

# **115 New Recipes in 5 Minutes**

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## **Introduction**

Many young housewives, especially in modern conditions, often are not prepared absolutely not in cookery questions. It also concerns also the lonely men which all menus consists of noodles of fast preparation, canned food, and at the best fried eggs and fried potato.

However should notice that, using even small set of products it is possible to expand the menu very. To introduce in it variety. In this book recipes of tasty dishes with the step-by-step instruction which any can prepare in 5 minutes.

Be not afraid to try!

## **Recipes**

### **1. Mushroom salad**

250 grams of mushrooms, 2 boiled eggs, 2 pickles, 1 green pod of sweet pepper, 1 red pod of sweet pepper, 30 grams of green onions, 2 fresh cucumbers, 1 cup of the crushed cabbage, 1 tablespoon of vegetable oil, greens, salt.

Cucumbers and sweet pepper to divide portions. Onions and greens to chop. Egg whites to separate from yolks. Squirrel to divide portions, yolks to divide fork.

To connect mushrooms, cucumbers, pepper, onions, greens and proteins, to salt to taste, to fill with oil and accurately to mix.

Cabbage to lay out on salad-dish bottom, from above to put mushroom mix, sprinkle with yolks.

### **2. Salad with fresh tomatoes**

4–5 tomatoes, 2 segments of garlic, vegetable oil, parsley greens, fennel greens, black ground pepper, salt.

Tomatoes to wash, dry, divide portions, to lay out on dish in one row. To salt and pepper to taste, sprinkle with the crushed garlic and the crushed greens, to water with oil.

### 3. Salad the old Vienna

8 apples, 4 oranges, 1½ cup of sugar, 2 tablespoons of orange juice, 2 tablespoons of lemon juice, jam, 50 grams of butter.

Oranges to clear of peel, to slice and lay out layers in cup salad-dish, pouring layers small granulated sugar. to add top layer orange and lemon juice. Apples to clear, take out core, to fill with jam, to sugar, put from above slices of butter and to bake in oven. When will cool down, to lay over oranges. Salad to bring cooled.

### 4. Salad fruit

250 grams are fresher or the frozen strawberry, 100 ml of whipped cream of 30 %-y of fat content (for ornament), 2 kiwis, 1 teaspoon of grated ginger, juice from one lemon, mint leaves (for ornament).

Kiwi to clear of the thin skin, the washed and dried strawberry to release from fruit stems and to divide thin slices, and kiwi – portions.

To lay out on plate of kiwi, part of strawberry, to add lemon juice, sprinkle with ginger. To decorate dish with the cream, remained strawberry, mint leaves.

### 5. Salad Italian

For 2 portions: 3 tomatoes, 1 bulb, 1 long cucumber, 1 small salad. For sauce: 1–2 teaspoons of lemon juice, 1 tablespoon of olive oil, 10 olives in oil with garlic; salt – to taste. For ornament: 4 tablespoons of the divide greens (fennel, basil, parsley).

Salad to wash, disassemble on leaves, at tomatoes to remove the firm bases, the pulp to divide cubes.

Bulb to clear, divide rings and to douse boiled water. Cucumber to clear, divide on 4 parts, to remove grains and to slice in the thickness in 1 sec. To mix all prepared vegetables.

For sauce to lemon juice to add salt, then olive oil.

In vegetables to put olives, to fill in salad with sauce and sprinkle from above with greens.

### 6. Salad original

1 beet, 1 carrots, 1 bulb. For filling: vegetable oil, honey, little lemon juice, greens, rye croutons.

Crude beet, carrots and onions to clear. To grate beet and carrots. Onions small to cut, douse boiled water. Everything to mix, fill in with filling and sprinkle with rye croutons.

#### 7. Salad cheerful.

The divide apple, processed cheese, onions, egg, garlic. Everything to fill in with the shaken-up sour cream with mustard and to decorate with any berry.

#### 8. Crab salad

200 grams of crabsticks, 2 boiled eggs, 1 tablespoons of corn, 1 boiled potato, 3 tablespoon of mayonnaise, salt.

Way of preparation. Crabsticks divide cubes, eggs and potatoes small cut. Everything mix, add corn, salt, dressing with mayonnaise.

#### 9. Salad with ham and eggs

2 hard-boiled egg, 100 grams of ham, 20 grams of mayonnaise.

Some egg to clear and cut. Ham to slice. Eggs to mix with ham and mayonnaise.

#### 10. Salad with fresh cabbage.

Fresh cabbage, sausage boiled, cranberry or cowberry, apple and mayonnaise with the turned-down boiled water onions.

#### 11. Salad with processed cheese.

To kindle processed cheese in water, to add salt, pepper. To fill in with it fresh cucumbers, onions. To add sour cream and parsley.

#### 12. High-calorie salad

400 grams of pork, 100 grams of green peas, 100 grams of garden radish, mayonnaise, vegetable oil, pepper and salt to taste.

Pork to wash out, fry in vegetable oil and to divide thin portions. The garden radish to wash, divide thin portions. Prepared to connect, add green peas, to salt, pepper and dressing with mayonnaise.

#### 13. Salad with salmon.

On six boiled potatoes there is bank of salmon either caviar, or the cod liver, two bulbs, slaked boiled water and to add lemon or cranberry juice, 2 hard-boiled eggs and 2 pickles. It is dressed with mayonnaise.

#### 14. Salad with eggs, fish canned food.

Six hard-boiled eggs, onions, apples, canned food, pickle or pinch of good cabbage and mayonnaise.

#### 15. Tasty salad

400 grams of boiled meat, 250 grams of ready asparagus, 2–3 pickles, 1 bank of green peas, green onions, mayonnaise, fennel, parsley.

Meat, asparagus and cucumbers small to cut, connect to peas, to add to taste the crushed greens and onions, to dressing with mayonnaise and carefully to mix.

#### 16. Salad with tuna

1 bank of tuna in oil, 1 bank of corn, mayonnaise.

Tuna to divide fork, to mix with the dried corn, to dressing with mayonnaise to taste and to mix. If in bank there is a lot of oil, it is better for merging.

#### 17. Salad with crabsticks

250 grams of crabsticks, 3 boiled eggs, 2–3 segments of garlic, 200 grams of cheese, 250 grams of mayonnaise.

Crabsticks very small to cut. Some egg to divide small cubes. Garlic to divide or very small to chop. Cheese to rub on average grater.

