

5 Ingredient Recipes

William Gore

Copyright William Gore 2016

Published at Smashwords

Table of contents.

1. [Recipes](#)

Recipes

Salads

Taste - the feeling arising at action of various substances on the taste receptors located on flavoring bulbs of language, and also a back wall of a throat, a soft palate, an almond and a nadgortannik.

1 - 1. Salad with a tuna

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

Tuna to crush a fork, to mix with the dried corn, to dress with mayonnaise to taste and to mix. If there is a lot of oil in bank, it is better to merge it.

1 - 2. Salad refined

1 oranges, 1 carrots, 1/2 glasses of walnuts, sour cream for gas station.

To peel orange, small to cut, carrots to clear, rub on a large grater, nuts to crush and connect to orange and carrots. To fill salad with sour cream.

1 - 3. Salad from a garden radish and green onions

300 g of a garden radish, 150 g of green onions, 100 g of sour cream, pepper and salt to taste.

To wash up a garden radish and small to cut. Green onions to wash up, cut, connect to a garden radish, to salt, pepper, fill with sour cream.

1 - 4. Salad from a radish and pomegranate

3-4 radishes, 1 grenades, 1 bunch of greens of cilantro.

Radish to wash up, clear and rub on a large grater. From 1/2 grenades to squeeze out juice. Greens of cilantro to wash up and cut.

To mix a radish with cilantro greens, to lay out in a salad bowl, to water with garnet juice, to decorate with pomegranate grains.

1 - 5. Salad from siliculose haricot and onions

300 g of tinned siliculose haricot, 3–4 bulbs, 2 teaspoons of 3% - a vinegar foot, mayonnaise and salt to taste.

To clear, wash up onions, small to cut, salt and sprinkle vinegar. Haricot small to cut, mix with onions, to dress with mayonnaise.

1 - 6. Hunting salad

300 g of meat of a rabbit, 200 g of pasta, 2 mocheny apples, mayonnaise, pepper and salt to taste.

Meat of a rabbit to wash out, cook to readiness in the added some salt water, to cut in small cubes. To lower pasta in the boiling added some salt water, to cook to readiness, then to cast away on a colander and to wash out in cold water. To cut Mocheny apples in small cubes. To connect the prepared Ingredients, carefully to mix. Salad to salt, pepper, dress with mayonnaise.

1 - 7. Salad from a garden radish and cucumbers

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

To wash up a garden radish and cucumbers, small to cut, mix, salt, fill with vegetable oil. When giving to a table it is possible to strew with greens of parsley and fennel.

1 - 8. Salad from tinned fish

150 g of tinned sardines, 2 tablespoons of mayonnaise, 1 cucumber.

Cucumber to wash up, clear and small to cut. Tinned fish to knead a fork, to mix with a cucumber and mayonnaise. When giving to a table salad can be strewed with fennel greens.

1 - 9. Salad from cod liver

100 g of tinned cod liver, 5–6 eggs, 2 red bulbs, olive oil, pepper and salt to taste.

To cut cod liver small slices. To cook eggs in abrupt, to cut segments. Onions to clear, wash up and cut half rings. To mix everything, to salt, pepper, fill with olive oil.

1 - 10. Salad from sausage and onions

100 g of boiled sausage, 1 bulb, 1 tablespoon of mayonnaise.

To peel onions, small to cut, to cut sausage straws. To mix onions with sausage and mayonnaise. When giving to a table salad can be decorated with parsley branches.

1 - 11. Salad from chicken fillet, potatoes and eggs

3 tubers of potatoes, 200 g of boiled chicken fillet, 2 eggs, sour cream, pepper and salt to taste.

Small to cut chicken fillet. Potatoes to boil, clear and cut in cubes. To cook eggs in abrupt, to clear and cut. To mix meat with potatoes and eggs. Salad to salt, pepper, fill with sour cream.

1 - 12. Salad from tinned crabs

150 g of tinned meat of crabs, 2 pickles, 1 egg, mayonnaise to taste. Small to cut cucumbers. Egg to clear, cut. Crabs to cut, mix with egg and cucumbers. Salad to dress with mayonnaise.

1 - 13. Salad from crab meat and rice

150 g of boiled crab meat, 50 g of boiled rice, 1 teaspoon of mustard, mayonnaise to taste.

Meat of crabs to cut, mix with rice and mustard. Salad to dress with mayonnaise.

1 - 14. Salad from tinned cod liver

150 g of tinned cod liver, 2 tubers of potatoes, 1 carrots, mayonnaise to taste.

To wash up, boil, clear and to grate potatoes and carrots on a large grater. To mash cod liver a fork, to mix with potatoes and carrots, to dress with mayonnaise.

1 - 15. Salad from boiled fish with vegetables

300 g of boiled fish, 1–2 cucumbers, 150 g of a garden radish, sour cream, pepper and salt to taste.

To cut fish small slices. A garden radish and cucumbers to wash up, cut thin circles. To mix everything, to salt, pepper and fill with sour cream.

1 - 16. Salad from squids with an asparagus

300 g of the cleared squids, 200 g of an asparagus, 1 green apple, sour cream, pepper and salt to taste.

Squids carefully to wash out, lower in the boiling added some salt water, to cook within 3 minutes, then to cast away on a colander, to dry and cut thin rings. An asparagus to wash up, lower in the boiling added some salt water, to cook to readiness, then to cast away on a colander and to dry. Green apple to wash up, clear, remove a core and to cut thin shaving. To lay out the prepared ingredients on a flat dish, to salt and pepper. To fill salad with sour cream.

1 - 17. Salad from cucumbers and tomatoes

2 cucumbers, 2 tomatoes, 2 tablespoons of vegetable oil, salt to taste.

Carefully to wash up cucumbers and tomatoes, accurately to cut circles, it is good to mix, salt, fill with vegetable oil. When giving to a table salad can be strewn small cut by greens of fennel and green onions.

1 - 18. Salad from marinated mushrooms and pickles

100 g of marinated mushrooms, 2 pickles, 1 tablespoon of mayonnaise.

Marinated mushrooms and pickles small to cut, mix with mayonnaise.

1 - 19. Salad from a white cabbage and potatoes

100 g of a white cabbage, 2 tubers of potatoes, 1 bulb, vegetable oil and salt to taste.

Cabbage to wash up, chop, pound with salt. To wash up, boil, clear and to cut potatoes in cubes. Luk to clear, wash up and cut. To mix everything, to fill with vegetable oil. When giving to a table salad can be decorated with green branches of parsley and fennel.

1 - 20. Salad from marinated mushrooms and green peas

500 g of marinated mushrooms, 200 g of tinned green peas, 2 the eggs cooked in abrupt, mayonnaise to taste.

Eggs to clear and cut. Mushrooms to slice, mix with eggs and green peas, to dress with mayonnaise.

1 - 21. Salad from asparagus haricot with sesame

500 g of asparagus haricot, 50 g of seeds of sesame, 40 ml of olive oil, salt to taste.

Haricot to wash up, boil in slightly added some salt boiling water to readiness, then to cast away on a colander, to dry and cut slices 3 cm long. To fry sesame on the warmed frying pan till golden color. To lay out haricot on a dish, to salt, strew with the fried sesame, to water with oil.

1 - 22. Salad from greens and cottage cheese

1 bunches of greens of fennel, 1 bunch of greens of parsley, 300 g of cottage cheese, also salt to taste is swept away.

To wash up greens of fennel and parsley, small to cut. To put greens in cottage cheese, carefully to mix, salt, add sour cream and once again to mix.

1 - 23. Salad from sauerkraut, a radish and walnuts

200 g of sauerkraut, 2 radishes, 4 tablespoons of the crushed kernels of walnuts, vegetable oil to taste.

Radish to wash up, clear and rub on a large grater, to add sauerkraut, walnuts, to fill with vegetable oil, it is good to mix everything.

1 - 24. Meat salad with a vegetable marrow

400 g of pork, 1 vegetable marrows, 3 garlic gloves, vegetable oil, pepper and salt to taste.

Pork to wash out, boil and cut in small cubes. A vegetable marrow to wash up, clear, remove seeds, to cut in large cubes, to salt and fry in vegetable oil. To clear, wash up garlic, small to cut. The prepared ingredients to connect, salt, pepper, accurately to mix.

1 - 25. Salad from meat and vegetables

500 g of boiled beef, 4–5 tomatoes, 2 cucumbers, sour cream, pepper and salt to taste.

Cucumbers to wash up, clear and cut in cubes. Tomatoes to wash up and cut circles. Meat to slice, mix with cucumbers and tomatoes, to salt, pepper, fill with sour cream, to issue circles of tomatoes.

