

HHSessions 12-07-07 - Y4K GMidi - Joined Broadcast with nsbradio.co.uk

Posted by mjoogoo - 2007/07/11 18:59

YEEEEEE...

MJooGoo on nubreaks.com!!!

Hello Nubreaks listeners,

here's MJooGoo,

The Highheels Sessions has been online for almost 3 years on

nsbradio.co.uk, I've been working a lot to try to make a noice show, with good tunes, some madness and tasty recipes,

And I now decided to try to spread the word more and more...

My Show host live Guest Mixes, many UK and not only Breaks DJs have been hanging in my studio (and my kitchen!) in this years, Madox, Plaza de Funk, Elite Force, Precision Cuts, Def Inc, No Hands, Dopamine, Myagi, Peo De Pitte, Lady Wacks, Anna B, Jimmy Mofo, JMekka etc etc etc...

And this is a Special Highheels Sessions... Mr General Midi after the amazing set at the TCR BBQ, is coming from Bristol to present the new

Y4K Compilation... fresh fresh fresh, just delivered to the shops last week....

And We decided to give this pearl to more and more listeners... so we thought about the dual broadcast...

Enjoy The Highheels Sessions on NuBreaks.net 8-10 pm GMT

ahhh... I forgot...

We'll have a competition as

the man is bringing some goodies from Distinctive... definitely a Session not to Miss...

<http://www.highheels.ws/Images/Others/general-midi-mjoogoo.jpg>

Kitchen Corner

<http://www.highheels.ws/Images/Cucina/pento.gif>

Last week I had this wonderful Gift from Mr Peo The Pitte....

The Sweedish Meatballs

INGREDIENTS:

- * 1 1/2 cups soft bread crumbs, about 3 slices bread
- * 1 tablespoon dried minced onion or 1/4 cup finely chopped onion
- * 1 1/2 teaspoons salt
- * 1/4 teaspoon pepper
- * 1/4 teaspoon nutmeg
- * 3/4 cup milk
- * 2 pounds ground beef
- * 2 tablespoons butter or margarine
- * 2 tablespoons vegetable oil
- * 2 tablespoons flour
- * 1 can (10 1/2 ounces) condensed beef broth
- * 1 cup half-and-half or light cream

PREPARATION:

Combine bread crumbs, onion, salt, pepper, nutmeg and 3/4 cup milk in a large mixing bowl. Let milk soak into crumbs for a few minutes. Gently stir in ground beef until well blended; form into balls about 1

to 1 1/2 inches in diameter. Brown meatballs in butter and oil in a large skillet; remove with a slotted spoon to a 2 1/2-quart baking dish. Drain off all but 2 tablespoons of drippings; stir flour into drippings. Cook, stirring constantly, until bubbly. Stir in beef broth and cream. Continue cooking, stirring constantly, until sauce thickens and boils for a minute. Pour over Swedish meatballs in baking dish. Bake Swedish meatballs at 325° for 35 to 45 minutes. Swedish meatball recipe serves 6.

<http://photos1.blogger.com/blogger/3291/2901/1600/meatballs.5.jpg>

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Re: HHSessions 12-07-07 - Y4K GMidi - Joined Broadcast with
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Posted by KOSTEK - 2007/07/11 19:01

Big Upsssssss Mjoogoo Looking forward to this tomorrow :D

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Re: HHSessions 12-07-07 - Y4K GMidi - Joined Broadcast with
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Posted by Messy KT - 2007/07/12 04:19

Oh nicely Mjoogoo

Looks like this is gonna be good werd

Will be tuning in later for sure

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