All components to connect, dressing with mayonnaise and carefully to mix.

#### 18. Salad with garden radish and cucumbers

3 garden radishes, 3 cucumbers, 2 tablespoons of vegetable oil, salt to taste.

Garden radish and cucumbers to wash, small to cut, mix, salt, fill with vegetable oil. When giving to table it is possible sprinkle with parsley and fennel greens.

#### 19. Salad with cucumbers and eggs

2 cucumbers, 2 hard-boiled egg, 2 tablespoons of mayonnaise, salt to taste.

Cucumbers to wash and divide portions, some egg to clear and cut. Cucumbers to mix with eggs, to salt, dressing with mayonnaise. When giving to table it is possible to decorate salad with parsley and fennel greens.

#### 20. Salad with green onions and eggs

3 hard-boiled egg, 1 bunch of green onions, 2 tablespoons of mayonnaise, salt to taste.

Eggs to clear and small to cut. The onions to wash and cut. Eggs to mix with onions, to salt, dressing with mayonnaise.

#### 21. House salad

150 grams of vegetable marrows, 1 boiled carrots, 1 bulb, vegetable oil and salt to taste.

Onions to clear, wash, small to cut. Carrots to clear and accurately to divide portions. Vegetable marrows to divide cubes, to mix with carrots and onions. Salad to salt and fill with vegetable oil.

#### 22. Carrot salad with nuts

2 carrots, 2 tablespoons of the cleared walnuts, 1 bunch of greens of fennel, mayonnaise to taste.

Carrots to wash, clear, rub on small grater. The greens of fennel to wash and cut. Nuts to crush, mix with carrots and greens, to add mayonnaise.

#### 23. Salad with cabbage and mushrooms

200 grams of cabbage, 100 grams of mushrooms, 1 carrots, mayonnaise, pepper and salt.

Cabbage to wash and chop. Carrots to wash, clear and rub on small grater. Mushrooms to wash, clear, boil and small to cut. Cabbage and carrots to connect to mushrooms, to salt, pepper, add mayonnaise, to mix.

#### 24. Salad from cucumbers and garlic

4 cucumbers, 2 garlic gloves, 2–3 tablespoons of vegetable oil, fennel greens, pepper and salt to taste.

Cucumbers carefully to wash and small to cut. Garlic is good for clearing and pounding with salt and pepper. Greens of fennel to wash up. Cucumbers and garlic to connect, fill with vegetable oil. Salad to decorate with fennel branches.

#### 25. Roman salad

150 grams of liver of cod, 10–12 olives, 1 bulb, mayonnaise to taste.

The onions to clear, wash, divide half rings. From olives to remove stone-fruit and to divide everyone half-and-half. Liver of cod to limber up fork, to mix with onions and olives. Salad to dressing with mayonnaise.

#### 26. Salad with radish and pistachios

3-4 radishes, 100 grams of the cleared pistachios, 50 grams of mayonnaise, salt to taste.

Radish to clear, grate, douse boiled water, to add away on colander, to cool and salt. Kernels of pistachios to pass through meat grinder, to mix with radish, to dressing with mayonnaise.

#### 27. Salad with cheese and garden radish

100 grams of cheese of firm grades, 2 teaspoons of mayonnaise, 3–4 garden radishes, salt to taste.

Cheese to rub on large grater. Garden radish to wash, small to divide and salt. Garden radish to mix with grated cheese and mayonnaise.

#### 28. Salad with cheese and beef

200 grams of cheese, 150 grams of boiled beef, 100 grams of green peas, mayonnaise and salt to taste.

Cheese and meat to divide cubes, to mix with green peas, to salt, dressing with mayonnaise.

#### 29. Tomatoes "Honey"

400 grams of tomatoes, 2 tablespoons of honey, 1l. raisin.

Tomatoes scald boiled water, clear them of thin skin, small cut, add raisin, fill in with honey.

#### 30. «Cranberry apples»

200 grams of apples, 2 tablespoons of cranberry juice, 1 tablespoon of walnuts, 1l. raisin.

Apples clear of thin skin and sunflower seeds, grate, fill in with cranberry juice, add the crushed walnuts, raisin. From above salad decorate with cranberry berries.

#### 31. Roll with ham

1 thin unleavened wheat cake, 150 grams of cheese, 300 grams of ham, 1–2 segments of garlic, mayonnaise.

Cheese to rub on small grater. Garlic to chop. To connect cheese and garlic, to dressing with mayonnaise to taste and to mix.

Unleavened wheat cake to grease with equal layer of cheese mix, from above to lay out ham slices. To form hard roll, and then to divide it pieces.

#### 32. Tubules with horse-radish

250 grams of meat allsorts, 200 grams of fat cream or sour cream, 4 tablespoons of horse-radish, lemon juice, greens.

Cream or sour cream to shake up in foam, to add horse-radish and a little lemon juice (it is possible to salt slightly) and to mix. Thin slices of meat, ham or sausage to curtail in the form of tubules and to fill with the shaken-up mix.

To bring with greens.

It is possible to prepare the same tubules from thin slices of salmon, salmon, sturgeon (with the same filler).

### 33. «Fast birdie»

4 chicken breasts, 2 eggs, 3–4 tablespoons of flour, soya sauce, mix of spices for chicken, vegetable oil.

From flour, soya sauce, eggs and spices to prepare batter.

Chicken breasts to divide strips, to dunk into batter and quickly to fry in hot oil.

It is possible to bring both hot, and cold.

### 34. Paste with chicken

500 grams of boiled chicken fillet, 60 grams of butter, 100 grams of cheese, 60 ml of chicken broth, black ground pepper, ground nutmeg.

Fillet and cheese small to divide and divide in blender to condition of homogeneous weight. To add the softened oil, the cooled broth, it is a little nutmeg, to pepper and once again to shake up to homogeneous weight.

If there is no blender or food processor, chicken meat and cheese can be passed through meat grinder, and then to shake up mix with oil and broth.

### 35. Tomatoes "Honey"

400 grams of the tomatoes, 2 tablespoon of honey, 1 teaspoon of raisin.

Way of preparation. Tomatoes scald boiled water, clear them of thin skin, small cut, add raisin, fill in with honey.

### 36. Paste with tuna

1 bank of tuna in own juice, 1 bank of white haricot, 1 segment of garlic, greens, black ground pepper, salt.