1 - 26. Salad of allsorts

4 red tomatoes, 2 eggs, 1/6 glasses of the Vinaigrette sauce, parsley greens to taste.

dense red ripe tomatoes to cut average size circles. Also circles to cut the eggs cooked in abrupt. To lay the prepared tomatoes and eggs in a low and wide salad bowl a hill, alternating ranks of tomatoes and eggs. From above to fill in salad with the Vinaigrette sauce and to decorate with the strips beams from a salad top to salad bowl walls made of the eggs crushed egg yolk and white. To decorate salad with a rosette from egg or tomato and parsley branches.

1 - 27. Salad from grains and onions

2 average bulbs, 1 large pomegranate, salts to taste.

2–3 times to wash out small chopped onions in hot water, to cast away on a colander. To clear of a peel of grenades of a sour grade, to squeeze out juice of part of grains, to mix other grains with onions, to put in a salad bowl or a vase, to water with the squeezed-out sour juice. For decoration of salad to cut out "sockets" from white onions and, having filled them with pomegranate grains, to put on the middle. At the edges to lay onions rings.

1 - 28. Salad from potatoes and paprika

2 average tubers of potatoes, 2 paprikas, 1 pickle, vegetable oil to taste.

Potatoes to wash up, boil, cool, to clear and cut in cubes. Paprika to wash up, remove a fruit stem and seeds, small to cut. To cut a cucumber in cubes. To mix potatoes with paprika, a cucumber and to fill with vegetable oil.

1 - 29. Salad from cheese and garlic

100 g of cheese, 1 garlic glove, 20 g of mayonnaise.

To grate cheese on a large grater. Garlic to clear and crush. To mix cheese with garlic, to dress with mayonnaise. When giving to a table salad can be decorated with tinned green peas.

1 - 30. Salad from cheese and eggs

2 the eggs cooked in abrupt, 100 g of cheese, 20 g of mayonnaise, salt to taste.

To grate cheese on a large grater. Eggs to clear and cut. To mix cheese with eggs, mayonnaise, to salt. When giving to a table salad can be decorated with fennel greens.

1 - 31. Salad from carrots and prunes

2 carrots, 100 g of prunes, 4 tablespoons of sour cream, chopped greens of fennel and salt to taste.

Carrots to clear, wash up and rub on a large grater. To wash out, fill in prunes with boiled water, to leave for 20 minutes, then to remove stones, and pulp small to cut and add to carrots. To mix sour cream with salt and to fill with it carrots and prunes. To strew salad with fennel greens.

1 - 32. Salad from beet and mushrooms

150 g of beet, 50 g of dried mushrooms, 1 bulb, mayonnaise and salt to taste.

To wash up, boil, clear and to grate beet on a large grater. To clear, wash up onions, small to cut. To wet dried mushrooms for 3–4 hours, then to boil and small to cut. To mix beet with mushrooms and onions, to salt, dress with mayonnaise.

1 - 33. Salad from a radish and cucumbers

1 radish, 2 cucumbers, 3 tablespoons are swept away, salt to taste.

Radish to clear, wash up, rub on a large grater, to salt. Cucumbers to wash up, rub on a large grater. A radish and cucumbers to mix, fill with sour cream.

1 - 34. Salad from tomatoes, eggs and greens

2 the eggs cooked in abrupt, 2 tomatoes, 1 bunch of greens of fennel and parsley, mayonnaise and salt to taste.

Eggs to clear and cut circles. To wash up tomatoes, accurately to cut circles. Greens to wash up and cut. To mix eggs with tomatoes and greens, to salt. Salad to dress with mayonnaise.

1 - 35. Salad from carrots and prunes

3 large carrots, 200 g of prunes without stones, 1 bunch of greens of fennel, it is swept away, sugar and salt to taste.

To wash out prunes in warm water, to fill in with boiled water, to sustain within 10 minutes, then to cut small slices. Greens of fennel to wash up and crush. Carrots to clear, wash up, rub on a large grater, to add prunes, carefully to mix. To mix sour cream with salt and sugar, to fill with the received mix carrots with prunes. To lay in a salad bowl, to strew with fennel greens.

1 - 36. Salad from an asparagus and a celery

300 g of an asparagus, 200 g of a petiolar celery, 1 green apple, mayonnaise, pepper and salt to taste.

Asparagus to wash up, boil to readiness in the boiling added some salt water. Scapes of a celery to wash up, cut slices 1 cm long. Apple to wash up, clear, remove a core and to slice the thin. The prepared ingredients to mix, salt, pepper, dress with mayonnaise.

1 - 37. Salad from a kohlrabi

200 g of a kohlrabi, 1 bulb, 40 g are swept away, sugar to taste.

Kohlrabi to clear, wash up, rub on a large grater. To clear, wash up onions, small to cut, add to a kohlrabi. To mix sour cream with sugar, to fill salad.

1 - 38. Salad from fried mushrooms

150 g of fried mushrooms, 1 bulb, 50 g of tinned green peas, is swept away to taste.

To clear, wash up onions, small to cut, mix with mushrooms and green peas. To fill salad with sour cream. To decorate with greens.

1 - 39. Salad from tomatoes and paprika

4 tomatoes, 2 paprikas, 3 tablespoons of mayonnaise, chopped greens of parsley and salt to taste.

To wash up tomatoes and small to cut. Pepper to wash up, remove fruit stems and seeds, small to cut, mix with tomatoes, to salt, dress with mayonnaise, to decorate with parsley greens.

1 - 40. Salad from tomatoes, cheese and prunes

2 tomatoes, 100 g of cheese, 50 g of prunes without stones, also salt to taste is swept away.

To wash up tomatoes and small to cut. To grate cheese on a large grater. To fill in prunes with boiled water, to leave for 30 minutes, then small to cut. To mix tomatoes with prunes, cheese and sour cream, to salt.

1 - 41. Salad from eggs and a cucumber

Eggs – 3 pieces, a cucumber – 1 piece, mayonnaise – 2 tablespoons, greens of parsley and fennel – on 0,5 bunches, salt to taste.

The cucumber is cut thin circles, greens of parsley and fennel crush. Eggs are cooked in abrupt, cooled, cleared and small cut.

All products mix, salt and dress with mayonnaise.

1 - 42. Salad from green onions

Green onions – 200 g, pomegranate grains – 150 g, lemon juice – 1 tablespoon, salt and pepper to taste.

Onions are washed, crushed, sprinkled lemon juice. Add pomegranate grains, salt, pepper and mix.

First dish

2 - 1. Vegetable potatoes soup

1 l of vegetable broth, 3 tubers of potatoes, 1 carrots, greens of parsley and salt to taste.

Potatoes and carrots to wash up, clear, cut in cubes. Greens of parsley to wash up and cut. To bring broth to boiling, to add potatoes and carrots, to salt, cook to readiness, to strew with parsley greens.

2 - 2. Beetroot soup with color haricot

1,5 l of vegetable broth, 1 beet, 50 g of color haricot, parsley greens, mayonnaise and salt to taste.

Beet to wash up, clear, cut in cubes. Greens of parsley to wash up and cut. To bring broth to boiling, to add beet and previously wetted haricot, to salt, cook to readiness, to strew with parsley greens, to add mayonnaise.

2 - 3. Green Russian cabbage soup

1,5 l of vegetable broth, 100 g of a sorrel, 2 tubers of potatoes, sour cream and salt to taste.

Potatoes to wash up, clear, cut in cubes. To wash up a sorrel and largely to cut. To bring broth to boiling, to add potatoes, to salt, cook within 10 minutes, to add a sorrel, to cook 5 more minutes, to fill with sour cream.

2 - 4. Cold tomato soup

1 l of tomato juice, 4 potatoes tubers cooked in a uniform, 3 boiled carrots, greens of parsley and salt to taste.

Potatoes and carrots to clear, cut straws. Greens of parsley to wash up and cut. To add potatoes, carrots and greens to tomato juice, to salt.

2 - 5. Champignons zucchini soup

150 g of champignons, 150 g of zucchini, 2 tubers of potatoes, greens of fennel and salt to taste.

Potatoes and zucchini to wash up, clear, cut in cubes. Champignons to wash out, slice. To wash up greens of fennel, small to cut. To bring 1,5 l of water to boiling, to add potatoes, zucchini and mushrooms, to salt, cook to readiness, to add fennel greens.

2 - 6. Milk vegetable marrows soup

1,5 l of milk, 200 g of vegetable marrows, 2 tubers of potatoes, salt to taste.

Potatoes and vegetable marrows to wash up, clear, cut in cubes. To bring milk to boiling, to add potatoes and vegetable marrows, to salt, cook to readiness.

2 - 7. Milk pumpkin soup

1,5 l of milk, 150 g of pumpkin, 50 g of butter, sugar to taste.

