

The Zodiac Cooks - Recipes from the Celestial Kitchen of Life, Part 1

by Penny Thornton



Why does an astrologer suddenly write a cook book? Well, it's not that sudden nor so exceptional. Back in the late Seventies, about the same time as I signed up to study with the *Faculty of Astrological Studies*, I was learning the rudimentary art of cooking from my then husband, Michael, who had been a sous-chef at London's Dorchester Hotel. Let us be clear, however, I am not a *Cordon Bleu* cook. I earned my culinary spurs in the kitchens of my own homes over many years, delivering meals to fussy toddlers, reluctant relatives and rebellious teenagers. I might never have thought of taking my gastronomic passions any further had it not been for an invitation to join the television *Food Network* in New York. [...]

The relationship between astrology and food is not a new concept: it is based on the ancient belief that all things in the universe are connected. Hundreds of years ago, alchemists – the scientists of their day – respected the divine connection between the planets and signs and nature and created tables of correlations to which astrologers still refer. Even today you can find *Culpeper's Herbal* on the bookshelves of books stores, which provides the planetary rulers for various herbs, fruits and plants. To the astrologers of the Middle Ages, animals, birds, fish, plants – anything in fact that lived and breathed – were 'ruled' by a planet or sign. As above; so

below. There was a time to sow, a time to reap, a time to pluck your chickens, husband your animals and to get a husband!

The extracts below are taken from different sections of the book. There are twelve chapters (obviously) but each is broken into four sections: 1) a general exploration of the sign through the kitchen behaviour, 2) table decor, 3) kitchen style and 4) food issues. Each chapter has a dinner menu consisting of a starter, main and dessert course, and ten other recipes.

Enjoy!

FIRE

Devils on Horseback - Sagittarius

Picture the Magi, those three wise men, making their way from Persia to Bethlehem. They would have travelled along The Silk Road – the trading route that stretched from China and Mongolia, across Afghanistan, Uzbekistan and Turkmenistan, and through Tibet and India to the countries bordering the Mediterranean.

On their journey our astrologer kings would have encountered many groups of nomads travelling with caravans of camels, horses and mules, all bearing precious commodities from silk and jade to gunpowder and spices. They would have shared the route with merchants and traders, pilgrims, monks and soldiers. They might have rested and broken bread with their fellow travellers, spent their nights in yurts and exchanged stories and shared philosophies under the canopy of the stars.

Now what, you may ask, does this have to do with Sagittarius?

Fiery Sagittarius, ruled by kingly Jupiter, is the globetrotter of the zodiac, the seeker of wisdom, the purveyor of religious understanding, and the great philosopher. Sagittarius also has a taste for the expensive and the exotic.

The nomadic existence is perfectly suited to the Sagittarian temperament. It is a lifestyle that involves travel, rarely, if ever, putting down roots and settling down, and experiencing different cultures and creeds. But the connections between Sagittarius and the nomadic life do not stop there. The foods eaten by nomads are ideal for the Sagittarian palate and conducive to this sign's wellbeing.

The nomads that traversed the old Silk Road would have brought grains and cured meats and dried fruits with them. Barley and wheat would have been ground into flour, mixed with water and placed on hot rocks or baked deep in the earth under burning branches to make bread. They would have made cheese from the milk of the goats and sheep that travelled with them and eaten their meat when the time came or the need arose.

Sagittarians enjoy eating on the move and dining al fresco. They delight in foods from different parts of the world and throw themselves wholeheartedly into the customs of any country or group they happen to be dining with.

You'll find Sagittarians living in every corner of the globe but given their *druthers* they'd prefer to live in places where there are wide open spaces and certainly homes with a great view. If you could build a house (or a yurt) on top of the Grand Canyon, Sagittarius would move there. On the list of Sagittarian habitats you'll find highlands, hills, lofts and tree-houses, and it will be a rare celestial Archer who doesn't love to eat in a revolving restaurant at the top of the highest building in a city. And while we're on the subject of eateries the pop-up restaurant is the perfect Sagittarian invention. To this list of Archerly haunts you can also add libraries, amusement centres, adventure theme parks and airports. Oh, and, yes, that passenger who can't wait to find out what lies under the foil on his Dreamliner jet dinner tray is probably Sagittarius.

