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Resumo:

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No poker, um **CBET**(Continuation Bet) é uma aposta feita pelo jogador que fez a ação mais agressiva na rodada anterior. É uma estratégia amplamente utilizada e muito eficaz, uma vez que permite que o jogador exija respeito e controle o flop.

Um CBET é frequentemente realizado por um jogador que levantou pré-flop e, em cbet gg 4 seguida, faz a primeira aposta no flop.

Mas quando dar CBET no poker no Brasil?

cbet gg 4

- Posição no jogo
- Cartas do oponente e da mesa
- Histórico de jogo do oponente
- Tamanho do poço

A posição é muito importante ao decidir se e quando dar CBET no poker. Jogadores em cbet gg 4 posição geralmente farão CBETs com mais frequência, pois estão em cbet gg 4 posição de garantir que o seu oponente atue primeiro após o flop. Isso dá a eles mais informações sobre o que fazer.

Cartas do oponente e da mesa são também fatores essenciais para decidir quando fazer um CBET. Se um jogador tiver um par forte ou uma combinação de cartas que indicam um potencial de nut flop, então é mais provável que eles façam um CBTE no flop. Da mesma forma, se o flop mostrar cartas que certamente ajudaram o oponente, o jogador deve pensar duas vezes antes de dar um CBet.

Um histórico de jogo do oponente também é uma informação útil ao considerar a colocação de um CBET. Se um oponente tiver uma tendência a tirar antes ou desistir quando anda atrás de um CBET, então é mais provável que você queira dar um CBT contra eles.

O tamanho do poço também é uma consideração importante before fazendo CBETs. Se **opoço** for pequeno, então é mais fácil decidir se dar um CBET. No entanto, se o poço for grande, é

importante considerar se vale a pena fazer um CBET. Quanto maior o poço, mais perigosos e arriscados são os CBETs.

Quando dar CBET? Conclusão

A decisão de dar CBET no poker no Brasil baseia-se em cbet gg 4 vários fatores e não há uma regra rígida sobre quando dar CBet. Assim, os jogadores devem lembrar de avaliar continuamente cbet gg 4 posição, cartas do oponente, cartas na mesa, histórico de jogo do oponente e tamanho do poço e, então, tomar as decisões mais informadas e benéficas.

Em resumo, um CBET pode ser uma estratégia bem-sucedida, mas é importante que se tenha em cbet gg 4 conta estes fatores antes de decidir fazer um CBet. Leve em cbet gg 4 consideração o jogo do oponente, pois eles podem estar a jogar de maneira muito apertada ou muito solta, o flop, a cbet gg 4 posição e o tamanho do prémio.

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O programa CMET apoiou a instrução gratuita ou subsidiada da língua inglesa (EL) para is ou outros membros da comunidade que se comprometeram a fornecer aulas de inglês para crianças da escola da Califórnia com proficiência limitada em cbet gg 4 inglês. Tutoria de glês Comunitária - Departamento de Educação da Califórnia cde.ca entrou no pote como o levantador pré-flop. É feito para tirar seu oponente da mão, em k0} cbet gg 4 oposição a apostas de valor.

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A utumn has arrived, and with it comes a variety of squashes, root vegetables, and dark-leaved greens. As the evenings get colder, there's nothing better than warm and comforting ingredients, and pulses are a great way to make any main meal go a long way. Earthy brown lentils are a popular choice, and even dried ones don't take long to cook if you soak them first. Butter beans, on the other hand, have a lot of texture and body, making them the king of beans in my opinion.

Stuffed Squash with Lentils (pictured at the top)

Tinned lentils are a convenient and quick staple, but dried lentils can also be used: replace the tin with 200g of washed dried lentils soaked in 600ml of water or vegetable stock, and increase the cooking time to ensure they are tender. If you prefer, you can leave out the lardons to make the dish vegetarian. The type of squash is up to you - there are many varieties to choose from. Here, I've cut the squash into rounds and removed the seeds, but you could also cut it in half and deseed to make a neat cavity for the lentil stuffing; shave a bit off the base so the squash halves sit nicely on the tray. If you cook it this way, the squash will take longer to roast but it will look great.

Prep time: **20 min** Cook time: **1 hour 30 min** Serves: **4**

5 tbsp light olive oil, **100g lardons** (optional), **2 medium onions**, peeled and sliced, **Sea salt and black pepper**, **1 leek**, trimmed, cut in half lengthways, then finely sliced (use as much as green as possible) and washed, **3 sticks celery**, trimmed, washed and finely sliced, **2 carrots**, peeled, cut in half lengthways, then cut into fine half-moons, **3 garlic cloves**, peeled and thinly sliced, **2 heaped tbsp tomato paste**, or 200ml passata, **410g tin green lentils**, undrained, **1**

sprig each thyme and rosemary, and 1 bay leaf (or whatever you have to hand), **2 tbsp sherry vinegar, 200ml vegetable stock, 1 small-medium squash** (about 800g), unpeeled, cut into 2cm-thick rounds and deseeded.

To finish:

350g creme fraiche, or greek yoghurt or fromage frais, **1 egg, 200g grated cheese** (use up any bits and bobs), **50g breadcrumbs, 1 small handful flat-leaf parsley**, finely chopped.