Pumpkin to wash up, clear, rub on a large grater. To bring milk to boiling, to add pumpkin and sugar, to cook to readiness, to fill with butter.

2 - 8. Chicken broth

Carcass of chicken, the 3rd carrots, 2 bulbs, bay leaf, pepper and salt to taste.

Carcass of chicken to wash out, cut. Carrots to wash up, clear, largely to cut. To clear, wash up onions. To fill in meat with the boiling water (3 l), to cook within 30 minutes, periodically removing foam. To add carrots and onions, to cook 10 more minutes, to put pepper, salt, bay leaf, to cook to readiness. To take out meat, to filter broth.

2 - 9. Beef potatoes soup

2 l of beef broth, 300 g of boiled beef, 5 tubers of potatoes, bay leaf, pepper and salt to taste.

Potatoes to wash up, clear, cut in cubes. To cut beef portion pieces. To bring broth to boiling, to add potatoes, to cook 10 minutes, to put meat, bay leaf, to salt, pepper, cook to readiness.

2 - 10. Beef potatoes and onions soup

2 l of beef broth, 3 tubers of potatoes, 2 bulbs, butter, bay leaf, pepper and salt to taste.

Potatoes to wash up, clear, cut in cubes. To clear, wash up onions, small to cut, fry in butter. To bring broth to boiling, to add potatoes, to cook 10 minutes, to put onions, bay leaf, to salt, pepper, cook to readiness.

2 - 11. Fish cream soup

400 g of perch fillet, 50 g of a flour, 2 egg yolks, butter, fennel greens, pepper and salt to taste.

To wash out, fill in with fillet 1,5 l of water and to cook to readiness. Greens of fennel to wash up and cut. To get fillet from broth, to crush by means of the blender. To fry a flour in butter, to part with broth, to bring to boiling, to filter, add fish puree, again to bring to boiling, to salt, add the shaken-up egg yolks. When giving to a table to strew with fennel greens.

2 - 12. Tomato sprat soup

250 g of the sprat preserved in tomato sauce, 2 tubers of potatoes, the 2nd carrots, parsley greens, bay leaf and salt to taste.

Potatoes and carrots to wash up, clear, cut straws. Greens of parsley to wash up, cut. To bring water (1,5 l) to boiling, to add potatoes and carrots, to cook 10 minutes, to add a sprat, to put bay leaf, to salt, cook to readiness, to strew with parsley greens.

2 - 13. Squids olives soup

200 g of the cleared squids, 50 g of olives without stones, 100 g of croutons, greens of cilantro and salt to taste.

Squids to cut rings. Greens of cilantro to wash up, cut. To bring water (1 l) to boiling, to add squids and olives, to salt, cook 3 minutes, to strew with cilantro greens. When giving to a table to put croutons in each plate.

2 - 14. Porridge with raisin

200 g of oat flakes, 400 ml of milk, 50 g of raisin, butter, sugar and salt to taste.

Oat flakes to fill in 200 ml of water, to bring to boiling, to cook within 10 minutes. To pour in milk, to put sugar, salt, to cook to readiness, to add previously wetted raisin and butter.

2 - 15. Rice porridge with raisin

300 g of rice, 100 g of raisin without stones, 20 ml of olive oil, sugar and salt to taste.

To wash out, fill in with Rees 700 ml of water, to cook within 10 minutes, to add raisin, sugar, salt, to cook to readiness. To fill porridge with olive oil.

2 - 16. Vegetable broth with noodles

1 l of vegetable broth, 100 g of noodles, 1 carrots, greens of fennel and salt to taste.

Greens of fennel to wash up and cut. Carrots to wash up, clear, cut circles. To bring broth to boiling, to add noodles and carrots, to salt, cook to readiness, to strew with fennel greens.

2 - 17. Vegetable turnip soup

1 l of vegetable broth, 2 tubers of potatoes, 1 turnip, green onions and salt to taste. The green onions to wash up and cut. Potatoes and turnip to wash up, clear, cut in cubes. To bring broth to boiling, to add potatoes and turnip, to salt, cook to readiness, to strew with green onions.

2 - 18. Mushroom potatoes and carrots soup

1 l of mushroom broth, 3 tubers of potatoes, 1 carrots, greens of parsley and salt to taste.

Potatoes and carrots to wash up, clear, cut straws. To wash up greens of parsley, small to cut. To bring broth to boiling, to add potatoes and carrots, to salt, cook to readiness, constantly stirring slowly. To add parsley greens.

2 - 19. Pea soup with smoked products

100 g of peas, 200 g of smoked pork ribs, 200 g of smoked gammon, pepper and salt to taste.

To fill in previously wetted peas with the boiling water, to cook within 20–30 minutes, to add smoked products, to cook 10 more minutes, to salt, pepper, cook to readiness.

2 - 20. Chicken wings cauliflower soup

300 g of chicken wings, 150 g of the frozen cauliflower, 3 tubers of potatoes, parsley greens, pepper and salt to taste.

Potatoes to clear, cut in cubes. Greens of parsley to wash up, crush. To wash out, fill in chicken wings with the boiling water, to cook within 10 minutes, periodically removing foam. To add potatoes and a cauliflower, to salt, pepper, cook to readiness.

2 - 21. Russian cabbage soup with chicken and turnip

300 g of chicken quarters, 200 g of a white cabbage, 1 turnips, tomato paste, sour cream and salt to taste.

Turnip to wash up, clear, cut straws. Cabbage to wash up and chop. Ham to wash out, fill in with the boiling water, to cook 15 minutes, to add turnip and cabbage, to salt, cook within 10 minutes, to add tomato paste, to cook to readiness, to fill with sour cream.

2 - 22. Smoked chicken breast potatoes and cheese soup

350 g of smoked chicken breast, 2 tubers of potatoes, 100 g of cheese, greens of parsley and salt to taste.

Potatoes to wash up, clear, cut in cubes. Chicken breast to cut. To wash up greens of parsley, small to cut. To cut cheese in cubes. To bring 1,5 l of water to boiling, to add potatoes and meat, to salt, cook to readiness, to add greens of parsley and cheese.

2 - 23. Fish potatoes and carrots soup

1 l of fish broth, 2 tubers of potatoes, the 2nd carrots, bay leaf and salt to taste.

Potatoes and carrots to wash up, clear, cut in cubes. To bring broth to boiling, to add potatoes and carrots, to cook 10 minutes, to put bay leaf, to salt, cook to readiness.

2 - 24. Mushroom potatoes and macaroni soup

1,5 l of mushroom broth, 2 tubers of potatoes, 100 g of pasta, greens of fennel and salt to taste.

Potatoes to wash up, clear, cut in cubes. To wash up greens of fennel, small to cut. To bring broth to boiling, to add potatoes and pasta, to salt, cook to readiness, to add fennel greens.

2 - 25. Cheese vegetables soup

150 g of cheese, 2 tubers of potatoes, 1 carrots, salt to taste.

Potatoes and carrots to wash up, clear, cut in cubes. To grate cheese on a large grater. To bring 1 l of water to boiling, to add potatoes and carrots, to cook 7 minutes, to put cheese, to mix, salt, cook to readiness.

2 - 26. Cheese ham soup

150 g of processed cheese, 150 g of ham, 2 tubers of potatoes, vegetable oil, black ground pepper and salt to taste.

Potatoes to wash up, clear, cut in cubes. To grate cheese on a large grater. To cut ham straws, to fry in vegetable oil. To bring 1,2 l of water to boiling, to add potatoes, to cook 5 minutes, to put cheese, ham, to mix, salt, pepper, cook to readiness.

2 - 27. Chicken processed cheese soup

1,5 l of chicken broth, 100 g of processed cheese, 3 tubers of potatoes, fennel greens, pepper and salt to taste.

Greens of fennel to wash up, crush. Potatoes to wash up, clear, cut in cubes. To bring broth to boiling, to add grated processed cheese, potatoes, to salt, pepper, cook to readiness, to strew with fennel greens.

2 - 28. Beetroot soup with beef

1 l of beef broth, 200 g of boiled beef, 1 beet, fennel greens, is swept away also salt to taste.

To cut beef in cubes. Beet to wash up, clear, rub on a large grater. Greens of fennel to wash up and cut. To bring broth to boiling, to add beet and meat, to salt, cook to readiness, to strew with fennel greens, to add sour cream.

2 - 29. Vegetable broth with carrots and green onions

1 l of vegetable broth, the 2nd carrots, 1 bunch of green onions, salt to taste.

Carrots to wash up, clear, cut straws. The green onions to wash up and cut. To bring broth to

boiling, to add carrots, to salt, cook to readiness, to strew with green onions.