From tuna and haricot to merge liquid. To mix in blender fish, haricot, garlic, any greens to taste before formation of homogeneous weight. To salt and pepper to taste.

### 37. Onions paste

100 grams of butter, 1 bulbs, 1 teaspoon of sour cream, salt to taste.

Onions to clear, wash, pass through meat grinder, to salt, mix with butter and sour cream.

### 38. Garlick paste

100 grams of butter, 1 garlic gloves, 1 teaspoon of lemon juice, salt to taste.

Garlic to clear, wash, pound and to salt. Butter to mix with garlic and lemon juice.

### 39. Mushroom paste

100 grams of butter, 20 grams of mayonnaise, 100 grams of marinade mushrooms, pepper and salt to taste.

Marinade mushrooms to pass through meat grinder, to mix with butter and mayonnaise, to add salt and pepper.

### 40. Paste with meat and eggs

200 grams of boiled beef, 2–3 hard-boiled egg, 50 grams of butter, salt to taste.

Eggs to clear. Meat and eggs to pass through meat grinder, to salt and pound mix with butter.

To lay out paste on dish. When giving to table it is possible sprinkle with small divide green onions.

### 41. Cucumbers with cream

5-6 cucumbers, 100 ml of cream, 1 bunch of greens of fennel, salt to taste.

Cucumbers to wash and divide thin segments. Greens of fennel to wash and small to cut. Cucumbers to salt, lay out on dish, sprinkle with fennel greens, to fill in with cream.

### 42. Cucumbers with fennel in sour cream

5–6 cucumbers, 2 bunches of greens of fennel, 100 grams are swept away, salt to taste.

Cucumbers to wash and divide thin portions. The greens of fennel to wash and cut. Cucumbers to salt, lay out on dish, to water with sour cream and sprinkle with fennel greens.



#### 43. Herring in sour cream

500 grams of fillet of salty herring, 150 grams of sour cream, 2 bulbs, fennel greens to taste.

The onions to clear, wash and divide rings. The greens of fennel to wash and cut.

Fillet of herring to divide slices, to lay out on dish in one layer, from above to put onions, to fill in with sour cream.

#### 44. Bilberry dessert

300 grams of bilberry, 200 grams of ice-cream, 100 ml of milk, 1 tablespoon of cranberry jam or syrup.

All components shake up mixer within 1–2 minutes. The amazing dessert is ready.

#### 45. Tropical cocktail

2 bananas, 1 peach, 50 grams of orange and 100 ml of lemon juice, 100 grams of cream.

Bananas clear, at peach remove stone-fruit, cut, add juice, cream and shake up mixer.

#### 46. Fruit with cognac

1 apple, 1 pear, 2–3 apricot or peach, 1 lemon or grapefruit, 1 tablespoon of cognac, 1l. granulated sugar.

At apple and pear remove core, at apricots and peaches – stone-fruit. Lemon divide on small slices. If you use grapefruit, it should be cleared of peel. The divide fruit sugar, mix and fill in with cognac.

#### 47. Sandwich "Delicacy"

100 grams of cheese, 100 grams of cottage cheese, 1 tablespoon of ground walnuts, 100 grams of sour cream, white loaf.

Cheese rub on small grater, cottage cheese pound. Mix cheese, cottage cheese, nuts with sour cream, smear with the received weight bread slices.

#### 48. Strawberry in berry sauce

500 grams of strawberry, 3 tablespoons of powdered sugar, 220 ml of strawberry, crimson or cherry sauce.

Strawberry sprinkle with powder, to sustain some hours in the refrigerator, then to put and to fill in with sauce.

It is possible to prepare similar dish from apples, plums, grapes, water-melon. For this purpose fruits should be cleared and divide on segments, cubes, slices. After that to issue, as it is specified above.

#### 49. Sandwiches with fried mushrooms

4 slices of rye bread, 100 grams of fried mushrooms, 50 grams of butter, salt to taste is swept away also.

Slices of bread to oil, from above to put mushrooms, to salt, water with sour cream.

#### 50. Sandwiches with salami and olives

4 wheaten rolls, 100 grams of salami, 50 grams of olives, mustard, ketchup and chopped greens of parsley to taste.

The salami to divide portions, olives – portions. Rolls to divide half-and-half. 4 halves to grease with mustard, to put the salami divide by portions, olives and parsley greens. To cover with the second half of roll. Sandwiches to water with ketchup.

#### 51. Sandwiches with cheese and cottage cheese

2 wheaten rolls, 100 grams of cheese, 50 grams of cottage cheese, pepper to taste.

Cheese to grate, mix with cottage cheese. Rolls to divide lengthways, to take out part of pulp, to put inside prepared mix, to pepper and bake in the microwave oven.

#### 52. Sandwich of «Small street of Paris»

8 slices of bread, 2 yolks, milk cup, 150–200 grams of grated cheese, 1 tablespoon of butter.

Way of preparation. Into plate hammer 2 yolks, pour in milk and stir. Cheese grate. Slices of bread dunk into the prepared milk and lay out on the frying pan oiled, and from above sprinkle with grated cheese. Frying pan cover, put on fire and fry until cheese will not melt.

#### 53. Tropical cocktail

2 bananas, 1 peach, 50 grams of orange and 100 ml of lemon juice, 100 grams of cream.

Way of preparation. Bananas clear, at peach remove stone-fruit, cut, add juice, cream and shake up mixer.

#### 54. Cookies with oat-flakes.

2 eggs to pound with one cup of sugar, to hammer 200 grams of margarine, 100 grams of raisin or dried apricots (having divide up) and 2 cup of the dried oat flakes. To roll balls and to leave on cold. Then to roll in flour and to put on cold baking sheet in hot oven on small fire. It is possible to replace raisin both nuts, and almonds, and even with lemon or orange dried peel.

#### 55. Drink with mint.

5 grams of mint to make boiled water (water cup). To insist thirty minutes. To filter and weld with sugar. To add any juice — apple, carrot, currant, orange, lemon. And ice slices. It is possible to replace sugar with honey, and mint can be not only peppery, but also Turkish, both spicy, and lemon.

#### 56. Sandwich with granular caviar

On toast of round form to attach butter egg circle, on edge to make side of white or rose attar. On the middle of egg to put in the form of ingredients granular caviar, along the edges to decorate with branches of greens or plumelets of green onions.

