

Anna Netrebko

Soprano, Russia

Ok, it is not so easy to imagine an opera star like Anna Netrebko standing in the kitchen. But wait until you have seen her in action! Every move seems to be automatic, the technique is solid, and the dishes she prepares can certainly take care of your appetite. Once learned, never forgotten: already as a little girl the soprano from Krasnodar helped her mother cooking. Later on she invented her own dishes – pasta with butter, sour cream and sugar. Netrebko loves to cook, and to eat – simple dishes for herself, lavish ones for her family and friends. Once in a while she also puts traditional meals on the table: “Grandmother’s Borschtsch is one of my favourites – it tastes sooo good”, raves Netrebko. “I cook it five to ten times per year, because it reminds me so much of my childhood”, says the popular singer.

Things I would never eat:

I would even eat men, if they were well prepared! (laughs)

When I have munchies I eat:

Nothing is safe from me!

Items I always keep in my fridge:

Milk, eggs, tomatoes, fruit, red and white wine, cheese, cherry yoghurt, fresh fish.

People I’d love to invite to dinner:

My best friends, because I do not see them enough.

My motto:

The diet starts tomorrow!



Borschtsch

Russian red beet soup

Serves 6–8



INGREDIENTS

200 g (7 oz) boneless beef
 1–2 red beets, 2 large carrots
 2–3 large potatoes, 1 white onion
 ½ white cabbage, 2 garlic cloves
 2 celery stalks
 ½–1 red/sweet paprika
 1 tbsp oil
 500 g (17½ oz) pureed tomatoes
 ½ lemon
 1 can of red beans
 Pumpernickel
 sour cream, parsley
 sugar, salt, pepper
 beef stock, optional

TIP

Serve with buckwheat blinis (Russian buckwheat pancakes) and caviar instead of Pumpernickel.

- 1 Put the meat in a stock pot and cover with water. Boil it until foam appears. Strain meat and add 3–4 liters (105½–140¾ fl oz) of hot water or meat stock. Simmer for about 1 hour.
- 2 Cut the beets, onion, garlic, carrots, celery stalks and sweet paprika into thin slices. Heat oil in a pan and fry the vegetables thoroughly, then add the pureed tomatoes.
- 3 Add fried vegetables and thinly sliced white cabbage, beans and diced potatoes to the soup. Season to taste with salt and pepper. If you like, add some sugar and lemon juice. Simmer for another hour.
- 4 Cut the meat into cubes, serve in bowls with soup. Add a bit of sour cream on top. Sprinkle with chopped parsley. This dish is traditionally served with Pumpernickel.



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КРАСНОДАРСКИЙ БОРЩ

1) только с водкой!
ингредиенты:

1) говядье мясо на косточке (или без)
(можно курицу)

+ 2) картошка

+ 5) морковь

+ 3) капуста

6) свекла

4) сельдерей

+ 7) лук

+ 8) чеснок

+ 9) сладкий перец

+ 10) томатная паста

11) лимон

12) красная фасоль

13) петрушка

+ 14) сметана

+ 15) соль 16) сахар

Рецепт

1) отварить мясо на косточке.

2) нарезать картошку и бросить в бульон.

3) пока варится нарезать лук, морковь, свеклу, сельдерей, сладкий перец.

4) все положить на сковороду и тут-тут поджарить на масле (не оливковом!)

5) добавить в сковороду к овощам - томатной пасты и все немного тушить (минут 5-7)

6) Добавить чеснок, сахар (2-1 ложку) и соли!!

7) когда картошка в бульоне почти готова, опустить в кастрюлю все овощи.

8) варить еще минут 10, помешивая и добавив капусту (если есть), вареную фасоль, можно острого перца и лимона.

9) Добавить соль и сахар и лимон по вкусу!

не переварить!

подавать со сметаной! водкой,

хлебом

сверху посыпать свежей петрушкой.

на второй и третий день будет еще вкуснее!!

ПРИЯТНОГО АППЕТИТА.

Анна

Vienna – Anna Netrebko chops her ingredients with gusto – zack, zack, the carrots, zack, zack, the red beet, zack, zack, the paprika, whoop-dee-doo, everything into the pot. Then she adds the tomatoes, stirs, tastes, seasons, wonderful – simply Borschtsch!