

Best Recipes in 5 Minutes for Holiday. Cookbook

William Gore

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Introduction

If you decided to dump excess weight, to find symmetry and beautiful figure, to reach it easy and simply: sufficient impellent activity and healthy nutrition. The most important here — not to load the organism superfluous calories and to try to burn fats by means of physical activities. Certainly, everything depends only on you — whether will be will powers for regular trainings enough, whether you will consult with temptation at the sight of calories of products. But the knowledge of the basic facts of healthy nutrition will help you to find not only beautiful figure, but also health, cheerfulness and cheerfulness.

We do not forget about drinks. Yes, unfortunately, they too calories. All, except usual water, contain calories. Caloric content of juice depends on from what fruit they are made. The aerated drinks contain also artificial who will raise the maintenance of calories in your diet, and can even increase appetite. Besides, they are unhealthy and in any way do not approach under healthy nutrition. By the way, in beer small bottle — 500 kcal, in vodka wine-cup — 150, and in 100 gr whisky — already 300 kcal! Do not forget to count up not only, how many you eat, but also how many drink.

To receive surplus it is possible or with usual food – is more. The second option is simpler, as with one portion of cocktail you can receive at once from 600 to 900 kcal. Only in the market of sports food not there is a lot of really good geyner, there excess of simple carbohydrates which will give generally weight at the expense of fat. Choose geyner who consists of slow carbohydrates.

Consumption of smaller quantity of starchy and sweet dishes will help to make feeling of hunger less intensive. Overconsumption of sugar can cause fluctuations of level of sugar in blood that not only makes far not beneficial impact on your weight, but also can lead to diabetes. And decrease in intensity of feeling of hunger and appetite will help you to supervise the weight better. Refuse sweet dessert and do not arrange having bitten between food intakes. It is important to know that there are some factors which promote faster saturation. One of them is food intake small portions every 2-3 hour. Also the food rich with protein, very effectively satisfies hunger and promotes fast saturation.

Calories in food.

Minus 500 calories – we lose weight easily! Kcal in 100 g.

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Recipes

1. 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.

2. 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.

3. 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.

4. Salad with fresh cabbage.

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

5. 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.

6. Salad with eggs, fish canned food.

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

7. 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.

8. 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.

9. 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.

10. 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.

11. 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.

12. 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.

13. 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.

14. 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.

15. 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.

16. 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.

17. 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.

18. 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.

19. 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.

20. 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.

21. 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.

22. 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.

23. Salad with a tuna

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

Tuna to crush a 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.

24. 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. Rolls to cut lengthways, to take out a part of pulp, to put inside prepared mix, to pepper and bake in the microwave oven.

25. Sandwiches with cheese and sausage

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

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

26. Sandwiches with red fish and a lemon

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

Lemon to wash and cut half-and-half. Fish fillet to cut thin slices, 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 portions.

Fish to lay out on bread slices, to pepper, decorate with lemon portions.

27. Tea lime

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

To pour lime color into a mug, to fill in with boiled water, let's be insisted, add medical. This tea a dream is especially useful.

28. 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 on fire not to put any more and immediately add the hot. It is possible to drink and cooled with whipped cream.

29. Cocoa with milk

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

Cocoa is good for mixing with sugar, to add a little milk, to pound and add a cup with hot milk, to stir. To drink hot or to cool

30. Royal coffee

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

To make coffee. A slice of sugar to put in a spoon and to take a cup of hot coffee, to add in a spoon cognac and when it becomes warm, to set fire. When the flame will start to fall down, overturn spoon contents in coffee.

31. Baked apples

Apples, vanilla yogurt, cinnamon, raisin to taste.

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

32. Dessert honey

1 average radish, 1 tablespoon of honey.

the cleared radish carefully to wash, 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 room temperature for days, juice yet will not be allocated. Then is a honey mix as salad. The allocated juice can be drunk separately or to water with it a honey mix.

33. Cocktail vodka with a lemon

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

Everything to mix in a cup with ice and to salt.

34. Herring oil

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

35. Nanny-goat

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

To boil honey with sugar, to pour into a syrup the cleared small cut and slightly fried almonds and to cook 15 minutes. Ready "nanny-goat" hot to lay out on the plates which have been slightly added with cold water, to level a surface of a layer and to cool.

36. Paste with a chicken liver

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

The onions to clear, wash 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. Paste to lay out on a dish, to put in

a cool place at 3-4 o'clock. When giving to a table it is possible sprinkle with chopped greens of parsley.

37. 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, clear and cut cubes. The onions to clear and cut half rings. Vegetable marrows and eggplants to connect to onions, to lay out on a frying pan, to salt, add vegetable oil and stew on average fire to readiness.

38. Veal, stewed with onions and tomatoes

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

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

39. "FRI" potatoes

360 g of potatoes

To cut potatoes in thickness of 5 mm, and length 6 see. To wash out and dry it. To put in a deep fryer basket, to prepare in hot oil, but not to a brown crust. To get from oil, to dry. To salt before giving on a table.

40. Steak

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

Meat to wash, smooth out from sinews, to cut pieces from a beef rib-steak some fibers in thickness of 1,5-2 cm and to beat off, salt, pepper. The beaten-off meat to lard salted pork fat slices, to salt, pepper, roll in a flour and to fry on strongly heat up frying pan in fat.

41. Gammon the smoked boiled

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

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

42. A salmon fried

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

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

43. Chops

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

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

44. Herring paste with cheese

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

Fillet of a herring to pass several times through a meat grinder, to mix with grated cheese and butter.

45. Roll with bacon

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

Cheese to cut small oblong slices, bacon to cut strips. Cheese to wind with bacon and to chop toothpicks. To put on a lattice for roasting or on a dish. To cover with the oiled paper. To bake 4 minutes at average capacity while cheese will not start to melt. Ready rolls sprinkle with chopped greens.

46. Sausages with cheese

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

Sausages (sausage) deeply to make an incision from two parties. To enclose in cuts cheese slices. To wrap up bacon slices. To heat in a microwave and to give to a table with bread and mustard.

47. Potatoes in sour cream

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

Cleared potatoes to cut quite large cubes or segments, to put in a low pan, to pour in boiling water so that it only half covered it, to add salt, to put to cook. Through 15 minutes to fill in potatoes with sour cream and again to cook on small fire. Before giving potatoes plentifully sprinkle with greens and largely cut, hard-boiled egg..

48. The talker «Travel across Italy»

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

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

49. Fried eggs «Breakfast in American»

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

Boil potatoes in salty water and after it will cool down, cut it portions the in thickness of 5-7 mm.

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

50. Polar lights fried eggs

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

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