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## Resumo:

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## conteúdo:

*Keftedes* são um tipo de bolinhos fritos gregos ou cipriotas. Eles são populares **paciencia spider online gratis jogar agora** todo o mundo, embora o ingrediente principal varie dependendo do local. Na Santorini, você encontra keftedes de tomate doce e ensolarado; **paciencia spider online gratis jogar agora** Sifnos, há keftedes de grão-de-bico fantásticos e semelhantes a faláfel. E no Chipre, eles são predominantemente baseados **paciencia spider online gratis jogar agora** carne, mas como nossa família agora inclui muitos vegetarianos, minha avó costuma fazer versões sem carne usando nosso ingrediente cipriota favorito como base - o halloumi. Esses agora são um item fixo **paciencia spider online gratis jogar agora** nossas vidas, e durante o verão ela adiciona grãos ralados de abobrinha para aliviá-los.

## Frittelinhos de abobrinha e halloumi com geleia de pimenta malagueta

Esses keftedes são fantásticos como parte de um meze ou prato maior - ótimo para caixas-almoço ou comida de festa, e particularmente gosto deles para café da manhã ou brunch. Os ovos não são essenciais, mas acho que eles elevam a refeição, enquanto a geleia doce e picante de malagueta complementa o salgado halloumi perfeitamente.

Preparo **20 min**

Cozinha **10 min**

Faz **12 (serve 4 )**

**2-3 abobrinhas** , raladas grossamente (500g)

**Sal marinho e pimenta do reino**

**50g farinha de trigo**

**1 colher de chá de fermento paciencia spider online gratis jogar agora pó**

**3 colheres de sopa de migalhas de pão**

**1 manquinho de cebolinha** , cortada e picada finamente

**½ manquinho de hortelã** , folhas picadas e picadas finamente

**1 bloco de halloumi** (aproximadamente 225g), ralado grossamente

**2 ovos grandes** , batidos (mais 4 extras se servindo com ovos escalfados)

**Azeite de oliva**, para fritar

**Geléia de pimenta** , para servir

Coloque os raladuras de abobrinha **paciencia spider online gratis jogar agora** um colador no lava-lo, misture-os com uma colher de chá de sal marinho e deixe por 10 minutos. Enquanto isso, coloque a farinha de trigo, o fermento **paciencia spider online gratis jogar agora** pó e as

migalhas de pão **paciencia spider online gratis jogar agora** um grande tigela, adicione pimenta do reino ao gosto e misture para combinar.

Quando as abobrinhas tiverem passado seus 10 minutos, esgote-as muito bem para remover o excesso de água, **paciencia spider online gratis jogar agora** seguida, transfira

## **Erro grave na campanha do Labour: tratamento dado a Diane Abbott é leading news**

Whether your view of Diane Abbott, or your view of Keir Starmer, there has plainly been a serious blunder in Labour's campaign when her treatment ends up leading the news coverage and splashed across most front pages. Quite apart from the bad look, Labour's big NHS day was blown away by a story on the fate of one MP.

### **O milagre de Starmer e a recuperação do Labour**

Starmer has pulled off the near-impossible in a remarkably short time: returning Labour to electability after its worst crash in living memory. This miraculous recovery has required unflinching severity in dealing with antisemitism and a resolute "Labour has changed" message after Jeremy Corbyn's leadership. It was risky to expel the former leader – but he was extraordinarily lucky that Corbyn, with characteristic obstinacy, chose to rule himself out by refusing to accept the overall verdict of the independent Equality and Human Rights Commission (EHRC). Had he accepted its judgment and offered a sufficient apology, he would probably still be a thorn-in-the-side Labour MP. If he wins as an independent, that's a very minor embarrassment as Labour sweeps to power.

### **O caso de Diane Abbott: apologia e investigação**

Diane Abbott, a longtime Corbynite, did rapidly apologise last year for writing a letter to the Observer comparing Jewish people's experience of racism with prejudice against gingers, then accepted the public embarrassment and completed a two-hour online antisemitism awareness course. There it should have ended, instead of 15 months of "investigation" by Labour high command. The Labour whip was restored to her this week, but she says she has been told that she cannot stand for Labour in the Hackney North constituency she has represented for 37 years.

### **A autoridade e a confiança de Starmer **paciencia spider online gratis jogar agora** questão**

Starmer appearing on TV, denying it was up to him and giving no reason for the interminable delay, lacked honesty – and it showed. Of course he's in charge. He should have stepped in immediately and let her candidacy be announced, end of story, moving on to what matters: chasing out these Tory degenerates. Until now, he has brooked no diversions from the business of winning, which from his first day has been his prime purpose.

### **A importância de Diane Abbott como "trailblazer"**

Abbott is a "trailblazer", Starmer has said. For many young black women, Abbott's story is indeed that of a trailblazer, the word Sadiq Khan also uses in praise of her. While on the fence over her candidacy, he recalls how seeing her in 1987 "made a huge impact on me". It's easy now to forget how the arrival of a young black woman – struggling always as the only black girl in her grammar school, the only one in her Cambridge cohort – transformed possibilities for so many.

## **A mistreatment de Abbott e as consequências para o Labour**

She pays the price in never-ending disgusting abuse, as when the biggest Tory donor said she "should be shot", without Rishi Sunak casting him off. MPs do get murdered. That alone is a reason why Labour should stand by her. Acknowledging her iconic role in the party's history, and forcing the Tories to diversify too, is far more important than some of her jarring views.

### **Conclusão: reconsiderar a decisão e manter a unidade do partido**

It's a fast-moving story. Perhaps Labour campaign leaders will come to their senses, Starmer will see how petty this looks against the epic importance of this election and Abbott will be reinstated. Once Labour is in power, losing support from liberal-left and green-inclined voters will be an increasing threat. Beware of alienating them pointlessly.

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#### **Informações do documento:**

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