

Kuharica

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Supplement / Prilog

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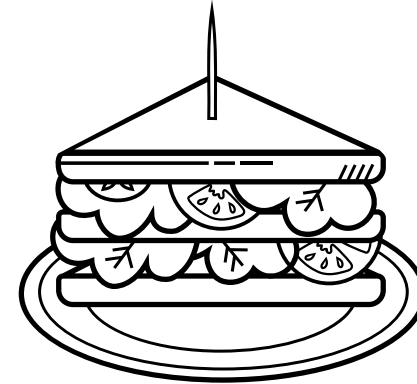
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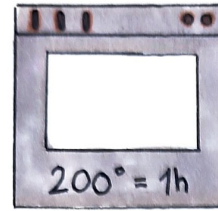
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Kuhanje je stvar kreativnosti i ljubavi prema hrani. Nema ispravnog ili pogrešnog načina – samo slijedi korake, igraj se s okusima i uživaj u svakom trenutku u kuhinji!

Ova kuharica je stvorena za sve one koji više vole slike nego riječi. Korak po korak, kroz jednostavne crteže, pripremit ćemo ukusne obroke s lakoćom i uživanjem. Kuhanje je za svakoga!

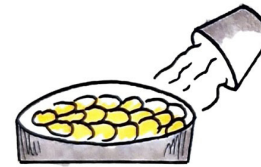
Autor i ilustrator: Sara Tolić



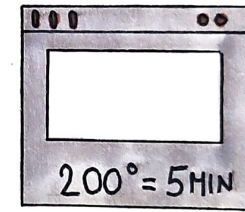
PEĆI SAT VREMENA
NA 200°



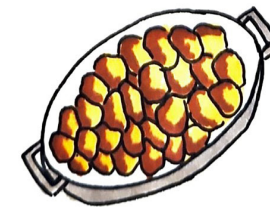
NAPRAVITI SMJESU OD
JAJA I KISELOG VRHNJA



MUSAKU ŽALITI
PRETHODNO NAPRAVLJENOM
SMJESOM



PEĆI JOŠ 5 MIN
NA 200°



POSLUŽITI



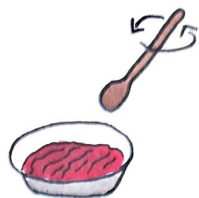
PRODINSTATI LUK I
ČEŠNJAK



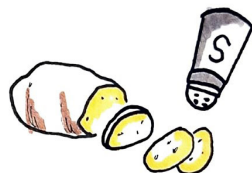
DODATI SOL, PAPAN I
MLJEVENU PAPRIKU



DRUGU POSUDU
PREMAZATI UJEM



DODATI MLJEVENO MESO I
DINSTATI 10-15 MIN



NAREŽATI KRUMPIR NA
PLOŠKE I POSOLITI



U POSUDU SLOŽITI RED
KRUMPIRA PA RED MLJEVENOG
MESA. ZADNJI RED MORAJU
BITI KRUMPIRI.

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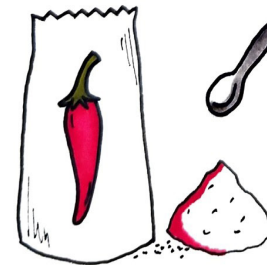


1

KISELO VRHNJE



SOL I PAPAN



MLJEVENA PAPIKA



500 g MLJEVENO MESO



10 x KRUMPIR



1 GLAVICA LUKA



1 ČEŠNJAK



2 x JAJE



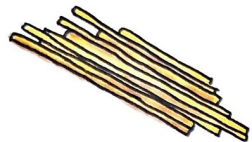
1 ULJE

ŠPAGETI S KOZICAMA



500 mL

KONCENTRAT
OD RAJČICE



200 g

ŠPAGETI



2 x

MASLINOVO
ULJE



200 g

OČIŠĆENIH
KOZICA



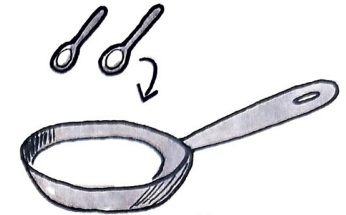
50 mL

BIJELO
VINO

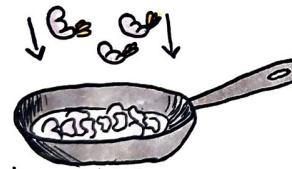
MUSAKA



KUHATI 15 MIN
u KIPUĆOJ VODI



UGRIJATI 2 ŽLICE ULJA
NA LAGANOJ VATRI



PEČI OČIŠĆENE
KOŽICE 5 MIN



DODATI VINO I KONCENTRAT
I NASTAVITI MIJEŠATI



PROCIJEDITI
ŠPAGETE



POSLUŽITI



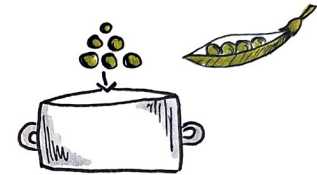
LUK, MRKVU I KRUMPIR
NAREZATI NA SITNO



LUK I MRKVU STAVITI I
DINSTATI NA LAGANOJ VATRI



NAKON DINSTANJA DODATI
KRUMPIR I LOVOROV LIST



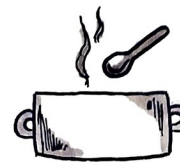
NA KRAJU DODATI
GRAŠAK



ZAČINITI PO ŽELJI I
DINSTATI JOŠ 5 MIN



DODATI VODE TOLIKO DA
PREKRIJE SVE ŠTO JE U LANCU



DODATI ŽLICICU BRASNA
I KUHATI 30-40 MIN



POSLUŽITI

ĆORAVI GULAŠ



2x ULJE



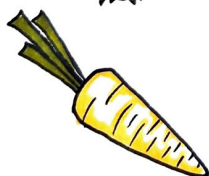
2x GLAVICA LUKA



1 LOVOROV LIST



1 ČEŠNJAK



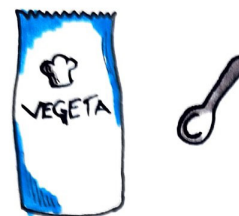
3x MRKVA



400g GRAŠAK



500g KRUMPIR



1 VEGETA



2x PERŠIN



2x BRAŠNO



SOL I PAPAN



ILUSTRIRANA KUHARICA ZA OSOBE S DISLEKSIJOM