#### 57. Sandwich with oysters

Toast of round form from white bread to grease with the butter mixed with mustard and salt to taste, to put oyster, to cover with the mayonnaise filled with mustard, and sprinkle with the chopped eggs mixed with greens.

#### 58. Sandwich with smoked turkey

200 grams of smoked turkey, 200 grams of more freshly cabbage, 4 rolls sprinkle with sesame, 4mustard spoons, 4ketchup spoons, 2 tablespoons of mayonnaise, 2 hard-boiled egg, 1 big fresh cucumber, 1 bunch of garden radish, greens of fennel, parsley, green onions; salt to taste.

To divide off at top rolls. From the lower part to divide out crumb.

Cabbage small to chop, grind with salt, to mix with mayonnaise and to lay out on bottom of rolls, and from above – the turkey sliced.

Sandwiches to water with ketchup, mustard, to put the eggs divide by portions, cucumber, garden radish. To cover with lids. To decorate with greens and onions.

#### 59. Sandwich with shrimps

100 grams of the boiled cleared shrimps, 4 slices of bread, 4 leaves of green salad, 1 avocado, 1 hard-boiled egg, 1 lemon; salt, ground black pepper – to taste.

Avocado to clear, divide on two parts. One part to knead fork, to mix with small divide egg, to salt, pepper and to add the juice which has been squeezed out of quarter of lemon. Weight to mix then to smear it on bread, from above to lay lettuce leaf, on it – shrimps. To decorate with remained avocado and the lemon, sliced.

#### 60. Aperitif in pineapple

1 small pineapples, 1 tablespoon of sugar, 1½ lemons, 30 ml of Cointreau liqueur (or orange), 200 ml of champagne.

From pineapple to divide off the top part with greens. Pulp to take out spoon, to crush, sugar. To fill with it pineapple. To add lemon juice, liqueur, champagne and ice cube.

#### 61. Cocktail balm

40 ml of dry red wine, 10 ml of coffee liqueur, 10 ml of light balm on herbs, 40 ml of orange juice, some cubes of ice, 1 circle of lemon.

In shaker to pour wine, liqueur and orange juice, to add ice and to mix cubes.

To filter and, having removed ice, to pour in cup. To decorate with lemon circle. add with straw and mint leaves.

#### 62. Cocktail lemon

50 ml of gin, 30 ml of lemon juice, 20 ml of sugar syrup, ice cubes, soda water, 1 circle of lemon, 1 cherry.

In shaker to mix gin, lemon juice and sugar syrup with ice cubes. To filter in cup, to add soda water and to decorate with lemon circle, cherry.

#### 63. Cocktail vanilla

1½ cup of the crushed ice, 1 wine-cup of vanilla liqueur, 1 wine-cup of cognac, 3–4 cup of cream.

To shake up everything in mixer. To bring in cup with straw.

#### 64. Serenade cocktail

50 ml of cherry berry juice, 1 tablespoon of pineapple juice, 5 teaspoons of orange syrup, 50 grams of fruit (sweet cherry, cherry, strawberry, peaches, etc.).

In wine cup to put fruit allsorts and to fill in with orange juice and cherry berry juice.

#### 65. Eggplants in oil

2 average eggplants, butter, black hammers, pepper, salt.

Eggplants to clear, divide cubes, to add in oil within 5–7 minutes, to salt and pepper to taste.

It is possible to bring as independent dish or as garnish to meat or bird.

#### 66. Mushroom paste

250 grams of field mushrooms, 2 tablespoons of olive oil, 25 grams of butter, 1–2 segments of garlic, 50 grams of cottage cheese, 3cm. spoons of small leaves of tarragon, 2 tablespoons of horse-radish.

Garlic to crush, mix with mushrooms and to fry in olive oil within 3–4 minutes. Slightly to cool.

Mushrooms, tarragon, butter, cheese and horse-radish to divide by means of food processor or blender in homogeneous weight.

Before giving to cool.

#### 67. Refined salad

6 fresh fruits of fig, 6 slices of Parma ham, Mozzarella cheese, basil.

For filling: 6 tablespoons of olive oil, 3 tablespoons of lemon juice, 1 tablespoon of liquid honey, black ground pepper, sea salt.

Fig to wash, dry, crosswisely to make an incision not up to the end, to compress fingers the fruit basis so that the core rose. To lay out fruits on dish, around to spread out ham slices. From above to lay out "Mozzarella" slices. Sprinkle with the broken-off basil.

To prepare filling, having mixed all called components. To water with it salad.

To bring with fresh bread.

#### 68. Salad with carbonate

300 grams of carbonate, 1 heads of cabbage of the Chinese salad, 1 small.

For sauce: 150 grams of mayonnaise, 1 tablespoon of mustard, 2–3 tablespoons of olive oil, 3–4 tablespoons of grated cheese.

To prepare sauce: to mix all components before formation of homogeneous weight. Slightly to shake up.

Salad is thin to chop. Karbonad small to cut.

Salad and carbonate to connect, add chips, to sauce and mix hands, trying not to crumb chips.

#### 69. Salad «Without efforts»

1 pack of vermicelli, 300 grams of the boiled sausage, 2 carrots, 1 bulb, 50 grams of vegetable oil, 50 grams of mayonnaise.

Carrots to clear, rub on average or large grater, to fry together with small divide onions and the sausage divide by cubes. To remove from fire.

Vermicelli to knead, put in frying pan to mix of carrots, onions and sausage, to cover and sustain 5 minutes. After that to mix and sustain 3 more minutes. To dressing with mayonnaise and mix.

#### 70. Puff salad

100 grams of boiled meat, 2 tubers of potatoes, 2 tomatoes, 1 boiled egg, 50 grams of mayonnaise, greens, black ground pepper, salt.

Potatoes to boil in peel, to clear, divide thin slices. Tomatoes and meat to divide as.

On bottom of salad-dish to put tomatoes, to salt, pepper. From above to lay out meat, on it — potatoes, to salt and pepper it.

To water salad with mayonnaise, to decorate with segments of egg and the crushed greens.

#### 71. Salad with onions, apples

2 big bulbs, 3–4 big apples, 100 grams of the mayonnaise, grated cheese, greens.

The onions to divide ringlets, to lay out in colander and to douse boiled water.

Onions and apples to connect, dressing with mayonnaise, mix. To lay out in salad-dish, sprinkle with cheese, to decorate with greens.