There may be a few members of this sign who are crippled by a fear of flying, but the majority are not only thrilled to be on their way somewhere else, preferably at the speed of sound, but who relish the experience of flight. The aeroplane may not have been conceived at the time the correlations between the planets and earth's flora and fauna were established, but Sagittarius' ruling planet, Jupiter, is associated with flight, or more specifically, birds.

Among the birds belonging to Sagittarius you will find pheasant, partridge and pigeon, and among the meats lamb, goat, venison and kangaroo. Large fish come under the patronage of Sagittarius, especially turbot, tuna, kingfish and Beluga sturgeon along with their precious cargo of roe - caviar. All fruits and seeds fall under the general heading of Sagittarius but it is particularly associated with sesame seeds, chestnuts and almonds, and gooseberries, apples, apricots and rhubarb. As far as vegetables and herbs go you can include leeks, turnips and endive and sage, dandelion, borage, chicory and Sweet Maudlin (English mace), also known as *Achillea Ageratum*.

The symbol for Sagittarius is the mythical centaur – half-man half-horse. The centaurs were a wild bunch of individuals, prone to drunken brawls and indulging in the pleasures of the senses, invariably to excess. Aside from an affinity with and love of horses Sagittarians often experience great difficulty in doing anything in moderation. These are not the dainty eaters of the zodiac; they attack food with gusto and, as we shall see in the section on health issues, frequently suffer in the process.

Not all centaurs were mad, bad and dangerous to know, however. One of their number, Chiron, was a healer and teacher. What we can discern from this little foray into myths and legends is that the task all Sagittarians face is to acquire self-discipline (master or tame their animal instincts) and so find harmony of mind, body and spirit.

What will also help in the understanding of this sign and its approach to food is that it has all the heat and passion of the fire element yet the dispersive, equivocal qualities of a Mutable sign.



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To Sagittarius food is an adventure – a journey of discovery, sensation and knowledge. The quest is all. Members of this sign will try anything at least once, and twice if there's a promise of something fantastic or noble at the end of it. My youngest son – Sagittarius Sun and Sagittarius rising – was the presenter of a documentary series, *Budget Backpacker*, which took him to the Philippines. There in a street market he was challenged to eat a century egg. This rank-smelling, fermented duck egg oozing a gelatinous green slime is considered a delicacy to some Asian foodies, but to a palate more used to fish- fingers and chips, it was something of an acquired taste. My adventurous Archer ate the whole egg before excusing himself and disappearing down a side-alley.

In keeping with their fiery, Mutable natures, Sagittarians tend to adopt causes and jump on hobby-horses – temporary passions that can be dropped as quickly as they were embraced. Your typical Archer will start off an omnivore, but along life's path he or she may abandon certain food groups only to re-acquire them at a later date. The

Vegetarian phase may last weeks, months or years, possibly morphing into Veganism, but eventually protein will be reclaimed as will other discarded food groups. (Sagittarians, by the way, tend to be keen animal protectors and dedicated guardians of the planet's limited resources.)

There are many distinguished chefs and food writers on Team Sagittarius – Bobby Flay, Marco Pierre White and René Redzepi among them. While virtually all celebrity chefs publish cookery books, only a handful excel as writers, and Redzepi – co-owner of Noma in Copenhagen (three planets in Sagittarius) – is one of them. The food writer, Calvin Trillin, (three planets in Sagittarius including Jupiter) is another.

Given that Jupiter is the biggest planet in the solar system, small is not beautiful in the world of Sagittarius. When Jupiter's people are in the kitchen they'll be making enough food to feed the five thousand and a great mess. And in the pursuit of the fabulous the washing-up will have to wait. The average Archer couldn't care less if a dish looks pretty: it's all about the taste. And if there's one sign guaranteed to produce full-on flavour it is Sagittarius.

I hate to bring this up, but it is my duty as your astrologer to alert you to one of Sagittarius' less admirable qualities: they can be frank to the point of rudeness and utterly thoughtless on occasion. As my Archerly friend, Kirsten, who we will meet again shortly, explained, having noted my crestfallen appearance as she enthused about her forthcoming dinner party to which I had not been invited, 'I would have asked you but they're all millionaires and I thought you'd be uncomfortable.'

Yet another unfortunate Sagittarian characteristic is clumsiness, which, as you will appreciate, can be a bit of a hazard in an environment where there is a lot of heat, sharp instruments and electronic gadgetry. In part this has to do with their love of speed but also because they attempt to accomplish too many tasks at once thus losing their focus and their balance.