Second dish

3 - 1. Corn with sour cream

200 g of tinned corn, 50 g are swept away.

To warm up corn in bank, to merge liquid. To lay out corn in a stewpan, to mix with sour cream and, stirring slowly, to extinguish until sour cream is evaporated approximately on a third. To give at once.

3 - 2. Sauerkraut with mushrooms

300 g of sauerkraut, 100 g of marinated mushrooms, 1 bulb, vegetable oil to taste.

To clear, wash up onions and small to cut. To slice mushrooms. Cabbage small to cut, mix with onions, mushrooms, to fill with vegetable oil.

3 - 3. Snack from vegetable marrows and tomatoes

300 g of vegetable marrows, 4 tomatoes, 2 bulbs, mayonnaise and salt to taste.

To clear, wash up onions and small to cut. Vegetable marrows to wash up, clear, rub on a large grater and to salt. Tomatoes to wash up, slice, mix with vegetable marrows and onions, to dress with mayonnaise.

3 - 4. Snack from a horse-radish

100 g of a root of a horse-radish, 1 tablespoon of 3% - a vinegar foot, 2 teaspoons of sugar, salt to taste.

To clear, wash up, grate, to put a horse-radish in ceramic ware, to pour in 2 glasses of water, to add vinegar, sugar and salt, to mix and put in a cool place.

3 - 5. Snack from a horse-radish and sauerkraut

100 g of a root of a horse-radish, 150 g of sauerkraut, 1 apple, vegetable oil and salt to taste.

Root of a horse-radish to wash up, clear and rub on a large grater. Apple to wash up, clear, remove a core and to cut straws.

To mix a horse-radish with cabbage and apple, to salt, fill with vegetable oil.

3 - 6. Eggplants with garlic

5-6 eggplants, 5-7 garlic gloves, 100 ml of vegetable oil, 3% - ny vinegar and salt to taste.

Garlic to clear, wash up and pound. Eggplants to wash up, bake in an oven, then to cool, husk, small to cut, salt, add vegetable oil and vinegar, to mix, lay out a hill in a dish, to strew with garlic.

3 - 7. Sticks cottage cheese

Cottage cheese – 500 g, butter – 250 g, a flour – 400 g, salt to taste.

Cottage cheese is passed via the meat grinder, add salt, oil and a flour. From curds form sticks, put them on the oiled baking sheet and bake in an oven to readiness.

3 - 8. A canape with cheese and olives

4 slices of bread, 100 g of cheese, 4 olives without stones, mayonnaise and pepper to taste.

To pass cheese via the meat grinder, to mix with mayonnaise and to pepper.

To lay out the prepared mix on bread slices, from above to put olives, to pierce them skewers.

3 - 9. A canape with a herring and apples

8 slices of rye bread, 50 g of fillet of a salty herring, 2 mocheny apples, butter to taste.

To slice a herring and apples. Bread to oil, put a herring and apples. To pierce a canape skewers.

3 - 10. A canape with cheese and a quince

4 slices of white bread, 50 g of grated cheese, 1 quince, 20 g of butter.

Quince to wash up, cut in half, to remove a stone, then to cut on 4 parts. To oil, lay out bread on it cheese. To pierce a canape skewers, to decorate with quince segments.

3 - 11. Snack from meat of chicken and cucumbers

5– 6 cucumbers, 200 g of boiled meat of chicken, 100 g of mayonnaise, salt to taste.

Cucumbers to wash up and cut circles. To cut meat small slices, to mix with cucumbers and mayonnaise, to salt.

3 - 12. Snack from eggs and smoked gammon

10 — 12 eggs cooked in abrupt, 150 g of smoked gammon, 150 g of mayonnaise, salt to taste.

Gammon small to cut and mix with mayonnaise. Eggs to clear, cut circles, to salt and lay out on a dish. From above to put gammon.

3 - 13. Snack of "Gulliver"

200 g of doctor's sausage, 200 g of cheese, 2–3 tomatoes, mayonnaise, salt to taste.

To cut cheese straws, sausage – small cubes. Tomatoes to wash up, cut segments, to salt. To lay out the prepared ingredients on a flat dish, to water with mayonnaise.

3 - 14. Sharp snack from tomatoes

4-5 tomatoes, 1 bulbs, 1 pod of hot pepper, vegetable oil and salt to taste.

It is good to wash up tomatoes, accurately to cut circles. A pod of hot pepper to wash up, remove seeds and small to cut. Onions to clear, wash up, cut rings, to lay out in a frying pan, to add the cut pepper, salt, vegetable oil, to pour in a little water and to extinguish on weak fire within 10 minutes, then to mix with circles of tomatoes and a cucumber.

3 - 15. Snack from fish and pickles

300 g of boiled sea fish, 3 pickles, 1 bulb, mayonnaise to taste. Onions to clear, wash up and cut rings. To cut pickles in cubes.

To remove bones from boiled fish. Fillet small to cut, mix with cucumbers, to lay out on a dish, to decorate with onions rings, to water with mayonnaise.

3 - 16. Snack from sausage and garlic

300 g of boiled sausage, 2 garlic gloves, 1 teaspoon of adjika, mayonnaise to taste.

To mix mayonnaise with adjika. Garlic to clear, wash up and crush. To slice, lay out sausage on a dish, to strew with garlic, to grease with mix of adjika and mayonnaise.

3 - 17. Snack from tomatoes and carrots

5-6 tomatoes, the 2nd carrots, 1 bulb, vegetable oil and salt to taste. Tomatoes to wash up and cut circles. Luk to clear, wash up and cut. Carrots to wash up, clear, rub on a large grater, to lay out on a frying pan, to add salt, onions, vegetable oil, to pour in a little water, to extinguish to readiness.

To lay out circles of tomatoes on a dish, on the middle of everyone to put a hill on 1–2 teaspoons of mix of carrots and onions.

3 - 18. Snack from tomatoes and baked onions

5– 6 tomatoes, 3–4 bulbs, 3 tablespoons of vegetable oil, salt to taste.

Tomatoes to wash up and cut circles. Onions to clear, wash up, bake in an oven and to cut rings. To lay out circles of tomatoes on a dish, to salt, from above to put onions, to water with vegetable oil.

3 - 19. Snack "Parisian"

4 — 5 tomatoes, 100 g of cheese, 2 tablespoons of mayonnaise, fennel greens to taste.

Tomatoes to wash up, cut off tops and to take out a teaspoon part of pulp. To wash up greens of fennel and small to cut. To grate cheese on a large grater, to mix with mayonnaise and greens. To fill with the prepared mix tomatoes.

3 - 20. Snack from carrots

3 carrots, 1 tablespoon of 3% of vinegar, 1 teaspoon of pepper red ground, vegetable oil and salt to taste.

Carrots to wash up, clear, rub on a small grater, to add salt, pepper, to fill with mix of vegetable oil and vinegar.

3 - 21. Snack from carrots and walnuts

300 g of carrots, 3 tablespoons of the crushed kernels of walnuts, 100 g of mayonnaise, salt to taste.

Carrots to wash up, clear, rub on a small grater, to mix with nuts, to salt, dress with mayonnaise.

3 - 22. Snack from an asparagus

500 g of an asparagus, 3 tablespoons of vegetable oil, 1 bunch of greens of fennel, salt to taste.

Greens of fennel to wash up and cut. An asparagus to wash up, clear, cut large pieces, to boil in the added some salt water, to cast away on a colander, to cool, salt, mix with fennel greens, to fill with vegetable oil and a tax to a table.

3 - 23. Eggs in tomato sauce

10 — 12 boiled eggs, 100 g of tomato paste, 1 bulb, vinegar, pepper and salt to taste.

To clear, wash up onions and small to chop. To salt, pepper, lay out tomato paste in a pan, to add vinegar, onions, to cook within 3 minutes on weak fire, then to cool. To clear, lay out eggs on a dish, to water with the prepared sauce.

3 - 24. Roll from an omelet with crabsticks

6 eggs, 150 g of crabsticks, 30 g of mayonnaise, vegetable oil and salt to taste.

To grate crabsticks on a large grater, to mix with mayonnaise. To salt, shake up, pour out eggs on a frying pan with the warmed vegetable oil. To fry an omelet from both parties, to cool. On the middle of an omelet to lay out the prepared mix, to curtail roll, to cut portion pieces.

3 - 25. Snack from onions

2 bulbs, lemon juice 1/2, 1 teaspoon of sugar, vegetable oil and salt to taste.

Onions to clear, wash up, cut rings, to obdat boiled water, to sugar, water with lemon juice and to leave for 10 minutes. Then to salt, fill with vegetable oil.

3 - 26. The tomatoes stuffed with eggplant caviar

5-6 tomatoes, 100 g of eggplant caviar, 2 garlic gloves, salt to taste.