#### 72. Salad with smoked chicken gammons

2 smoked chicken gammons, 2 large bananas, 1 pods of sweet pepper, 1 lemon.

Gammons to clear of skin and bones, meat to divide small cubes. As to divide cleared banana and sweet pepper. Components to connect and mix. To water with lemon juice, let's be insisted a little.

#### 73. Muse salad

100 grams of boiled chicken meat. 100 grams of marinade mushrooms, 100 grams of prunes without stone-fruit, 50 grams of kernels of walnuts, 1 fresh cucumber, 100 grams of cheese, mayonnaise.

Chicken meat, cucumber and prunes to divide portions. Walnuts to crumb. Cheese to divide cubes. Components to connect, add mushrooms (if they large — to cut), to dressing with mayonnaise and mix.

Instead of marinade it is possible to use fresh mushrooms. In this case they need to be boiled and slightly to fry.

#### 74. Corn with sour cream

200 grams of corn, 50 grams are swept away.

Corn to heat in bank, to merge liquid. To lay out corn in stewpan, to mix with sour cream and, stirring slowly, while sour cream will not be evaporated approximately on third. To bring at once.

#### 75. Salad with fresh tomatoes

4–5 tomatoes, 2 segments of garlic, vegetable oil, parsley greens, fennel greens, black ground pepper, salt.

Tomatoes to wash, dry, divide portions, to lay out on dish in one row. To salt and pepper to taste, sprinkle with the crushed garlic and the crushed greens, to water with oil.

#### 76. Soup cream with spinach

500 grams of spinach, 1 cube of meat broth, 2 tablespoons of butter, 2 tablespoons of flour, 3 cup of water, 2 cup of milk, 3 tablespoons of grated cheese, 4 slices of bread, black ground pepper, salt.

Spinach to wash, boil in small amount of water and to wipe through sieve.

Water to finish to boiling, to put cube, the oil, the flour dissolved in water, to pour in milk. To cook, continuously stirring slowly, while the mix will not thicken. To add spinach, to salt and pepper to taste, to mix and finish to boiling. To remove from fire.

Bread to dry in toaster go on dry frying pan, sprinkle with cheese and add to soup.

#### 77. Soup potato "Country"

4–5 tubers of potatoes, 2 tablespoons of flour, butter, greens, salt.

Potatoes to clear, divide cubes, to fill in with boiled water, to salt to taste.

To cook to readiness of potatoes, then to enter the flour dissolved with water, to finish and to boiling. To remove from fire, to put oil and greens to taste.

Instead of flour filling it is possible to enter the tomato.

#### 78. Soup cream with peas

2 cup of dry peas, 2 meat cubes, 4 tablespoons of butter, 2 l of water, 1 cup of milk, 1-2 parts of garlic, salt.

Peas to grind in coffee grinder to condition of flour and to dissolve with water.

Garlic small to cut, fry in oil. To connect to peas and cubes, to finish to boiling, to pour in milk, to salt to taste. To cook 10 minutes, stirring slowly.

To soup it is possible to bring sour cream and toasts from white loaf.

#### 79. Zucchini in lemon juice

300 grams of zucchini, 20 grams of butter, 4 tablespoons of lemon juice, salt.

Oil to lay out about heat resisting ceramic ware and to kindle it. Zucchini to divide thin slices, to put in oil, to salt to taste, to water with lemon juice. Ware to cover. To prepare at full capacity about 5 minutes.

Ready dish to take in the switched-off microwave of 1-2 minutes. It is possible to bring both hot, and cold.

#### 80. Salad with tuna

1 bank of tuna in oil, 1 bank of corn, mayonnaise.

Tuna to divide fork, to mix with the dried corn, to dressing with mayonnaise to taste and to mix. If in bank there is a lot of oil, it is better for merging.

#### 81. Salad with shrimps, apples

300 grams of large shrimps, 1–2 sweet-sour apples, easy mayonnaise, salt.

Shrimps to boil in the added some salt water during 1–2 minutes, to cool, clear, cut.

Apples to wash, remove core, to divide thin slices.

Parsley to wash, dry, cut.

Components to connect, dressing with mayonnaise and carefully to mix.

#### 82. Minute salad

400 grams of boiled squids, 400 grams of forcemeat from the Antarctic shrimp or albuminous Ocean paste, 200 grams of mayonnaise, garlic, greens, salt.

The squids cleared of thin skin to pass through meat grinder, to mix with shrimp forcemeat or albuminous paste, to add to taste the garlic pounded with salt, the crushed greens, to dressing with mayonnaise and mix.



Ready salad to decorate with greens.

### 83. The ham fried with tomatoes

500 grams of ham, 400 grams of tomatoes, 1 teaspoon of lemon juice, 3 tablespoons of the vegetable oil, the crushed greens, black ground pepper, salt.

Tomatoes to wash, dry, divide half-and-half, to salt and pepper to taste.

Ham to slice and fry in hot oil. At the same time to fry tomatoes.

Slices of ham to lay out on dish, from above to put tomatoes, sprinkle with greens, to water with lemon juice.

It is possible to replace lemon juice with the dissolved lemon acid.

### 84. Bigos of boiled meat

500–600 grams of boiled meat.

For sauce: 2–3 pickles, 1 tablespoon of butter, 0,5 tablespoons of flour, broth.

To prepare sauce. Flour to fry in oil, to dissolve with broth and a little to boil on weak fire. To add small divide cucumbers, to finish to boiling. If sauce turned out liquid, it is possible to add 2–3 tablespoons of grain crumbs or breadcrumbs.

Boiled meat small to cut, fill in with sauce, to boil.

As garnish boiled potatoes well approach to bigos.

At sauce preparation it is possible to replace pickles with 3-4 sour apples. In this case sauce needs to be salted to taste.

### 85. Goulash with sausage, sweet pepper

8 pods of sweet pepper, 250/boiled sausages without fat, 2 bulbs, 3 tablespoons vegetative oils, 2 tablespoons of tomato paste, green onions, red ground pepper, salt.

Sweet pepper to wash, clear of seeds and partitions, to divide ringlets. The onions small to cut. Sausage to divide thin slices, to fry together with onions in oil, to add sweet pepper and tomato paste, to salt and pepper to taste. 8–9 minutes.

Ready dish sprinkle with the crushed green onions.

