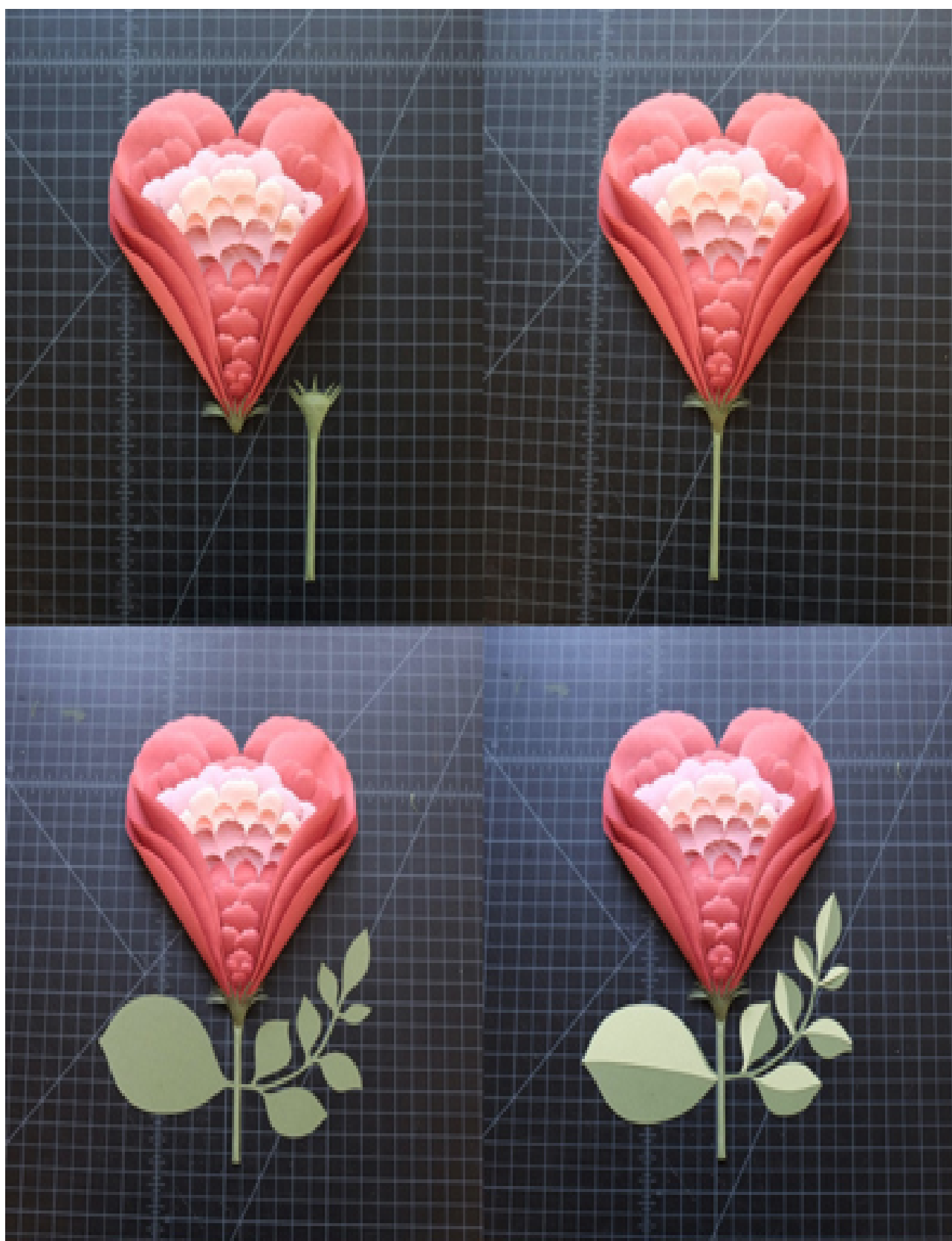


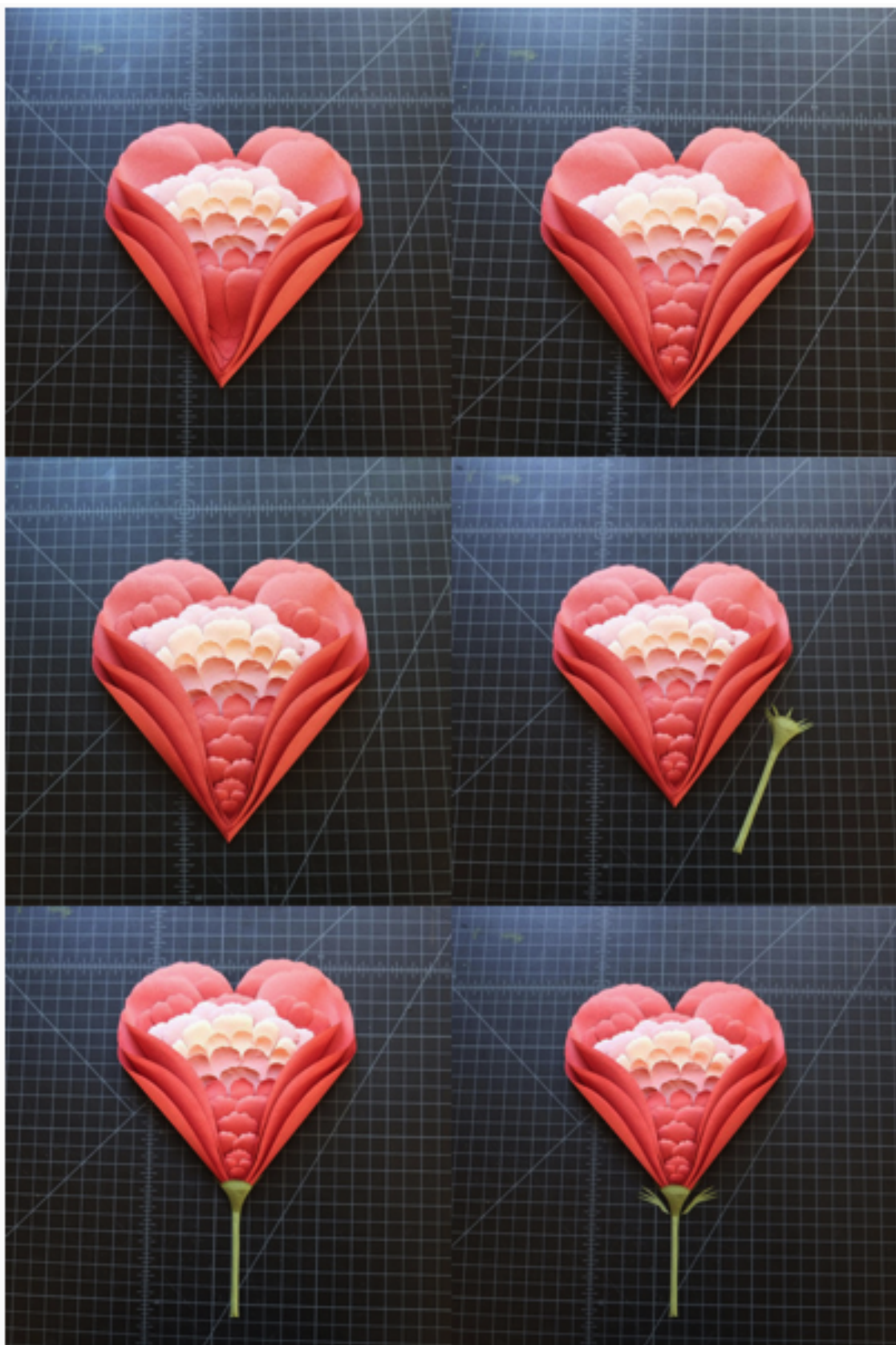
paracordguild.com



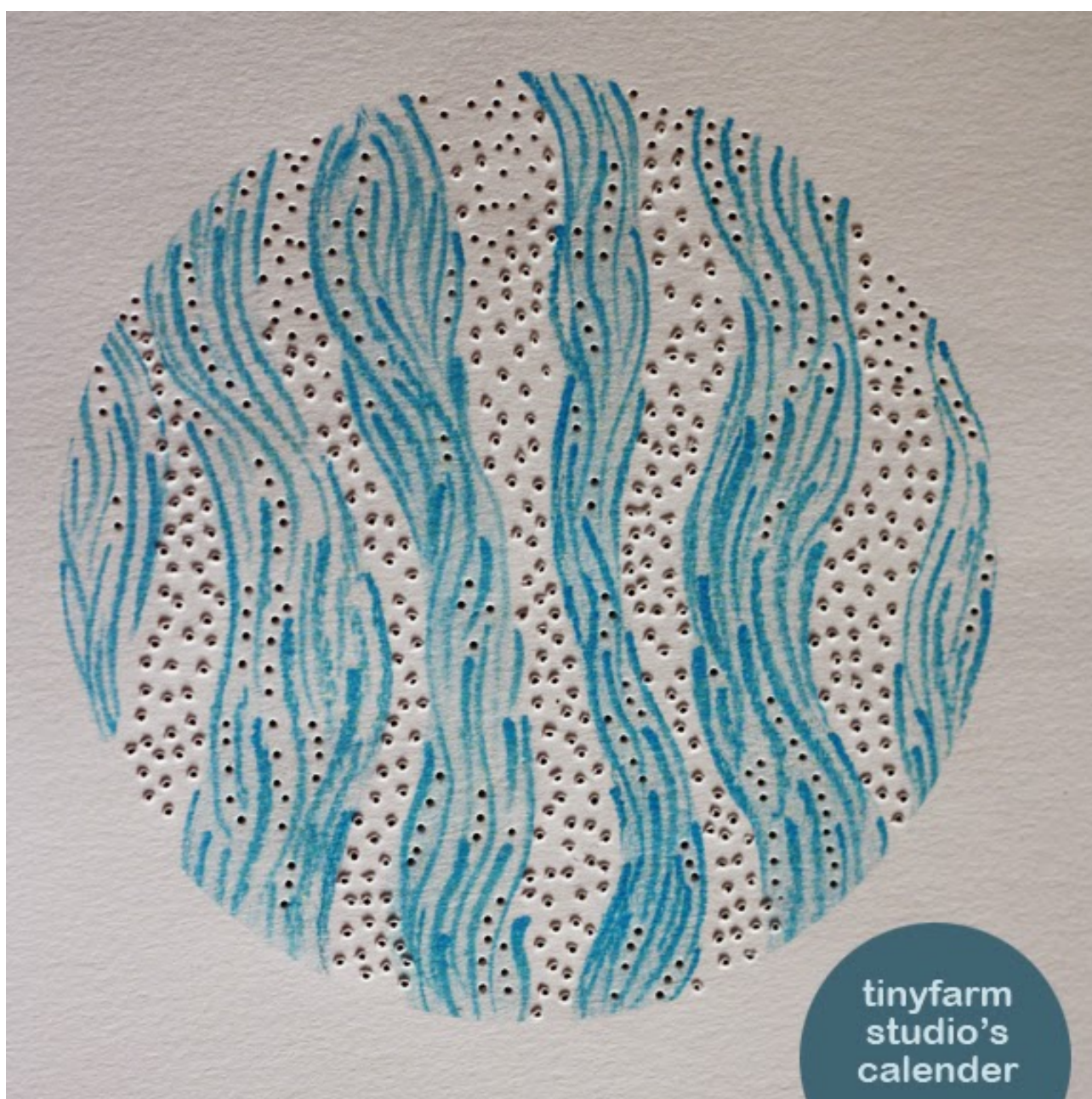




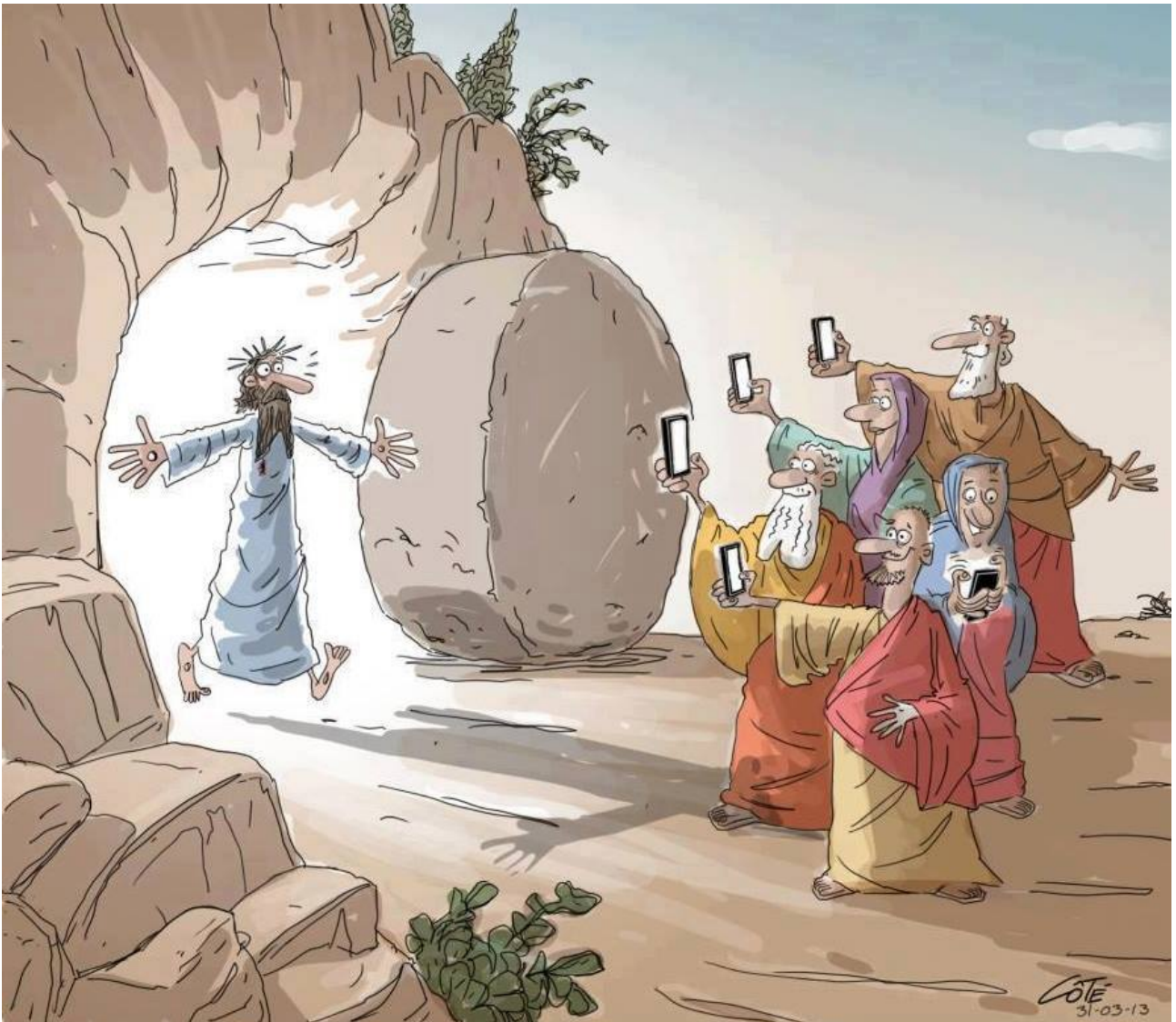






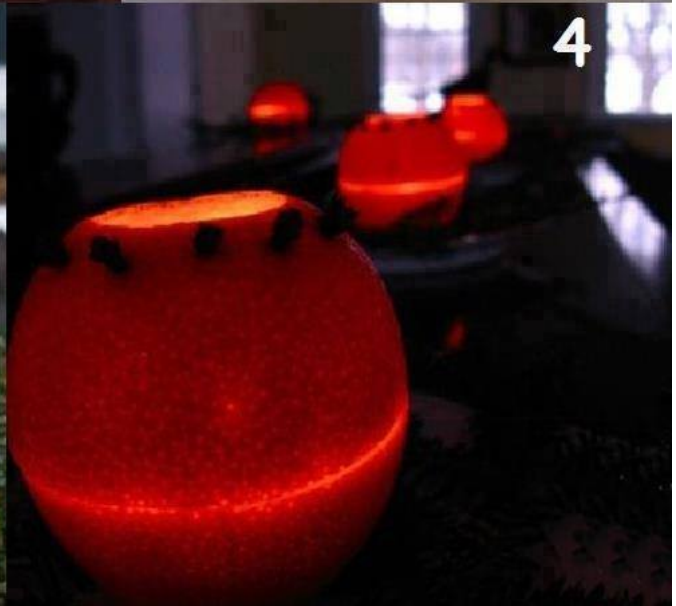
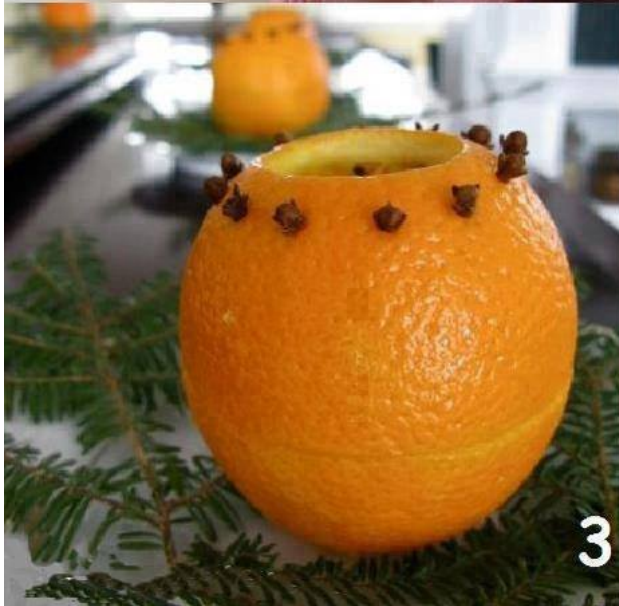