Tomatoes to wash up, cut off tops, to take out a teaspoon part of pulp. Garlic to clear and rub on a small grater. Tomatoes to salt, fill with eggplant caviar, to strew with garlic.

3 - 27. Haricot boiled with greens

Red beans – 200 g, butter – 3 tablespoons, parsley greens – 0,5 bunches, spices, salt, pepper to taste.

Haricot is touched, washed and cooked to semi-readiness. Then add 1 tablespoon of oil and spice. Ready haricot is thrown back on a colander, filled with the remained oil, strewed with pepper, I will merge also largely cut parsley greens.

3 - 28. Uvar with honey

Dried fruits – 100 g, water – 1 l, honey to taste.

Dried fruits wash out, fill in with cold water and bring to boiling. Cook on small fire of 30 min., add honey and remove from fire. To a table uzvar give cooled.

3 - 29. The tomatoes stuffed with a celery and pineapple

5– 6 tomatoes, 100 g of pulp of pineapple, 100 g of a root of a celery, mayonnaise, pepper and salt to taste.

Tomatoes to wash up, cut off tops, to take out a teaspoon part of pulp. A celery to wash up, clear and grate. Small to cut pulp of pineapple.

To wipe pulp of tomatoes through a sieve, to mix with prepared by a celery and pineapple, to salt, pepper, add mayonnaise and to mix.

To fill tomatoes with the prepared mix.

3 - 30. Snack from cucumbers and a sorrel

4 cucumbers, 100 g of leaves of a sorrel, 2 tablespoons of mayonnaise, salt to taste.

To wash up cucumbers and a sorrel, small to cut, salt, mix, dress with mayonnaise.

3 - 31. Cucumbers with fennel in sour cream

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

Cucumbers to wash up and cut thin circles. Greens of fennel to wash up and cut. To salt, lay out cucumbers on a dish, to water with sour cream and to strew with fennel greens.

3 - 32. Pepper po-Parizhski

5 pods of paprika, 3 tablespoons of vegetable oil, 3 garlic gloves, salt to taste.

Garlic to clear, wash up and rub on a small grater. Paprika to wash up, remove fruit stems and seeds, to cut everyone on 4–6 parts and to fry in vegetable oil within 10 minutes. Then to husk, lay out on a dish, to salt, strew with grated garlic.

3 - 33. Medallions from a turkey

500 g of fillet of a turkey, bacon slices, olive oil, black ground pepper, salt to taste.

To cut fillet of a turkey portion pieces, slightly to beat off, salt and pepper to taste.

To wrap up each piece bacon slice, to fix wooden toothpicks. To fry in the warmed olive oil.

3 - 34. Salad with a tuna

1 bank of a tuna in oil, 1 bank of tinned corn, mayonnaise to taste.

Tuna to crush a fork, to mix with the dried corn, to dress with mayonnaise to taste and to mix. If there is a lot of oil in bank, it is better to merge it.

3 - 35. Salad from shrimps with apples

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

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

Apples to wash up, remove a core, to slice the thin.

Parsley to wash up, dry, cut.

Ingredients to connect, dress with mayonnaise and carefully to mix.

3 - 36. Morning in Flood sandwich

8 slices of bread, 1 tablespoon of butter, 2 bulbs, salt to taste.

Fry bread from both parties on butter. Cut onions rings and put on bread slices. Salt and roast.

3 - 37. Onions paste

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

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

3 - 38. Fried potatoes with green onions

7 tubers of potatoes, 2 bulbs, 3 bunches of green onions, vegetable oil, pepper and salt to taste.

Luk to clear, wash up and cut. Potatoes to wash up, clear, cut brusochka and to fry in vegetable oil together with onions. The green onions to wash up and cut. To mix potatoes with green onions, to salt, pepper.

3 - 39. The tomatoes baked in pastry

4 — 5 tomatoes, 2 tablespoons of a flour, 100 g of grated cheese, vegetable oil, pepper and salt to taste.

Tomatoes to wash up and cut circles. To add a little water, salt to a flour and to knead liquid dough. To dunk each circle of tomatoes into dough, to lay out on the baking sheet oiled vegetable, to strew with cheese, pepper and to put in the oven warmed to 180 °C for 3 minutes.

3 - 40. Siliculose haricot with sour cream

200 g of siliculose haricot, 200 g are swept away, 25 g of butter, greens of parsley and salt to taste.

Greens of parsley to wash up, cut. To wash up haricot, largely to cut, lay out in a frying pan, to pour in a little water, to extinguish 10 minutes, to add butter, to fry 5 minutes. To add sour cream, to salt and extinguish to readiness. When giving to a table to strew with parsley greens.

3 - 41. The turkey baked with dried apricots and prunes

1 kg of a turkey, 100 g of prunes without stones, 100 g of dried apricots, vegetable oil, pepper and salt to taste.

Turkey to wash out, cut portion pieces, to rub with salt and pepper. To wash out prunes and dried apricots. To fry pieces of a turkey on a frying pan in vegetable oil before formation of a golden crust, to shift in a form for roasting and to put for 30 minutes in previously warmed oven. To add dried apricots and prunes, to bake to readiness, periodically watering with the formed juice.

3 - 42. The ham fried in crackers

300 g of ham, 1 eggs, 2 tablespoons of breadcrumbs, vegetable oil and ketchup to taste.

To shake up egg. Accurately to slice ham thin, to dunk everyone into the shaken-up egg, to roll in in breadcrumbs and to fry on vegetable oil till golden color.

3 - 43. Cucumber paste

100 g of butter, 1 cucumbers, 1/2 bunches of greens of fennel, salt to taste.

Cucumber to wash up, clear and pass via the meat grinder. Greens of fennel to cut. To mix butter with a cucumber and salt.

3 - 44. Mushroom paste

100 g of butter, 20 g of mayonnaise, 100 g of marinated mushrooms, pepper and salt to taste.

To pass marinated mushrooms via the meat grinder, to mix with butter and mayonnaise, to add salt and pepper.

3 - 45. Tomato paste

100 g of butter, 1 tomatoes, 1/2 bunches of greens of fennel, pepper and salt to taste.

Greens of fennel to wash up and cut. Tomato to wash up, obdat boiled water, to clear of a thin skin, to pass via the meat grinder, to connect to butter, to salt and pepper.

3 - 46. Eggplants in oil

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

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

It is possible to give as an independent dish or as a garnish to meat or a bird.

3 - 47. Soup potato

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

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

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

Instead of flour gas station it is possible to enter the tomato.

3 - 48. Zucchini in lemon juice

300 g of zucchini, 20 g of butter, 4 tablespoons of lemon juice, salt to taste.

To lay out oil about heat resisting ceramic ware and to kindle it. To slice zucchini thin, to put in oil, to salt to taste, to water with lemon juice. To cover ware. To prepare at full capacity about 5 min.

To take a ready dish in the switched-off microwave of 1-2 min. It is possible to give and we heat, and cold.

3 - 49. Juicy fried eggs

5–6 eggs, 3–4 tomatoes, 2 average bulbs, salt to taste.

On the oiled and warmed frying pan fry tomatoes together with onions. After they will a little be reddened, hammer into an egg frying pan, salt.

3 - 50. Omelet "Island"

3 eggs, 1/4 glass of milk, 1 beet, green onions, salt to taste.

In advance boil beet that it managed to cool down. Then cut it in small cubes.

Separate the whites from the yolks, shake up them carefully, mix with yolks and milk, salt. Warm a frying pan and put the cut beet there, fry and pour out the shaken-up eggs. When the omelet is reddened and will rise, it is ready to the use.

3 - 51. Omelet "Morning"

3 eggs, 200 g of meat broth, salt, pepper to taste.

Hammer all eggs into the boiling meat broth and cook, without ceasing to stir slowly, salt and pepper. Eggs from above have to cook.

3 - 52. Dessert fried eggs

4 eggs, 30–40 g of oil, 1 glass of currant jam.

Warm oil on a frying pan. Separate the whites from the yolks and separately shake up. Then pour out weight on a frying pan and as soon as fried eggs talker are reddened, turn it. After that lay out "pancake" on a dish, grease it with jam and put so that the semicircle turned out.

3 - 53. Fish soup on-seidski

1 bulb, 1 red sweet pepper, salt to taste is fresher than 500 g fishes.

To clean, draw, wash out, to cut fish on pieces, to salt and put in a pan. To weld the heads, fins and tails separately with the cut onions.

When water begins to boil, to put red pepper and to cook until the bulb does not boil soft. To filter, fill in broth with it fish, to pripustit on weak fire within 10 - 15 minutes. From time to time to stir up a pan. A spoon not to mix not to rumple pieces of fish. It is possible to add the cut green paprika to fish soup.