### 86. Baked pudding with buckwheat

1 cup of boiled buckwheat, 1 tomato, 1 average bulb, 1 slice of ham, 1–2 slices of half-smoked sausage, 1–2 slices of boiled sausage, 1–2 slices of cheese, 0,25 pods of red sweet pepper, 0,25 pods of green sweet pepper, 0,25 pods of yellow sweet pepper, 2 eggs, 1 cup of water, 1 tablespoon of soya sauce, 0,5 cup of vegetable oil, basil, tarragon, oregano, ginger, black ground pepper, salt.

Oil to heat in deep frying pan. Fire to reduce to the weak. On bottom of frying pan to put the tomato divide by portions, from above — small divide onions, on it — the sausage divide by portions. On sausage to lay out boiled buckwheat, on it — the sweet pepper divide by thin strips.

Eggs to shake up with water and soya sauce, to salt and pepper to taste, to add a little basilica, tarragon, oregano and ginger.

With the turned-out mix to water the products laid by layers. Sprinkle with small divide or grated cheese. To cover to promise, to increase fire to strong and to prepare about 5 minutes.

#### 87. The sausage baked with tomatoes and cheese

500 grams of boiled sausage, 2 tomatoes, 200 grams of cheese, 50 grams of sour cream, 1 egg, 10 grams of butter.

Sausage to clear of cover and to divide on 10 slices. To lay out them in the heat resisting ware greased with butter. On slices of sausage to put on tomato circle. Egg to shake up with sour cream and cheese. The turned-out mix to lay out on tomatoes.

To put ware in the oven which has been heat to 200–220 °C, and to bake within 10–15 minutes.

Dish to bring hot.

#### 88. Korean salad

100 grams of breast of turkey, 5 average tubers of potatoes, 3–4 segments of garlic, 5–6 tablespoons of vegetable oil, vinegar, black ground pepper, salt.

Potatoes to clear, grate for carrots in Korean, to lower in the water boiling added some salt and acidified by vinegar. To cook 3–4 minutes, then to add away on colander.

Turkey to divide thin portions, to fry in vegetable oil, to connect to potatoes.

Vegetable oil to heat, remove from fire, to connect to small divide garlic, to scald potatoes with turkey. To pepper to taste and to mix.

It is possible to bring salad both hot, and cold.

#### 89. The pepper stuffed with bacon

8 pods of sweet pepper, 500 grams of dietary cottage cheese, 100 grams of boiled bacon, 50 grams of strong cheese, 2 tablespoons are swept away, fennel, black ground pepper, salt.

Sweet pepper to wash, dry. Each pod to divide lengthways half-and-half and to clear of seeds and partitions.

Cheese to rub on average grater. meat and cucumbers to divide small cubes. To connect cottage cheese, sour cream, cheese, cucumbers, to salt and pepper to taste and carefully to mix.

With the turned-out mix to fill pepper pods, to lay out them on dish and sprinkle with small divide fennel.

#### 90. Sausages with cheese

5 sausages, 100 grams of cheese.

Sausages to clear of cover and to make an incision lengthways. Cheese to rub on small grater.

In cuts of sausages to place cheese. Preparations to lay out in form for roasting. To bake in oven while cheese will not melt.

#### 91. Veal in sour cream with greens

500 grams of pulp of veal, 1 bulb, 150–200 grams of fat sour cream, vegetable oil, it is pure, greens, black ground pepper, salt.

Veal to slice, beat off.

The onions to divide half rings, to fry in hot oil to golden color, to add veal, to mix and fry 4–5 minutes. To fill in with sour cream, to salt and pepper to taste. To prepare about 15 minutes.

Ready meat sprinkle with the crushed greens.

#### 92. Soup with quenelles

150 grams of beef forcemeat, 0,5 bulbs, 1 egg, 250 grams of the frozen vegetable mix, 1 tuber of potatoes, 500 ml of meat broth, parsley greens, breadcrumbs, black ground pepper, red ground pepper, salt.

Onions small to chop, mix with forcemeat, egg, breadcrumbs, to salt and pepper to taste, carefully to mix. From the turned-out weight to form quenelles.

Broth to finish to boiling, to lower in it vegetable mix and potatoes divide by cubes, to cook 6–7 minutes. Then to put quenelles and to cook 3-4 more minutes.

Ready soup sprinkle with the crushed greens.

#### 93. Chicken liver with mushrooms

300 grams of chicken liver, 1 small bulb, 1 bank of field mushrooms, flour, greens, vegetable oil, salt.

Flour to mix with salt, to roll in mix chicken liver and quickly to fry in hot oil.

Onions small to chop, fry together with the divide field mushrooms.

Liver and mushrooms with onions to mix and sprinkle with greens.

#### 94. Chicken in crisp in Chinese

500 grams of chicken fillet, 6 eggs, 50 grams of starch, 50 grams of flour, green onions, 1 teaspoon of dry wine, vegetable oil, sesame oil, sodium, black ground pepper.

Chicken meat to beat off, small to cut, add eggs, wine, to pepper and mix. Then to add flour and starch and again to mix.

Vegetable oil strongly to heat, without leading up to boiling, to put in it chicken mix. To fry during 5 minutes before formation of crisp, then to add away chicken on sieve.

In frying pan where chicken was fried to pour in slightly sesame oil, to fry a little crushed green onions, to salt and pepper to taste. To remove from fire, to mix with chicken. To lay out on dish.

#### 95. Chicken in Italian

2 chicken breasts, 100 grams of grated cheese, 2 tablespoons of olive oil, 1 tablespoon of tomato paste, 2 segments of garlic, oregano, black ground pepper, salt.

Chicken meat to divide small cubes and quickly to fry in olive oil. To add the crushed garlic I tomato paste, to mix, salt and pepper to taste, sprinkle crushed oregano and cheese. To heat, while cheese will not melt.

As garnish spaghettis will be ideally suited.

#### 96. Paste with goose liver

300 from goose liver, 2 small bulbs, 1 carrots, 1 boiled egg, 50–70 grams of butter, 0,3 cup of fat cream, vegetable oil, parsley greens, ground ginger, black ground pepper, salt.

Onions small to chop and fry in vegetable oil together with ginger. To salt to taste. Carrots to clear, small to cut, add to onions and to fry. Vegetables to remove from frying pan.

On the same frying pan to fry the divide liver, having added a little vegetable oil, during 5 minutes, stirring slowly. To salt to taste.