Preheat the oven to 200C (180C fan)/390F/gas 6. Put a tablespoon of the oil in a small casserole for which you have a lid, and put it in the oven to heat up. Once the oil is hot, add the lardons, if using, return the casserole to the oven uncovered and cook for five or so minutes, until the bacon is crisp. Use a slotted spoon to transfer the lardons to a plate, leaving all the fat behind in the casserole, then add the onions, a splash more oil and a good pinch of salt to the pot. Cover and return to the oven for 10 minutes, until the onions soften and take on a bit of color.

Add another tablespoon of the oil to the pot, then stir in the sliced leek, celery and carrot, cover again and return to the oven for 15 minutes, until the vegetables have started to soften and get some golden-brown edges.

Once the vegetables have softened, stir in the garlic and tomato paste, then return to the oven, uncovered, for five minutes. Stir in the lentils, crisp lardons (if using), herbs, sherry vinegar and stock, and return to the oven, uncovered, for another 20-30 minutes. Meanwhile, arrange the squash rounds in a single layer on an oven tray into which they'll fit snugly, then season and douse with oil. Roast alongside the lentils for 20 minutes, until tender to the tip of a sharp knife, then take out of the oven to await the stuffing.

Now make the topping: mix the creme fraiche, egg and all but a heaped tablespoon of the cheese in a bowl. Mix the remaining cheese with the breadcrumbs and parsley in a small bowl.

Once the lentils have had a good time in the oven and have a nice, spoonable consistency – they need some liquid around them – season to taste, then spoon into the roast squash rounds. Pour over the creme fraiche topping, scatter on the cheesy, herby crumbs and bake again for 20 minutes, until the top is bubbling and golden. Serve with some greens on the side, if you fancy.

Baked Butter Beans with Chermoula

Rosie Sykes' baked butter beans with chermoula.

Chermoula is a fragrant north African herb sauce often paired with grilled fish; it also makes a great marinade for many things. This simple, all-in-one dish is a great vegetarian or vegan main, but it also works as a side for grilled or baked chicken or fish; any leftovers would make a great packed lunch, perhaps with some crumbled feta and salad. I love the butter beans you get in jars these days – they have such a good, rich flavor and their thick, gelatinous juice really adds to a dish. I usually warm them in the oven until that delicious liquor melts and then pour it off to use later in the dish. Serve these with grilled flatbreads and maybe some halloumi baked while the beans are doing their thing.

Prep time: **20 min** Cook time: **50 min** Serves: **4**

For the chermoula:

1 heaped tsp cumin seeds, 1 generous handful flat-leaf parsley, thicker stalks removed and discarded, leaves and tender stalks roughly chopped, **1 generous handful coriander**, roughly chopped, stalks and all, **5 garlic cloves**, peeled and roughly chopped, **1 red chilli**, pith and seeds removed and discarded, flesh roughly chopped, **1 tsp smoked paprika, ½ lemon**, juiced, then peeled and zest finely chopped, **Salt, 90ml light olive oil**

For the beans:

600g tinned or jarred butter beans, warmed up in their juices, then strained to reserve the liquid, **12 small new potatoes**, washed and halved, **2 red onions**, peeled, halved and each half cut into 4, **400g tinned cherry tomatoes**, juice strained off and reserved, **225g jarred roast red**

peppers (ie half a standard jar), drained and cut into bite-sized pieces

Heat the oven to 210C (190C fan)/410F/gas 6½. Put the cumin in a small dish and toast in the warming oven for a minute or two, until they smell fragrant, then remove and leave to cool. Chop the cumin seeds a bit (or break them down in a mortar), then tip them into a food processor and add the herbs, garlic, chilli, paprika, lemon juice, a teaspoon of the chopped lemon zest and half a teaspoon of salt. Blitz smooth, then slowly add the olive oil to help things along, to make a loose paste.

Put the butter beans, potatoes and onion wedges in an oven tray in which they fit in a single layer, sprinkle with salt and scatter over the remaining lemon zest. Splash the chermoula all over the vegetables, then toss with your hands so everything gets well coated.

Mix the reserved bean liquor and the tinned tomato juice in a measuring jug, then add warm water to make it up to 250ml. Pour this carefully into the bean dish, so as not to wash off the marinade, then roast for 20 minutes, until the vegetables have some nice, crisp edges and the potatoes and onions are starting to soften.

Add the tomatoes and peppers, give everything a good stir – if the mix seems dry, add a little water – then return to the oven for another 15 minutes. By now, everything should be lightly browned on the surface, the onions and potatoes should be cooked through and the juices should have reduced into a thick sauce; if there doesn't seem to be enough, simply pour in some boiling water and stir to make a bit more juice. Check for seasoning, then serve with bread for mopping up and some greens, if you like.

- Rosie Sykes is a cook and food writer. Her latest book, *Every Last Bite: Save Money, Time and Waste with 70 Recipes that Make the Most of Mealtimes*, is published by Quadrille at £18.99. To order a copy for £17.09, go to guardianbookshop.com
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