3 - 54. The sturgeon baked

500 g of fish, on 1 tablespoon of sour cream and oils; salt, pepper – to taste.

The fish cleared of cartilages and bone scales to salt, strew with pepper, to lay on a frying pan, to grease with sour cream, to sprinkle oil, to add on a bottom of a frying pan 1? And to put 2 glasses of water in an oven for 25–30 minutes, from time to time watering with the emitted juice.

3 - 55. Rural fried eggs

100 g of lard, 3 eggs, salt, green onions to taste.

Cut fat in small cubes and fry on strongly warmed frying pan. Fat was roasted, it is possible to shake up eggs there. On the reddened fried eggs crumble green onions.

3 - 56. Polar lights fried eggs

5–6 eggs, 4 average tomatoes, 30–40 g of butter, salt, pepper to taste.

Warm a frying pan, kindle butter, fry tomatoes and hammer into them on one egg. Then salt and pepper.

3 - 57. Tartlets with tomatoes and cheese

6 ready small baskets from shortcake dough, 3 tomatoes, 100 g of cheese, mayonnaise, parsley greens, pepper and salt to taste.

To wash up tomatoes and small to cut. To grate cheese on a large grater. Greens of parsley to wash up and cut. To mix tomatoes with cheese, to salt, pepper, dress with mayonnaise and to lay out the prepared mix in small baskets. To strew tartlets with parsley greens.

3 - 58. Tartlets with a garden radish and cheese

6-8 ready small baskets from shortcake dough, 1 bunch of a garden radish, 100 g of cheese, mayonnaise and salt to taste.

Garden radish to wash up, cut. Cheese to grate, mix with a garden radish, to salt, dress with mayonnaise. To lay out mix in small baskets.

3 - 59. Tartlets with beef and cheese

6 ready small baskets from shortcake dough, 100 g of boiled beef, 50 g of cheese, mayonnaise and salt to taste.

To cut meat small slices. To grate cheese on a large grater, to mix with meat, to salt, dress with mayonnaise. To lay out mix in small baskets.

3 - 60. Tartlets with meat of chicken and walnuts

6 ready small baskets from shortcake dough, 100 g of boiled meat of chicken, 3 tablespoons of the crushed kernels of walnuts, mayonnaise and salt to taste.

To cut meat of chicken in cubes, to mix with nuts, to salt and dress with mayonnaise. To lay out mix in small baskets.

3 - 61. Tartlets with a herring and eggs

6 ready small baskets from shortcake dough, 100 g of fillet of a herring, 3 eggs, mayonnaise to taste.

Small to cut fillet of a herring. Eggs to weld, clear and grate. To mix a herring with eggs, to dress with mayonnaise and to lay out in small baskets.

3 - 62. Breakfast in American fried eggs

6–8 eggs, 5 potatoes, 30 g of butter, salt to taste.

Boil potatoes in salty water and after it cools down, cut it circles 5-7 mm thick.

Warm a frying pan and kindle on it oil or any fat for frying. Fry potato slices from both parties and hammer eggs on one there, without mixing. The breakfast will be ready when eggs a little are reddened.

3 - 63. The talker "Travel across Italy"

100–150 g of cheese, 4–5 eggs, salt to taste, 30 g of butter.

Warm butter on a frying pan and pour out the following mix there. Add the wiped cheese, salt to the shaken-up eggs. Even it will be better if cheese is dryish – so it will be easier to be frayed. Fried eggs talker are ready if mix thickened and cheese almost melted.

3 - 64. Cucumbers and cheese paste

200 g of cucumbers, 50 g of butter, 100 g of cheese, pepper and salt to taste.

To grate cheese on a small grater. Cucumbers to wash up, clear, rub on a large grater and to connect to cheese and oil. The received weight to salt, pepper, mix.

To put ready paste in a cool place for 2 hours. Before giving to a table it is possible to decorate with cilantro branches.

3 - 65. Carrots, stewed with onions

500 g of carrots, 4–5 bulbs, 1 tablespoon of tomato paste, vegetable oil, fennel greens, pepper and salt to taste.

To clear, wash up onions and small to cut. Greens of fennel to wash up and cut. Carrots to wash up, clear, cut circles, to lay out on a frying pan, to salt, pepper, add onions, vegetable oil, tomato paste, to fry within 5 minutes on average fire, then to pour in a little water, to extinguish to readiness, to strew with fennel greens.

3 - 66. The goose baked with apples

Carcass of a goose, 10 apples, 100 g of sour cream, parsley greens, pepper and salt to taste.

Apples to wash up, remove a core and to cut segments. To wash up greens of parsley. To wash out, salt, pepper, to lay out a carcass of a goose in a poultry roaster, to add apples, to pour in a little water, to put sour cream and to bake in moderately warmed oven to readiness. Then to lay out a goose on a dish, to sauce remained from suppression and to decorate with parsley branches.

3 - 67. The beef baked with vegetable marrows

300 g of beef, 300 g of vegetable marrows, 1 bulb, pork fat, pepper and salt to taste.

Vegetable marrows to wash up, clear and cut circles. Meat to wash out and slice. Onions to clear, wash up and cut rings. To salt, pepper, lay out meat and vegetable marrows on the baking sheet greased with fat, from above to put rings of onions and to bake in moderately warmed oven to readiness.

3 - 68. Potatoes in sour cream

1 kg of potatoes, 1 glass of sour cream, 4 eggs, salt, greens to taste.

to cut the peeled potatoes in quite large cubes or segments, to put in a low pan, to pour in the boiling water so that it only half covered it, to add salt, to put to cook. In 15 min. to fill in potatoes with sour cream and again to cook on small fire. Before giving plentifully to strew potatoes with greens and eggs which are largely cut, cooked in abrupt.

3 - 69. Potatoes casserole

1 kg of potatoes, 4 eggs, 250 g of grated cheese, 2 tablespoons of butter, pepper to taste.

to boil the peeled potatoes in the added some salt water, to dry and carefully to knead. To mix cheese, salt, pepper with egg yolks, to shake up. To add potatoes and to stir.

Baking dish to oil, put in it potato weight, from above – oil slices. To put a form in a heated oven for 20 min. To beat egg whites, having added a salt pinch, and, having taken out a form from an oven, to grease with them a surface. To put a form in an oven for a short time until weight is reddened.

3 - 70. Sausages with cheese

4 sausages, 60 g of cheese, 150 g of bacon.

deeply to make an incision sausages (sausage) from two parties. To enclose cheese slices in cuts. To wrap up bacon slices, to chop off skewers. To warm in a microwave and to give to a table with bread and mustard.

3 - 71. Roll from bacon

250 g of bacon, 200 g of cheese, on 1 bunch of green onions and fennel to taste.

to cut cheese small oblong slices, to cut bacon strips. To wind cheese with bacon and to chop off skewers or toothpicks. To put on a lattice for roasting or on a dish. To cover with the oiled paper. To bake 4 min. at the average power until cheese starts melting. To strew ready rolls with chopped greens.

3 - 72. Siliculose haricot, stewed with onions

300 g of the frozen siliculose haricot, 3–4 bulbs, 100 g of tomato paste, vegetable oil and salt to taste.

Luk to clear, wash up, cut. Haricot to cut, mix with onions, to lay out on a skovoroda with the warmed vegetable oil, to fry within 5 minutes, to add tomato paste, to salt, extinguish to readiness.

3 - 73. Herring paste with cheese

100 g of butter, 50 g of fillet of a herring, 1 tablespoon of grated cheese.

To pass fillet of a herring several times via the meat grinder, to mix with grated cheese and butter.

3 - 74. Chops

4 pork chops, 120 g of cheese, 4 branches of parsley, salt, pepper to taste.

to wash and dry pork chops. To make a cut pocket in each of them. To salt and pepper inside. To divide cheese into 4 parts, to wash and dry parsley and to put all this in cutlet. Densely to fix edges a toothpick. To fry chops on a lattice from two parties of 3 minutes.

3 - 75. The salmon fried

1 kg of fillet of a salmon, salt to taste, olive oil, lemon juice.

to cut fillet of a salmon on some pieces. Each piece slightly to salt, sprinkle olive oil and to bake for 2–3 minutes from each party. To remove from a lattice, to water with lemon juice.