Fried vegetables, liver and egg to pass through meat grinder. Mix to cool and shake up with butter and cream.

Ready paste to decorate with parsley.

#### 97. Paste with chicken liver

450 grams of chicken liver, 125 grams of butter, 50 grams of onions-shalot, 4 tablespoons of sweet Vermouth, ground nutmeg, 0,25 teaspoons of dry thyme, ground black pepper, salt.

Chicken liver to dry on paper napkin.

Luk-shalot small to divide and fry in 1 tablespoon of butter, stirring slowly, during 1 minutes on average fire. To increase fire to strong, to add liver, thyme, nutmeg, to salt and pepper to taste. To stirring slowly, within 4 minutes. To pour in Vermouth and half-minute more.

The turned-out mix to divide in blender, adding the remained butter. Ready paste to cool.

It is possible to smear paste on toasts, crackers or thin slices of apples.

#### 98. "Boats"

4 fresh cucumbers, 1 bank of liver of cod, 1–2 boiled eggs, 20 grams of green onions, 20 grams of fennel, salt.

Cucumbers to wash, dry, divide lengthways half-and-half, to remove core. Liver of cod to limber up fork, to add the crushed eggs, small divide onions and fennel, cucumber core, to salt to taste and to mix.

With the turned-out mix to fill cucumbers.

#### 99. Snack with shrimps

1 bank of shrimps, 1 small bank of green peas, 2 boiled eggs, greens, mayonnaise, black ground pepper.

From shrimps and peas to merge liquid.

Shrimp meat and peas to connect, slightly to pepper, fill with small amount of mayonnaise and to mix.

To lay out mix in salad-dish, to decorate with segments of eggs and greens branches.

#### 100. The baked fish

1 fish about 1 kg, 150 grams of butter, 30 grams of fennel, 2 segments of garlic, black pepper of coarse grinding, sea salt is powerful.

Fish to clear, draw, remove gills (the head not to divide off), to wash, salt from within. To lay out on leaf foil, sprinkle with half of the crushed fennel. To kindle oil, to add the remained fennel, the crushed garlic, salt and pepper to taste. With the turned-out mix to water fish. Foil to wrap. To bake in hot oven about 20 minutes.

To ready fish it is possible to bring vegetables.

#### 101. The shrimps fried with tomatoes

350 grams of the cleared boiled shrimps, 2 bulbs, 400 grams of tomatoes in tomato sauce, 100 grams of sheep cheese or "Fet's" cheese, 3 tablespoons of the crushed parsley.

Onions and tomatoes small to cut. To heat oil, to fry in it onions, to add tomatoes, it is a little sugar. To prepare, stirring slowly, 3–5 minutes. To put in mix of shrimp, to salt to taste and to prepare 2–3 minutes. Ready dish sprinkle with the crushed sheep cheese or cheese and parsley.

As garnish rice or macaroni will approach.

#### 102. Squids in a Shanghai way

500 grams of fillet of squids, 50 grams of pork fat, 0,5 heads of garlic, 1 bulb, 2 tablespoons of soya sauce, 2 sugar spoons, sodium, black ground pepper, salt.

Fillet carefully to wash, divide large slices, to lower on 1 minutes in boiled water, to add away on colander and to cool.

The onions to divide ringlets, to fry in hot fat, to add slices of squid, to pour in soya sauce, to put sugar, to mix. To fry on strong fire within 2 minutes. At the end of preparation to add sodium, to salt and pepper to taste.

To remove from fire, sprinkle with small divide garlic and let's stand 1–2 minutes.

#### 103. Paste with smoked herring

4 fillets of smoked herring, 250 grams of the softened butter, 1 lemon, 1 bay leaf, ground pepper.

Herring to put pas. hot-water bottle to cover with film and to heat in the microwave oven during 2 minutes at full capacity (or to boil in hot water during 5 minutes).

Heat herring to put in food processor, to add 200 grams of oil, it is a little pepper, lemon pulp.

To shake up before formation of homogeneous weight. (Same it is possible to do by means of mixer or to pass herring through meat grinder, and then to shake up nimbus.)

The turned-out weight to put in form, to put from above bay leaf, to water with remained kindled oil and to cool.

The bay leaf can be not used. Ready paste can be stored in the refrigerator till 5 days.

#### 104. Paste with smoked trout

3 small smoke-cured trout, 225 grams of cheese, 75 grams of easy mayonnaise, 3 tablespoons of fresh lemon juice, 1 tablespoon crushed green or onions, red ground pepper.

Fish to clear, having removed the head, tail, fins and skin. To take out bones. Pulp to divide in blender before formation of homogeneous mix. To add the divide onions and to mix. Before giving to sustain paste in the refrigerator. It is possible to bring as independent dish, and it is possible to smear paste on crackers or toasts and to decorate with slices of fresh cucumber and green onions.

#### 105. Fish roll

1 bank of salmon in own juice, 3 thin unleavened wheat cakes, 150 grams of cheese, 2–3 boiled eggs, 50 grams of greens, 1 pickle, mayonnaise, ketchup.

Fish together with liquid to knead fork. Greens (any) to wash, dry, small to cut.

One unleavened wheat cake to grease with mayonnaise (or mayonnaise mix with ketchup, or ketchup), from above to put layer of salmon sprinkle with greens. To cover with the second unleavened wheat cake, to grease it with mayonnaise (or mayonnaise mix with ketchup, or ketchup) sprinkle with small divide eggs, and then grated cheese. From above to put the third unleavened wheat cake, to grease it with mayonnaise (or mayonnaise mix with ketchup, or ketchup) to lay out thin portions of cucumber.

From turned-out "pie" to form roll and to heat it in the microwave oven during 1–2 minutes at full capacity. Then to divide on pieces.

It is possible to bring both hot, and cold.

#### 106. The cod baked with tomatoes and cheese

4 pieces of fillet of cod without skin and bones, 150 grams of grated cheese, 2 fresh tomatoes, 8 olives without stone-fruit, black ground pepper, salt.

Tomatoes to wash and divide portions. Olives to divide half-and-half. Fish to fry on the heat grill during 5 minutes, then sprinkle with cheese, from above to put tomatoes and olives, to salt and pepper to taste. To bake 5 more minutes.

Instead of cod it is possible to use any other fish, it is desirable low-fat.