In the spirit of adventure, the Sagittarian cook will throw a bunch of ingredients together – no measuring necessary, let the eyes do the cooking – and somehow, miraculously, a great-tasting dish will emerge. You may think this is down to having fortunate Jupiter as their ruling planet but the real reason is that Sagittarian cooks have an instinct as to what works together and which spices and herbs will bring the flavours alive - an instinct which has been honed by courageous forays into diverse foreign cuisines, and countless hours flipping through cookery books and magazines and watching food programmes.

I discovered this little gem of understanding by studying my friend, Kirsten – Sun Sagittarius, Gemini rising – as she beavered away in the kitchen of our rented villa in Majorca making dishes that ran the gamut from kedgeree to roast suckling pig, tomato bread to flan, tortillas to tapas. There never seemed to be a system to her cooking: ingredients were pulled out of containers and cupboards as they were needed and although there was a scary amount of pots on the go at any one time, she appeared to

know exactly when to remove one from the heat. Into these pots and pans flew pinches of this spice, sprinkles of that herb, and eventually a dish to die for would emerge. It was as though I were watching Sir Simon Rattle conduct Stravinsky's *Rite of Spring*. Out of the frenzy came something rather magical. It was pointless asking for the recipe – it changed every time – but I came across kitchen notes written on scraps of paper and stuffed into plastic files in one of the drawers as we were packing to leave.

Sagittarians do have systems: they're just not ones anyone else would recognize as systems, nor follow for that matter.

As in the kitchen so in life.

SAGITTARIUS RECIPE - Venison, chicken liver and Armagnac terrine

A Rack of Lamb - Aries

Kitchen Sense and Sensibility

Arians believe in first impressions. They like to make a splash and their decisions are based on their immediate reaction to a situation. No amount of coercion, no matter how long or how many ways they look at something, if they don't feel the love in the first place it is never going to work – a characteristic that is reflected in every aspect of their lives. Of course, it is one thing to recognize your kitchen leaves a lot to be desired, another to realize so does your spouse. Buyer's remorse is an occupational hazard for celestial Rams.

The Aries kitchen is a lively space. It has drama and heat. Given a big budget Arians will have a kitchen that is the talk of the neighbourhood and the size of the O2 arena, but even on a small budget it will say a lot about its owner's lofty aspirations. This sign is a genius at making tiny spaces look bigger, if only because there is no clutter to be seen. (Rachel Khoo, *My Little Paris Kitchen*, has Moon in Aries.) But note those important words: *no clutter to be seen*: behind those pristine cabinet doors will be stacks of kitchen gadgets, cake tins, jelly bag stands, fish kettles, boxes of quinoa, farro, spelt and amaranth, packets of exotic dried mushrooms, spices and pastes with unpronounceable names – tried once; never again – and all manner of gastronomic flotsam and jetsam. What the eye doesn't see the sensibilities cannot grieve about – a philosophy close to the heart of Mr and Ms Aries.

It is a no-brainer that Mars rules the stove. This is without question the most important feature in the kitchen. If it could stand on a plinth it would. And it should have as many burners as possible – twelve would be great; six at a pinch – and there should be two or more ovens, preferably wide enough and deep enough to cook a turkey and a rib of beef at the same time. And in a true Aries kitchen the stove should be red.

Since Aries loves the new and the different, the crisp and the clutter-free, contemporary kitchens are a top choice. Simple and clean with a focus on function. Equally popular, however, is the industrial-chic look. Aries is a masculine sign, which is why this style appeals to females as well as the males. A blend of warm woods and colourful window treatments will add glamour to the kitchen and prevent it from resembling a dull and disused factory floor. Arians need warmth, light and colour to thrive. This kitchen would typically feature an exposed brick wall, steel drop lights over an



island or an iron and wood industrial drafting table, and to complete the industrial-chic look decorative old factory machinery, such as working gears, and cabinets and drawers made of distressed wood. A perfect Aries colour scheme would be grey and white with splashes of red.

Arians may not be the great collectors of the zodiac but they do like unusual *objets d'art*. They are particularly fond of classical busts, which they like to drape in a college scarf or some other item of clothing that brings humour and originality into the kitchen space. Indeed, hats and headgear are beloved by this sign, and you may find the odd boater, fedora or baseball cap hanging from a door knob or resting on a picture frame.