3 - 76. Fish broth

700 g of fish food waste, 20 g of onions, 20 g of parsley.

the best broth to taste turns out from a pike perch, perches, ruffs and fishes of sturgeon breeds. The heads of the bream, a sazan, a vobla, small fry are not recommended to be used as broth from them can taste bitter. – the heads, bones, fins and skin – carefully to wash out the processed food waste of fish. To split large bones and the heads before cooking into parts, and at the heads previously it is necessary to remove gills. To put in a pan, to pour cold water at the rate of 4–5 l on 1 kg of fish, to add parsley and onions, to close a cover and to heat to boiling. After that to uncover and continue to cook at weak boiling within 50–60 min. During cooking periodically to delete foam and fat. To remove ready broth from fire and in 20–30 min. to filter. When cooking broth from fishes of sturgeon breeds of the head to take out in 1 h from the moment of the beginning of cooking of broth, to separate pulp, and to cook cartilages separately to a softening (3–4 h). To use cartilages for

fish filling soups.

3 - 77. Gammon the smoked boiled

1 kg of smoked gammon, spices, 1 glass of hot sauce from a horse-radish.

smoked gammon is more tasty in a boiled look because fried it happens too salty. At first gammon needs to be soaked in cold water. Then to put in other pan and to fill in with cold water. When water begins to boil, to remove foam, to put korenye, spices and to cook to readiness. To leave the cooked meat in broth until cools down. Such gammon will be juicy. When giving on a table accurately to slice thin, to fill in with sauce from a horse-radish.

3 - 78. Steak

625 g of meat, 50 g of salted pork fat, 4 tablespoons of fat.

to wash, smooth out meat from sinews, to cut portion pieces from a beef rib-steak poperk fibers 1,5-2 cm thick with a stone and to beat off, salt, pepper. To lard the beaten-off meat salted pork fat slices, to salt, pepper, roll in in a flour and to fry on strongly warmed frying pan in fat.

3 - 79. FRI potatoes

360 g of potatoes

to cut potatoes on brusochka 5 mm thick, and 6 cm long. To wash out and dry it. To put in a deep fryer basket, to prepare in hot oil to softness, but not to a brown crust. To get from oil, to dry. To salt before giving on a table.

3 - 80. Stuffed cabbage from meat of chicken

500 g of chicken fillet, 50 g of rice, 1 average of forks of a white cabbage, vegetable oil, tomato sauce and salt to taste.

Cabbage to wash up, remove leaves, to obdat them boiled water. To wash out fillet, largely to cut, pass via the meat grinder. Forcemeat to salt, mix with rice. On leaves of cabbage to lay out forcemeat, to curtail an envelope. To lay out stuffed cabbage in a deep frying pan with the warmed vegetable oil, to fry, pour in a little water, to add tomato sauce, to extinguish to readiness.

3 - 81. The chicken with greens fried in a foil

Carcass of chicken, 2 bunches of greens of parsley and fennel, 1 bunch of green onions, pepper and salt to taste.

To wash up green onions, greens of fennel and parsley, small to cut. A carcass of chicken to wash up, fill with greens of parsley, fennel and green onions, to rub with salt and pepper, to turn in a double layer of a foil, to put on a baking sheet and to put in the warmed oven for 40 minutes. To remove a foil, chicken to cut portion pieces.

3 - 82. Veal, stewed with onions and tomatoes

700 g of veal, 4 bulbs, 4 tomatoes, vegetable oil, pepper and salt to taste.

Onions to clear, wash up, cut rings. Tomatoes to wash up, cut segments. Veal to wash out, cut slices, to lay out on a frying pan with the warmed vegetable oil, to fry, add onions and tomatoes, to salt, pepper, extinguish to readiness.

3 - 83. Haricot puree

500 g of white beans, 500 ml of milk, 50 g of butter, salt to taste.

Haricot to wash out, wet for 3–4 hours in cold water, then to boil in the same water. To merge water, to wipe haricot through a sieve. To pour, shaking up, hot milk to add oil and salt, carefully to mix.

3 - 84. Stewed vegetable marrows and eggplants

500 g of vegetable marrows, 3 eggplants, 1 bulb, vegetable oil, salt to taste.

Vegetable marrows and eggplants to wash up, clear and cut in cubes. Onions to clear and cut half rings. To connect vegetable marrows and eggplants to onions, to lay out on a frying pan, to salt, add vegetable oil and to extinguish on average fire to readiness.

3 - 85. Vegetable marrows with green peas and carrots

500 g of vegetable marrows, 100 g of tinned green peas, the 2nd carrots, vegetable oil, pepper and salt to taste.

Vegetable marrows and carrots to wash up, clear, cut straws, to lay out in a frying pan, to salt, pepper, add vegetable oil, to fry till golden color on average fire, then to pour in a little water and to extinguish to readiness. To connect stewed vegetable marrows and carrots to green peas.

3 - 86. Green peas and carrots puree

200 g of green peas, the 3rd carrots, 50 g of sour cream, pepper and salt to taste.

To boil green peas in the added some salt water. Carrots to wash up, boil, clear. To crush green peas and carrots by means of the blender, to salt, pepper, mix with sour cream.

3 - 87. Paste from a chicken liver

400 g of a chicken liver, 100 g of sour cream, 1 bulb, salt to taste.

Luk to clear, wash up and cut. A liver to wash out, boil in the added some salt water, to cool, wipe through a sieve, to mix with sour cream, to add onions. To lay out paste on a dish, to put in a cool place for 3–4 hours. When giving to a table it is possible to strew with chopped greens of parsley.

3 - 88. Pork liver paste

100 g of boiled pork liver, 1 bulb, 50 g of butter, pepper and salt to taste.

Luk to clear, cut. To pass a liver via the meat grinder together with onions, to add butter, salt and pepper.

3 - 89. Eggplants with garlic

5 — 6 eggplants, 5–7 garlic gloves, 1 tablespoon of 3% - a vinegar foot, vegetable oil and salt to taste.

Garlic to clear, wash up and pound. Eggplants to wash up, bake in an oven, then to cool, husk, small to cut, salt, add vegetable oil and vinegar, to mix, lay out a hill on a dish, to strew with garlic.

3 - 90. Fried potatoes with fennel greens

6 — 7 tubers of potatoes, 2 bunches of greens of fennel, 40 g of melted butter, pepper and salt to taste.

Potatoes to wash up, clear and slice. Greens of fennel to wash up and cut. To lay out potatoes on a frying pan with the warmed melted butter, to salt, pepper, fry to readiness, to strew with fennel greens.

3 - 91. Sausages with cheese

5 sausages, 100 g of cheese.

To peel sausages of a cover and to make an incision lengthways. To grate cheese on a small grater.

In cuts of sausages to place cheese. To lay out preparations in a form for roasting. To bake in an oven until cheese melts.

3 - 92. Nanny-goat

500 g of almonds, 500 g of honey, 100 g of sugar.

To boil honey with sugar, to pour the almonds cleared small cut and slightly fried into syrup and to cook 15 minutes. To lay out ready "nanny-goat" on the plates which are slightly moistened with cold water more hotly to level a surface of a layer and to cool.

3 - 93. Yaichnitsa-boltunya with caviar

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

To warm up caviar a spoon, to salt, add eggs and to shake up. To warm a frying pan, to kindle on it butter, to pour in egg and caviar mix, to put on weak fire and to sustain 1–2 min. After that fried eggs to turn, cover and bring to readiness. To lay out on a plate and to strew with the crushed greens.

Third dish

4 - 1. Herring oil

To pass 60 g of fillet of a herring via the meat grinder twice, to mix with a pack of soft oil (200 g) and mustard to taste.

4 - 2. Sauce from crackers

On 2 tablespoons of crackers – 4 tablespoons of butter.

To warm fat on a frying pan and to pour into it small pounded crackers. To allow to blush. This sauce very well approaches boiled vegetables.

4 - 3. Honey tomatoes

It is required: 400 g of tomatoes, 2nd tablespoon of honey, 1 h. l. raisin.

Way of preparation. Scald tomatoes boiled water, peel them of a thin skin, small cut, add raisin, fill in with honey.

4 - 4. Dessert fried eggs

It is required: 4 eggs, 30–40 g of oil, 1 glass of currant jam.

Way of preparation. Warm oil on a frying pan. Separate the whites from the yolks and separately shake up. Then pour out weight on a frying pan and as soon as fried eggs talker are reddened, turn it. After that lay out "pancake" on a dish, grease it with jam and put so that the semicircle turned out.

4 - 5. Drink creamy with liqueur

1/4 glasses of cream, 3 tablespoons of chocolate liqueur.

To add chocolate liqueur to the cold pasteurized cream, to stir, pour in glasses and a tax on a table as a dessert.

4 - 6. Greens and eggs sandwiches

White bread – 4 slices, eggs boiled – 2 pieces, mayonnaise – 50 g, green onions, parsley greens to taste.

Eggs clear and cut circles. On each slice of bread smear mayonnaise, from above put circles of egg and strew small cut by green onions and greens of parsley.

