

Sabira Stahlberg

The heart of the cook



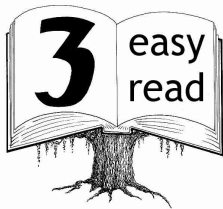
Lecti

book studio

**The heart beats faster,
when the cook is in the kitchen.**

**With pans and pots aromas
and tastes are created.
Yet not always one succeeds
in the kitchen or in life...**

**A book about discoveries,
experiences and enjoyment.**



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Potato

Fried potato, boiled potato,
mashed potato, potato chips...
Potato and sausage is a classic.

The phantom likes oven potato most.
When I make it, the dish is always tasty.

Oven potato is easy to make.
I put a few drops of soy sauce or
only salt or a spice.

If I heat the oven tray with oil in advance,
the potatoes become more crispy.

I put the tray or the form into the oven
and forget about it, until the potatoes
have become golden and soft.

After that I only need oven gloves,
a pot coaster and something
nice to eat with the potatoes.

Everybody I know has a favourite:

“Potato is best in hash.”

“Mashed potato, any time!”

“Filled potatoes in the oven.”

“Potatoes and tomato sauce or garlic,
like tapas, as a starter.”

“Potato patties with cheese.”

“Potato soup with leek.”

An important question is if
the small tubers should be peeled.

“Use a peeling machine”,
suggests Dad, who likes gadgets.
I borrow a machine.

The first time I scrub the kitchen tiles.
The second time our kitchen
gets a new wallpaper of potato peel.

I decide to go back using
a normal knife again.

Potatoes saved Europe from starvation.
The good plant was cultivated for
thousands of years in South America

before the Spaniards arrived.

In the beginning people in Europe did not know how to use the potato. They took the flowers for decoration and tried to eat the fruits.

When the weather turned colder because of climate change, it became difficult to grow grains. Still the potato flourished.

One small potato gave many new ones, and they had more calories than grains. The economy grew and the death toll due to starvation and ill health was reduced in all Europe.

We could say that the potato supported the Industrial Revolution.

Yet in Russia there was a rebellion, when the State introduced potatoes. The people were used to grains and bread.

I take out the tray with hot oven potato
and put it on the table.

“The potato has charm”, Grandfather says.
He cannot live without potatoes.

“You immediately know,
if you like it or not.”

“Certainly you don’t take
green potatoes”, I say.

“The potatoes have to look fresh
and nice, but I can’t see any charm.”

“It is the first glance,
which means everything”,
Grandfather says and winks at me.