And they almost always have an impressive array of knives on display.

Aries correlation with fire can have an entirely literal expression. Most Rams not only start fires with comparative ease, both by accident and design, but they love cooking on barbeques and using blow torches. There's nothing quite like the thrill of tipping the sauté pan into the flame and watching the contents flare up. Or watching the sugar melt into inviting golden blisters while torching a crème brûlée. The downside is that Aries often burns items it didn't mean to burn, including itself, and a timer is mandatory when toasting nuts.

In keeping with a sign that likes to be on top, Arians tend to live high. Penthouse apartments and cliff-top residences notwithstanding, in the kitchen of life Aries makes no secret of its ambitions and desires. Simple fare, humbly served is not their idea of living: no, they're going to give you lamb three-ways served with a raviolini stuffed with lamb's liver mousse and a duck egg yolk followed by a towering croque-en-bouche. And if none of it quite works out they way they intended, you've got to admire their spirit.

ARIES RECIPE - Baby artichoke and arugula salad

The Mane Course - Leo

What NOT to DO in Leo's Kitchen

- Offer advice.
- Arrive without a gift: worse, arrive with a cheap, recycled gift.
- Lead the conversation: lead, period.
- Ask their age and for the address of their cosmetic surgeon.
- Talk about yourself and your accomplishments.

What to DO in Leo's Kitchen

- Request advice.
- Spread the praise as thickly as the butter.
- Enquire whether your host has thought of entering *MasterChef*.
- Eat and drink everything you're offered.
- Leave before you're asked to leave.

LEO RECIPE - Poached chicken with morels



EARTH

Bullito Misto - Taurus

Thousands upon thousands of years ago, civilizations looked to the heavens – the realm of the gods – for signs of things to come. The ancients saw animals and objects in the patterning of the stars; and as time went by the constellations became intertwined with the great myths that still today have a resonance, if only in the workings of our unconscious minds.

Which is a long winded way not only of explaining why at core level we respond to the signs of the zodiac but also of introducing Taurus on our culinary journey through the zodiac.

Taurus, the Bull, conjures up some not very attractive images of nostril-flaring, foot stamping fairly ferocious creatures, which belie the true nature of this zodiac sign. You gain a much better understanding of the sign when you consider the Taurus tarot card, *The Empress*. Here we see the earth goddess in all her glory, fecund and fearless, maternal and magnanimous. All things that grow in the earth, all things that nourish and sustain life belong to Taurus.

Imagine for a moment our celestial bull, not in a china shop, but in a flower-filled meadow under a blue summer sky. Is he not content? Is he not fragrant? Absolutely. And it is the same for the members of the sign of Taurus: most of the time they are happy, contented creatures, but push them too far and you'll see those nostrils flair and the earth tremble beneath their feet.

Not surprisingly Taurus rules pasturelands, orchards, gardens, wheat and cornfields, and also barns and granaries. Dairy foods, sweet and juicy fruits – peaches, plums, mangoes, figs, apples and pears - asparagus, parsnips, green beans, butter beans, broad beans (fava beans) lima beans, sorrel, thyme and oregano all come under the auspices of Taurus and its ruling planet, Venus. As for Taurean meats, put rabbit, veal, beef and venison on the list; ..and for fish, include salmon, lobster and sardines.

The beauty of this sign lies in the combination of its earth element and its Venus rulership. While Taurus' earthy nature craves stability, consistency and substance its natives are prone to hedonism, which invariably includes overindulging in the sweet and calorific things of life. Overindulging, period. Taureans are the great foodies of the zodiac and in the firmament of super chefs you will find James Beard, Ferran Adrià and Gary Rhodes. And also millions of amazing home cooks and food bloggers across the globe.

If there is one trait that all Taureans have in common it is the dislike of change. This sign loves the familiar and the familial. Put forward a suggestion that will take them out of their comfort zone and you will always get a no: wave a sweet-smelling peach crumble in front of them and they might budge an inch. These are not the experimenters of the zodiac: they are the reactionaries. They veer toward classic cuisines and although their highly developed palates enjoy the extra flavour that spices and flavourings provide such things must be used with discretion.

It will be a rare Taurean ordering the hottest vindaloo in an Indian restaurant.