4 - 7. Sandwiches with berries

Long loaf – 4 slices, a gooseberry – 4 pieces, strawberry – 2 pieces, ice cream – 60 g.

Strawberry is peeled of fruit stems and cut lengthways in half. Berries of a gooseberry cut in half. Put on 2 slices of a long loaf on 1 half of strawberry and on 2 halves of a gooseberry. Ice cream is spread on berries. Cover all with the remained long loaf slices.

4 - 8. Cherry cocktail

1/4 l of cream, 250 g of sweet cherry or cherry, sugar to taste.

Sweet cherry or cherry without stones to mix part of cream, sugar by means of the mixer, to add the remained cream to the end of mixing.

4 - 9. Vegetable cocktail

3/4 l of buttermilk, 100 g of small cut green onions, salt. To mix everything.

4 - 10. Sauce from a horse-radish

1/2 glasses of a grated horse-radish, 1 glass of sour cream, sugar, salt to taste.

to mix sour cream with a horse-radish, to fill with sugar, salt and to mix.

4 - 11. Tomato sauce with a horse-radish

3 tablespoons of sour cream, 2–3 tablespoons of tomato paste, 1/2 tablespoons of the prepared horse-radish, salt, sugar to taste.

to mix everything, to boil and fill with salt and sugar.

4 - 12. Lemon sauce

1 glasses of cream, 2 egg yolks, 1/2 lemons, salt, sugar to taste.

to grate a lemon dried peel, to add to yolks. To bring cream to boiling, gradually to add to them yolks, salt and sugar. Constantly stirring slowly, to warm up sauce on weak fire until it does not thicken. At the end to add lemon juice.

4 - 13. Egg cocktail with carrot juice

3/4 l of milk, 4 yolks, 200 ml of carrot juice.

To mix everything by means of the mixer.

4 - 14. Cocktail cherry

100 ml of milk, 50 g of fresh or tinned berries of cherry, 10 g of sugar.

to cool milk, cherry to wash out, remove stones, to wring out juice in the juice extractor or to suppress berries and to wipe through a sieve. To add cold milk and sugar to juice. In to shake up the received weight.

4 - 15. Cocktail vodka with a lemon

80 ml of vodka, 40 ml of lemon juice, 3 – 4 cubes of ice.

to mix everything in a glass with ice and to salt.

4 - 16. Cold fruit punch sea

50 ml of coffee liqueur, 50 ml of cream, 10 g of chocolate.

to pour liqueur, and then a spoon to add to it part of whipped cream and to stir. To decorate with the rest of whipped cream cocktail, doing of them magnificent "cap". From above to decorate with the chocolate crushed on a grater.

4 - 17. Punch

100 ml of tea, 10 g of sugar, 100 ml of rum.

to add sugar to hot strong black tea. To warm rum, to pour in it in tea, to set fire and spill in glasses, having put in everyone on a lemon slice.

4 - 18. Dessert honey

1 average radish, 1 tablespoon of honey.

carefully to wash up the cleared radish, a sharp knife to cut out a core, to crush it a knife, to mix with honey and to fill with this honey mix deepening. To leave at the room temperature for days, juice will not be emitted yet. Then is honey mix as salad. The emitted juice can be drunk separately or to water with it honey mix.

4 - 19. Baked apples

apples, vanilla yogurt, cinnamon, raisin to taste.

to clear the top third of apple of a peel, remove a core with seeds, and for 2,5 min. to put in the microwave oven. To cool, water with the cooled vanilla yogurt, to strew with cinnamon and raisin.

4 - 20. Coffee in Arab

200 ml of water, 16 g of coffee, 20 g of sugar.

in the Turk with a capacity of 200 ml to put 2 pieces of sugar, to pour cold water on 3/4 volumes and to put on fire. When water begins to boil, to remove from fire and to pour into it small ground coffee, to stir it a teaspoon. Again to put on fire and to bring to boiling. Having removed from fire, to add water and again to bring to boiling. After a short sediment Turks to pour contents in coffee cups.

4 - 21. Coffee with milk

10 g of coffee, 160 ml of milk, 160 ml of water, sugar to taste.

to pour water in a coffee pot and to bring to boiling. To remove from fire, to add coffee, to stir and again to put on fire until boiling up. To add to a coffee pot 2/3 of a glass of hot milk. To warm up mix almost before boiling, to leave for subsidence of a thick for 4 min. and to pour in cups. To add sugar to taste.

4 - 22. Coffee house

1–2 h. spoons of instant coffee, 1–2 h. sugar spoons.

in a cup to fill coffee and sugar, to add 1 teaspoon of boiled water and to rastirit until weight does not become light. To pour in boiled water. On a surface to appear the steady appetizing foam which is well keeping aroma of coffee.

4 - 23. Royal coffee

1 h. spoon of ground coffee, 1 slice of sugar, 1 h. cognac spoon.

to make coffee. To put a slice of sugar in a spoon and to take it up a cup of hot coffee, to add cognac and when it becomes warm to a spoon, to set fire. When the flame starts falling down, overturning spoon contents in coffee.

4 - 24. Cocoa with milk

20 g of cocoa, 40 g of sugar, 400 ml of milk.

it is good to cocoa to mix with sugar, to add a little milk, to pound and add a glass with hot milk, to stir. To drink hot or to cool

4 - 25. Chocolate with milk

80 g of chocolate, 400 ml of milk, sugar to taste.

to crush chocolate, to put in a pan and to fill in with a small amount of hot milk that chocolate could be dissolved. To add sugar. To warm up, well to stir, adding gradually hot boiled milk. The received mix can be shaken up a nimbus, but not to put and immediately a tax the hot one fire any more. It is possible to drink and cooled with whipped cream.

4 - 26. Tea lime

1/4 glasses of lime color, 1 l of water, 2 tablespoons of honey.

to pour lime color into a mug, to fill in with boiled water, to allow to be drawn, add honey. This Perth tea a dream is especially useful.

4 - 27. Fried eggplants sandwiches

3 — 4 slices of rye bread, 1 average eggplant, 2 tablespoons of vegetable oil, greens of parsley, fennel and cilantro, salt to taste.

To wash up greens of parsley, fennel and cilantro. To wash up an eggplant, accurately to cut circles, to salt and fry in vegetable oil. To lay on the bread slices reddened in a toaster, to decorate with greens branches.

4 - 28. Sandwiches "To Beer"

5 — 6 slices of rye bread, 150 g of fillet of smoked fish, 50 g of butter.

To grease slices of bread with butter, from above to lay out fillet of smoked fish.

4 - 29. Salty salmon and red caviar sandwiches

5 — 6 slices of white bread, 150 g of a salty salmon, 20 g of red caviar, 50 g of butter.

To slice a salmon the accurate thin. To grease slices of bread with a thin layer of butter, from above to put slices of fish. To decorate each sandwich with red caviar.

4 - 30. Hot sandwiches in oil

200 g of white bread, 3/4 glasses of milk, 2 tablespoons of butter or margarine, salt to taste.

to moisten the white bread cut in cubes in the added some salt water or milk and to fry from all directions on butter or margarine till ruddy color, before formation of a crisp.

4 - 31. Cottage cheese sandwiches and nuts

100 g of cookies, 100 g of sweet cottage cheese, 2 tablespoons of the peeled hazelnuts.

to cover cookies with a thick layer of cottage cheese, to strew from above with pounded nuts. It is possible to lay out any interesting figure from nuts.

4 - 32. Sandwiches with beef heart

4 slices of white bread, 100 g of boiled beef heart, 1 tomato, pepper red ground to taste.

Tomato to wash up and cut circles. Heart to slice, put on bread. To strew with pepper, from above to put tomato circles.

4 - 33. Red fish sandwiches and lemon

8 slices of white bread, 200 g of fillet of red fish, 1 lemon, pepper to taste.

Lemon to wash up and cut in half. To slice fish fillet thin, to lay out in a plate and to water with juice of a half of a lemon. Other half of a lemon to clear and cut circles.

To lay out fish on bread slices, to pepper, decorate with lemon circles.

4 - 34. Mackerel sandwiches and nuts

4 slices of white bread, 150 g of fillet of a smoked mackerel, 1 tablespoon of ground walnuts, mayonnaise to taste.

To pass fish via the meat grinder, to mix with nuts and mayonnaise. To grease slices of bread with the received mix.

4 - 35. Sandwiches with cheese and sausage

2 wheaten rolls, 100 g of cheese, 100 g of boiled sausage, ketchup to taste.

To grate cheese on a large grater. To cut sausage in cubes. To cut rolls lengthways, to take out part of pulp, inside to put cheese and sausage, to bake in the microwave oven, to water with ketchup.

4 - 36. Sandwiches with cheese and cottage cheese

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

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