#### 107. Broth with egg flakes

600 ml of beef or chicken broth, 2 eggs, 2 tablespoons of cream, 2 tablespoons of milk, 20 grams of butter, ground nutmeg, black or red ground pepper, salt.

Eggs to shake up with cream, milk, nutmeg, pepper and salt. Broth to finish to boiling. Stirring slowly with easy movements, to pour in egg mix so that it got to broth in the small portions and formed small flakes. In ready dish to put oil and accurately to mix before its complete dissolution.

#### 108. Omelette in English

4 eggs, 120 grams of grated cheese, 1 cm, flour spoon, 0,25 cup of sparkling water, tomato sauce, fat, salt.

Cheese to connect to flour, slightly to salt and carefully to mix. To add sparkling water and again to mix. To put eggs and slightly to shake up. To heat frying pan, to kindle on it fat and accurately to pour out the turned-out weight. To fry on weak fire under cover. Tomato sauce to boil and add hot to ready omelette.

#### 109. Omelette with jam

8 eggs, 3 tablespoons of milk, 3 tablespoons of butter, 4 tablespoons of dense jam without stone-fruit, powdered sugar, salt.

Eggs to shake up, connect to milk, salt and to mix. To heat frying pan, to kindle on it oil, to cover and finish to readiness on weak fire.

On hot omelette to lay out jam, to combine omelette half-and-half and sprinkle with powdered sugar.

#### 110. Omelette with green onions

4 eggs, 100 ml of milk or 2–3 tablespoons of sour cream, 30 grams of green onions, butter or margarine, red ground pepper, salt.

Eggs to shake up with milk or sour cream, to salt and pepper to taste.

Green onions to wash, dry, small to cut, mix with weight.

The turned-out mix to pour out on frying pan with the kindled oil and to roast to readiness.

#### 111. Chopped egg with garlic

6 eggs, 90 grams of sour cream, 2–3 segments of garlic, 15 grams of greens of fennel, salt.

Eggs to cook in to cool, clear, to separate the whites from the yolks. Proteins small to chop, yolks to pound with salt and sour cream, to add kvass and small chopped garlic. Proteins to lay out in salad-dish, to fill in with the pounded yolks and sprinkle with small divide fresh fennel.

#### 112. Eggs with caviar

4 eggs, 1–2 tablespoons of caviar of any fish, butter.

Caviar to knead spoon, to salt, add eggs and to shake up. To heat frying pan, to kindle on it butter, to pour in egg and caviar mix, to put on weak fire and to sustain 1–2 minutes. After that fried eggs to overturn, cover and finish to readiness. To lay out on plate and sprinkle with the crushed greens.



### 113. Fried eggs with tomatoes and garlic

2 eggs, 2 small tomatoes, 2 segments of garlic, butter, salt.

Tomatoes to wash, dry, divide half-and-half, to salt. To heat up frying pan, to kindle in it butter, to put tomatoes divide down and slightly to roast. Garlic to divide and sprinkle with it tomatoes. To hold on fire until garlic will not heat up and will not start to exude strong smell. After that accurately to pour out eggs, to salt and finish to readiness.

### 114. Sandwiches with ham and cheese

4 slices of ham, 4 slices of cheese of firm grades, 2–3 tablespoons of the crushed greens, 50 grams of butter, 1 tomato, 4 slices of white loaf, mustard, black ground pepper.

The softened butter to mix with mustard. With the turned-out mix to smear bread. On each piece of bread to put on one slice of ham, on ham — tomato circle. Tomato sprinkle with pepper. From above to put cheese slice.

To bake in oven or in the microwave oven while cheese will not melt. Ready sandwiches sprinkle with greens.

### 115. Sandwiches with cheese

150 grams of grated cheese, 100 grams of butter, 1 pickle, 5–6 slices of white bread, red ground pepper.

The softened butter to mix with cheese, to add not hot pepper, the very small divide cucumber and again carefully to mix.

Bread slices on the one hand to moisten with water. To put them the wet party on baking sheet, on the dry party to put cheese mix. To bake in previously heat oven until cheese will not start to melt.

Such sandwiches very well approach to hot broth or to vegetable soup.

### 116. Sandwiches with fish canned food

1 bank of fish canned food in oil, 50 grams of salty or marinade mushrooms, 1 small bulb, 4 slices of processed cheese, 4 slices of rye or white bread, mustard, red ground pepper.

Fish to knead fork, to add small divide mushrooms and small divide onions, to pepper to taste and to mix.

The turned-out mix to put on bread slices, from above to put on cheese slice.

To bake in previously heat oven while cheese will not melt.

Instead of salty or marinade mushrooms it is possible to use or boiled.

If in fish canned food there will be too much oil, it is better for merging.

### **Table layout rules**

Laying of festive table begins with cloth - it should be in perfect tune (it is desirable snow-white, starched and certainly ideally pure). Under cloth surely enclose the dense fabric protecting table from casual spots and softening knock of devices and plates. On cloth place napkins surely identical and it is desirable from linen cloth (napkins trimmed with embroidery are especially welcomed). The obligatory moment in laying it that the cloth and napkins should be in harmony surely with service. On each napkin the main plate, further plate for the following dishes is put. To the left of plate or directly in it there should be table napkin. The ware settles down on table strictly in a straight line, with not big space from the table edge (1-2).

Knife at table layout have to the right of plate and it is obligatory edge to it. The fork settles down at the left, and teeth up. The soup spoon can be either to the right of plate, or together with dessertspoon behind plate, it is obligatory parallel to the table edge. Spoons have handles to the right, thus the convex party of spoon settles down on table. Plateau with bread have to the left of the main plate, plates with salad also settle down at the left, but is a little farther. If snack move in the general dishes and salad dishes table is surely served by special tweezers, rakes and spoons.

Elegance can give to table that flowers will have not in vases, and we will tell in big salad dishes. Thus at flowers shortly divide off stalks, and they swim like water water-lilies. In vessel with flowers for giving of more distinguished atmosphere, candles on the improvised boats can have. Flowers can shade dishes, but not replace them. Therefore in the table centre surely have the decorated main dish.

Also in the centre of sandwiches (obligatory the small sizes, on one sting), various spices have in an original way issued fish or meat allsorts, various look. cup serve on table slightly on the right before plate. Drinks can settle down in various places of table. Certainly, on festive table surely there is fruit.

On it we will finish the short description of basic elements of table layout. Live with pleasure.