This having been said, Ferran Adrià, considered to be the greatest chef in the world, built his phenomenal reputation by taking a familiar dish and deconstructing it. How curious, I thought, that this Taurean's first job in the culinary world was as a line-chef at El Bulli (The Bulldog) – a restaurant he eventually bought and turned into the most sought-after dining spot in the world. Nevertheless, despite creating dishes that challenged people to look at food in a whole other way the essence of deconstructionism is to transform the appearance of a dish while retaining its integrity – a quintessentially Taurean notion. Plus, unlike many chefs who have climbed the career ladder by working in a variety of restaurants, Adrià began his culinary journey at El Bulli in 1984 and remained there until he took the radical decision of closing it in 2011.

Taureans do not like change.

I am lucky enough to have more than one Taurean friend. I say lucky because they are the most loyal, reliable and nurturing of people. So supportive in fact, that I can forgive their stubbornness and their inability to change their minds even when it would be in their own best interests. And I never leave any of their tables hungry or disappointed.



Take Jocelyn, for instance, small but formidable. After her husband died leaving her with three boys under the age of five, a tank-load of debts and no life-insurance, she decided to use her only discernible skill – baking – to dig herself out of penury. Working from home while caring for the boys, she baked all hours, selling her breads and cakes in local markets and farm shops. She now owns a catering business that employs over forty staff and stretches across ten counties. Jocelyn did not try to build Rome in a day: she worked hard and consistently; she made a business plan and stuck to it; she used her charm and her excellent pastries and puddings to win contracts and backers. She was frugal but her boys never went without and she never gave up.

Persistence, planning and patience: Taurus in a bain-marie.

However, I should also tell you that it was Jocelyn who telephoned the IRS to inform them of a potential tax fraud perpetrated by a competitor who stole two valued employees and many recipe

secrets. There was no fraud but the audit caused a great deal of *inconvenience*. And that's the darker side of this otherwise sunny sign – possessiveness and vengefulness.

Taurus shares some of its characteristics and food correlations with Libra; the reason being that Venus rules both signs. However, there are vast differences in their temperaments and preferences due to their differing elements. Yes, you may find dairy products, soft fruits, asparagus and the like on both lists, but the types of dishes made using such foods are not the same. While both signs have a sweet tooth, airy Libra's desire for physical perfection prevents them from eating too many sugary and creamy concoctions and propels them in the direction of light and healthy dishes. Taurus has no such self-discipline. If it smells good, tastes good and does you no good whatsoever, they'll eat every crumb.

Given the self-indulgence of this sign and the inability to refuse another slice of cake – “Well, it shouldn't go to waste...” – it is surprising how many dancers, renowned for their slim physiques, are Taureans. Think for a moment of Dame Margot Fonteyn, Audrey Hepburn and Shirley MacLaine, Taureans all, and the sylph-like Darcey Bussell and Natalia Osipova.

Taurus is quite the singing and dancing sign. Clearly, the artistic properties of Venus combine with the physical strengths of Taurus to produce great artists, and since Taurus rules the throat and the vocal chords many of those great artists are opera singers. Indeed, my Taurean astrological mentor, the late Ingrid Lind, began life as a singer and even when she left Sweden and focused her energies instead on her astrological work, becoming a founding member and President of the Faculty of Astrological Studies, she continued to sing in the local choir. I remember being mesmerized by the quality of her voice, which rose and fell in mellifluous arcs when she was chatting to me about the meaning of a Grand Cross or her work on the inner plains during the Second World War. It was at her kitchen table that I had one of the best lunches of my life – simple fare, plenty of it, and the vegetables and berries plucked from her abundant garden which she tended with her strong and supple fingers.

This is the most sensuous member of the zodiac. Their touch is ultra sensitive and their sense of smell second to none. Like a musician who can hear a melody once and play it virtually note for note, Taurus can taste and smell a dish and replicate it.

Taurean cooks love getting their hands messy, or, rather, using their hands in the preparation of food: kneading dough, rubbing butter into flour and moulding sugar paste into pretty shapes is a sensory pleasure. Taureans also have proverbial green fingers, which is why so many of them grow their own fruit and vegetables and keep chickens and livestock. And with their eye on frugality it is the Taurean chef who likes to make use of the whole beast – head, feet, knuckles, tails, livers, sweetbreads - if you can name a part of an animal it can be turned into a dish.

Food and love are inextricably linked for this sign. Whether they are feeding the family, entertaining friends or wooing the person with whom they are in love food is the channel through which their affection flows. And since cooking with love is the essence of great food, is it any surprise why Taurus excels in the gastronomic arts.