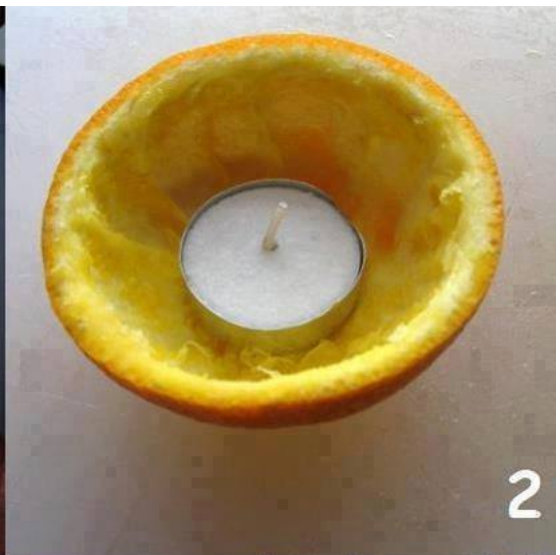














budino di miglio e carote



Ingredientes: (rinde 6 porciones)

200 gr de mijo pelado

1 pote de queso crema (200 gr)

100 gr de queso rallado

1 zanahoria

1 pimienta finamente picado (a elección, puede ser amarillo, rojo o verde)

2 cucharadas de mostaza en grano

1 cucharada de curry

sal a gusto

5 cucharadas de fécula de maíz

2 cucharadas de crema de leche

Preparación:

1. Lavar y hervir por 8' el mijo, colar y reservar.
2. Sofreír la mostaza en grano hasta que comience a saltar (a fuego bajo), retirar del fuego, destapar y echar el curry, revolver e incorporar la zanahoria picada y el pimienta junto con las dos cucharadas de crema de leche.
3. Tapar y llevar a fuego mínimo hasta que la zanahoria este blanda, mezclar con el queso rallado y agregarle el mijo, la fécula de maíz con el queso crema, mezclando muy bien.
4. Aceitar un molde alto (budinera, molde para pan, etc.), volcar la pasta y llevar a horno moderado por 40'.
5. Cuando se enfríe, desmoldar y decorar a gusto. Se puede servir frío o caliente.