TAURUS RECIPE - Mary Berry's Perfect Victoria Sandwich

Extra Virgin Olive Oil - Virgo

Food Issues

Virgos are not the most robust members of the zodiac: their calm exterior conceals an inner cauldron of bubbling anxiety. Like their fellow mutable sign, Gemini, with whom they share Mercury as a ruling planet, their over-active minds interfere with good health. Virgos can literally worry themselves sick. They are prone to psychosomatic ailments and consequently turn into some of the worst hypochondriacs in the zodiac.

Virgos have very sensitive digestive systems: their tummies get upset easily and they can develop allergies to the most basic of foods – allergies that appear and disappear, seemingly for no apparent reason, but often due to the power of mind over matter – Virgos can think themselves into an allergy.

The parts of the body ruled by Virgo are the digestive system and the intestines – hence the tendency toward indigestion, colitis and irritable bowel syndrome.

Hot spicy food is almost always a problem: Virgos like it but it doesn't like them. If they are going to eat spice-rich, jalapeno-hot dishes they need to do so as early in the day as possible. Late-night curries lead to sleepless nights, which have the knock-on effect of inflating their tendency to worry. No good decisions are made at three o'clock in the morning.

Virgos do better with natural foods so if you're inviting a member of this sign to dine with you please make sure you have as much organically-sourced produce as possible and that meat and fish dishes are not covered in thick, gloopy sauces. Simple is best.

Not surprisingly, Virgos can become evangelical about healthy-eating. In large part, this is due to their delicate digestive systems which go on the fritz at the mere whiff of junk food, but a combination of experience and research into food intolerances leads many of them to believe that the less manufacturers have to do with a product, the better it is for the consumer.

Then there's the low-fat issue. Only someone with a mission to educate could scour enough labels to reach the conclusion that low-fat food is the very reason for the rise and rise of obesity in the West: just because a product is lacking fat doesn't mean it isn't loaded with calories, largely in the form of added sugars, and even more damaging substances.

The paradox is that although Virgos are passionate about health and healthy eating their food habits can leave a lot to be desired. Virgos do not always practice what they preach and this sign can comfort-eat for the planet.

They tend to blame food allergies for weight gain but truth be told, they love their food and don't always know when to stop. Virgo babies should thus never be overfed, no matter how contented it makes them at the time, because it will lead to a lifetime of eating disorders. Erin, who we encountered earlier, struggled with her weight, eliminating forbidden foods from her diet which led to episodes of guilt-ridden binging. And while we're on the subject of little Virgos, because of their reluctance to cause a scene and offend their carers and providers they will eat practically anything put in front of them. You might think this would be an advantage turning them into great food explorers, but it has the reverse effect of generating aversions to certain foods.

Virgos believe in the maxim: you are what you eat. What the average Virgo may not know, however, is that certain foods which come under the jurisdiction of their sign actually promote good health and cure many health problems. And these foods are rich in the cell salt potassium sulphate.

Potassium sulphate helps keep the skin hydrated – Virgo is prone to such dry skin conditions as eczema and dandruff, which are exacerbated by stress and anxiety. Foods high in this mineral include leafy green vegetables, whole-wheat and whole-grain bread, wheat-germ oil, brown rice, oats, almonds, cheese, yogurt, eggs and cottage cheese, bananas, lemons, apples, pears, melons and papaya. And you can add honey and herbal and fruit teas to this list.

One last point: In Virgo land, less is more.

VIRGO RECIPE - Blackberry and Plum Pavlova



Fromage de Chevre – Capricorn

**What
NOT
to DO
in**



Capricorn's Kitchen

- Arrive inebriated. Become inebriated.
- Turn up the heat – literally and figuratively speaking.
- Throw the leftovers into the trash instead of onto the compost.
- Do not open windows or close them unsolicited.
- Suggest the contraption with large propellers on the roof is a health and safety hazard.

What to DO in Capricorn's Kitchen

- Follow instructions.
- Comment favourably on all relics from the past.
- Ask whether your host has any tips on saving money and conserving energy.
- Open up a discussion on the issue of entitlement.
- Extol the virtues of the wind turbine on the roof.

**CAPRICORN RECIPE - Espresso panna cotta with cinnamon
hazelnut brittle**